

WE CANNOT BE REMINDED TOO OFTEN.... AS YOU FORGIVE YOUR BODY....AS YOU WITHDRAW THE CRITICISM....AS YOU WITHDRAW THE DEMEANING OF IT AND BEGIN TO EMBRACE IT AND LOVE IT FOR ITS DIVINE PURPOSE....REMEMBERING....THE CENTRAL LESSON IS ALWAYS THIS:

". . . that what you use the body for it will become to you. Use it for sin or for attack, which is the same as sin, and you will see it as sinful. Because it is sinful it is weak, and being weak, it suffers and it dies. Use it to bring the Word of God to those who have it not, and the body becomes holy. Because it is holy it cannot be sick, NOR CAN IT DIE." M-12.5 ~ACIM
Every single thing you see, every single form you see, is an expression of Meaning conceived in the Mind of the Father. And as you become undefended against the divine meaning of your body, it will begin to unfold to you, and you will not find yourself stuck with an aging, or diseased, or dying body; but one which is evidencing more and more of what is really present--more and more of the meaning that the Father has expressed as your individuality.

As I said earlier, illusion is truth partially seen. It isn't something sitting off in its own right. And yes, at the moment you are experiencing a deluded sense of body, because you are not experiencing and feeling the Body of Light, the substance of which is Living Love that is actually going on. And you will not experience it as that unless you begin to open up to it. And so there are two steps that have to occur. First of all you have to be willing to say, "I am not seeing truly." And then you have to say, "But, what is truly here to be seen is available to me and I desire to experience it." And if you desire to experience it, that's the first step of loving yourself, the first step of being willing to see what is divinely Real right here where the illusion, the limited perception of truth is your whole experience. Your body is either one of two things: It is either the visibility and tangibility of your individuality, which is God derived. Or it is a body of ideas and beliefs entertained by the ego, which causes the body to become the defense against the experience of God. Your body is either being misused as a defense mechanism, or it is being experienced truly as the visibility and tangibility of your individuality. Whether it is being experienced truly, or whether it is being misused as a defense against experiencing the truth, it always remains what it is--the visibility and tangibility.

Now you must begin to define your body in a new way, and make peace with it, rather than being frightened of it, rather than wondering what it is going to do to you next because after all it is an "illusion." And an illusion is undependable, and you of course have seen how wretchedly so many others have experienced their body, and therefore what better can you expect.

But I will tell you something: As you forgive your body, as you withdraw the criticism, as you withdraw the demeaning of it and begin to embrace it as that which identifies the presence of your individuality and love it for its divine purpose, the feeling of vulnerability will leave, and the emotions associated with it will leave. And you will not only feel better, but you will feel a vigor and strength physically, a sense of invulnerability physically. But you must embrace your body with love.

Now for a point of clarification: If your body seems to be manifesting illness, or injury, or blemish, or pain, you do not love the pain, and the blemish, and the injury, and the illness; you love the body for its divine intent. And its intent is to identify the presence of your individuality perfectly. You do not allow the disease, or the injury, or the blemish to cause you to withdraw your expectancy of seeing perfection. You do not allow them to cause you to withdraw your appreciation of what the body's intent is. You are experiencing the problem because at some point you withdrew the love. Now I'm also going to be extremely clear here. Your bodies as you are experiencing them presently, are not the way they really are in actuality. You do not have dense organic bodies. At this very instant every single one of you is illuminating this tent, if you will, and the surrounding area greatly, because your bodies are Bodies of Light--and the substance of that light is living Love. That is the fact at this very instant.

I am pointing this out to you because the ultimate experience of body is not something you will have to grow into; it's something that you will have to open up your eyes to. It's not off in the future. Your experience of perfection is not off in the distance. But you are not going to be able to get past the partial experience of body, the limited experience of body, if you look at it and you say, "This is what it is. It's nothing more. It is an organism. It is the result of eons of evolution. It is physical. It springs into existence, and it dies and that's all there is to it." If you are convinced that that is what it is

then you will not be looking for regeneration; you will not be looking for healing; it will not be a reasonable assumption that such a thing would happen except as a fluke. And so the perfection, the divinity of your Being and that which identifies it will continue to escape you.

As I said earlier, illusion is truth partially seen. It isn't something sitting off in its own right. And yes, at the moment you are experiencing a deluded sense of body, because you are not experiencing and feeling the Body of Light, the substance of which is Living Love that is actually going on. And you will not experience it as that unless you begin to open up to it. And so there are two steps that have to occur. First of all you have to be willing to say, "I am not seeing truly." And then you have to say, "But, what is truly here to be seen is available to me and I desire to experience it." And if you desire to experience it, that's the first step of loving yourself, the first step of being willing to see what is divinely Real right here where the illusion, the limited perception of truth is your whole experience.

And so again, it is a yielding to Reality that results in healing, because there is a desire to see and experience beyond your present sense of sight. You do not remain satisfied with the way you are seeing things, but your dissatisfaction with your way of seeing things does not become a justification for not loving yourself; it simply serves as the trigger to your desire to see things more clearly.

Every single thing you see, every single form you see is an expression of meaning conceived in the Mind of the Father. And as you become undefended against the divine meaning of your body, it will begin to unfold to you, and you will not find yourself stuck with an aging, or diseased, or dying body; but one which is evidencing more and more of what is really present--more and more of the meaning that the Father has expressed as your individuality.

God unidentified is nonexistent. And so be careful how much effort you put toward getting rid of the manifestation. But if your perception of the manifestation is incomplete, don't be satisfied with the appearance, go for full clarity. If God is the Source and condition of your individuality and it is your body's intent to render that individuality visible and tangible to consciousness, then your body's intent is to identify the Presence of God.

And that is the Truth. It is not its intent to be blemished, or injured, or sick, or maimed, or dying. But you can manage to "create" the manifestations of illness by not trusting this divine event called the body, and this divine intent called the body, and by engaging in constant fear of what it is going to do next, and by calling it material as opposed to spiritual and therefore unlike God, and therefore as an impediment to your spiritual growth.

These are all ways in which you attack your body. These are all ways in which you undermine your capacity to experience the divine Reality that is right here. It is not comfortable to attack yourself. It is not comfortable to hold yourself in a state of subjection to the absence of love. I am not telling you to love the illusion; I am telling you to love beyond the illusion into the fuller experience of what is truly there, the fuller experience of Reality. If it is the intent of your body to identify the presence of your individuality perfectly, then when you refrain from judging it negatively, you will find your health, and your stability, and your invulnerability, and your vigor, and your vitality superseding the negative experience, replacing it. Many of you are aware of the idea that it is not so much a practice of faith, as it is releasing the practice of faithlessness that is necessary. It is not so much that you have to change your body, or heal your body, as it is to become defenseless against its natural intent to identify you perfectly. Withdraw the hate, withdraw the depreciation of it, withdraw the value judgment that says, "it is material, unlike God, therefore unlovable, therefore something to be risen above," and you will open the flood gates of healing and transformation and the slipping from your eyes of the scales that keep you from seeing the Body of Light that is yours, and actually the body of every single form that exists. That's the end of the answer.

~excerpt from Gathering with Raj/Jesus, Princeville 1989
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