

## Perfecting the Body Physical

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Now we give for the purposes that this one may begin the development then. And give the self to perfection. Not that this is the beginning, for these has been for some time the attunement. Yet in her heart there has not been developed the ability to recognize.

Now if you would develop the ability to channel then perfectly in those psychic recognitions or the ability to attune perfectly to Spirit, then from that time that you would bring about the birth or open the self to the Spirit of God, there would begin then the changing of every cell of the physical body. And as each cell is added, that thought or that portion of thought being through at the time of the addition of that cell would rule that cell.

Now understand this Law children, carefully, that you may grow. For indeed, if it were possible from that moment of new birth of one on your plane, that he should continue in that Christ Consciousness for every moment as there is the addition of each cell to the body for seven years, each being added in perfection, that person then on the seventh year would find himself living in that perfected light body, even as Christ in those moments when He walked through the door and manifest Himself in the room before His Apostles. Even as He raised Himself from the top of the mount and ascended into Heaven, even such a body would you build.

Yet one thought that is not of the attunement to the Divine then would produce those cells of the flesh or of the material, of the fallen nature of man, into that body. So that never could that body be perfect if there be an imperfect thought in that period of its production. Then understand those periods of cycles, for all men produce a new body each seven years. And those thoughts that are thought within that period of time become that which is the body.

Then understand this. As you would learn from the plant that grows, for can you plant a seed of one kind and watch the plant coming up to fruition as a plant of thorns. And could you on the last moment, change the nature of that plant and cause it to bring forth then something of beauty, something not of thorns, or of new and entirely different nature? Yet would you not begin then in the soil with the seed? And that nature of the seed that you plant, will it not bring forth into fruition? Understand then the spiritual development on this plane. For it comes not in a moment, but in all that is built in that food that is put into the body and the manner in which it is entered.

Then understand in these development, for there has begun the spiritual growth in both. And one will lead the other, and have. Be thankful, for she has opened the eyes at times when they were darkened, and many lessons have been learned. And it is time now that you would share the growth with her as you go. Then cause her to see the light that has been awakened inside you, for she is hungry for this light. And much satisfaction will come from your ability to stimulate within her that light. And she will react. So will you see the difference in that music that she would produce, and so would you be stimulated within the self and encouraged, and would grow.

