



LESSON 260
Let me remember God created me.

Sarah's Commentary:

Today, we are reminded again that there is no need to look for answers to the question of "Who am I?" We keep wondering about our identities because we have made up a self that is not who we are. We are convinced that we are bodies. Our false self-concepts, beliefs, values, and perceived needs uphold this false identity. The beliefs that we hold are both personal and cultural and are deeply ingrained in us. In fact, Jesus tells us that they have been overlearned, which is why it takes a lot of discipline, constant mind training, and a lot of practice to undo what we have accepted as true about who we are. **"Now does your ancient overlearning stand implacable before the Voice of truth, and teach you that Its lessons are not true; too hard to learn, too difficult to see, and too opposed to what is really true."** (T.31.I.5.4) (ACIM OE T.31.I.5) Jesus tells us, **"You have exerted great effort to preserve what you made because it was not true."** (T.6.V.C.10.5) (ACIM OE T.6. V.c.95) Now we defend our image, our body, and our belief system, always staying vigilant in its protection.

We could choose instead to be vigilant on behalf of truth so we could remember the truth of who we really are. **"Your vigilance is the sign that you want Him to guide you. Vigilance does require effort, but only until you learn that effort itself is unnecessary."** (T.6.V.C.10.3-4) (ACIM OE T.6. V.c.95) **"Only this can cancel out the need for effort, and call upon the being which you both have and are."** (T.6.V.C.10.7) (ACIM OE T.6.V.c.95)

When we recognize that we have been mistaken, and we are still as God created us, there is no more effort to be made. Until then, we have to remind ourselves that we are like the sunbeam to the sun. The sun has determined the nature of the sunbeam, just as God has determined our nature as pure and sinless. It cannot be otherwise. We are still part of our Source. (W.260.1.2) In our insanity, we thought we made ourselves. The important thing is to ask for the help of the Holy Spirit Who will undo all that stands in the way of our true identity as long as we are willing. **"Let me remember my Identity."** (W.260.1.5) There is nothing to pay for or atone for. The door to Heaven is open. We have never left our Source. **"Ideas leave not their source."** (W.132.5.3) We are an idea in the Mind of God.

The way I remember who I am as God's Son is through forgiveness. One brother is all brothers. We are all the same---all from the same Source. We all share the same interests and same nature as the One Self. If I attack you, I am only attacking myself. God's love blesses all equally. If I hate my brothers or judge them, I am declaring my will as different from God's. I ask for help because I want to see who my brother really is and to know my own identity.

Healing the separation comes through healing our relationships. **"Peace to your holy relationship, which has the power to hold the unity of the Son of God together."** (T.20.V.2.5) (ACIM OE T.20.VI.38) Jesus goes on to say our healing lies only in recognizing our

joint will. When we recognize our one need, which is to awaken from this dream, we recognize our sameness. Our differences only appear to conceal the goal we all share. It is in forgiving our brothers that we find our true identity. **"Now our Source is remembered, and Therein we find our true Identity at last."** (W.260.2.1)

In every situation that seems to bring distress, pain, difficulty, conflict, or confusion, there is a gift of grace and liberation. In bringing the problem to the solution, God's grace comes to our awareness. Thus, every problem can bring us a gift when we refrain from trying to solve it independent of the help of the Holy Spirit. When we look at every issue that comes up in our lives without judgment, it means that we are looking with Jesus instead of with the ego. When we are willing to be defenseless in investigating our fears and allowing the Holy Spirit to reinterpret them for us, grace will shine through. We are worth the effort to give the time and the discipline it takes to unlock our defenses so that Love can enter. When we set up defenses against feeling our pain and discomfort, we are defending against God's Love.

"Father, I did not make myself, although in my insanity I thought I did. Yet as Your Thought, I have not left my Source, remaining part of Who created me." (W.260.1.1-2) We are not our past, our mistakes, our upbringing, or the stories we tell about our lives. We are awesome and glorious beings created by Love, and through forgiveness, we will see everyone else in the same way so we can know our brothers as our Self. **"And we who are His Sons are like each other, and alike to Him."** (W.260.2.3)

Today, I heard of a man who was climbing in Jasper and felt he just could not go on. He had been hurt, seemed to be out of his range, and not sure of his whereabouts. In the midst of his fear and pain, he kept reminding himself that he was invulnerable, created by God, not his body, but safe and protected. It gave him strength, courage, and hope. If we could bring our fears to the truth in every circumstance, our minds could be returned to peace, which is our natural state. In releasing our fears and reminding ourselves of the truth, we can find peace in the midst of turmoil, whether climbing a mountain in dangerous circumstances or in the midst of conflict with our partner. Remembering the truth will take us out of the rant, out of our tantrums, and out of our need to be right. Is it easy? No indeed. And this is only because we make it difficult; but when we surrender and commit to peace, the way through any circumstance is always available to us.

To have this Lesson really come alive in our minds, we need to remember that we did not make ourselves, but we are a Thought in God's mind. Yet we feel like we have shaped our identity, and we believe that we can continue to shape it with our actions, values, and beliefs. We assess how the world responds to us, which also determines what we think about ourselves. We have an identity we think we have made, and now we compare ourselves to others to see if we are more or less special. Whether we attack or do good deeds, our identity seems to keep changing. Yet the truth is beyond all of our acts and deeds. We are not a blank slate at birth, shaped by events of our lives. We have made a choice to be here and to live out a script chosen by the mind, as are the characters that show up in our dream. The events that seem painful to the ego can be our most powerful motivators to look for another way and are thus joyous to the Spirit.

What I find helpful with this practice today is not only to try to get in touch with the truth of my Identity as a complete and perfect Thought in God's Mind but throughout the day, when painful feelings or self-attacking thoughts come up, to pray: **"Let me remember You created me. Let me remember my Identity."** (W.260.1.4-5) It is a good antidote to thoughts of guilt, despair, and depression. When I have done something that is attacking and I feel down about myself, I can look at those feelings and bring them to the Holy Spirit, remembering again the truth of what I am. We cannot change ourselves. We have not made ourselves. We are God's creation---a Thought in His Mind---totally pure and untouchable. Yes, in the illusion, there are things we have

done where we feel shame, guilt, and unworthiness. It is all part of the illusory story of our lives and the secrets we hold in darkness that we need to bring to the light. We can then have an experience of the unlimited, whole, holy, beautiful, radiant, and pure creation of God that we are. This is the holy instant---a glimpse of our eternal nature.

Love and blessings, Sarah

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