



## ACIM and Physical Illness

- **“The miracle is much like the body, in that both are learning aids which aim at facilitating a state in which they are unnecessary.”**

- **“If you use [the body] only to reach the minds of those who believe they are bodies, and teach them THROUGH the body that this is not so, you will begin to understand the power of the mind that is in both of you. ... In the service of uniting, it becomes a beautiful lesson in communion, which has value until communion IS... Communication ENDS separation... The body is beautiful or ugly, holy or savage, helpful or harmful, according to the use to which it is put.”** (Urtext)

- **“You cannot love what you do not appreciate, and FEAR MAKES APPRECIATION IMPOSSIBLE. Whenever you are afraid of what you are you do NOT appreciate it, and will therefore reject it. As a result, you will TEACH REJECTION... Each one must learn to teach that all forms of rejection are utterly meaningless. The separation IS the notion of rejection. As long as you TEACH this, you still believe it.”** (Urtext)

- **“Sickness is anger taken out upon the body, so that it will suffer pain.”** (T-28.VI.5.1 )

- **“A sick body does not make any sense. It could not make sense because sickness is not what the body is for.”** ( T-8.VIII.5)

- **“Sickness is a way of demonstrating that you can be hurt. It is a witness to your frailty, your vulnerability, and your extreme need to depend on external guidance.”** (T-8.VIII.6)

- **“You have surely begun to realize that this is a very practical course, and one that means exactly what it says. I would not ask you to do things you cannot do, and it is impossible that I could do things you cannot do. Given this, and given this quite literally, nothing can prevent you from doing exactly what I ask, and everything argues FOR your doing it. I give you no limits because God lays none upon you. When you limit yourself we are not of one mind, and that is sickness. Yet sickness is not of the body, but of the mind. All forms of sickness are signs that the mind is split, and does not accept a unified purpose.”** (T-8.IX.8)

- **“Sickness is idolatry, because it is the belief that power can be taken from you. Yet this is impossible, because you are part of God, Who is all power.”** (T-10.III.4)

- **“If sickness is separation, the decision to heal and to be healed is the first step toward recognizing what you truly want. Every attack is a step away from this, and every healing thought brings it closer.”** (T-11.II.1)

- **“LESSON 136: Sickness is a defense against the truth.”** [This entire lesson is recommended to understand this topic.]

- **“Sickness is not an accident. Like all defenses, it is an insane device for self-deception. And like all the rest, its purpose is to hide reality, attack it, change it, render it inept, distort it, twist it, or reduce it to a little pile of unassembled parts. The aim of all defenses is to keep the truth from being whole.”** (W-pI.136.2)

- **“Sickness is a decision. It is not a thing that happens to you, quite unsought, which makes you weak and brings you suffering. It is a choice you make, a plan you lay, when for an instant truth arises in your own deluded mind, and all your world appears to totter and prepare to fall. Now are you sick, that truth may go away and threaten your establishments no more.”** (W-pI.136.7)

- **“Illness is therefore a mistake and needs correction.”** (P-2.IV.7)

- **“Sickness is insanity because all sickness is mental illness, and in it there are no degrees.”** (P-2.IV.8)

- **“Everything that man creates has energy because, like the Creation of God, they (it) come FROM energy, and are endowed by their creator with the power to create. Miscreation is still a genuine creative act in terms of the underlying IMPULSE, but NOT in terms of the CONTENT of the creation. This, however, does not deprive the creation of its OWN creative power. It DOES, however, GUARANTEE that the power will be misused, or USED FEARFULLY.”** (Urtext only)