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***All About the Mind,
Love, Light, Life, and God***

by Jon Mundy

This is salvation's keynote:

*What I see reflects a process in my mind,
which starts with my idea of what I want.*

*From there, the mind makes up an image of the thing
the mind desires, judges valuable, and therefore seeks to find.*

W-325.1:1-2

The role, power, and place of the Mind is so important in our lives it behooves us to look at the mind up-close and carefully. Appreciating the sovereignty of the Mind and our ability to choose determines our progress in the Course, and thus, in life. The main question always is, “Who is the chooser and who wants to know?”

Ultimately means *eventually, finally, or at last*. Whenever the word “ultimate” or “ultimately” appears in the Course, you can be sure that whatever appears after it is true. What is ultimately true is always true. Ultimately no compromise is possible between everything and nothing (T-2.VII.5:10). Separation from God is *ultimately* impossible. It never happened and cannot occur. For this reason our everyday experience is a dream.

Ultimately Only Mind Exists

Nothing exists outside of the Mind.

Mind is everywhere encapsulating everything.

Mind is eternal, invisible, and formless.

It cannot be dissected, analyzed, or broken down into parts.

The Mind is non-local. It is not bound by space-time.

Space and time are beliefs. Belief is an ego function.

Belief is an opinion – a point of view. It is not the truth.

Ultimately, space is as meaningless as time (T-1.VI.3:5).

Because the Mind is a-temporal, it is free of limitations.

The world we see is *an outside picture of an inward condition*
(T-21.in.1:1). Everything is a “decision.”

Do I see with the eyes of the ego or the eyes of Spirit?

*“To fly as fast as thought, to anywhere that is,” he said,
“you must begin by knowing that you have already arrived.”
The trick, according to Chaing, was for Jonathan to
stop seeing himself as trapped inside a limited body
that had a forty-two-inch wingspan
and performance that could be plotted on a chart.
The trick was to know that his true nature lived as perfect as*

an unwritten number, everywhere at once across space and time.
From *Jonathan Livingston Seagull* by Richard Bach (1936-present)

God Creates Only Mind

Philosophers have toiled for years over “the mind/body problem.” ‘Where,’ they ask, ‘does the mind end and the body begin or where does the body end and the mind begin?’ No such problem exists in the Course and the solution is simple. *There is no body! There is Only Mind!* The Mind is “wholly” real. The body is “wholly” illusory. While you might argue that there is a “temporal connection,” it is strictly temporal and, therefore, a fantasy. The body is a dream figure. What happens when we awaken is that we realize “we were sleeping.” The following is a description from a good friend, a medical doctor, and one of the most deeply spiritual guys I know. He called the following a “dream memory.”

It was world war one and I was lying in a trench. I was wearing military combat fatigues. It was a typical trench from world war one, about four feet deep and muddy. There were ladders and barbed-wire as well. I saw a bright blue sky with white clouds floating about. All around me was the sound of screaming men, gunfire, and cannon fire. The smell of battle was there as well as the feeling of fear. I was shot in my lower body and could not move. As I lay there, another shell came in and landed a few feet above me. It did not explode right away. As I looked around me, I saw my friends running away. I turned and looked at the shell again and it exploded.

In that instant, I was free. I was again a thought of consciousness surrounded by peace and quiet. My first thought was that’s it? Nothing hurt. The transition was instantaneous. I was complete peace and freedom. No horrible or pleasurable experience to go through. Why was I so afraid of death when it is, in fact, a nonevent? I cannot even say that it was amazing. It was nothing. Blink - I was freedom.

I suspect that the first thing which is going to happen to us when we “die” is the thought, “I’m still here.” Not in the body. There is no permanence in any body. The Course goes so far as to say that, *at no single instant does the body exist at all* (T-18.VII.3:1). To be real, to be perfect is to know that one is part of Everlasting Mind. All there is, is Mind!

*A major source of the ego's off-balanced state is its lack of
discrimination between the body and the Thoughts of God.*

T-4.V.2:1

Perfection cannot be assailed. God cannot be assailed. The Mind cannot be assailed, unless, *I think it can*, in which case I’ve fallen into little “m” ego-mind which is a state of dreaming or “mindlessness.” Preoccupation with the body makes it easy to forget the Mind. The ego keeps us distracted with pains and pleasures, wants and needs. It, therefore, keeps us “trapped” in the body. Bodily needs keep us from recognizing the power of the Mind. The body “needs” oxygen, drink, food, sleep, drugs, sex, and more. It “needs” to be touched and recognized. It is a great diversion – a tremendous distraction.

*Miracles reawaken the awareness that
the spirit, not the body, is the altar of truth.*

Principle Number 50 from the Fifty Miracles Principles T-1.I.20

There is more to life than the needs of the body – way more. The body is *the thought of separation* taken seriously. It is an isolated speck of darkness, a hidden secret room, a tiny fence around a grand and glorious idea, a meaningless enclosure carefully protected. If there is a body and a world – there is separation; there is division. There is then no Spirit. There is no God. There is no Love. There is no Perfection. There is just the body and the world, and time and sickness, and old age and death. Such is the ego’s limited view of life.

The Mind and the Body

The Mind is not in the body. The body is in the mind.

The Mind is not in the brain. The brain is a computer.

The body is a wall of flesh around the mind, keeping it prisoner
in a tiny spot of space and time (T-20.VI.11.2).

Mind transcends space-time. Bodies are bound by space-time.

Seemingly trapped in a dream, we struggle to awaken. The body is the “hero,” the central figure in the dream. Focusing on the body keeps the mind asleep. As we begin to awaken, as awareness is raised, the proper use of the body is realized – *to let God’s Voice speak through it* (M-12.4.2). According to the Course, the body serves as an “in the dream” amplifier for the Voice for God. The Ego (mind) is possessed by illusions, but spirit is eternally free.

Spirit is the Thought of God

In German, the word *Geist* means Mind and Spirit.

In French, the word *Esprit* means Mind and Spirit.

While the body ultimately does not exist,

Mind and Spirit are one and the same.

Life is the result of the Thought of God.

Death is the result of the thought of the ego (T-19.IV.C.2:15).

Believing that I am a body, I don’t realize that I am, in fact, a Mind (Spirit). As long as my little “m” mind (ego) is “possessed” with bodily thoughts, then it is in control of my mind. If I think I am a body addicted to alcohol, to drugs, to food, to sex, to any bodily-based compulsions of any form, I am not free. If the mind is in the right place (following the guides of the Holy Spirit and not the ego), it is then perfectly possible to live in a body, and yet, remain free.

My friend George Robinsons, a Course teacher from Charlottesville, Virginia, tells the story of going to see an ophthalmologist when a case of shingles went into his left eye. The ophthalmologist was describing all the terrible things that could happen to George including blindness. George who exudes calmness said, “All is well.” The doctor hit his fist on the table and said, “All is not well!” And George said, “Doctor, you are talking about the body. I am talking about attitude.” Despite the potentially dangerous diagnosis for his body, George’s Spirit remained free. Some bodies are disabled from birth, from accidents, from old age. On the physical level, there may not be much which can be done. On the attitude level, great strides are possible.

*I thank God for my handicaps, for through them,
I have found myself, my work, and my God.*
Deaf/blind American author Helen Keller (1880-1968)

As much as I can, as long as I can, I want to keep the body light, fluid, flowing, and moving. I want to keep it from becoming a distraction. Heavy bodies, drugged bodies, addicted bodies can “obsess” the ego. The word “obsession” comes from the Latin *obsessionem* which means to be *besieged, sieged, or blockaded*. I have trouble turning my mind to Spirit where true freedom lies, if I’m feeling besieged. Freedom is where Spirit is. There is no greater freedom than doing God’s will – because (and here is a secret); it is my will! As Jesus said, “I and my Father are one.” (John 10:30)

*The Holy Spirit leads you steadily along the path of freedom,
teaching you how to disregard or look beyond everything
that would hold you back.*
T-8.II.4:4

As I walk the path of life, the path of every increasing awareness, the path which leads closer and closer to the door of Heaven, I want to be less and less fixated on the body and the world, and progressively more and more attracted to Spirit, to Love, to Light, and that Life which is of God. The body was made to perceive, feel, touch, taste, hear, and smell that which is external to the mind. *Ultimately*, the body is clay, dust – ashes. Minds can join – bodies cannot. We can be “of one Mind.” We cannot be “of one body.”

*The body represents the gap between the little bit of mind
you call your own and all the rest of what is really yours.
You hate it, yet you think it is yourself, and that,
without it, would your self be lost.*
T-28.VI.4:1-2

My mother, Milly, left her body on Christmas Day 2001, at the age of 85. Mother asked that her casket not be left open at her funeral and we honored her request. On the evening before the funeral, my sister Ann and I, and our immediate family went to the funeral home. They brought out mother’s body. I reached out and touched her. She was ice cold. They must keep bodies in refrigeration. I looked at her corpse and thought, “That is not her.” I looked at a picture of her on top of the coffin. She had bright eyes and a beautiful smile. “That is the way,” I thought “that I shall remember her.” I never doubted that mother loved me completely. Love knows nothing of time and space. On the level of Mind, where true love is, Mother and I have always been and will always be connected. The heart is the place where mind and love converge. If a mind perceives without love, it perceives an empty shell and is unaware of the spirit within (T-1.IV.2:9).

Mind Causes Everything

Mind is the cause. The world is an effect.
Fear, guilt, and suffering are all in the ego-mind.
Love, truth, eternity, and knowledge are all in the Spirit/Mind.

The Course uses the word “mind” to describe:

A. **The Mind of God**, One-mindedness, Reality, Heaven, Truth, Love, Light, Life, Eternity, and Perfect Happiness.

B. **Ego-mind**, the belief in the reality of a separate self, which is split off from the Mind of Christ;

The “thought” of separation giving rise to sin, guilt, and fear.

Symbolically this little “m” mind came into existence at the point in which Adam thought he could think a thought outside of the Mind of God. In truth, this event never occurred, which is why this life is a dream. This is what the Course is trying to help us to “re-cognize.”

This split mind has two parts.

The wrong mind, the illusory mind, the dreaming mind, the unhappy mind, the lost mind which has wandered into a far country.

The right mind (the Holy Spirit), the Voice for God, which makes the correct choice, and thus, brings us back to One mindedness – the Mind of God.

Everyone Has a Wrong Mind. Everyone Has a Right Mind.

Nothing happens on the level of the body which does not originate in the mind. We do not doubt the existence of the mind because we partake of mind. It is possible to think of life without a body. It is not possible to think of life without a mind. While *ultimately* there is only one Mind (God), we experience a “split mind” we call ego, or me, or Pauline, Steve, or Rob, or Bonnie. This “character” chooses between (The Mind of God) or the ego-body. These are the *only alternatives* for the mind. The task before us, therefore, is to progressively ignore the ego and ever more consistently listen to the guidance which comes from Spirit. Spirit can lead us Home. Ego would keep us separated, isolated, and in hell. *A Course in Miracles* is a course in mind training. The goal of the Course is to help us consistently raise our level of awareness by progressively moving from wrong-minded to right-minded thinking.

“Why is it,” Jonathan puzzled, “that the hardest thing in the world is to convince a bird that he is free, and that he can prove it for himself if he’d just spend a little time practicing?”

Jonathan in *Jonathan Livingston Seagull* by Richard Bach

Only the Mind

Only the mind is real and belongs at the thought level.

Only the mind is responsible for seeing.

Only the mind can be illuminated.

Only the mind can be sick. Only the mind can be healed.

Only the mind can evaluate. Only the mind can decide.

Only the mind can be shared.

Spirit is One

The ego is legion, broken into a multitude of forms – ad infinitum. The ego is also an illusion. Spirit is reality. The mind *chooses* ego (illusion) or Spirit (Reality). The mind is

weakened when it is seduced into sleep, dreams, fantasies, nightmares, and fears thus, making us mindless. Spirit is God's answer to the ego. A mind in the service of Spirit becomes invulnerable. Unified Spirit is God's One Son. This One Son is the Christ. You are the Christ, a Child of God. So is everyone. Being Christ, we know Christ.

*The Holy Spirit is in your right mind, as He was in mine.
The Bible says, "May the mind be in you that was also in Christ Jesus,"
and uses this as a blessing. It is the blessing of miracle-mindedness.
It asks that you may think as I thought, joining with me in Christ thinking.*
T-5.I.3:3-6

The purpose of the Atonement is to cancel out error (wrong-mindedness) thus, restoring the awareness of Spirit in the Mind. A miracle does not transform the form, it transforms the transformer. A miracle places the mind in the service of Spirit instead of the ego (body). The Holy Spirit is in the part of the mind that speaks for the right mind thus, restoring sanity. Obsessions are forms of insanity. Spirit is sanity. Insanity is not the Will of God. It is insane to persist in maintaining the illusion of separation from God?

*You may believe that you are responsible for what you do,
but not for what you think. The truth is that you are responsible for what
you think, because it is only at this level that you can exercise choice.
What you do comes from what you think.*
T-2.VI.2:5-7

When the mind is identified, associated, and connected with Spirit everything changes. Life works. Miracles occur. Doors long locked are opened. Revelation once blocked becomes clear and we experience in-sight. God's creations are more clearly seen. Love automatically flows freely. Love is not something I "struggle" to achieve. Never worry about being loved. Giving it away, it comes back in abundance. If it does not come back in some earthly way, don't worry – it will come from God and we find it issuing forth from our hearts in each earthly encounter.

*See how the body's eyes rest on externals and cannot go beyond.
Watch how they stop at nothingness,
unable to go beyond the form to meaning.
Nothing so blinding as perception of form.*
T-22.III.6:6-7

*As nothingness cannot be pictured,
so there is no symbol for totality.
Reality is ultimately known without a form.*
T-27.III.5:1-2

Plato, the Course, God, and Formlessness

The Greek philosopher Plato, (424-384 b.c.e.) observed some 2,500 years ago, the abstract nature of Mind. Ideas are "real" and "formless" unless we give them form as a builder gives form to the ideas of an architect. What the architect creates is "temporal." Ideas remain forever. Every "thing" is an emanation of mind. If there were no mind, there would be no concepts. The Course

“seems” difficult because it is teaching us about *formlessness*. Reality can only be known in the Mind. The Mind is formless. We are very attracted to form. We see the outside. If the “form” looks good, it is all that really matters. Mind is “in-sight.” It sees inside. God is “divine abstraction.” What is abstract is not on the outside.

Form is Mindless

The English physicist, Dr. Stephen Hawking (1942-present) has said that there is no perfection in the universe. He is right insofar as he is thinking about the “formal” universe – the one that partakes of form – the one in which stars are being born and dying. *There is no eternity in form*. All mindless idols dissolve in time. People’s names appear on street signs, on buildings, grave stones, statues, and mausoleums. All these objects are temporal. All forms *ultimately* disintegrate. Bodies, mountains, planets, and stars all disappear in time. Mind is timeless. Spirit is timeless. Perfect Happiness is possible now because in the reality of “now,” there is no past or future. Only “now” can the holy instant be known (T-13.IV.7:5-7). What is not in communication with the Mind of God has never been. In the enlightened mind, there is no time. There is no past, no need for guilt, or judgment. There is no future, there is nothing to fear. Perfect happiness cannot be found in an illusion.

*But overcome space, and all we have left is Here.
Overcome time, and all we have left is Now.
And in the middle of Here and Now,
don't you think that we might see each other once or twice.*
Jonathan in *Jonathan Livingston Seagull* by Richard Bach

There is no Life Outside of Heaven

The ego lives on the outside – in what can be seen in a mirror or a picture. We live on the outside of the planet. We live in the world of fashion, the latest trend, or fad. We live in films, television, magazines, and newspapers. Focusing on the outside – focusing on the body leaves us *mindless*. The mind is the *programmer*, the decider, the *determiner* of the world we see. When I fell in love with Judy, my high school sweetheart, I looked at her and said, “I love you very much. I love you a lot.” I wanted to say more, so I wrote poems but it wasn’t enough. Words are symbols of symbols – twice removed from reality. I was still using words and words were inadequate.

Love like Mind is not in Space Time

Love is a non-dualistic experience. Love is the opposite of fear. It is a miracle; it is strength; it is sharing; it is freedom; it is guiltless; it is not special; it is wholly without illusion; it is not learned. There never was a time when Love was not. Love like Mind, like Spirit is everywhere. The pre-Socratic philosopher, Anaximander (610–654 b.c.e.) held that “reality” was *apeiron* meaning *boundless* or *unlimited* “a” meaning *without* and *peirar* meaning *end*. God, Mind, Life, Spirit is everywhere without end.

*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.*
T-6.V.A.1:3-4

God is Life

Life does not begin with the birth of a body.

Life does not end with the death of a body.

Life is an eternal attribute of everything that God created. The Love of God is in everything He created. Being alive means being in communion with God (T-14.IV.10:6). Heaven is here and now. Heaven is Home. What already is, is not coming someday. It's a matter of seeing – not a matter of time. The Kingdom of Heaven *is* us. How can what already is be coming someday? Life is *Being* itself. It is Essence; it is quintessence; it is what always is and cannot not be. [Double negatives can be used to make a positive as it says in ACIM, *you cannot not teach* (T-6.III.4:1)]. In the same way, we cannot not be.

Light is Life

Light reflects Life. Light and Life are aspects of creation.

Light, Life, and Love are all reflections of Perfection.

*God has lit your mind Himself,
and keeps your mind lit by His light
because His light is what your mind is.*

T-7.III.5:1

Life, Mind, Spirit, Love, and Light Do Not Have Form

Mind supplies Spirit with energy. Light has energy and momentum but no form. Darkness disappears in light. Light is unlimited. Light is not of the world. It is within not without. Light is knowledge. Light does not oppose the Will of God. Light is tranquility and peace.

Light = Life = Love = Light = Love = Life = Light = Love = Life

If God is *Love* and God is *Life* then *Life* is *Love* and *Love* is *Life*. The more in love we are, the more alive we are; and, the more alive we are, the more in love we are. The more we know God, the more we know *Life*.

*Where God created life, there life must be.
In any state apart from Heaven life is illusion.
At best it seems like life; at worst, like death.
Yet both are judgments on what is not life,
equal in their inaccuracy and lack of meaning.
Life not in Heaven is impossible,
and what is not in Heaven is not anywhere.*

T-23.II. 19. 1-6

The Problem of Perception

The Course distinguishes between *knowledge* and *perception*. Perception is dualistic. There must be a subject and an object. Perception “sees” the outside. Knowledge sees inside.

Knowledge is of the Mind. Knowledge is wholeness – there is no division. Knowledge is the pre-separated world of God and unified creation, where there are no forms and differentiations. Knowledge is timeless and conflict free; it is wholly shared and wholly one. Knowledge is total. The separated mind does not understand totality. It cannot understand perfection. (T-7.VI.4:2).

*Life and death, light and darkness,
knowledge and perception, are irreconcilable.*

T-3.VII.6:6

Knowledge is impersonal. Perception is specific, and concrete. Hot and cold are *relative* to a body's *perception*. There must be a perceiver, a "measurer" if you will, or a "judge" who decides if something is hot or cold. When someone is told that the cheap wine they are drinking is an expensive wine, they like it better. When told that an expensive wine is a cheap wine, they like it less. It all depends on perception based on belief. The mind can accept as truth something which is not true and defend it despite profound inconsistencies as it does in any form of extremism, fanaticism, or cultism as it did during the Inquisition, the Nazi era in Germany, McCarthyism of the 1950s, or any forms of totalitarianism.

The Will of God is One and all there is.

M-20.6.9

Duality Is Not Reality

If we accept both good and evil into the mind, we accept both false and true. Just because it's dark out, it does not mean that the sun is not shining. A part of the earth has only temporarily turned away from the sun. Just because we cannot see God, it does not mean that God is not there. We have only temporarily turned away from the Son.

*Few appreciate the real power of the mind,
and no one remains fully aware of it all the time.
However, if you hope to spare yourself from fear
there are some things you must realize, and realize fully.
The mind is very powerful, and never loses its creative force.
It never sleeps. Every instant it is creating.
There "are" no idle thoughts.
All thinking produces form at some level.*

T-2.VI.9:3-8 & 13-14

Mind like Spirit, like Love, like Life, like Light is formless and timeless. Having a body is not what gives us life, though life may find temporal expression in bodily form. We think of Life as something limited to a form – to a body, like a plant, an insect, an animal, or a human being. Like love and the mind, Life is formless. Prayer is formless. Truth is formless. Joy is formless. God is formless (C-6.5.8). Perfection is formless. Perfect happiness is formless.

How holy are our minds!

*And everything we see reflects the holiness within the mind
at one with God and with itself. How easily do errors disappear,*

*and death gives place to everlasting life.
Our shining footprints point the way to truth,
for God is our Companion as we walk the world a little while.
And those who come to follow us will recognize the way
because the light we carry stays behind, yet still remains with us as we walk on.*
W-124.2:1-5

*Heaven is not a place, and it is not a time.
Heaven is being perfect.*
From *Jonathan Livingston Seagull* by Richard Bach
*You will begin to touch heaven, Jonathan, in the moment that you touch perfect speed. And
that isn't flying a thousand miles an hour, or a million,
or flying at the speed of light. Because any number is a limit,
and perfection doesn't have limits.*
Perfect speed, my son, is being there.
From *Jonathan Livingston Seagull* by Richard Bach (1936-present)

Remember, as Jonathan Livingston Seagull's teacher, Sullivan, says it,
"The gull that sees farthest flies highest."

Amorosamente (Lovingly),

Jon