

YOUR PERCEPTION IS YOUR REALITY

Chapter 7

We really need to fully appreciate the fact that most of what we do and have is a result of how we think and of our own values. Do you value yourself? Do you honor yourself? Do you care for your body? Do you set boundaries to prevent others from devaluing you?

As a kid, you remember the little curly haired girl with the loud mouth, I so wanted to be “spiritual”, I wanted to walk with God. In fact, I wanted very much to be just like God. Most of us however, seem to have the mistaken idea that being Spiritual or Godlike means living a life of fasting and prayer, neglecting our bodies and putting our ego’s and our bodies under submission. We feel that to experience pleasure is to risk eternal damnation. That is so not the case.

If it weren’t for these depraved, pathetic, sinful bodies (tongue in cheek) that house our souls, our souls would not be able to do the work that they were called to do. When the body dies, the soul leaves. Most people don’t even listen fully to one another and certainly no one is going to give their full attention to a disembodied soul who’s trying to provide them with direction...well, most people wouldn’t, that is. A disembodied soul can’t build a temple, or start a charity for orphans or even wipe the tear from a child’s face but a human body can accomplish **all** of these feats!

We need to love our physical bodies, yes, and all their defects, care for them, and enjoy them. Just think about what an amazing creation your body is. It is resilient and finely tuned, more so than any motor. Your body maintains a state of homeostasis, it rejuvenates and heals itself, it adapts to environmental changes and yes, it also gives you signs and tries (futilely most of the time) to let you know when it’s requirements for basic survival are not being met.