

## Do You Believe the Body is Your Identity? A Self Inquiry Exercise



Following are some questions to help to reveal the extent to which you still believe in the body and world. When reviewing these questions, please answer with radical self-honesty. Rather than answering intellectually, try dropping into your heart to allow your real beliefs to be raised to the light of conscious awareness. Here, they can be seen, and forgiven. For when you are ready, you can offer each of these beliefs to Spirit and ask to have it healed.

- Can you find specific instances where you believe the cause of pain, sickness, aging, scarcity, conflict or suffering is outside your own mind—in the body, in others, in the past or in the world? Take time to write these beliefs down.

- Do you see sickness and pain as legitimate and inevitable experiences here in the world?
- Which do you believe is the greater error: To be the victim of attack, or to be the perpetrator of attack?
- Do you believe physical death is not only a natural, legitimate part of life, but that it is inevitable? In other words, do you believe life always ends in death?
- Do you believe the body and its state of health sustain your life here in the world?
- Do you believe in the ego's laws of scarcity, attack and loss? And do you see yourself as hostage to these laws?
- Do you often make decisions and plans independently from Spirit?
- Do you attempt to protect yourself, your life or loved ones independently from Spirit?
- Do you believe some foods are good for you, while others are bad for you?
- Do you believe that food increases weight, while dieting sheds weight?
- Do you believe cancer (or any sickness) is caused by external influences like diet, heredity, lifestyle, smoking or environmental toxicity?
- Do you place your faith in the world's laws of economics, rather than in Spirit's Law of endless supply and abundance?
- Do you believe the laws of nature are immutable?
- Do you believe your body will naturally age and deteriorate?
- Do you believe sacrifice or struggle is legitimate, in order to be happy, loved, healthy and abundant?
- Do you believe you need to earn your right to be Loved and worthy?

- Do you believe death offers some advantage that life does not—such as escape from the body, the end of ego, the end of conflict, a state of peace, rest, reunion with God or loved ones, or a state of completion?

Much of our "will" is unconscious, until we bring it to the light of Spirit for forgiveness and transformation. If you answered “yes” to most of these questions, then your belief in the ego's world and its laws is strong. What you believe is what you unconsciously *expect*. Because your will is as powerful as God's, your expectations *must* materialize.

As long as we believe we are independently responsible for the body and world, apart from Spirit, not only do we reinforce that the body and world are real, but we abdicate our Holiness. This Holiness reverses all the laws of the world. What *really* sustains us? Is it the body and world? Or is it God's Love? We cannot know and trust that God's Love will sustain us, if we persist in running our lives apart from Spirit. In doing so, we mistakenly deem that the body and world are the source of our existence.

All these mistaken beliefs are not bad in themselves. Yet keeping them *apart* from reinterpretation by Spirit while we independently try to sustain and protect ourself, ensures that our unconscious guilt remains intact. Jesus is very clear as he assures us it is God alone Who sustains us, and that we are under no laws but God's:

**"I am sustained by the love of God:"**

*"Here is the answer to every problem that will confront you, today and tomorrow and throughout time. In this world, you believe you are sustained by everything but God. Your faith is placed in the most trivial and insane symbols; pills, money, "protective" clothing, influence, prestige, being liked, knowing the "right" people, and an endless list of forms*

*of nothingness that you endow with magical powers..." " All these things are your replacements for the Love of God." W-50.1,2:1*

*"The seeming cost of accepting today's idea is this: It means that nothing outside yourself can save you; nothing outside yourself can give you peace. But it also means that nothing outside yourself can hurt you, or disturb your peace or upset you in any way. Today's idea places you in charge of the universe, where you belong because of what you are." W-70.2:1-3*

*"I am under no laws but God's:"*

*"Think of the freedom in the recognition that you are not bound by all the strange and twisted laws you have set up to save you. You really think that you would starve unless you have stacks of green paper strips and piles of metal discs. You really think a small round pellet or some fluid pushed into your veins through a sharpened needle will ward off disease and death. You really think you are alone unless another body is with you." W-76.3.*

*"It is insanity that thinks these things. You call them laws, and put them under different names in a long catalogue of rituals that have no use and serve no purpose. You think you must obey the "laws" of medicine, of economics and of health. Protect the body, and you will be saved." W-76.4.*

*"These are not laws, but madness. The body is endangered by the mind that hurts itself. The body suffers just in order that the mind will fail to see it is the victim of itself. The body's suffering is a mask the mind holds up to hide what really suffers. It would not understand it is its own enemy; that it attacks itself and wants to die. It is from this your "laws" would save the body. It is for this you think you are a body." W-76.5.*

*"There are no laws except the laws of God. This needs repeating, over and over, until you realize it applies to everything that you have made in opposition to God's Will. Your magic has no meaning. What it is meant to save does not exist. Only what it is meant to hide will save you." W-76.6.*

*"We will begin the longer practice periods today with a short review of the different kinds of "laws" we have believed we must obey. These would include, for example, the "laws" of nutrition, of immunization, of medication, and of the body's protection in innumerable ways. Think further; you believe in the "laws" of friendship, of "good" relationships and reciprocity. Perhaps you even think that there are laws which set forth what is God's and what is yours. Many "religions" have been based on this. They would not save but damn in Heaven's name. Yet they are no more strange than other "laws" you hold must be obeyed to make you safe..." " There are no laws but God's. Dismiss all foolish magical beliefs today, and hold your mind in silent readiness to hear the Voice that speaks the truth to you." W-76.8,9:1-3*

## **Prayer to Release Beliefs in the Body and the World**

Do you truly wish to release these blocks to the awareness of Love's presence and free yourself from ego beliefs and values? Go within and ask Spirit which of these limiting beliefs you are ready to release for healing at this time. You may find this prayer helpful:

"I recognize that my faith in this body and the world's laws is temporarily stronger than my faith in God's Love. Therefore I surrender my beliefs in \_\_\_\_\_ to you, Spirit. And I ask that you heal my perception. I trust that once the cause of suffering

in my mind is healed, so must healing transfer to its effects/symptoms. I open my heart, in this instant, to receive your healing; I accept the miracle, the Atonement that heals all. And I surrender the timing of the miracle. Amen."

Healing means choosing to be mindfully aware of how the ego uses the body and world to bolster its dictatorship. We look *with* Spirit, and we watch this process with neither judgment nor self-judgment. We sincerely turn each and every block over to Spirit, asking that our perception of the body and world be divinely reinterpreted. This is true forgiveness.

As the *Course* tells us, God's teachers need a body through which to communicate His message. As long as the world is still terrified of Love, fear prevents direct communication with Spirit. The body is therefore extremely valuable to Spirit, as it is the perfect medium to convey the message of Truth in this fearful world.

*"Only very few can hear God's Voice at all, and even they cannot communicate His messages directly through the Spirit which gave them. They need a medium through which communication becomes possible to those who do not realize that they are spirit. A body they can see. A voice they understand and listen to, without the fear that truth would encounter in them. Do not forget that truth can come only where it is welcomed without fear. So do God's teachers need a body, for their unity could not be recognized directly."*

*M-12.3:3-8*

*"The teachers of God appear to share the illusion of separation, but because of what they use the body for, they do not believe in the illusion despite appearances." M-12.4:6*

*"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. When its usefulness is done it is laid by, and that is all." M-12.5:1-6*