



LESSON 209 ~ Review VI

[189] I feel the Love of God within me now.

Sarah's Commentary:

The Introduction to this Review tells us to remind ourselves hourly, "**I am not a body. I am free. For I am still as God created me.**" A "**deep relinquishment**" (W.RVI.IN.3.8) is called for "**of everything that clutters up the mind, and makes it deaf to reason, sanity and simple truth.**" (W.RVI.IN.3.8) What clutters up your mind today? What are the beliefs, worries, concerns, or distractions in the way of the love you are? These are thoughts that block love from our awareness. When this happens, we are not able to hear the guidance of the Holy Spirit. The Introduction to the Review proposes that "**When you are tempted, hasten to proclaim your freedom from temptation, as you say: This thought I do not want. I choose instead---[Today's Lesson] I feel the Love of God within me now.**" (W.RVI.IN.6.2-3) I am as God created me. I am love, not this false self that I have come to believe I am. Today, I start my day by determining the kind of day I want. I remember that "**Anger is never justified. Attack has no foundation.**" (T.30.VI 1-2) (ACIM OE T.30.VII.70) Whenever I am tempted to become angry or to attack, I ask for the help of the Holy Spirit that I might experience peace throughout the day.

Today, we claim the power to create, which we can do when we "**become vigilant only for God and His Kingdom.**" (T.7.I.2.8) (ACIM OE T.7.I.2) Jesus tells us, "**To create is to love. Love extends outward simply because it cannot be contained.**" (T.7.I.3.3-4) (ACIM OE T.7.I.3) God's love created us because His love cannot be contained. It keeps flowing outward, and when we accept ourselves as love, we cannot help but extend love because it too cannot be contained. "**The ego, on the other hand, always demands reciprocal rights, because it is competitive rather than loving. It is always willing to strike a bargain, but it cannot understand that to be like another means that no bargains are possible.**" (T.7.I.4.1-2) (ACIM OE T.7.II.4) When we bargain, we lose sight of our reality. It is all about trying to get something we believe is lacking in ourselves, but Jesus reminds us that "**To gain you must give, not bargain,**" (T.7.I.4.3) (ACIM OE T.7.II.4) because in giving, you but give to yourself.

Jesus is our example of a healed mind. He gave only love to the Kingdom. He said this was because he knew his reality only as God's Son. We don't believe that we are only love. We believe we are love some of the time, but also bodies and personalities with variable moods. We believe we are two selves in conflict. Yet Jesus has come to remind us of who we really are in truth. He has given us a spiritual technology, through this Course, which, when applied, brings us home to our Self.

We are only one Self. "**What you believe you are determines your gifts, and if God created you by extending Himself as you, you can only extend yourself as He did.**" (T.7.I.5.2) (ACIM OE T.7.II.5) The ego has no gifts to give, as it is only about taking for itself,

though pretending to be kind and loving. It puts on a pretense in order to get what it wants, knowing it must give something in order to get.

To undo the ego is to undo our false beliefs about ourselves. Any belief, any self-concept, any concern, or any issue we grapple with today is what blocks awareness of our true Self. By turning over our misguided perceptions to the Holy Spirit, the truth shines through us. Today, we are asked to remain vigilant for the Kingdom by watching our thoughts. The truth is in us in the silence of our right minds. We are created by God, and as such, we have all His attributes. As we connect to our Source, we extend love, and in this extension, we create in the same way God created us.

I was aware, yesterday, of how much I wanted to be "left alone." It was not a happy state, and there was no peace. I looked at the thoughts of wanting space from my brothers. I have had a pattern of wanting to escape whenever I feel conflict or tension in a relationship. I recognize how much I still value the little gap between myself and my brother because I still see love as treacherous. I feel safety in my aloneness.

Our fear of love reflects our fear of God. It is "**The greatest obstacle that peace must flow across...**" (T.29.I.3.2) (ACIM OE T.29.I.3) It reflects the fear of God's punishment, that we hold in the mind, for our perceived sins. Jesus reminds us that we keep our brothers at a distance because "**A cautious friendship, and limited in scope and carefully restricted in amount, became the treaty you had made with him. Thus you and your brother but shared a qualified entente, in which a clause of separation was a point you both agreed to keep intact.**" (T.29.I.3.8-9) (ACIM OE T.29.I.3) "**It is the symbol of a promise made to meet when you prefer, and separate till you and he elect to meet again.**" (T.29.I.4.3) (ACIM OE T.29.II.4) "**The body saves you, for it gets away from total sacrifice and gives to you the time in which to build again your separate self, which you truly believe diminishes as you and your brother meet.**" (T. 29.I.4.7) (ACIM OE T.29.II.4) Though we made this agreement with our brother, we made a more binding agreement with our Father to return to Him.

The gap we value between ourselves and our brothers is the same gap we want to maintain with God. While I can profess that I am not a body and that I feel the love within me now, I need to do the work of releasing the fears that maintain the desire to escape. This is where vigilance in watching our thoughts becomes so important. When we state, "I want my space," or "I need to establish boundaries," we are really affirming separateness. Too much closeness can start to feel threatening, demanding, invasive, and smothering. We value our independence. For me, it has been a lifelong process of establishing my independence and my fear of being controlled. Being controlled felt dangerous and made me feel vulnerable. Getting in touch with these fears allows for the healing. We can't heal what we won't acknowledge.

When we look at the darkness, with the light of Jesus beside us, these fears lose their power. Thus, the ego program can be exposed. The ego is nothing but thoughts we hold to be true. The ego is nothing, and it is nowhere. However, when we identify with our thoughts, we become what we are thinking. If I hold beliefs that I am stupid, unworthy, or bad, these beliefs become my identity, but they do not constitute the truth of what I am. Therefore, we can safely look at these beliefs as they do not define us. Who is it that does the looking anyway? The mind that is the observer of our thoughts is where sanity resides. Yes, it takes courage, honesty, and vigilance because our vulnerability is exposed, but the result is greater freedom and lightness. We experience more joy and peace until the final doubt-thought can be released and only awareness shines forth. The love

we are, which illuminates our minds and brings freedom, no longer has to be defended or demanded. It simply is.

Today, use the Lesson to remind yourself of the truth and try to remember to use it in any situation where you feel tempted to judge or attack. The truth is that we are not different. We are both set free when one of us remembers there is only God's love and nothing else is true about anyone. ***"The Love of God is what created me. The Love of God is everything I am. The Love of God proclaimed me as His Son. The Love of God within me sets me free."*** (W.209.1.2-5)

We continue to do our daily practice with morning and evening meditations of fifteen minutes, repeating the Lesson and then spending time in silence, being attentive to guidance from the Holy Spirit throughout the day. We continue hourly practice, reminding ourselves of the thought for the day and expressing gratitude to the Holy Spirit for His presence in our minds. We continue to bring awareness to the thoughts that block the truth about ourselves. We listen for guidance and bring the Lesson to our minds as often as possible throughout the day. If anything tempts you to lose your peace throughout the day, use it as another opportunity to apply the Lesson in a form that addresses the issue. As an example, you might choose to say, "The Love of God within me sets me free from this difficult situation that I seem to be facing."

Love and blessings, Sarah
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