

ACIM Edmonton - Sarah's Reflections



LESSON 112 Review III ~ Lesson 93 and Lesson 94

Sarah's Commentary:

We affirm today, "**Light and joy and peace abide in me,**" (W.112.(93).1.1) and allow related thoughts to come to mind. We remember too, that light and joy and peace abide in our brothers. I ask for help today to release the impatience that so often seems to rule my life by seeing it for what it is. When I am impatient, I am giving reality to things in the illusion that I believe get in my way. I recognize that I am giving away my power willingly, and I am holding the belief that things should be different than they are. Let all things be exactly as they are. I realize I have made life all about me. I have made it about what I want, what my fears are, and what my needs are, and this is the false self, which is not a bad "me" but simply not real. I can see it for what it is and choose to recognize that I can see through the disguise of this false self. Jesus reminds me that I can choose again to see the illusion for what it is. It has no power except what I give it. If I give it power, I can question why I would want to throw my peace away by giving power to what is outside of the mind. My mind is cause and the world is effect, not the other way around.

I choose today to release expectations of how the day should go. I choose to be content, knowing I am the home of light, and there is nothing I can do to change that fact. I choose to remember that peace is already mine and joy lights up my mind. Only my dark ego thoughts obscure what is already mine. I am as God created me. That is the truth of my existence. I get caught up and lost in the illusion, believing in its reality. Thank you, God, for showing me the doorway back to my Self, back to the truth of who I really am. My nature, when unhindered by illusions, radiates light. If I am the home of joy, then sorrow and sadness are unnatural to me. My nature is of God. He is my home. His is my Will. "***I welcome them*** [light and joy and peace] ***into the home I share with God because I am a part of Him.***" (W.112.(93).1.3)

I commit today to be a day when I bring this peace and joy to every encounter. Everyone I meet today offers me another opportunity to see them through the eyes of Christ. Every encounter is one where love is extended, or we hear the call for love. We are all One. If I am to understand this, I must see each brother as the same as me, with the same insane ego, and the same Christ Self. Differences affirm that I am separate. Judgment of my brother shows me that I am trying to achieve my innocence at the expense of another. The truth is that we are both innocent and both share the same ego and the same Spirit. When I judge and see guilt and differences, I willingly bring these to awareness and ask to see each brother truly. Sincerity and desire will take us a long way today.

I recently experienced how important conviction and dedication are to this process. I experienced the power in absolutely choosing to refuse to tolerate my worry thoughts. After that experience, I came across miracle Principle 14: "**Miracles bear witness to truth. They are convincing because they arise from conviction. Without conviction they deteriorate into magic,**

which is mindless and therefore destructive; or rather, the uncreative use of mind."
(T.1.I.14.1-3) (ACIM OE T.1.I.14)

There will not be much commentary from me on these short Review Lessons. However, I will comment briefly on the Introduction to the Review daily to keep us focused on what Jesus says to motivate us, as part of this Review. His focus is on having us bring the thoughts from each Lesson summary into our day so we don't just do a long morning and evening practice and then get on with the business of the day and not apply the Lesson. In the introduction to Review III, Jesus tells us, "**The exercises to be done throughout the day are equally important, and perhaps of even greater value.**" (W. RIII.IN.9.1)

Clearly, this is true because it means we are applying them to every situation, every problem, and every difficulty we encounter. It means we are staying very vigilant in watching our thoughts and monitoring our feelings throughout the day. It means we are applying the Lessons and not setting them aside after our morning meditation. Thus, they have untold worth in proving the value of the whole curriculum that he has so carefully laid out for us. "**In these reviews, we stress the need to let your learning not lie idly by between your longer practice periods.**" (W. RIII.IN.10.1)

He is helping us to establish the practice as a habit we bring to everything we do. He urges, "**Do not repeat the thought and lay it down.**" (W.RIII.IN.11.3) We will experience limitless value when we keep the thought active in the repertoire of responses available to us with regard to problems, needs, and concerns that arise. It can seem like just a little thought of anxiety, a small upset, or a seemingly little irritation, yet each thought such as this disturbs our peace of mind. Don't let any disturbing thought go by without bringing it to awareness and willingly releasing it. Be determined today not to use any person, any situation, or any difficulty you perceive, to abandon your Self. I love the way Eckhart Tolle puts it when he says, "Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. This will miraculously transform your whole life." In fact, we are the ones who have chosen it. Life is orchestrated for us and by us for our highest good. We are the ones who set it up to facilitate our awakening to the truth. That is what our lives offer us when used as a classroom for undoing the false self--- to die to the ego before we die.

Remember, we are asked to take five minutes the first thing in the morning and the last thing at night to reflect on the Lessons. "**Light and peace and joy abide in me. I am the home of light and joy and peace. I welcome them into the home I share with God, because I am a part of Him.**" (W.112.(93).1.1-3) And, "**I am as God created me. I will remain forever as I was, created by the Changeless like Himself. And I am one with Him, and He with me.**" (W.112.(94).2.1-3) There is nothing we can do to change the truth about ourselves. All we have done is remain unaware of who we are but all of that can now be changed with dedication and motivation.

"And then begin to think about them [these ideas], while letting your mind relate them to your needs, your seeming problems and all your concerns." (W.RIII.IN.5.3) We are basically letting related thoughts come to address any need, problem, or concern that we bring to this practice. Let the thoughts come up without your effort. Simply allow them to emerge. They are prompts from the Holy Spirit, providing you with guidance throughout the day. We already have the answer to any problem we perceive.

Do this practice with these ideas in your mind, and "**Give it faith that it will use them wisely, being helped in its decisions by the One Who gave the thoughts to you.**" (W.RIII.IN.6.2) "**Have faith, in these reviews, the means the Holy Spirit uses**

[forgiveness] **will not fail.**" (W.R.III.IN.6.4) The means are given us to release all the thoughts that block our peace as we take responsibility for them. It is never about forgiving anyone; but it is about bringing the thoughts we project onto others back into our own minds and forgiving ourselves for using others to block our own peace and joy.

Remind yourself to do the Lesson frequently throughout the day: on the hour for the first idea and on the half hour for the second idea, giving the idea a brief but serious review.

Love and blessings, Sarah
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