

THE SUBSTANCE OF SPIRIT IS LOVE...AND THE SUBSTANCE OF MATTER IS FEAR

You must use your Mind consciously in a way that is constructive and stop using It in a way that your Father did not create It to be used, which ends up causing you damage, heart ache, injury, illness and ultimately death—a death that's not real because you immediately find that you haven't died at all and the whole thing was a farce . . . you see? . . . and that you didn't need to be as afraid of it as you were. In fact, you could have challenged it if you had known that it couldn't really kill you.

You know, when you're studying in school, biology or physics or whatever, you go into the classroom and you have book-work . . . book-learning, and then on a couple of other days during the week you have a lab class where you do lab work where you have practical hands-on practice regarding or implementing the book-learning that you did in class..

Well, we've been doing a lot of book-learning for a long time. And the last couple of weeks we've been getting into lab work, the practical implementation you might say, of the book-learning.

I mentioned last week that everyone right now has an incredible opportunity which everyone might see as a disaster, but everyone has an incredible opportunity to participate in a conscious shift of perception—one that transforms, regenerates and redeems Creation. That's what happens when you do the two-step and when you yield to the Father's Perspective..

Now, I want to not sound severe, but I do want to make a point here: You're in a situation . . . there is a situation occurring in your world which requires attention, requires correction. It's a long way off for many and it's right in your face for others. If it's a far-off . . . you know, I encourage you not to treat it as though it's irrelevant to you. I encourage you to yourselves—involve yourselves practically by making donations or contributions to help those who have experienced great and severe loss.

But more than that, I want you to contribute your attention. I want you to contribute your attention with an awareness that it isn't just to "those people out there," it's contributing your attention to your Brothers, to

your Sisters, to your fellowman, to your Family and for you. Just because there are no significant problems going on in your life, to engage frivolously and freely in activities without giving a second thought to part of your Family who needs someone to witness for them, you are missing the point and you are neglecting your purpose..

And you are more than anything, missing out on a connection—a healing connection and a connection of joy and a connection of Love that it's your Birthright to be experiencing..

Now, for many years it has become more obvious, more and more obvious that you live in an inter-connected world. It used to be when communication took time, it felt as though Europe was on another planet and there was no relationship or another part of the world was somewhere else where there was no relationship. .

As the past fifty years have gone by, what's happened? Mankind has become more conscious of the inter-relatedness, the interdependence, the involvement that everyone is inseparable from. And the tendency has been to try to keep the sense of separation going—the boundaries, the borders, the cultures and so on—and still try to be different from and not having to feel Brotherly love for everyone else..

And in spite of that tendency to hold on to past patterns, it has become increasingly clear that everyone is involved with everyone else and each one's behavior has its impact..

Nowadays with what you call, "the economic crises," it's obvious to you that one country can't do something economically without affecting another. And so there is a bond, there is a unity whether it's liked or not. And now with the circumstance in Japan, it's obvious that the very air in which radioactive materials are spewing and circulating on the winds, well that makes it clear as well that the air you breathe is the air everyone else breathes, and that what happens one place can happen another..

Now, why am I saying this?.

I'm saying it because it really is time. The situation, the events demand that everybody become conscious of the relationship and not neglect the

call to witness for your Brother which constitutes witnessing for your Self. You cannot neglect your Brother and not neglect your Self as well..

You know, I've shared a sentence: "I wish to see the evidence of Love" and another sentence, "I wish to be the evidence of Love." Two good practices. One expresses a willingness to see God out there: "I wish to see the evidence of Love" and the other is a desire to let God be Present in you, as you, so that you might be the Presence of Love. .

But in some ways, that's just a nice thing to think about. It's a nice fuzzy cozy feeling message. "Yes! I wish to see the evidence of Love and I wish to be the evidence of Love." Well, here we are with the opportunity to see and be the evidence of Love..

What does that mean? It means that you're going to have to become involved. If you're going to be the evidence of Love—not just the thinker of loving thoughts—your behavior is going to reflect an inner motive and that inner motive is going to take your attention. And at the moment it seems that attention takes time..

So, you know, you can't be too casual about it. And it is going to require prioritizing how you're using your mind and where you're giving your attention. .

See, this is the meaning of "I wish to be the evidence of Love" or even "I wish to see the evidence of love." Because it takes time, it takes involvement. It takes being consciously aware of that and not something else!.

Do you see how much I want for you to have the Meaning of A Course In Miracles be translated into and you might say internalized into changed behavior—new attitudes—because that's where the transformation and the healing and the correction of everything occurs? Do you see how much I want for you to have the Meaning of.

I know, it's nice to have wonderful thoughts to think that don't take up too much time and can sort of be an energetic envelope that you move around in as you give your attention to other things. But you know what? If you're going to Wake up and if you're going to experience the Kingdom of Heaven as what it Is instead of as the "world" and "universe" that you

presently misperceive It as, you're going to have to love to look for the evidence of Love, to look for the evidence of God—to expect to see the evidence of God—and not to forget to do it because playing a video game is so much more involving . . . you see? . . . or whatever it might be..

Now, you see . . . here's the work part of it and here's the wonder part of it: There's only one Substance. .

So God creates all that Is out of the Substance of His Being—out of the Substance of Himself. And the Substance is Spirit. And we've talked about this before including last week. And yes, I will be repetitious tonight but I'm going to amplify and embellish so there's more understanding..

Now, you see . . . here's the work part of it and here's the wonder part of it: There's only one Substance. Absolutely everything that exists is made up of one infinite Substance. It's the Substance out of which God creates everything. And that Substance is the Substance of God Himself. .

So God creates all that Is out of the Substance of His Being—out of the Substance of Himself. And the Substance is Spirit. And we've talked about this before including last week. And yes, I will be repetitious tonight but I'm going to amplify and embellish so there's more understanding. There is only one Substance and it is the Substance that is Spirit. When I say the substance of Spirit, I mean the Substance that is Spirit. .

But one could ask, “What is the substance of Spirit?” If you were to take that substance out of which God has made everything, which is Spirit, what is its substance? Well, its substance is Love . . . Its substance is Love. That's why Substance—Spirit—is unified. That's why It is indivisible. That is why It is absolutely harmonious. That is why It is invulnerable. That is why It is omnipotent. That is why It is this, that and the other thing . . . we could go on and on..

Now, It is also the meaning that you associate with emotion when you speak of Love—caring, affection, the mental embrace with good feelings about what you're embracing.

.The Substance of Spirit is Love. And so, [wraps knuckles on table] the substance of everything that you can see and feel and even the things that you can't see and feel are indivisible and are the presence of vital

Love, loving every single atom, every single molecule, every single thing that you can see and touch, I will tell you is right now extending Love to you and to everything else..

You are constantly embraced by the Love out of which everything has been created and therefore you are being loved by everything created..

There is absolutely nothing about Substance as I'm speaking of it, that can harm because it is indivisible and therefore undivided. It therefore is incapable of being polarized. It is therefore, as I've said, an infinite absolute experience of harmony rather like a symphony, among other things. The music of the spheres you've heard of . . . It is a wonderful and true idea..

So, we're talking about Substance as it truly is. The Substance of all Creation which is described as the Kingdom of Heaven and is what I've been telling you what is confronting you at this very moment as you look at your computer, as you listen to your tape recorder or your CD player, as you sit in your chair feeling it supporting you . . . you see?.

Now this self-same Substance, when observed from a mind that is enjoying and practicing special relationships, appears to be a material world and universe. Remember, a special relationship is a relationship you have with something where God is not anywhere in the picture, where you are not looking with God desiring to see the evidence of God . . . and where you are not attempting to be the Presence of Love. But where you're just being whatever you think you are or looking whatever you think you're looking at and coming to your own conclusions and definitions about it. That's a special relationship. It's a relationship that you in your aloneness—it's a private relationship—which you in your aloneness have with things. All of which have to be part of Creation because there's nowhere else to go to find things to have a special relationship with..

Now the problem is that when you choose to look at everything and have a special relationship with it, everything about that special relationship becomes Everything about your relationship with it becomes detrimental. Everything about it causes deterioration to occur. And so you constantly have to busy yourself to undo the deterioration or remain clear of the threat of harm. You see? Now the problem is that when you choose to

look at everything and have a special relationship with it, everything about that special relationship becomes.

Now mind you we're talking about the self-same Substance. When you look at it with God you see it as it truly is: the Substance which is Spirit, the Substance of which is Love indivisible, infinite harmony..

But when you look at that same aspect of Creation—that same Substance—independently enjoying your right to determine what it is you're looking at, that very same Substance loses its harmony. It loses its benignness. It becomes polarized—conflicted. It becomes dangerous. And as we've been saying, everything about the special relationship has as its goal, your death—your demise. .

Strong words, but you have an answer. And we've been talking about it at length. It's called, "the two-step," it's called, "the holy instant." It's that place where you abandon your independence and you acknowledge your Father again and you reach for your Father again and you let the Father—in the Silence within you—infll you with His Perspective..

You know what? The circumstances today call for your practice of the holy instant. It calls for transformation, regeneration and redemption. It calls for being brought back to its spiritual original, as I said last week. And you are the one to do it. You're the one to do it because you know about doing it because we've been talking about it..

And now it's time for the lab work. Now it's time for you to take the time each day to remember to be the Presence of Love . . . to be the evidence of Love . . . to be that which gives the attention necessary to say, "I wish to see the evidence of Love, I wish to see the evidence of God right there in those radioisotopes.

~excerpt from Gathering with Raj/Jesus
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