

If You Want a Miracle, Turn Off Your Five Senses

Based on Lesson #334; "Today I claim the gifts forgiveness gives"

In some spiritual teachings our identity is described as a mix of ego and holiness, body and spirit; sinner and saint. These teachings attempt to blend our True Self with the self that we see and experience. The teachings try to find reconciliation with the Self we *believe* we are and the self, we *experience*. In theory we may believe we are spirit created in God's likeness, but our experience witnesses to its opposite. We have murderous thoughts, behave in unloving ways, believe in and feel intense guilt, and see a body. With our five senses constantly witnessing to the existence of a separated self, is it any wonder we conclude we must be both? But A Course in Miracles would disagree. It states that what we see and experience with our five senses is not real; it is a dream. We do not have to reconcile the two, because one simply does not exist. To lead us out of the seemingly real separated self, ACIM highlights the stark contrast between the two identities, so we will learn that it is impossible to *be* both. With this realization we will put our efforts toward relinquishing one rather than reconciling two.

The false self that we believe we are (ego) is a separate self, in a body, that can suffer and die. This self is weak and experiences love as sacrifice and loss. This self seems to get punished and is afraid of others who seem to have the power to hurt or even kill you. This self needs to constantly be figuring out a defense or counter-attack to ensure its safety and protection. The Son of God (True Self) is the opposite to all of this. The Son of God abides in God NOW, is

The key to this practice is to contemplate the true reality of all things when your experience of the false is heightened. If you don't give up and keep at it, you will feel an inner shift as the false dissipates and the truth dawns upon your mind. You will know you have arrived when you think of your brother, situation or yourself and there is no longer fear but peace.

surrounded in total peace, tranquility and eternal joy; knows not suffering or pain, fear or punishment, sin or guilt, cannot attack nor hate and loves without limits or boundaries. Looking at this clearly, it is obvious that these two identities can never be reconciled. But this leaves us with a more troubling question: how can we possibly know again what we are when our experience of a false self is so strong and everything we see, taste, smell, touch or hear witness to this false self?

Here is ACIM's method of resolving this conflict of believing we are both spirit and body: see that the false self does not exist by practicing forgiveness. We are taught to refrain from using our five

senses and our judgments to discern 'reality' and instead use our sixth sense; Holy Spirit, to Guide us. In the beginning stages of our new practice, we must stand firm in faith that our five senses do not prove the existence of this false identity no matter how real it seems. Because these witnesses are so powerful, we must make a decision to turn away from false witnesses and false ideas swimming around in our mind; and look to Holy Spirit to show us the eternal and true.

If you knew that forgiveness was going to reveal to you the Self that God created, the Self that cannot be hurt or suffer, the Self that is changeless and eternal; wouldn't you want to practice this? If you saw a broken body, would you not rather *that* be a hallucination and discover that your brother is a holy Spirit-like the Father in every way? If you think of yourself as weak and powerless, wouldn't it be great news to realize that you are not that?

What are you? You are not the dream figure, but the Dreamer. You are not the manifestation of thought, but the Thinker. You are not the form but What contains the form. You are the Experiencer, not the experience. Lay down your image and expand your awareness. You are far beyond the world. How can you Know this is true? Remember that Truth

holds all the treasures that you seek for. Lies hold nothing that you want. *Decide this and deny the witnesses, thoughts and acts as having any reality* and watch forgiveness "change the darkness into light; the altar to illusions to the shrine of Life Itself. And peace will be restored forever to the holy minds which God created as His Son completely at one with Him." (W.pg. 467.#12.5)