

WHAT ABOUT MY HEALTH....AND THE FOODS I EAT?

There needs to be a little more confidence in your body's innate ability to be what it was intended to be, perfectly. As long as you treat it as though it is a temporary housing for your soul that is of the Earth--earthy, temporary and so on, made of that which really is not of God--you must come to the ultimate conclusion that it really can operate or function at odds with your well-being. And on the basis of that incorrect conclusion, you will see it as something you must protect yourself against by taking control of it. And when you attempt to take control of it, because it is not really your ally, you have taken a stance that is ANTAGONISTIC. And you cannot be comfortable when you are taking such an inconsistent position. And because you are constantly attempting to make it be what it is already its intent to be, you create tension that you experience physically. And it seems to prove to you that there is a need for control, and so you try even harder.

QUESTION: I have a tendency to react to certain foods. And I'm wondering if limited concepts or ego consciousness is limiting my ability to, let's say, to keep to a strict diet, or the limited concepts and ego is limiting my ability to experience foods that I would wish to experience?

ANSWER: It is both, but the culprit is the latter. The limiting beliefs are keeping you from enjoying whatever you would call normal foods going into your mouth and through your body without upsetting you. Now I would encourage you to approach this from the standpoint of understanding what substance is, because no matter what the form taken is, the substance is the one and only substance, which is--and I am not being too absolute here--the Presence of God expressed, the presence of Meaning expressed. And as I brought out earlier, every single form is nothing more and nothing less than Meaning expressing an idea in the Mind of God.

Now, as long as you divide forms into categories and define the substance of those various categories as being different from each other, you are operating under a false concept, a sense of division, a sense of separation. This arises out of the fundamental ego perception that divides the infinite unity of God up into disparate or fragmented parts. Again, I encourage you when you are considering various substances that appear to be different--coming from different food groups, etc.--to acknowledge that they are all various forms of one substance, which are expressing the differing intents

or Meanings given by the Father, given by the Creative Life Principle, or Infinite Mind, for the purpose of expressing infinity. If they are one substance, then there cannot be any reaction between one and another.

Your body is the same substance--the substance of Spirit--as the substance of squash, or lima beans. I will extend this a little further to include pollens and other forms of substance that it is believed the body can react to unfavorably. The reaction arises out of a fundamental belief that there actually are many substances that can function at odds with each other.

All of your world needs to be brought under one heading. In other words, you need to find there's one Source underlying every single manifestation of form or substance. In this way you will not find substances killing you, or making you ill, or giving you headaches, or inflaming your sinuses, or irritating your lungs. Either all is God, or all is not God. And if it is all God, which it is, then you need to begin to consciously embrace and acknowledge every single thing as the manifestation of Meaning, instituted, or instigated, if you will, by the Will of the Father. If the Father is indivisible, then the Father is undivided. And His Infinite Self-expression must manifest that same indivisibility.

Now, your ego looks at the Allness of God and says, "It is good and it is bad. It is healthy and it is unhealthy. It is destructive and it is constructive. It is chaotic and it is harmonious." It divides singleness into duality, conflict, polarization. And it overlays your perception of the Kingdom of Heaven and causes what you see to seem to be divided and in conflict. And you must challenge that. You must challenge it consciously, by acknowledging that this has to be illusion. Because if God is All, then what you are seeing cannot in actuality be divided or polarized.

And then I encourage you, very gently, without overwhelming yourself to begin to explore your world, partake of your foods, embracing those foods with the conscious awareness that they are not of any different substance from the substance of your body. And therefore, there is no foundation for reaction. And I encourage you to expect to experience the movement of those substances or foods through your body with absolute harmony and with your getting the complete nourishment that you should be getting from those foods.

You have become conditioned to react to those substances. And I realize that it appears to you that you didn't think about it, and you just discovered that you were allergic, or that you had reactions, and that you have just had to live with it. But I will tell you that there was a point at which you bought into the fundamental belief that you live in hostile territory. Whether it was when your mother told you to watch out for cars, or not to play with electrical sockets, or outlets. You have embraced the concept, the belief that you live in a polarized world. And now you are having the opportunity to challenge that belief, and be open to the unity of your world as it bares directly on you and your eating. And it is a wonderful opportunity for you. And as you find yourself becoming free of reaction, this experience will lay the groundwork for your challenging the idea of polarization, of conflict in other areas of your life so that you may move through into the harmony of those aspects as well.

Do not labor under the belief that there is justification for you not to be able to eat certain foods, because your body cannot take it or will not respond gently and normally and naturally. Challenge that idea. And explore your capacity to enjoy those foods. As I said though, approach it gently. If you are allergic to squash--let us say, yellow squash--do not eat three of them at a meal just to see if indeed it is going to move through you without reaction. Your capacity to trust into that much squash moving through, will be difficult and there is no need to test in that way. Explore a little bit at a time. And as you find yourself not having reactions and relaxing more because of that, you will find yourself able to eat more normal quantities.

It is not appropriate for you to have to defend yourself against your world, and the fear that you DO is what creates the physical symptoms that seem to substantiate the belief. It is your Birthright to embrace your world fully without suffering. That's the end of the answer.

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I want you to go on a diet of love for your body. Do not treat it so mechanically. I want you to embrace it with appreciation and love. Specifically, I want you to be willing to recognize that which is Real, with a capital "R", right there where your body is. And I want you to do it for no good reason. I want you to do it just because. Secondly, I want you to understand something about your body. I indicated yesterday that what you see is the visibility and tangibility of your Individuality, because your

Individuality cannot exist and be unexpressed--meaning it cannot exist and be unexperienceable. The visibility and tangibility of your Individuality has a divine intent. It is to identify the Presence of God, right where you are. That intent to render you experienceable, you might say, was set into being by God. And that is why your identification of your Individuality is as eternal as your Individuality, even though your current materialistic perception of it is distorted and false.

Now, you have an "understandable" reason for loving your body. Love it for its divine intent to identify the Presence of your Individuality. How does it intend to identify it? Perfectly. I want you to have a sense of yielding control of your body to your body. Do not see it as something that you must beat into submission or into shape by means of stringent diet and exercise. If your body has a divine intent to identify your Presence perfectly, then let it do it. Let it do it! It knows how!

There needs to be a little more confidence in your body's innate ability to be what it was intended to be, perfectly. As long as you treat it as though it is a temporary housing for your soul that is of the Earth--earthy, temporary and so on, made of that which really is not of God--you must come to the ultimate conclusion that it really can operate or function at odds with your well-being. And on the basis of that incorrect conclusion, you will see it as something you must protect yourself against by taking control of it. And when you attempt to take control of it, because it is not really your ally, you have taken a stance that is antagonistic. And you cannot be comfortable when you are taking such an inconsistent position. And because you are constantly attempting to make it be what it is already its intent to be, you create tension that you experience physically. And it seems to prove to you that there is a need for control, and so you try even harder.

Now, the only thing I will say as far as diet is concerned, is that your body is not appropriately a digester of meat. You are not a sinner if you have a hamburger, but it is more difficult for your body to digest. I do not encourage all of you to become FANATIC VEGETARIANS, but if you will stay at the end of the scale where you are eating fish, instead of poultry or red meat, you will find your body functioning more smoothly and more naturally. I am not going to even get into the appropriateness, or inappropriateness, or the moral issue of killing another animal. The point is that your body is not designed to digest meat. And so, it is more kind, more

loving and more consistent with the way things are for you to get your food value from things other than meat.

I encourage you to drop, not the weight on your body or its shape, but the burden of trying to control it into submission to your best concept of how it ought to be. When I say, that IT IS THE INTENT OF YOUR BODY TO IDENTIFY YOUR PRESENCE PERFECTLY, THAT MEANS WITH PERFECT SYMMETRY, BALANCE AND POISE. We could talk at some length, but that answers your question and it covers what needs to be said today in this setting. Relax and entrust your body to its already existing divine intent to identify your Presence perfectly. Honor it with that acknowledgment and you will see things begin to change in a manner that you will call beautiful. That's the end of the answer.

~excerpts from Gatherings with Raj/JESUS Australia '89 and Boston '92
Conducted by the Northwest Foundation for ACIM

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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.