

Perfecting the Self Through Discipline

And we would speak in this manner. That this body has been given for a service. Such a great talents would not be given without requirement of much in return. This body, then, is the temple of the Holy Spirit. And it would be given that you would give of your time each day in a disciplined manner that you might develop those understandings of Spirit and channel those instructions of God that would come not only in the drawing and with the drawing, but might be spoken through the lips and through the heart, the awareness, the counseling that might be given with these drawings, with the color, that that might be the help in the developing of these.

But would there not first be brought the perfection within the self, the control of this body as given to the Divine? And we would see in these manner. That that which accumulates about a person would be the indication of that which he would be within or that which need be developed. The clutter then, that which has been brought into the life, that which has not been sorted out and put into discipline form, would be the indication of that which need be brought in the awareness or then the development of self.

Then set apart a schedule. Use a portion of each day for the development in a disciplined manner of this body, of this life. So will the body be brought into perfect health. So will the mind, the thoughts be organized. And so will this one be developed as the perfect channel of psychic energy or spiritual energy that might be used for such a great ministry on this earth.

Now there is much that needs to be channeled for this one. And there need be the energy of all in presence, that all these instructions might be given in this single time, that this one be sent forth with a mission upon this earth to express the Christ and to cause men to come to awareness in this day and prepare for His coming.

So then there might be brought those disciplines of yoga or the physical exercise, the attention to the physical body, that this one might take the fingers and the awareness, and touching the various portions of this body daily. Now set aside a time, a particular time. Do this rhythmically so that the same portion of time is set apart within each day for the purpose of development, for dedication of these muscles, these nerves, these sinews, these tissues, these bones, for the purpose of the Christ. Then perfect this body. Speak to the portions of the body sayings, "I am God. Be still and express the perfection of God in this body." Speak then to the gland centers, to the muscles, to the nerves. Honor this body as the temple of the Holy Spirit and perfect it.

And when there would be brought the food into the body, look upon what you would take into the body and see this as that which you would add to the temple of the Holy Spirit. And would these windows, would these doors, would this material with which I build this body of the Spirit, reflect that which should be the temple of worship or the expression of God in this world. If you see not the food then, as the expression of God or that which should be given to the expression, the perfection of the Temple of God ,

then take it not into the body. But as there is the taking then, so dedicate it that it would express only truth, only purity and beauty.

So would not a physical vehicle be perfected even in this day, even as you gave of the service and were given as a minister for the purpose in that day of perfecting those animalistic bodies and bringing them into perfection in that day. So would you not give self to the purpose of dedicating this body in this day? So would not God channel His perfect message through a perfect body?

Now it is not out of the realm of reason or understanding or acceptability or believability that you could express then, through a perfect body, even though this one be so out of balance in this time. Is it not because of the indications of lack of discipline brought into the time, into the exercise, into this life? But set apart a portion of each day, each period being dedicated for its purpose. Know that each hour of the day belongs to Him and should be dedicated for His purpose, to be set apart to some act of God.

Then set apart thy day in such a manner. And breaking it down into the 24 equal parts or portions, express in this portion that which should be expressed of the Christ for this portion of the day, that which would be the expression of Him. The proper - that which is appropriate - to this portion of the day would be expressed.

Then so use thy day, thy body, thy life, this earth for the perfection for His purpose.

Know that time is short. The vibrations of this earth are being raised to such a high level that those that are not in tune with His purposes, with His import, with His message, cannot remain upon that portion of the earth that would be so perfected. And that portion, then, that would be destroyed, would your feet walk thereon?

Then be lifted. Be lifted with His church. Be caught up to be with Him. If it would be so, then perfect the self, the body, the mind, the spirit. Show forth His life as you would walk your feet upon this earth.

Now that this one might further understand as there would be the setting apart of schedule, the giving of self in these ways for such perfection, that there might be brought those proper balances within this body, we would see that there should be the daily taking of the gelatin that that which is taken could be better put to use within this body. Take much less of the salt within the foods, using only the sea salt or that naturally developed. Not those crystals, not those chemicals as normally given. But using sea salt and using very little thereof.

Taking daily then the alkaline substance, particularly the juice of lemon or grapefruit for such balance. The taking of a great deal of lettuce and the fresh green leafy vegetables. There need be taken much less of mean or meat products, or this or that which would be sweet or pleasurable to the body that there might be developed the discipline of the body. And that which would cry out for satisfaction in these ways should be subdued, gently becoming the master thereof.

Study then those things that have been brought concerning the diet and the proper balance in these manners and be disciplined in this way. Now if you would express then that which should come in this ministry - and this is not given only for the artist but for all who would come - so discipline the life in this manner. That which you ask for opportunity to do in coming into this body, into this temple, might be done.

Paul Solomon Reading 0139 – W - 0030 - GR – 0006A - JDE, February 25, 1973

© 2007 The Paul Solomon Foundation