



The Nature of the True Self is Pure Compassion

If we make a mistake, we correct it and get back on the path. Yet if you keep 'making mistakes', self oriented indulgences, something happens. We become dulled. This clouds our spiritual stature. Your true stature is pure.

So while we are involved in the appearance of being physical beings, we live in accordance with the laws of correct living.

And we progress.

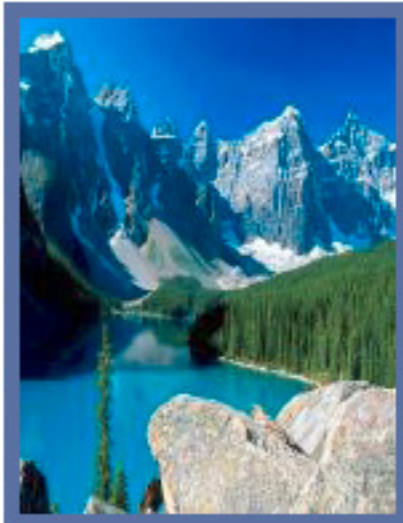
Someone once asked me how to overcome their strict religious upbringing.

I said, "Why would you want to do this?"

Take the good and release the 'bad'.

It is a privilege to know spiritual truths as a child.

Many people raised in spiritual training learn to be self disciplined. To refrain.



Take the Good and release the Bad

Although they may not understand why they are doing this, something interesting happens.

They rise to a higher level. They do not become slaves of the body. They know the body is meant to be respected. To serve them. Not to command them.

So the question is what to do with the body. First of all, respect it for what it is. On one hand, it has absolutely nothing to do with you.

On the other hand, it is a gift from God.

Now this is a difficult concept for the west to grasp. We have never been shown how to do this. How to direct and preserve the light within. However, at some point you must do this.

Let us begin with the activities of the body. Remember, we are considering the body as the vehicle for progressing. So we will do what accelerates our progression.

Rather than what the body wants.

This will enable us to let our light shine in the world. For we will no longer be focused on the body as us. We have taken care of it as best we can. It does not master us.

We have the ability to calmly observe it.

It does not dictate our actions. St. Francis used to call the body his donkey.

Question: *What is the best diet to maintain?*

Answer: Eat food as natural as possible. Eat in moderation.

Question: *Is exercise important?*

Answer: This helps the mind to rise above moods.

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It is a Gift
from God