

The Body is Spiritual, Not Base

Typically, throughout different cultures, the body has been denounced as something base and even vile. Jain and Buddhist cultures believe firmly that the body is 'samsara' or ignorance. That the body represents a base form of existence, and that denying it and subduing it is a way to spiritual enlightenment. Jains believe in an ideal of the naked man, enduring nature's admonitions that weather the body. Buddhists believe that the entire physical dimension is simply crass and that denying desires to eat and copulate is the only way to progress on the spiritual path.

But a more holistic and modern view of spirituality, and even of the basic nature of things, presents another view entirely. In this view, the body is an instrument to achieve higher levels of consciousness, not a hindrance. This view is not entirely new, as Hindu culture, for instance, clearly dictates that the body is a temple and should be worshipped and maintained as such. And, while Christianity might believe in sins of the body such as lethargy, gluttony, and promiscuity, it certainly does maintain a decent relationship with the body.

The body possesses a deep wisdom of its own. For instance, if you allow it basic comfort, it will in turn give you basic comfort of emotions and a more tranquil mind. Any meditator has experienced that when the body hurts, the mind starts to act out in pain as well. Harshness against the body is against nature. It was never the body at fault for your questionable choices in life or for your tendency to live in the mind. It was you. And your body is your house, treat it well and it will treat you well.

The body is never responsible for gluttony, only hunger. When it is satisfied, it sends you a signal to stop eating. We frequently ignore this signal and continue to eat delicious foods which results in obesity and eating disorders.

You can even experience higher states of consciousness through just being in touch with and kind to your body. A person in touch with his body will not overeat and will feel inclined to be active at a minimum and perhaps even stretch and do yoga everyday. Already, this pacifies the mind and emotions and brings a tranquil quality into your existence.

Further, if you just feel your body's existence totally, you will discover it has a quality of beingness in itself. It has a silence and a subtle strength. Simply meditating on this can bring you into a state of consciousness and soulful being. It might be surprising, the same body you have lived with for 30,40, 50 years, if you tune in to it, can become a vessel for spiritual awakening.

After all, the body is a product of nature. And nature is in tune with divinity and peace. Just be one with your body, and care of your body. You will discover its spiritual properties soon.

Body denounced, body can be used to enter higher states of consciousness.