

## Body

The Love of God, for a little while, must still be expressed through one body to another, because vision is still so dim. Everyone can use his body best by enlarging man's perception so he can see the real vision. This vision is invisible to the physical eye. The ultimate purpose of the body is to render itself unnecessary. Learning to do this is the only real reason for its creation. T 1 II 105:3-7

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Perceiving the body as a temple is only the first step in correcting this kind of distortion...However, the next step is to realize that a temple is not a building at all. Its real holiness lies in the inner altar around which the building is built. The inappropriate emphasis men have put on beautiful church buildings is a sign of their fear of Atonement and their unwillingness to reach the altar itself. T 2 II 45:1,4-7

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When you equate yourself with a body you will always experience depression. T 8 VII 53:6

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Remember that the Holy Spirit interprets the body only as a means of communication. T 8 VII 54:1

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To see a body as anything except a means of pure extension is to limit your mind and to hurt yourself. Health is therefore nothing more than united purpose.

T 8 VII 65:4:5

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... the body has no function of itself, because it is not an end. T 8 VIII 75:1

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The body was not made by love. T 18 VII 52:7

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## Body

It is impossible to seek for pleasure through the body and not find pain. It is essential that this relationship be understood for it is the one the ego sees as proof of sin.

T 19 V B71:1-2

[The Ego will tempt you with pleasure or pain - whichever brings your focus to the body and keeps you from experiencing your non-body real self. Following pleasure (or pain) is dawdling on your way back home, it is a short sighted and shallow reward that the ego voice utilizes to keep you from the joy everlasting that is yours on your return home to the world of spirit. You will get home eventually and you will never understand why you delayed your return. - 5 Jan 05 ]

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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. And this unholy instant seems to be life; an instant of despair, a tiny island of dry sand, bereft of water and set uncertainly upon oblivion. Here does the Son of God stop briefly by to offer his devotion to death's idols, and then pass on. And here he is more dead than living. Yet it is also here he makes his choice again between idolatry and love.

T 20 VII 55:1-6

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Adornment of the body seeks to show how lovely are the witnesses for guilt.

T 27 II 7:7

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Remember that all sense of weakness is associated with the belief you are a body...

W 91 12:3

[If I experience weakness, helplessness, limits, doubt, darkness - I am experiencing my body. These experiences will fade as I experience what I am. - ]

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## Body

To be without a body is to be in our natural state.

W 72 10:3

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The body suffers that the mind will fail to see it is the victim of itself.

W 76 5:3

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The body is in need of no defense. This cannot be too often emphasized. It will be strong and healthy if the mind does not abuse it by assigning it to roles it cannot fill, to purposes beyond its scope, and to exalted aims which it cannot accomplish.

W 135 8:1-3

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The body, valueless and hardly worth the least defense, need merely be perceived as quite apart from you, and it becomes a healthy, serviceable instrument through which the mind can operate until its usefulness is over.

W 135 9:2

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...The body should not feel at all. If you have been successful, there will be no sense of feeling ill or feeling well, of pain or pleasure. No response at all is in the mind to what the body does. Its usefulness remains and nothing more.

W 136 19:2-5

[ We want to give up the pain and keep the pleasure but either one binds us to a belief system which keeps us from the kingdom of heaven. Pleasure is not happiness - happiness is from a sense of connectedness.]

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## Body

[When we shift our focus to breath as in Yoga, Meditation, Singing, we are diverted from focus on the body. This moves us away from the ego's influence (I am a body separate from the world) and more toward a non-materialistic world view. "God is spirit, they that worship him must worship in spirit and in truth". - 22JAN05 ]

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[ We are not bodies, fundamentally The body is a tool, used inexpertly perhaps,whose function and capability for souls meandering on earth is largely untapped. We do not practice using the body as a tool in the creation or manifestation of God's will. Hence, without practice, we are not good at it. I need to practice more, practice daily, hourly,eternally . - 10 Oct 07 ]

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