

## EXERCISE: HOW DO WE USE OUR BODY LOVELESSLY?

The body is nothing but a projected image, with no ability to change of its own accord. All changes in the body are directed by the mind. As long as we think we're a body, our body is used by the ego. This way, unconscious guilt is projected onto the body so it suffers and dies. This is the ego's extreme deception, orchestrated to hide our true Identity from our awareness.

How have you allowed the ego to use the body for unconscious self-attack? You cannot heal until you see it, and willingly join with Spirit to exchange self-attack for miracles. This is a process of discovery. We work with Spirit to raise our awareness of all the ways we have unknowingly abused the body in pursuit of the ego's goals. We may find we have been dishonest with our Holy Self. Perhaps we have abandoned or betrayed our self.

As you realize these betrayals, you may feel sadness or grief at the recognition you have abandoned your self and body. This is good. You may want to sincerely apologize to the body for scapegoating it—after all, you've unfairly blamed it for all the things it never did. It was never the *cause* of pain, illness, appetites, addictions, sabotage, or anything else.

As you come to recognize for yourself that the ego in the mind tells the body what to do, you can consciously withdraw your projections and judgments from the body. Now you can enter a truly Loving agreement with the body. You might choose to express your new dedication of the body's purpose to Spirit, if it feels right. Together with Spirit, write a heartfelt letter to the body. This would act as a symbol of your transfer of the body's purpose to Spirit, Love and healing.

Note: Consider each of the following questions carefully and write your answers. Please do this exercise without guilt or shame. If any guilt, criticism, shame or self-judgment arises, know this is of the ego and not Spirit.

### **Some questions:**

How do I abuse the body? How do I neglect it? How do I deny it?

How do I use it to guilt-trip myself? How do I use it to guilt-trip others?

How do I use it to get my ego needs met? How do I abandon or betray it?

How do I use it pridefully? How do I use it for self-attack through pain/disease/aging/accidents?

How do I use it to demonstrate scarcity? How do I use it to defend myself emotionally or physically?

How do I use it as a substitute for True Self-Love? How do I make it an idol?

How do I assign it power over my own mind? How do I judge it?

How do I blame it? How do I shame it?

How do I make it my identity?

### **Taking your Answers to Spirit through the Atonement Process**

Take your answers to Spirit by going through the Atonement Process with each one. What are you willing to offer to Spirit, to be healed in your perception? The Atonement Process is found on page 297.