

"YOU ARE SICK....YOU SIN....YOU DIE....NOT BECAUSE YOU'RE IN A MATERIAL WORLD OR IN THE MIDDLE OF AN ILLUSION....BUT BECAUSE YOU ARE LAZY IN YOUR USE OF YOUR MIND AND YOU ARE ACCEPTING THINGS THAT AREN'T TRUE WITHOUT CHALLENGING THEM.

"Now, the reason I'm stressing the words: Transformation, regeneration and redemption, is to give you something to occupy your mind other than what you're confident about. "My body is a material body, everyone's body dies . . . my body will die. I can't expect healing." You see? "It's getting older" or "there's been injury" or whatever, and you have a script that you play out. And you believe the script. And you don't have a script that will cause you to shift your attention away from your confidence in sin, sickness and death and its control over you in favor of the transformation, regeneration and redemption that it is your Birthright to be experiencing.

"If you don't have an alternative, we'll say, to the confidences you have that kill you, then you have no means of escape.

"And so I'm reminding you that you can't afford to forget about: Transformation, regeneration and redemption. Remembering them causes you to be able to challenge successfully whatever confidences you have in the worst that can happen to you and the way the material universe and material body works.

"By remembering those words it helps you turn your attention where? To better thinking? To better, more powerful ideas? Or to the silence within where you can ask of the Father, "What is the truth here?" Where you can ask of the Holy Spirit, "Reveal to me my Birthright, right here, right in this world. Reveal to me the intent that my Father has placed in the visibility and tangibility of my individuality that I call, 'my body' or 'my neighbors' or 'my friends' so that I might entertain the truth about them and thus lay the groundwork for transformation, regeneration and redemption to register with me and to register with my friend or my lover or my neighbor or my world . . . or the country next door."

"You are sick, you sin, you die not because you're in a material world or in the middle of an illusion, but because you are lazy in your use of your mind and you're accepting things that aren't true without challenging them. And I'm here to say . . . you know, "get a little guts," challenge these things. Contradict them, not as though you're contradicting something real, but as

a means of tuning your mind, you might say, so that you have justification to say, “Father . . .” you see, abandoning your independence, “Father,” or “Holy Spirit, what is the truth here? I’m not going to practice my false, negative thinking. I’m not going to practice the mean-spirited nature of the ego, which does not have my best interests in mind. I’m going to shut up and stay quiet until the truth is revealed to me—the living truth that has as its intent and which has the power to change my mind and change my experience of body, world and universe.”

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~excerpt from ACIM Study Group with Raj/Jesus 11/5/11

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