

ACIM Edmonton - Sarah's Reflections



LESSON 252 The Son of God is my Identity.

Sarah's Commentary:

Today, I will add a couple more comments on our reading in the Section, **"What is Sin?"** (W.PII.Q4) Jesus tells us that while we take our lives in this world seriously and all the events surrounding them, it is nevertheless all a childish game. We are playing at being **"a body, prey to evil and to guilt, with but a little life that ends in death."** (W.PII.Q4.4.3) He calls this a silly game played by the Son of God, Who has forgotten what he is and now identifies himself as a body. Yet what we call life on this earth is nothing but a madman's dreams. In those dreams, we are indeed frightened. When we think we are a figure in the dream, being acted on by forces outside of our control, we do experience fear. When we understand that we are the ones dreaming this dream, then it is within our power to wake up. All the time we have taken our lives and our belief in death so very seriously, we have nevertheless not had the power to change what we are as eternal beings. Currently, we find ourselves in a world of perception where we are no longer certain about anything.

"But all the while his Father shines on him, and loves him with an everlasting Love which his pretenses cannot change at all." (W.PII.Q4.4.4) We simply cannot change our reality no matter how much we believe that we have done so. God has assured us that we are still His Son, perfect in every way. It is what the Atonement Principle is all about. We can only become unaware of the love buried in our minds and pretend we are unworthy of it. We have played the game of sin for so long that we have forgotten that it is a game. Jesus says that we can laugh at such foolishness. The game of sin makes us feel like we cannot go home again, as reflected in the story of the Prodigal Son. He was afraid to return to his home, fearing his father's punishment for what he had done. Yet his father received him with great love and gave him an open-hearted welcome home.

Our senses keep us focused externally on the people and events of this world, which we often take seriously, but our eyes were meant to deceive. **"Reason would tell you that the world you see through eyes that are not yours must make no sense to you. To whom would seeing such as this send back its messages? Surely not you, whose sight is wholly independent of the eyes that look upon the world."** (T.22.I.2.3-5) (ACIM OE T.22.II.6) This may seem quite startling to be told that we don't need eyes to see. It makes me think about the reports of out-of-body experiences where one is above the body and observing it. Who and what does the observing? The eyeballs are still in the body, yet seeing happens. Clearly, this kind of seeing does not require the body's eyes, and the seeing Jesus talks about is seeing with the mind of Christ, which is to see with vision.

"The brain interprets to the body, of which it is a part. But what it says you cannot understand. Yet you have listened to it. And long and hard you tried to understand its messages." (T.22.I.2.9) (ACIM OE T.22.II.6) Yet we cannot understand any of it. We have

come to believe that life is our experience as a body. We rely on what our senses tell us and what our brains interpret for us. Yet none of this is the truth. It keeps us from the awareness that we can't die! We can't figure out our lives. Oh yes, we put a lot of energy in trying to understand, but it is precisely the mind that thinks it knows that must be surrendered. If we think we know and understand anything, we won't be willing to listen to the messages that Jesus brings us. This journey does seem disorienting because what must be surrendered is the "I know mind." This leaves us in a state where the ground seems to be shifting. We can no longer hold onto anything that we thought we understood. Jesus acknowledges that the transition from our world of illusion to the real world can create considerable confusion. **"In the transition there is a period of confusion, in which a sense of actual disorientation may occur."** (T.16.VI.7.4) (ACIM OE T.16.VII.64) However, Jesus goes on to assure us, **"The period of disorientation, which precedes the actual transition, is far shorter than the time it took to fix your mind so firmly on illusions."** (T.16.VI.8.5) (ACIM OE T.16.VII.65) In other words, it took a lot longer, perhaps thousands of lifetimes, to enter the dream, but awakening can happen in a moment.

In the Lesson today, we read, **"My Self is holy beyond all the thoughts of holiness of which I now conceive."** (W.252.1.1) In other words, we can't even imagine our grandeur and our magnificence. Our brothers and sisters are equally magnificent beyond the masks they wear. We just aren't able to see the truth about anyone, including ourselves, because we take information in with our senses and therefore fail to see with our holy eyes, which would only see innocence. In Lesson 161, we are told that if we really could recognize the truth in anyone we have forgiven, we could **"scarce refrain from kneeling at his feet."** (W.161.9.3)

The words of this Lesson are extremely potent when we are receptive to them. Jesus describes who we are as shimmering, perfect purity and more brilliant than any light we have ever looked upon. **"Its love is limitless, with an intensity that holds all things within it, in the calm of quiet certainty."** (W.252.1.3) It does seem this Self must be **"far beyond this world"** (W.252.1.5) and thus not readily available to us, yet the memory of who we are is very near to us because it is in our right minds. It is here that our reality is held as the Son of God. How much do we want this to be revealed to us? How strong is our desire to know the Self? How much do we want to awaken?

The burning impulses that come from our physical or emotional passions seem like strength to us because they seem to be forces that enable things to happen in the world. Yet they cannot even compare to the boundless Love of God, according to this Lesson. When we are extremely angry, very much in love, or feel strong passions and desires, we feel the power of these burning impulses. Yet they are nothing compared to the power of God's Love, which is quiet, boundless, certain, and calm. It is a different kind of power. Until we experience this power, words can only point to it.

"Father, You know my true Identity. Reveal It now to me who am Your Son, that I may waken to the truth in You, and know that Heaven is restored to me." (W.252.2.1-2) In fact, only by our own desire and readiness is the truth about ourselves revealed. We have powerful support on this journey, but we are the ones in charge of the process. The prayer simply affirms our desire to have our Identity be known to ourselves. It is revealed to us as we focus on mind-watching, taking responsibility for our thoughts, and undertaking our function of forgiveness, which lifts the veil that hides the face of Christ.

When I am anything less than loving to anyone, I can ask for His help to release my mistaken perceptions so I can know what I am as I was created. The Holy Spirit is not outside of my own mind, so His Help is always there in my mind. When I experience feelings of unworthiness, I can remind myself that these feelings are not the truth. When our experience is one that feels

challenging to our peace of mind, we are reminded that when the ego weeps for what it has lost, the Spirit rejoices for what it has found. To indulge in self-pity is to stay in the story, declaring our victimhood. Every thought we have that contradicts the truth about ourselves must be observed and released if we are to know the Self. We must see the meaninglessness of these thoughts. We are worth the effort and the vigilance this takes. We have not changed who we are in truth. We are simply delusional, thinking that we are something we are not. As Jesus reminds us, **"Yet nothing he can do can compare even in the slightest with the glorious surprise of remembering Who he is."** (Manual for Teachers.25.1.5)

There are not two selves in conflict. We are the One Son of God and nothing else. It is not about having a higher Self and lower self because the self we identify with in this world is not real. We are with God and not at all where we locate ourselves. Our current state is delusional. It is the delusion that we are human beings living in a real world. Until we awaken from the dream, the truth will not be fully restored to our awareness. Our limited, meaningless thoughts keep us tied to this reality. Our belief in our needs, lacks, shortcomings, guilt, shame, fear, and death all keep us bound here. We have a terrible case of amnesia. Only as we are willing to bring all of our meaningless thoughts to the Truth will we know the Self we are. Thus, our dreams of guilt, hate, depression, frustration, and specialness are replaced by happy dreams, which culminate in the real world.

Today, we say this prayer with true desire and willingness to wake up to the truth of who we are. Notice how much Jesus wants our own happiness for us when he says, **"How long, O Son of God, will you maintain this game of sin? Shall we not put away these sharp-edged children's toys? How soon will you be ready to come home? Perhaps today?"** (W.PII.Q4.5.1-4) Why not today? Why not wake up to the happy world Jesus wants for us? What keeps us in this state of sleep, when all we need to do is forgive our brother, instead of holding Heaven back by holding onto our judgments and grievances? We keep the belief in sin real by blaming our brothers for our condition. **"How long, O holy Son of God, how long?"** (W.PII.Q4.5.8)

Love and blessings, Sarah
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