

J on body identification..

February 10, 2007, first paragraph heard in the morning, with the second paragraph following several hours later

You are resisting the irresistible. That which you long for is forever yours, intimately known and understood, because it is Yours. The fear you choose now to identify with is so distorted, so grossly mal-aligned with your true Identity, that it isn't even there. And if you ask yourself from a place of deep quiet if what I am saying to you is correct, your answer is yes. Am I right?

The subject of body identification is one of some confusion. While I stress the need to move away from the body, and I do say that to you in no uncertain terms, I also say to you that it is richly appropriate to appreciate the body for what it can and does indeed do. As I've said to you, Amy, there's no harm in enjoying the pictures, but let me stress again that the "enjoyment" must be defined by way of the appointed Guide given to you, and most assuredly not your ego, which would absolutely lead you into a sense of "enjoyment" diametrically opposed to the path home to God. Feeling into the body is not what we want to do. Appreciating the body is. There is indeed a difference of monumental importance to recognize. A "feeling into" the body is precisely what the ego craves. It answers the call of the ego, saying to the ego that yes, I am indeed a body. There is nothing the ego wants to hear more than this. Take yourself the opposite way, consistently, toward spirit, while simultaneously appreciating the body! Gently remind the ego, which thinks it is a body, that it will never be left behind. From that place of love and acceptance, the fullness of appreciation of the body, mind, and ego will be integrated while transcendence occurs MOST rapidly.