

Reference Sheet- The Body and Its True Purpose

“In (your) creation (your) Father said, You are beloved of me and I of you forever. Be you perfect as Myself, for you can never be apart from Me.” The Son replied, “I will” and in that promise (you) were born.” (T.28.VI.6:4-6)

“If you are part of God and the Sonship is One, you cannot be limited to the self the ego sees”. (T.5.IV.2:13)

“Every loving thought held in any part of the Sonship belongs to every part.” (T-5.IV.3)

“If all His creations are His Sons, every one must be an integral part of the whole Sonship. The Sonship is its Oneness transcends the sum of its parts.” (T.2.VII.6:2)

“He (Son of God) would sacrifice his own identity with everything, to find a little treasure of his own. (T-26.VII.11:7-8)

"Truth must be all-inclusive, if it be the truth at all" (W-pI.152.2:6)

“The Course's God plays no cruel games. Nothing He manifests produces suffering. Instead, He is a Being of pure Love, without a hint of anything else; "Love is a law without an opposite" (W-pI.127.3:7)

“Giving His joy is an ongoing process, not in time but in eternity. God's extending outward, though not His completeness, is blocked when the Sonship does not communicate with Him as one. (T-6.V.1:6-7)

The body is the ego's idol; the belief in sin made flesh and then projected outward. This produces what seems to be a wall of flesh around the mind, keeping it prisoner in a tiny spot of space and time, beholden unto death, and given but an instant in which to sigh and grieve and die in honor of its master.” (T-20.VI.11:1-2)

“The wish surrounds the mind with a body, keeping it separate and alone, and unable to reach other minds except through the body that was made to imprison it.” (W.#72.2:2-3)

“It is obvious that a segment of the mind can see itself as separated from the Universal Purpose. When this occurs the body becomes its weapon, used against this Purpose, to demonstrate the "fact" that separation has occurred. The body thus becomes the instrument of illusion, acting accordingly; seeing what is not there, hearing what truth has never said and behaving insanely, being imprisoned by insanity.” (T-19.I.3)

“The body is a fence the Son of God imagines he has built; to separate parts of his Self from other parts. It is within this fence that he thinks he lives.” (W.PII.5)

“Enormous effort is expended in the attempt to make holy what is hated and despised. Nor is a lifetime of contemplation and long periods of meditation aimed at detachment from the body necessary. All such attempts will ultimately succeed because of their purpose. Yet the means are tedious and very time consuming, for all of them look to the future for release from a state of present unworthiness and inadequacy.” (T-18.VII.4:8-11)

“This is a very simple course. Perhaps you do not feel you need a course which, in the end, teaches that only reality is true. But do you believe it? “(T.11.VIII.1:1-3)

”The body is merely part of your experience in the physical world. Its abilities can be and frequently are over evaluated. However, it is almost impossible to deny its existence in this world. Those who do so are engaging in a particularly unworthy form of denial. The term "unworthy" here implies only that it is not necessary to protect the mind by denying the unmindful. If one denies this unfortunate aspect of the mind's power, one is also denying the power itself. (T-2.IV.3:9-13)

We must learn:

1. The body is only responding to the instructions from the mind
2. The purpose of the body to the ego is to keep you believing you are the body and gives it instructions –how to act- to ensure that this is what you see
3. The purpose the HS has for the body is to reestablish communication that has been blocked and join your mind to your true reality
4. Reestablishing Wholeness, Heaven will be restored to your mind

Reference Sheet- The Body and Its True Purpose- Continued

- #1. Recognize that what appears to be happening in the body (illness, emotions etc) is the result of the mind using the body to keep the separation real
- #2. Decide against using the body to attack your reality and give a false witness to who you are
- #3. Accept a new use for the body (instead of using it to attack yourself, attack others, and witness to your selfishness)

”The body can bring you neither peace nor turmoil; neither joy nor pain. It is a means, and not an end. It has no purpose of itself, but only what is given to it. The body will seem to be whatever is the means for reaching the goal that you assign to it. Only the mind can set a purpose, and only the mind can see the means for its accomplishment, and justify its use. Peace and guilt are both conditions of the mind, to be attained. And these conditions are the home of the emotion that calls them forth, and therefore is compatible with them. (T-19.IV.B.10)

“The body has been kindly used to help the Son of God along the way he goes to God. We thank the body then, for all the service it has given us.” (S.3.II.2:1-2)

“Sickness is meaningful only if the two basic premises on which the ego’s interpretation of the body rests are true; that the body is for attack and that you are a body.” (T.8.VIII.5:7)

- Recognize that “Sickness is anger taken out upon the body, so that it will suffer pain.” (T.28.VI.5:1)
- It’s not the body that needs healing- because it is just reacting to the mind that is punishing the body
 - Mind is punishing the body because it is a symbol of guilt
 - Therefore it is something to attack and hate
- You decide against this attack- and will use the body for a different purpose.....
- Ask the Holy Spirit to teach you how to look upon the body rightly
 - “The Holy Spirit has use (for what you made) and can use (these) dreams on behalf of waking if you will let Him.” (T.8.IX.3:8)

”The body cannot heal, because it cannot make itself sick. It needs no healing. Its health or sickness depends entirely on how the mind perceives it, and the purpose that the mind would use it for.” (T-19.I.3:1-3)

“The Holy Spirit teaches you to use your body only to reach your brothers, so He can teach His message through you. This will heal them and therefore heal you.” (T.8.VIII.9:1-2)

“There is nothing outside you. That is what you must ultimately learn, for it is the realization that the Kingdom of Heaven is restored to you.” (T.18.VI.1:1-2)

“The body was not made by love. Yet love does not condemn it and can use it lovingly, respecting what the Son of God has made and using it to save him from illusions.” (T.18.VI.4:7-8)

“Would you not have the instruments of separation reinterpreted as means for salvation, and used for purposes of love? Would you not welcome and support the shift from fantasies of vengeance to release from them?” (T.18.VI.5:1-2)

“When you look upon a brother as a physical entity, his power and glory are “lost” to you and so are yours. You have attacked him but you must have attacked yourself first. Do not allow him to belittle himself in your mind, but give him freedom from his belief in littleness and thus escape from yours.” (T.8.VII.5:3-6)

“God and His creations remain in surety, and therefore know that no miscreation exists. Truth cannot deal with errors that you want. I was a man who remembered spirit and its knowledge. (T-3.IV.7:1-3)

“The body is outside you, and but seems to surround you, shutting you off from others, and keeping you apart from the, and them from you. It is not there. There is no barrier between God and His Son, nor can His Son be separated from Himself except in illusions.” (T.18.VI.9:1-4)

“If it uses the body to go beyond itself. It does not stop at the body for if it does it is blocked in its purpose.” (T.8.VII.10:4-7)

Reference Sheet- The Body and Its True Purpose- Continued

“For every human body there is a mind asleep in Heaven, a part of Christ mind, dreaming that it lives inside that body, believing it is that body.” (Robert Perry- “Behind every form is part of God”)

“As you let the Holy Spirit teach you how to use the body only for purposes of communication, and renounce its use for separation and attack which the ego sees in it, you will learn you have no need of a body at all. In the holy instant there are no bodies, and you experience only the attraction of God. Accepting it as undivided you join Him wholly, in an instant, for you would place no limits on your union with Him. The reality of this relationship becomes the only truth that you could ever want. All truth is here.” (T-15.IX.7:1-6)

“To communicate is to join and to attack is to separate. How can you do both simultaneously with the same thing and not suffer? Perception of the body can be unified only by one purpose. This releases the mind from the temptation to see the body in many lights, and give it over entirely to the One Light in which it can be really understood.” (T.8.VII.12:1-4)

“But in order to see this, it is necessary to give up every use the ego has for the body, and to accept the fact that the ego has no purpose you would share with it. For the ego would limit everyone to a body for its own purposes.” (T-15.IX.3)

- Decide that the body is neutral- it is the mind dictating to the body
 - how to act
 - Takes us to where the true problem lies
- When I choose to only see the body-
 - My true power and glory are “lost” to me (hidden from my awareness)
 - I am attacking myself and my brothers and sisters

- I seek freedom from this belief that this is who I am
- I will not use the body to serve the ego’s purpose
- I give what I see over to the Holy Spirit Who will interpret it in the Light of Truth

”Every situation, properly perceived, becomes an opportunity to heal the Son of God. And he is healed because you offered faith to him, giving him to the Holy Spirit and releasing him from every demand your ego would make of him. Thus do you see him free, and in this vision does the Holy Spirit share. And since He shares it He has given it, and so He heals through you. It is this joining Him in a united purpose that makes this purpose real, because you make it whole. And this is healing. The body is healed because you came without it, and joined the Mind in which all healing rests.” (T-19.I.2: 1-7)