



Our Bodies—Spirituality Central

By Reverend Michele DeMoulin

The beloved Buddha reminds us that it is our duty to keep our bodies in good health, that it is the path through which we awaken. With all that pulls at us in this time of heightened technology, and social and emotional intensity, it is perhaps easier than ever to lose sight of the sacredness ever-present within our physicality.

Life is a gift to us, a blessing humbly and devotedly offered from the Heart of all on High. We are an expression of Divinity, and Divine Presence continually breathes Life and Love into us with every beat of our hearts! How wondrous! The body houses our precious souls and reflects the radiant, dynamic glory of our hearts! It anchors the power of our minds, fuels our creative visions and activates the magic of our dreams. It is a vehicle through which Divinity manifests.

We all have habits that do not support our desire for optimum wellbeing. Whether we have a few things to clean up or a long way to go, achieving excellent health begins with awareness. Most of us have learned to devalue the importance of the body, to treat it only as a means to get what we want or need. How can

our bodies support us if we are closed, insensitive or even abusive with them? How can our bodies tell us what they need if we stifle their communications? How can we be vital if we disregard the very source of our physical wellbeing?

We are all growing and striving to be more fully the best we can be. Great health requires that we be willing to change, and to continue changing, as it is an ever-evolving process! We are asked to let go of our very comfortable, yet distorted, patterns, to relinquish our defense mechanisms and see beyond the destructive ways we perceive our bodies ~ and ourselves.

Vitality births as we bring consciousness to our physicality; to the inherent beauty of our bodies; to their sacredness, power, and importance. With time, we learn to see our bodies more broadly, purely and compassionately; to tune in to them; honor, respect and love them; and to (finally) give them an equal say!

When we acknowledge and embrace the Divinity core within our bodies, we align with it, and thus embark upon the path.