

THE KINGDOM OF HEAVEN IS WITHIN: EMBODIMENT OF THE LIVING CHRIST

By Stacy Sully

To *Know thySelf* requires that we allow Spirit to show us all aspects of our self, the conscious and unconscious, so we may come to know the Truth of our innocent and radiant nature. In the knowing of this Truth, we become it, and embody it. The Truth in the words *I am not a body, I am free* can be claimed only through the heart, and lived through direct experience as the Christ.

To *Know thySelf* asks that we liberate the unconscious, by bringing the Light that we are to all the hidden places inside that are begging for illumination. In Jesus' words: *"to love yourselves as I love you."*

By doing this, we come to recognize self-love and Divine Love are One Love. We set free our deep hidden judgments, guilt and fear from the illusion of separation—this means we rest within and stand unconditionally available and accepting, as the Way, the Truth and the Light that we are. This is the ultimate in forgiveness.

Our physical form has become the storehouse of the unconscious. So many people remain disconnected from their bodies, deep down inside harboring a hatred of their form. In this hatred/denial/judgment, the perfect value of the form is disregarded and lost—and also lost is the deeper direct experience of Truth, as well as the invulnerably anchored connection to Heaven that can be found through the body. Our birthright of Divinely intimate communion with our Holy Self remains untapped, because we fear exploration of something that is not "real."

Our resistance to looking squarely at our shadow is the very refuge denial hides in, persuading us to ignore the body on our spiritual journey. Yet, when we deny nothing, we welcome genuine intimacy with God. We lay our self open before the Divine, freely giving access to every inch of the unconscious that has concealed itself within the form.

As we release our fear of inhabiting the body in full acceptance of the Light that we are, we begin the deep descent inward. We move into the heart and out of the head; as we do this, we bring Heaven to Earth. We anchor the Christ through the form. Surrendering all and denying nothing, we experience fearless embodiment of the Christ Self.

The deeply sleeping unconscious mind experiences its own revelations, and its own liberation as the call for Love is answered. We bring our awareness within, and the heart's capacity expands. Consciousness shifts into a deeper, more universal knowing of itself. This expanded consciousness is like the sun penetrating the leaves and branches of the mighty oak tree. It does not rest until it has permeated all the way down to the very deepest roots. Imagine being available to clear the unconscious at these levels, welcoming the wisdom and expansion that follows in the wake of this clearing.

"The body, if properly understood, shares the invulnerability of the Atonement to two-edged application. This is not because the body is a miracle, but because it is not inherently open to misinterpretation. The body is merely part of your experience in the physical world. Its abilities can be and frequently are overevaluated. 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.3:6-13

Our bodies are actually *designed* to hold the radiance of the Divine mind. The movement of our Light into our form is the essence of Love: to *Know thySelf*. Even beneath the most extreme appearances of polarity, Love enfolds us at our core. This embodiment of the Light, and of our True essence, is the healing of the mind. This is the True healing of humanity.

We can use our physical form to help enlarge our perception. The goal in this is to achieve real vision, of which the physical eye is incapable. Learning to do this is the body's True usefulness.

The greatest response one can offer to a call for Love, is to be available within. Every call for Love originates from here. Our willingness to access our inner Being ensures we are aligned with *cause* in the mind—not the illusory effects on the horizontal plane.

Our alignment with the Christ is the vertical path. This is where True healing occurs. Within each of us is a central column of primordial essence/Light. This vertical column of living Light is the bridge between Heaven and Earth. This vertical axis is what Jesus referred to when He said, *“No man cometh unto the Father but by me.”* He is referring to our alignment with Source, as it appears in this world. Jesus goes on to say:

*“this does not mean that I am in any way separate or different from you except in time, and time does not really exist. The statement is more meaningful in terms of a vertical rather than horizontal axis. You stand below me and I stand below God. In the process of “rising up” I am higher because without me the distance between God and man would be too great for you to encompass. I bridge the distance as an elder brother to you on the one hand and as a Son of God on another.”*T-1.II.4:1-5

This deep union with Truth cannot be achieved through the intellect. Only the heart knows how to birth consciousness, and when we choose the heart instead of the head, we fulfill our pure potential.

When Jesus says, *“the Kingdom is within,”* He means our True access point is the heart, in natural alignment with the vertical channel. When we our self know this, we automatically orient our awareness within, and away from the illusory horizontal world. In this way, we begin to use our body to enlarge our perception. Christ vision deepens, as we ground our self in the present moment.

As you begin to experience this vertical alignment within the body, you will also notice a natural centering that takes place. Stand with arms outstretched and notice the center of your chest; close your eyes and breathe. You’ll find an intuitive knowing of what Jesus refers to when He says, *“You stand below me and I stand below God.”*

In this position, the mind obeys and the heart surrenders. It is the position Jesus took on the cross. Heart surrendered and arms outstretched, He embraced the world and collapsed all time within His heart. Embodied within Him was a love of humanity this deep and vast: *“I and my Father are One.”*

When Jesus said, *“Forgive them Father, for they know not what they do,”* He could have just as easily said, “Forgive them Father, for they know not who they are.”

Utilizing the body, we begin to use this vertical axis consciously with Spirit. In doing so, we access some of the deepest layers of the unconscious, bringing unprecedented healing to the mind. In the process, we come to know our Self Truly, as the infinite radiance we are. We embody as the Living Christ.

The body becomes a temple to God—but only when we willingly abdicate the ego along with all its seeming needs. Ego uses the body as an “end” in itself, while Holy Spirit uses the body purely as a “means” to communicate our invulnerability (our infinite Love) in God.

As the ground of Being becomes directly experienced through the body, fear can be met by Spirit viscerally and cellularly. This meeting allows Light to live and breathe in the very marrow of our bones. Through this healing journey, consciousness transcends the body to realize its GodSelf again and again, infinitely extending.

By offering the body as a “means” to Holy Spirit, we begin to rest within Life, rather than resisting it. In Truth, Life is within. When we know this for our self, we look out upon the world with new eyes. Christ vision becomes anchored through the heart, and we become deeply known to our Self. And with this inner mastery, perception is refined, as wisdom becomes Knowledge.

As we heal, we *become* the living Truth, the ground of Being. We anchor and embody this Truth, this Beingness, wholly and completely. Human/Divine.....Divine/human. Self-love and Divine Love—we discover for our self they are the same One Love, the same One Truth.

“When you know yourselves then you will be known, and you will understand that you are children of the living father.”
(Thomas 3:4)

What happens when a spontaneous glimpse of this reality dawns? If you manage to authentically integrate it, this experience becomes embodied, or grounded, as part of your permanent awareness. If it has *not* become grounded in the body, this glimpse remains in the conceptual intellectual realm. Although it may have become a deeper understanding, it doesn't yet “live” within you as a stable realization.

The vertical column of light is a valuable tool in the embodiment process. We use it consciously to unearth the unconscious, and to directly experience the Love that is the substance beneath everything that is.

The deep healing of the mind that occurs when we consciously practice this way is far beyond what the ego can witness. The body becomes a conscious vehicle of Light and Love. A True communication device.

“You are not limited by the body, and thought cannot be made flesh. Yet mind can be manifested through the body if it goes beyond it and does not interpret it as limitation.” T-8-VII.14:1-2

The Holy purpose has a name: Love. Embodied, grounded, present. Immersed and resting in quiet stillness of deep ground and open truth. This is the ultimate expression of Love.