

ACIM Edmonton - Sarah's Reflections



Lesson 351

**My sinless brother is my guide to peace.
My sinful brother is my guide to pain.
And which I choose to see I will behold.**

Sarah's Commentary:

We now enter the last of the "What is" Sections of the Workbook with the question, "**What Am I?**" (W.PII.Q14) The explanation given is a powerful affirmation of the truth of who we really are. Today, we reflect deeply on what is said here about who we are. Jesus says that we are the holy home of God Himself! "***I am the Heaven where His Love resides.***" (W.PII.Q14.1.5) However, no matter what is said, it is impossible to describe our reality in words. Jesus tells us, "**Our use for words is almost over now.**" (W.PII.Q14.2.) It is time for experience so we can come to know our completion, our perfection, our joy without opposite, and our innocence in which we know, "***I am His holy Sinlessness Itself, for in my purity abides His Own.***" (W.PII.Q14.1.6)

Our reality is described as, "**God's Son, complete and healed and whole, shining in the reflection of His Love.**" (W.PII.Q14.1.1) Love is perfected in us, fear is impossible, and joy has no opposite. We are pure, sinless, holy---all words used to describe Jesus, which is beyond anything we can conceive of within ourselves. Nothing we believe we have done can or has ever changed our reality because we are "***the holy home of God Himself.***" (W.PII.Q14.1.4) Of course, this is not the Self we identify with. What we have made of ourselves is a shabby substitute for our reality as the Christ Self.

Jesus tells us that the self-concept we have made bears no likeness to our true Self at all. Our problem now is that we don't know who we are. That is why we don't know our own best interests. The concept of the self we have made "**is an idol, made to take the place of your reality as Son of God.**" (T.31.V.2.3) (ACIM OE T.31.V.43) All our pain comes from this image that seems to have taken the place of the true Self. That image is a role we play in the world. It is the costume of a character we have taken on, made to let us forget our reality as God's Son. Only by knowing who we are as we were created by God can we know true happiness.

"**The Rules for Decision**" (Chapter 30) remind us that we can make this day holy, as any day could be made holy. In the midst of so much frenetic activity that typically takes place at this time of year, we are reminded that this can be a day of peace if we don't make any decisions by ourselves. "**This means that we are choosing not to be the judge of what to do. But it must also mean you will not judge the situations where you will be called upon to make response. For if you judge them, you have set the rules for how you should react to them.**" (T.30.I.2.3-5) (ACIM OE T.30.II.5) Instead, we are invited to make a choice for peace and thus open the way for the birth of Christ in us. This is the way our function as the

"bringers of salvation" (W.PII.Q14.3.1) will be realized. By seeing everything through the eyes of Christ, we **"perceive all things as kindly and as good."** (W.PII.Q14.3.4)

In Section 15 of the Manual for Teachers, the message of our holiness is stated again as follows: **"Holy are you, eternal, free and whole, at peace forever in the Heart of God. Where is the world, and where is sorrow now?"** (M.15.1.11) We are then challenged by the question, **"Do you believe that this is wholly true? No; not yet, not yet. But this is still your goal; why you are here."** (M.15.2.2-4) In the instant of time when we get this, we **"will go beyond belief to Certainty,"** (M.15.2.6) and that is what makes the day holy. It is in this day, no different than any other day, that we can experience Christ's birth in us. In that sense, every day can be Christmas day---a day when we receive good tidings of great joy.

Until that experience dawns on us, Jesus reminds us of our unstable state of being: **"You who are sometimes sad and sometimes angry; who sometimes feel your just due is not given you, and your best efforts meet with lack of appreciation and even contempt; give up these foolish thoughts!"** (M.15.3.1) Such thoughts are **"too small and meaningless to occupy your holy mind an instant longer."** (M.15.3.2)

How do we get free of this prison house of our foolish thoughts, our grievances, our worries, our sadness, and our frenetic activity? The answer is to bring these thoughts to the truth and be willing to see that we are wrong about every interpretation we make of what others have seemingly done to us, making us the victims of their attacks. When the temptation arises to defend how right we are, it is simply another opportunity to step back and ask for another way to see the situation. And yes, it is an opportunity not to get discouraged. We just keep doing the work until forgiveness becomes a habit.

Jesus tells us that when we are willing to see our brothers sinless, we will come to know our own reality. Notice how we prefer to hold our brothers as sinful and see ourselves as unjustly treated. That is why we need our **"Comforter and Friend"** (W.351.1.5) beside us because He makes our way **"secure and clear."** (W.351.1.5) **"Choose, then, for me, my Father,"** (W.351.1.6) and at our request, it is done. We ask to be guided, which is the clear message in Chapter 30, **"Rules for Decision."** There are a number of corrective steps provided in this section, but in the end, there is only one rule here and that is to decide who is going to be our guide---the Holy Spirit or the ego. When we choose the Holy Spirit as our Guide in everything we do, He makes our way **"secure and clear."** (W.351.1.5)

Another good adjunct to this Lesson is in (Text 20.VIII) (ACIM OE T.20.IX) **"The Vision of Sinlessness."** Here Jesus asks, **"Do you not want to know your own Identity? Would you not happily exchange your doubts for certainty. Would you not willingly be free of misery, and learn again of joy? Your holy relationship offers all this to you."** (T.20.VIII.2.1-3) (ACIM OE T.20.IX.68) Later, he reminds us of the vulnerability of our bodies. **"The body is the sign of weakness, vulnerability and loss of power. Can such a savior help you? Would you turn in your distress and need for help unto the helpless? Is the pitifully little the perfect choice to call upon for strength. Judgment will seem to make your savior weak. Yet it is you who needs his strength. There is no problem, no event or situation, no perplexity that vision will not solve. All is redeemed when looked upon with vision."** (T.20.VIII.5.1-8) (ACIM OE T.20.IX.71) And later he says, **"Only two purposes are possible. And one is sin, the other holiness. Nothing is in between, and which you choose determines what you want to see."** (T.20.VIII.9) (ACIM OE T.20.IX.68)

We have been a stranger to ourselves for a long time. We have been lost in the ego's darkness, and our world is a projection of that darkness in our mind. It shows us the fear in our minds, which keeps us in a state of constant stress. Yet, as we know, it does not have to be this way. Let us commit to the vigilance required to remain focused on bringing all our pain to the light so we can make way for the peace within. This Lesson offers a simple formula to do just that. We can admit that our way of seeing is wrong and that we are willing to turn to One who knows and can reveal to us who we are. Our part is to consistently and willingly turn our thoughts over to Him. This Lesson says that this is the only choice to be made. It is a decision between a choice to see our brother as sinful or sinless; and with that choice comes fear and loneliness, or happiness, comfort, clarity, and security. When you really believe this, you become motivated to ask for the help of the Holy Spirit to see everyone you meet as innocent, regardless of how much they seem to commit errors in your perception.

Think about how important this choice is that you are making today. Which will we choose to see today---the misbehaving body of our brother or his holiness? Our day will be determined by our choice. Vigilance in watching our minds and being willing to bring any interference to the truth are what this journey is about. It is to remember our purpose. If our purpose is to wake up to the truth of who we are, everything in our lives can provide us with the opportunity to do so.

Love and blessings, Sarah
huemmert@shaw.ca

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