

JESUS EXPLAINS...HOW TO WAKE UP...AND WHAT IS LOVE

"Regular church attendance, even doing the daily lessons for 365 days will not get you into the Kingdom of Heaven. They contribute to your arriving at a point of giving up . . . of relaxing and allowing the Holy Spirit or allowing your Guide or allowing your inspiration and enlightenment to fill you. They help you arrive at a point where you can logically and feelingly release your defenses so that the Kingdom of Heaven can begin to get into that place where you have been hiding behind your defenses and register with you. Love is letting in that which is constantly confronting you divinely speaking."

There is really only one way and that is to *desire* to Wake up. You see, the desire to Wake up makes a statement to the effect that you acknowledge you are asleep. That is an honesty that is essential to Waking UP. It is the equivalent of saying that "what I'm seeing is illusion." It simply means I acknowledge that I am not seeing anything in its ultimate natural primitive state.

When doubt is cast upon you, believe in the moment it opens the way for clarification to occur. But as long as you are positive that you understand things correctly, *you are a closed mind*.

Now there is one practice which is essential in one form or another to Waking up and that is a practice which causes you to become still. And it is the equivalent of the biblical instruction to go into your closet and to pray to thy Father which is in secret, which means which is in the silence . . . which is in the absence of your busy ego thinking.

And so the practice of becoming still, which is generally described as meditation, is essential as I said, in one form or another. I would encourage you not to use any form of meditation which involves posturing such as yoga unless you are already highly skilled at it and have gotten to the place where you're not having to get past your body and its complaints about the postures. It is not complicated to Wake up. It does not require a rigorous exercise or physical process.

It simply requires becoming quiet. To be conscious is *not the equivalent of thinking*. It is quite possible to be absolutely totally conscious with no thought whatsoever.

Now when one becomes still, one becomes definitely established in the moment of conscious experience that he is in. The process of meditation pulls you out of the future and the past. It allows you to be totally present with everything in the now and **the now is the holy instant**. . . the now of conscious experience. You Wake up by moving through dead center of the moment of conscious experience that you are always in. If you understand that, you will not see yourself as moving toward your salvation and that maybe some day, some time--some life time, you will achieve it.

Its right smack dab in the middle of the moment you are in at this moment.

So become still and then ever so quietly desire to know the truth about anything you want to know the truth about. "What is the divine reality of my toe that I stubbed today that is killing me . . what is the divine reality there where it's throbbing. I want to the truth about my toe. I want to know the truth about paying my bills appropriately and in a way that meets everyone's needs when I don't seem to have enough."

Desire whatever it is you need to know even if you don't have any burning issues, just open yourself up to knowing with capital 'K' not the ego's beliefs and reasonings. Desire and silent listening are the key.

It is that simple. Keep it that simple. The Kingdom of Heaven and the divine reality of you do not constitute prizes you must win or earn. They are your Birthright. You must claim your Birthright. It must have priority over and take precedence over any other goals..

Now as I said, gently desire it. The more gently you do it, the less ego control you bring to bear upon your desire. Desire it gently and then be still and allow it to unfold in and as your experience. Let it in. ***This is the real definition of Love.*** Love is not something you extend to something else. It is the acknowledgement, the letting into your conscious level of awareness--the reality of each and everything you see including yourself. Love is an act of receipt. When you desire to experience yourself divinely, that desire is the opening of the door that allows you to experience yourself as you Are.

As you know, the ego is nothing more than a simple defense mechanism. It is an act of defense. it is an act of blocking. And if you think Love is an

act of reaching out over your defense system and over someone else's defense system to reach them, you are sadly mistaken.

Love is the letting down of your defense system. So that that which is divinely presenting itself to you even though it thinks it's an ego and acts like an ego, can be seen and acknowledged by you, is what constitutes the act of love. It is what is healing. But it isn't something you have extended to another. It's something *you have let yourself experience*. *You have let the divinity of that one IN*. You have not defended yourself against perceiving it. It's much easier than trying to project it through space through your belief structures through the other's belief structures and somehow connecting with him. Neither his defense systems nor your will allow you to succeed in that endeavor.

So you make a conscious choice to experience what is real in yourself and in others. You invite the experience of the reality IN. There is nothing that can block the fulfillment of that desire. Because the process does not engage the ego in any way. It does not violate the egos structures. It simply disregards them.

The ego has no defense against disregard. Without your attention from it and it has no power. Fight it and you substantiate it. There isn't any process to Waking up.

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end of comments.

~excerpt from A Gathering with Raj/Jesus Carmel early 80s conducted by the Northwest Foundation for ACIM