

LIVE ACIM - SEASON 1 EPISODE 7 - Aug 17th, 2021 Sarah St. Claire

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

Hello! Welcome everybody! Lovely to see you all. Welcome, welcome, welcome to another episode of LIVE ACIM and here we are yet again together.

The commitment is beautiful to watch, actually, the devotion in the heart, and the desire to know the truth.

Because we're all tired of living a lie, so this is really one of those shows where in coming together as seeming separate "people" we can let go of that illusion completely and transcend this specialness of people-hood and come back to full awareness of the mind exactly as it is.

The perfect restoration of awareness is what we're going for, not perfected people!

So while everybody's settling in, let's just take a little break and have a meditation for a few minutes. Ok, so everybody just settle in then I'll ring a little bell at the end just to allow us to come back together, okay? Very good. So we're just going to mute and have some silence.

[1:10 - 5:42 MINS] PAUSE FOR PRAYER & MEDITATION

Our topic for today is very deep.

We've had questions written in over the last few days, and thematically, they are identical.

In the tweak needed in the mind, they are identical.

And in the call for clarity, they are identical!

All of them contain a question of the possibility of "self-deception" and "stuckness."

So it is very important that we keep with this show as first and foremost being about us all sinking into *The Answer* that has already been given—because that *is* really the relief of this show.

That Answer is *for* the awakening mind!

It is not an answer *for* a person.

It is not an answer to: what should I do in form?

It is not an answer to a “personal problem.”

It is about first of all “locating yourself” and seeing that—in your current experience—you are somehow *without* the comfort of the Spirit.

Then restoring yourself *to* that Comfort of the Holy Spirit.

Because until we are restored to that base—very basic Answer, like a small child needs to be—we cannot really sink in deeper for a relaxed, receptive way of hearing what might be Guided for us, or what might be most helpful to unfold, *seemingly* in form.

The restoration of that “safety in the mind” is always our first port of call.

And also seeing that even though the questions that have come in may not *seem* to be not “personally” yours, they really are indicative of what *is* happening at a level of awareness in *your* mind, “the mind.”

Something that is out of *your* conscious awareness but gratefully *in* awareness and in “irritation” for one of your Mighty Companions so that it *is* getting brought to *your* awareness, for the whole, and what serves the whole.

It is important to remember that’s our orientation.

It is like a little “play of awakening” we have every week with the whole *Brady Bunch* present, or *The Partridge Family*, or *Modern Family*.

Whatever version you like to see of all the little screens, on *your* screen in front of you here.

The important thing is to know that you are all, *and* none of them.

All of the seeming characters, playing out their parts *perfectly*. Really we want to come-back-into, and be restored *to* “the fullness” of the Love that is available to us, and *for us* in every moment!

When we are confused, or deceived in ourselves, or lacking clarity at any time, it is because we have forgotten the Truth of Who We Are. We need to first be restored in that Awareness. Otherwise we are just cycling in front of fixed intensities that will continue to arise if we continue to “bang on the screen” (like a movie screen) and *hope* something *external* will change, to make us *feel* better about ourselves.

In the Course it says: Are changes in the lives of the teachers of God necessary? And it says: To the advanced teacher, this question is unnecessary.

- M-9. Are Changes Required in the Life Situation of God's Teachers? “1. Changes are required in the minds of God's teachers.”
- M-16.1. “To the advanced teacher of God this question is meaningless.”

And yet, of course, there is going to be a reflection of a shift seemingly in form when there has been a shift in the mind. [just don't think you know what that will look like]

Of course, there is going to be an outward reflection. Of course, you are not going to have the *same* reflection when you are thinking as a five-year old as when you are thinking as a fifteen-year old, or a fifty-year old. Of course, there is going to be a reflection of a different world view and a different interaction seemingly with the world demonstrating that shift.

But if you are looking to “the screen” *to tell you* Who You Are or to tell you what your Calling is, it is going to get *very* distracting and confusing. Because the Call, for the mind to come back to awareness of the Truth of Who It Is, is *highly* individualized and *seems* to be played out through characters, which all *seem* to have different personalities that need to be harnessed *for* Awakening so that

“you” have a feeling of being “on board” *with* the Spirit.

Your “cooperation” is essential—it is not optional.

Coercion does not lead to anything *except* resentment and, as we exposed last week, the “I don’t want to, I don’t want to.”

So today and *this week*, our focus is on “means and end” being together and why, “we don’t want to” is now *only* because we *misunderstood* the question!

We got clear at the end of the last episode that guidance was the answer. Guidance—as it serves the whole— *is* The Answer, and until you want to put “your life” in Service and discover what that *actually* means, you will be *servicing* your “self-concept.”

So it’s not that you won’t be in traditional service roles, but you will be serving to *maintain* “your” self-concept: The idea of yourself you came with, the family situations you were born into, the friends and areas you have grown up in. All of that is *designed* to keep you asleep and so you must look at where you have “placed” your-self and what is Guided for you.

Let’s get really clear about what is “supporting” and “enhancing” your self-concept, even if that’s a “healing person” in the world “improving themselves.”

And what is *actually* working to “loosen” and “unwind” *you* in “the mind” from the idea of being any of these characters at all.

So, again, it’s highly individualized and we’re going to use some of the questions to peel us back off the screen so we can really see *where* we are getting caught up and *stuck*, and *mistaken* in who we are, and why it keeps reoccurring.

Why a loop keeps playing out?

So these are a few of the things we’re going to look at.

[12:19 MINS] INVITATION INTO SELF INQUIRY

So what I'd like everyone to do is just take a moment, to close your eyes, and I'd like you to be aware that you are going to be very "identified" with the stories I am about to read out.

They are very familiar; they are all of our stories. And the conclusions that get drawn, based on the stories and based on what seems to be happening, are very *natural*—let's put it that way—because they *naturally* unfold from an "unquestioned" *belief* in "the mind" and an unquestioned or "unrelinquished" *desire*.

So when people see things saying: I see that (scenario) coming in again for me?

It is only because the *belief* has still not yet been "questioned."

The *desire* has still not yet been "questioned."
(or "relinquished" as being in opposition to Peace)

The loop is still playing out!

Remember, a loop is just an invitation, *once more* to "See" something.

Such a grateful thing—to "See" something that we have not been *able* to see yet—even though it has come up *maybe* fifty times in a row!

We need it once more—once more for healing.

It is going to come around, "show up" and offer us "the choice" in who we want to be: do we want to be "a character" trying hard in the world who's *doing our best* and is *sincere*?

Or...

Do we want to *discover* that none of this is "the truth of who we are?" And literally have our minds blown wide open and hearts open and—no matter what is unfolding—experience all of the Love, rushing towards us in our life in an inspired

way.

So that is two *very* different options, two very different options.

And because of the *sincerity* and *the trying* and *the devotion to doing our best* as “people in the world,” we keep *missing*, again and again [Sarah snaps her fingers for emphasis] the off-ramp from “the loop.”

Now, there is always another off-ramp available!

So this is not like: you made a mistake in the past so now, unfortunately, it’s going to take extra to fix it.

No! The off-ramp is always available.

Today we will talk about nothing *but* the off-ramp, should you wish to take it!

And should you “find yourself” that you *have* ended back on that motorway again and you’re doing one more loop around—well, *please* let’s do it with a sense of humor!

Where you can say: well, I can see I’m back on this on-ramp. Here I am again, but something from today’s show has given me such a “good sense of humor” about it, that I can actually be *relaxed* and *at peace* and “watch it play out” based on what Sarah shared today. Based on questions from my Mighty Companions, and based on the ridiculous nature of—Here I go once more through the same scenario that I’ve played out so many times—thinking that I *actually* made “a different choice” and yet, here we are *again!* [laughs]

We really need a sense of humor, to *really* “take the off-ramp” you have to be laughing the whole way off! It can’t be tragic; it can’t be your fault; it can’t be a “personal problem” that *you* have to “fix” on the next go-round.

It has to be seen NOW as a drama playing out in a loop before you, “for you” rather than something happening “to you” which is “your job” to *stop!*

Because that is “the panic” that we talk about—when you want to dampen it down again. [the guilt and the shame] That just leads to more hiding. [looping]

So we are really eager here today to come to the crux of what this is.

[Sarah continues to move her index finger in a circular looping motion]

To stop the *spinning*: that's when it's looping very fast.
To stop the *meandering* through time and space that we think is at random.

To stop the [deja vu] very weird vibe of: haven't I been here before? And yet I still wouldn't call myself "ecstatic."

Our word that Laura gave us [in an earlier episode] that we are all now really appealing to have in our lives on a continual basis, not just "hypothetically" in some unknown future.

[Sarah continues to move her index finger in a circular looping motion]

It's like: here we go, we are still looping, we are still looping and *all* we need to do to change the (experience) of the scene is to see "who we are" *in the scene* and to see we are *not in it at all*.

It is the attachment to "the character" *and* "the story" that the character keeps wanting to play out, *the ideal* scenario that the character "thinks" (believes) will have a *winning* situation for it (outcome in form)

It doesn't really matter what it (the scenario) looks like.
That is all we have to question. [the attachment to a winning scenario]

[Sarah continues to move her index finger in a circular looping motion]

So we are going to be using this looping finger *a lot* today.

And saying: or! Hold on a second, relax back...

[Sarah grabs the moving finger]

...and say: OK, “what if” I completely misunderstood *everything*? Like that my *whole* world-view is so off, from so early on, no matter how long I’ve been on a spiritual path, that until I can very humbly say, “Actually, I don’t know” and “I don’t think I do understand what is happening here.” Until there is that *tiny* crack of open-ness, there really isn’t much for the Spirit to work with. The Spirit’s Comfort will exist continually but your accessibility to it will not really be there.

And that’s why I want to talk about “authenticity” and “exposing.”

Authentically: we are not “people” so everything to do with people in a way is *inauthentic*. It’s an inauthentic story about ourselves—but we can still begin there.

And exposing: I want you to think of all the people you have ever seen whether it is a painting, or a movie, or you read it directly in the Bible, or you heard a story of Jesus.

Everyone who had to come to *Jesus* for help—and I mean *real help*—those that wanted their entire world experience shifted from one of pain and suffering to one of peace. All of them had to “expose” themselves in some way.

They were all nearly stopped as they tried to approach Jesus. Even the apostles would stop and intervene because they were the lepers, they were “the unclean.”

They were the unwashed, they were the ridiculed and the ridiculous of society and they were not inherently welcome. And so they had to “come out” into some form of a clearing to make their way “openly” to Jesus.

So that is the first part I want to talk about: the “exposing” of where you are—because if you cannot locate yourself—you cannot follow Guidance.

Because guidance—even in our world—if you think about it like a GPS, is about

going from one seeming location in time and space to another seeming location in time and space.

And if you *don't know* “where you are” it doesn't matter how many times you pray for directions, you won't even understand The Answer because you have not allowed yourself to be *seen*, to be “exposed” and I mean just to *your-self!*

Of course, the Spirit *always* knows “where you are at.”

Of course, your Mighty Companions can always *feel* “where you are at.”

But the *self-deception* that doesn't let you very authentically, in a really raw way—discover *where you are* and “what you are at” and “how you feel” in *this* moment—is *disabling* your access to following Guidance.

Because step one and two are usually hidden because step one and two will be, like: Step One, how to get out of the bush of thorns that you're currently lying under, Two: in pain with the sweat and the tears and the salt in your wounds.

So it's very hard to accept: Well, you can just head north from there. When you haven't gotten out of the bush yet—you know? You can't just start heading north; that won't make any sense to you.

Even though you logically “understand” the guidance, perhaps, you join with a Mighty Companion to hear it or you've heard it directly yourself, and you've heard it five times but you still aren't on that path or going in that direction, you will humbly be able to understand why!

Think of *The Matrix*. In *The Matrix* or in *Star Trek*, when they want to beam someone out, they need to know *exactly* where their location is.

That person has to come into a “clearing” of sorts; they need to “expose” themselves. In *The Matrix*, they *have to* go to one of the assigned phone boxes, which is usually somewhere they can be “seen” by Agent Smith.

So this is not really about that you have to “expose” yourself to other people but symbolically, in joining with a Mighty Companion, to hear The Guidance and what

is guided *for you* and to “open” your heart to *really* hear the Spirit *without* the filter that we all come with—you must expose *where you are at*.

So what do I mean by that?

I want all of you to take a moment and very, very, rawly, authentically, tune into how you are *feeling* in this moment.

Just how you’re feeling.

I don’t want you to start out “optimistically”—that really won’t help.

I want you to talk about, you know: the lunch that’s still repeating on you.

I want you to feel into the fullness of your tummy or the emptiness of your tummy. I want you to feel the slight panic in your listening; the *grabbing* “to get” something or “understand” something and be clear. I want you to notice all the little subtleties of your day and what is behind the door that you just closed so you could come in and join for this gathering. I want you to finely tune to *how you really feel?* And to “locate” *exactly* as you experience yourself to be: a person in a world, “where you are at right now?”

[Pause for contemplation]

This is very powerful.

Because in any joining with anyone, if we don’t begin there...

If I don’t begin there—if I was doing a one-to-one with someone—then I’m not really going to have access “to them” and *the juice* that they can bring to that joining.

Your hopes, desires, wishes, fantasies—you see the judgment and the bringing things into “egoic camp” versus “spiritual camp” and our idea that we can discern *between* the two is what kills “the juice.” It has us *ghosting* over the top, of being able to come to the Spirit like small, little children just going: Ow! It really hurts!

If you are not saying: Ow! It really hurts! Then it will all just start to loop again.

[Sarah begins to move her index finger in a circular looping motion]

Because we don't even feel "safe" enough to say that or *admit it* to ourselves.

We have some idea that "we should" be better than that or different or "we shouldn't" be experiencing pain. You know, there are a *lot* of shoulds and shouldn'ts.

And yet, whether you come for joy or because something smarts, that hurts, the fact that *you came* to the Spirit for help is what counts! Not what brought you there. I don't think anyone was coming out of supreme joy to Jesus. I can't think of one story where they came bounding across the fields to meet him perfect, whole and complete, sharing in the joy with Him.

That is not the visual I have ever been given from anyone. So why would we expect it of ourselves?

You see, that is the delay: the processing, the staying at home "to perfect" rather than just coming...I heard: humbly fucked, completely at odds with ourselves and the world, sore and wretched and you know just looking to be relieved. That is *really* the only place you can come to actually hear an answer.

So, a lot of the things that people find difficult when I join with them, especially if they feel they are coming to a point where there is a shift happening in their lives—as I would say for everybody who's on this show having come through even this number of weeks together—is because there has been a dawning realization of what works, what doesn't, and "the tricks" that we put in place that have been keeping us *looping*.

It has been made *so simple* and *so clear* that we are not really able to push the Awareness away any more, like we used to.

And so we can feel the "stuckness" of our positions and *the need* for what *feels* like "action in form." [when the shift in mind is still unfolding]

And so, to get us on the right foot and to really be *genuinely* Following, we *must* come back to the prayer of our heart [Peace] so we can access “the juice.”

You have to do this voluntarily.

There can't be any idea of: this would be good for me, or I'll be happy *later* if I just “stick it to myself now” and “force” myself to do it.

That's just not the way; it doesn't work like that.

You will be “at odds” with yourself and you won't have “relieved” yourself of *the intensity* you are currently feeling—no matter how pushed down it is—you will grab for “a fix” instead of “face” (the internal conflicting beliefs and desires).

Because we are devoted here to facing—to facing *the rawness*, and the intensity as we feel it instead of trying to “fix it.”

[alarmed patting down a fire gesture]
Stop it, stop it, stop it!

OK?

So that is the Comfort of the Spirit.

So we've all now taken a moment to orientate ourselves to the need for it.

The moment you orientate yourself and you really can get a sense of “how you feel” even if that's boredom—once you suspend judgment of it—it is like you have sent out a homing beacon of welcome to be found, by yourself.

Because you have allowed yourself to not keep pasting over the top of it that: Everything is fine, just fine, just grand. Yeah, that's okay.

We are talking about Life.

Eternal Life!

We are talking about epic-ness!

We are talking about absolute, pure, scintillating “juice” of the Spirit!

If “it” *is* just “fine”—that is *a lot* of pain and that is *a lot* of dumbing down of pain (feelings).

I have discovered that a lot of people are living in very “pretty prisons.”

They think they have points of choice like: What color chandelier should I hang in my prison? That’s what passes for freedom!

And I’m like: O.K. but that is *really* painful. That is doubly painful, you know, it’s like being a Scribe or a Pharisee in the New Testament; yet you are so far removed from Jesus. You are so far removed from just throwing yourself there. [at His feet—exposing your wretchedness]

[27:43 MINS] SHIFT TO THE BIBLE STORY OF THE CENTURION

So what I’d like to do is, I’d like to think of us more like the Roman soldier today. Don’t worry if you weren’t raised in Christianity; I’m going to tell you the story.

There is a centurion, which is a Roman soldier who has over a hundred men under him (hence the “cent” in centurion).

And he comes to Jesus and he has been watching. And he says: My daughter is sick. But I know if you give the command, that she could be well.

He doesn’t even ask Jesus to come and see his child. He says: I know if you give the command, she will be well because I’m over a hundred men and if I say to one of them to do something, my command means “it is done.” And that is my faith.

So here we have the centurion using the faith he has in a system he already understands, things he *believes* in and a sense of responsibility and also trust of delegation. That you can’t look personally like you are the only person running around doing every single, separate thing *for* yourself. He had the understanding

that the power could operate *through* and not just *by*, your own hand.

And I think that is much closer to something we can appreciate and understand today.

Perhaps we are just too far from the ones who were throwing themselves at Jesus's feet. But we can understand the centurion who has a certain standing in society, who has come to a certain understanding and self-discipline and has been working in a *devoted* way to uphold a system.

Once you are in an understanding of the devotion that upholds a system, it is very easy to swap the devotion to something that now will truly serve you! Which is what the centurion did.

And Jesus was so in admiration of his trust. Not having come from even the Judaic system, which Jesus seemed to be teaching under, that he said: Your trust is well-founded, centurion. Go home, your daughter is well. And that is the kind of faith that we are being called into here.

[30: 08 MINS] PAUSE TRANSCRIPT

NOTES: There are several Bible mentions of centurions, this is the parable Sarah means a fond "servant" rather than daughter.

Matthew 7:5 - 7:13 (KJV) Bible

- "5 And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him, 6 And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented. 7 And Jesus saith unto him, I will come and heal him. 8 The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but speak the word only, and my servant shall be healed. 9 For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it. 10 When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel. 11 And I say unto you, That many shall come from the east and west, and shall sit down

with Abraham, and Isaac, and Jacob, in the kingdom of heaven. 12 But the children of the kingdom shall be cast out into outer darkness: there shall be weeping and gnashing of teeth. 13 And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.”

This was a soldier, a gentile, “the oppressor” in the region of Judaea exposing himself to Jesus “a Jew” with humility and respect, asking for help. And this comes after The Sermon on the Mount in Matthew 6 when Jesus asks:

- And why call ye me, Lord, Lord, and do not the things which I say?

47 Whosoever cometh to me, and heareth my sayings, and doeth them, I will shew you to whom he is like: 48 He is like a man which built an house, and digged deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock. 49 But he that heareth, and doeth not, is like a man that without a foundation built an house upon the earth; against which the stream did beat vehemently, and immediately it fell; and the ruin of that house was great.

[30:04 MINS] TRANSCRIPT RESUMES

And that is the kind of faith that we are being called into here. The one that says: On behalf of the whole says: I am asking for what would truly serve. He wasn't asking *for* his daughter to be made well just to make him *feel* better or so he could be a *better* father.

The centurions request was a genuine loving request on behalf of one who could show up somewhere on behalf of one who could not show up of themselves.

And we do that all the time as Mighty Companions for one another.

We are asking—if you happen to be someone who wrote a question today on behalf of everyone—for The Answer. And in one receiving it, truly receiving the

answer, we all are in receipt of that answer.

So that's the second part of the answer for today.

We're starting with the answer instead of the question! And then when I read you the questions later, I think you'll really enjoy them because we will not be—any one of us, or the three people who wrote—we will not be fearful of The Answer as if it pertains to us “personally” because that is also one of the biggest blocks that are possible—or impossible, rather.

[31:22 MINS] **PETTY OR PRECISION FOR LOCATION & RELEASE?**

So, we have located ourselves authentically.

We're like: I've been trying hard at this for years and I'm sick of it. I feel like I'm going around in circles. I don't know what I'm doing. I don't like it. I don't feel good today. You know what I'd like, actually, I've been a vegetarian for six years; I'd really just like a burger. I'd really like a burger. I can think of nothing but char-broiled burgers right now. That's it, Holy Spirit! That's my authentic desire in this moment.

And the Spirit goes: I see your authentic desire and I raise you a singular purpose for it!

Spirit's like: Great. Ok you feel terrible, you are sick of not eating meat, you want something different. You accept that in this moment, you “believe” you will feel happy if you had a burger in your hand.

Spirit's like: Sounds great—let's work with that “belief.” (harness it for Forgiveness)

But if you say: I “understand” it's better for me, it's good for me to not eat the meat because it wasn't doing well for me before. Then you have all this “justification” and reasons and conclusions that you have drawn about a guidance that was given to you before.

If you are not able to say: I don't feel good in this moment. Well, then, it is going to be very hard to get you from A to B in your own awareness.

You are really not taking any journey in time and space but a movement of the mind, which seems to be reflected outward in the movement of the character through time and space. There has to be something through which a vehicle that the mind moves and that is the story of a person in the world.

[33:00 MINS] CHECK IN

[33:00 MINS] END TRANSCRIPT ~ SECTION 1