

# The only Body there is, is a Resurrected Body

**April 1st, 2009**

Sometimes I wished you would expect more of me...

I wish you allowed me to heal you altogether....I wish you would expect that much of me! If you expected everything of me you would receive everything of me. In other words, if you believed in me, you would receive everything.....that is true.

“Those who believe in me shall never die”... that is true. Those who believe in me see themselves. I am you.....when you believe in me, you would have remembered your relationship with God. it has nothing to do with the image you see in front of you, nothing!

Say to me: Miracles are seen in light.

Are you seeing the miracle? Right now? Look at it, what do you see? You are not going to see it with the body's eyes, obviously. Say to me: the body's eyes see nothing. How can I help you? One more time: the body's eyes see nothing. How can I help you? One more time: THE BODY'S EYES SEE NOTHING! How can I help you? Thank you..good! The body's eyes see nothing. It is just a thought that is being given you now. Good, why? To help you expect more of me, I am trying to help you expect more so that you receive more. You are satisfied with so little.

Once again: Why don't you expect everything, why don't you expect me to awaken you. Do you expect me to awaken you? That is easy... I am awake, and if I am awake, you are awake. Expect a little more of me!

You mean there is only one of us, and that one is awake? Exactly!

How do I see that? The body's eyes see nothing, the body's eyes see nothing, the body's eyes see nothing! Good! Now, the question follows naturally.....

If I am not a body, what am I? Good, that is the right question, that is right question...that is the right question, now you can be shown, why? Because you have left a space vacant.....

If I am not a body, what am I? If the body's eyes see nothing, I want to see what is really here. Show me. What is really here!

Aren't you a little sick and tired of being a body yet? Have you become sick of it? It is a pain in the ass, isn't ? It is a pain in the fucking ass! Leading with other bodies, cleaning it, flossing your teeth....pain in the ass!

You want to go home? Hey baby, you want to go home with me? You look good to me. You know why you look good? Because you want to go home me! Anyone that wants to go home with me, looks good to me. Do you hear me? It has nothing to do with your body. I am not interested in

your body....good, do you see how easy it is? I am looking at you intention to leave here. That's what makes you beautiful to me.

How much do you intend to leave here, that is the question? The body is a pain in the ass! I promise you that the body is nothing but a pain in the ass. You are ready to let it go? You know that this is what it comes down to, you will have to let it go one way or another.

You don't like crucifixion? Neither do I! I am tired of letting it go by dying. Say to me: "I don't want to die anymore." Take a breath...neither do I. You can't get out by dying. You are depending on it. But you can't get out that way. Are you with me? Who is with me? I am talking about a resurrected body. The only way out is resurrection. The only way out is by seeing the light. Guys, good... it is being given you.

What do you think I am? I am a demonstration of that. Call it physical resurrection if you like, sure, why not? There is no such thing as the physical, but if you think there is, the resurrection is physical. I have no problem with that. None whatsoever, none! You won't be a body in any case. However you do it is fine with me, I don't care. What is important is that you see the light. Is there anyone not seeing the light? Who is not seeing the light? Don't be afraid.

When I say the body's eyes see nothing, I mean the body's eyes see nothing... I mean there is nothing there. I am trying to heal you altogether if you let me! Listen to me; there is nothing there! It's an illusion, it's a reflection, it is an effect...

Don't do that anymore...I watch you associate with one another as if there is something there. Why do you do that? There is nothing there, there is no one there.

You are ready to leave here, singularly? Everyone, are we on the same page? Do you want to look around and be responsible? I am responsible for this. I am the only one here. I am tired of this. I am tired of sickness, I don't know about you; I am tired of sickness, I am done with this, It is a pain in the ass.

I don't care about the form it takes, I don't care who it looks like, sickness is a pain in the ass! If I am a body, then I will get sick. Do you hear me? The body identity is what sickness is. Not only will I get sick, but everyone around me is going to get sick, all of my loved ones. Can you accept that much truth? If you remain a body, your loved ones die. Can you accept that much truth, can you accept that much truth? I don't know... it is going to be truth in any case. You are condemning them to death and then you tell me; "I don't want to leave my loved ones." I don't understand....

What do you mean you don't want to leave your loved ones? You are condemning your loved ones to death. Do you hear me? This is an advanced teaching, I don't know where you are but I hope you are able to hear me. If you remain a body, your loved ones die, period, there is no way around it. That is what bodies do, isn't it? Alright! You are not a body. You are not a body, I am looking right at you; You are not a body, you are not a body. What am I? I am demonstrating it to you, showing you what you are: You are a vibrating string. Why don't you vibrate a little bit? What are you afraid of? Why don't you vibrate a little?....

Do you want to vibrate with me? I will be your Pingale... you can be Ida.....Do you want to

vibrate with me? I love that about you... you are an easy vibrator! Thank you, thank you. It is resonance, it is resonance, it is why we are together. It is resonance, we resonate, it is why we are together, we resonate at the same frequency, and it is natural. In other words we love one another, it is the same thing. I am enjoying your vibrational frequency.

What does that have to do with the body? Everything and nothing! Is the body included? Feels pretty good.... I have no problem with including the body, none! It is going to be a vibrating string in any case. It is going to be a thought. Alright, don't worry, there is nothing to be afraid of, nothing to be afraid of. You really aren't a body! Truth is true. Thank you...

Emilio, do you want to vibrate with me? That is us working together at the "creperie" ... Emilio, can you feel that? It is just a thought. It is a vibratory frequency that we share. Are you hearing me? There is the creperie. What is the creperie? It is just a thought, a vibrational frequency that we are all sharing. Can you hear me? do you see the value of it? Any thought that unifies is valuable. Can you hear me? Its is what this provision is.

What is El Portal? A thought which unifies! Do you hear me? That is called Holy Spirit. You've got it. Don't make it difficult. It is very simple, is what brings us altogether; it is why we are here. We are each associating with the thought that is unifying. It is called "Holy Spirit", it is called "Creperie," it is called "Master Teacher, it is called " Josh" it is called "Jesus" of course.....

Dar, we share a thought, do you see? We share a thought. That is why I love you so much, we share a thought and we are not guilty about it. I made the discovery a long time ago, and it works! I made the discovery. That is why you are not guilty, that is why I forgive you. Do you forgive me, do you forgive me, guys do you forgive me?

I am just offering a way out now. It is called the back door. It may not be pretty, but it works. Do you want to leave here? Come on... the door is open. The door is open, that is as much as I can tell you... Don't worry about opening it, it is opened, you are free to leave.....

What does it look like when I cross over? Why don't you come over and see? Let it be a surprise.

But I am afraid..... I am here with you. I am the Voice and I am here with you. There is nothing to fear. When it is over is over! Right Dar? When it is over, it is over! It is only one thought away.

Jesus.....

The easiest way to release that thought is to remember I am the only one here. I am the only one here. I am the only one here. I am a story teller, I am telling a story....I am dreaming a dream. I am dreaming The dream.

Father; It is my will to awaken at this time.

There is what you call "spiritology", it is right there. The way to awaken is by awakening others As you awaken others, you awaken. You are only awakening yourself. That's easy.

Thank you for your gifts. Father; thank you for your gifts! Your miracles are all around me. The miracle is you and I working at the creperie...that is the miracle. It is the shared thought which unifies. That is what the miracle is, and that is the name of you session; A miracle is a shared

though which unifies! No one cares what that is. Liberty! What is Liberty? A shared thought which unifies. To know Liberty is to Love Liberty!

I love you guys. There is no guilt we are sharing thoughts...that is all. They are no private thoughts; we are sharing the same thought. Good, it is called Tantra. Who cares? The body is a shared thought.

Do you mean there is only one body? We are all gathered in the same body? It is called the tomb. It is called the world...the same thing, it is a tomb. It is containing your awareness. You need the light in order to see. You are not going to see except in light. Ok? That is the vision that I am offering. The body's eyes see nothing.

Do you want the vision? Do you want the vision? I am looking at each of you individually. Do you want this vision? Do you want to share this vision with me? I am offering to you. Receive it of me. I give it freely. Giving it is how I keep it. I love you guys... see how perfect the plan is? Everyone gets exactly what they ask for.

That is a perfect plan, guys. No one is suffering, no one is struggling, every one is getting what they are asking for, exactly. I love you guys. Thanks for being here with me. We are waking up together. There is only one of us here.

Why would I take you to the dentist? Because it is a shared thought, which unifies! In other words, If it makes you happy dear, I will take you to the dentist. Whatever it takes to make you happy, I am willing to do. Can you hear me? This is the Holy Spirit. The question is why aren't you happy? Because you think you are getting something that you are not asking for and that is not true; you are getting exactly what you are asking for. The problem could be that you are asking for too little.

Now: I came back to where I came inn. Sometimes I wish you would expect more of me. You can have whatever you like. I will grant all of your wishes. You can have whatever you like. What would you like to see? Guys, I am speaking as the light now. What would you want to see? Whatever you like!

A world without pain? It is a good start; A world without suffering, a world without death? It begins with you...

I accept my own perfect health. It begins with you. Yes? I am God's Son, complete and healed and whole. Do you accept? It is going to be who you are! Do you accept? I accept. Now you are healed.

But I....., no you are healed. You are healed altogether. Why? Because you accepted! Would you accept it of me? I don't know. If you think I am a body you will not accept anything from me, it is not possible. It is not a body that is offering you anything, it is a whole thought in my mind. I am offering you a healing.

What is a healing? A whole thought in my mind. Yes. Thank you. Do you accept it of me? I am God's son complete and healed and whole. Accept it, accept it! Good. When you accept it, I receive it; giving and receiving are the same. I am just showing it to you. Good.

Why do you think I look for gratitude? Gratitude is a sign that you are receiving me. When you receive me, I win. Do you see? Giving and receiving are the same. I love you.

Why do you think you want to hang out with guys that are determined? Thank you....good. It is all though, just though, it's just thought, don't be alarmed. It is just thought. It is just a thought. You are just a thought!

You listen to me: You are a thought and you are also the mind thinking it. You are both the context and the content, you are all of it! That is the highest teaching I can offer you; God is the mind with which I think, yes, and I am a thought in the mind of God. I am both of those things. Are you telling me that form and spirit are the same thing? That is exactly what I am telling you.

Is it ok that I am demonstrating it for you? Form and spirit are the same thing. The only body there is, is a resurrected one, and that is the name of your session.: The only body there is , is a resurrecting one. If there is a body at all it is a resurrecting! That is; it is going to light.

The body is a vehicle with which I go to light. OK? There is nothing wrong with the light. It is just a vehicle. It is the means by which you remember God.

I want everyone to love your body now. Love it, love it! Would you love your body? Just as it is, Love it! Why? It is the means by which you remember God. Why wouldn't you love it? Would you do that with me? Thank you.

Thank you Josh, you have served me well. That is why we are together....I like hanging out with Josh...what is wrong with Josh? He's got all the elements, look; he is got everything you want in a savior. Yes? He is just a thought but He works fine. He will do whatever you ask of Him. Have you noticed? That is the quality I admire most in him....He will do whatever you ask of him, he'll do it for you. He is a good guy.

You are all good guys, you are all good guys...everyone here is a good guy. Emilio is a quintessential good guy; He is the archetypal good guy. Yes? That is why He is with me. Thank you. Is every one ok? We are sharing a thought which is unifying, and we are going home. That's it! OK?

We are moving through realms, worlds....guys listen to me; we are ascending, we are traveling through space and time. We are moving through worlds, of course. This world is not the same as the one you just left. I promise you, it is different, of course; it is vibrating at a higher frequency. Guys are you ok with me?

It is not easy to embody it. The moment I embody it you think I am a body, but I am doing the best I can. I am doing pretty good. No one wanted this job. Aurabindo liked to talk about it but He didn't want the job. If he wanted it, it would have been his job instead of mine. Nobody wanted this job, nobody! Not even The Old Man wanted this job.

I've got you, and I've got you physically. That is the truth! You took my bait! I've got you by the balls, I've got you. Is everyone ok?

It's just a story, we are sharing a thought ....good.....

I love you. I love this thought because I love you. I love the thought of El Portal, because I love you. And if it wasn't for El Portal, you wouldn't be here with me. Thank you, thank you for sharing this thought with me. I love you...

It is called creation by the way, if you want to give it a name. It is a shared thought; a tradition of enlightenment. El Portal is a tradition of enlightenment, of course. Everything we leave behind will be that tradition. Yes, how do I know that? It worked! And if it worked that makes it a tradition.

It is a thought that became whole. Thank you, and I love El Portal. I love you.

I want to offer you this Verena; El Portal is the only tradition you need. You don't need any other tradition. I am ok in including other provisions, but remember it is here where it is being done, here, right here, in the thought of El Portal. That is where it is happening... so in that sense you can't do it without this thought. Trust me on this, I know what I am talking about. This is the thought within which you awaken. You can include whatever you like, I don't care. When you bring it to me it would already have been included in this thought. Did you hear what I just said?

By the time you bring it to me, it has already been included or else you wouldn't have brought to me. Good. Now you can hear me. In other words; this has already succeeded, of course. And everything that you bring to me is part of that success, absolutely.

See, time is a trick...this is already over. I am just giving you some insight into how this is really working. Everything you see arises from the overness. It is called a miracle. We are gathered in this final dream.... "Estamos en este sueño final". Thank you. Learning English is the last thing you do. Why? Because it is the last thing you wanted. It is just thought...guys, it is just thought, it is only thought.

The body is animated by light. Do you understand that? What animates the body is light....in that sense the body is a miracle. It sure is! It is a miracle that the light can take shape at all, it is a miracle, isn't that amazing? Thoughts, produce form, isn't that amazing? It's a miracle! Nothing is being taken from you; I am just offering an upgrade that is all. Upgrade your body identity. Is that ok?

Hey Dar, do you see that this the next obvious step in the translation? Call it a light body if you want; a subtle body. It is the next obvious step. It is the subtle body, it is meant to be enjoyed, just as all the stages are meant to be enjoyed. Come on the outcome is certain! You don't have to feel guilty about enjoying your subtle body. "But I feel unworthy to be healed" It is too late!

Hey guys, am I serving you? Good, I do my best...I don't know..... I leave and then come back and offer everything. I don't know what else to do. I mean if I am here it must be because I am needed here. Here I am. ...how can I help you? I'll do anything for you, I will do any fucking thing for you. What do you need? I'll do anything! My salvation depends on me getting you out of here, of course.....

That is a choice that God made, in other words, I have been delivered here by Grace. If I am

here, I am here by Grace alone. I have no other reason for being here. In other words; I am not here for you, I am here because of God, and because I am here on behalf of God, I am here for you. Good, see how easy it is? It is called cause and effect, giving and receiving; it is the same thing. I love you, how can I serve. I'll do anything for you. ; I'll cook your food, I'll play your music, I'll do whatever you like... anything. Thank you. I'll even go to the dentist with you. I just want you to know how much I love you. That's all! I want you to know how much I love you!

Thank you, thank you, Carmen, thank you. Thank you, thank you...

I love you guys, I am just a little bit tired of sickness, is that ok? I am a little bit sick and tired of being sick and tired. Is that ok with you. I am trying to offer you the next step, a healed body, of course. A subtle body, a light body, call it whatever you like. I am sick of being sick! How about you? Do you accept that from me? I am preparing a place of course. I am always preparing a place!

Next step is obviously physical healing, obviously! Yes? Ok, ok. This is where your body is healed. You want to help me stabilize it? I can use a little help. How do I do it? Denying sickness! How else are you going to do it? The sickness is a lie, it is an illusion. Is it or not? How do you know? Because you just been shown! Give it away, take it with you. NO MORE SICKNESS. "no más, no más"..."no más". Will you receive it of me? Would you receive it or me, is what I am offering? No more sickness. The sickness is gone....that sickness....it never was.

Now, I intend to sustain this frequency, guys, I intend to sustain this frequency. I don't know about you, but I intend to sustain this frequency! Good, I can use your help. Thank you for that. I may not be dropping in but if I drop in I need your help! I need to know that you are with me. We are taking a stand against death. I need your help to take a stand against death. Why the hell did you think I am here?

Minds are joined. Our minds are joined with a single intention; to deny death! That is why we are here; it is a Course In Miracles, in all of its forms. I am here to deny death in all of its forms, and I'll do whatever it takes.....

Thank you, thank you for your help, not everyone wants to do this. This is a profound demonstration. Yes.

I am not a dense body; I am not a piece of meat. That is not who I am. Nothing is that. Thank you. I accept.

Say to me: I accept. Father, I accept, I accept this gift. Thank you for showing me the next obvious step. I needed a miracle in order to see it. Guys, I love you so much. Thank you, thank you.

How many of us live in this house? No, it is impossible. You can't fit that many people in a house without argument. The only way you can do that is if the bodies are subtle, and you have already been demonstrating that, my friends. Thank you for that demonstration. It is beautiful. Thank you. We walk through one another. Ana, you and I, when we are passing in the hall at night, we walk through one another. We have subtle bodies.....you used to call them ghosts, when you were afraid of them.

You mean there are not such things as ghosts? We are the ghosts! I love you. Minds are joined. Bodies are transparent at best. Thank you, thank you. Carmen, you have no idea how glad I am you are here, you are a sure sign that this is on the right track. You see Carmen is all blue, do you see her? That is how you know you are on the right track. When you have a blue with you, you know you are on track. Thank you Carmen and thank you for thanking me before I thanked you! I can't explain that but it is true.

It's nice to be in love! Are you in love with me? I am in love with you, completely in love with you! Not that I have any choice..... We are old friends, of course or we wouldn't be together. Just remember to breathe, and give me a chance to adjust the frequency. Keep stepping back.

How about a sequence where everyone is happy? Is that asking for too much? I think it is time for that. How about a sequence where no one is bitching about anything? No one is yapping, no one is finding fault...good, I am counting on you!

Thank you. Did you see Carmen, what you just saw? Today's lesson! Miracles are seen in light. You just saw it, in light everything is miraculous. Everyone is happy. It is the same thing. You are only going to be happy when you are not working so hard. Good. I am going to relieve you of that burden. My burden is light. I am just offering you light; there is nothing else I can offer you. Thank you, I accept, and I accept whatever adjustments occur as a result. The effects of the light are always beneficent, always. Are you ok guys? Is everyone ok?

Relax and enjoy this final sequence, please. Lylian, Lylian, is it over? It is so obviously over that the arguments against it are ridiculous. We won't engage in such foolishness, Ok? It ends in light. That is how it ends and you are seeing that with clarity, you are sharing the vision with me.

Thank you. Every one loves Emilio. Thank you. Is it ok if I don't allow you to forget? We have an agreement. We agreed, I would remind you when you forget. You may have forgotten, I have not, be glad there is one with you who has not forgotten. When you forget I will remind you as we agreed. It is called Holy Spirit. Thank you Thank you Father for these gifts!

Jonas: We had 144.000 visits today.

Josh: That is an interesting number. Is that how many times you have to forgive? More or less!

Brother: Can't it only be one forgiveness?

Josh: yes, the rest is only practice. You only forgive once.

Guys I love you so much. I am so glad that we are together. Thank you Father, it is my will to see only the reflections of your love. "Nada más, nada menos." I love you. Thank you.

Thank you; it is nice and stable. Thanks guys.



We are interested in a vision that is unwavering. That is why we are stabilizing it. The reason why I wanted it to be stable, I don't want it to wax and wane, to come and go, I want you to sustain it with me, it is a sustained vision. Good. Now you got it. That is the offer: A sustained vision. Good, thank you, thank you, thank you. No matter what is occurring, I see only the light. That is a sustained vision. Ok? Everyone ok? Good.

Remember to breathe. We have a good ship. There is plenty of oxygen.

Thank you Father.

I am showing you; you have done it all, you have done it all. Call them past lives if you want, but it is going to be just a thought. Whatever that thought is you have done it. You did it. How do I know you did it? Because you thought it and if you thought it you did it. Trust me with this. I am showing you your past lives. All thought produces form, do you hear me? If you thought it you did it. And the only reason to do it is to remember that you thought it. It is called salvation. That is what we are doing right now. It is an en-act-ment of a thought. Good, good, that is salvation. Guys, are you ok with me? I am barely here,....I am hanging on by a thread.....

Is everyone ok? Anyone sufficiently formulated to play some music?

Someone needs to transcribe this session. Any volunteers, report to Lylian. Ok? Maybe someone ought to do it in Catalan...I don't know.....

If you need help with anything, go to light and the answer will be clear. Most likely the answer will be a form of: "Do nothing!" You can call it tipi, If you like, it's going to be some form of Grace, I promise.

Thank you, namaste...