

# THE BODY

BY: JANE WOODWARD - AUGUST 2005

"I and my Father are One." This is the same as saying, "I and my Consciousness – my Awareness, my Mind, my Kingdom, are One."

"I and my body are One." This is the same as saying, "I and my Understanding are One."

There is no separation. God is all and God is Mind, thus all which appears to be - is in Mind, and actually is Mind. Understanding comes of Sound Mind, the True and Only Mind. The body, as you think of it, is "in Mind" as well.

We all want the same things: abundant supply (without working in sweat, toil and struggle), health which does not come and go, peace, protection, everlasting life, joy and love. And of course, this list could go on and on, but basically, with these things we would feel that we were living in "heaven," would we not? This is what is actually ever present and available – right now, simply by waking up to the Truth – the Truth that Heaven – or Bliss - IS – here now – in fact - All there is. There is nothing other than Heaven, Perfection, here now. There has never been anything other than Heaven, Bliss, Nirvana, Self, Perfection. There is no Heaven "out there," for there is no "out there." To go "out" anywhere is to go into outer darkness, or ignorance. All is "in" – within. The Kingdom (Consciousness) of Heaven (Perfection) is "within." There is no "without." Accept the Truth within and know.

We associate our "self" with an image, a "body" we see in a mirror, until we come to discover the Truth about this "body image," the body-temple, the body-visual, and see it for what it is. In the realization of present Truth (and that is all there ever is), the "body" as we think of it - the body we try so desperately to nourish, support, protect, build and preserve is not what it appears to be. In truth one could say that it is nothing, but that would not satisfy the "inquiring minds" of those who want to know. So for the many who seem to be "seeking," and there is no condemnation to any who are, the questions surrounding body still seem to drift about in the air. Once "body" is seen for what it is, it is seen that there is no history associated with a body, no place a disease could attack, nothing to age, no demise for a body to succumb to, no improvement which has any reality, no nourishment or protection that can be afforded a body in order to make it "live" longer, and no preservative for "it."

Until just recently I thought we would have to walk through every parable in the Bible in a sense, but that is not the case. "His mercies are new every morning." What is morning? It is the time that the light (understanding) comes. Morning then, is revelation. One morning (revelation) I saw beyond the written words, into the Word of Life. By revelation I now see the Bible, as a book, is a part of the dream world. Where once I saw my "self" in it, One Day I saw my Self. Realizing "I Am the Book," an ever-lasting book, with no beginning or end - I began to see each day as a daydream or parable, which simply occurs to my great delight, the same as a night dream occurs. And the One seeing this and knowing this is the One I am, without any name or title, without any body or distinction, other than the simple Awareness of just Being. Just as the Bible serves to show us word pictures through which we come to understand many things, now I realize I am observing and understanding line upon line, precept upon precept, through the revealing of Life Itself as stories which appear as experiences, which appear as "days." This is the only way I can "see" and understand and be aware of my Self.

We will use the illustration of a dream and many other illustrations, or parables, in this writing, and through these parables we will see that what "seems to be" is not necessarily what is.

Remember that the symbols around us and before us are there to reveal in picture form the Truth, the Spiritual principles and joys of Life, which are hidden until the eyes of our understanding are opened. The symbols do not then disappear, but our understanding about them is enlightened, and their meaning is quite different from what we "thought."

Actually, our eyes have never been closed. It only seems that this is so until the morning (revelation) comes. In the morning of this new day, we see our Self in a New Light and all that appears to be - is recognized for what

it is as well. For instance there are not days many. There is only One Day. What is day? It is when the light dawns and all becomes clear as crystal. What I could not see in the dark I instantly see and accept in the Light. I am the Eternal Day - or Light. And there is only one day. What appears to be a day is truly only a parable being shown before you as a picture thrown on a screen called "life." Take for instance the illustration of a movie shown in the round - to give a picture of what seems to be occurring. A movie shown in the round is a phenomenon which most can relate to. Imagine a round theater - you standing in the center, while the film is projected all around you. There is also what is referred to as "surround sound" to make the illusion that you are "in and of" the movie complete. While standing in the center of the theater watching the movie being shown all around you, and listening to the sound, it is easy to become so caught up in the movie that one watching might find a railing to be beneficial so that he does not fall when the train or car he seems to be riding in comes to an abrupt stop. Sometimes it seems one is in an airplane and as the plane dips, although the watcher of the film knows all along that he is in a theater - not actually in the plane on the screen, the viewer may actually lean with the tilt of the visual, i.e. the plane - on the screen. It is fun to watch an entire audience begin to sway with the movie as though actually a part of the film. This is to become so caught up in what you are seeing that it is like you are in as well as "of" the movie. If even for a split second the image being shown convinces the viewer of its reality, the viewer is affected by what he seems to see.

Thus it is: we seem to have gotten so caught up with the film being shown on the screen of life that we have lost our sense of reality. Actually, however, this is not possible. Here is where we come to another parable.

Take for instance a man lying upon a bed. He dreams he is unwell, or he is afraid and may even cry out in his sleep, but is he truly effected by what he dreams is happening? Of course not.

"I," in the reality of Awareness, remain in heaven, even when I "dream or think" there is a "me" apart from the One I am. My perfect body, world, Mind is ever present in Truth. The dream character the man on the bed dreams himself to be is never apart from him, rather it is always merely in mind. The experiences which appear to him to be taking place are merely ideas, images, thought patterns. Now understand that there is no one dreaming anywhere, no dreamer, nor is there any dream. This is merely an illustration.

"I" - the True Self - have never been asleep, but there seems to be some confusion until we "be still," take a break from trying to figure it out, or "thinking" in the way we seem to have been thinking, long enough for revelation to come to us regarding what is. As Jesus said, "Take no thought." "Be still and know that I am God." Be still. Still, very still. Do not "think" about it. Simply - do not think! Thinking in the sense of "trying to figure it out" only serves to confuse, causes one to ask questions that would be answered simply by being still and "letting" revelation come to you. Set yourself apart from all "other" voices. How still and quiet can you be? If thought rushes in, listen, as though you are actually expecting to "hear" something and you will become intent on the silence. The Voice you will hear may not be audible. That is of no matter whatsoever. But you will hear. You will if you will stop talking, cease questioning, and just "let" the answer come to you, or "occur" to you. Understanding will come if you will simply "let" it. Who is this "you" who is to listen and let? It is the One you are truly speaking of when you say "I." The Hearer and the Voice heard are One - the same. So - why listen then? Because you will hear you own Heart (Mind), bringing to remembrance once again things you seem to have forgotten.

The day you hear, really "hear," all which seems to have gone before - is no more! There are not "days" - many, there is only "today." So while it is called "today," be still and know... watch and pray (to pray is to recognize the Truth). Scripture refers to the Only Day there is as "the Day of the Lord (Lord being the One and Only Mind)." Therefore, the Day of the Lord is the dawning of the realization of the One and Only Mind. The Light comes and it is realized that all those so-called "yesterdays," serve as parables, lovely stories - dreams, from which you might draw understanding. If they have no spiritual meaning to them, which would be the only purpose for their recall, they are best let go.

There is no "yesterday," for there is no past. There is no "last week," "last month," no "last year," no "history." There is only The Day of the Lord - The Day (Light) of the Only Mind! And "while it is called today," we stand, as it were, in the theater of Life in the round, in surround sound and sights, observing Life before us, now - as the Mind of all. This day of the Lord has nothing whatsoever to do with "Sunday," a day of a week. Concern not

yourself with whether it is called "the Lord's day," or "the day of the Lord," for that is of no matter. There is only One Day and it is the day of Revelation, Light, Life -ever present. This "Day" is a day of "rest," for all labor ceases, all effort to "make or get" goes by the wayside. All is simply "let" into being. Whatever occurs - occurs in Mind and manifests as form, for so long as the appearance of the "thing or object" need be. We assume the "form" to be solid, physical and natural. However, the form you seem to see and touch is Spirit made visible – one with Spirit, as Spirit, Spirit as "it," all being concepts – all being brought into visibility as the reality of the moment. It is not the "form" which is anything, rather the Formless which is everything. Regardless what "it" appears to be, it is all passing away even as we see it. Though we may call it "human," nevertheless it is Spirit. All is Spirit. God is Spirit. God is all, thus Spirit is all.

You will never touch this down into an earthly experience, for there is no such thing as an earthly experience - as thought would have it. All you see is yours, here for your delight, in Mind at the moment, presenting to you, for you, at every turn. In this moment be lifted up - into the heavenlies, into the highest wonders of Life, where all is perfect, complete, entire and lacking nothing! Where colors more vivid than all previous are realized, where sights more wonderful than any earthly mind can know are present awaiting your recognition, where the sounds of joy ring as bells in your heart, where heavenly anthems are raised, and Life is throbbing and expanding, above the thoughts of the lowly dust realm of time. Look up and see what wonders Life will unfurl for you. Take your attention off the world "below," and realize the I which is all things, in all things, as all things, happening NOW!

No longer thinking we must or can be taught of man, or learn through studying, we turn from a world of rhetoric and clichés, to hear and learn of God (Life), as Life reveals Itself. The Father – our Conscious Self – The Self – I AM - reveals that which is! As we look up we see that which we could not otherwise see and realize that we are this "magnificent body of Christ", the "body of Light!" The Only One who can hear God for only God can hear God. Only Light can see Light. Only Truth can know Truth. Only he which is "of God" can know God. (John 6:46). No man has ever seen God, and no man ever will, because there is no human – no material, natural man or thing anywhere. Even so, there is ONE Body of Christ, ONE Body – and it is a body of Light. When you try to figure out mentally a many-membered body, it is quite confusing. Even to attempt to explain in words what "the body" is - is confusing, because there are things spiritual which simply cannot be put into words. They can only be seen with the inner eye – the Inner "I" through eyes of enlightened understanding.

There is only One Body, but this body must be spiritually discerned, for it is the Wholeness of all and yet it is nothing at all – visible, tangible or describable. Only by the Spirit is the glorious Spirit-body understood. The "body of Christ" cannot be found in the appearance of things, for it is not a body made up of "people," for there are no "people" anywhere. All is magnificent Spirit, pulsating, thriving, glowing and being. When I speak I speak to my Self, therefore there is never any true confusion and no one confused, but when I attempt to put into words what I see of this beautiful "body of Christ," there are no words adequate. It is right to say that there is Only ONE – One Body, One Life, One, Mind, One is All, and all is One. There are not "two" of anything anywhere. But what is thought or imagined can be reproduced in Mind a million, trillion times. Thus the 5 loaves and two fishes – multiplied according to "need."

The body you associate as being "yours" is simply a concept in Mind coming into manifestation as you read these words. Even these words are coming into manifestation as you read them. The paper or book or computer is coming into manifestation as you hold, read or look at it. That is why there is no "history" associated with you or a body anywhere. The body we have so tried to improve, pump up, nourish, heal and protect is a concept coming into visible expression even as we see it in the mirror or seem to put a spoon in its mouth. Turn from it and realize the body of Light. This is all truly incredible and wonderful, and can only be seen by the Spirit of revelation.

In realizing One Mind, realize as well that what appears as "people" is a concept in Mind, thus the "many-membered" body is not a body made up of "many people," rather the many-membered body of Christ is many viewpoints – concepts – points of light. When you let "your light shine," your viewpoint – the light or revelation you have – the viewpoint of the Whole Mind, is expressed in Truth. But you must realize your Oneness with the Light to express fully and clearly this Light you are. There are no "people" apart from the thought about it. There are only the sparkles of Light glittering – one here, one there – yet all within the One. As each star

shines in the heavens, the entire night sky is filled with the twinkling lights, until the earth turns and looks up to see the radiance shining out from the darkness. Mind, the Only Mind, the Christ Mind (Light) is a body of beautiful thought, and just as the sun has many rays, none of which are separate from the sun as individual lights, the Mind of Light (Christ) shines forth in ideas and concepts everywhere. It is amazing that we have been so dull of hearing and so jaded by a world of belief as to not realize what is right before us, around us, in us, even being revealed through us. Each member (concept, viewpoint, point of light) has only one function: to reveal the Christ Self, God-Consciousness, Fullness, Awareness, The Light - which is all in all.

You are not an apparition, neither are you encased in a form. You are pure Awareness! There is Only ONE, not many. This ONE has many ways of being "seen" and understood, just as various viewpoints of the same mind offer many ways of seeing and understanding. No member, concept or viewpoint is ever separate in any way. There is nothing, no one, no body - other than the body of Light which shines eternally. This One body of Light has many "tongues" as well, not tongues many, but tongues – as in ways to express the Truth. The One Mind has many ways to express Itself. This is symbolized through the story of tongues of fire which appeared over the heads of those gathered in the upper room.

Understand that all that "appears" to be happening or seems to "have happened" is for one purpose only: to magnify and glorify the Truth. The "coming of Christ," is a coming into an Awareness – the Awareness that you are the Focal Point. You realize your "I." There was never an actual upper room experience, rather the "upper room" is a beautiful symbol of a lifted vision - the only "place of being" – the Most High Perspective, a view from the top. Equally there never were actual tongues of fire over the heads of people anywhere. But this is a beautiful and poetic illustration of the many tongues, or ways, of expressing that which truly is. And when these flaming tongues speak, there is a burning, a consuming, of any thought – or idea - which is not consistent with the beauty of Truth. The consuming fire leaves nothing to be desired, nothing to question, nothing to argue. These words afire have Substance. They are weighty words, all-consuming Power. They are Spirit and they are Life.

Thus when we speak in tongues we are setting ablaze a world of belief, burning away all the dross and mist which has enshrouded our vision. As the false world is burned up, with all its elements, all mental concepts of a world, body, or life apart from the True – Perfection - are dissolved. "The day of the Lord (Light, Revelation) will come as a thief in the night (darkness, ignorance); in the which the heavens (misconceptions) shall pass away with a great noise (the Voice of Revelation), and the elements (ele-mental understanding – which is no understanding at all) shall melt with fervent heat (Our God–Mind is a consuming fire), the earth (false image of body) also and the works that are therein shall be burned up... Looking for and hasting unto the coming of the day of God (Knowing I Am), wherein the heavens being set on fire shall be dissolved and the elements shall melt with fervent heat. Nevertheless, we according to his (Jesus') promise, look for new heavens (the immaculate conceptions of Pure Light), and a new earth (body, form, world), wherein dwelleth righteousness (right thought conceived in The Right, True and Only Mind – the Mind which is Whole, Who-le)." (II Peter 3:10-13). The windows of heaven (the eyes of our understanding) are thrown open and we see the "I that I Am" and know our Self for it seems, the first time - again.

When the Truth is spoken with plain speech in the language even a child can understand, you have true "tongues." You cannot teach someone tongues. You cannot lay hands on someone to receive the true tongues. You cannot practice or work up true tongues. No one can fake tongues. If it is not Christ speaking it is not true tongues. Yet as you speak in the Identity of your True Self, Christ speaks, for it is not any little "I" which lives, but Christ! For Me to live IS Christ! Though you speak with the tongues of men and of angels if you do not know you are Christ - you are Love, you are the Truth, the Life, the Way, your words will be as sounding brass and tingling symbols. I can only speak That I Am. There is only One.

You are the mansion spoken of in John 14:2, a large house – the house of the Lord! Know you not that you are the temple? How do we glorify God – Life? By glorifying God in the body - not a physical form, an illusional image, no, but in the body of Thought, the Recognition of God as all! A house is a symbol of understanding, therefore, there are many mansions representing many ways of understanding the same thing. There are many ways of seeing, or many viewpoints in this great mansion (Mind) I am. The basic meaning of the word mansion is single, one, only, alone – therefore there is Truly Only One Mansion (Mind) - a great house, in

which are many rooms: viewpoints, concepts (ways of seeing) - and passageways: tongues (ways of saying) – the same thing, the same Absolute Thing. This Mansion has an upper room, as well as many other rooms and you seem to have lived in many of them, but the upper room is where all thoughts are gathered together into One Holy Abode or dwelling place. You are the habitation of the Most High Thought. In God, in Mind, is where you live, move and have being!

Know that you are Home! You are the point from which all creation flows! The Center Piece and the Center Peace. Truly All is Spirit, and Spirit has no "history." No past, no future. Therefore you have no past, nor future. The concepts of past and future are purely imagination. Only in a dream or fantasy, could there be evil and good, could there appear to be "people" which populate a planet, are born, suffer illness, war with one another, age and die. The belief that such truly exists, mind you, is like a dream you seem to be having - not reality. Reality is the One Self - Perfect Light! Reality, or Truth, is that which has always been and ever shall be. Anything that appears to have a beginning is neither reality nor truth. If it has a beginning it will thus have an end, therefore it is not Truth, not Reality, not Eternal. Truth has no beginning, no end. Love has no beginning, no end. Life has no beginning, no end. I am the Alpha and the Omega, the beginning and the end. I am the Teacher and the Taught, the Seeker and the Sought, the Thinker and the Thought. I am the Great Sea or Ocean, in which all concepts dwell. All forms of life are swimming through the Mind I am. I am the Great House, or Mansion, in which all understanding simply awaits my opening the door to every room, as Life hands over the keys which unlock whatever is to be seen and known in the moment. I am the Door of Life which is shut, locked and barred against all death and hell - and I hold the keys so that no man can open such a concept. I am equally the Door of Life which stands wide open to the splendor of Heaven, the Door which stands eternally open to whosoever will lose all, give all and forsake all: all sense of past, memory, history; all thought-taking, fear, judgments, criticisms, opinions, arguments and beliefs - to enter herein. I am all and yet I am nothing, nothing you can see, touch, taste, smell or hear actually. For I am not subject to the senses, and what are called senses must be now be used in a new context, for All is in Me, Mind. I am none of the things I see, but all that appears to be is in Me, and nothing is separate from the Self I Am. God – Life - does not "teach" as if to someone who does not know, rather Life reveals the glory of True Self I Am who knows all things! It reveals in each new morning, each new moment of light - each revelation - the Truth, the Perfect world, body, Mind! Light comes pouring into the windows of heaven, and where it seems as though I was blind, NOW I see. And What I see is my Self.

This is Self-revelation. I simply observe what is now made visible in the Light of Life, in the Secret Place where all is uncovered and made plain as Day. There never was a time when I did not know this. There is not now, nor ever was there a physical world, a natural history, a material body! Look not back! Remember Lot's wife? The wife, the woman, the soul, which has eyes but sees not, ears but hears not, which appears to be living, but is not. Cease trying to figure out what "appears to have been." It is nothing - no more than a dream. You are wrestling with a figment of your imagination.

In the Light of Day all you know is your very own Voice, The Word of Truth - your very own Self, the I That I Am. Not a "human voice, or human mind, or human self," for there is no such thing, never was! Only in a dream can it be thought that there is another voice, another self, another - anything or anyone.

Accordingly, in a dream it may seem there are two - rather than the One, then three, and eventually there may be imagined to be millions called 'people,' or 'men,' referred to as 'mankind' – but only in a dream. It may be imagined that there are different names, faces, personalities, religions, dialects and nationalities, "bodies," but only in a dream. The man on the bed does not awaken and harbor thoughts of his dream. He does not hash and rehash the things which appeared to have taken place there. To do so would be ridiculous. He knows they were simply "dream" thoughts and "people." Look not back. Remember not the former things. Consider not the things of old! For what can only appear to have "happened" is nothing. If you cannot hear the Truth speaking to you through a memory (parable), forget it. It's no more than a dream. Do not even talk of the things of darkness! They are not evil - they are nothing! Considering a memory as an actual occurrence in history stagnates the "you" concept in time. Remember too, that nothing ever "happened," and nothing ever will. Only what is here now has any significance and even then it is only the movie playing in your surround theater for you to enjoy! Recognize the Perfection that is, and you will not get caught up in a dream that is not!

The only body there is is "fed, sustained and held in place" by Light. There is no body to maintain, preserve or protect. Trying to maintain the image you call yourself, keeps one looking towards a "heaven someday," not living in the only place you can ever know Heaven - here now. "Make not provision for the flesh." The moment I see/know that the body I seem to be seeing, viewing, "living," is Light - I know that what I "see" is coming into manifestation, or visibility, or expression – in the instant - now. This body of Light never needs anything. I will be regardless of what I do or not do. No one can take my Life, for nothing can take Life – for Life I Am. There is no body with many years behind it, no history, no birth date, no time through which a body has been growing, developing, maturing, etc. There is no body which can be transformed, no body which can experience metamorphosis, no body which can deteriorate or disintegrate, no body which can change or die, though these words are often used in an attempt to convey the ineffable. Once it is realized that the present visible form is coming instantaneously into visibility, it is easy to see how a body crippled in thought is made instantly whole in the recognition of its true nature, essence.

I see, know and understand the One Alone Being I Am! The Day or Moment I realize Truth - I Am What I Realize. I Am the Only Mind. I Am the Light, the Day, the Lord! With a body or without a body, with a form or without a form, I AM. I am aware of being. I am Life. In the dark, in the deepest darkest night, when I cannot see a body or form - I Am. I have never been unaware. There is no subconscious mind, neither is there an unconscious mind anywhere. I Am eternally aware. I have never been fooled, deceived, asleep, or blind.

In the 'here, now' I know there is nothing outside my Self, no "men, women or children who are born, suffer, or die," for all is, as it has always been: Peace, Joy, Harmony, Health, Wealth, Abundance, Life, Absolute Perfection. There is no world out there, no confusion, no karmic law, no cause and effect, no way of thinking which is contrary to the One Whole, Perfect Mind, I Am; no Adam, no Eve, no "old man," nor any "other" beside my Self. There is no one who needs to be saved, redeemed, delivered, nor any body which needs to be, or can be, healed, corrected, improved, made stronger or more beautiful.

"I will not fear what man shall do unto me." (Heb. 13:6) "Fear not them which kill the body..." (Matt. 10:28) Why? There is no body, which can be killed, harmed, or destroyed. I am not an idea or dream character. The man on the bed is not the one he dreams he is. I am not what you "think" you see! The holographic image is not Me! For I Am Spirit. I am Life. "Spirit hath not flesh and bones as you see me have." The body we imagine ourselves to have in a dream has nothing to do with the True.

Walking across the parking lot I spy - what seems to be a pool of water. I move toward the water knowing that there has been no rain in sometime. The water shimmering on the hot cement looks every bit real. It sparkles and even has color to it. It certainly appears that if I keep walking I will soon be standing in several inches of water. But the closer I get to the Truth, the more the image which I have imagined to be there disappears. The "mirage" is seen for what it is! There is nothing there, although it seemed very real until I stand in the midst of the Truth and look about me, only to see What Truly Is – and find that "which is not" has disappeared – why? Because it never was there as I imagined it in the first place. A body I have merely imagined, in a world of illusion is a mirage. Stand in the midst –of the Truth, as the Truth, and see what is!

As I stand in the Light of Day, all seems new. I know even as I am known. Only in a dream could there appear to be "others, we, us, they." Awake - I recognize My neighbor as My Self. I am not fooled by the illusion, the mirage, rather I know that There is Only One.

It is difficult to express either in writing or speaking things that can only be seen by Spirit. Sometimes simple questions are asked which require detailed and difficult answers. That is what is happening in the story of Nicodemus who came to Jesus. He came by night, which means in darkness, or ignorance, to ask "how." Jesus could have spent hours, even days, so to speak, trying to explain to Nicodemus, but it was sufficient to say simply, "Ye must be born again," which means "become aware of the Awareness you are," because that is what is absolutely required to understand what words fail to communicate. Just know that there has never truly been a dream character, a human being or a human anything, and "let this mind be in you which was also in Christ Jesus." Even as you "Let there be Light," or "Let there be" anything which comes to you through the recognition or desire for "it." This is what happens with prayer. Prayer is simply the thing desired being "let" into expression. Can you hear this?

To "hear" one must come as a little child. A child does not question, nor does a child try to figure the story out. He listens quietly in wide-eyed wonder at the story and through it he sees what is being said. Through the hearing of the story the child comes to understand what he could not otherwise. He does not intellectually attempt to explain all that he is hearing. He simply accepts, laughs with glee, and enjoys what he is hearing. You can see in his eyes when he "sees" what is being said. Sometimes in the midst of the story the child will clap his hands when he "gets it" and be thrilled that the story, or parable, has revealed a hidden mystery or secret to him. The story may very well take him "places" he could not go otherwise – where? In mind! And he may find a "message" to the story which will influence the way he sees everything, but a child does not even hear a story for that purpose. He simply loves to be read to or to have a story told to him, because Life is a fascinating experience and the joy of just being - is all he knows. A child is a beautiful symbol of innocence and purity.

Oh, if we can but come as a little child. If we can let go all our "book learnin'." If we could be simple; simple words, simple thoughts, simple expression, open enough to "let" whatever Life has to show us in the moment BE, we would, as the child, not worry about a thing! I do not like to read with a dictionary strapped to my hip. Jesus' words are some of the most profound words we have in print and they are the most simple. Its not by might – impressive words. Its not by power – powerful sounding, loud or threatening words, but it is by the Spirit! The Spirit which gives insight, understanding and Life, that we find ourselves born again – aware - of all as it truly is - and has been all along.

If we take Jesus only, and he is perhaps the most well known of those who have realized their Christ Identity, we would see that he was not impressed with the "knowledge" of the intellectuals around him. Yes, he had studied the scrolls. He knew the Old Testament, the things of the Scribes and Pharisees, but he did not throw his "knowledge" around in an effort to impress anyone. There is no one to impress, no one to prove anything to. He quoted occasionally from the scriptures, more to correct the thinking behind many of them, rather than to agree with them, for he often followed by saying, "but I say..." However, he did not quote from the scriptures to prove his Self to anyone. He had the inner witness, and that is all that truly matters.

There is Only the One. Oh, that I might forget the numbers in Strong's Concordance, that I might speak truth – not quote it! For no "man" has ever taught me one single thing. There is no man who knows one single thing to teach. I know - and What I know I AM. For my house, body, understanding is built upon the solid Rock of Revelation. A house, or understanding, which is built on knowledge, mental accumulation of words or ideas, plus a little revelation, is a house divided and it will not stand. It must be built upon Revelation only. Then no one can destroy it. No argument will shake it. No winds of adversity will have any effect upon it.

If you fear the criticism of "others," remember there are no "others." There is not a living being who can judge you. And - there is no one dead - no one in a grave - no one up in heaven. **"And no man hath ascended up to heaven." (John 3:13).** There is no God for any dead thing or person! **"For he is not a God (Mind) of the dead, but of the living: for all live unto him." (Luke 20:38)** And – All is One. In Him (The God-Consciousness) we live and move and have our being. The world of illusion, which is the world of the senses, has no God. That is why Jesus told the woman at the well, "Ye worship ye know not what." What is that God that is being worshipped "out there," or at church, in a heaven some place? What is that? What is that God? God is Mind, and there is no God of mind. To thine own Self be True!

While it appears that we live "as" the one in a dream, so long as a dream world appears as reality, we exercise a mental practice, however "in the last day" of that mental practice it seems that all things are made new and it seems there is a new heaven and a new earth, for I do not see "what is NOT" as real anymore. To call something a disease, a problem, a war, a death, as though it was something, is to call those things which are NOT as though they were, or as though they are. But there is no reality to any such idea or concept. In realizing this and focusing only upon "that which is"- it is realized that in a moment - in the twinkling of an eye, all is seen anew. It is impossible ever again to think or see in the way it seems you thought.

This moment is the ONLY moment, the only time that is, and yet it is happening, so to speak, in the Mind you are. It is as real as you need it to be. In recognition of What you Truly are, you will not need any more props,

any more excuses, any more beliefs or opinions, to support "your cause, your choices, your beliefs, your habits, your life," for you will realize that there is no place where any of these things are a reality, and the life of "yore" is like a dream. "Your" life is swallowed up in the One and Only Life. Your desires are fulfilled in your Being. There is nothing left of "your" life. Smoke in the wind, it vanishes!

There is no world, body, mind, which is not Perfect anywhere. There is no physical, natural, material, aging, sick, impaired or dying world, body, mind anywhere. "I change not." The Immutable One I Am cannot change, grow, evolve, mature, age or perish. I have always had form, body, understanding, but I live in nothing.

No one ever "left this world." It seems you awaken to the truth and realize there is no "this world" as you have thought of it. And it is wonderful to find that no one ever died and left you! Neither is there is a body in a graveyard anywhere. The comforter (comforting thought) comes, and you realize that Life IS without beginning or end, therefore all fear of death is gone, and all grief unnecessary.

"But, what about Uncle What'shisname?" God is all and God is life. The concept of Uncle What'shisname left you, or died to you, that is all. God has no uncle, no grandparent, no child, no sister, nor brother. God is Life which has no relatives, for God is all. Therefore, "Uncle, Grandpa, Grandma" are concepts which you no longer need. The concept you called Uncle or Grandpa was simply to show you things about love, kindness, joy, Life. There was never such a "person" in reality. A dream seems real when it appears to be going on, but once you awaken you know, it was only a dream. If it seems that you once needed such a personality as Grandpa, "he" (that concept) was there for you, but when you awake to righteousness (right thought), it all just seems like a dream. It never happened. I was never asleep.

Simply for the sake of illustration, that you might see the what is being said, think now about a dream in which you dream you went to see someone. You think you sit and talk with them. You laugh with them. You even feel love for them, but when you awaken you know it was all a dream. And so it is with "Grandpa, Grandma," etc. When you have seen what that image in Mind appeared to be showing you, and receive all you are to receive from it, you no longer need it. You no longer need the concept of grandparent - therefore you drop it. YOU left - in a sense - no one left you. You have merely "left off" the concept. No one can ever die and leave you, for All is Life, Life is All, Life is God, God is All. "I" am all there is, and I will never leave you nor forsake you. I AM thy Self! I cannot leave Me. I can go nowhere. I am everywhere. There is no where I am not. Where I AM is all there is. What I AM is all there is. Where I am there in this moment is pure joy, beauty, perfection, wholeness, abundance, heaven, health, supply, peace.

If you wonder about those who appear to be grieving over the loss of a loved one think of it this way: If you go to a movie and get thoroughly caught up in the film, you may weep when the characters on screen weep, you may laugh when they laugh. You may fall in love with the leading lady or man, feel their yearnings and heartaches, anticipate what is going to happen, mourn the loss of a character. You go with the flow of the movie, feeling much of the emotion exhibited therein. For two hours or so, you are in the movie. You escape the world outside the theater long enough to become emotionally involved in the movie. But, when you come out of the theater you know that it was just that - a movie. You may even laugh at yourself for crying in the movie, or you may carry the feelings you experienced there with you for a little while, but you never forget that it is just a drama. You never forget that. Though a body may have been shot in the movie, keeled over and died, you do not come out and mourn a loss, for you recognize the movie just for what it is with no reality to it.

In the same way, if you "hear" of wars and rumors of war, or hear that someone died, you can rest assured that it is no more real than what appeared to happen on the movie screen. Wake up and realize that any "voice" that would or could even report such a story is like hearing a voice in a dream. It is not The Voice, which is your Own True Voice, The Voice we call God - which is the ONLY Voice.

The "human drama" is a world of dream. Leaving the unreal for the True, you know, you just know, that there is no 'there' anywhere wherein something took place. You recognize the characters in the play or movie to be just that, characters all suited out to fill the part required to give the show some sense to it while it appears to be happening. That's all. It has no substance, no reality to it. Life is eternal. All the while, I simply observe - from behind the scenes - so to speak!



Realize there is no "you" which can see anything, no body in which "you" live, no form or shape which has any substance to it, other than Spirit. The image you see can of its "own self" do nothing, but with Mind - all things are possible. The image that you see is a mirage. True Body - is an Understanding, a house not made with hands, eternal in the heavens.

I am Spirit for Spirit is all. Spirit has no weight, no height, no dimension, no outline, no personality. Truth reveals that there is no reason to do anything about anything. However, one must identify wholly with the I That I Am, his True Self or he ever remains a part of the illusion – and is not! To continue to identify with the world of illusion, by attempting to improve, protect or heal a body, or to correct or deliver a mind, while attempting to identify with Perfection, Spirit, I, is impossible. This is double-mindedness, duality, the filmy atmosphere of dream. No one is both human-being and God-being. There is only God-Being. This is an all or nothing proposition. No one can have a little bit of God, a little bit of Heaven, a little bit of Spirit. That is as impossible as it is for a dream character to be both awake and asleep at the same time. I am ever awake and aware, never disillusioned, never nodding off or dreaming. I change not.

All "faith and belief" in the image world passes away, it is seen that the form you are attempting to work with is fictitious! There is nothing to improve, nothing that can be improved. The body is the embodiment of Truth, and it is perfect in every possible way, NOW, HERE.

No use working with the man in the mirror, the portrait on the canvas, trying to preserve that one. Perfection requires we leave all effort, all other ways, means and methods, plans, works, props, securities – absolutely – at the Door. I am the Door. I am the Way. I am the Truth. I am the Love. I am the Life. I am All and in all.

Truth is your very Being, Understanding your only body. There is no "you" in a wicked world, for there is no such thing as a "you" or "a wicked world." There is only the One Alone Being, God, and you must "be still" to "know I am God." Understanding you let go. You let go of everything, releasing all – all is realized within. Everything is within your Self. You are God and there is no other. No man can pretend to be what he is not. No one can assume a position that he is not. There are no phonies. There is no fool who can make his self God, rather only One who can know His Self to be God - ever and eternally.

And, "with all thy getting get understanding." **Prov 4:7.**

What IS I Am, not what "appears to be", but WHAT IS.

If one lies down on a bed and dreams that he is a child again, that does not change the body on the bed. If he dreams that he is very old, weak, sick or feeble, he will awaken to realize that he is exactly in the state he was when he went to bed, before he dreamed the dream. So, you – when you discover your Self - find that "I have always been eternally present, whole and complete. I am as I have always been."

The Perfect body is here right now - realized only through Revelation. Any effort to protect the body in the mirror is vanity. Nothing shall by any means hurt you! Believe it! NOTHING! The building – house, LIFE I AM, the dwelling place of God is not made with hands – it is eternal in the heavens. How was the Apostle Paul able to throw off the viper, which came out of the heat and bit him? He "shook off the beast into the fire, and felt no harm." Paul saw the beast as being an illusion (the beast, the old man), the holographic image world, as appearance only. "Judge not according to appearance." (John 7:24) Seen from the perspective of a parable to add to our understanding, we see that Paul shook off the beast (-ly thinking), the old man that dreams dreams, the illusional "self," and of course, felt no harm, because he had not truly been bitten by a snake, nor was there any one who could be, any more than a man in a dream could be affected by such a notion.

Nothing can be done to make anyone or any "thing" better, safer, healthier, holier. In fact, the very opposite is true. To let go, leave alone, discontinue working with, dealing with, to stop trying, cease thinking about and "quit ye (being) like men," is the only thing you can "do." The less effort - the more immediate the realization of Truth. It is well to read, to listen, to be, to enjoy, but all attempts to improve, evolve, get, change, correct, heal, deliver or make over, will only end in frustration, misery and disappointment. We search for the Answer, not

knowing I AM the Answer. We desire the Mind of Christ, not knowing I AM the Mind of Christ. The em-bodyment of Truth is ever perfect. The Life I Am is That One which Alone Eternally is. I Am Light, I Am Mind out of which all "things" flow, all concepts emerge - I find my Self; not me, - Me – seated in right Mind, Body, World, as that which has appeared to be tangible, and so seemingly real - fades, slips into its proper place in Mind. It is passing away even as I in-vision it. A body-image is passing away even as I in-vision it. Heaven and earth, as I have "thought" of them, pass away. As morning (revelation) comes Light dawns revealing what was here all along under the cover of darkness. It is all just as I have imagined it.

I Am That I AM - always have been and ever eternally will be. No bomb can explode This Life that I Am, no wind can blow away, kill or destroy Me. No disease can take my Life, no man can harm Me, no accident can come My way, for I am not the illusion you imagine me to be. I am not the body you imagine me to be. **"Spirit has not flesh and bones as you see me have." (Luke 24:39)** I am not the mental picture you have of me. I AM Immortal, Immutable, Invincible, Perfect, Real, Here, Now. I lay down my life, the vision I interpret as being "my life," and I take it up again.

My body cannot be destroyed, for it was never the picture you see on the screen, the reflection you see in the mirror. So long as the understanding is earthy, the expectation, realization, belief body/world is earthy. Aware I see with new eyes: real-eyes - and "I know even as I am known."

Good bye cruel world! - that which never was but a dream anyway. Hello Heaven, Beauty, Truth, Perfection, Life, Joy, Light, Wholeness, Abundance, Substance, Supply, Bliss, Love, Peace, The Real, The One, The Only, I That I Am. All else is vain imagination. Set your mind on things above! Truly Life is unspeakable, yet full of glory, and cannot be discerned by any such thing as a natural mind. It is spiritually discerned only. The foolish hears and goes away, shaking his head, questioning, condemning and arguing. The Wise go within and see it all! Yet the Wise One goes nowhere, for he knows there is no where to go, therefore he sits in the temple daily and enjoys his Self in the peace and quiet of his own heart.

Never expect to change a mortal body into an Immortal one, a mortal mind into an Immortal One. There is no mortal body or mind to be changed. Neither expect to change an imperfect body into a perfect one. Do not expect to change a human mind into Divine Mind. Do not expect to heal a sick body so that it becomes perfectly and eternally well. Do not expect to deliver a sick mind so that it becomes whole. There never was a mortal body, an imperfect body, a human body or mind, a sick or aging body or mind. That is all imagination, dream, illusory.

Spirit has no communion with time. Time is an illusion. The One and Only Mind is such a Blinding Light that all "natural light (mental comprehension, understanding)" is swallowed up in It. Let it go – whatever you call a past – whatever you think happened yesterday, last year, "when I was young," etc. That is only a concept found in the quicksand of time and thought. Let it go – a future of hopes and dreams. Now – this moment – is your only opportunity, your only Truth.

If, for a moment, you find yourself saying, "But I see..." or "What about..." what seems to be other than Beauty, Wholeness, Abundance, Perfection, realize that you cannot comprehend the Light while focusing on the darkness. What we focus on we are one with. Turn from the darkened world of nothingness - duality - to the Light of Truth. Turn around. Focus only on the Truth. The disciples seeing Jesus (the Light) coming to them out of their darkness thought they were seeing a ghost. What did he tell them, "Fear not. It is I." Darkness never can comprehend the Light. "Ye are the light of world." Why the fascination with the shadows!

All you need to know is "God is all!" God is all there is. And God is What I am. There is nothing else. I Am that I Am: the Way, the Truth, the Life. I Am. I Am the Perfect One I have always been. I change not. I Am body, world, things, beings, for I am in all things, and all things are in Me. There is no other. I Am all in all. There is nothing to oppose or make a lie. Nothing to worry about or be concerned with. Nothing to fear... nothing to dread... Fear not. It is I. It is I. It is I. It is I. It is I. It is I. It is I. All is well.

A GIFT FROM: LIGHTHOUSE LIBRARY, INTERNATIONAL; P. O. BOX 571225,  
DALLAS, TX 75357-1225; ROGER and SUNNY COFFMAN; [972] 270-4232;  
E-MAIL: [inquiries@lighthouselibrary.com](mailto:inquiries@lighthouselibrary.com); WEB PAGE: [www.LighthouseLibrary.com](http://www.LighthouseLibrary.com)  
NEWEST WEB PAGE: [www.LighthouseLibrary.org](http://www.LighthouseLibrary.org)