

## EXPERIENCING YOUR BODY OF LIGHT... AND EVERYTHING AS ENERGY PATTERN

QUESTION: I had a heart attack and an experience that I can only try and explain it or tell you what it was. I don't know what it was, but it felt like I could look at my body from somewhere and I could see white Light flowing through my body in wave after wave after wave, and it was the most intense feeling I've ever had in my life. And I. it kind of a scary, but it was kind of fantastic, and I don't know what that was, and so I want to ask you if you could explain that to me

ANSWER: Well let's put it this way. It's the kind of experience I'm asking all of you to let yourself have without having a heart attack. There was less density to what you were looking at because at the moment you were not grounded firmly in your best definitions of everything. And as a result, you could see the more that was there.

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.

Again, we're black and white. This works. This doesn't work. And if you. if you succumb to the thought that all of this isn't real, that all of it is illusion, then you will refuse to bring your attention to it 'cause you don't want to magnify an illusion. And yet if you don't bring your attention to it because that is where Reality exists to be discerned, you will disallow for your experiencing Reality and waking up. You're smack dab in the middle of the Kingdom of Heaven. Now the only thing you're left with is the necessity to become curious to see the more of What Is There than what you're seeing, the more of What is Right Here.

You just can't manage to create a place to be where there is no God to recognize and glorify. You haven't managed to get into a place that is total illusion. You're still stuck at Home right in the middle of the Kingdom of Heaven creating distorted perceptions of the Kingdom of Heaven. But all you're doing is twisting What's Real until it isn't recognizable for What It Is. And the moment you let go of it and stop applying a personal creative bias to it, it will snap back on its own into its Original State so that you can apprehend it for What It Is.

Your fear, your constant striving to succeed in the face of the uncooperativeness of the world and universe is what causes this densification of your own bodies and causes you to experience everything else as also dark and dense, apparently not emitting any Light at all.

So be curious to see Light streaming off the edges of leaves. In the beginning Light will seem to stream from edges of things, even though when you are undefended, you will see Light clear through the interior of whatever shape you're seeing without losing the experience of the shape

and the size, and so on. You know, the thought is the earth has been explored, now all we can do is explore outer space. Hey. You've got lots to explore, lots to experience about earth here as you are willing to consider the possibility that it isn't what you called "earth," but it is the Kingdom of Heaven.

And all of What It Truly Is, is available to you to experience right now, if you'll be willing to be a little bit less afraid and a little bit less defended. And maybe you can't become totally defenseless in the face of the totality of your life as you're experiencing it, but you can become a little bit less defended against the concept of the materiality of forms and invite an influx of the Experience of Its Divinity which you've been told is there to be discerned. And at least in that aspect, by virtue of your invitation, you become less fearful and less defended.

QUESTION: Thank you

ANSWER: You are welcome.

~excerpt from Gathering with Raj/Jesus Kingston Wa 11/15/03

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