

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. 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 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 both 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 independent 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, 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 life apart from Spirit. In doing so, we mistakenly deem 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 our self, ensures our unconscious guilt remains intact.