

Waking Up Is... Answers/Insights by our Elder Brother Christ Jesus, [via Paul](#)

[Tuttle...](#)

Healing is inevitable, just as **waking up is** inevitable. The conscious experience of the Allness of God is your inevitable “destination,” if I may put it that way, because you cannot successfully imagine otherwise forever. So, we will experience the healing.

The questions come, “Just how much of a part do you play in this? What should you do every day? Should you think about this all the time? What do you have to do?”

Well, I’m going to make it very simple. Feel the desire, and turn the manifestation of it over to the Holy Spirit. Don’t take on any aspect of the healing yourself, except in properly placing your attention in the act of joining, in the act of consciously “being with” the Father, the Holy Spirit, me—being aware that at all times during every day it is always us and never just you-battling-the-odds.

Hate is the defensive wall one builds in the act of isolating oneself. The act of joining is the act of Love. It has been said that “love is the royal way,” and we talked about royalty the other day. Don’t think of royalty in terms of queens and kings of countries. Think of royalty in the way that you do about “royal blue,” or the deep purple velvet of royal robes, regardless of who those robes hang on. It’s the feel of the richness of the texture of Being—your Being, the Being of God.

Love heals because in its presence the sense of separateness and

isolation cannot stand. You cannot love nothing! If you are loving, you are loving something, which means you are not alone. I have said before that love is “letting in.” Many of you are familiar with the saying, “Love is letting go of fear.” Another way of putting that is: “Love is letting in!” In the absence of fear there is no defense, nothing blocking your receipt of all of Yourself.

I encourage all of you to start paying attention to simple words like friendship, warmth, innocence, purity. None of you can even spontaneously think of a way to describe “complicated innocence.” These things which you call values—simple human values—are really things that describe the fundamental nature of being. Everyone tries to learn psychological processes which they can use in order to relate successfully with each other. You go and take courses on learning how to fight in a partnership where both of you come out in a “win/win” situation. But, if you would instead explore the meaning, the feeling, the texture of friendship, and forget about these skills that you can get, you would cut through your problems faster.

You make the essence of living so complicated that it becomes almost impossible to easily do this truly unavoidable thing called living. You make it difficult to do something which, if you weren't doing anything at all, would be happening anyway.

Do you know what? It is a point of wisdom to realize that any problem you are experiencing, you have created. But remember that yesterday I said, “the only thing you can truly create is misunderstanding!” This means that every single problem you have is nothing more than a misunderstanding. My point is that every single problem, whether it is

diagnosed as cancer, or a mobility problem, or a relationship problem, or an injury—it doesn't matter how it appears—is always the manifestation, or the visibility and tangibility, of a misunderstanding.

Misunderstandings aren't hard to deal with because they are not objects. They are not fixed. They are not like concrete. Every one of you changes your mind many times a day. You start out to go to the bathroom and on the way you see something that needs to be done, and you do it! You can change your mind. One of the lessons in the Course—and I bring these up not to promote the Course, but to express the truth of the idea—one of the lessons says, “There is another way to look at this.” You can change your mind. The way you see it, the way you are convinced it is, is never the only way to look at it. And so, if there is a misunderstanding, there is a way to change your mind, and the first step is to say or acknowledge, in whatever words come to you, “There is another way to look at this.”

In fact, there was a wonderful word used in the sixties: serendipity. It means, “the discovery of that for which you were not looking.” Not only can there be another way to look at it, you can have that other way of looking at it dawn on you even when you aren't looking for it if you are not absolutely intent upon seeing something in an absolutely fixed way.

You do not have to look at your body in the absolutely fixed way that you have for some time, with some degree of doubt as to whether you could actually experience a healing, even though intellectually and with some feeling you believe that you can. How about a serendipitous healing? One that happens when you aren't expecting it?

There IS another way to look at this. There is another way to experience your body. And, do you know what? It's not dependent upon tissues and cells acting according to some physical process, because what you see as the physical manifestation of a limitation is not what it is. It is a misunderstanding that has been accepted as "understanding"—something illusory that has been accepted as "real." It's a misunderstanding, and you can change your mind ...or your mind can be changed.

"Physician, heal thyself"—change your mind! What's the best way to change your mind? Well, if you start out with what you think your mind is, which is all memory, all you will be able to change to is another memory, and it will have to be another form of the same old thing.

So, how do you change your mind? You refuse to continue to believe that what you believe is the truth, and you desire to know the truth. You desire to know the truth of something other than your present sense of who and what you are by virtue of your particularly unique arrangement of ignorance's, beliefs. You say, "Help. Help me know the truth. I join with my higher Self, or I join with the Holy Spirit"—and they're the same thing—"I join with the Father. I let you in, and I listen for You to illuminate to me What I Am,...my perfection."

Yesterday someone said, "God will get me for that." And you hear other people say, "God will get you for that." What an empty concept of God! What a meaningless concept of God. It's a concept. It's not the truth. God has withheld nothing of what He-She is from His-Her Self-expression. And what is God's Self-expression?

It's not you. The Self-expression of God is God expressed. I'm making a fine point here. God does not express Himself and end up with a vase that ISN'T God—something “different from the potter,” if you will. God expresses Himself—and, for the sake of brevity, I am not going to keep saying “He/She,” but know that I mean He/She, Father/ Mother. God expresses Himself, and the expression is the extension of God. You could imagine that God, in His Self-expression, became bigger. That Self-expression did not leave God there with something else separate from God which was God's Self-expression.

God expresses Himself infinitely by means of extension, not separation. That is why it is said that you are created in the image and likeness of God,...because you must be the very presence of God and nothing else. But, you all believe your eyes. Your five physical senses do not give you an uninterrupted, unbroken experience of the full spectrum of Being, and you take these little partial perceptions of infinity and they suggest to you that you are very small, in the middle of a very big infinity, and you are vulnerable, and you are separate, and you are different from everything else you are experiencing. But, you are the actual presence of Mind. You are the Awareness—what has been called “the observing Self”—in which all experience of conscious awareness is going on.

All of this is going on within you at this very moment. You are that conscious awareness in which all of this is being experienced. So, at this very moment, you have the capacity to grasp that you are Mind and not matter, that you are Mind and not body—and yet body is embraced within you as a conscious experience. “I am not a body. I

am free to be as God created me.” (A Course In Miracles: Workbook, page 386.)

God, Self-expressed, must be experiencable, or there would be no such thing as conscious awareness. In order to be conscious, you must be conscious of something, and that’s what is meant when it says, “And God saw everything that He had made, and behold, it was very good.” “And God saw everything that He had made, and behold, it was, verily, God.”

God recognized Himself. But not only that, the recognition feels good because it is the experience of the indivisible integrity of Being. Now, [sarcastically] isn’t that wonderful? What does that have to do with you? It has everything to do with you. The more you realize that the definition of God is the true definition of you the more you will be able to dare to let go of your limited sense of yourself, and the easier it will be for you to begin to disengage with identifying with the body as the body only. The more you realize that the definition of God is the true definition of you, the easier it will begin to be for you to recognize that you have been biasing your experience of life by identifying with the forms rather than identifying with the conscious awareness that you are, in which the conscious experience of forms is occurring.

You must understand that all the pieces of the puzzle are already on the table—all the pieces of the puzzle that bring Reality into bold relief and clarity. All the pieces of the puzzle are present in your experience at this very moment, and they will come into their truer perspective as you make a shift from identification with the body to identification with and as the conscious awareness—which you have been experiencing

all along—in which all experiences of form are occurring. The more you identify with form—in other words, the more you identify with and as the visibility and tangibility of the movement of the Mind of God—and the less you pay attention to yourself as the conscious awareness in which all of this is going on, the more you lose the experience of Who you Are. Then the forms that you have begun to identify with begin to become more dense—because you are losing your divine perspective. The more dense they become—because you have sacrificed the infinite view which is your Birthright—the more capable those forms seem to become of falling apart, becoming ill, not identifying your freedom. And so, sickness, sin, and death seem to come into play.

You could say that the Fall of Man is the shift from the infinite view—in which the visibility and the tangibility of the movement of Creation or the movement of God is going on—to identification with the visibility and tangibility of the movement of God. You could say that that is the definition of The Fall.

That is the shift from the Fourth-dimensional view to the third-dimensional view. It is in that movement that you begin to experience isolation and separation because you have sacrificed the experience of your unbounded infiniteness. How? By using that unbounded infiniteness to give a focus of attention which doesn't embrace the whole thing.

It is as though all the pieces of the puzzle are on the table and you have taken one from here, and one from here, and one from here, and you've said, "Let me see if I can put these together." And you have

given your attention to just those three puzzle pieces, while all the rest of the pieces are there. But you are insistent!

“There must be a way for them to fit together! They are part of the divine order of things. They are absolutely divine. Every piece must fit with every other piece. I’m going to make these fit come hell or high water.” And hell comes! This is very important. All of the pieces of the puzzle are always present, whether you are embracing them all or only a few. All of the elements of your divine Sanity are present with you at this very moment, but you are focusing your attention in a very narrow way. You focus it by identifying with form—whether it is your form that isn’t functioning well, or whether it is the form of your partner who isn’t functioning well, or whether it is the form of your world that doesn’t seem to be functioning well.

You are neglecting to pay attention to that aspect of your divinity which is still absolutely present, and which is the conscious awareness that you are. You are still functioning as conscious awareness because without it you would be unconscious. That divinity of you IS functioning, and you are actually utilizing it!

The only thing is that you’ve forgotten to identify with it!

You sit here, and you can turn around and look out the window, and you see the view, and it is beautiful. And you are totally unconscious of the fact that “eyes in your head” are looking. But they’re there. You simply are not “paying attention to them,” you could say. You take some clay on a potters wheel, or you take the food from your refrigerator, and you make something with it. The attention is on the

shape that is taking form on the potters wheel or the dish that you are preparing for dinner. You're not paying any attention to your hands at all, and yet they are busy doing the preparation. Do you see what I mean? The hands are there, but you're not paying attention to them. Not paying attention to them does not get in the way of preparing the meal or throwing the pot.

In the same way, the divine Mind that you are, the infinite presence that you are, is operating, and you're not paying any attention to It. You are paying attention to that which is going on within It, and you are saying that the thing in It is what you are. That's the insanity!

As paradoxical as it may seem, you are "being insane" through the use of your Sanity, because your Sanity hasn't gone anywhere—just as your divinity hasn't gone anywhere. Figuratively speaking, another way of expressing this is, as I have said before: All of you are sitting right in the middle of the Kingdom of Heaven with your eyes all squinted up, saying, "I cannot see the perfection." Right now, as conscious awareness, in which the infinite movement of Creation is occurring as your real Identity, you are saying, "I am one little aspect of this infinity." But, do you know what? You have to be what you divinely Are in order to have that misunderstanding and say, "That's me." Do you see that?

That's why it doesn't have to take time to wake up—because your dream isn't going on in some place other than Reality, and your dream isn't creating another place called "Unreality." It's just a bias that you have brought to your process of paying attention. You're saying, "I want to pay attention to these three pieces and make them conform to

my concept that because they are divine, they must fit in the way I want them to fit.

Mind you, it doesn't matter that you have this intent. It doesn't matter what the psychological implications are of somebody trying to make something incongruent fit. Your mind doesn't have to be "straightened out" so that you understand what destructive thing there is in you that would make you try to make incongruent things fit together.

Do you know what you could simply do? You could give up, and you could stand up from the table which the puzzle is on and have the opportunity just to discover that the whole puzzle is there, and have the realization that you could just put those pieces where they go.

Everybody is trying to fix themselves up. They're trying to fix up this sense of self which is identifying with body so that they are a better self-identifying with body. Do you see what I mean? That's what psychology is all about. That's also what illness is about. I'm still talking about the same question that was asked. It all relates.

Now, the means by which you can easily stand up from the table so that your view takes in more of what is really going on, is the simple act of joining, the simple act of inviting something in, the practice of love. "Love is letting in."

Here is another example of overlooking the obvious. Paul had been speaking with me for fully six months before he had the "revelation" that he was experiencing a demonstration of the fact that there is no death—that he was experiencing it as a fact! Everything that we had

been talking about had been so wonderfully important to him that he didn't realize the obvious—that life is eternal.

Again—and I'm saying it over and over, because even Madison Avenue knows that you must see a commercial six times before you remember it, and that's why you get a blitz when some new product comes out—the important point is this: All of the pieces of the puzzle are on the table. All of what you divinely are is present and functioning right where you are at this very instant. It's not off in the future to be attained as a result of spiritual growth. All of the elements, all four dimensions, are functioning at this moment, and you are those four dimensions.

You are that conscious awareness of Being—not of being something, but of the verb “be-ing”—you are the conscious experience of being in which the conscious experience of body and sunset and trees and chairs is occurring. All that needs to happen is a shift of emphasis of attention from body to conscious awareness or Mind—not as a thing, not as an object, but as that unavoidable presence of Mind that has been going on all along.

Many of you, I'm sure, have heard the very short story about the little fish that comes up to his Mommy and says, “Mommy, Mommy, I've heard that there's water! Where is it?”

“Mommy, Mommy, Jesus told me that I am something called Awareness.

Where can I go to experience it?” It has to be the fact in order for the

question to be asked. But, if you get caught up in the question and try to solve the problem, you are distracted from the opportunity to step back from the question and be still, and in the silence have the experience. What happens in that experience is a shift from identification with body to identification as Awareness—boundariless conscious awareness. That is called stepping into the Void. It's called "stepping into the Void" because your prior identification with body, and the insistence that it is you, has caused, as with the little fish, the awareness of this universal presence of water to seem not to be a presence of anything, because there's no differentiation to it. It's like the air. You don't think about it. Unless there's a wind, you do not have an ongoing alive conscious awareness of air.

As the shift to the conscious awareness of being consciousness occurs, the density of form lessens. The visibility and tangibility of the movement of Creation, of the movement of God, de-densifies, because your perspective becomes unbiased and the distorted experience of Reality becomes less distorted. You call that healing.

Now, let's be very clear on something. Is it going to be necessary for you to totally wake up and ascend in order to experience the healing of this disability that you asked for? No. So, don't complicate it and provide a resistance to your healing by saying, "Boy, I just don't think I can do all that he said." I'm not saying all of this as "things for you to do" in order to have your healing. I am speaking generally, here, so as to help clear up everyone's misunderstanding. And literally so that you may know that it is not as hard as you thought it was going to be.

None of the puzzle pieces are missing! There are not puzzle pieces which have been set aside until you have deserved them. There are not some of the puzzle pieces which will be handed to you at the Pearly Gates so that you may say, “A-ha, I got it! I see it!” All of the puzzle pieces are present on the table, in you, right now, and they constitute the real you!

Page 1139 - The dictum of the Father is, (and another way of saying that is) the way things work is: “Behold, I make all things new.” God never stops to repeat himself. Now the only thing you can ever have confidence in is something that has already happened. So waking up is indeed going to mean a willingness to forever stand at the threshold of “Behold I make all things new,” never having a preview.

That’s when life becomes truly vital—not scary—vital.

Because once you discover that standing in that place of risk means, standing at the point of the movement of Creation, and that it is forever unpolarized. And at the bottom line it is the movement of your Being, because you’re no longer claiming a Being separate from God. It becomes the joy of forever self-discovery, an experience of integrity, which is therefore utterly safe.