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# God is indeed love

The mind being more subtle and therefore more powerful than the body, I have always been convinced about its impact on the body, but the body too is capable of impacting the mind and affording insights that can actually power the spiritual journey.

I have been working on healing myself at the physical level of asthma and rheumatoid arthritis for the last couple of years and the journey has been memorable, leading me to explore many healing modalities from allopathy to acupuncture and ayurveda. Through it all, I remained unsatisfied. I hated having to go to external sources for my healing. I hated taking medicine. I was adamant that the healing should come from within. I had after all, healed my mind from within; why then should the body, so much grosser an instrument, be outside the range of my influence?

And gradually all the techniques I had used to heal the mind, such as acceptance, awareness and affirmations began to gradually pay off. The apex of the healing journey happened when it dawned on me that when I was with other people, occupied in joyous companionship, my ailments simply did not trouble me. But when I was on my own with plenty of time to brood on my physical sensations, boy, did they act up! Clearly, the mind was affecting my body, and following that up further, it occurred to me that the body is actually whole, perfect and complete. This was a tremendous discovery and I began using it immediately. I am still in the process of actualising this but almost immediately an acute digestive problem resolved. And my food allergies for chocolate and wheat are abating. I have simply no doubt that this insight will restore me to whole and perfect health.

Further, it occurred to me that if the body is capable of being so unconditionally committed to healing, it must possess a total and unconditional love and regard for me. The body loved me! It was love force that was motivating the body to keep returning to equilibrium. Indeed, it was love force that was operating this body, that kept the heart beating and that supervised all the miraculous processes of the body. Each cell in my body resounded with love for me. And this love was nothing less than the Creator's love. The Creator resides in our body and through love and love alone, causes it to function. God is indeed love. And since God is everywhere love is everywhere! Love is in the air, after all, and it is also in the trees and the breeze, in the sky and in the clouds... in the sun and in the moon. Love is also in every being for their body cells too are full of love not just for themselves but for all creation. At the level of body cells we are all full of deep love for ourselves and others.

This discovery is an amazing one. I had no idea that the truism that God is love would be proven to me by looking at the body mechanism. But that's the way it works in an interconnected world!

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