

Mind Identity

References

part 1

alex brady

- # Overview

1. Review of Pertinent Concepts
2. About the References

1. References

1. Body Identity Beliefs
2. Review

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Review: Mind Identity Theory

1. I am not a body.

Rejection of standard identity concept defined by existence as a physical body that lives and dies.

2. I am mind.

Acceptance of identity within a system mental constructs and governed by the dynamics of mentality/spirituality.



Review: The Mind Identity Equation

Mind is a collection of understandings and the experience of those understandings.

Mind = Understandings + Experience of understandings

$$M = U + E(u)$$

The mind identity equation



Review: $M = U + E(u)$

Mind:

Understandings do-er; gives/receives understandings via experience.

Understanding:

An idea so truly believed that it becomes part of the sense of identity.

Experience:

Awareness of an expression of understandings. This includes perceived physical, mental, and emotional content.

Being:

The experiential expression of full and complete understanding of an idea of self.



Review: The Only Step

$$M = U + E(u)$$

The mind identity equation

The Only Step

Remember that you are a
mind, not a body.

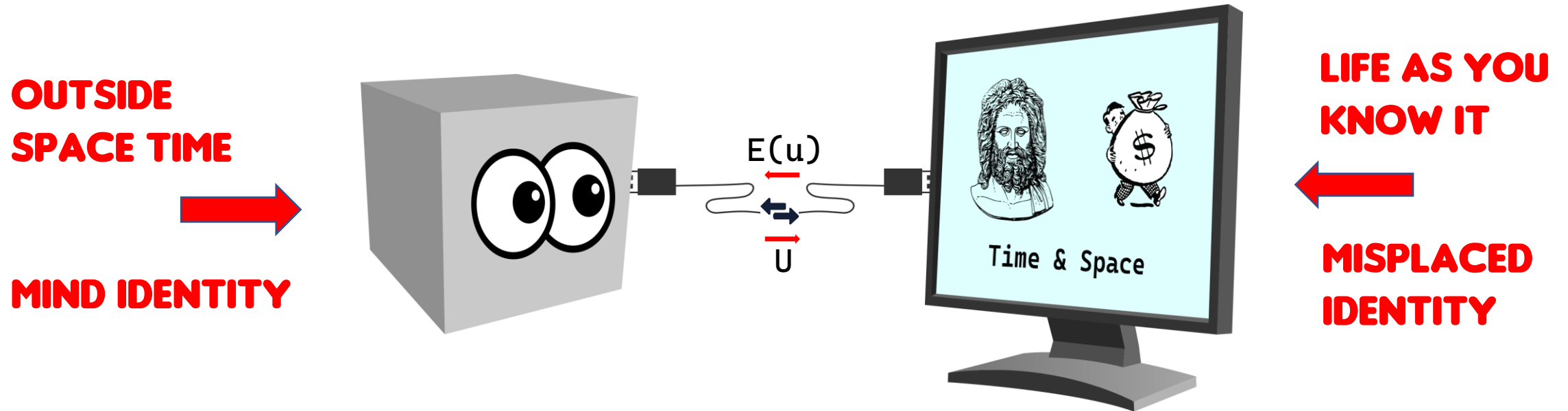
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Review: Illustration

$$M = U + E(u)$$

The mind identity equation



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Review: About the References

The foundational principles of Mind Identity are THOROUGHLY dissected in the *A Course in Miracles* curriculum.

ACIM explains

- how we got to a point of body identity
- how to recognize body identity
- how to extract our minds from body identity
- how the state of mind identity operates



Review: About the References

The goal of these presentations is to encourage you the viewer to seek out the live experience of mind identity.

The most effective approach to experiencing the state of mind identity as I have defined it is to

- read the theoretical foundation found in ACIM's Text
- work through the mind training exercises provided by ACIM's Workbook with the intention of reaching this elevated state of consciousness

What is presented here is a relevant sampling of ACIM material as pertains to Mind Identity Theory.

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References



Mind Identity Theory

I am not a body. I am mind.

$$M = U + E(u)$$

Mind:
Understandings creator

Understanding:
A believed idea

Experience:
Perception

Being:
Mind's experience of an
understanding of self

ACIM Tx:2.53

We have constantly referred to miracles as the means of correcting level confusion, and all mistakes must be corrected at the level on which they occur. Only the mind is capable of error. The body can act erroneously, but this is only because it is responding to mis-thought. The body cannot create, and the belief that it can, a fundamental error, produces all physical symptoms.

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ACIM Tx:2.54

All physical illness represents a belief in magic. The whole distortion which created magic rests on the belief that there is a creative ability in matter which the mind cannot control. This error can take two forms—it can be believed that the mind can miscreate in the body or that the body can miscreate in the mind. If it is understood that the mind, which is the only level of creation, cannot create beyond itself, neither type of confusion need occur.

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ACIM Tx:2.55

The body is a learning device for the mind. Learning devices are not lessons in themselves. Their purpose is merely to facilitate the thinking of the learner. The most that a faulty use of a learning device can do is to fail to facilitate learning. It has no power in itself to introduce actual learning errors.

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ACIM Tx:2.56

[There is little doubt that the mind can miscreate.] If one denies this unfortunate aspect of the mind's power, one is also denying the power itself.

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ACIM Tx:2.61

It is essential to remember that only the mind can create. Implicit in this is the corollary that correction belongs at the thought level. [...] The body does not really exist except as a learning device for the mind.

This learning device is not subject to errors of its own because it was created but is not creating. It should be obvious, then, that correcting the creator or inducing it to give up its miscreations is the only application of creative ability which is truly meaningful.

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ACIM Tx:2.65

The sole responsibility of the miracle worker is [...] that he recognizes that mind is the only creative level and that its errors are healed by the Atonement. Once he accepts this, his mind can only heal. By denying his mind any destructive potential and reinstating its purely constructive powers, he has placed himself in a position where he can undo the level confusion of others. The message he then gives to others is the truth that their minds are similarly constructive and that their miscreations cannot hurt them. By affirming this, the miracle worker releases the mind from over-evaluating its own learning device (the body) and restores the mind to its true position as the learner.

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ACIM Tx:2.66

It should be emphasized again that the body does not learn any more than it creates. As a learning device, it merely follows the learner, but if it is falsely endowed with self-initiative, it becomes a serious obstruction to the very learning it should facilitate. Only the mind is capable of illumination. [...The body] is, however, easily brought into alignment with a mind which has learned to look beyond density toward light.

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ACIM Tx:2.68

Everything that results from accurate spiritual awareness is merely channelized toward correction. [...] What the physical eye sees is not corrective nor can it be corrected by any device which can be seen physically. As long as a man believes in what his physical sight tells him, all his corrective behavior will be misdirected. The real vision is obscured because man cannot endure to see his own [misunderstandings]. But since [he is mistaken], his state becomes doubly dangerous unless it is perceived.

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ACIM Tx:2.73

The reason I cannot control fear for you is that you are attempting to raise to the mind level the proper content of lower-order reality. [...] You would not tolerate insane behavior on your part and would hardly advance the excuse that you could not help it. Why should you tolerate insane thinking? There is a confusion here which you would do well to look at clearly. You 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.

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ACIM Tx:2.74

What you do comes from what you think. You cannot separate yourself from the truth by "giving" autonomy to behavior. It is pointless to believe that controlling the outcome of mis-thought can result in healing. When you are fearful you have willed wrongly. This is why you feel responsible for it. You must change your mind, not your behavior, and this is a matter of will.

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ACIM Tx:2.75

You do not need guidance except at the mind level. Correction belongs only at the level where creation is possible. The term does not mean anything at the symptom level, where it cannot work. The correction of fear is your responsibility. When you ask for release from fear, you are implying that it is not. You should ask instead for help in the conditions which have brought the fear about. These conditions always entail a separated mind willingness. At that level, you can help it. You are much too tolerant of mind wandering, thus passively condoning its miscreations. The particular result does not matter, but the fundamental error does. The correction is always the same.

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ACIM Tx:2.88

Everyone experiences fear, and no one enjoys it. Yet it would take very little right-thinking to realize why fear occurs. Very few people appreciate the real power of the mind, and no one remains fully aware of it all the time. However, if anyone hopes to spare himself from fear, there are some things he must realize and realize fully. The mind is a very powerful creator, and it never loses its creative force. It never sleeps. Every instant it is creating and always as you will. Many of your ordinary expressions reflect this. For example, when you say, "Don't give it a thought," you imply that if you do not think about something, it will have no effect on you. And this is true enough.

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ACIM Tx:2.89

On the other hand, many other expressions clearly illustrate the prevailing lack of awareness of thought-power. For example, you say, "Just an idle thought," and mean that the thought has no effect. You also speak of some actions as "thoughtless," implying that if the person had thought, he would not behave as he did.

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ACIM Tx:2.90

It is hard to recognize that thought and belief combine into a power surge that can literally move mountains. It appears at first glance that to believe such power about yourself is merely arrogant, but that is not the real reason why you do not believe it. People prefer to believe that their thoughts cannot exert real control because they are literally afraid of them.

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ACIM Tx:2.91

Death wishes do not kill in the physical sense, but they do kill spiritual awareness. All destructive thinking is dangerous. Given a death wish, a man has no choice except to act upon the thought or behave contrary to it. He thus chooses only between homicide and fear. The other possibility is that he depreciates the power of his thought.

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ACIM Tx:2.93

I told you before that you cannot ask me to release you from fear because I know it does not exist, but you do not. If I merely intervened between your thoughts and their results, I would be tampering with a basic law of cause and effect, the most fundamental law there is in this world. I would hardly help if I depreciated the power of your own thinking. This would be in direct opposition to the purpose of this course. It is much more helpful to remind you that you do not guard your thoughts carefully except for a small part of the day and somewhat inconsistently even then. You may feel at this point that it would take a miracle to enable you to do this, which is perfectly true.

Miracle:
Change of mind
reflected as a change
within perception

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ACIM Tx:2.110

At this point, the will can begin to look with love
on its own creations because of their great
worthiness. The mind will inevitably disown its
miscreations which, without the mind's belief,
will no longer exist.

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ACIM Tx:5.63

Whatever you accept into your mind has reality for you. It is, however, only your acceptance of it that makes it real. If you enthrone the ego in it, the fact that you have accepted it or allowed it to enter makes it your reality. This is because the mind, as God created it, is capable of creating reality. We said before that you must learn to think with God. To think with Him is to think like Him.

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ACIM W:20.5

What you desire, you will see. Such is the
real law of cause and effect as it
operates in the world.

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ACIM Tx:7.87

[The ego] does not understand what mind is and therefore does not understand what you are. Yet its existence is dependent on your mind, because the ego is your belief. The ego is therefore a confusion in identification which never had a consistent model and never developed consistently. It is the distorted product of the misapplication of the laws of God by distorted minds which are misusing their own power.

Ego:
Sense of separate or
embodied self

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ACIM Tx:7.88

Do not be afraid of the ego. It does depend on your mind and, as you made it by believing in it, so you can dispel it by withdrawing belief from it. Do not project the responsibility for your belief in it onto anyone else, or you will preserve the belief. When you are willing to accept sole responsibility for the ego's existence yourself, you will have laid aside all anger and all attack, because they come from an attempt to project responsibility for your own errors. But having accepted the errors as yours, do not keep them. Give them over quickly to the Holy Spirit to be undone completely so that all their effects will vanish from your minds and from the Sonship as a whole.

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ACIM Tx:7.90

The whole purpose of this course is to teach you that the ego is unbelievable and will forever be unbelievable. You who made the ego by believing the unbelievable cannot make this judgment alone. By accepting the Atonement for yourself, you are deciding against the belief that you can be alone, thus dispelling the idea of separation and affirming your true identification with the whole Kingdom as literally part of you. This identification is as beyond doubt as it is beyond belief. Your wholeness has no limits because being is in infinity.

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ACIM Tx:28.19 (1/2)

The miracle does not awaken you but merely shows you who the dreamer is. It teaches you there is a choice of dreams while you are still asleep, depending on the purpose of your dreaming. Do you wish for dreams of healing or for dreams of death? A dream is like a memory in that it pictures what you wanted shown to you. [...]

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ACIM Tx:28.19 (2/2)

Yet if you are the dreamer, you perceive this much at least—that you have caused the dream and can accept another dream as well. But for this change in content of the dream, it must be realized that it is you who dreamed the dreaming that you do not like. It is but an effect which you have caused, and you would not be cause of this effect.

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ACIM Tx:28.22

The miracle establishes you dream a dream, and that its content is not true. This is a crucial step in dealing with illusions. No one is afraid of them when he perceives he made them up. The fear was held in place because he did not see that he was author of the dream, and not a figure in the dream.

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ACIM Tx:28.27 (1/2)

This world is full of miracles. They stand in shining silence next to every dream of pain and suffering, of sin and guilt. They are the dream's alternative, the choice to be the dreamer rather than deny the active role in making up the dream. They are the glad effects of taking back the consequence of sickness to its cause.

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ACIM Tx:28.27 (2/2)

The body is released because the mind acknowledges “this is not done to me, but I am doing this.” And thus the mind is free to make another choice instead. Beginning here, salvation will proceed to change the course of every step in the descent to separation, until all the steps have been retraced, the ladder gone, and all the dreaming of the world undone.

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ACIM Tx:3.43

You can be right-minded or wrong-minded, and even this is subject to degrees, a fact which clearly demonstrates a lack of association with knowledge. The term "right-mindedness" is properly used as the correction for "wrong-mindedness," and applies to the state of mind which induces accurate perception. It is miraculous because it heals misperception, and this is indeed a miracle in view of how man perceives himself. Right-mindedness is not to be confused with the knowing mind because it is applicable only to right perception.

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ACIM Tx:3.45

The mind chose to divide itself when it willed to create both its own levels and the ability to perceive, but it could not entirely separate itself from the Soul because it is from the Soul that it derives its whole power to create. Even in miscreation will is affirming its Source or it would merely cease to be. This is impossible because it is part of the Soul which God created and which is therefore eternal.

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ACIM Tx:3.IX.72

It is a mistake to believe that a thought system which is based on lies is weak. Nothing made by a Child of God is without power. It is essential to realize this because otherwise you will not understand why you have so much trouble with this course and will be unable to escape from the prisons which you have made for yourselves.

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ACIM Tx:3.IX.74

The separation is not symbolic. It is an order of reality or a system of thought that is real enough in time, though not in eternity. All beliefs are real to the believer.

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ACIM Tx:5.70

The continuing will to remain separated is the only possible reason for continuing guilt feelings. We have said this before, but we did not emphasize the destructive results of this decision at that time. Any decision of the mind will affect both behavior and experience. What you will, you expect. This is not delusional. Your mind does create your future, and it can turn it back to full creation at any minute if it accepts the Atonement first. It will also turn back to full creation the instant it has done so. Having given up its thought disorder, the proper ordering of thought becomes quite apparent.

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About the References

Information that clearly points to the primary Theory of Mind Identity is on *every other page* of the ACIM core volumes.

↑ PROBABLY
FIGURATIVELY
LITERALLY

For a full reference, study the A Course in Miracles curriculum.

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Mind Identity

“if it works you gain the universe”

(IT WORKS!)

by
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