



**LESSON 225**  
**God is my Father, and His Son loves Him.**

**Sarah's Commentary:**

How do we demonstrate our love for our Father? How do we return it to Him? This Lesson says, "***I must return it, for I want it mine in full awareness...***" (W.225.1.2) In other words, if I want to experience the love I am, and if I want it to be in full awareness, I must extend love to my brother; for to give and to receive are one. We are basically giving to ourselves. "***Father, I must return Your Love for me, for giving and receiving are the same, and You have given all Your Love to me.***" (W.225.1.1) The love my Father has given me must now be extended so can I know it is in me to give.

If I want to know my Self, I must take responsibility for the self-attacking beliefs that I am holding in my mind and bring them to awareness. When I judge and hold grievances and hide behind my defenses, I cannot be aware of my true identity as love. Our nature is love, as given us by God, but we cannot know it when we put more value on the things we have substituted for love. In other words, the things of this world that we value more, such as the opinions and judgments we hold and the need to be right, keep us from the awareness of what we are. When we turn over the blocks to love, that we are holding in our minds, to the Holy Spirit, we release what stands in the way of love, and thus we experience the miracle.

Look again at the discussion on "**What is forgiveness?**" (W.PII.Q1) Here, Jesus speaks to us of our projections. "**The [unforgiving] thought protects projection, tightening its chains, so that distortions are more veiled and more obscure; less easily accessible to doubt, and further kept from reason. What can come between a fixed projection and the aim that it has chosen as its wanted goal?**" (W.PII.Q1.2.3-4) What we project onto others keeps us unaware of the unhealed aspects of our own minds. As I blame and judge others, I am protecting myself from recognizing the guilt in my mind. Instead, I see it in you. Now my mind is imprisoned by chains of unforgiving thoughts. If my goal is to see you as guilty and to see my sin in you, my fixed position will not be changed. When I justify my anger and stay with my story about you, I make my case as to why the guilt belongs to you. Now, no healing is possible. The ego mind, which is the wrong mind, holds all of these unforgiving thoughts that block love. As long as we refuse to release these thoughts to the Holy Spirit for healing, we will not know the gifts forgiveness offers us.

The purpose of holding onto our unforgiving thoughts is to maintain the separation and our investment in the ego and the world. "**It sets about its furious attempts to smash reality, without concern for anything that would appear to pose a contradiction to its point of view.**" (W.PII.Q1.3.4) When we become willing to release our judgments by taking responsibility for our projections and simply looking at them with the light of truth, space is made in the mind for love to come streaming in. Our belief in sin and guilt is what holds the seeming

reality of the body and the world in place. With it comes an investment in the past and future and expectations of how things should be in the world to make us happy. When we choose to release our unforgiving thoughts to the Holy Spirit, we can find the quiet center in us and "**learn to welcome truth exactly as it is.**" (W.PII.Q1.4.5)

Jesus tells us that we don't know how to forgive and must be taught. "**Do nothing, then, and let forgiveness show you what to do, through Him Who is your Guide, your Savior and Protector, strong in hope, and certain of your ultimate success.**" (W.PII.Q1.5.1) Of our own, we can do nothing. The ego will never undo itself. The Holy Spirit is the light in us, as a symbol of the love we are. His light shines away all that is brought to Him in the sincere desire for healing. As we let His light guide us in the busy doings wherever we are sent, the content of the love is expressed through us. Purification is always necessary first. This has nothing to do with the body. It is the mind that must be purified. The one thought that must be healed is the thought of guilt, which is an impediment to the miracle. If love is in our hearts and our minds, then everything we do becomes an extension of that love. Purification can only come by asking for help from the Holy Spirit to release our belief in separation.

What do we know of peace? We try to find it in our own way. We try to figure out how to be peaceful. We think peace comes from things going well in the world. We think that if our needs are met, we will finally know peace; yet what we are doing is looking for peace in form. We look forward to summer holidays where we think we will find the peace that eludes us in our daily lives. We look forward to relaxing and taking time from the daily grind. We think we will be peaceful if we successfully address the things in the world that we think are important to accomplish. But the peace we are seeking is already in us. There is nothing to seek because we have it already. All we are asked to do is be still, come in silence, listen, go within and open to hearing His Voice. We come in certainty today, leaving "**fear behind and only peace ahead.**" (W.225.1.2)

Only through forgiveness can we experience deep rest and relaxation. Judgment is what tires us, according to Jesus. Our rest comes in giving up judgment. Thus, the best way to use our time, if we truly want peace and happiness, is to watch the mind for interfering thoughts. No worldly pursuit will ever satisfy us or bring us the joy and peace forgiveness offers. It is about releasing our belief in guilt. Our belief in guilt, our feeling of "I am bad," feeling unworthy, and being in a state of lack are the only sources of suffering. Think about it. It is a startling realization when we learn that everything comes from our own minds, rather than from the events of our lives. We think that our suffering comes from what someone has done or hasn't done or from some external circumstance. Certainly, we don't think that our own guilt, and all the self-attack that goes with it, is the source of all our suffering. The source of all suffering is internal. It comes from the beliefs and self-concepts we hold, all of which can be undone through forgiveness.

Yes, we do make mistakes that need correction, but with guilt, we believe we deserve punishment. Forgiveness offers us an opportunity to take responsibility for our mistaken perceptions and bring them for correction. It is our way out of this cycle of sin, guilt, and fear. Any judgments that we will not raise to doubt protect the projections we place on others. "**The mind is closed, and will not be released.**" (W.PII.Q1.2.2) We prefer to see our guilt in others and want it punished in them. We hope God is watching so He will know how much others have mistreated us, and thus they will deserve the punishment we secretly believe we deserve. Yet when we blame others, the belief in sin is reinforced in our own minds, rather than corrected, which brings more guilt and more need to blame, find fault, and judge. Whether we blame others or ourselves, it is the same. Blame keeps us in the cycle of sin, guilt, and fear.

We are invited today to reach out for the hand of Jesus, and when we do, he promises that he will never leave us because we are one with him. Let us lean on this support today, as we release our thoughts of conflict that swirl in the mind and keep us from knowing our true Self as love and peace. How we demonstrate our love for God is by coming to know our Self as the Son who loves Him. In other words, we come to the recognition of the truth of what we are through forgiveness. We can only do that as we take total responsibility for all of our thoughts, watch our minds, and release the self-condemnation and concepts that we hold about ourselves. When we no longer hold guilt in the mind, we accept our innocence and see it in everyone.

***"I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or on myself."*** (T.31.V.17.7) (ACIM OE T.31.V.60)  
Let go of the "I know" mind. We don't know our Self because we have become lost in the dream.

We are now given prayers that invite us to enter into the silence and the stillness in which the truth can be known. Jesus enters that stillness with us. He is the open doorway. **"Now we follow it in peace together."** (W.225.2.3) He assures us that he will never leave us. He cannot because he is one with us. He is the symbol of truth in our right minds. We are the ones who have closed the door to the awareness of his constant presence, and we are the ones who can now make another choice. He awaits our decision. Our happiness depends on it.

Love and blessings, Sarah  
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