



LESSON 124

Let me remember I am one with God.

Sarah's Commentary:

This Lesson attempts to describe the experience of being one with God. It is an experience of awakening or enlightenment. It is a mystical experience. Until we have a full blown experience or even glimpses of it, these are just words. Most people have difficulty describing them, finding it difficult to put such an experience into words, as it is an experience beyond words. Yet this Lesson attempts to give us a picture of what it might be like to have such an experience. It is an experience of revelation where there is a feeling of total protection and safety. Everything we touch is blessed and healed even when we look on ". . . **appearances of pain.**" (W.124.5.1) "**We see it in the frantic, in the sad and the distressed, the lonely and afraid, who are restored . . .**" (W.124.5.2) We see loveliness. Why? "**All this we see because we saw it first within ourselves.**" (W.124.5.4) In other words, we look past appearances and see with Christ's vision.

Jon Mundy wrote in Miracles Magazine, May/June 2008 issue, an excerpt from his book, *What is Mysticism?* He asked the question, "What is enlightenment?" Then he went on to ask, "What would it be like to have no worries, no anxiety, no problems, no major concerns? What would it be like to hold no grievance, no hurt feelings, no unforgiveness or condemnation? What would it be like to be forever calm, patient, and serene? What would it be like to be free of judgment? What would it be like to experience the love of God, flowing from the heart, to everyone you meet every day? What if there were no fear of death, no sense of limitation? What if you knew you were not a body? What would it be like to know eternity? What would it be like to know God?"

There are many reflections of those who seem to live consistently in this state in the world today. I recently read Byron Katie's book, called *A Thousand Names for Joy*. I found this book deeply inspiring as she is someone who reflects for me this state of awakened mind. The important thing to remember is that we can make the same choice, as the truth is already in our own minds. It would be a mistake to try to emulate these beings, thinking that spirituality looks and acts a certain way. We must be honest with ourselves so we don't take ourselves beyond where we are with some kind of spiritual bypass, thinking that because we understand something it is enough. It is not about quoting spiritual truths, dressing a certain way, wearing amulets, or eating certain foods. There is no salvation in form, only of the mind.

In this Lesson, Jesus gives us a sense of the effects of joining with God, reminding us that our home is safe, our protection is guaranteed, and His power and strength are available to us in all our undertakings. When we move in Him, we can fail at nothing. "**Everything we touch takes on a shining light that blesses and that heals.**" (W.124.1.4) Our minds are holy and indeed very powerful. When we know this as a result of our experience of joining with the truth within, everything we see reflects holiness. We know then that we are never alone. "**Our shining footprints point the way to truth, for God is our companion as we walk the world a little while.**" (W.124.2.4)

It is an experience where doubt is gone, we don't question His protection and care, and we have perfect certainty in everything we do. Even if there seem to be appearances of pain, sadness, distress, loneliness, or fear, when the mind is healed, vision sees past it all to the loving and the lovable. As our misperceptions, based on our senses, are healed, the miracle can work through us, for "**No miracle can ever be denied to those who know that they are one with God. No thought of theirs but has the power to heal all forms of suffering in anyone, in times gone by and times as yet to come, as easily as in the ones who walk beside them now.**" (W.124.6.1-2) Such healing is not limited by time or space. We are reminded of the first principle of miracles---There is no order of difficulty among them.

Jesus tells us, "**Miracles enable you to heal the sick and raise the dead because you made sickness and death yourself, and can therefore abolish both.**" (T.1.I.24) (ACIM OE T.1.I.27) The problem is always the thoughts of doubt in the mind based on lack and limitation. The solution is always to remember the truth of who we are. All pain, suffering, specialness, and anxiety are equally illusory.

Most of us feel that we are a long way from the constancy of such an experience. Yet Jesus reminds us, "**The peace of God is shining in me now,**" (W.188) and "**Enlightenment is but a recognition, not a change at all.**" (W.188.1.4) Therefore, we are already the Christ Self. We are the ocean, thinking we are a wave, separate from other waves, and separate from the ocean. The truth is already in the right mind but unrecognized when it is blocked by our egoic thoughts. When we defend the illusory self, we are choosing to believe in our guilt and, with it, our independent selves---limited, lacking, and victims of the world. When guilt is our choice, we see a world of pain, suffering, and death. We have made it all real because we think the guilt in our mind is real. With forgiveness, this state of separation is undone. When we come to accept the love we are, there can then be no guilt, no pain, no loneliness, and no death.

How do we know when we have chosen the ego rather than the Holy Spirit? Jesus asks us, "**Does pain seem real in the perception? If it does, be sure the lesson is not learned. And there remains an unforgiveness hiding in the mind that sees the pain through eyes the mind directs.**" (W.193.7.4) This means we have made guilt real in our minds. Thus, whether we feel the suffering within ourselves or we see it in someone else, we are making it real and identifying with it. I had an opportunity to see this in the presence of a dear friend, Tomas Vieira, a gifted Course teacher, who had cancer that ultimately brought him to make his transition. He kept reminding those who were experiencing grief and suffering in his presence to heal their minds of their perception that he could be sick. In other words, if we were not seeing the wholeness of the Christ in him, then we were the ones needing to heal our own minds. Attempting to join in suffering with anyone is what Jesus describes as false empathy. It is not about what we are seeing with our eyes but the interpretation we give to what we see. When we are not seeing the Christ in our brother, we are forgetting who we are and who our brother is.

As Jesus reminds us, "**No miracle can ever be denied to those who know that they are one with God.**" (W.124.6.1) How does the miracle get revealed? It comes naturally when any thought of sin, guilt, and fear is healed. These are the thoughts in the mind that gave rise to the world of separation. The miracle shows up when we remember the truth and experience our reality as One with God. In that remembrance, thoughts of sin, guilt, and fear must disappear, just as there can be no darkness when the light is turned on. Light and darkness cannot coexist. To recognize the truth, we must see the unreality of all we currently think is real. When we turn to the ego as our guide to seeing, we see a world of competition, reciprocity, and giving to get. When we recognize that we are wrong in the way we see, we become willing to accept what Jesus is telling us. We can then smile at the silliness of believing that anything here could be real. The problem

we have is that we remembered not to laugh at the tiny mad idea that we could separate from love. Now, in any situation where we feel distressed, we can learn to look with gentle eyes and smile at the unreality of what we are seeing. "**It [the miracle] merely looks on devastation, and reminds the mind that what it sees is false.**" (W.PII.Q13.What is the Miracle.1.3)

To know that we are One Self, we must be willing to clear the channel of everything that interferes with it. It is the undoing of our investment in our special, separate selves and the guilt in the mind. Everything we see with the body's eyes and all our investment in the separation is a reflection of how much we don't believe God walks with us, protects and supports us. We doubt His love. We experience anxieties and worries, but these experiences need not keep us from our peace and joy unless we give them the power to do so. With the choice for the ego, suffering, pain, and death seem like our immutable reality. It is not because they are real, but we made the sin and guilt real in our minds.

If all our pain and suffering come from the guilt within our own minds, then the answer must also be available within ourselves. It is good news to know that we need not correct the problem. The only thing we need to do is to accept the correction (Atonement) for our wrong-minded thoughts. When we let the interfering thoughts go, only then is it possible to see the loving and the lovable. It is all about connecting to the truth within ourselves first. In the mind of Christ, there is no anxiety, pain, and suffering. When we change our mind, and change our teacher, we are no longer interested in what the ego has to offer. We choose instead the Holy Spirit whose guidance leads us in all we do.

We may get discouraged on this path when we don't see progress. In some instances, when we get on this journey, things may even seem to get worse. Jesus lovingly assures us that we should not let this bother us. The thoughts we are now noticing in our minds were always there. When we start noticing them, we may be initially horrified at their presence. The good news is that they are simply coming to our attention for healing. These thoughts have always been in the subconscious mind, affecting our state of mind without our awareness. He assures us we will see progress "... **perhaps today, perhaps tomorrow ...**" (W.124.10.1) "**When you are ready you will find it there, within your mind and waiting to be found.**" (W.124.10.2) Doing this Lesson every hour will "**Add further jewels to the golden frame that holds the mirror offered you today.**" (W.124.12.1) It truly is an unfolding process.

When we put the ego in charge of our awakening, we will only become more frustrated. As Mariana Caplan reminds us in *Halfway Up the Mountain - The Error of Premature Claims to Enlightenment*, "One is more likely to awaken through surrender than through seeking to awaken. The effort to awaken is the effort of ego, whereas to surrender is to give up all efforts and to place oneself in the hands of a vast force that is more powerful than any realization of non-duality. When one finally gives up one's futile attempts to make reality conform to one's own wishes, and allows it to unfold on its own terms, all the energy that was tied up in foolish attempts to manipulate the universe is freed up."

Let's not beat up on ourselves today for lack of progress. This is just the ego talking and we need not listen. The ego is not our friend and is not who we are. Beating up on ourselves is the ego's game. We will reconnect with this beautiful light in our minds when we are ready, and then it will radiate healing through us. The full benefits will be revealed to us when the time is ripe. The day will come when this will totally be the truth for us. We will never be thrust into enlightenment, which would be a terrifying experience for us. Instead, we are being gently guided by the Holy Spirit in our day to day activities. He takes us only as far and as fast as our willingness and determination to be released from fear will allow.

The words and thoughts he gives us here are very encouraging, reminding us that we may have this experience, "**Perhaps today, perhaps tomorrow...**" (W.124.10.1) but whenever it is, he says it will come when we are ready. "**When you are ready you will find it there, within your mind and waiting to be found.**" (W.124.10.2) When that day comes, "**... you will look into this glass, and understand the sinless light you see belongs to you; the loveliness you look on is your own.**" (W.124.11.1) The reflection we look on will be the Christ Self we are.

Whenever we choose to deny the power of the ego over us, we are making progress in healing the belief in separation. We will then bring this healing to the world, not by anything we need to do, but simply by reflecting God's Love in the world. You now become an example for others as you "**... take your place, so long left unfulfilled, in the Great Awakening.**" (T. 15.XI.10.10) (ACIM OE T.15.XI.112)

Love and blessings, Sarah
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