

LIVE ACIM - SEASON 1 EPISODE 4 - July 27th, 2021 with Sarah St. Claire

[0:00 MINS] INTRO - ORIGINAL MUSIC BY CHRIS HOFF

Hello. Welcome, everyone, to another episode of Live ACIM. I just want to share that it is always a miracle: this being able to come together. There is always a lot that comes in the way just before the mind can open and come into this space together of Innocence and prayerfulness and playfulness.

And, yes, it is no small feat to get here, including for us every week. There is a great healing that always goes on so that we can all be here and present with you.

So on that note, as everyone is getting their seats... Aah I see you all! It is so lovely.

As everyone is getting settled in and sitting, it feels really nice to just take a moment to drop in, just get really acquainted to being in presence together again, and then just to clear off all of the questions of the week and even the ones you have written in, and just sink into the answer which could come from such an alternative direction and sweep you off your feet. Prepare to be embraced by the Spirit. So let us just take a moment to drop into prayer together and I will ring a bell at the end, just to call you back.

[1:22 - 7:38 MINS] PAUSE FOR PRAYER

We have had so many beautiful reflections this week of what is occurring in the mind. I have had a few conversations with new people who were feeling into whether they would join us or not and they were asking what it was we were doing together. And the more I sat with sharing that with them, the more it

became clear in a descriptive way. Whereas for all of us, it has arisen organically—what we are doing together.

Really, it is a prayer for the One mind that we share. We are joining in a prayer for that One mind, that we share, that is Who We Are, the One watching, the One Awakening, the One looking with the Vision of the Spirit. That is very different from joining with “a group of people” who want to figure something out together. It is a very different orientation.

And even though that clarity was given to me in a nonverbal way as we began, it is actually an incredible sense of Grace for me to watch that unfold. And the difference of the feeling it gives to the joining—to be clear on that unified purpose of Accepting the One mind that we share—and that, *that is* the Truth of Who We Are.

And of course it is always an identity confusion that has us upset, distressed and questioning. And so I love that we clear the questions on our heart before we come, hand them all over to the Spirit so that we can sink into the Answer that will allow us to remember that One mind, to remember ourselves, that OneSelf, and not get mesmerized by all the little characters on the screen, all the seeming separate selves.

That is really where all of the conflict and what I would call tension comes from: it is from the illusion of the *multiplicity* instead of the Vision of the Spirit and the *singularity* of seeing “One” in front, one illusion, one painting. The more we focus in on the multiplicity of colors and shapes and name them as objects and people and things and plants and animals and scenes, the more we get distracted and carved up, the more we lose the Name that was given to us, the more we lose our birthright.

And so we always speak in the affirmative here of going back into what is for us. That clarity of what is for us just relaxes the mind like a soft focus, to be able to see that singular purpose out front for Peace, now.

And this week, that theme of tension in the mind arose several times, and I even came across a biblical passage where they were speaking about the tension that many Christians face between the idea of being with God now and *preparing the way* for an idea of the second coming and the tension of *that it is not already here*. And we follow a path that collapses that tension, that goes for present peace, not future salvation, that goes for present joining in Christ, not a future coming back together of two things that were apart.

And the Grace of that has really been blessing me in every moment. Because when I have been feeling tension, I have been allowing myself to notice that split: that idea that in a later moment “peace could be restored” instead of allowing “Peace to be as it is right now” present by restoring my awareness to it, instead of getting focused on the screen.

And it has been quite a week of opportunities to do so; so I am very grateful for all of those. So I have the words here that I just wanted to share about that.

[12:30 - 12:50 mins] PAUSE TO COLLECT NOTES

Yes, so the term they used was “not yet.” Not yet.

And that tension of an idea of both allowing *and* building something in some “proactive” sense. There is a personal sense of “doing” or “contributing” to something and then the tension of understanding that, really, “*only* God can do anything.” That *is* the tension that they were alluding to.

And for us, of course that “tension” is being collapsed by the understanding that everything is the past. The second coming of Christ is not something that is happening external in “a world” it is not “part two” of a restoration of salvation—it is simply the Acceptance that Salvation has already happened!

And that is very important for the way the Answer is coming through today that we have context for our mind. That everything is the past and that Salvation *is*. It has already happened; there is nothing to be saved *from*, *save* for our a mistaken idea!

And so the acceptance that everything needed (should there have ever been anything needed) for steps towards forgiveness has *already* been accomplished, by Jesus.

Then we can relax our mind back into our one function, which is Acceptance of the Atonement.

We are going to use the word “Acceptance” a lot today and “One mind” and “Holiness”, which for many of us feels sometimes like an alien concept. But the way we are going to speak about it today, I think you will see, it is a very natural state for you in truth, and only our resistance to seeing ourselves that way, is what is pausing us from Acceptance in every moment.

[14:54 - 15:08 MINS] COLLECTING COURSE READINGS

So I would like to start with two separate pieces. One is from “The Link to Truth” in *A Course in Miracles* and it goes like this:

- T-25.I.1. “It cannot be that it is hard to do the task that Christ appointed you to do, since it is He Who does it. 2 And in the doing of it will you learn the body merely seems to be the means to do it. 3 For the Mind is His. 4 And so it must be yours. 5 His Holiness directs the body through the mind at one with Him.”
- T-25.I.3. “Perception is a choice of what you want yourself to be; the world you want to live in, and the state in which you think your mind will be

content and satisfied. 2 It chooses where you think your safety lies, at your decision. 3 It reveals yourself to you as you would have you be. 4 And always is it faithful to your purpose, from which it never separates, nor gives the slightest witness unto anything the purpose in your mind upholdeth not. 5 Perception is a part of what it is your purpose to behold, for means and end are never separate. 6 And thus you learn what seems to have a life apart has none...”

Quoted section:

<https://acourseinmiraclesnow.com/course-miracles-chapter-25-link-truth/>

[16:57 mins]

So that is from Chapter 25, “The Link To Truth” and it is very important that in coming into this state of acceptance we first must accept where we have been mistaken. We cannot “accept” if we are not first seeing and witnessing “the mistake.” You can only Accept the Correction when you are relieved that you have been mistaken about everything else!

And so our goal today together is to be relieved and glad that we have been mistaken about everything else. At every moment it is amazing, we are choosing what it is we would like to see. We spoke two weeks ago about “the messengers of fear” that we might be sending out, that are giving us reflections; and then “the messengers of love” which can be the substitutes to the messengers of fear, until we see that there is only Love.

And this is very important because without this, there is a feeling of being subject to the world. And many of the questions that we have today—they are beautiful questions—really come from that frame of reference where we *feel* like separate small individual selves subject to the world, and we are doing our best to be “responsible” and “take care” of what seems to be on our plate at any one time.

And it comes from a sense of care and a sense of love and a wanting to be responsible. And yet when we are not clear on what *we are* responsible for, anything can happen and again we have lost our purpose.

[18:57 - 19:15 MINS] COLLECTING QUESTION 1 EMAILED THAT WEEK

So, I am going to begin with some of the questions because they really help hone the mind:

Q: “Hi, Sarah. A member of the family is going through a rough time with depression. It is very distressing to see this person struggling with something so difficult and debilitating. None of the medications seem to be working; counseling does not seem to help. He has problems with fatigue and lethargy. We all feel quite helpless and afraid and worry about how long it will last. He also worries about how long it will last. I feel led to concentrate on Lessons 35 and 39 which are around the ideas that I am holy and my holiness can heal, especially Lesson 38: “In the situation involving depression in which this person sees himself, there is nothing my holiness cannot do.” And yet I feel like it is not working either because it seems he is not getting better, so then I end up questioning the lessons and questioning God, and my power to heal as well. As the whole idea that there is nothing my holiness cannot do because the power of God lies in it. What am I missing here?”

So that is a wonderful question. And for all of us, I would really like us to peel back off any sense that this is a question another has and really accept it as a question we all have when we come up against anything where we imagine it should be different from how it is.

So just for a minute I would love everyone to just close their eyes and sink into that space where we notice something is occurring in our life and it feels very

true where we believe that “it would be better if it was different.”

Thank you.

So, we are going to be addressing all of the seeming questions that seem to be coming from individual people “in-the-round” today. It is going to be a circular answer, where we unwind-the-mind back to a gentle not knowing, not understanding, and not being afraid of the Answer. Knowing that peace is all that is being offered and gentleness and kindness and love, and even for the seeming small creature self: relief!

The promise is we are going for this sense of peace or, as I like to share: relief in this moment, ok! So don’t strain for an answer!

[22:30 MINS] READING FROM ACIM

I have a little piece here and this is from Lesson 35, actually, in the Workbook: “My mind is part of God’s. I am very holy.”

Because in the very first paragraph it addresses *the shift* in our looking that is needed.

- W-pl.35.1. “Today's idea does not describe the way you see yourself now.

So this holiness that we are speaking of is not how you see yourself now.

- W-pl.35.1. “2 It does, however, describe what vision will show you.”

And there is that tension, as if there is a gap between the two.

- W-pl.35.1. “3 It is difficult for anyone who thinks he is in this world to believe this of himself. 4 Yet the reason he thinks he is in this world is because he does not believe it.”
- W-pl.35.2. “You will believe that you are part of where you think you are. 2 That is because you surround yourself with the environment you want.”

Now, this may seem challenging to hear if you are experiencing the environment around you as hostile in some way or negative or dull even. And yet this is the acceptance of the mistake first so we can accept the correction and be happy and relieved, what we are going for. And nobody will be left feeling wrong.

Mistaken is not a feeling of being wrong; it is a feeling of just a ridiculous sense of “how could I ever have thought that!”, and relief. It is not a wrongness like with a shame or a blame attached to it, or “I should have done it differently”, or “I wish I had known sooner”.

It would not be better if it was different; it would not be better if you had heard any of this a moment sooner; there is no other moment, there is just now, okay?

So we want to stay in Innocence as we listen: perfect, whole and complete.

- W-pl.35.2.3 “And you want it to protect the image of yourself that you have made. 4 The image is part of this environment.”

So the Spirit is saying that you cannot separate the image from the environment, the concept, the self concept of who you believe yourself to be from the environment it is in. The environment is there to support and uphold the self concept, even if you experience it as ripping it down or in conflict or against, that is reinforcing certain aspects of the self concept that are integral to maintaining it

as real, and struggle is the best form of maintaining something as real. Love just collapses everything.

That is why we spend most of our lives in struggle. If it was always sweet and lovely, like they say in *The Matrix*, everyone would just wake up straight away. So that is why you only Awaken from happy dreams, and today we are going for a happy dream scene, of seeing that there isn't you, and other, and against, or any tension here in reality.

- W-pl.35.2. "5 What you see while you believe you are in it is seen through the eyes of the image."

So Jesus is describing you as the image, the character sense of self. So if you want to even picture where you are sitting right now, seemingly in front of a computer with Sarah on the screen, and lots of other little boxes, you are relating through this image of yourself that is not who you are.

- W-pl.35.2 "6 This is not vision. 7 Images cannot see..."

The only one that is "seeing" anything, even this delusion: or maya (dream illusion) in front, is the one watching, the one who can awaken and it is not a person.

People are not holy; people do not awaken. So you can feel relieved of judging this little sense of character self, this image that you have made as not being somehow holy enough. You just need to step a little further back off the screen to see the big picture so that you can really activate that Holiness in your awareness and embrace it. This is the tiny tweak that Jesus just loves giving us. So that we can step into our magnitude, and our function of Forgiveness, our function of Acceptance that everything is the past, and already healed and done.

There is nothing for us to do except soften into the Acceptance of that where it is! In a sensation of like back there, rather than a grabbing and a getting and a fixing

and a crossing our fingers and hoping it works out well in the end. It is just a very different orientation.

- W-pl.35.5. “In the earlier part of the mind-searching period, you will probably emphasize what you consider to be the more negative aspects of your perception of yourself.”

I see myself as failing. I see myself as failing my brother; I see myself as not good enough. I see myself as not holy. Whatever way you are thinking of yourself today, those are the aspects that we focus on in this particular type of lesson, and yet every day, it is how we “see” ourselves.

- W-pl.35.5. “2 Toward the latter part of the exercise period, however, more self-inflating descriptive terms may well cross your mind. 3 Try to recognize that the direction of your fantasies about yourself does not matter.”

There is no positive or negative here; just the idea that you are a person is the restriction.

- W-pl.35.5. “4 Illusions have no direction in reality. 5 They are merely not true...”

And again, this is the relief. This is the relief. And we are going to go the whole way through using this question and the other questions that have come to us into a state of mind that just offers us the Answer, you know, that capital A, Answer.

Because “my mind”—he even uses a “but,” which is rare in the Course.

- W-pl.35.7. “5 But my mind is part of God's. 6 I am very holy.”

So holiness is an inherited state. It is Christ, Christ awareness. It is not a “personal” state, which is a great relief: persons do not awaken. Persons will never be happy, just to be clear, never.

Persons will never be happy. They will look like they have up days and down days, and up days and down days. Persons - it is a mesmerism, so it could not possibly exemplify happiness. So the contentment that we are looking for, the Acceptance that we are looking for, the soft bubbling joy and love that we are looking for is all an eternal experience of being the One watching, of being the mind, of being Christ.

- W-pl.35.9. “As often as possible during the day, pick up a specific attribute or attributes you are ascribing to yourself at the time and apply the idea for today to them, adding the idea in the form stated above to each of them. 2 If nothing particular occurs to you, merely repeat the idea to yourself, with closed eyes.”
- W-pl.35.7. “5 But my mind is part of God's. 6 I am very holy.”

QUOTED ACIM SECTION:

<https://acourseinmiraclesnow.com/a-course-in-miracles-workbook-lesson-35/>

[30:30 MINS] END ACIM READING

And I really like to remind everyone that it is the Holy Spirit's convincing job. You are not to try and find a mechanism by which you can convince yourself of something you do not believe.

You simply bring your unbelief to the Spirit, that lovely list of: well, I see myself as. I see myself as unwell; I see myself as sick; I see myself as a kind relation; I see myself as a good grandmother; I see myself as someone who wants to help; I see myself as a good Course student; I see myself as a good forgiver.

All of those descriptions, no matter whether they appear to be on the good or the negative side, are descriptions of a person, and that image does not see holiness.

We cannot think (conceive) of ourselves as “a person” *and* see holiness.

We are being invited to “conceive” of ourselves “as Christ.”

There is the second coming! There is the rebirth of awareness of the truth of who you are—to “conceive” of yourself as Christ!

And you are not asked to pretend or “fake it until you make it” or “push it out front.”

You are merely asked to sink back into something that is true of you that you have not been leaning on... or trusting in, just to see how it feels, a movement into that experience.

Because it is just longing to meet you where you are at, and swaddle you in clothes and lay you in a manger of light and bright so that you can receive and experience the Light of the world, the Truth of Who You Are, without leaving the bed!

Nothing is needed of you in this world.

There is no one to save or help; there is nothing exterior to drive you. You may be compelled to go out and share and shine, but it will be coming from the joy of that *Being*, from that rebirth inside your own awareness.

It is not coming from an external call that is *needing* of you. It is just an effervescent desire to give and extend that will come through you. That is the state of Holiness!

So with the next few questions, we are going to look at where it can seem and appear that things are misaligned, or “out of whack” or “unwell” in awareness.

We can see where healing in mind is still needed!

[13:13 - 33:25 MINS] COLLECTING QUESTION 2 - EMAILED IN THAT WEEK

Q: “I am inspired to ask for further clarity on forgetting one’s function: forgiveness, yes? As ACIM suggests in response to illness or any other insightful lessons and ideas to integrate the same.”

So that is the request. So our friend had a wonky bone marrow aspiration a few years ago, which she feels she is not very identified with -- that she still does not really believe it. And,

“I am a first year ACIM student, though many years in various meditation groups and healing practices”

-- and this is actually very important, which we will get back to in a minute.

“So, many miracles happening these days, and what I feel has been wholly guidance since doctors have shared their opinions, have declined the brief case of pharmacology, quit the job that was not in alignment, and left the moldy apartment to care for a friend’s peaceful home on the lake.”

So this one has a call, not just for peace of mind in the moment, but is willing to do the practical application that may be called, and the shifts in form that seem symbolic for the shift in awareness that is already occurring.

“Spirit also guided towards a vegan paleo food choice, a functional MD, certain supplements care for this gift of a body, Joe Dispenza, ACIM...

And then one of the questions is:

“Can Spirit guide food choices, supplements, etc. if none of that matters? Last night’s blood test revealed that critical numbers are slowly rising as somehow I knew they would. I recently read an ACIM student’s letter to themselves and resonated with the: “he now scans through his day looking to see if there is anything else to forgive.” Love this. And also curious about further insights. Open to all you have to share.”

So I would like everyone to take a moment to just bring to mind into their awareness—anywhere they are actually *really trying* to do their best, where they have broken out of the mold in which they have been living and they have stuck it to the Spirit and they are saying: “Show me!” And yet something seems to be a little amiss in the being shown. Somehow the softness and the peace is not yet coming in. And this slow, dull disquiet arises, a slight fear that maybe we are not doing it right or there is something more we could be doing or that we are not “getting it right.”

And again, it is like I see myself as not doing it right; I see myself as trying hard; I see—all of our list from before the holiness.

So just really orientate to that for a moment, because it is really helpful to look at all of this together, because we are doing this together.

Anywhere there is a frustration or a like: “I really just do not get it, why this keeps happening? I have no idea why this keeps happening!”

[37:06 - 37:18 MINS] COLLECTING ACIM READING

So I am going to read this tiny bit from Lesson 135: “If I defend myself, I am attacked.”

- W-pl.135.1. “Who would defend himself unless he thought he were attacked, that the attack were real, and that his own defense could save himself? 2 And herein lies the folly of defense; it gives illusions full reality, and then attempts to handle them as real. 3 It adds illusions to illusions, thus making correction doubly difficult. 4 And it is this you do when you attempt to plan the future, activate the past, or organize the present as you wish.”

Now, that is what we do every single day, no matter what our circumstances. This is not a rare occurrence. This is what we expect being “responsible” to be.

And so the Spirit is really inviting us to peel back from our idea of what we are “supposed to do” to be “responsible” and for a moment—and I really mean a moment—just one moment.

It is risk free, to pause and say what if I do not know what it means to be responsible even for myself? What if I just do not know? I have been trying so hard; I have been doing so good. I have welcomed all types of input and yet something, something still seems to be missing.

And today we are going to look at that tweak in the mind for what has been missing and what has been having that tension there, that very slight fear feeling (might it be completely minimized and down low) that I am doing it wrong, that I could get it wrong, that I could mess it up and it would be my fault!

- W-pl.135.2. “You operate from the belief you must protect yourself from what is happening because it must contain what threatens you. 2 A sense of threat is an acknowledgment of an inherent weakness; a belief that there is danger which has power to call on you to make appropriate defense...”
- W-pl.135.3. Defense is frightening. 2 It stems from fear...”

And we have talked about the “maintenance of fear” by not fully looking at it that continues:

- W-pl.135.3. “increasing fear as each defense is made.”

Whew, I got through that one okay! Okay, we got past that; now hopefully the next thing we will be okay with.

But again, it is not fully being looked at, where the fear is coming from. The conditions that are underlying the fear that Jesus says he can help us with but he cannot help us with the fear itself, can only help with the conditions, the beliefs and the desires in the mind where the fear is stemming from.

- W-pl.135.3.” You think it offers safety.”

The defenses you come up with.

- W-pl.135.3. “4 Yet it speaks of fear made real and terror justified. 5 Is it not strange you do not pause to ask, as you elaborate your plans and make your armor thicker and your locks more tight, what you defend, and how, and against what?”

QUOTED ACIM:

<https://acourseinmiraclesnow.com/a-course-in-miracles-workbook-lesson-135/>

[40:58 MINS] SARAH CONTINUES TO ANSWER QUESTION 1& 2 - EMAILED IN THAT WEEK

So I do recommend that all of you read “Lesson 135” in the vein in which we are looking at it today, because it really unearths this idea of *true responsibility*, and the *holiness* one (piece Sarah read) on “true responsibility for sight and vision with the Spirit”, *because* “images do not see.”

So I want you to step back from the question; I want you to step back from the “life threatening” feeling of both questions, the imminent need to do something, to help, to fix something, to address something, because the urgency is for the miracle. The urgency is for the pause for prayer and getting clear on even what you are praying for? And why?

And that only comes if we step back into this sense of self that is “watching.”

So as we watch our friend by the lake or we watch our friend looking at the depressed relation who seems to be becoming fearful that he is not the way he used to be. I want you to step back a little further and just watch them for a moment and see and witness to all the love in these scenes. All the trying and the heartfelt doings and the strategizing and the coming up with ideas of what might work.

And now I am going to invite you back further into a different state of awareness, into a different way of seeing.

And so my question is: “Why would I want it to be this way?”

And there is an affirmative answer for that.

Ask: “Why would I want it to be this way?”

Look in Innocence with us right now as to why I would want it to be this way?
What does it give us? What does it reinforce in our self concept?

Even if it is that “I am good and kind because I am worrying about someone”
even the idea that this “worrying” is an attribute that I would want to maintain.

Any ideas (beliefs) that I am responsible for this body, or that body, that this body
should be a certain way, that help looks like something in form whereas all
healing is in mind.

So just take a moment to look at that.

[43:27 - 43:47 MINS] PAUSE FOR SELF INQUIRY

So we have the belief that it should be different, that it is somehow “ideal” that it
would be different.

Now if you looked in the mirror in this moment and you were about to go out,
(maybe you are going out to a wedding or some kind of celebration where you
are dressed up looking your best) and you look in the mirror and you see a big
splodge of mustard all down your tie or your dress.

Do you want to get angry at the mirror? And go over and start scrubbing off the
mustard, saying “This bright yellow, it is not part of the look; it is not part of what
we are going for!”

“Bright yellow, that is not the look, dark brownish mustard, that is not the look.” We are not going for that; “I do not want it to be like that.” It should not be like that.” “I am not going to have a happy day if it is like that.”

And if we put all our focus on the reflection that is letting us know that we already feel that way. We are already “disturbed and upset” and feel things are “wrong” or that “we are wrong” or something is out of place, then we cannot really take the communication yet.

We cannot actually even get a napkin and wipe the mustard off our own chest, because we are not looking in the right place and are therefore not seeing it as something we have any power over.

And I feel in our holiness question 1 about our “depressed relative” that this is the call: “Where is my power?”

We really do want to activate it in the affirmative. And we are aware from the Course that we cannot direct our miracle impulses because we will misdirect them, so we cannot choose how and where miracles occur.

And yet miracle mindedness is *totally* our responsibility, and *is* dependent on our availability.

It does not mean it looks like we personally “do” miracles out in the world, because you can’t.

You cannot have miracles done through you if there is fear. And so Jesus reminds us in the Course again that it is the fear, the contraction and the minimizing of that fear that needs our focus. He says you need to be without that fear at least for a moment for me to perform miracles through you.

And so we must come back to our looking. There is an image seen here as we read from “Lesson 35.” We are seeing an image, an image’s idea of the world.

And so we must come back to the *Vision of the Spirit*, to look upon “the one by the lake” in question 2 and see that there is nothing *wrong* with the image.

And we can look at “the one with their depressed relative” in question 1 and see that there is nothing *wrong* with the image; there is nothing *wrong* with the look of lethargy or someone desiring to sleep a lot. There is nothing inherently *wrong* with it.

Because until we stop the frightened panic—as we have talked about—like the panic of patting down a fire. (Sarah motions like she’s on fire) Until we can do that, we cannot really be utilized by the Spirit or come into “The Answer.”

The Answer is for “yourself!”

The Answer is first and foremost like a sense of relaxation and relief of what is—you know as Byron Katie says, “What is your business and what is God’s business?”

I like to say what is the Spirit’s business, you know.

You have to come into a sense of: that God’s business is all you want to be concerned with, and God’s business is “loving you.” So you are coming into an “Acceptance” of that Love, which is your business.

And anytime we keep orientating to the images that are “telling” us fearful thoughts, then we are not looking *with* the Spirit.

So that is the first thing.

[47:32 - 47:48 MINS] COLLECTING QUESTION 3 - EMAILED THAT WEEK

I am going to read us one more question, because the Answer, as I am coming around to it all ties in together, you see, even though these seem like very different kinds of questions.

Q: “Even though I have find many ways to let go and trust Spirit guidance, there is one area that puzzles me. I am in conflict as I have a desire to be closer to family and grandchildren. But at the same time I am not being guided to leave where I am.”

Which is a good five and half, six hours away from them.

“This thought system creates a sense of not being grounded in either place. How can I see this differently?”

And again, we are seeing through that image’s eyes, that little one on the screen that we are watching; we are seeing through that mustard stain. We are just seeing this blotch of browny yellow goo and we are just longing to get rid of it.

Except the blotch of browny yellow goo that is showing up on the screen, that is showing us a discomfort about our self and how we look and how we feel we are coming across in the world, is actually there to make us aware of that fear already being present.

Aware of that misalignment in our own mind, and aware of that misidentification of “who we are.”
That is all it is for.

What if you could see everything that seems to be happening before you, or even to you and around you as symbolic and *not at all* anything that “says anything about you.”

It does not describe your state of mind;
it does not say you are doing good;

it does not say you are doing bad.

Now I have one defining example that will bring that swiftly into your awareness, because what does an example of someone being nailed to a cross say about the person?

The answer is it does not say anything about a person; it does not say anything.

We are all here trying to be perfect and show up glowing and well being in some image making that we are doing all the time, and yet the defining image that we were given, which is in fact the resurrection, but symbolically seems to move through what looks like a crucifixion. We are still trying to get the storyline to look good, and that is the wrong emphasis.

Because the relief cannot come from anything you are going to see on the screen!

The relief can only come from seeing, (a bit like the holiness in “Lesson 35”) that there is no good or a bad.

I see myself as on a cross
or I see myself as a resurrected body even,
that is still a person.

There is not anything good or bad between the two of those; it is just not true. None of it was you ever; none of it was “You.”

And you are being invited to just be relieved of this intensity and this tension of focusing on “the person” and their performance, and to peel back further into the relief of seeing you are not that one.

And so we are moving our way gently towards that, okay?

So you can just relax and trust that we are coming there; it does not have to be clear yet. You just have to be mildly curious and open to saying, well I do not believe that, so show me now. And that is what the Spirit is hoping to do!

[51:25 MINS] COLLECTING QUESTION 4 - EMAILED IN THAT WEEK

Fourth question—and again, “the Answer” is the same for all of them. (Each question)

This is why I really love that we are taking down this “weather report for the mind.” Because in exposing what is happening in the mind, everyone here, whether you seem to have written in a question or not, is hearing the *same Answer to the perceived problem* as it “appears” to happen in *their* lives.

Or it may even seem to correct a problem, or a distress, or an intensity that they have had seemingly in the past, but this moment is the Holy Instant to awaken from that mesmerism of then and now.

It is all happening now, it’s all possible now. There is no other moment!

Q: “The short version is I keep going back to this same very painful fear experience over and over again. I fear people will see I am a liar and a fraud, that I do not know how to forgive, that I think of myself as worthless, even though I represent myself as: I can do this, whatever that is. I have fear of having the unworthiness come up in situations; therefore I want control of my emotions so I will not embarrass myself. And the fear of saying “no” and fear of consequences / hurting others is still playing. Again, with “how will they see me?” projecting attack with others getting angry with me, or being displeased.”

[53:00 - 53:50 MINS] PAUSE FOR PRAYER - SARAH SHARES A PARABLE

Yeah, I would like to share some things about my own experience that relates to all of these questions. When I was in my very early 20s—my late teens, I suffered extreme depression and at one point for a whole year, I didn't leave the house.

And I came from a very loving family that were very open to getting me help and support and whatever I might need: talking to me, talking about how I felt, being, you know, accepting of whether I needed to sleep, or whether I was willing to get up and speak or do things with them, bringing me to different psychologists and psychiatrists and counselors for support, medication. That one did not work, next one; that one did not work, next one, you know, through reams and reams and reams of things.

And at one point in the middle of all of it, I had this deep experience of ... a kind of a flatlining with the medication, and the sense of deadness and dullness that was there, that was actually more than with the depression. And I was just sitting looking out the window at some little animals or something and I thought: even in nature, as it goes, wild as it is, you know, "life," up and down, up and down, there is an up; it is not a flatline. There is an up and then there is a down.

And I suddenly realized I was missing even the most natural of "up", the most natural of little uplifts.

And it was all because what was happening and what was being provided for me was gearing me to be at a maintenance level of something.

An external decision of a maintenance level of "what I *should* be."

And that was based solely on how I could contribute to society and function as I had, or at least similar to, in the past.

Now you can hear there is a whole lot there that when we start to look at that deeper does need to be questioned. And this is not about demonizing any form of

medication; it was a realization I was having inside myself, that I was trying to orientate to something that was a *very low bar* for myself.

And not that I was striving for anything higher but there was a struggle even in the being with the low bar. There was a tension there because it was not true. Even in the natural state, it was not true.

And I feel that that is what we are all doing; we are all trying to come to some maintenance level of that image, of how it is seen, how it operates, of how it is, whether it is respected or loved, some maintenance level.

So whether your dosage is your grandchildren, or your dosage is of, you know, quiet prayer time on your own or meditation—see, there is no wrong or right here. Whether your medication is in helping people or making yourself available to be a helpful person, it does not matter.

We do want to see, though, the maintenance of something that is keeping us from hitting rock bottom. Rock bottom of how that perception of our self could never satisfy, how that image could never satisfy.

And I really feel until you allow yourself in the mind—and that is why they talk a lot in the Course about facing that deep self hatred, until you really allow yourself to start to look without the maintenance—like the methadone program. Until you start to allow yourself to really look, you are not even looking in the right area for what needs to be addressed, and what needs to be taken responsibility for.

Because you are not responsible for the error; you are only responsible for the correction.

But until you accept that there has been a mistake made in “the focus” of where you are looking for your orientation, and for your reflection of who you are, then you cannot really hand it over to the Spirit to utilize—and this is very important; whatever you have been using to maintain your self concept can still be used—to free yourself from your self concept. (Once handed over to the Spirit)

So with all of these questions, it is: “who does this make me?”, “what does this say about me?”, this story? What does it say about me? And we are much more comfortable with trying and struggling and doing our best than we are with surrender and giving up and acceptance that we have no control over the world.

Because that feels futile; that feels disempowering, but that is only “a story.”

So the minute I had that awareness in my own mind, the very next counselor I was sent to kept saying to me: “Yeah, but I do not see what is wrong with you; I don’t see it; I don’t see anything wrong with you?”

The very next counselor person I was sent to!

And then she said, “You know, I think I’d find it really hard to talk to you anyway if you are still on these medications, because you would not actually be having an emotional response to even the questions I was asking you.”

And I was there going: “Yeah, I didn’t really want to be on these anyway.”

I just wanted to feel better; you know, I just didn’t want to feel the distress and the self hatred and the ego attack that was coming.

So all I was having was awakening symptoms.

“The world” I’d seen through it, it was not working!

And I was unable to acquiesce and just “go along with it ”as everyone was asking, and this was described as “depression.”

And it is our inability in the moment, which is totally okay, to be able to face that level of self hatred and attack and awareness that is coming towards us—you know? Because we are no longer willing to comply, that is what actually needs to be looked at.

And everyone in these questions is having that moment.

Everyone who has written in is having the moment where they are like, “It doesn’t work; it doesn’t work!” “I can’t even seem to just go see my grandchildren and feel better; it does not work.” And that is why I am still living five hours away from them.

Because it is not going to be enough to maintain it anymore. Nothing is going to be enough to deflect from the awareness...

And remember, this only has to be faced in a moment; it does not have to prolong over a long period of time—this self hatred.

Looking at *the self hatred* with the Spirit at it is like looking at *the fear*; once you look, it goes because you have seen its lack of validity and its lack of value to you, as we have spoken of. (to maintain your identity as a good / bad person)

So in that moment, we all have this choice now; it is like I could just put my focus on... when I feel ready—and this is very important, okay? (Remember I gave myself a whole year in bed.) When I feel ready—and this is totally up to you with the Spirit; this is not a “it would be better if you did it now” force it, or anything.

When I am ready and I feel safe enough, and I want to turn to look at the reflection of self hatred that is coming towards me, when I am willing to look at that—when I feel stable enough and safe enough in my mind—then the things that seem to be disturbing me will also disappear simultaneously. Because they are just a reflection (a communication) of *the need* to look at that intensity and self hatred, and postponement of Acceptance of “The Truth of Who I Am.”

Now, you cannot do it to get rid of the symptoms because “the symptoms” and “the intensity” are again just keeping the focus on what *needs to* be looked at in the mind. (Conflicting beliefs and desires using [Levels Of Mind](#))

And yet, you are not to be “in pain.”

If there are pain killers available, that is wonderful.

If there is a lovely doctor that you get along with that is person-centered rather than just trying to cure symptoms, wow, what a holy encounter; that is wonderful.

That is exactly where you should be spending your time and having a chat saying, “You know what? I have been coming to you here and I would just like to share what my purpose in coming to you is. My purpose is to find out how all of this mistaken idea of myself is really interfering. I am sure you are tired of all of your patients and clients coming in here looking for you to fix them when really you are sitting there, you do not know either, but you are open to joining with them. And I would just like to blow the lid off this as I do it and tell you what I am about.”

I spent a time with a friend of mine who had been diagnosed as possibly dying within three days, then was given three months and in the end lived for three more years. And as we went through this process myself and her together, it was very deep and very profound. And when we sat with the doctor who said, “You see, your cells have forgotten who they are and they need to remember.” We were like, “You are sooo right!” We were both in this holy encounter with this one.

These are mechanisms; whatever is coming in front of you, whether it is a storm or a sunny day, they are just mechanisms to show you how you feel about yourself. And to draw you into encounters with seeming others, because this (ACIM) is a path of relationship, (including the one that you believe yourself to be) into encounters that as you allow yourself “to be” without judgment with this self or other, you will experience yourself differently.

The Spirit has it all planned, and our plans only interfere with the Spirit’s plans.

And so that surrender that “Lesson 135” is asking us to step back from: activating the past, planning the future, or organizing the present, does not mean that you

won't allow yourself to come into a state where you are taking care of things in your life; it's just that you will not decide what it is, that really needs to be taken care of.

You know, if you suddenly one day decide that it feels really sparkly to drive and see a grandchild, that will happen.

If it feels inspiring to have them come stay with you, it will happen.

But if you want to be “the grandmother” with those ones, then you are being kept away until you see that will not be the most loving way you can be in those “holy encounters.”

If you *insist* on *being* “the grandmother” and inserting our “self” (image) into the story with that agenda—because it is an agenda. (a demand to be accepted and reinforced as who you are not)

Or the false responsibility when we see someone we love very much struggling with something and it not seeming to improve, and the panic that arises in everyone. You know, that moment where we go, “Yeah, maybe I'm scared of a false dependency coming on me, or someone suffering, and me witnessing to it and doing nothing.”

“I'm scared that I am not enough!”

And we begin to see that really there is a focus on ourselves that is being avoided by focusing on this sense of other.

And so whether it's a little bit of your spine that you have had a spinal tap on, or it's a bit of your elbow, or it's your cat, or it's your beloved relation, or it's that lovely little grandchild that you love joining with, the Spirit is trying to restore us to a sense of “From where are we relating?”

Because it is your attitude that speaks in the mind.

And you cannot hurt or harm anyone; you cannot—like our last question, you cannot hurt or harm anyone.

If you misperceive yourself though you will be trialing (trial and error and it will be all error) out who you are by trying to “imagine” what *they* “need” from you.

And you cannot, because all they need from you, is you Remembering Who You Are.

From there, whatever is naturally seeming helpful in the scene—think of it like in a movie—will unfold. And so you are relieved; your love extends to those ones.

And first—especially with our fourth question—your love must extend to you first. It is so wonderful to have it exposed in this way!

- Q4: ““The short version is I keep going back to the very same painful and fearful experience over and over. I fear people will see I am a liar and a fraud.”

Do you understand this is an awakening symptom?

This is actually something incredibly valuable. This is a reflection of *not wanting* “the tension” anymore between “the Truth of Who You Are” and this “image” that sees yourself as ... whatever you insert; in this case: “a liar, a fraud”, “someone who does not know how to forgive”, “a person who does not know how to forgive” instead of “the mind” Accepting Forgiveness.

- Q4: “And I think of myself as worthless, even though I represent myself as “I can do this, whatever that is.”

You know what?

It has been done *for* you!

Whatever *it is* that you are all thinking about in your mind, it has already been done *for* you!

The trial and error has been done for you and now we just want to come back into the Acceptance of the Correction. And again, the correction in the Course means Innocence, seeing you are mistaken, that it is not “your fault.”

That it is not anyone else's “fault” either, that you are just *confused* about “Who You Are.”

Let us just take a moment to pray and pause on where we are now.

And then I am going to go deeper into clarifying questions. But I am also going to see what else is helpful for drawing this all together, because we are on the Spirit's time here; there is not a plan I have, for sure. Moments before we come together, new pieces get given to me out of nowhere. So even as I sit here, you can tell I am sitting here going: what now? Because I do not perceive that there is someone who needs something or is in lack. I am absolutely certain in the “Truth of Who You Are” and the “Truth of Who I Am” and it being the One Self.

And so I go by exactly how I am feeling.

And yet we will have clarifying questions; they will be so welcome, okay?
So let us take a moment to see where you are at right now, just to tune in.

[1:09:23 - 1:10:33 MINS] PAUSE FOR PRAYER AND CHECK IN

Okay. So, the Spirit said: let us just talk a little more about Q2: “forgetting one's function.”

Because that is the key to the movement in the mind from these seeming stories to: “How can I truly serve?”

“How can I be truly helpful?”

Which is what all of you would like to be. And it is such a great prayer. Because in every moment, if something is facing you and you are feeling distressed and you are feeling compromised and you are feeling under pressure, especially if there is a time pressure seemingly on you and there are results coming back that seem to be saying, “Oh oh, there is a problem and it is imminent and it is dangerous and you should be afraid.” Then what you want to do is restore yourself to: “Okay, then what is my responsibility in response to even what I am seeing?”

Instead of deciding what we think things should be like, we decide we don’t know and we ask the Spirit: what is a helpful response to this.

“How can this serve?”

Because there is nothing going wrong on the screen; it is just a reflection of a state of mind that is being held, and it is an attitude adjustment that we need. Nothing in form needs to change, unless it comes after the attitude adjustment from a natural flow of joy and inspiration.

So that is very important, and I can hear that from many of you who are asking. Because you have played that one out before, so now you only want to move from joy and inspiration, so that’s a good sign, a good sign.

Okay, so “forgetting one’s function.”

One’s function is to remember that you are not responsible for your “self”: the character, the image here on the screen. You are not responsible for other images on the screen.

If everything is the past...

...I really want you to picture this for a moment—if it is all over *long ago*—what is it you *imagine* you could do, that could change how you feel? Except to change your mind!

There is not anything “in form” you could do that would make you feel better. There is not anything “in form” you could do that could make anyone else feel better.

(It is all past)

I know it looks in the play like you could, but really it is “a change in mind about your mind” that occurs that, allows the screen to somehow then change in reflection.

Now I also do not want you to be hanging out there hoping the screen changes in reflection. (Sarah crosses her fingers)

I want you to give your desires Q1: for a very happy relation who used to be depressed, I want you to give that to Spirit: “I would really love it if he was happy. I notice I have a preference and desire.” No problem, hand that over.

Q2: “I would really like this body that I experience myself to be, I would really like it to be supremely healthy, mobile...” whatever the ideas are, hand that over.

Because if you do not hand it over, it becomes a block to Who You Are feeling good right now, right now! Not in the future when test results change or do not change. Right now, you are still worthy of feeling good *right now* and relieved of the idea that you can impact this in some way externally through form.

Now, you may be sent on many happy doings and undoings:

- You may be “the light of the world” when you go into the hospital.

- You may be “the light of the world” when you go visit your relation.

- You may be” the light of the world” when you go visit those small children who are just delighted to see you and spend a few hours with you.

You may be experienced as that!

Or

You may be the one who shows up and has those small children comfort you, like one did for me today.

You may be playing “the role” of the one who shows up and says, “I do not know what to do anymore; I am very afraid of all of what is happening to this body of mine.” And you may be the one who meets that really lovely nurse and that wonderful doctor, and that orderly, or the person just delivering flowers from Interflora, you might be playing that character. (So loosen the attachment to roles.)

You see, you have to *allow* yourself to play *all* of the characters that might be given for you, for the mind to awaken, and not judge the characters and what they are doing or how it looks.

On that day you may be the one who says to your relation: “I’m actually worried about you.” And they turn around and they cheer you up!”

You do not know who you are to play in the moment, and so you cannot judge how it looks. You cannot judge it.

Well, you can judge it—but it will not make you happy.

And this does not really help you honor what is being asked of you.

Isn't that incredible? Because remember this—cross? (Sarah stretches out her arms like being crucified)

That's what the invite was. "You cannot hurt me, it is okay. Do not worry. Do not worry about *how* it looks." You know, no problem here. Nothing to see; you did not do anything wrong.

Now, that only comes with the "resurrection in mind" and for Jesus in the story, that happened *before* anything untowards came towards him. That "resurrected mind" was there (since he was baptized by John the Baptist) there was not suffering or pain on the cross. (It was the last useless journey)

And so what you are looking for is Peace and restoration of it's (the Resurrection of mind) awareness.

It is very terrifying if at every moment we are terrified of being exposed as "not being good enough", as not being "who we claim to be", as not being "good at forgiveness."

And I really feel—and I have to say that the person who wrote the fourth question was one of the major inspirations for this entire show—so I want that one to listen to me right now and understand that you have no idea how "you" can best serve, how the "little character", can best serve.

You understand that Acceptance of Forgiveness is your function.

The little character self and "how" that is going to look, nearly all the forgiveness you will ever accept is on behalf of that one.

- And the idea that it is you!
- And that it *should* be in any way different, in any way!

The person who asked this fourth question for us today, is the one who gave us this heart opening opportunity to begin LIVE ACIM. The rawness of the expression this person gave, at another time that I joined with her, IS what opened the doorway for us all to be here right now in this space to receive this clarity, and be called into this function.

And what is it?

What is our function?

Acceptance.

Acceptance, oh yeah, it is *not* me, that little “image.”

I can just let it do what it is doing right now. Aw, watch it, adorable; look at it trying hard. Oh, my God, aw.

That is Forgiveness!

So I always say you might need to be the screaming harridan in the corner for a while before the mind can go: oh, yeah, that is not me at all. I do not know what I was thinking. It might actually serve better than your “I am so good and pious” act. And it will allow you to restore to awareness of Holiness—the Truth of Who You Are in your mind.

So, what are “the form” answers to any of these questions?

- There aren’t any.

What is “the mind” answer for any of these questions?

- What is the capital A, Answer that we really all want and have come together for, in such devotion—I have to say—and in such gratitude, I also feel.

What is THE ANSWER?

The Answer is the gentle Acceptance, of kindness, and love.

it is the opposite, you see, of all the self hatred—that finally *allows* you to accept everything exactly as it is.

You do not have to like “it”; you do not have to love “it”; you do not have to want “it” to continue.

But in your moment of Accepting “it” (what is) exactly as it is, you release yourself from that false responsibility. You can hand the entire picture over, because you are not picking and choosing between elements to the Spirit and say, I have no idea what to do with that.

I just feel... And focus on how you feel, what you think, what you believe, what you desire, and then just hand all that over as well.

And just be relieved that it is already done and it is not up to you, even to make yourself feel better. You are responsible for how you feel but you cannot convert or change or shift that; you can only offer up that you do not like how you feel and invite the Spirit to choose for God for you.

There is so little asked of us; it is very humbling.

And we are ragged from trying.

And yet all of the shifts through Inspiration and Guidance that you have all described actually in your questions too that you have been following really will relieve you and have allowed you to move forward.

“Are changes in form necessary in the lives of the teacher of God?”

As it says in the Course: well, to an advanced teacher of God, that is not a necessary question, because it is a “change in mind” that is needed.

But from there it is very natural that it will seem like things shift in form. You do not need to keep saying to Jesus every day: You are standing on my toe. You don’t need to keep forgiving him. You might actually need to say, “Actually, I notice that I believe I am in pain because I believe you are standing on my toe.”

You know, this people pleasing, this trying to contain ourselves, control our emotions—that is not needed. I have discovered time and time again that it is in the release and the speaking really as I feel that releases the tension that we have been speaking about in the mind. And allows the miracle to come in.

It’s a play. Whether you come from any form of theatrical background, or you just like watching Netflix, it’s a play. It’s a movie. You are just *one* of “the characters.”

But how *you feel*, how “the mind” feels, the One watching is very important because it is like the film that goes through the projector.

And it is those beliefs, desires, feelings and thoughts that are showing up on the screen to bring awareness to taking care of that mind level of awareness.

[1:21:02 - 1:21:12 MINS] PAUSE FOR PRAYER

Yes, so I feel like we have time, for whatever we need to have time for.

If there are any clarifying questions—we did try and do a lot today, seemingly, but even I, you know, kept stepping back from: as if that was true.

So if we can bring up everyone here; we will have a look at our full gallery. And I just want to see if there are any clarifying questions, because I don’t have a time

limit on myself and it is still okay if anyone needs to go to bed and wants to come back and watch the replay.

But I am right here so let us do it if there are any questions. And we will go for a physical raising of a hand; and I will tell you why. It is just easier for us to, if there is more than one asking, to get clear and see that one.

So I am trying to see if I can – make sure I can – move between everyone here. I do not have a full view yet. It says 18 but I do not see 18.

Okay, I can see you all now. So be courageous. Ask again because it will come through really strong and clear and loving and kind and a witness to what you really want.

[1:21:10 - 1:22:55 MINS] PAUSE FOR CLARIFICATION QUESTIONS

Okay. I'm are going to start with Sue, Sue Oliver, top left, tie dye!

- SUE: I am in a Ben and Jerry's T shirt tonight. (laughter) It is hard to see someone in pain, though. But what you would probably say is that, that is the invitation. That is the first indication that there is some meaning that I am putting on the picture. I am believing in pain. Is that what you would say?

[Sarah was muted]

Sarah: Thank you. I can stay unmuted for all of this; I will be very quiet. Just to my team. So, you can unmute Sue as well. You can hear me now, Sue, okay?

- Sue: Yes. Yes, Thank you.

Sarah: I can hear you too, ok.

- Sue: I mean, that initial pull when I think of my person in pain, it is like whoa; it is like a river that takes me and I get sad. Is that an indication that I am still believing in pain and guilt?

Sarah: Well, you are sad. It is that simple. You are sad. You are upset—because of what you perceive you are seeing, and so we have to work with you.

You are the only one we can bring straight to the Holy Spirit in this moment. You are upset at seeing—it does not really—fill in the blank. It does not matter what you think you saw. You are upset.

And that one is bringing awareness to you that there is an upset already there. I know one seems to come before the other—but it is actually the reverse. The upset was there, and this absolutely “ah” benevolent imagery showed up to show you there was a distress or a concern or a hurt or a fear, you know a lot of what we worry about—that something could not be maintained, that a state of mind could not be maintained, you know, that someone could flounder and not be helped, not be help-able even, which is where I hear the distress is really coming from.

So we must just look at your distress about that.

That’s it; that is the entire function of forgiveness for you, is just to accept that you feel upset.

So in the noticing—and that is when we do the levels of mind—it really helps us notice: oh, yeah, I am upset about that. It’s not that it is so tragic over here that I am upset; I am actually just upset.

Because in the state of depression that this person is in, they are almost incapable of being in heightened emotions around it. It is just kind of zoning out

on them. And so symbolically they are just showing you a concern that you have, that you just need to bring to the Spirit, and it actually is that simple for all of us. We have a concern about someone else or how we will come across; it is the same: I have a distress, and we go to the Spirit.

- Sue: So would you say that we are really fearful of our relationship with Jesus? I mean: is that what I am really afraid of, going to Spirit?

Sarah: Well, I always like to work in the affirmative with the Spirit. Because the Spirit is just like: “Just come to me and I am gonna give it all to you.” like: “that red dress looks awesome on you.” Spirit’s never gonna say: “Those blue pants, ooh, they do not look good; do not wear those.”

The Spirit really—you know—if you are hearing Guidance, you are hearing it in the affirmative.

And it is never going to be something that is going to make it harder to come. So it is not going to be a focus on a fear of the intimacy. I would say here it is really—I would say—it is a craving for intimacy with Jesus, with the Spirit.

I do not see the fear; I see a craving for intimacy. It just gets misplaced – or displaced through a misdirected miracle impulse. And so the Spirit is like: “I will take it; I will take all the desire for intimacy, care, love, boldly speaking about things, you know, uncovering the truth and I will see that offering and I raise you Holiness! (laughter)

I raise you holiness, and I invite you into that with me rather than thinking of it as separate or something else for another time or another space.”

And so it is intimately aware and present now and there is nothing we can do or teach or share with someone else. We can only allow it for ourselves; and if they ever lean in—to you to share or ask something, well, of course you would answer

from the Spirit, not from a concerned relative, you know, which is not the most helpful state, as you can imagine.

So that is wonderful, Sue; thank you very much for your question and your clarifying question. I am sure everyone can feel the relief of what you just asked. Very helpful.

- Sue: Thank you, sweetheart.

Sarah: Thank you. Does anyone else have—I always want to check fresh again after we clarify something—in case they clarified it—but if there is more, if there is any other question on anything that was asked.

Remember, you might be more able to ask that question even on behalf of one of the questioners, those clarifying questions, so do not hold back.

[1:28:44 MINS] LAURA'S CLARIFICATION QUESTION

Laura, Laura Bryant. We have two Lauras now. And welcome, Laura, by the way! This is Laura's first time with us today, and it is so lovely to have her with us, so: Very lovely to have you with us, Laura.

- Laura: Hi, Sarah.

Sarah: Hi.

- Laura: It is kind of a mix of a clarifying question and just really gratitude for everything that is happening. The last satsang, you mentioned some things; and I have been writing about them. And then, in this satsang, all those things seemed to come up. It is just such a reflection of the one mind

and it really – it is so awesome! I am seeing that very clearly. And I also realize that there is a deep fear in—well, first of all, when I hand things over to Holy Spirit, I realize that there was still a wishing, like: I have a desire to lose weight.

And you had said that “It is in the handing over to the Spirit, that the individual—the specific desires— seem to dissolve, and you can see the unified purpose.” And when I re-listened to that, I felt it.

And I also realized that I had this belief that in giving it over to the Spirit, that the Spirit would then change my behavior which would then change the form. So I saw all that ...

[Sarah crosses her fingers]

...and (laughter) yeah, exactly: I’m like: No. And like no, it is about present moment peace. But there is a deep fear there, that if the form does not change, that I will never reach consistent peace. Oh, It is kind of just putting it on the altar and kind of asking: is that true? It’s a doubt thought that is coming up.

Sarah: Yes, let us look at that for a second, because everyone here can identify with what you are sharing (and my crossed fingers) and the image. As we have been describing the image, and how we would like to see the image before the mind says—before the mind deigns to be peaceful.

So tell me, Laura—so let us not mute her just yet, ok—tell me, Laura, when you are thin and you are exactly the perfect shape that you imagine would bring extreme happiness to you and everyone who gazes upon you, tell me how you would feel.

- Laura: I imagine I would feel ... ecstatic! (Laughs)

Sarah: Okay. So when you say to me anything about a description of how Laura would like to see the little body of Laura looking, what you are really saying to me is: I would like to feel ecstatic! Now.

- Laura: Yes.

Sarah: When I make it that high, as you did: ecstatic; I would like to feel ecstatic now, can you feel how that is kind of a lie?

- Laura: That I would like to feel it now?

Sarah: Yeah, that you would like to feel ecstatic. If the only purpose of the good body is so that you can feel ecstatic—and I say: so I can give you that right now; I can make you feel ecstatic right now, can you feel the little gap—the tension?

- Laura: Yeah. Oh, yeah.

Sarah: Ok. So that is the work— nothing to do with the body. Nothing.

Then you can be really relieved, going, “Of course, wow! If it is too scary to feel ecstatic right now, of course the body cannot even cooperate in “Laura’s plan.” No wonder Laura is still holding—because she is still holding it as the: “Well, I promised myself though, you know? You cannot make me feel ecstatic! You can’t make me. You cannot force me to feel ecstatic; you cannot relieve me of “my time and space component!” you know, dieting, shopping, whatever.

And so you see what the purpose of it is for: safety in the mind. It feels safer this way. You don’t even have to be mad at yourself for that then; you can be much more aware and understanding, “Oh, I actually feel safer.”

I actually feel safer that lots of other people need my help and I have a long list of people say, for example, to help before I get to put any attention on myself and my own mind.

I have lots of relations and family and grandchildren and children who I could go and insert myself into their lives, which the Spirit is not letting me do, because I actually want peace and it would be a distraction the way I want to do it. Not in truth. They are all welcome and part of everything we do.

There is a gap. We do not see that the way “it is” is perfect. In the bible and in the Course, it says you cannot take someone’s crutch away from them— because it’s what makes them feel safe.

So however you look and however you feel about it, is one of the greatest gifts you have ever given yourself for feeling safe in this way, in this moment. It does not have to stay that way, the feeling safe part. The feeling safe could come from being ecstatic soon.

- Laura: And in essence, the form may never change but that will not matter because I will be at peace anyway.

Sarah: It is a red lobster, a ruse. That is a term—a red herring, sorry.
(laughter)

- Laura: I knew what you meant.

Sarah: The red herring is something—and it is the ego device that keeps us completely distracted and like in a murder mystery book looking in the wrong direction instead of the thing that is playing in front of us—is that we would rather be distracted by something because the acceptance of the intimacy and the love—which is also usually a component of the feeling beautiful—there is a fear of it.

So it is always a present fear, not a future fear, we are afraid of. And so it is also a present intimacy that is always offered, not a future intimacy or a future self acceptance. The self you need to accept, you see, is not Laura. You do not have to improve how you even feel about Laura. You can be well aware of your judgments about body thoughts and everything.

God knows I have served that for many people, including “this self” over the years, with the fluctuations. I am like: Okay, this is obviously how you pictured me, and how I could serve you best for awakening today. I am at your service. [Sarah bows]

You know, I always say I am a ten for awakening; because that is my purpose.

So again, perfect, like literally—perfect. You are so beautiful and so earnest in the offering of that, one’s self, but let us not get distracted from what is really being invited. Because you see, what is going to really destroy that little self concept in the end, the ego’s “idea of you,” is that you were just so adorable all along that it could not interfere. These delay mechanisms we put in, whether it is helping other people, being over embroiled in family, financial, or multiple people situations. It does not matter what it is—none of them are wrong; it is just: as if we could keep Love away with them; that is really all we are trying to do, instead of saying: hand over even that hot mess that you think they are or you are, and give it to the Spirit to use for coming into the intimacy.

Because it is not what you think. I know at least in my own story it was at my absolute largest, coming into an acceptance of intimacy and being loved, it just blew my mind. Because I was not meeting—and again, the conditions for fear—that would have said I was now acceptable.

That is why films like *How to Lose a Guy in 10 Days* (2003) are great because she (Kate Hudson) goes on a mission to blow him (Matthew McConaughey) away with all of the things, the wrong things to do and it doesn’t work—because there is something else happening here that is at such a different level.

So you hand the preference over and you say: I would still love that! (For Laura to be slim) You never have to stop saying, I would still love that, except you want to accept now what you think, in the meantime, you are being denied. You want to Accept that you can receive that experience now. (Feeling ecstatic)

So that is why I say that is a problem with all manifesting, all those lists. No, you want to choose how you want to feel at the top of it, and you choose with rules for decision every day; you want to feel like you belong, included, intimate, loved, beloved, beautiful; and that means—is just another word for—Innocent and acceptable really, the word beautiful.

- Laura: So it is possible to actually have an experience of peace in the present moment and the only thing—if I am hating myself, this Laura image—then I am not in the present moment; I am focused on the image.

Sarah: I am saying that cannot interfere; hate on all you want.

- Laura: Okay.

Sarah: I am saying: also choose to feel... what was your word?

- Laura: Ecstatic.

Sarah: Yeah. Choose it first. You see, it is the making it conditional. That is the gap—that is the timeline. Your making it conditional is like...

I could just feel ecstatic—even thinking about myself looking that way, I could just feel ecstatic now and then, therefore there you are, ecstatic!

There is no image out front, Laura, there is no image. What you are seeing is not a representation of even what anyone else sees; there is nothing else there. It is

a state of mind everyone is responding to. There is no personal reality. There is no shared reality—at all.

You have no idea what we are seeing.

[Laura laughs]

Sarah: RIP Department

[2013 movie with Ryan Reynolds that Sarah recommended Laura watch]

- Laura: I watched that!

Sarah: Okay, good. Ok, so that feels good for now; that is something to sit with.

But it applies to everything. [referring to an earlier letter]

It is like: I am not good at forgiveness yet; what if that is exposed?

Or what if it is exposed that you are a humble learner who makes lots of mistakes and has discovered the Spirit loves you?

Well, you know what? That is exactly what forgiveness is, and you know what?

That is exactly what following Guidance is about!

Everyone who is trying to get it right, they are at nothing.

If you are willing to make mistakes and the emotions are popping out all over the place and it is wild and unencumbered and you cannot even suppress them, welcome to transparency!

Nothing will show you that you are *not* the character swifter than transparency!

Everybody thinks transparency is about like a willingness to let the mask down, or to share or expose something about themselves. And yeah, sure, at the beginning it seems like that, until you lose complete control of the illusion that

you could decide what was coming across, because you realize it is an attitude in the mind.

You literally have no control over what is being seen and with mighty companions like these, all they are hearing is your attitude in the mind.

What you are saying and the nice smile you have on, the measured voice, they will not hear it. It is not what they are hearing. They are hearing the attitude in the mind of how you think of yourself; that is how you are coming across.

Wow, it is such a relief, though. Because all of this control and measured-ness and politeness and PC – and please, please: PC (political correctness) you cannot do it; you will just—that is just not your calling.

To try and spend the rest of your life considering what some or other imaginary character you have made to reinforce yourself will think of you as long as you behave a certain way. Wow, that is like... [Sarah entangles her fingers together tightly] enmeshment.

So we just want to come back to “you cannot mess this up” and “it is not what you think” ...it is just so different from what you think.

[1:42:00 mins] REFERRING TO QUESTION 2 - EMAILED THIS WEEK

I just love to think of our friend by the lake. [referring to another letter] I love to think of her having gotten moved out of the moldy apartment that did not feel good already, having had the seeming symptoms move her into this beautiful new space, having had these other symptoms allow her to relinquish a job that already did not feel aligned, and it allowed her to have the courage—it gave her the safety—to do what she was being called to do for ages.

So that these symptoms, whether they look like the numbers go up [on a medical test result] or the numbers go down in some way, I have this immense gratitude for what it is facilitating in the mind.

The Love that it is allowing to come towards her, and the companions that she is getting to discover, and the intimacy that is possible, and the clarity of what the Course is really saying—for someone who is only a first year student.

You know—it is a constant deep undoing for all of us, just to be clear, a humbling of how little is needed and what is the truth of what is asked of us.

And when we have all been healers and carers in our lives, it is even harder, because... we don't want to let go of the idea that we were helpful to someone once. And yet in a way we must if we are to be truly helpful to our real sense of self now. We must let go of any idea that we need an interaction that will cure or fix us, instead of one that is benevolent and will allow us to see the perfection of Who We Are in this moment: absolutely gorgeous, absolutely perfect.

Nothing has gone wrong.

Everything is coming; all visuals are coming as a support.

Even pain is a communication to say that there could be a kinder way of treating ourselves in our mind, the way we are thinking of ourselves. And you will start to become more attentive. There will be a harsh contracting thought there. The pain is not coming from, you know, the spinal tap; the pain is not coming from the meds not being aligned, any more than it was for me.

That is what I eventually saw.

But while they were all on offer and these were the avenues Given, I followed them and I opened my mind, and I asked for help.

And it is very important to ask for help, and to be like a small child that can just say: today I feel sad, sore; this does not feel good.

And then, what is our one function? Our one function is to ask the Spirit how this could serve our awakening, not making us somehow better later or keeping us in pain, but ask what the Spirit is drawing our awareness and attention to?

The sharpness is just to get our attention; it is not meant to be something that prolongs, and so we eventually learn not to learn through pain and we learn through being a happy learner.

So I would say the orientation would be by all means if it feels inspiring, the meds are there; if it feels inspiring, all of the other holy encounters are there. And you do not know what any of them are for; you do not know who you will be meeting wherever you go. But your function and your purpose every day is: How can I serve? How can I serve? Here I am; how can I serve?

I can move one little finger; how can I serve? I can move nothing; how can I serve? It is not about a “doing” or an action or even a meeting people or a healing or helping, like we used to do in the past.

It really is a state of mind: how can I serve?

And like Sue just showed us, it's by taking all of the hurt that is there and bringing it direct to the Spirit, by knowing you are a small child of God, by knowing it is not up to you.

It is not even your job, so how could you do it?

You are just to hand it over and be relieved of this intensity and this distress.

And whatever is beneficial for that: warm baths, massages, whatever the Spirit will bring in as these ways of serving.

Spirit: How can you serve, Sarah? You could take a warm bath; that is how you can serve.

Sarah: Oh, great, I will happily do that on behalf of the whole universe, and see it as the highest service.

Whatever it is you are asked to do in every moment, feel ecstatic, whatever it is—that is the highest service. Just allow it. Just be absolutely rebellious and allow the ecstatic feelings to come up.

[1:46:43 MINS] PEOPLE PLEASING, AUTHENTICITY AND SELF CONCEPT ROLES

So yeah, the people pleasing, all of that just washes away when you realize you are the only people you are trying to please!

It is your own self concept you are trying to please, your idea and your conditioning of what you expect of yourself. And honestly, you are going to have to fail that list.

You are going to have to fail that list, because why? Like we spoke about before, it is too low a bar; it is too low. How do you know that your anger in a moment is not what serves? The Course does not don't be angry; it says anger is never justified as in you cannot justify it. It does not say you are never allowed to be angry. Your knee jerk reaction [Sarah clicks her fingers] to something and your snippiness could be exactly what jolts the mind awake and allows someone to come into a fresh way of relating with you instead of a staid, polite, you know, emotions held back.

How do you (character self) know what serves? You cannot know; you could not possibly know.

I was once on a plane coming back from Mallorca after a massive retreat and lots of our people were on the plane, but then there were an entire group of 40 children who were all like, nine to twelve years of age. They had been on a three

week trip with their teachers. Their teachers were exhausted at the end of three weeks with this age group. They all sat up at the front and just completely like [Sarah covers her eyes with her hands] did not want to know what the kids were doing. And I remember my partner sitting beside me was getting really bothered by what the kids were doing; they were loud, they were throwing things; they were bopping around—they were excited nine year olds. And I am like: really? It does not bother me; I am not bothered by them at all; I feel really good about it. I just think they are adorable. And that was just true in that moment.

Five seconds later, I undid my safety belt, stood up and pointed over all of them and said: “Sit down, sit down, sit down—NOW—and put your safety belts on.”

I sat down and really sheepishly put my own safety belt on, and my partner looked at me going, like: what? I am like: I have no idea [whispering].

And then BAM, we hit massive turbulence; and these were small, light children; they would have gone flying, massive turbulence. And they had all sat down already. Was I angry? No. Was I annoyed? No. But would it have sounded like that to a nine year old? Probably, absolutely. But would it have been helpful? Yes.

So you cannot control how the character is to be utilized for you to be able to come into this sense of [phew] relief.

You are going to have to trust the play of awakening; you are going to have to trust how it unfolds.

You are gonna have to trust that it unfolded really, really, really well, like all ten years of “Friends.” So you cannot mess it up; it is in the can [the film can] everyone. You cannot mess this up. You know, it is just a real tuning in now for the feeling ecstatic, the feeling of intimacy, the feeling loved. The accepting the relief and the bringing of the heartache. It does not matter how long it takes, how many tears; bringing of that heartache to the Spirit, sitting with the Spirit, being

taken care of. It is essential. And if you have never done it for yourself, you will never believe that the Spirit can do it for someone else, you see.

Now the Spirit is in charge of the plan of awakening for everyone.

Belief is not required. It is your Acceptance of the atonement [Sarah makes an explosion sound] that blasts that through to the entire Sonship. And you have already done it. We are just here to accept together that we did that and it worked out wonderfully.

And so your job is not to preserve your body or make it last a long time; your function is just to Accept the Truth of Who You Are and love on that little one that is out front that seems to be you, that makes mistakes, faux pas, you know, that rubs people up the wrong way, that is in pain, that seems to need a lot of care.

For me, I once put my back out, and I remember someone standing over me, shouting at me, did I not accept it was all in my mind?!

I remember lying there thinking: I do—but it is still not changing what the body is doing right now, though; it is still like this.

Anyway, that person stormed off; left me on the floor.

So I was like: okay...

And then the one I was to work with for this walked in the door and said: how are you, are you okay? Can I help you in any way?

I had been a helper for years and had never needed seemingly much help after getting over the depression. And I said: Oh, well, I think this might help. And she slowly worked me off the floor, helped me sit back on my honkers and helped me roll over.

And we laughed many times because the weird angles that I was feeling might work for getting me off the floor and that she had to help with—which were very intimate, you know, and she got me off the floor and took me into my bed.

And she stayed with me for three nights and slept in the same bed as me, because I could not even turn myself over or help myself to get out to go to the toilet. Well, do you know I had this massive heart opening; and that is what it was for.

So all of this judgment as if things should be some idealized way of perfection in form...

All the ones that came to Jesus, what brought them there, seeming illnesses in form!

What brought me to the Spirit and to my knees, was the depression; I am so grateful, for stopping me short, because my mind refused basically to continue the way things had been. They were terrible. The world was not—it did not feel right to me and I was correct about that; I just needed to discover why, you know.

I needed to understand why... I did not need to live up to what I had been trying my whole life to do; I needed to be allowed to have the space for all the anger and the rage to come up and it was being suppressed. Because that is what depression is; it is a suppression of anger and rage. You might not be aware of it in any shape or form, but that is what it is.

So this is an all welcome, come back in home experience for all of us. This is a very intimate experience and it is not about getting it right. That is all I can share with you. It is about allowing it to be however it is and just seeing thematically what is really showing up and how I feel about it.

That is all that matters, how we feel, what I think, what are my beliefs, what are my desires and then just again, handing those over. Because they still belong to

the little image-self, remember. We do not want to get hung up in trying to fix them, same mistake again.

[1:53:34 MINS] GOODBYES

Yeah, I just want to look around at all of you for a moment: Suzanne, Susan Austin, Barbara, Chris, Laura, Laura Bryant, Mary S., Margriet who stays up late in Holland and we love very much. And then there is the Live ACIM team; we have got Denise over in Ireland who also stays up late. We have Lesley, hello, Leslie; I am not sure where in the world you are from but I love seeing your face every week. And Janice Bowie, who is just always glowing; and I often find my two Janices sometimes sit together on my screen; our other Janice had to go. And we have Laura; Laura is in North America; Sue is in England. Celia I think is in Florida or up near the Great Lakes [Celia indicates] you are in Florida? Okay. So lovely to have you with us, really beautiful.

We have Christopher who is somewhere between Utah and San Francisco; we are not sure where; and he is an enigma anyway and we just love him how he is. So it feels—if there is anyone left out that is on the screen, I am not seeing it, I apologize.

I just want to say thank you; we embraced quite a wide scene of our mind today. There are no people; look at all these little characters; aren't they blessed—they are just playing it out for us.

Hey, there is Susan Austin! Oh, love you, Susan. Everyone do a heart for Susan—I just want a heart [hand gesture] for Susan, because she is always doing Mahala and hangout, and then she is always doing a heart.

Hearts for Susan!

[everyone makes a heart hand gesture]

Sarah: Are you crying, my love? We love you very much; we love you very much.

Yay! Now we are all clear on what all these other characters are for.

We will not worry about what they are doing. We will just do whatever feels like the next indicated thing for all of them, you know, and help them along.

So I just want to join you all in the gift of today and thank you very much for all your help and support. And thank you for the gifts that have come, thank you, everyone. A long episode, but we were all in this together. So, thank you very much.

[1:56:18 MINS] END OF EPISODE 4 - SEASON 1

(16,993 words)