

EVERY SINGLE ONE OF YOU HAS A BODY OF LIGHT....IT'S THE ONLY BODY YOU HAVE.

Right now, as long as you feel separated from God, in other words, as long as you feel independent, you cannot avoid being in fear because it's an unnatural state of being, even though you've become accustomed to it. In the state of fear, you immediately bring into play defense, and you bring it into play by tightening up. Literally, you tighten up the molecules of what is an Energy Body, and in densifying their structure you block their Light. But every single one of you has a Body of Light. That's the only Body you have. That is What Body Is--a Body of Light. It has Shape. It has Form. It has Meaning. And the Energy of that Light is Love.

Now, you simply, in a less grounded state, less grounded in your very firm definitions because what was happening was shaking you up, you experienced more of the Light that is present to be discerned. There would be no need for artificial light in this room if you were not in a defended state, and the Illumination of your Bodies would flood this room. Of course, in that State of Mind where you could see it, you would also find that the walls, the Energy of the walls is the Energy of Love and the Energy of Light, and that absolutely everything, All of Creation is Light.

You would think that if all of it was Light, nothing would be distinguishable from anything else, but this is not true, because that which identifies the Presence of an Idea of God's has a Meaning, and that Meaning is not identical to the Meaning of another Aspect of God's Creation. And so the Meaning is clear to you, discernable to you. And so the closest I could come to describing it is that Everything is a Light Form. That you are confronted right at this moment, every single chair, the napkins, whatever, is a Light Form. It's Pure Energy. And the Energy is Light. And, again, the Energy is Love. So you are able to distinguish the Meaning expressed by this particular Idea of God's and that particular Idea of God's. And You are an Idea of God in which is embodied All That God Is.

I've said before that your Being, that You as Consciousness, as the Conscious Experience of Being are simultaneously Universal and Specific. You are specifically identified, and yet What You Are is Infinite and embraces All of Creation. And so you have the capacity to experience

Creation from the Infinite View or the Specific View. And you were less confined to the Specific View when you were having this experience, so you seemed to be experiencing it, let us say, as an out-of-body experience. So that's what happened.

And I'm telling you, and I'm telling everyone else, that you have the capacity to experience it without going through a health crisis. And that's what I'm encouraging all of you to be curious to observe and experience all day long every day. By being curious to see what you're not seeing yet, you become less defended against having the experience. Your invitation and your desire constitutes an undoing of the very clear-cut definitions you've held about everything that have kept you from seeing What They Truly Are.

When you desire to see God in the lamp, or the chair, or the leaf, or anything, you are abandoning whatever convictions you've been holding, or that you've been taught, about leafs and chairs and lamps. And so you become less defended, less blocked. You open the gateway, so to speak, for an expanded experience, a truer experience of the Divinity of Everything that you're confronted with. And mind you, I have to keep saying it over and over, because it seems that no matter how often I say it, someone still comes up thinking that I'm saying that everything you're experiencing is an illusion, and that Reality is somewhere else, and all of this is unreal. No! Again, you are constantly confronted only by Reality. Reality is the only thing available to you to experience at this moment. And you can either experience it clearly or unclearly.

And so it's this world, and this leaf, and this glass [knocking on glass], and this hair, and your hair, and the cloth your shirts are made out of. It's these things that you need to look at with curiosity, because it's some aspect of the Kingdom of Heaven. And the Energy of the Substance of the material in your shirts, or the Energy or the Substance of a leaf, is the Energy of Spirit, with a capital "S", seen clearly, or seen through a glass darkly. So bring your attention to the specifics that are in your face because that's what you're to have a clearer and clearer Experience of the Truth of.

If you don't get this, and you think the Kingdom of Heaven and Reality is somewhere else, and that you are in some completely separate unreality that you've concocted for yourselves, then you will not look for God

where God is to be found. You will constantly be denying Reality because you'll be saying, it's an illusion and it's meaningless and this is not where you're to bring your attentiveness because you don't want to increase the illusion by giving your attention to it. You see? This is a mistake.

~Raj/Jesus

Conducted by the Northwest Foundation for ACIM

www.nwffacim.wordpress.com