

## WHAT IS BLOCKING MY HEALING . . . IS IT MY WILLFULNESS?

ANSWER: Of course it is. It is, very specifically, the belief that you have created your problem and you must un-create it, so that you are taking full blame for the problem and you are taking full responsibility for getting rid of it.

Now, you want to know something? You all want to know something? You can't create a gosh darn thing. You can bring into play a resistance to truth. You can bring into play a resistance to what is really going on. But you can't get rid of what's really going on. And you can't create something new. In the act of resistance you do bring into play dissonance, because you are exercising willfulness and you are not that which has will, separate from the Father's Will, to exercise. And so when you bring separated willfulness into play, you are bringing an illusion into play, believing that it is real, expecting it to have results, and suffering from the whole delusion.

Your bringing resistance into play doesn't create an alternative reality. It doesn't create disease. But it does elicit misperception, so that you see a Body of Light as though it is dense and organic and capable of being well or ill. And then, because you seem to be the inhabitant of the body and it can seem to be well or ill, then it is an insecure domicile. And so you had better be not only in charge of it, but afraid of what it might do to you because ultimately it can do you in. And so you protect yourself against your body, you defend yourself against your body. And defense is an attack. Attack is conflict. Such a thing does not exist in the Presence of God, except in the imagination, except in the presence of fear.

Now, there is quite a bit of thought and talk given to becoming responsible for yourself, taking responsibility for your illnesses, taking responsibility for the things that have gone wrong in your life. And psychologically speaking this sounds wise, because at least it conveys to you that you are not and never were an innocent victim. And if you weren't an innocent victim and what you are experiencing you are experiencing at your own hand, then obviously no one else has to change

in order for you to become free--only you do. In a sense this is a healthier attitude, because you don't pass the buck, and blame everyone else. But I will tell you something: that isn't all there is to it. If you don't carry it any further than that, then all you will end up doing is shifting blame from someone else to yourself, and living with it. You must ultimately come to a point of realizing that not even you were capable of really creating a problem for yourself, a real problem, an entity in and of itself, whether it's called cancer, or an unloving partner, or a car that is always breaking down, or whatever you might come up with.

You do not create things that are actually problems. What you do, in your state of self-defense, is perceive everything as your enemy; you brace yourself against it. And if it's your body that you are perceiving as your enemy and you are bracing yourself against it, you will be uncomfortable. And indeed, as you know, the discomfort can be identified by a physician. However, because physicians and mankind in general think that they are just physical organisms, they think that there can be other physical organisms that can invade the body. And they miss the point that the dis-ease or problem is simply a manifestation of a misperception that you or anyone else is engaged in and are believing and are using as justification for further defense, which keeps you out of your peace. It keeps you in a place of being incapable of loving your body and letting down your defenses, which is the solution.

your body's purpose is to identify the Presence of God. That's the only thing it knows how to do. That's the only thing it does do. But your belief that it's just a physical organism that has nothing to do with God, keeps you preoccupied with fear about what it is going to do, or fear about what you've created in the body and therefore what it's likely to do to you.

So, we're not going to undo something, we're not going to un-create something you have created. And you're going to let go of feeling responsible for itself. And you're going to give your attention for the next thirty days, every day, at least twice a day, to acknowledging that your body is the visibility and tangibility of your Individuality. Your Individuality is the Presence of God right there where you are, therefore

your body's intent for being is to identify the Presence of God who is indivisible and therefore undivided, which means incapable of being at odds with Itself.

You're going to do this so that you will disengage yourself from fear of the body and also to disengage yourself from a false sense of responsibility, both for the problem and the solution. And then I encourage you to do one other thing, also daily. I encourage you to ask the Holy Spirit or your Guide to help reveal to you your undistorted, perfect perception of your body. I encourage you to companion, as I said earlier, companion with the Holy Spirit relative to your clarity about your body as an experience, so that you are in union with something other than yourself. You thought you had created it, you thought you had to clear it up, and it was a very private and lonely process. And it's that private and lonely process that we want to break through and this false sense of responsibility for what you have created and for what you must un-create.

You are beautifully and wonderfully supported in the yielding up of your fear. And I encourage you to be willing to open up so that you might find that you're not alone and it isn't all up to you, and you are not carrying the burden of having created the problem. It is not God's Will for you to be experiencing a physical problem. It is God's Will for you to be experiencing perfect health. That is your Birthright and that is what you deserve, that is what is yours.

~excerpt from Gathering with Raj/Jesus Australia 2/93  
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