

## **Mastery, Self Love**

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Question: How can he continue his spiritual enlightenment or development with respect to guru, his diet, the colors, the stones, and whatever else necessary in his life.

The Source: Yes, we have the entity and those records and witnesses of the relationship with the Universal forces. We would find in this one the many indications of the growth process that is being conducted at this time, and we would see that there is the beginning of an unfoldment here; that there has been the much study that has led to this level and the realizations that come from this time in the dedication of self to this work will be the unfoldment for this individual.

It should be warned that there will come a time, that would be shortly realized in this life, when there will have been an absorption that is too much at the moment to bear. There will be the discouragement. There will be the tendency to reject all things spiritual and to give self to the more mundane matters or those matters as recreation and relaxation. And we would find that these occur periodically in the minds, in the lives of the seekers if there is not a balance. There should, then, be the attempt for balance in this life.

That is, that there should be the more sports, the more active recreation, for this one has come to a period of life when there is a turning inward that is almost the morbid self-analysis or, that is, there is too much of the condemnation of self rather than the realization that self in its most real form is God expressed. Would you then condemn God? If not, then, how can one condemn self? Self is the manifestation of God in this world, and as you see, as you love God, so you love yourself. It is not possible to separate the two, nor is it possible to love one without loving the other.

There is the false concept of self-love, that is, the self abuse in this world that is often seen in the prideful individuals. This is not the love of God. That which love should be directed toward is the God-force in the world, which produces love for fellow man. Now see this as the manifestation of self, but realize as well that man does not live by bread alone, nor does man live by the bread of spirit alone. That is, that time cannot be completely absorbed in the spiritual functions or the turning inward or the restful quiet times, There must as well be the outward manifestations or the recreation, the romping about, the frolicking, the exercising of the physical body; would be well for this one.

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