

## Messages from Maggie Day 5: Caring for the body

**Seema:** Maggie, today I want to ask you about the body, and how we can best care for the body in healing and as we walk on this path of awakening and to our true self. What is the purpose of the body?

**Maggie:** The body is a glorious instrument of the Divine through which, if you join your will with ours we ask, you can use the body so love and life smile through your eyes; happiness sings through your voice; your hands help to heal and lighten someone else's load—give a hug, give comfort and solace to your brothers and sisters.

The body, when dedicated to the role of service, is beautiful to behold. The service may simply be to sing, to smile, to sit in silence and radiate peace and joy, or to be used in some other act of physical charity or care. Right now, your body is being used to communicate this message. And it will be used to write this message and share. The body is meant for that—an instrument of communication—to be loved through, laughed through, smiled through, hugged through.

Yet often when there is illness, the body becomes a symbol of guilt and attack; pride in all the ways it seems to be better than other bodies; or a sense of shame when it seems to be not enough—not doing enough. The body, if given over to the Spirit to be used for Its purposes, will be vibrant and healthy, attuned like an instrument in tune, ready to be played by the musician.

Do not worry yourself about complex regimens or complicated ways to maintain the body. Let the Spirit work with the mind to guide you when to rest, when to eat, what to eat, when to walk, and when simply to be.

The body is innocent. The body has never done anything wrong. If the body seems to suffer, know it is a call for love—for pain buried inside the mind. The body simply reflects that pain.

Do not judge someone else for the body. Do not judge yourself for the appearance of the body. Let the Spirit open your eyes and bless you with a vision, an inner vision, that sees beyond the body, beyond the form, which can be sensed—the heart, the innermost being that is beyond the physical form.

Do not take the concerns of the body too seriously. Know that everything will be taken care of by the Spirit. Let yourself sit in prayer. Learn how to still the body, still the mind, so the mind can become a channel and the body can then act on that guidance. That's all. Don't make the body more than that. And yet, don't neglect the body. Don't pretend that it's not part of your experience.

When we say that you are not the body, we refer to the abstract spiritual essence of you that is eternal—the flame that never goes out, that exists in everyone. And yet, the body is part of your experience—to be cared for, to be attended to lovingly. Let your thoughts be loving towards the body, and all falls into place without any strain or pressure on your mind as to what you have to do or shouldn't do about the body. It will be revealed. Have trust. Have faith. See the body as a glorious symbol of the Divine—loving, living and laughing; dancing, playing. And the awareness of the body will become less and less for you. And yet, your days will be filled with activity and rest, rest and activity, as part of the divine plan that you came here to fulfill.

So, ask us to help you and guide you to care for the body as the beautiful instrument that it is, to fulfill your function while you are here on this earth.