

## INSTRUCTIONS FOR COMPLETE HEALING..

Not only does each one of you have a Guide, one who is totally Awake, standing at your service, you also have me standing with you at your service. And then in addition to your Guide there are those Awakened Individualities who work in conjunction with your Guide on your behalf relative to your physical well-being. They do not manipulate the body, but they stand helping to uncover whatever beliefs are blocking the normal function of your body and facilitating their release. And so what I encourage you to do every night when you go to bed is to just say, “will my healing team please address this \_\_\_\_\_ problem. I would like a healing session. And I would like it to be maximal.” Not that the support that is given is less than maximal, but by saying “and let it be maximal” it is a matter of your giving permission consciously for the healing to be maximal.

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Now in addition to this when you eat, and before you put a bite of anything into your mouth I want you to bless it. I want you to thank God for this bite to eat. I want you to thank it for whatever its Real Meaning is. And I want you to remember that I am telling you that because God is indivisible, God cannot be conflicted. And therefore, the Kingdom of Heaven which is the only thing you are experiencing at this moment, even if you believe otherwise, because this is the Kingdom of Heaven there is nothing in it that can have a conflicted effect. And therefore, this food that you are going to be putting in your mouth and swallowing has not the capacity, truly, divinely to conflict in any way with your body.

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So I want you to express gratitude for the bite of food that’s on the fork. I want you to thank God for it. And I want you to remember consciously that it has not the capacity to act at odds with you in any way. Because if it exists at all and if your body exists at all it exists as the unconflicted presence or manifestation of an undivided God.

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The more you can dare to look at your world—even as specifically as the bite of food on your plate—with the curiosity to experience what of God is expressed here, that is the way you can get past medical definitions of it, scientific definitions of it and false beliefs that you have acquired about what it must be. And in that way begin to experience the harmony that all of this is expressing.

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Now I don't care how many years this has been going on. Twenty years of darkness has not built up a strength of presence that would hold back the light when the light went on. And six years of the presence of some condition does not acquire substance and therefore some permanence of presence that will be difficult to dissolve in the presence of clarity of mind and conscious expressions of appreciation which are forms of love.

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So it doesn't have to take a year to get over this. It doesn't have to take three weeks. What I am saying is: do not say, "well, this has been going on for so long that it really is going to take awhile to go away." When the light of truth goes on, that which had no substance—true substance—must end up not being anywhere to be found.

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Your body is your friend. Your body has a function. And that is to identify the presence of your Individuality perfectly. And your Individuality is the presence of God. So at the bottom line, the function of your body is to identify the presence and movement and meaning that God is, right there perfectly.

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So don't hate your body, and don't try to rise above it and don't try to get beyond it. It must be brought right into the middle of the presence of God. It must be equated with God, not left on the outside. And then the same thing with anything you put in your mouth. And I do mean anything, including poison. That is an extreme, but I do not suggest that you try, because the clarity needed for that because of the beliefs about it is great. But my point is that there is no substance that you can find anywhere that can act in conflict with your body, because either it's all God perceived clearly or through a glass darkly or it's God seen clearly or seen through a glass darkly. There is no other choice, you see!

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You see, your body has no capacity to act independently because its whole function is to identify the presence of your Individuality perfectly. It's incapable of doing anything else. But all of you can by means of fear and worry, I'm going to say you can seem to bias the function. You can't truly, totally override it, but you can bias your experience of it so that you experience distress. And what we're talking about is getting rid of this tendency to bias, so that the divine intent can re-emerge because you're not interfering with it anymore. So it's important for you to understand that your body is your ally because it has only one purpose—to identify you perfectly.

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If you will get out of the way and let it do that, you will find it returning to its normal function. In other cases you will find healing occurring—shortened limbs becoming extended, blemishes disappearing, enlarged breast for small busted women... (someone giggles) Did I get you? So that symmetry and balance and the beauty that's inherent in the Movement of Love that God Is, is embodied.

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So there's great benefit in having a new sense of what the body is and what its function is and who this you is that it is identifying perfectly. Because it's not just a puny little human being that it's identifying perfectly, it's the presence of what God is being right there that it is identifying perfectly.

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So you are embracing a new concept of body and a clearer idea of what you Are. And when your thought is in alignment with truth with what is Really going on, as I said before, it will seem to you that the Universe conspires to conform to that evidence, or that manifestation. It isn't that you have exercised power, but by getting your beliefs out of the way there is nothing distorting your experience of what's Really going on.

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~Raj/JESUS...Given at Inverness Scotland Gathering 1996  
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