

## ACIM Edmonton - Sarah's Reflections



### LESSON 295 The Holy Spirit looks through me today.

#### Sarah's Commentary:

**"Christ asks that He may use my eyes today, and thus redeem the world."** (W.295.1.1) It is up to me to choose to see my brother in all his innocence. I want to see the Christ in him, but I know I can't do it on my own. I need to admit that whatever I see with my own eyes is a witness to my wrong mind. I still see my brothers as separate from me, and I judge them for my sins which I project onto them. These are all the judgments I hold against myself. Until I step out of the way and let Him lead the way, I am lost in judgment, comparison, and specialness in which my needs are at the forefront of every relationship. **"For who could hate someone whose Self is his, and Whom he knows. Only the special could have enemies, for they are different and not the same. And difference of any kind imposes orders of reality, and a need to judge that cannot be escaped."** (T.24.I.3.4) (ACIM OE T.24.II.5)

When I turn my way of seeing over to the Holy Spirit and ask for His interpretation of what I look upon, His vision shows me that we are all the same. He shows me a world that sparkles with beauty and innocence. Yet in order to see it, I must bring every judgment and grievance to the Holy Spirit for healing so space is made in the mind for the love of God to come through me. This is how I **"use the eyes of Christ today, and allow the Holy Spirit's Love to bless all things which I may look upon, that His forgiving Love may rest on me."** (W.295.2.2)

**"He asks this gift that He may offer peace of mind to me, and take away all terror and all pain."** (W.295.1.2) We give our eyes and our senses to be used by Christ today. Christ is a synonym here for the Holy Spirit. We give our bodies to the Holy Spirit for His purpose, rather than for our own. Jesus constantly tells us that when we choose the Holy Spirit as our Guide to seeing, we do it on behalf of our own happiness. The gift we give our brother is always received by us, even as we give it.

**"This is your brother, crucified by sin and waiting for release from pain. Would you not offer him forgiveness, when only he can offer it to you?"** (T.19.IV.D.15.1-2) (ACIM OE T.19.Vd.103) When I see my brother as guilty and want to punish him and blame him for what I think he has done, I need help to give up my way of seeing. I need to be willing to ask for help so I can see how holy and beautiful he is. I can only do that when I recognize that it is my own sin and guilt I project onto him. With my own senses, what I perceive is error, which I have made real in my brother. The Holy Spirit shows me my brother's call for love so I can know the same call is in me. We are the same Christ Self. My brother is me. What I do to him, I do to myself. There is no difference. We are the same Self. **"Would it be possible for you to hate your brother if you were like him? Could you attack him if you realized you journey with him, to a goal that is the same? Would you not help him reach it in every way you could, if his attainment of it were perceived as yours?"** (T.24.I.6.1-3) (ACIM OE T.24.II.8) Our goal is to awaken from the dream.

Jesus tells us that a mind that has forgiven itself can only perceive safety, love, and joy. The forgiven mind can't condemn or judge. A mind at peace with itself can't see a world of death, attack, and murder. Clearly, there is still evidence of death and attack and murder in the world, but a mind that does not judge sees the truth of who everyone is behind the veil and does not condemn what it beholds. How can a mind that is kind have any thoughts or perceptions unlike itself?

We need to take total responsibility for all our beliefs, judgments, and condemnations and be willing to look at them and ask for the help of the Holy Spirit to show us what He sees instead of what we see. We see our own self-interest, but looking at our judgments without judging ourselves is important for our healing. When we condemn ourselves, we are keeping ourselves in the loop of thinking that we are guilty and now deserve to be punished. It is not helpful for our healing. It is helpful to see our judgments and recognize the importance of welcoming everything that shows up for our learning. We remind ourselves "**that His forgiving Love**" (W.295.2.2) is always resting on us. Whatever mistakes we make, it makes no difference to Him.

In the Manual for Teachers, Jesus speaks of generosity by saying, "**To the world, generosity means 'giving away' in the sense of 'giving up'. To the teachers of God, it means giving away in order to keep.**" (Manual 4.VII.1.4-5) This is truly a reversal of the world's thinking. When we see through the eyes of Christ, we can only bless, and thus we experience the blessing and the love. "**The teacher of God is generous out of Self interest. This does not refer, however, to the self of which the world speaks.**" (Manual 4.VII.2.1-2) It is our responsibility to, "**Make no one fearful, for his guilt is yours, and by obeying the ego's harsh commandments you bring its condemnation on yourself, and you will not escape the punishment it offers those who obey it.**" (T.13.IX.2.2) (ACIM OE T.13.III.12)

By being willing to heal our own judgments, our own terror, and our own pain, the blessing of the Holy Spirit can shine through us. "**And as they are removed from me, the dreams that seemed to settle on the world are gone.**" (W.295.1.3) These dreams appear to each of us in many different forms. None of them are real, but we will believe in their reality until we wake up from the dream. "**Love is extension. To withhold the smallest gift is not to know love's purpose. Love offers everything forever. Hold back but one belief, one offering, and love is gone, because you asked a substitute to takes its place.**" (T.24.I.1.1-4) (ACIM OE T.24.II.3) We must expose the beliefs that we are holding in the mind. Jesus tells us that "**an unrecognized belief is a decision to war in secret, where the results of conflict are kept unknown and never brought to reason, to be considered sensible or not.**" (T.24.I.2.2) (ACIM OE T.24.II.4) We need to be aware of the origin of our thoughts of sin. We constantly experience the effects of our thoughts, but now need to take responsibility for them as coming from our own mind.

Think of everything you are doing today and think about how much of it comes from fear. We bake a cake and fear it will not come out right. We plan a lunch date and wonder how we will appear, what we will wear, and whether we will arrive on time. We take the car to the service station and get concerned about what it will cost. We look at the Lesson and wonder if we will get it. We go to the dentist and worry about the pain we may experience. We worry about our future, our health, and our finances. We fear getting sick, fat, aging, and on and on it goes. This world of form arose when we chose the ego, which in itself is fear. When we shift our attention to the Holy Spirit, asking for His help to see each situation differently, He reminds us that our dream of fear is not the truth. Everything comes from our own minds. Everything is a story of a future that has not yet come. We keep time real in our minds, thinking of what may happen in the future. As we notice how we try to mitigate fear through planning, we can give everything over to the Holy Spirit so we can

experience the joy of the present moment where all is well. The Son of God fell asleep and dreamt a physical world. We are the dreamer of the dream and not the figure in the dream. As we recognize this more and more, we see that "**As I am saved, the world is saved with me**" (W.295.1.5) because the world is in the mind. It is all imagined.

As each fear thought comes up, we can question it and realize that our way of seeing is always wrong. With a willingness to surrender our misperceptions, we turn them over to the Holy Spirit so whatever fear thought comes to mind can be given over. Yes, sometimes we take them back when we decide to be in control, but with willingness, each time fearful thoughts come up, we continue to bring them to the light. It takes willingness, as the Holy Spirit will take nothing we have made without our agreement. We need to resign as the one who thinks it knows how to solve every problem. We need to recognize that the deceived mind is the false self and not what we are. Yet while we still identify with the wrong-minded thought system, we must keep bringing awareness to it and keep turning it over to the Holy Spirit no matter how often we need to do this. Time was made for this purpose. We have told ourselves millions of times that we are stupid, unworthy, and unlovable, so even if it takes five thousand times to turn a wrong-minded belief to the Holy Spirit, we need not get discouraged. He does it all. Our part is simply to have the willingness to look, recognize that we are wrong, and trust the Answer is within.

**"Fear appears in many different forms, but love is one."** (W.295.1.7) Problems appear in many different forms, but they always have just one source---guilt in the mind. The only healing possible is to go back to our minds and stop pretending that there will ever be a solution in the world. Yes, we appear to solve problems that show up in the world, but they are not solved for all time; they simply show up in other forms. Our lives become a series of problems and we keep doing our best to address them. The only real solution is to bring the cause of all our problems---the guilt in the mind---to the light of truth, where peace shines forth regardless of what seems to be happening in our lives. From this vantage point, we see all problems as opportunities to choose again.

Let's give the gift asked of us today so it can be received by us. When I see someone who attacks me and I get upset, I experience pain, sadness, and grief. The interpretation I have given to the attack brings the upset I feel. Only my thoughts about the situation can hurt me. The Holy Spirit's interpretation is that the attack is a call for love. When I see it in any other way and experience distress, I have chosen to throw my peace away and blame something outside of my own mind as the reason for my upset. Peace is a constant in my right mind. Anything other than peace is a decision for the wrong-minded thought system. The Holy Spirit asks us to bring our painful feelings and experiences to Him so He can replace them with His peace and love. "**Chris asks that He may use my eyes today, and thus redeem the world. He asks this gift that He may offer peace of mind to me, and take away all terror and all pain.**" (W.295.1.1-2)

Why would we choose to hold onto terror and pain? We do so because we would rather be right than happy. We feel justified in our so-called "position," which comes from the way we have constructed reality. Until we are willing to change our minds, we will tenaciously hold onto our misperceptions, but at what cost? The cost is to not know the unlimited Christ Self that we are.

Imagine a day where your entire purpose is to see love everywhere, and where there is an attack, to see only a call for love. Imagine a day where you willingly give over to the Holy Spirit every fear thought that comes up. Imagine a day where you have perfect confidence that, no matter what it may look like in the world, you know you are perfectly supported in every moment. You know you are never alone in anything you do because He goes with you. He is part of your mind. You just need to be willing to trust Him in all things. Imagine yourself as the light of the world that you

already are. "***My Father, Christ has asked a gift of me, and one I give that it be given me. Help me to use the eyes of Christ today, and thus allow the Holy Spirit's Love to bless all things which I may look upon, that His forgiving Love may rest on me.***"  
(W.295.2.1-2)

Love and blessings, Sarah  
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