



LESSON 114

Review III ~ Lesson 97 and Lesson 98

Sarah's Commentary:

"I am spirit. I am the Son of God. No body can contain my spirit, nor impose on me a limitation God created not." (W.114.(97)1.1-3) I was writing this commentary a few years ago, right after hearing the news that my brother and friend, James, had made his transition. These words registered deep in my mind. They were a beautiful reminder that the body simply can't contain the spirit. All we are is Spirit. The body was made by the ego, seemingly to bind us to the illusion, giving us the apparatus of the eyes, ears, and brain to fool us into thinking that what we see, hear, and process with our brains affirm what is real, but it is not. Now we know we have a choice. We do not have to buy into this dream. We are not limited by what the world shows us and says is true. In fact, what we see and think that we know blocks the truth. This occurs until we recognize that we don't know anything and that everything we have learned about the illusory world is false. Only then are we willing to be taught. Only when we let go of our false beliefs is truth revealed.

Jesus reminds us, "**The lessons you have taught yourself have been so overlearned and fixed they rise like heavy curtains to obscure the simple and the obvious.**" (T.31.I.3.4) (ACIM T.31.I.3) Our minds, conditioned by past learning, are not simple and obvious. We have overlearned a very large number of complex messages. This is why the Course seems difficult to us, even though Jesus says it is our first language. The truth is already in our right minds where the Holy Spirit dwells. Our problem is that we have overlearned the false, which is what must be undone.

We think of ourselves as human beings, living in a body, contained by it, and constrained by its limitations. We think that as human beings we can have spiritual experiences from time to time if we are fortunate. We are, in truth, spiritual beings who happen to be dreaming this human existence. In this human existence, we have all kinds of fears, all associated with the body and its vulnerabilities, including the certainty of death. If we truly knew we were spirit, what could we fear? What could limit us? What kind of boundaries could contain what we are? What could then die? **"Salvation seeks to prove there is no death, and only life exists."** (T.29.VII.10.2) (ACIM T.29.VIII.51)

Our spiritual reality is the only one there is. There is nothing outside of God's power, and therefore, we are not outside of God. Even though we believe in the human experience, it can't alter the truth of our being as One Self, united with our Creator. Right now, we experience ourselves as bodies and personalities, so how do we transcend these seeming limitations? What is our path to freedom? Jesus tells us that instead of using our bodies for our own (ego) purposes, they can become a communication vehicle for extending love, and when used for this purpose, they become holy. Thus, we learn about our true nature as love and as spirit, for we receive what we give. We become instruments of healing in the world. Thus, we transcend all limitations.

We learn about the magnificence of the power of His love working through us. This is the basis for what we call the supernatural, although Jesus reminds us, "**Miracles occur naturally as expressions of love.**" (T.1.I.3.1) (ACIM OE T.1.I.3) What is unnatural is the world of the ego. The miracle teaches us that we need not be limited by any laws of this world. Thus, the miracle is not subject to limitations of space and time, and neither are we.

When we accept this, we accept our part in God's plan for salvation. We become channels of His love and peace. We take His Word for what we are instead of hanging onto our own beliefs. Our self-concepts and our self-determined limitations have no reality. I am as God created me. He is the author of my life, not me. When I surrender my authority over my own life, I become ready to take His Word for what I am. That is all He is asking of us. He is asking us to accept His Word for who we are and will always be.

Step back today from your definitions of yourself, all your self-imposed limitations and descriptions, all your self-concepts, all the beliefs in your unworthiness limitations, and realize that all of them are wrong. Why try to fix and improve what is not the truth about you? This is not a self-improvement course. It is not about raising your self-esteem. It is not about becoming worthy for God. This is a course in having all our self-limiting thoughts and beliefs removed by accepting God's Truth. I am Spirit. The body can never contain me. I cannot be limited. God says so. The Atonement Principle affirms that we cannot and have not changed ourselves. As God created us, we still are.

In the Manual for Teachers, Section 25, on psychic powers, we are told that psychic powers are not ends in themselves, but they are there to help free us from limitation by making the illusion of limitation less solid. Even if we don't currently claim to have psychic powers, we have probably all experienced that "**Communication is not limited to the small range of channels the world recognizes.**" (M.25.2.2) We have many examples of this in our own lives: when we think of someone and they call; when we forgive someone in our own thoughts by reclaiming our projections and releasing them, and our relationship miraculously shifts in a dramatic way; when we are in the flow and everything comes easily without any intervention or planning on our part; or when we experience miraculous healing. All these kinds of events help us recognize that the limits of the world do not apply.

To have these experiences, we must get out of our own way. "**I will step back and let Him lead the way.**" (W.155) As long as we think of ourselves as responsible for our lives, in control and relying on the tiny wings of the sparrow, we limit ourselves and bind ourselves to this illusion. As Jesus says, "**Who would attempt to fly with the tiny wings of a sparrow when the mighty power of an eagle has been given him?**" (M.4.I.2.2) Today, we remind ourselves that we are Spirit, and we have a part to play in God's plan for salvation. Our part is to accept the truth about ourselves, which means I accept you as part of me, and together, we are One Self.

Again, remember to bring the idea to any perceived needs, problems, or concerns that arise during the day. Whenever you are not at peace, apply the idea to any upsets that come up. Look at any limitations in your mind today. If you are not feeling well, recognize that suffering is not part of you. This Lesson, when applied, truly offers us reprieve from whatever we are feeling.

Today, you might want to watch for times when you are missing the practices and deceiving yourself about the other activities and goals you are making more important, recognizing this is resistance. This requires self-reflection and great honesty. The goals we set for ourselves offer us nothing while applying these Lessons offer us everything. How much do we want this? Doing the

Lessons diligently can put us on ". . . **more solid ground, with firmer footsteps and with stronger faith.**" (W.RIII.12.3) (ACIM OE W.RIII.13)

Love and blessings, Sarah
huemmert@shaw.ca

Published in DAILY LESSON MAILING by <http://www.jcim.net>
JOIN MAILING LIST HERE: <http://bitly.com/CIMSMailingList-Signup>