

PODCAST 159: NEVER CONDEMN THE BODY AND THE EARTH

Om Sri Sai Ram

Welcome to Prasanthi Sandesh, 159th episode.

Today's topic is: the body is the temple of God. It is said in *Bhagavad Gita* also: *Deho devalaya prokto*, the body is the temple.

But most unfortunately, in the name of religion, in the name of rituals, we often torture our body and also say that the body is to be condemned. The result is there are many condemners of the body, many who estimate the body to be very low. Many don't seem to have realized that the body is important.

You may condemn it, or you may underestimate it. After all, you are doing it while all the time you are in the body. You are in the body and yet you criticize the body. That is ridiculous. Therefore, the topic of the day is: the body is the temple of God.

Let us be pragmatic. Let us have a scientific approach to this topic. I would rather like to say that you cannot grow spiritually if you do not love your body and if you do not understand your body. I may even go to the extent of saying that the body is the temple of your soul. Therefore, it is ugly to condemn the body, through the body.

You know some say that matter is the body and that energy is the spirit. Good. Matter is the body, while energy is the spirit. But we should know at the same time that modern physicists say that matter and energy are one and the same; they are not different. Therefore, matter and spirit and the body are one and the same.

Basically, it is also clear that existence is not duality. It is one organic whole. Perhaps people may condemn the body in order to praise the soul. They may condemn the world in order to praise God. There is no meaning in this once we know that God created the world. You have not created the world. The world, after all, is an extension of God. The world is His creativity. Therefore, it cannot be His enemy. No. So on analysis you'll come to know that the body has a wisdom of its own.

Take for example our eyes: they open and close. Why? For protection. The eyes are the most delicate parts in our body which need continuous cleaning. Eyelids go up and come down so that the eyes are clean. There are glands in the eyes to water them, which cleanses the dust that may have accumulated on the eyes. Therefore, they are very well protected.

And we can also see that all the necessities of the body are not left to you. Let us understand that. You are not attending to its basic requirements. Why? You are not reliable or dependable. By 'you' I mean the mind. The mind is not dependable. It's not reliable. So, the body's care is not left to the mind. No. The body runs on its own.

For example, breathing is not at all dependent on the mind because the mind is not

alert. The mind is not alert and the mind may also forget. So if breath is controlled by the mind, you'll die. When asleep, who is breathing? The body continues to breathe.

The heartbeat, the digestion of food, the distribution of digested food to different parts of the body are all done like a computer. It's all an intricate, complex process. Why? For that matter, it's in order to make vitamins and decide to which part of the body they should go. Some of the vitamins are needed in the brain as well. The body manages it. The blood has two kinds of cells, white cells and red cells. When you get wounded, white cells run to the place where you are wounded. White cells do not allow the red cells to go out of the body. They are highly protective.

Therefore, see how wonderfully the body is managing! The body heals itself. Doctors help the healing process of the body. To calculate in modern terms, all the mechanics and the mechanism that goes on in the body equals to one square mile of a factory!

So, the body also has got another feature of renewing itself. After seven years, you are a new person. Not even one old cell remains. The blood takes out dead cells and brings in new cells, taking carbon dioxide outside, and silently replacing it with oxygen. In other words, the body is the source of your life. What you make of it depends on you. You can become a sinner or a saint. It is left to you. Therefore, the body is the beginning of your being. Yes.

So, from the body you can move to the being. If you condemn the body or renounce the body or torture the body, you cannot move into the being. It is impossible. The body should be accepted lovingly and thankfully, gratefully, in full awareness. That is the stepping stone to your being.

After all, people may say, I, I, I. Are you a single 'I'? No. Outside you may like one 'outer I'. But you may hate someone inside with the 'inner I'. So there are a number of 'I's in every one of us. One 'I' is different from another 'I'. One 'I' promises and another 'I' misses. We are not integrated. Each one of us has many 'I's so far as the mind is concerned. There is a big 'you' also. Take for example, I love. But at the same time, I also fight. I love and I die for the other person. I would also kill. How many 'I's are there now? The 'I' who fights, the 'I' who dies, and the 'I' who kills.

So, this 'I', which is the mind, is different. But the body is intelligent. The body will never say 'I'. It performs all functions which are supposed to be done by the 'I', the owner.

Senses may deceive you many times, but not your body. Take for example, a mirage. When you look at the mirage, you think there is water. But you'll never reach that water. So the senses are not certain. They mistake one for the other. Sometimes we think that we know a person. But as we talk to him, we understand that we never met him. So, we hear what was not heard, what was not said. We see things which do not exist. We have concepts which are irrational; but the body is innocent. It never deceives you.

Your body is the outer side of the being. And your being is the inner side of your

body. The self or being is your real master. Please understand that. It is only the real self, the master, who makes use of the senses and the mind as acceptable instruments.

But what's going on today? The master is forgotten. The servants pretend to be the masters. See how things have been shifted. Body serves your being, but being is completely forgotten. Our being is completely forgotten. That is the misery of humanity today. So, self lives in your body. He is your body. Your being and your body are not separate. They are like two sides of the same coin.

But the body is condemned, the self is condemned and the mind becomes the master. You are ruled by your mind, but the mind should serve you. The mind should not rule you. The more you become an individual, the more you become unique, though your uniqueness is hidden. That's your celebration.

Therefore, we should know that nature never repeats itself. Any two seashells are never identical. Any two leaves are not similar. Therefore, we have to know our own uniqueness. For example, if you have virtue, yes, it's your own virtue. It's not taught by others. It is the one that you discovered by yourself and, in that way, it is unique. Therefore, we should try to be unique once we understand the logistics, the mechanics and the dynamics of the body.

Picasso was a famous painter who most people may be knowing. A person hailing from the same town as Picasso picked up one of Picasso's paintings, purchased it and brought it to Picasso. "Picasso, is this your painting?" It was Picasso who painted it, but he asked Picasso, "Is this yours?"

He said, "It is not."

"Why do you say, 'it's not'? I know you have done it."

Then Picasso answered. "I just copied one of my earlier paintings. It is not original. It's only a copy. A copy is always a fake."

Existence never copies itself. It is always new and always fresh. We have got to understand that. Therefore, we destroy ourselves when we turn into carbon copies or imitators.

If you are not unique, you have missed the opportunity of your life. You have missed your growth. Be unique, be special. Otherwise, you have to pretend and you'll be a fake. You'll be an actor. But life is spontaneous. Do not become a hypocrite. No. There is no second Buddha. There is no second Jesus. They are original. They have not acted; they have not pretended. After all, as an individual you can be unique. But when you join crowds, the crowd will take away your dignity, honor, pride, and originality, and you begin to start imitating others.

You know in the police departments, they call the constables 120, 125, 130. They call them by their numbers. Numbers can be replaced, but human beings cannot be

replaced. Therefore, Zoroaster, the Master says, "Unless I find myself good, it is not good enough. If it is not my experience, it is not truth. It's just a hypothesis."

Therefore, I should know all for myself. I should experience because you cannot simply believe. By belief, darkness cannot be dispelled. Therefore, everything has to be a flower of my own being. It should be my law arising out of my consciousness, not copied from outside.

Virtue in itself is a paradise. Love is a reward unto itself. But people who are greedy want to be virtuous so that they can go to paradise or heaven. You will experience joy and blissfulness when you are good, when you are helpful. Yes. When you are compassionate, when you are kind, it's a matter of joy to share with everybody. It is not simply giving some alms as you give to a beggar. You should give unconditionally and rejoice in it. That itself is paradise.

Then I would also say this about the earth. Never condemn this earth. The earth is beautiful. It is loving, and it is as beautiful as possible. As said in the beginning, matter and spirit are not different. Matter is condensed energy. The earth is a temple. The Divine is not against the earth. Remember that. The Divine is also a growth in the earth. Buddha and Jesus and all avatars are growing on this earth. They are the pride of the earth. So, the earth is sacred.

But we have poisoned it. We have broken the ecological unity so we have disturbed the environment. Further, we have brought nuclear weapons, which are ready to destroy it. Therefore, never condemn this earth. No. You should have deep reverence for the earth. Let's not condemn the earth because this earth is where we live. We live on this planet. We grow on this and we'll return back to this earth.

Therefore, in this short talk I appeal to my friends not to neglect the body, as the body is the temple of God, and not to condemn the earth because it is sacred.

Sai Ram. Meet again.