

YOUR BODY IS THE VISIBILITY AND TANGIBILITY OF YOUR INDIVIDUALITY.....YOUR INDIVIDUALITY IS SPIRIT....NOT MATTER, NOT SOLID FORM.....Therefore, the Visibility and Tangibility of you has to also be utter Spirit; not tangible matter.

But the moment you begin to use the temple as a means of defense, you densify it, as I've said before. You tighten it up. Indeed, I know that almost all of you, at this particular time, with all of the invitations you have through the media to feel fear, are experiencing physical tension, are experiencing queasiness in the pit of your stomach, are generally not feeling at ease in your body. And the reason is because you are preparing it to defend yourself.

"Oh, let's defend ourselves through reason and compassion. Let's defend ourselves through prayer. Let's defend ourselves through a positive attitude. Let's defend ourselves by consciously embracing our enemy with love." You see, that's a beautiful way of defending yourself, but it's still defense.

You've got to stop keeping your back to the Altar. You've got to abandon looking at effects, and turn within to the place where your Peace is available to you. And you must choose for your Peace first, before you look out there, so that when you access your Peace, you may feel the Presence of God's Love that is there growing brighter and illuminating you with the Gift of Love, so that all you are impelled to do, or be, is the uncomplicated Presence of Love that sees What God Would Have You See where you had seen an enemy that you needed to defend yourself against. And that is the only thing that is going to transform whatever situation you're confronted by that seems to be a justifiable call for fear.

Now I want you to understand also that as long as you engage in the habit of using your body as a shield, as a fortress, as a presence of that which has the capacity to exert force, you will find yourself experiencing your body trying to accommodate your intent to use it as a defense. And you will be uncomfortable. You will become ill. You will find dis-eases, simply because your decision to act and be a forceful presence for your defense causes you to use the Glow of the Altar as a means of being unconscious of the Altar. And your ever-present Sanity, with a capital "S", does not allow you to become more powerful as an independent agent for change without your experiencing an equal amount of distress.

Your Sanity, the ever-present Balance of Being, causes every single one of you, when you are attempting to act at odds with Being, to be met with an equal force in the opposite direction, you might say. In other words, if you tried to stretch into a position, or a shape, that God didn't give you the ability to move into, your attempt will be met with an awareness that you can't do it. And it will also be met with an awareness of the unnaturalness of it, because even though you tried to act and think insanely, you haven't been given the capacity to do it.

And so you say, "I am going to protect myself against my enemy. And I am going to use my body, because it's the only thing I have to use, as the fortress and the weapon. And I am going to do whatever I have to do to protect myself, no matter how aggressive my enemy gets." And the more intense you become, the more at odds with the nature of the temple of the Glow of the Altar, you become. And you squeeze the Life, you squeeze the Glow, you squeeze the Light out of it. Not that you can actually do that, but you squeeze it out of your range of vision. And ultimately, you may find that your so-called "enemy" has killed you, when actually you have turned the Light out by insisting on attempting to solve the problem that you have misperceived as existing by getting rid of it, and using the Glow of your Being as the means of doing it. And the only result you can seem to have is to find yourself snuffed out.

So when you attack your enemy, you're attacking yourself, because the whole scenario has arisen out of a fantastic imagination that you could actually turn your back on the Light of your Being, the Altar that is in the very center of you, and engage in anything, beautiful or ugly, loving or hateful, healing or killing, without being connected with your Source. And so the enemy you see, because you have your back to the Altar, seems to kill you because that is the scenario you have set in place by becoming defended against this imaginary entity.

Now it doesn't have to be Saddam Hussein. It can be your child. It can be your lover. It can be your mate. It can be an employer, or an employee. You're getting constant invitations to feel vulnerable these days. And it's very easy for whatever vulnerability you activate within yourself to rub off, or color, your experience of everyone else. And anyone and everyone can become the object of your suspicion and very creative, imaginative ideas about just how they are being terrible and operating to your detriment.

So this is really a time to remember what your Function is, which is to be the Presence of Love. And to remember that the Atonement Principle, because Atonement is what this is all about, the Atonement Principle is Love, and the Atonement is an Act of Love.

And as long as your attention is on the temple, I'll put it this way, as long as your attention is on the Glow from the Altar, and whether you make it into a temple or a fortress, you're ultimately going to have to realize that the answer to any form of defense is to turn around so that your back isn't to the Altar. And so that you can see the Altar, and in your imagined distance from it, feel yourself being loved by the Love That Is Really You, That Is Really God Being The Presence That Is You, so that your decision to stand apart from It and observe It might melt in the Presence Of That Love. And you will find yourself slipping back into being It, rather than standing apart from It and observing It, and apparently giving yourself a vantage point where you can turn your back on It and look out there and see a world that you must be defended against.

Maybe it isn't another country. Maybe it isn't a mate, or a child, or a parent, or an employer, or an employee. Maybe it's your body that you are finding yourself needing to defend yourself against, because it is not behaving properly and threatening your life. You see? Maybe it is what is causing you to be vulnerable to the worst.

You see, even the Glow from the Altar that you look at, which is really the temple, but which you look at with your back turned to the Altar, can become that which you have to defend yourself against. And so, here you are, using your body as a defense against It, further compounding the densifying of Pure Light, Pure Glow, the Pure Energy of Spirit that never was matter, and never was governed by the laws of matter, the laws of physics.

~excerpt from Gathering with Raj/Jesus
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