

## ACIM Edmonton - Sarah's Reflections



### Lesson 1

**Nothing I see in this room [on this street, from this window, in this place] means anything.**

#### **Sarah's Commentary:**

Here we are on Lesson 1 again for those of you who are starting the year with the lessons for the first time or starting for the umpteenth time! This lesson may seem simple and even silly to some. I have heard people say they don't see the importance of these early lessons and want to skip over them and get to the ones that seem more powerful and more meaningful. Yet if we are willing to deeply reflect on the lesson, we will see its significance. We begin to understand that at some level we give meaning to everything. When we begin to withdraw our own meaning, only then are we willing to be taught. Until then, our minds are closed to anything but our own thoughts about what we see. When we acknowledge that perhaps we don't know what anything means and the meaning we have given to what we see may be wrong, it puts to question our own ideas about everything.

The "I know mind" cannot be taught. It is already full of its own ideas of what things are and what they are for. We are currently in the undoing phase of mind training. In this phase, we are in the process of undoing the way we see; but to do so requires a willingness to question how we see now and to trust the process laid out for us.

Our current way of seeing is to focus on the forms of this world and give them meaning. The meaning we give to the forms of the world brings fear. To us, forms such as money, bodies, homes, cars, and buildings have meaning. In fact, all the forms of this world have meaning for us, and the meaning that we give them brings fear. What if I lose what I value? What if this body gets hurt or dies? What if I lose my money? The purpose of this lesson begins a process of withdrawing meaning from the forms we look upon. We will later learn that only what is behind all forms has meaning. Only the content of love has real meaning. It is only when we have the experience of reality behind all forms will we understand this.

The content of the ego mind is sin, guilt, and fear, all of which are nothing. Our experience here is that sin, guilt, and fear are real. When we come to see their unreality, we will recognize that nothing real is happening or has happened in the past. As such, all problems that we seem to have are the same, regardless of how we determine their degree of importance. Jesus teaches that there is no order of difficulty in the problems we perceive. They all reflect a wrong-minded perspective based on the value we put on them, believing some are more important than others. The truth is, they are all unreal.

We may think the Lesson is simple and we get it. We may think that just because we have studied this course for many years, we are beyond this lesson. Yet if we were, then we would no longer be attached to what the course calls "idols", which are forms we value. We would recognize our reality is not a body.

I recently watched the movie *Eastern Promises* where a dead body had its fingers snipped off to rid it of being identified by its fingerprints. I found myself not able to watch because I felt the "pain" of this act. Obviously, I was giving meaning to a body that has no meaning. I was identifying with the pain by identifying with my own body and how this would feel if it were done to me. The truth is, we are not a body. Our reality is outside the body. The body is actually just a projection on the screen of this world.

I look around my office and see the meaning I have given to my collection of things and see that all these forms have no meaning except what I have given them. The meanings all come from past associations and from the value they hold for me.

You are doing these Lessons because you have some level of commitment and dedication to undoing your current investment in this world and finding your way to peace and joy. This is your invitation today to apply yourself as well as you can to the Lessons and simply trust the spiritual "technology" laid out for the undoing of the way you see now. It can be extremely powerful in undoing our conditioned way of thinking when we apply the Lessons daily.

May this be a blessed year of further gains in finding our way to peace.

Love and blessings, Sarah  
[huemmert@shaw.ca](mailto:huemmert@shaw.ca)

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