



Monthly Lesson  
October 2014

## “The One Spiritual Body”<sup>1</sup>

The next question on the desk is, “I do not understand the concept of the spiritual body. Is it like an idea or a blueprint?”

Here is a helpful passage from The Mystical I:

“The lesson we are learning is that God is individual selfhood. God is not floating around in the air any more than God is up in the sky. God is not bodiless; there cannot be a being without a body. True, the body does not have to be physical in nature, but it is a body. Every individual embodies that I, that divine Being.”<sup>2</sup>

So we can see that there cannot be an infinite Divine being Who is unexpressed. When It is expressed, It is expressed as individual being. There is only one Body, the living Christ, and this is your healing principle. We don't have to be concerned in this Message with a person or with his or her *concept* of Body because we have been given this principle of Oneness. I have experienced the one Body and know that this is why I came to the Infinite Way. Previously, I did not have a clear understanding. I had been taught that Body is a spiritual idea that is perfect, but I couldn't seem to get the realization that there is only one Body that is forever

intact. Each of us has a human concept of body that is a thought form or projection of our human heritage so when someone comes to us for help, instead of looking at their body, thoughts, or humanhood, we turn away and recognize that there is only one Body, the living Christ as the true identity of individual being. This realization corrects the false concept of body.

Though we may appear as male or female, Body is neither male nor female. It was never born and will never die, and It is the temple of the living God, the same yesterday, today, and forever. This Body is not subject to growth, deterioration, age, or climate. If there is a problem, it is because we are entertaining a material sense of body rather than recognizing the Body that *Is*. There is never a problem with Body. It is forever held in the bosom of the Father, Divine Consciousness, always maintained in Its integrity.

In the impersonal Christ healing work, we turn away from the human concept of body and recognize that there is a spiritual Body – only one Body - and that Body is forever maintained and sustained by God in Its divine integrity. “*For in Him we live, and move, and have our being.*”<sup>3</sup> Then we enter into the mystical union where the activity of the Christ can be released into human consciousness. It is this Christ activity that dissolves the material sense operating in human consciousness and regenerates the sick, aging, or deteriorating body concept.

When Christ enters human consciousness, It dispels material sense, the ONLY claim there is! We have no power to heal any disease because, in Truth, *there is*

<sup>1</sup> 1986 Asilomar Retreat, Tape 5 (8638), Side 2

<sup>2</sup> The Mystical I, “*The Universal Nature of I makes Us All One*”

<sup>3</sup> Acts 17:28

*no disease.* When you go to a practitioner who is working in this way, and you say, “I have a cancer, TB, arthritis, this or that,” there is nothing the practitioner can do about your concept. They can’t pray to God to do something to a thought projection. What must happen is for Christ, the Light of the world, to enter human consciousness and dissolve the crippling darkness of material sense. Your body is not doing anything to you – no, it is material sense tempting you with a false concept. What is material sense? It is the belief in two powers, spiritual darkness. What dissolves material sense? The activity of the Christ, the Light of the world.

So when we go to a practitioner, that person will know the truth, and the truth will set us free if we are receptive to it. But if we are determined to hold onto the name and label of a disease given by a medical doctor, we may want to seek out a metaphysician to treat the appearance with metaphysical propositions – the mind may yield to metaphysical propositions so the patient can find a release.

But in the Infinite Way, there is only the impersonal Christ healing because there is only *one* Body, *one* Being. We’re not dealing with *your* body, *my* body, or *his* or *her* body because these are individual thought projections. If you choose to look in the mirror and accept just what you see, sometimes you will look good, sometimes not so good, but it will always be a *misconception through misperception*. To know the truth will make you free, and the truth is that there is only one Body. You have never seen that Body! In fact, you have never seen man!

“When we see the structural or physical man, we are really seeing material sense. But there is no such thing as structural man. Man is that selfhood that is completely invisible to the eyesight. No one has ever seen man with his eyes. The moment we think in terms of sinful, diseased, or deformed man, we are merely permitting material sense to govern our thought and obscure our vision.”<sup>4</sup>

When I was with Joel and saw that mystical Body, I saw the real Man and I saw that there is only one Man and I knew that nothing could ever change It. It is eternal, immortal and It cannot lapse from nor return to harmony. It *IS* what It *Is*, and human thinking can never change It. It is spiritual and It is perfect. We know this truth, refuse to see a deformed person, a diseased person, or a sinful person and take in that appearance at face value. We make righteous judgment: we look right at the appearance and say, “this is material sense, and Christ, the Light, dissolves material sense.” We turn within and experience the mystical union of Soul and Spirit which releases into human consciousness the Peace that passeth understanding. Then we behold the Christ, the Son of God, the perfection of Being!

If there is any degree of receptivity, the individual treated in this way says, “Oh, I feel wonderful! I had a healing.” But did he or she really have a healing or was Christ revealing harmonious being? Rightfully, God knows no disease. If disease is healed on the material level, it must be healed through medicine, diet, exercise, or mental suggestion. The Infinite Way function is not to enter a person’s thought or to use the word “you.” In our treatment, we start with the

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<sup>4</sup> Joel S. Goldsmith, Living Between Two Worlds, “The World of Material Sense”

word “God.” We keep our treatment on the level of God and never come down until we are so God realized that we know God is the only Power, the only Presence, that God constitutes individual being, and that being is embodied, a Body that is immortal and eternal. This Christ-being may *appear* as male or female, but it is not male or female and can’t have any male or female problems. It is incorruptible and incorporeal. When we have a *clear vision* of this, we release any thought of a human concept of body and the Christ Peace enters human consciousness where It dispels the illusions of material sense.

If you come across the appearance of disease in a child, you realize, “Ageless, timeless Being - there is only one Body and this Body is incorporeal, invisible and incorruptible.” There is a meditation in The Art of Spiritual Healing, in the chapter, “*What About This Body?*”

My body has neither qualities nor quantities of good or of evil. It has neither sickness nor health, is neither large nor small, has neither life nor death: My body is the temple of God, God-substance expressed as form and embodying and including all the qualities and quantities which constitute God, the *I Am*, the Soul. My body has neither youth nor age: It is as ancient as God and as young as each new day.

So the Body is incorporeal, invisible, eternal and immortal and It will always be so. At one time, there may have been only one person with any spiritual vision but that vision kept multiplying through God realization. Because infinity is the measure of God’s being, body kept appearing and now we have billions of people yet there is only one Body!

A question on the desk asks why there is reincarnation. As long as we entertain a material sense of body and

existence, there will be reincarnation. But in this Message, we realize the spiritual idea of Body and its perfection and keep it in our awareness at all times. When we look in the mirror, we recognize that we are seeing a personalized thought form and we keep our mind stayed on God knowing that there is but one Body that is incorporeal, invisible, and indestructible. This is a form of protective work, and as we work this way, our body is less vulnerable to the influences of this world called “material sense.”

This world is a mental world. [And the concept of body is a mental concept.] The body cannot be sick without our accepting sickness in the mind. The body of itself certainly cannot sin; it cannot of itself steal or defraud. In fact, we cannot carry out anything physically without first accepting it in the mind. The world of mind is material sense of world.<sup>5</sup>

So when we begin to fill our mind with truth and we hold truth in our mind, “There is only one Body, invisible, incorruptible, eternal and immortal,” we become a blessing to everyone because we are knowing the truth and the truth will make us – and all those who are receptive – free.

We can sit in the Silence and release the Christ Peace, “*the peace of God, which passeth all understanding,*”<sup>6</sup> but if we haven’t realized the spiritual nature of Body, we may or may not be healed. For example, what if we have accepted that we are a female body having problems with the change of life? We would have to recognize that this concept is material sense and has no power other than universal consent. We then consciously realize, “There is only one Body, and it is

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<sup>5</sup> Joel S. Goldsmith, Living Between Two Worlds, “The World of Material Sense”

<sup>6</sup> Philippians 4:7

neither male nor female so it cannot go through change of life or do the things a female body does when it is responding to material sense. Another example is “pre-menstrual syndrome” – we never had this when I was young! There is a rhythm in the body just as the tides ebb and flow. That flow is part of the body’s rhythm and it has *no power* to be destructive or constructive. This is a part of this world’s pattern, but the Body is neither male nor female – it is spiritual and incorruptible and is not under any human law. Say to yourself, “I am under Grace because God constitutes my being and my body. My body is His temple, governed by God and under the rhythm of God. It is maintained and sustained by God.” When we know this truth or have truth unfold to us, all symptoms will disappear because we have realized the truth about Body.

Spend about six months with The Art of Spiritual Healing to understand this way of working. In some other metaphysical studies, we were taught to look at the patient and say “you.” In the Infinite Way, we do not say “you.” Instead, the impersonal, Christ love releases men and women from material sense. There is only one Body that we cannot see with our physical eyes. We know that the body we see is just a thought form that reflects, more or less, our human heritage whether we are Italian, Jewish, Scottish, Hawaiian, Asian or Black. The body cannot govern us – we govern it in our relationship of Oneness as we consciously know and abide in the Truth. In the mystical union, the Christ in that deep Silence of inner peace dissolves in us all material sense. If we have been pondering the spiritual sense of body, that Spirit of God in us bears witness to the truth, and the healing or revealing of harmony is instantaneous.

*Dear Friend,*

*This lesson is an important lesson to keep us free. To further understand it, review the chapter “The Tree of Life” in Parenthesis in Eternity.*

*“Ye shall know the truth” and the truth that you consciously know “shall make you free.”<sup>7</sup> The hypnosis of material sense will always try to keep us attached to the appearance so “eternal vigilance is the price of freedom!”<sup>8</sup>*

*In November, I will join John, Sandra and the California students at the Redondo Beach class and have Thanksgiving with the family.*

*Aloha,*

*Virginia*

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<sup>7</sup> John 8:32

<sup>8</sup> Thomas Jefferson