

ABOUT THE CRITTERS....ANTS, FLIES, COCKROACHES, AND SPIDERS THAT WANT TO INFEST YOUR HOME.

QUESTION: Our mother told me all life is sacred. Give up attack thoughts. Any attack gives validity to reality; that which you see with your eyes. This is not what you want. She suggests that I do not kill the roaches in my kitchen, the ants marching through my bedroom, and the spiders throughout my house. I keep hearing, "There is no spoon." That's a reference from the movie Matrix. It means they aren't really there. I'm also having difficulty relating to people. It's as if I'm between realities. What do you suggest I do?

ANSWER: I suggest that if you have ants and roaches in your house, you get them out. Keep your feet on the ground. Remember to be practical. And you get them out of your house by whatever means works. But that isn't the only thing you can do. In addition to taking the practical steps, you can acknowledge that this environment of your home is your place to live and not theirs. You can invite them not to come in. You can let them know that if they do come in, you will have to take steps. And that you are letting them know that you will take steps that will not be in their best interest as far as they're concerned. You be straightforward and loving with them in your mind, but you also be matter of fact with them. You can't have ants getting into your food. You do not want roaches crawling around in your house.

So don't be so spiritual that you stop being practical. You must meet the need. You say, "No, thus far and no farther." The threshold of your doors and windows is the line, and you back it up. You back it up practically with ant poison, if you must, and roach motels; and as well, you lovingly invite them not to come in. And you, clearly in your mind, direct toward them the clarity of your mind that they don't belong there, so that they may see that they don't belong there. That's a lesson in Spirituality 101. Okay.

By the way, they are there. [laugh] What I mean is, although the statement was made "There is no spoon," there is an idea that all of them were experiencing; the idea is Real. The idea is Real. There is no spoon as a material object, but there is something there expressing and embodying meaning. Indeed, there are roaches and there are ants and there is you. But when they're seen for what they divinely are, they will not be in the wrong place. They will not be in a place they don't fit. And likewise, you

won't be in a place where they are, because everything fits together. And the ultimate truth is that it's a win-win situation for everything.

I will tell you something, the minute you begin, any of you, the minute you begin to look and say, "There is no spoon...there is no world....there is no ant...there is no chair--none of the things I'm experiencing exist," you will experience becoming ungrounded. And someone might tell you that that's the threshold of enlightenment. No. The threshold of enlightenment with regard to things is when your experience of them begins to waver and shift. They don't waver and shift and begin to disappear, but your experience of them begins to be transformed. And when that happens, any apparently material object that you might be looking at that's inanimate, we'll say, will become, begin to become animated, even if it doesn't move, like a rock. You will begin to see the energy. You will begin to see the energy is moving. You will begin to see that the energy is Light. You'll begin to see that the Light has color. You'll begin to see that, and feel the fact that the energy is Love.

And as I said earlier, the moment you begin to experience the energy as Love that's loving you, in your being touched by the Love that it's loving you with, it illuminates to you as an experience of Love that the Love with which it is loving you is the very Love that you Are, thus binding you, in a way, in an experience of singularity, of oneness, even though the rock and you don't merge into a nebulous, amorphous presence.

So if you follow the simplicity of what I've just said, you'll see that although your perception will change, you won't become ungrounded, because nothing will have disappeared; only the way in which you are experiencing it will have changed. And because the shift of experience has involved not an intellectual realization, but an experiential realization that you and the rock are one, and the rock and you are one, and the Love that you both are is Love, the only Love there is, having an object of its affection, that obviously is not a state of being ungrounded.

So if you're beginning to feel like you're between worlds and ungrounded, you may know that you're moving into a distorted intellectual perception. And it's not the threshold of enlightenment. It's not an indicator of spiritual progress. And you need to get grounded again. You need to look at your world and pay more attention to it, with the curiosity to see the more of God that is there than what you're currently seeing.

Okay. Thank you for your question.

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