

“Using the Body Solely for Communication”

(T-8.VI)

The mind’s purpose is extension to other minds

This is the same as communication, because communication means taking what is in your mind and extending it to other minds, so that now both minds contain the same thing. Which means they are now joined. This is the mind’s true joy. Because of this, when the mind does not extend, it becomes joyless and therefore sick:

The arrest of the mind’s extension is the cause of all illness, because only extension is the mind’s function. (14:5)

3 uses of the body

1. Using the body for attack

- This equates you with the body, which makes you feel belittled and depressed (1:6-7).
- This represents a “confusion in purpose,” because attack isn’t the real purpose of the body (13:1).

2. Using the body as an end in itself

- This means pursuing physical comfort, safety, enjoyment, health, and beauty as ends in themselves.
- Because the mind’s natural dynamic is to go beyond the body and extend to other minds, treating the body as an end in itself means arresting this dynamic. The mind impulse stops at the body.

It does not stop at the body, for if it does it is blocked in its purpose. A mind which has been blocked has allowed itself to be vulnerable to attack, because it has turned against itself. (11:6-7)

If the mind believes the body is its goal, it will distort its perception of the body, and by blocking its own extension beyond it, will induce illness by fostering separation. (12:3)

- This causes the body to be sick:

To see a body as anything except a means of pure extension is to limit your mind and hurt yourself. (15:1)

3. Using the body as a means of communication (extension)

Remember that the Holy Spirit interprets the body *only* as a means of communication. (2:1)

The ego *separates* through the body. The Holy Spirit reaches *through* it to others. (2:3-4)

Your body becomes for you a means which you give to the Holy Spirit to use on behalf of the union of the Sonship. (5:1)

- This results in seeing the body truly, since this is what the body is really for (5:2).
- You become aware of the power of the mind. You realize it is not limited by the body.
- The body “becomes a beautiful lesson in communion” (3:6).
- It becomes, on a functional level, the temple of the Holy Spirit (10:7).
- Your body will be healed, because the mind working through it has been healed, by letting it express its natural function and its joy.

Healing is the result of using the body solely for communication. (11:1)

Exercise

Think of yourself sitting down for a meal with someone. How are you using your body?

Are you using it as an end in itself? Is the other person less important than your pleasure and comfort?

Are you using it for attack? The best gauge for this is how the other person feels—do they feel belittled, not listened to, less than, judged, dismissed, not seen, on the losing end, less important than your food, used, manipulated, not taken seriously, condemned, controlled, misunderstood, etc.?

Are you using it as a means of pure extension? Do you feel your mind shining with happiness and love toward this person, wanting only for them to feel valued, lifted up, and healed? And as a result, do they feel those things themselves?

Don't think that it's all one or the other. Think in terms of proportions—how much of each one.

Now say to yourself,

I see my body only as a means of pure extension.

I use it to purely extend to your mind.