

DISEASE and HEALING

when you are looking at the Altar, its Illumination illuminates you, and renders your committed beliefs invalid effortlessly. And once they are seen as invalid, they are seen as not useful. And none of you holds on to anything that you don't find useful. You don't even have to throw away an un-useful belief once it is recognized to be not useful. It is abandoned effortlessly.

Be aware that YOU SEE WHAT YOU BELIEVE. And so, you believe you are vulnerable. And you get tense; experience chronic anxiety. You say that your body tenses up, but you are tensing it up. That's where level confusion comes in. You say, "My body is doing something. IT is tensing up." But it is not. You, experiencing anxiety, tense your body up to give it more density, to fool yourself into believing that it is more impervious by virtue of the tension, the tightness. And then, because you believe that YOUR BODY is doing this, you then begin to believe what you are seeing, and you see your body as an enemy which you must bring under control. You see? Then you say, "My body has an actual disease, an ulcer, or a cancer." See, that's when you are BELIEVING what you are seeing. And that will lock you in to the experience of cancer and whatever your associated beliefs are about it. I will tell you all something. You could have much more creative beliefs about cancer. Your creative beliefs about cancer could involve the restructuring and rebuilding of a lost limb. That will give you something to contemplate. A different set of beliefs about it would have a different effect. So, it is dangerous to believe what you see, and say, "My mind has created an actual disease." It's still as illusory and intangible as the confused thought that caused you to use your body in that way. You see? So, indeed, you must dare to look at whatever the dis-ease is and recognize, be WILLING to recognize that it is an illusion caused by seeing what you have believed in your mind first, and then believing the result, as though it's separate and different from your mind. Because until you realize that only mind has the capacity to be creative, you won't be able to get free of believing what you're seeing, and changing your mind by being willing to turn around to the Altar and say, "God, what is this really? What is this thing I call 'body' really? What is this thing I call 'world and universe' really?" If it's the Effulgence, the Manifestation of God being the Movement of Creation

constantly, then you are all in store for the wonderful experience of having it revealed to you as What It Really Is.

If you realize that the cancer, or whatever it might be, whatever dis-ease it might be, is nothing more than a mental distortion that was caused by the adopting of certain ideas, and a commitment to those ideas, you will then have the means of being miracle-ready, because you won't fight the cancer, or the dis-ease. You will turn around to God and say, "What's the Real Meaning?" And you will ask it with a conscious desire to have your belief replaced with the Conscious Experience of What It Really Is, the Direct Experience of What It Really Is. You see?

QUESTION: Okay. The body is a very cherished and long-held idea, as are sicknesses and the cause of sicknesses. Yet, the Bible talks of you walking along with the multitudes and healing the people there.

ANSWER:Instantaneously, by the way.

QUESTION: Instantaneously. So you are seeing, when you see them, you see what you believe so you don't see them as sick. Yet somehow this belief is able to shine from out of your mind and into theirs so that they can adopt the belief that you presented as well, and experience the instantaneous healing.

ANSWER: There's one key point. They had to be willing. Miriam was not willing, and so she remained lame.

QUESTION: So the healing was only to those who came to you for seeking healing?

ANSWER: Exactly.

QUESTION: And in doing so, it was easier for them to accept your vision as their own

ANSWER: They had to have their eyes turned toward the Altar as well. Otherwise, all I would be doing would be creating a further illusion.

QUESTION: So it was a... so the healings are choreographed.

ANSWER: You might say that they are choreographed by the desire and willingness of the one wanting to be healed.

QUESTION: Which would be you as well as the blind man joined in that desire.

ANSWER: Indeed. Yes. As I've said before, your good cannot be inflicted upon you. And knowing that is a step of empowerment for each of you. You say, "Oh, my God! You mean it's all up to me?" Well, I'll tell you something. If it was up to someone else, you would be at their mercy. What if they didn't choose to service you today? "Oh, I'm busy today. Come back tomorrow." [audience amused] You see?

QUESTION: But when you say, "It's up to you," the You That You Are is more than this body we think we are, which is part of the problem, which is part of the wrong-mindedness.

ANSWER: Yes.

QUESTION: Because the you... the Me that I am or the I Am that I am is inclusive of all of us here.

ANSWER: That is correct.

SEEKER: So Virginia's healing is also my healing.

ANSWER: Absolutely.

QUESTION: And I guess I can see that shining by the effect that her... that witnessing her healing has upon me or anyone else's.

ANSWER: And even those who haven't seen it and don't know it has happened.

QUESTION: Because it'll be there when their awareness is ready to.

ANSWER: Whether they like it or not, the density of the dream has lessened with every little insight that any one experiences. And any instantaneous healing that occurs that cannot be attributed to any physical cause, causes such a shift in the experience and the mind of the one who had the healing, that it touches everyone else as well. And it becomes easier for that to happen for everyone else. But it can't make anyone accept the Truth.

~excerpt from ACIM Study Group with Raj/Jesus 12/12/02

Conducted by the Northwest Foundation for ACIM

www.nwffacim.wordpress.com

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Now I am present with and available to every single one of you, everyone at every moment. And so it is my intent in being with groups of people like this to make this fact known and by Paul's presence and demeanor also convey the fact that my being available doesn't require of anyone any special talent, because Paul is about as regular as anyone else on this planet and has no "special" talent in order to hear me. Does that clarify that for you?

For those of you who are students of "A Course In Miracles," I will take this opportunity to point out that my time spent with Helen Schucman was also not a special instance. And although there have been some expressions of the fact, or the idea-not the fact-the idea that everyone else can't expect the same sort of relationship with me or with Guidance that she experienced, is untrue. It is an attempt to elevate her, and to elevate the Course into a false position of religious respect, whether it is stated that way or not.

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