



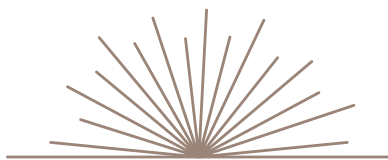
Beyond the body

40 DAYS SPIRITUAL HEALING



*The BODY is healed
BECAUSE YOU CAME WITHOUT IT,
and joined the Mind in which
all healing rests.*

*When a situation has
been dedicated
WHOLLY to truth,
peace is inevitable.*



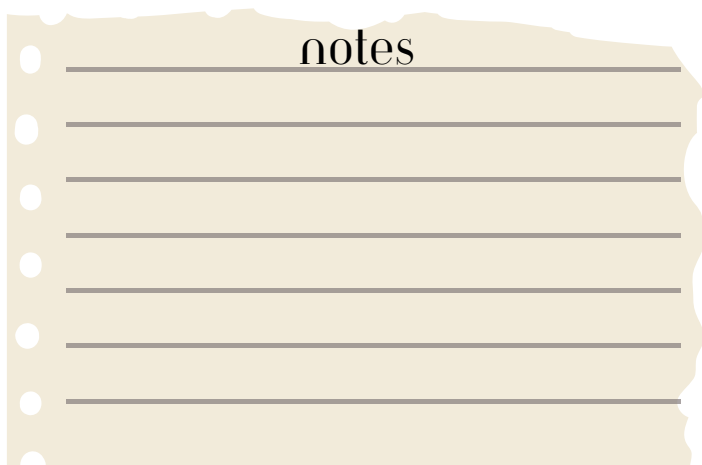


transformational journal

thought of the day
Day 1

Miracles praise God through men.

They praise God by honoring his Creations, affirming their perfection. They heal because they deny body-identification and affirm Soul-identification. By perceiving the Spirit, they adjust the levels and see them in proper alignment. This places the Spirit at the center, where Souls can communicate directly.



notes

thought of the day
Day 2

Christ inspires all miracles.

Christ inspires all miracles, which are essentially intercessions. They intercede for man's holiness, and make him holy. They place man beyond the physical laws, and raise him into the sphere of celestial order. In this order, man IS perfect.



notes

thought of the day
Day 3

The Love of God.

The love of God, for a little while, must still be expressed through one body to another. That is because the real vision is still so dim. Everyone can use his body best by enlarging man's perception, so he can see the real VISION.



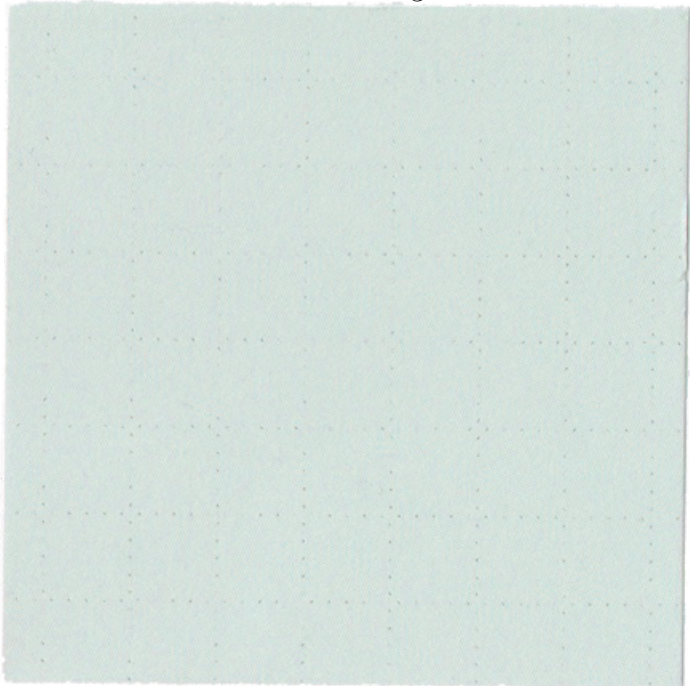
notes

thought of the day
Day 4

The ultimate purpose.

The ultimate purpose of the body is to render itself unnecessary. Learning to do this is the only real reason for its creation.

drawing

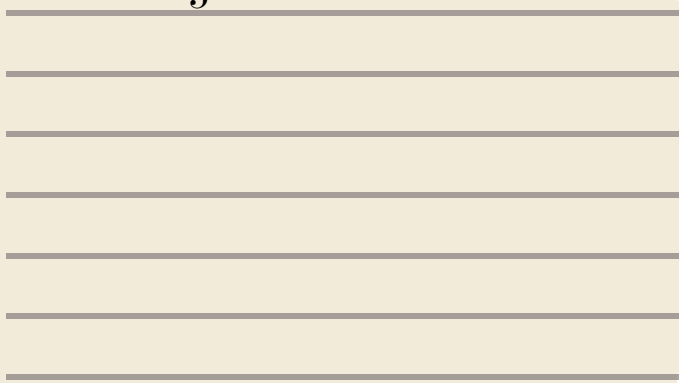


thought of the day
Day 5

Giver of life.

ALL miracles mean Life, and God is the giver of Life. He will direct you VERY specifically.

grateful for:



thought of the day
Day 6

While he is IN the body.

While he is IN the body, however, man can choose between loveless and miraculous channels of creativity.



miraculous channels:

thought of the day
Day 7

The body cannot create

The body cannot create, and the belief that it CAN, a fundamental error responsible for most of the fallacies already referred to, produces all physical symptoms.

questions:

thought of the day

Day 8

Learning devices

The reason why only the mind can create is more obvious than may be immediately apparent. The Soul has been created. The body is a learning device FOR the mind. Learning devices are not lessons in themselves. Their purpose is merely to facilitate the THINKING of the learner.

i am:

thought of the day

Day 9

Material means as remedies

All material means which man accepts as remedies for bodily ills are simply restatements of magic principles. It was the first level of the error to believe that the body created its own illness.



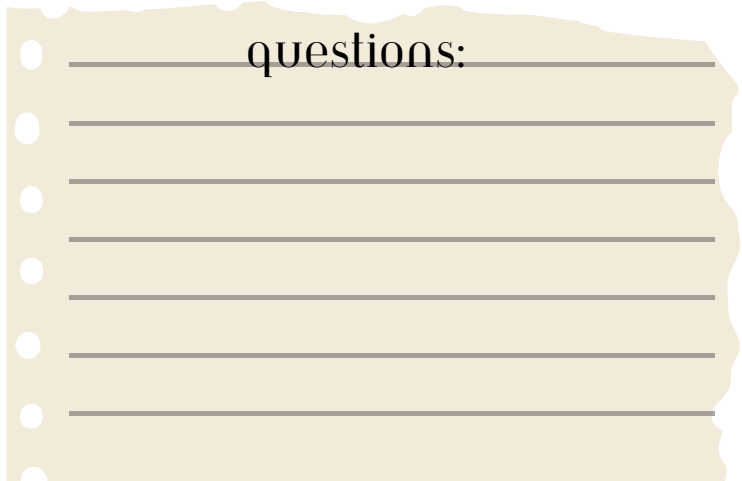
remedies i use:

thought of the day

Day 10

Body as learning device

The body does not really exist, except as a learning device for the mind. This learning device is not subject to errors of its own, because it was created, but is NOT creating.



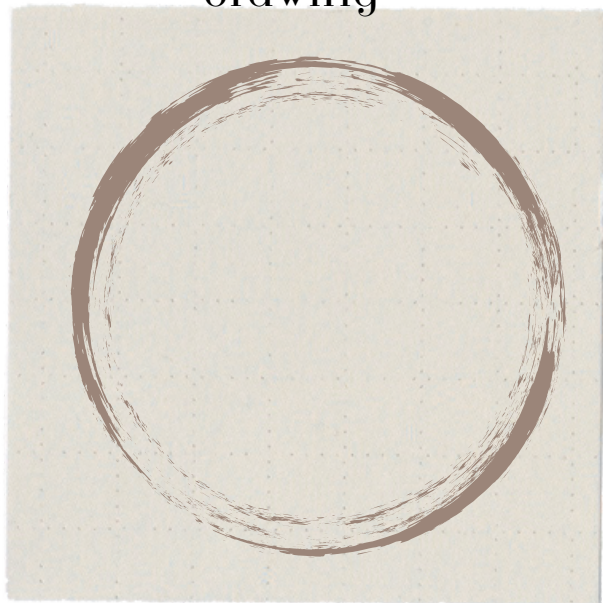
questions:

thought of the day
Day 11

The sole responsibility

The sole responsibility of the miracle worker is to accept Atonement himself. This means that he knows that mind is the only creative level, and that its errors ARE healed by the Atonement.

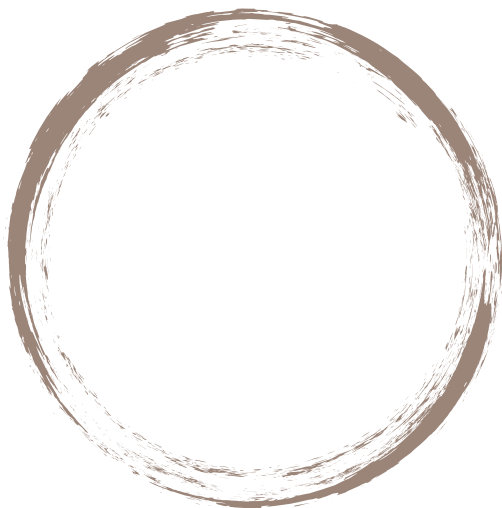
drawing



thought of the day
Day 12

The body does not learn

It should be re-emphasized that the body does not learn, any more than it creates. As a learning device, it merely follows the learner, but if it is falsely endowed with self initiative, it becomes a serious obstruction to the learning it should facilitate.



thought of the day

Day 13

Bring its own illumination

ONLY the mind is capable of illumination. The Soul is already illuminated, and the body in itself is too dense. The mind, however, can BRING its own illumination TO the body by recognizing that density is the opposite of intelligence, and therefore unamenable to independent learning.

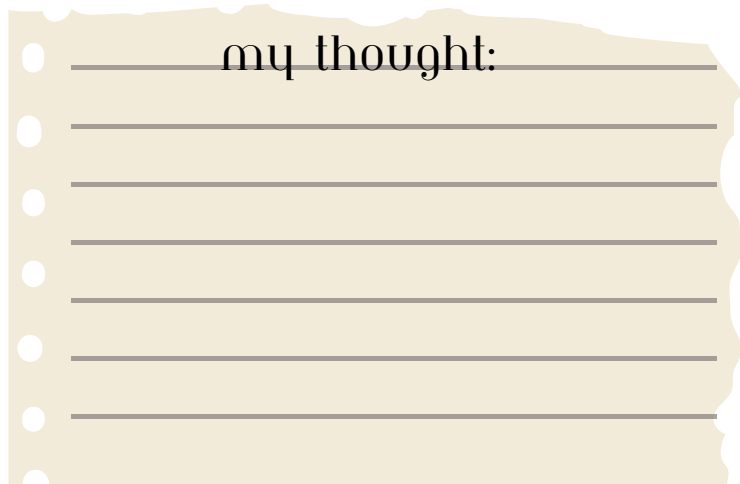
questions:

thought of the day

Day 14

Sane mind in a sane body

The body is not capable of understanding. Only the mind KNOWS anything. A pure mind knows the truth, and this IS its strength. It cannot attack the body, because it knows EXACTLY what the body IS. This is what “a sane mind in a sane body” really means.



my thought:

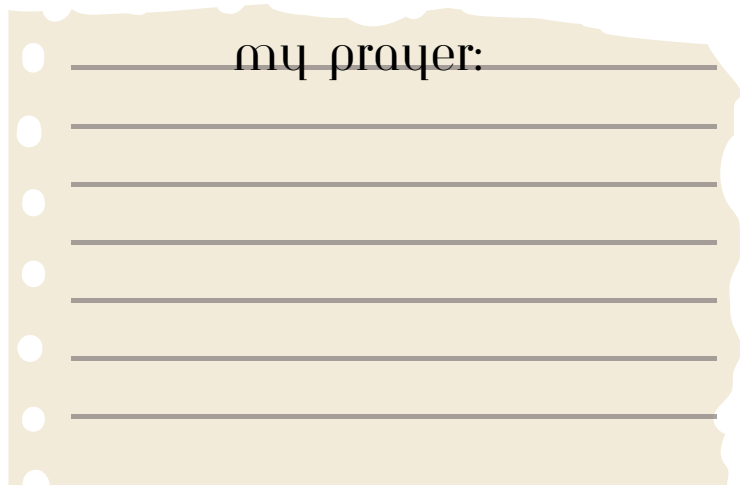
thought of the day

Day 15

Sane mind in a sane body

Perception, miracles and doing are closely related. Knowledge is a result of revelation, and induces only thought (thinking).

Perception involves the body even in its most spiritualized form. Knowledge comes from the altar within, and is timeless because it is certain.

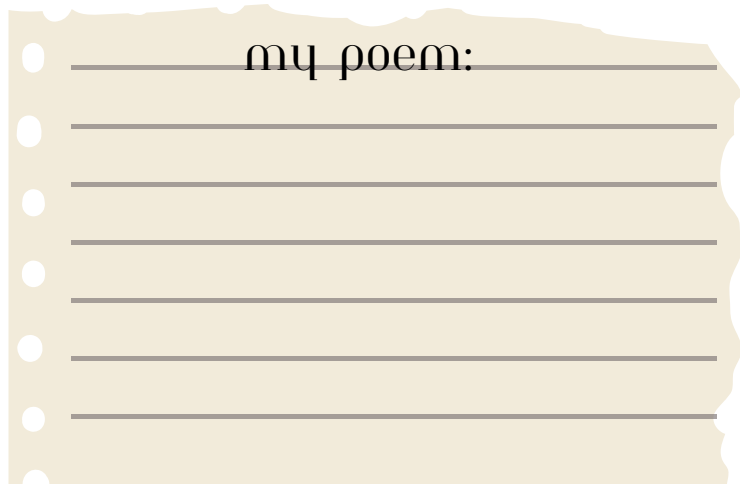


my prayer:

thought of the day
Day 16

The ability to perceive.

The ability to perceive made the body possible, because you must perceive SOMETHING, and WITH something. This is why perception involves an exchange, or a translation, which knowledge does NOT need.

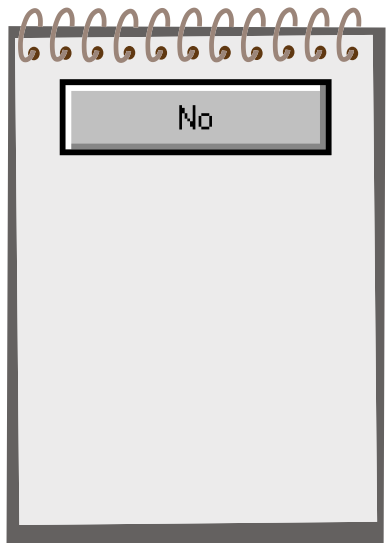
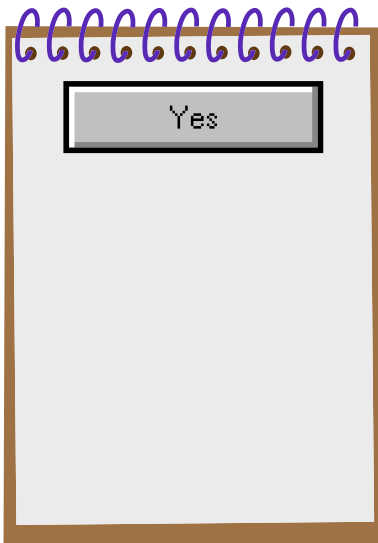


my poem:

thought of the day
Day 17

Human living.

Human living has indeed been needlessly wasted in repetition compulsion. It re-enacts the Separation, the loss of power, the foolish journey of the ego in its attempt at reparation, and finally the crucifixion of the body, or death.



thought of the day
Day 18

Entrusted.

The reason why I can be entrusted with YOUR body and YOUR egos is simply because this enables YOU not to be concerned with them, and ME to teach you their unimportance. I could not understand their importance to YOU if I had not once been tempted to believe them myself.

my request:

thought of the day
Day 19

Bodily appetites.

Bodily appetites are NOT physical in origin, because the ego regards the body as its home, and DOES try to satisfy itself through the body. But the IDEA that this is possible is a decision of the ego, which is completely confused about what is really possible.

my concerns to hand over:

thought of the day
Day 20

Battle for survival.

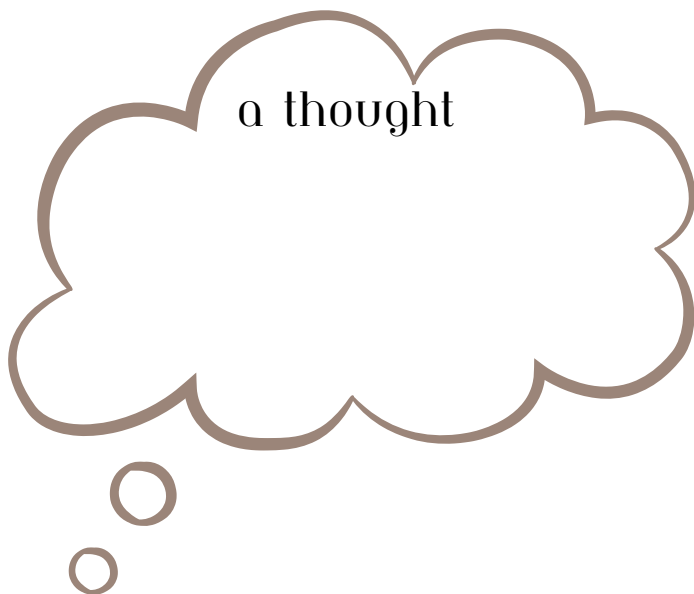
The “battle for survival” is nothing more than the ego’s struggle to preserve itself and its interpretation of its own beginning. This beginning is always associated with physical birth, because nobody maintains that the ego existed before that point in time.

my “battle”:

thought of the day
Day 21

Resorting to inhibition.

The upper level of the unconscious thus contains the call of God as well as the call of the body. That is why the basic conflict between love and fear is unconscious. The ego cannot tolerate either and represses both by resorting to inhibition.



thought of the day
Day 22

Consistent effort.

The habit of engaging WITH God and His Creations is easily made if you refuse actively to let your minds slip away. Your problem is not concentration: it is a belief that nobody, including yourself, is WORTH consistent effort.

creation



thought of the day
Day 23

This confusion.

A crucial source of the ego's off-balance state is its lack of discrimination between impulses from God and from the body. Any thought-system which makes THIS confusion MUST be insane.



question

thought of the day
Day 24

Ego's fear.

In one sense, the ego's fear of the idea of God is at least logical, because this idea DOES dispel it. Fear of dissolution from the higher source, then, makes SOME sense in ego terms. But fear of the body, with which the ego identifies so closely, is more blatantly senseless.

my fear



thought of the day
Day 25

Ego's home.

The body is the ego's home by its own election. It is the only identification with which it feels safe, because the body's vulnerability is its own best argument that you CANNOT be of God.



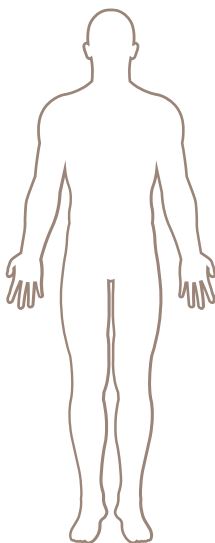
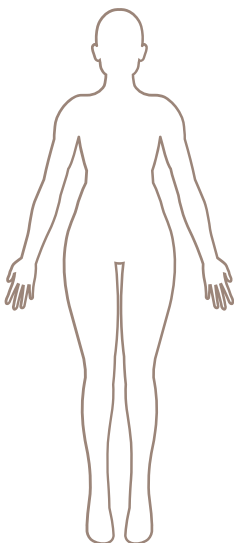
my confusion:

thought of the day
Day 26

Broken bodies.

Those with broken bodies are often looked down on by the ego, because of its belief that nothing but a perfect body is worthy as its OWN temple. A mind that recoils from a hurt body is in great need of rehabilitation itself.

my body:



thought of the day
Day 27

Guiltless mind.

The guiltless mind cannot suffer. Being sane, it heals the body because IT has been healed. The sane mind cannot conceive of illness, because it cannot conceive of attacking anything or anyone.

my flower



thought of the day
Day 28

YOU will last forever.

When your body and your ego and your dreams are gone, you will know that YOU will last forever. Many think that this is accomplished through death, but NOTHING is accomplished through death because death is nothing.



thought of the day
Day 29

Overcome death.

EVERYTHING is accomplished through life, and life is of the mind and in the Mind. The body neither lives nor dies, because it cannot contain you who ARE life. If we share the same mind, YOU CAN OVERCOME DEATH BECAUSE I DID.

my question

thought of the day
Day 30

The body is a symbol.

God did not make the body, because it is destructible, and therefore not of the Kingdom. The body is the symbol of the WHAT YOU THINK YOU ARE. It is clearly a separation device, and therefore does not exist.

my prayer:

thought of the day
Day 31

Motivation for miracles

If the mind can heal the body, but the body cannot heal the mind, then the mind **MUST BE STRONGER**. Every miracle demonstrates this. We have said that the Holy Spirit is the **MOTIVATION** for miracles.

miracle:

thought of the day
Day 32

The body is meaningless.

The body IS separate, and therefore CANNOT be part of you. To be of one mind is meaningful, but to be of one body is meaningless. By the laws of mind, then, the body IS meaningless.

my request



thought of the day
Day 33

The healing ability.

Healing is the one ability that everyone CAN develop, and MUST develop, if he is to BE healed. Healing IS the Holy Spirit's form of communication, and THE ONLY ONE HE KNOWS.

my healing



thought of the day
Day 34

Come unto me.

I do not want to share my BODY in communion because this is to share nothing. Would I try to share an illusion with the most holy children of a most Holy Father? But I do want to share my MIND with you because we ARE of one Mind, and that Mind IS ours. See ONLY this Mind everywhere, because only this IS everywhere and in everything. It IS everything, because it encompasses all things within ITSELF. Blessed are you who perceive only this, because you perceive only what is true. Come therefore unto me and learn of the truth in YOU.

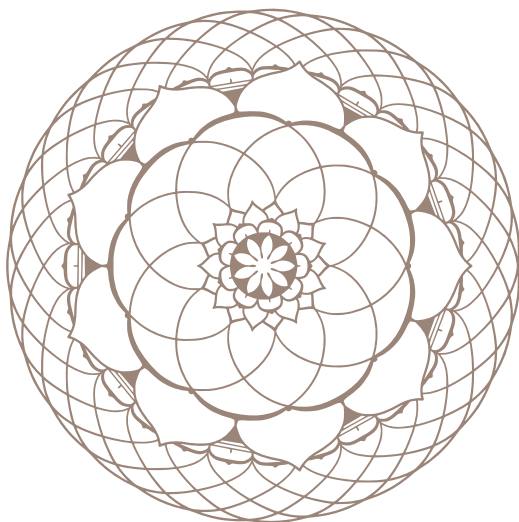
amen

thought of the day
Day 35

Yours to give.

Give each other faith, for faith and hope and mercy ARE yours to give. Into the hands that give, the gift is given. Look on your brother, and see in him the gift of God you would RECEIVE. It is almost Easter, the time of Resurrection.

my brother



thought of the day
Day 36

Redemption.

Let us give redemption to each other, and SHARE in it, that we may rise as one in resurrection, and not SEPARATE in death. Behold the gift of freedom that I gave the Holy Spirit, for BOTH of you.



my question

thought of the day
Day 37

Tiny change.

We have repeated how little is asked of you to learn this course. It is the same small willingness you need to have your whole relationship transformed to joy. The LITTLE gift you offer to the Holy Spirit, for which He gives you EVERYTHING. The very little, on which salvation rests. The tiny change of mind by which the crucifixion is changed to Resurrection.



thought of the day
Day 38

Father's Perfect Love.

Let the dead and gone be peacefully forgotten. Resurrection has come to take its place. And now you are a part of Resurrection, NOT of death. No past illusions have the power to keep you in a place of death, a vault God's Son entered an instant, to be instantly restored unto His Father's Perfect Love.



thought of the day
Day 39

Your Happiness.

There is no NEED to suffer any more. But there IS need that you be healed, because the suffering of the world has made it deaf to its salvation and deliverance. The resurrection of the world awaits YOUR healing and YOUR happiness, that you may DEMONSTRATE the healing of the world.



HAPPINESS

thought of the day
Day 40

My resurrection.

My resurrection comes again each time I lead a brother safely to the place at which the journey ends and is forgot. I am renewed each time a brother learns there is a way from misery and pain. I am reborn each time a brother's mind turns to the light in him and looks for me. I have forgotten no-one. Help me now to lead you back to where the journey was begun, to make another choice with me.

*Happy
Easter*



Jesus

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