



**LESSON 278**  
**If I am bound, my Father is not free.**

**Sarah's Commentary:**

In Chapter 30, we read the following, which relates to this Lesson: **"What cause have you for anger in a world that merely waits your blessing to be free? If you be prisoner, then God Himself could not be free. For what is done to him whom God so loves is done to God Himself. Think not He wills to bind you, Who has made you co-creator of the universe along with Him. He would but keep your will forever and forever limitless. This world awaits the freedom you will give when you have recognized that you are free."** (T.30.II.4.1) (ACIM OE T.30.III.36-37)

We are not separate from God or from our brothers. We believe that we are imprisoned in our body and that our body is our reality. We think that it contains us and defines us. Jesus says that if this were really the case, God must be a prisoner with us and, just like us, will die. If God could be imprisoned, the **"frailties and the sins which I perceive are real, and cannot be escaped."** (W.278.1.2) In other words, if sin is real, we can never wake up from this dream of fear, which would be made real too. The dream of separation would be a fact instead of just an illusion.

The true power of our will is in our Oneness with God. We experience a reflection of this Oneness when we see that we are not different from each other. There is only mind. When I see separation and differences, I make the illusion real. I believe in the separation, and I no longer experience the love that I am. To love our brothers is to love God. To hate a brother is to hate a part of myself. I take the part that I am judging in myself and see it in my brother and then hate it and judge it there.

We limit ourselves by the laws we believe in. We are not asked to deny the belief in our bodily identity living in this world and obeying its laws. If we deny the body and the world, we are denying the power of the mind that made it all. What we are being asked to do is to investigate our thoughts so we can learn to see that we are only bound by our belief in them. Fear motivates us to invest in the laws we hold to be true. For example, look at how much fear there is around what we eat. All of the focus on organics, GMO's, pesticides, meat, sugar, food safety, and vitamins can become a religion, increasingly based on fear. **"And would you not have faith in what you have so diligently taught yourself to believe?"** (T.16.III.2.7) (ACIM OE T.16.IV.22) **"Are you really safer in maintaining the reality of illusions than you would be in joyously accepting truth for what it is, and giving thanks for it?"** (T.16.II.5.2) (ACIM OE T.16.III.15) We are dreaming this dream of fear and limiting ourselves by our investment in it and our belief in our bodily existence. In this way, we keep ourselves imprisoned to what is outside of the mind. We are not guilty because we believe in any of these laws, but we need to recognize that they keep us bound to certain beliefs about who we are and where our safety lies.

We now have a choice as to which voice to listen to. The ego is the choice for fear. We chose fear when we believed we had separated from love and left our home in Heaven. We continue to make this choice when we listen to the ego. We are not guilty of listening to the ego, and we are not required to suffer for this decision. Jesus simply urges us to see that we are making a mistake that can be corrected. We can choose the Correction, which we will be motivated to do when we see this is the Source of our happiness.

The simplicity of salvation is that there are only two choices. "**The Holy Spirit and the ego are the only choices open to you. God created one, and so you cannot eradicate it. You made the other, and so you can. Only what God creates is irreversible and unchangeable. What you made can always be changed because when you do not think like God, you are not really thinking at all. Delusional ideas are not real thoughts, although you can believe in them. But you are wrong.**" (T.5.V.6.8-14) (ACIM OE T.5.VII.67)

Jesus reminds us, "**The truth in you remains as radiant as a star, as pure as light, as innocent as love itself. And you are worthy that your will be done!**" (T.31.VI.7.4) (ACIM OE T.31.VI.67) How beautiful is that? We have covered up this truth and its radiance with our false beliefs about ourselves, with our fear thoughts, with our false self-concepts, and with the laws we uphold. It is about seeing what we are thinking and believing, and bringing these beliefs to the light of truth, where they will dissipate. It is about staying vigilant of the thoughts we think apart from God and reminding ourselves that they are not the truth. All we are asked to recognize is what is false. Kirsten Buxton writes in her book, *I Married a Mystic*, that the Holy Spirit told her she should put everything she sees into opposing categories—true or false, the real or the unreal. It is something we can practice throughout the day. He explains, "The body's eyes may report differences in shape, size, and actions, so these are put in the false or unreal category. The experience of the present moment—seeing the Christ, feeling the connection of love between you and your brother—is put in the true or real category." Kirsten used the example of her cat, with its body, size, movements, and sounds as unreal but the enjoyment and bliss she felt in its presence as real.

When we say today, "**Father, I ask for nothing but the truth,**" (W.278.2.1) they are just words unless we truly mean them. How much do I want the truth? How strong is my desire for it? If we really wanted the truth, we would have it now because the Kingdom of God is here now. The dream of fear has become our reality as bodies living in this world. We have forgotten who we are and keep choosing to forget every time we turn to the ego. We have invited a stranger (the ego) in and adjusted to its insanity, but we are reminded that this stranger, who came without a purpose, cannot remain "**before the shining light the Holy Spirit offered and you accepted.**" (T.20.III.7.3) (ACIM E T.20.IV.22)

We have agreed to choose a better way and to be set free with the help of the Holy Spirit. We do this step-by-step as the fear of being hurled into reality would be too overwhelming for us. We now choose truth instead of madness and love instead of fear with each decision we make. Truth is the only place of safety. This is the only place in our mind where we are totally secure, totally free of fear, and released from the belief in lack and needs. And it is from this place within us, where truth resides, that we can be taught what we are. "**This is a course in how to know yourself. You have taught what you are, but have not let what you are teach you.**" (T.16.III.4.2) (ACIM OE T.16.IV.24) The truth is within. Turn to that truth daily. We do not need gurus; although teachers, who point us to the truth, are helpful.

**"I sought for many things, and found despair."** (W.251.1.1) We think we wanted the things we sought for, but these things were all just substitutes for truth. We seek them until we recognize that they bring us nothing. Peace can only be found when dreams are gone. In this awareness, we are free, but we don't know it yet. Today we commit to bringing to awareness our false beliefs that keep us bound to this dream so we can be set free. We choose to take this course of action on behalf of our own happiness. It is how our suffering is released when we live in the flow of inspiration rather than the demands and requirements of the ego. It is not about adding spirituality to our ego, but rather undoing the false. It is not about trying to change ourselves to become a better person, but about undoing our identification with personhood through forgiveness and recognizing that we are only limitless mind, bound by nothing.

How do we do this? Jesus tells us, **"If you are willing to renounce the role of guardian of your thought system and open it to me, I will correct it very gently and lead you back to God."** (T.4.I.4.7) (ACIM OE T.4.II.11) We must first see that we are wrong about everything that we currently think, because only then will we be willing to give over the "I know mind" and be open to receive the truth.

Love and blessings, Sarah  
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