

SPIRIT FIT

A SIGNATURE SERIES OF 3 HOLY POSTURES



By Patricia Kirk, MS

SPIRITFITT

A SIGNATURE SERIES OF 3 HOLY POSTURES

This Series activates our innate sensations of Humility, Submission, and Faith In Jesus Christ

TRUTH & THE LIE

TRUTH is God is the Creator and Sovereign.

THE LIE is man has free will, the power of self-determination.

TRUTH is *this is all* God's plan—all predetermined and predestined before the creation of the world to fulfill His will. God predestined THE LIE—that man would fall and believe Satan in the Garden. God created good and evil, joy and suffering, sin and holiness, perfection and imperfection, love and hate—all for man's evolution into *beings of higher consciousness of the immense power and glory of God*. By the grace of God, we are being forged and refined into *holy, divine beings* who are destined to be with God in Heaven.

We are to make plans, yet God directs our feet. (Proverbs 16:9)

TRUTH is God's intention is for a *holy love* relationship with mankind.

And nothing shall thwart His will.

Dear Father God, I reach out to you through your beloved Son, our Lord and Savior. You in Him. He in You. And the Spirit of You Both, the Holy Spirit in me. I stand humbly and obedient before you—fully in alignment with Thy will.

Thy Will Be Done On Earth As It Is In Heaven.

In Jesus Name, I Pray.

“Our most important relationship in life is our body.

Our body is the Holy Temple of the Spirit of God. As such, our physiology activates our spirituality. When we align our body in certain postures we experience our holiness and we become consciously connected to the Holy Spirit—we awake to our faith in Jesus Christ. In other words, our “physical fitness” encourages our “spiritual fitness.” and we become SPIRITFITT.”

PKIRK

(REFERENCE: 1 CORINTHIANS 3:16-17; 6:19-20)

In SPIRITFITT, we discover that OUR BODY is our spiritual teacher.

SPIRITFITT is about understanding that when “born again,” we become new creations in Christ. We are united with Christ and we experience Christ’s death and resurrection in our own bodies

SPIRITFITT is about learning how to give the Holy Spirit, who indwells our hearts, control over our lives.

Therefore, honor God with your body.

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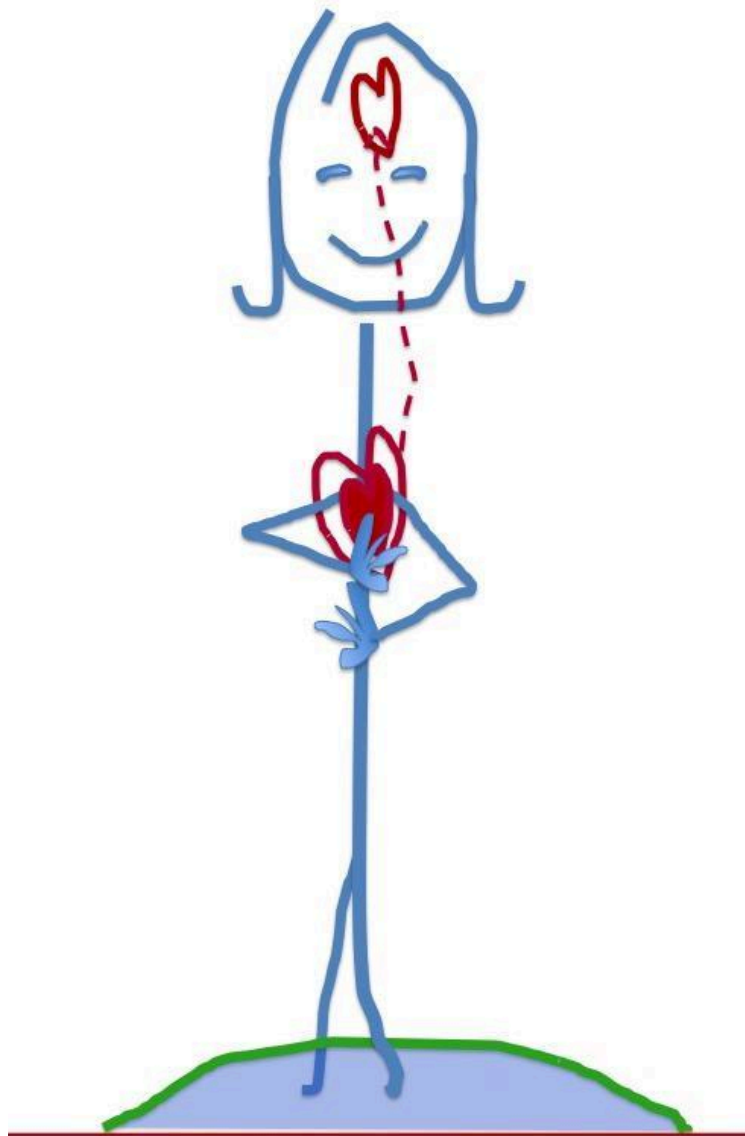
DEDICATION

This Book Is Dedicated To

Our BODY

and to

Our CREATOR



OVERVIEW: THE MESSAGE OF SPIRITFITT: THE UNDENIABLE EVIDENCE OF GOD!

The greatest evidence that God exists, that God is our Creator, is THE HUMAN BODY.

The greatest relationship in our life is our relationship with our body for it is the foundation of our relationship with God...it is the Holy Temple of the Spirit of God.

In a nutshell, SPIRITFITT endeavors to help us primarily with the following 4 things.

1. Encourage us to have a better, a more intimate, healthier, and respectful relationship with our body.
2. Teach us about the brilliant divine design of our body—that our healthy physiology fuels our spirituality.
3. Give us a “spiritual fitness” practice of Three Holy Postures that helps us keep our relationship with our body strong.
4. Highlight and provide the techniques of Good Posture because healthy alignment in body supports healthy alignment with the Divine.

What could be more evident of an all-knowing, all-powerful, immensely creative and loving Creator than the intricate, mysterious, beautiful, brilliant design and function of our body. As well as, the fact that no two of the 8 billion bodies on the planet are alike? As well as, the fact that our body is intricately linked to the rest of Creation?

And the most stunning aspect of the human body is that it's conscious. Now, where our mind holds intelligence, our heart holds spiritual, sacred consciousness...it perceives God. AND! Our heart is “control-center” of all that we are—physiologically, psychologically, spiritually. Our heart's innate physiological commands generate calm, holy sensations of goodness and truth that flow through our body and into our minds. We become aware of our connection to our Creator and are humbled before Him. This is our most natural, healthy state.

YET, there are many of us who are disconnected from this experience because we are disconnected from our body, from our heart...as a result, we are unaware of God. Disconnected we lack the belief in the one, true Creator and have no knowing of or faith in Jesus Christ. We are not imbued with the Holy Spirit...our “counselor and guide.” And though many think this is not important, it's made obvious to us all by the chaos in global culture that when our mind is left un-tempered by the “moral authority of God,” we become easy prey to immoral, delusional, unhealthy thinking and behavior. Our Ego becomes a servant of Satan.

We live in a world that worships “the created” rather than its Creator. We worship money and materialism, consumerism and control, power and prestige...we idolize other humans as gods. We worship man's intelligence...our science, physics, and technology. We believe we were created through an “impersonal” big bang in the cosmos rather than by the will and power of the “intimate,” loving, true Creator. We believe that since we “just happened,” we are meant to evolve, and thus, we worship our selves. In a nutshell, we have no true spirituality, no true faith.

Deceived into eating the fruit in the Garden of Eden by Satan's promise that “we could become gods,” that we would know what God knows. We performed our first sin...we rejected God and violated God's laws, the laws of nature and of love. We became addicted to knowledge...we value it over the virtues of the heart. We have been intoxicated for millennia, and as a result, we continue to sin, to do unhealthy, unholy, evil things. We ignore the truth about our Creator and dismiss our relationship with Him. We have forgotten that we were put on this earth to align with the Will of God...and instead, we follow our own will, we follow Satan's.

Having dismissed the true God, God of the Bible, we follow the “self-actualization teachings” of New Age...these exploded globally in the late 1800s. This spiritualism is rooted in the belief that mankind is to worship the gods of the cosmos and of the planet and that we can learn from them how to become gods. New Age theology encourages the belief that the purpose of mankind is to evolve our “consciousness” into oneness with the Great Cosmic Consciousness and there we will gain its power to manifest our “free will,” to create our lives and this world the way we want them.

Stepping back, we begin to realize that both science and New Age philosophies have motivated a “disregard” for the heart, and thus, for the human body. They honor the mind. Our body is merely a vessel, even a hindrance that keeps us bound to this “material world.” We believe we have the right to do whatever we please with our body and can see this attitude at play in society all around us...drugs, cosmetic surgery, abortion, eugenics, bioengineering,

transgenderism, transhumanism. Mankind has lost our inherent humility...the “humanness” that makes us human. We are losing our self-restraint and are managing and manipulating our body in “abominable ways.

In comparison, at the heart of Christian theology is the reverence of our body as the Holy Temple of the Spirit of God is ...It’s through the “human body” of Christ that we are saved. And yet, many Christians are not truly focused on this central tenant and are also rather disconnected from their body.

To put it simply, mankind is in trouble as we have lost respect for the most brilliant and beloved of God’s creation—our bodies.

SPIRITFITT hopes to help us “reconnect” with our body and realize its sacredness. Reclaiming our dignity as God’s most brilliant and beloved Creation and restoring our love for God is the “only” promise of our salvation. Our body is the Holy Temple and the indwelling Holy Spirit helps us understand that we are here for God’s will, not for ours. OUR BODY KNOWS THE TRUTH.

SPIRITFITT is the experience where “fitness” and “spirituality” merge. We discover that our body and heart awaken our mind with spiritual truth and understanding. We discover that our physiology directly shapes our psychology and learn how to manage our body to keep our physiology calm and healthy, “holy.” We know God through our body and heart, not our mind.

SPIRITFITT is the practice of cultivating a healthy relationship with our body and uses three healthy, holy postures to embody our “spiritual self.” These postures activate physiological sensations of humility and holiness and align our consciousness with the will of God. We feel the energy of the Holy Spirit flowing from our heart into our mind and become aware of Christ. Our relationship with our body strengthens, and thus, our relationship with God strengthens.

PKirk ‘24

THE HOLY TRINITY

WE UNDERSTAND THE HOLY TRINITY THROUGH OUR BODY

GOD THE FATHER—GOD IN HEAVEN CREATED OUR HUMAN BODY

GOD THE SON—GOD INCARNATE IN A HUMAN BODY—JESUS CHRIST

GOD THE HOLY SPIRIT—GOD INDWELLING OUR HUMAN HEART AND BODY

PREFACE: A LETTER TO THE READER

Dear Friend,

My hope is that this book will inspire you to get to know your body better and cultivate a more patient, respectful, appreciative, loving relationship with it...so that you will experience more of your relationship with our Creator, with God.

My hope is that SPIRITFITT will help you discover the sacredness of your body and realize that it is the Holy Temple of the Spirit of God. God is not in temples made by human hands yet in us whom He created to be His temple. SPIRITFITT helps us experience this biblical truth, and as a result, we realize that a healthy, loving relationship with our body is the path to feeling greater peace and hope in life...because our body knows The Truth about Creation and our Creator, our heart knows God. "Our body knows His intention...love and life."

My hope is that SPIRITFITT helps many realize that being disappointed with our body disconnects us from the goodness and love, and protection, of our Creator, God. And as a result, we "disconnect" from our inner moral code, from our understanding of what is natural, healthy, good, and just, from our conscience. We lose self-esteem and confidence...confused about who we truly are.

May we realize that our body is not ours to manipulate, yet God's beloved creation. May we realize that God's ultimate intention for us is to be in an intimate and loving relationship with Him...yet, that is impossible if our body becomes gravely ignored, and especially, technologically deformed. We need to realize that we are under the delusion we are gods.

My hope is that SPIRITFITT will help many wake up to the problem the world is facing. The world has decided to reject God, God of the Bible, and our culture has a huge disregard for our body as a result. Why has this happened? Essentially, Satan makes us do it. Satan hates our body...he covets it as his prize. If he can convince us to defile and degrade our body, then we fall away from God. And Satan's plan has been rather successful.

Our world encourages us into an unhealthy relationship with our body, evident through global "big business" devoted to "fixing and improving our body." As a result of this "disconnect" with our body, we are dangerously experimenting with technology in genetic engineering and artificial intelligence, in an effort to modify "who we are." Through trans-genderism and trans-humanism, we are losing our inherent biology of masculine and feminine, the God-given power to create life as well as to understand who God is. Put simply, we are endangering our species...we are becoming androgynous. One wonders then how life is to be created.

We believe our body is ours to do with as we please, part of our agenda "to evolve." And as a result, we are now at risk of losing our "humanness," our humanity...we are at risk of losing our soul, losing our morality and compassion, our ability to love. We are perilously at risk of losing our connection to God. It seems obvious that we are walking toward End Times...as we behave in these abominable ways trying to change God's Holy Temple, we are making life desolate.

I wrote this book to help us restore our relationship with our body. Why? Because I believe mankind is in peril of performing the most egregious act ever in our history. We are using our body to create a new hybrid-species...technological man. We are victimized by our own intelligence and knowledge and have lost all restraint. We are trying to "be God."

I want to help people realize that our body, heart, mind as one being is the most sacred and brilliant of all Creation. Our body holds consciousness of Truth, of the Universe, of God...not our mind. Our heart knows God. And if we continue to disrespect, and "play with," the sanctity of life, God's greatest blessing, then we will be destroyed.

I want to help people understand that our body is "who we are" and that our relationship with our body directly influences our relationship with the world...it influences our self-esteem and our outlook, shaping our beliefs and behavior, our identity. And most especially, our relationship with our body is the foundation of our relationship with our Creator.

My hope is that through SPIRITFITT, you might experience the sacredness of your body. And that you might awaken to the revelation that your body is your touchstone to all that is true...about Creation and our Creator. And that you might realize that your body is under assault...Satan's coveted prize. And that through SPIRITFITT'S "practices," you might find your "armor of light", faith in Jesus Christ, and be able to stand strong against the Devil's scheme.

From my academic and professional experience in fitness and working with thousands of clients, it has become evident that learning how to work with your body in this program's simple, unique "postural conditioning" techniques, you will improve your relationship with your body. In other words, as you begin to pay more attention to your body and put it into healthy, fitness experiences, you begin to "feel good, feel healthier." And what many of us discovered was that we also felt more "spiritual"...meaning less arrogant and egoistic, less fearful and doubtful about our selves and life. We even began to consider who God "really" is.

Because we begin to understand that our body is the Holy Temple of God, we begin to consider that God is within us. And we become more curious about our relationship with God. And when "born again, which happens by the grace of God in His perfect timing, we innately believe in Jesus Christ. Faith in Christ is a gift from God. We connect with the Holy Spirit whom indwells our heart and is our "helper" in life. We feel less lonely. Our outlook on life changes and we are more resilient in facing our challenges. We begin to build a more intimate, and loving, relationship with your body.

SPIRITFITT helps us learn how to embody ourselves, and as a result, we become inspired with humility, and thus, curious about God. And though we may not realize it, we are-being given a new will, and thus inherently inspired to make "new choices"...about life. we need any more convincing proof than what is before us in the world to realize that our sinful will bound us to follow Satan and his vacant, worldly values of power, money, and materialism, only leads us to tremendous suffering...and now, is tempting us to destroy our very species?

It is clear that we worship knowledge and technology as our gods and believe that we can, and should, become "more than human"...we can become gods. YET! We are finding ourselves on a very dark and ugly path. HOWEVER! by the immense sacrifice of Jesus Christ on the cross, we are awakened to see how we are "sinning," going against God's "natural order of Creation"...and as a result are rejecting God. And as a result of this revelation, we choose to "repent." Born again in Spirit, we are now bound to follow a holy will and our beliefs and behavior are transformed, we are made new. We believe in Jesus Christ. We follow Christ' commands...*to love God with all that we are and others as Christ loves us*. We inherently honor our body and offer it as holy and pleasing to God...we protect our body. We "align" our bodies, our selves, to submit our selves, to God's will.

Through SPIRITFITT, we learn to "Stand Strong," literally to stand in good posture, and we discover this helps us to stand firm in faith in Jesus Christ, in holy reverence to God...we are standing against the devil's schemes. Practicing "good posture" techniques along with a "signature series of holy postures," kneeling down, laying down, and standing strong, we experience the humility and submission that connects us to God and helps us feel the strength and confidence to follow Christ's commands. Reclaiming our respect for our body, and thus, for the sanctity of life we become intrinsically inspired to love God with all that we are and to love others as Christ loves us.

May you enjoy SPIRITFITT! And may you "let yourself be transformed by the wisdom of your body and heart and may the peace of Jesus Christ come upon you. "

P.S. In closing here as a note of housekeeping, I want to mention that given the unique concept of SPIRITFITT, this book includes scientific research along with Bible verses as references. I want to emphasize that I include the Bible not for "religious context," yet for "spiritual credibility"...it is the oldest and most highly regarded of all spiritual texts in the world. As you work through SPIRITFITT, you will discover how remarkably "science" points to "scripture," and vice versa.

1 CORINTHIANS 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;²⁰ you were bought at a price. Therefore honor God with your bodies.

LUKE 10:27

He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, 'Love your neighbor as yourself.

INTRODUCTION

THE INSPIRATION FOR SPIRITFITT – MY BODY AND MY STORY

The Inspiration for SPIRITFITT is our Human Body standing in Good Posture. This is the optimal example of everything that SPIRITFITT endeavors to teach about the power of our body and the vital importance of our having a healthy and respectful relationship with our body. According to the Bible, our body is the Holy Temple of the Spirit of God. According to our own experience of the sensations that occur when we stand in good posture, we also realize that our body is the Holy Temple...we can feel it.

If you take a moment and follow the formula below, you will feel the power of our body and heart connection right now. You will feel tall, balanced, compassionate, and confident. You will feel humble and holy. And you will realize that this all came from your body and not your mind.

THE FORMULA FOR GOOD POSTURE

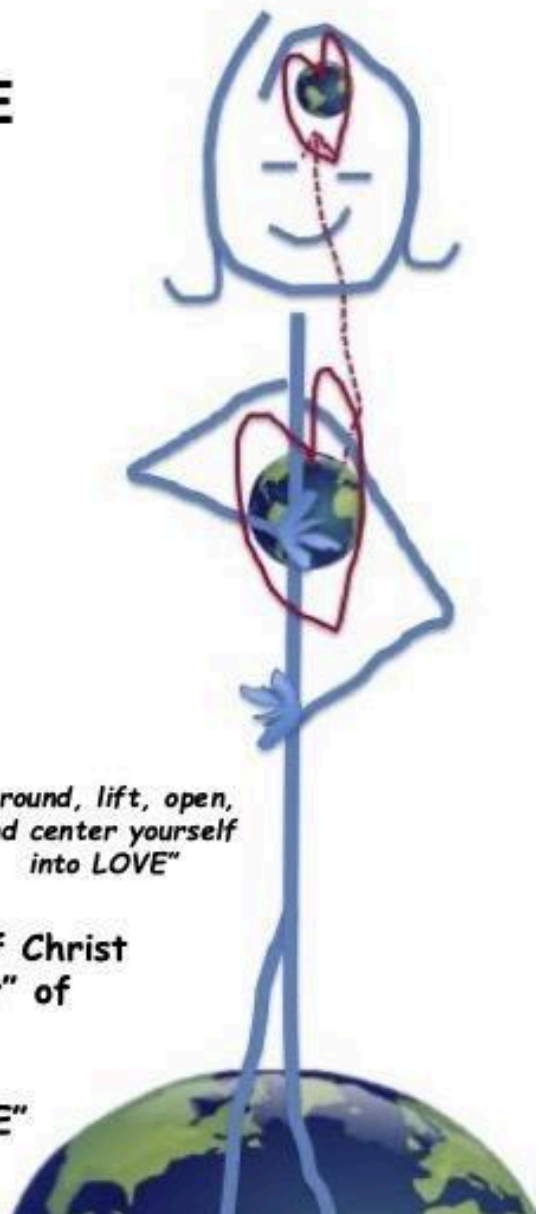
The formula for a good LIFE

- **STAND TALL**
- **OPEN YOUR HEART**
- **SMILE GENTLY**
- **BREATHE FULLY**

*"ground, lift, open,
and center yourself
into LOVE"*

**"Stand for God" in the Posture of Christ
and emit "the energy and light" of
the Holy Spirit.**

**Greet others with "the VIBE"
of Love and Peace.**



MY BODY AND MY STORY

I would like to share with you my journey of coming to Christ. With the humble hope that it might inspire you. It became very clear to me that God is here and in His timing will bring us to Him. And it is in that moment that we get the chance to make a new choice...to choose God through faith in Christ or not.

MY RELATIONSHIP WITH MY BODY

The inspiration for my life and for SPIRITFITT came through my body.

I struggled with my body for a good part of my life. And this created some dark and difficult times...from dieting to bulimia to being unable to conceive. YET! There have been some blessed moments with my body as well, through classical ballet and fitness. And I have leaned on these "healthy experiences" to pull me up out of my self-hate and loathing and blaming my body into the revelation that our body is God's most beloved Creation—His Holy Temple.

Throughout life, I often felt unhappy with my body for one reason or another...always trying to make it better, to "fix it." Studying ballet from a very young age, I both loved my body but felt frustrated with it as well. And my Catholic upbringing seemed only to add to my disconnect with my body.

Then, interestingly enough, though graduating college with a business degree, I found myself guided to a masters in exercise science and a career in fitness. And now that I was in the "business of the body," I had to confront how I regarded and treated my body. Otherwise, how could I possibly motivate others to exercise out of love for their body rather than because they too were frustrated with their body and just trying to "fix it."

At the same time, during my early adult years, I was feeling spiritually confused and unfulfilled...struggled through a divorce and sought answers why my marriage failed. I attempted to help myself find more personal peace and started down the path of "psycho-spiritual" therapy, and then, found myself turning toward "new age spiritualism."

I had stepped away from religion and into many years of devoted Buddhist Meditation practice. YET! Despite my steady practice, I didn't feel any more content or confident. Training my thoughts toward an impersonal "higher cosmic consciousness" felt rather empty. And I wasn't very successful at controlling my mind and finding the "positive" answers I sought to the life I wanted.

As I continued through the years managing fitness clubs and training clients, and teaching meditation, I began to realize how central our relationship with our body is to everything about our life; from how we feel about our selves and others to what we believe about creation and our purpose in it, to what we believe about God. Up to this point, my body was merely my body. I knew it was important to keep it healthy and fit, yet never considered that it was the source of my understanding of what is good and holy, to my understanding of what is evil. It even began to dawn on me that my connection to my body was my understanding of God.

I had always thought that my belief about who created us and why was something I needed to figure out through my mind...what we learn through "church, religion or science or spiritual concepts." Yet, I discovered that these paths were not the way. I discovered that our relationship with our body is the path toward our awareness of our spirituality, our relationship with God.

I began to realize that my path to relationship with God and to greater understanding of my life-purpose is through my heart, not my head. My mind, my thoughts, were obviously unreliable...my ego is co-opted by the world, by Satan. I ultimately discovered that my body knows the truth about God. My heart knows the character, the goodness of God...my mind doesn't. AND! Quite unexpectedly, what dawned on me was that my belief and love for God were connected to my love for my body...that my sense of self-worth was tied to my relationship with my body because my body is tied to God. AND! That my body is tied to Jesus Christ.

NOW! Through many years of classical ballet, a master's degree in Exercise Science and Cardiac Rehabilitation and a 30 year career in fitness, and 10 years practicing "mindfulness meditation," it became very clear to me that our body is much more remarkable, and "holy," than we are giving it credit for. Our body is the Holy Temple.

Throughout my life, I kept marveling at the power of "our body." It is a miraculous, self-contained, alive being. And, it became apparent that by keeping our body healthy as best we can and becoming more physically fit, we become more mentally and emotionally balanced and fit. AND! We become more spiritual!- It's the brilliance of how we are made..."our fitness awakens our spirituality."

I was always delighted at how good it felt to dance and exercise...and especially, after. And through my own experience, and witnessing that of thousands of fitness clients, I eventually became astounded at the dramatic, positive shift that takes place in us when we strengthen our body to “align in good posture”...when we shift from slouching and looking down into our phone to standing strong in “good posture” and looking ahead into the future, or into the eyes of another person, instead.

In a nutshell, my clients and I all experienced that slouching made us feel “down,” mentally and emotionally “bad.” And good posture made us feel “up,” mentally and emotionally “good.” You can try it now. So I started to explore what was happening from a psycho-physiological perspective. I realized how much ballet, throughout my childhood and up through college, had trained me about “alignment” and had conditioned my good posture...taught me how to “carry myself.” It always bolstered my confidence, and then I realized my spirituality as well.

Over time, my main interest and focus in all my training programs during my career became “alignment.” It was clear that this was very powerful in helping us experience a healthier mindset and outlook. AND! there was more to it...our physical alignment influences our spiritual alignment, our spirituality. AND! I realized that it was even much more powerful than any new-age practice.

My body taught me the “true” meaning of “spirituality.” In other words, spirituality is not about my relationship with myself and being able to sense “energy fields from a great cosmos” and to consider the possibility of my “spiritual evolution” as “master of my domain, even a goddess.” But rather spirituality is about my intimate relationship with my Creator. It is about becoming conscious of God, our Creator, and feeling His presence within us, His Spirit within our heart. I was “wowed” by this revelation and felt inspired to help people understand this through SPIRITFIT.

MY FOCUS ON SPIRITUALITY: MY CATHOLIC UPBRINGING AND YEARS OF NEW AGE SPIRITUALISM

During my life, I have always been focused on “spirituality.” Yet, I was never really sure what it was until now. I spent my lifetime searching, trying to figure it out. Growing up Catholic seemed to push me away from “religion”...having been encouraged to feel guilt and shame simply for who I was. Right through catholic college, I felt strongly that spiritual discipline was important, but couldn’t seem to find a sense of peace through Catholic doctrine. For some reason, I didn’t trust it...“did I really have to go through a priest to get to God?” I wanted to know God personally.

As life would have it, or God would have it, in my thirties my life journey took me to California, and I found myself on a “new age spiritualism” path...meditating and focusing on eastern spiritual traditions and practices. I followed Tibetan Buddhist meditation practices. Buddha’s teachings are meant to help us find liberation from suffering through “loving-kindness and compassion,” through the “attitude of gratitude”...it all seemed to be very honorable. YET! Something was lacking, something was missing.

It ultimately became obvious that none of these “religious and spiritual teachings and practices” were bringing me close to God...who is God? And by the way, who is Jesus Christ? And oh yes, who is the Holy Spirit? I had heard of “them,” yet truly knew nothing of them. Catholicism seemed to talk about honoring the Pope a lot...oh and, Mother Mary. I went to the University of Notre Dame (Our Mother.) And Catholicism never really took us through the “word of God,” the Bible.

Looking back on my new age beliefs and practices, I realize that New Age practices were primarily “self-focused,” were all about me. They were trying to convince me I was powerful...that I could become so powerful that I could find truth on my own, that I could make all my dreams come true., by “raising and evolving my consciousness.” And for many years it felt reasonable. I mean after all “I was an “abused” child and needed to heal my inner child so I could become a powerful adult.” Right? Hmm.

The truth is I was not a particularly “abused” child, this is not about my parents, but rather, it is about growing up in this culture where there was no “real love” or humility, where there was no “real” relationship with God. The Catholic Church pointed to it but it is misleading. And what’s just amazing to think about is the world still got it wrong even though God Himself came to earth as Jesus Christ so that we would know Him...yet, we ignore this.

Ultimately, the “new-age” quest to become “godlike,” to become the creator of my life, felt like “untruth,” even weird. AND! The irony is that though these practices try to make us feel “good about ourselves,” they also make you feel hugely bad about yourself. If I couldn’t do these “powerful practices,” then something was wrong with me.

I ultimately discovered, after many years of a strong “meditation practice,” that this attention on self was not really “spiritual”...it wasn’t really “mindfulness” but only “self-fullness.” It started to feel childish. And I started to realize that new-age practices were clearly “mind-centric,” basically psycho-therapy, basically, mind control. And it was becoming very obvious to me that this was not the path to spirituality, was not the path to Truth. AND! By the way, they never seemed to work, not just for me but for pretty much everyone else I knew...my clients. Trying to sit quietly and calm my mind, ironically, I found myself just activating it. We all felt trapped by our ego.

To be honest, I was getting pretty tired of focusing on me. And then it dawned on me. These practices actually distract us from “true spirituality,” from the Truth of Creation and of our Creator. They never seem to fully engage what is “heartfelt”...our connection with what is sacred and holy. They distract us from the most important experience in life...our relationship with God. They admit that loving kindness and compassion, and peace and justice, are very important in our lives and yet, it never really seemed to be clear about what these virtues truly are. And thus in the end, for me these philosophies and practices always seemed to feel so “self-absorbed.” I always felt lonely on the mat.

Put simply, New Age felt just as misleading as the doctrine of the Catholic Church. They both encourage mankind to just keep trying to figure out the meaning of life and our purpose on our own, that we are ultimately responsible for this. And yet, we only seem to end up in machinations of our mind. I eventually began to realize that these practices lacked any understanding of who we truly are because they lacked any understanding of who God, God of the Bible, truly is. And by convincing us that we are “solely” the decision makers in our lives, they were taking us down a very dangerous path to believe that we were powerful enough to do this, that we should be. In truth, they are taking us away from our Salvation.

These practices seem to aggressively try to convince us that if we worked hard enough to “evolve our selves,” we could ultimately merge with the “higher cosmic consciousness” and become gods. However, this intense self-worship didn’t seem right...it just didn’t “feel” right. My body knew. It isn’t right.

MY STORY: BEING BORN AGAIN BY THE GRACE OF GOD

Through various personal life circumstances, both wonderful, and especially, those very difficult, it began to dawn on me that the path to greater peace and comfort in life is ONLY through a relationship with our one, true Creator, God. And by the grace of God, one night now much later in life on my deck under the night sky I fell to my knees in despair. I called out to “some higher cosmic power” and it was Christ who came to me. This was the night I became a “believer” in Jesus Christ as my Lord and Savior. In the end, it wasn’t really my choice but God’s choice, His divine intervention. I was “reborn.” I was saved.

As I reflect on what I had gone through that night, I am starting to realize that as I felt like I was falling apart, I was also feeling held...and, I was being put back together. Though full of despair and self-loathing, for some reason I was also feeling an overwhelming sense of compassion and love toward me. Feeling these sensations in my body, my mind organically shifted toward God...and not God of the Great Cosmos, but God of the Bible. And I realize now that my body was my guide.

Kneeling, I could “feel” I was bowed low. I felt humility deep within me naturally rise into my awareness and shift my emotion from despair to reverence. And spontaneously, kneeling there, I remembered a picture of Jesus Christ that I happened to see the day before on the front door of someone’s home...unusual, “weird place for that” I had thought at the time. Yet, now here it was bright in my memory. AND! I remembered that two days before that I had met a young man in the parking lot of my apartment whose name was Jesus. Really! AND! I remembered that a week before that as I was cancelling my subscription to cable because I was moving, in an unusual conversation with the rep, he mentioned that I should read the Bible—specifically the Book of Daniel. Hmmm.

As my body then refocused my attention on my sensation of humility, I knew I was not alone and that I was bowed low before something, some “One” who was holy, powerful and good. And there was Christ...ready to put His hand on my shoulder and comfort me. Did I see Him? No. But I felt Him. I was before “The Almighty”...there was no doubt in my being. And organically, I bowed my head and started to talk, to pray.

Kneeling, my body, my face, close to the ground, I knew I was before the Most Holy. I realized how lowly I was, that I was merely a sinful human being. I was filled with a sensation of remorse, a knowing that I have been selfish. And though at first this felt uncomfortable, it also felt so relieving...it felt good to be open, to confess. I was finally

facing the truth about myself, and especially, that I needed help. I am flawed, imperfect, weak before temptation...I am a sinner and in need of a Savior. And I knew that He was right here and deeply loved me. Astoundingly, I felt loved, cherished, valuable to Him...and I knew I was forgiven.

As I reflect on this, I was “experiencing faith.” I felt viscerally inspired to believe in Him, in Christ. I could feel the Holy Spirit flow within me, within my heart...a fullness, a deep calmness. It was clear that despite all “my effort,” I couldn’t “do life” on my own. And it was also clear that Christ was here to help.

As I considered what was happening to me, it was clear that these “revelations” were coming from Him through my heart and my body...my mind, my ego, was out of the way. In fact, I realize that I wasn’t really thinking at all, but rather feeling my body, my heart, my physiology. It became clear that Christ was guiding me to wake up, to change my ways and follow Him. Christ was transforming me. And most astounding, was that as I was waiting for His answers about my broken heart, my broken life, I realized that all I could hear Christ saying was that I needed to rewrite and finish this book. I needed to take out any “new age” concepts that I had originally predicted it on because now I knew the Truth, that Christ is the way, the truth, and the life. I was to only focus on Him, and the Bible. Wait, what?! I’m in trouble here and we are talking about this book?

Feeling both full and spent, I then found myself naturally rolling over to lay down on my back. I couldn’t get up—I felt so heavy. And, it felt wonderful...I was “surrendering.” I was laying on a solid foundation of holiness. Physically vulnerable, and yet feeling powerfully held in love, my ego dropped to the background and I could rest. I could feel Christ’s guidance in my heart and was intrinsically moved to “submit” to God...“Thy Will be done.” And it felt unlike anything I have felt before...a deep, abiding peace. Something, or someOne, had infused me.

After a time, not sure how long, I started to stand up. And as I stood, I felt calm. I felt a wonderful mix of sensations, humbled yet strong, energized yet calm, focused yet open-minded, confident, yet empathetic. I felt physically stronger and more emotionally balanced, “objective” is the best word. Somehow I knew all was as it should be, and that, I was loved. I was safe. I was saved. And the Truth dawned...“me, my life, is God’s.”

And then, I felt filled with an unfamiliar “hope”...it was holy, not worldly. I realized I had been saved and that Christ is returning soon to liberate all those who believe from this heavy world. My hope was now in Jesus Christ rather than in myself, rather than in others, rather than in this world.

I went to bed having cried myself into exhaustion. And after a bit of sleep, I woke to write about this “revelation.” And in the wee hours, I realized something very cool. When kneeling down, I felt humbled and I knew I was before something “holy.” And I knew I was bowed before the Lord. AND! I realized that this was not because my mind was telling me this but because my heart was. I had the very experience that this book is trying to share...that we experience God through our body and heart, not our mind. This night confirmed for me what I have known in my heart for so many years. My body revealed that life is not about us, it’s about God. And my body revealed this because in this moment on the deck, God indwelt my heart with the Holy Spirit—and He now was my guide in life. I was not alone anymore.

THE BIBLE

Another remarkable thing happened as I was sitting and contemplating the power of my body, the inherent guidance my body was giving me, I realized that I truly am “made in the image of God”...meaning my body inherently knows God. And now all I could think about was getting hold of a Bible—I needed to know more about God, about Christ, about the Holy Spirit.

There, I found the account of Creation and of our Creator. And there, I read the prophetic verses of the coming of Christ in the Old Testament and the history of Jesus Christ in the New Testament. There I found the meaning of faith...for as I read about our Lord and His birth, crucifixion, death, and resurrection and learned about His “sacrifice for my sins” and His gift of my salvation, I felt the depth of God’s love. And especially, I read about God’s intention for it all. I could feel it all flow through me...my body knows the Truth. I knew I was forgiven and reconciled with God. I knew the Holy Spirit was guiding me back to the Garden. I knew God wanted me with Him for eternity.

Over the next several days, I reflected on this “coming to Jesus.” There was no doubt it was real. And I was beginning to realize that I have misunderstood the meaning of “life.” It was clear that now my mind was being reformed, “renewed,” and I was being told the Truth. I realized that I had been thinking that life was all about

me...me reaching my potential, fulfilling my dreams and expectations. It's not. Life is about our relationship with God. And, I realized now "born again" that mine had not been good.

I was beginning to realize that a good life meant a holy life...a life of honoring God, not myself. I could begin to see how I had gone astray, doing things in life under the guise that I was meant to experience all I could, gain and accomplish all I could...only now to realize that I was confronting nature, degrading my body and heart with worldly beliefs, values, and practices. And I was not respectful of the truth about "love." It became clear that I had confronted and rejected our Creator...the very "One" I have been searching for.

Studying the Bible daily for the months that followed that night, I learned that Christ, God as man, came to earth and chose to be crucified for me...He revealed the destruction and ugliness of my sinful nature and then out of deep love for me, took the punishment I deserved. I was redeemed, forgiven and saved...I now was reconciled with God and justified for my salvation, for eternal life with our Creator. I learned that one day my body will be transformed from an "earthly body" into a "heavenly body" for its resurrection. I decided that I would like it to be "worthy," I wanted to be worthy. I wanted to be close to God.

As this dawned on me, I again felt what I had that night...I felt genuine remorse and sadness and then again that most unexpected response. I felt inspired with a deep willingness to repent, to admit that I am weak before sin...easily tempted into unhealthy and unholy beliefs and behaviors. I was confirmed in what I had felt that night...I need help, I need a savior. And I want to wake up, to become humble, because I want to be close to Christ, close to God.

And most miraculously, I could feel God's forgiveness. And so unexpectedly I felt a deep compassion and forgiveness for myself, for as Christ said about His accusers at the Cross, "forgive them for they know not what they do." I felt such a relief from self-blame. And I realized that forgiving myself is not about "letting myself off the hook," but rather for encouraging me to take responsibility of now knowing that Satan is in the world and can cause us to do unconscionable things.

Through the Bible, I learned of God's immense mercy and grace...that we are His children and He wants all of us with Him in His Kingdom for eternity. God wants us in relationship with Him, to experience Holy Love. My eyes have been opened and now I realize how I had been lost in a world of deceit, of self-ideology, and of materialism and greed, Satan's kingdom. I have to admit that seeing this truth felt uncomfortable but I knew that this was the way toward liberation.

As time unfolded, I began to innately feel a "closeness" and intense gratitude to God...He called me out of the depths of darkness. Christ revealed Himself to me that night through the calming, smooth rhythm of my heart as I was kneeling. I felt humility and holiness and realized this was all my body's doing. My body knows God. My body woke me up to the truth of my relationship with Christ...and that faith in Christ is a feeling, not an idea. And through faith in Jesus, I have been saved. My body felt calmer than it ever had.

UNDERSTANDING MY LIFE PURPOSE—DEFENDING THE HUMAN BODY AS THE HOLY TEMPLE OF GOD

AND! I began to understand why my life interest has been in the human body. God put it there. I've always known our body was more than just a body...that it was our connection to "the sacred." Yet, I wasn't sure what "the sacred" actually was. And I have been on a life-long search to find out. And now, finding my inherent humility and the sensational feeling of faith in Christ, I realized something unexpected. "Our body has something to do with Christ's body," and with His crucifixion and resurrection...both occurred through His "human body." And then, I realized that God, Himself, incarnated into His own creation, in a human body, to be with us "in His Creation." Our body is important.

Reflecting on Christ's torture and crucifixion, it has dawned on me That through this account of the viciousness against His human body, we were being shown that Satan exists. And we were being shown that Satan's plan was to contaminate our bodies and corrupt our minds—so we would reject our body, sin against it, and thus, reject God. Then a marvelous revelation occurred. It became clear why God created the Holy Trinity.

The brilliance of God was that He had predestined to come to earth as a man, as Jesus Christ, so that He would become known to us. So Satan would become known to us. So that we would then begin to become discerning between good and evil. And then when Christ left, He left us the Holy Spirit who, indwelling our heart, would be our guide in life now. Through these revelations, we begin to understand the immense sacredness of our human

body—for the human body, “our life,” was God’s required atonement for our sin against our human body because our body is God’s Holy Temple.

THE REVELATION ABOUT NEW AGE SPIRITUAL PRACTICE

Having sensed Christ’s presence while I was kneeling on the deck, and hearing His command to take our “new age” practices and beliefs in this book, it became remarkably clear that what I had recently begun to suspect about “new age” was true. It is misleading, and actually, deceitful...that “spirituality is a function of the mind, of trying to control and manage our thoughts through various mind-manipulations.” What has become overwhelmingly clear is that spirituality is not about trying to evolve our consciousness so that we gain the power of a cosmic supreme God and manifest all our dreams in life. Spirituality is about evolving our consciousness of our body, of our heart, so that we awaken to the one, true God, know God, and become mature enough to love Him genuinely. In other words, spirituality is about our relationship with God, not our relationship with our self and some “evolutionary deity.”

Upon further reflection of that night, I became stunned by the realization that I had been called by God. That night has been the most important night of my life. It was the night that I realized that I had no free will, that my life, my very existence was all up to God’s will—and God’s will is for my good. There was nothing I could have done to make this incredible gift of “being born again” happen, and it has never been on my mind to do so.

And, I remember that as I started to stand up, I felt stronger, physically and emotionally... I felt empowered. I stood tall and strong and as I stood there looking out into the night, I felt confident in a way I hadn’t before...I felt convicted to make my walk in life a walk with Christ. I fully understood that the meaning and purpose of everyone’s life, whether they accept Him or not, is all about God.

I felt bolstered with truth and realized that I have been under great deceit...that the world is under great deception. The world believes, and convinces us to believe, that our mind is the most important aspect of who we are. We ate the “toxic fruit of the tree of knowledge” and now worship knowledge and technology as the key to our evolution, the key to our salvation...reaching our greatest potential. Technology is our god. Satan has convinced us to believe that our intelligence, and gaining more and more knowledge, is our purpose and value in life. This is the underpinning of New Age Spiritualism. And as a result, we now find our selves in darkness, truly in “the matrix,” a matrix of deceit and lies.

The Truth is that the “key” to our “real” evolution is our “consciousness” of God. The key to our liberation from suffering, the key to our “true” salvation, is our relationship with Jesus Christ. And it happens through our body.

GOD CALLED ME TO THE HOLY LAND

A year or so after that night on the deck, it seemed God decided I was ready for a trip to the Holy Land. Since my rebirth, I had studied the Bible daily for 2-3 hours. Reading it from beginning to end five or six times, I was fully committed to exploring God’s word. And to my amazement, I found the Bible thrilling and wonderful, and without a doubt a living document. And it was clear that God felt I was ready to see first hand where our Lord and Savior came to earth to minister to us, to be crucified, and raised from the dead...to save us. And now back from this trip, it’s clear God’s intention for me to go was so I would gain more clarity about “His purpose” for SPIRITFITT. Yes, about this book.

While walking the path of our Lord and Savior in the Holy land, I believe God blessed my work with SPIRITFITT, and I mean that He specifically blessed it. As I walked where Christ walked through Israel and particularly in Jerusalem, I realized that the three postures: kneeling down, laying down, and standing strong that I had chosen for SPIRITFITT’s “signature series of three holy postures” were “postures of Christ.” And as I followed the steps of Christ in Jerusalem, and took these postures myself, I realized they were shifting my consciousness into the “mind of Christ.”

To put it in a few words, the three postures I had chosen for SPIRITFITT were kneeling, laying down, and standing tall and strong. And as God would have it, these were the primary postures of Christ during the Passion of Christ. Christ knelt in the Garden of Gethsemane humble before God. Then, in the tomb, Christ was lay down in order to release His human self and to be transformed into His heavenly self. And then Christ walked out of the tomb standing tall and strong in is ethereal body to be raised to Heaven. Wow! I admit this realization feels wonderful about my work in SPRITIFITT. Thank you, Lord.

As I visited the places where Jesus was, I felt my body connect to Christ's body. I guess one could say something like I was "moved emotionally." Yet, it felt much more than that. It was all encompassing. I could feel my whole self, my body, my heart, and my mind, sense into what Christ experienced during His "unprecedented painful" walk the last few days toward the end of His "human" life. I felt Christ's despair and humility as He kneled in Gethsemane and prayed to God for help. And though He felt tremendous fear as we learn from the Bible, I could feel how Christ was also in complete surrender and obedience to His Father. And I could feel the blessing He might have felt when an angel came and gave Him strength.

In other words, my body felt greatly pained, my heart very heavy. And then, I also felt the strength and encouragement in my body from witnessing Christ's power...from His courage and strength as He rose up from His humble place on the ground before God and stood firm in faith in His Father as He was about to face horrible injustice and unmitigated physical and emotional pain. Christ revealed to us that our body is God's Temple and that our lives are God's and that God loves us and that God has a redemptive plan for each of us.

The next day on the tour, we visited the Tomb of Christ's transformation and resurrection. Being present with what I was taking in, I realized that after His torture and crucifixion, His human life spent, Christ was laid down in the Tomb. Imagining Christ laying on that stone slab, I could feel the submission of His body, He had laid down His "cross" from this world, and now His earthly body was being changed into a heavenly body. And by the grace of God the Father, Christ was resurrected from the dead...revealing our salvation.

And as I stared at the empty slab, the empty Tomb, I imagined Christ walking out of the Tomb standing tall in His ethereal body exuding power and might as He was being raised up. And though this may sound a bit remarkable, I could feel some connection with this as I remembered my night on my deck. I had been brought to my knees in humility, and when I felt spent, emptied, felt spontaneously compelled to lay down. And after a while, was filled with the knowing, the strength, to get up and stand transformed as a new creation, filled with undeniable faith in Christ.

Through the Bible, we learn that a short time after His resurrection, Christ returned to His disciples and stood once again before them, in His transformed body. He ministered to them for forty days to get them ready for their "great commission" - to go out into the world preaching about Him and the good news of our salvation through Him. And we also learn that when Christ left them to return to Heaven, they were anointed by the Holy Spirit...imbued in their human hearts so that they would have a "helper" to keep them confident. Now walking around in Jerusalem where Christ had been in His human body, I could feel the presence of the Holy Spirit within me, within my human heart...and thus, I received my mission in Christ's commission.

That night in my reflections, I realize that as a follower of Christ, I am to kneel down before God to pray and seek His help; to lay down to submit to God's will and be transformed; and then when I rise, to stand strong in belief in God through faith in Christ. And that with the help of the Holy Spirit, I am to share with others the Gospel. And especially now, I am to share the "good news" of the Second Coming of Christ and to help comfort others with Christ's words...that man's ultimate destiny it to be resurrected to be with the Father in Heaven. I am to eagerly await Christ's return.

I was pretty blown away that night in Jerusalem when I realized that these three postures that I noticed about Christ on "his walk" were the postures that had already come to me months ago as the "spiritual-fitness" practice of this book. I realized this was God's confirmation and felt quite undeserving and yet starting to accept how God clearly works in wonderful ways. And, there's more! That was not the only thing that happened at the Garden Tomb.

On this trip, not only did God confirm for me these revelations, He also decided to get me started on sharing my book's message. Two days before I was baptized in the Jordan River. As I came up out of the water I could feel God's proclamation over me and over what I was now to do for the rest of my life. I felt this come through a warmth in my heart and I felt an overwhelming sense of relief and gratitude. I clearly heard, or rather felt, Isaiah 43:1: "*Fear not, for I have redeemed you; I have called you by your name; You are Mine.*" I sobbed almost uncontrollably and they were tears of immense joy and relief.

ELI—NO NOT GOD, A NURSING STUDENT

While visiting the Garden Tomb.-Just before the service by our Pastor began, I chose to sit away from the group alone on a rock wall very near to the opening of the Tomb. I couldn't quite take it in that I was where Jesus rose from the dead. Peacefully in prayer, a young man from the group asked if he could sit next to me on the wall as well..."of course, Eli." In that moment, out of nowhere, I had a thought, or rather more like an impulse came upon me ...speak with him about "mindfulness meditation." Wait. What?!

I thought this was such an odd thought and couldn't figure out at all why it was coming into my mind. I resisted it. Yet after several more promptings during the service, at the end I gave in. After Eli had prayed over me, which happened unexpectedly and because he was a missionary student from the church we were with, I said, "Eli, thank you for your wonderful prayer for me. And, do you have one more minute for me?" "Of, course," he said.

"This is a strange question I know," I went on, "but something on my heart is pressing in and encouraging me to ask it. And please, feel free not to answer if you like. Do you, or perhaps any of your friends, have an interest in mindfulness meditation?" He smiled gently and said, "Yes, I'm a nursing student and we are currently in a course studying mindfulness meditation as part of our patient care." We looked at each other both a bit stunned.

It was clear that God wanted me to help Eli figure out how to navigate through the unbiblical roots of this practice. Not only was it clear because of just hearing my heart's encouragement, but it could not have been a coincidence that I had just written a chapter about this in this book before I left for Israel.

I shared with Eli that meditation can be of great benefit in helping people calm down, and yet, I also revealed that in a "spiritual" sense, it can lead people into a rather unhealthy mindset. Mindfulness Meditation is rooted in Buddhist religious concepts and those who practice it are taught these beliefs...so they understand the purpose of what they are doing in trying to achieve the goal of "mindfulness." Yet, most of them aren't really aware that that is what is happening. And so, it's very important that we as Christians be aware of what Buddha acclaims...and that we know that he does not believe in God. He does not believe in Jesus Christ.

While involved in this practice, we need to have on the armor of light...to keep us from mistakenly going into the darkness. In other words, to keep us from contemplating things that confront and go against scripture. It appeared that Eli knew what I was saying and was very interested. So I went on.

Buddha believes we just came into being from the Cosmos, *from an endless, cyclical process without a discernible starting point, and as a continuous chain of causes and effects.* And he taught that we are ever-changing, and that we can evolve our consciousness to find peace—become "god-like." Or in Buddha's words, meditation can help us find freedom from our suffering by becoming "enlightened"...our consciousness merging with the "Great Consciousness."

Many practitioners and teachers, of which I was one for over 10 years, tell us that by sitting on a mat and meditating, training our mind to empty itself of thoughts and "be in the now," we will then see the "truth" of things and learn not to be affected by it. Continuing to develop this "mindset" through more intense practice, we will finally be able to accept things as they are and we will experience our ultimate true self. We will ultimately find peace through this "acceptance" and eventually, we may gain enlightenment and as we merge with the "Oneness," we will find bliss.

As I explained these things to Eli, he seemed to relax - not so much because he agreed with them but because he understood what I was saying and on some level during his training he had begun to wonder about such things. That as Christians we need to be aware that-these beliefs take us away from God. They weaken our faith in Christ. In fact, it can be so deceiving that many new age practitioners dare to even use the vernacular of "Christ Consciousness" in place of "Cosmic Consciousness."

I also shared with Eli that Buddha teaches about loving-kindness and compassion and though honorable, he attributes them to us as we evolve into becoming our higher selves, eventually consciousness itself, gods. Yet, as we know these, as well as, peace and bliss, which also are espoused to be benefits of mindfulness meditation, can only come from God, endowed in us as His gifts in our "rebirth."

I shared with Eli that I had been in mindfulness meditation for 10 years and had a very devoted practice and that I finally realized several things about it. I wasn't Christian at the time so these realizations weren't the ones I shared above here, but rather they came just from my own inner sensibility. Over time through the practice, I began to realize that this-"new-age spiritualism" is a "self-absorbed" practice. And though there was acknowledgement of a "higher power," it felt so impersonal.

The practice seemed to only lead me further into loneliness. On some level, I knew that something was false about it all. And now I realize that “it” is false. It does not have the truth. It does not have God. Eli smiled and shared that he was so relieved to hear this because he had been struggling through the program.

I went on to coach him to understand that there are some benefits about meditation and how to use the technique of meditation to help his patients yet not to lead them astray. As I had done in my classes for clients in my fitness clubs, I told him how I had shifted the “mind-centric” technique to a “body-centric” one and bypassed the mind altogether.

I explained how my students learned how to work with their body to help calm their heart rate and relieve their muscular tension, and then, simply keep their attention on the calming sensations. When distracted by thought they brought their attention to only their body, not trying to work with their mind. All of them shared how this had helped calm their mind too...proof that our calm physiology calms our mind. Both being in professions of “the body,” we loved to see this is God’s brilliant design.

And what was even more wonderful about this technique was that many clients also shared that they felt much more successful and more positive-minded as a result of this technique. Our mind is just too powerful to control—or rather, our ego is just too powerful to control. And we learned that our body is very conscious, and that it is much wiser and filled with humility and truth, rather than arrogant opinion.

Many also shared that their relationship with their body was changing. During the practice, as we came out of the relaxed state, I would ask everyone to focus on how their body felt and how this was making them feel emotionally. I coached them to give some thought to how marvelous our body is, how it works...to consider its brilliant design of body-heart-mind-spirit consciousness and appreciate what we were feeling. I helped them understand that this was our physiological-psychological interconnection and cycle, what many refer to as body, heart, mind, spirit. And I would finish our sessions by encouraging us all to consider that because it is us, our body is our best friend.

Over time, many clients started to share that they felt more connected to their body, more respectful, and they marveled that this helped them calm down in life. Bingo. Soon, they also started to admit that they felt less stressed, and that they began to reconsider their thoughts about Creation and “evolution,” about who God was. Many found that they were starting to admit that our body must have been created by a “great and benevolent intelligence,” God And they began to see how much our relationship with our body kept us close to Him,

In other words, the technique I taught over the years to thousands of clients was all about “embodying” our selves, meaning feeling into the sensations of our body in various postures. We focused on how a particular alignment activates our “inherent humility and morality,” rather than working with our mind...which it became clear only triggers Ego, and not our heartfelt sensibilities. As a result, we experienced “transformation”...with our body, heart, and mind aligned we felt “renewed.” We felt connected to our “spirit.”

And now, what was just amazing in sharing all this with Eli is I got to also explain how this tied in to what Christ had revealed through His life on earth was that our body is the Temple of the Holy Spirit—and that this is what God had designed it to be. And in this truth, I shared with Eli that we need to realize, and help others, understand that our body is God’s not ours—that my body has been bought with a price, redeemed from sinfulness and reconciled with God by the precious blood of Jesus Christ. This seems to all hit Eli profoundly especially because of his love for his career in medicine.

As Eli and I walked away from The Tomb, we both knew we had just shared a “God-moment,” a personal visit from the Holy Spirit. And I knew now that God was revealing to me that it is time to go home and finish and publish this book. He wants many to hear its message. And in that moment I realized that I was to do my part and leave the rest in His hands...as I am to do with the rest of my life.

My experiences in Israel were just amazing. OH! BUT WAIT! There was one more remarkable revelation and confirmation on this trip. My time with Eli was not the last understanding that God affirmed in my heart before I left Israel. As our group was being driven back to our hotel, we passed the United States Embassy. I have to admit that being out of the country, it felt good that we were about to see our nation’s flag, a touch of home.

A bus buzzing with conversations about our wonderful day suddenly became silent as we all began to take in the site. Flying high above the city of Jerusalem was not only the United States flag, yet right below it was the Pride flag, and almost as large. And more striking still, below the flags hung along a sidewalk wall a huge banner with the word PRIDE - twenty-four inch letters on a rainbow backdrop.

For me, I realized this meant that America was emphasizing to the world that we are a “gay nation.” Now that is not true. We are a nation with gay people, Black people, Hispanic people, Indigenous people, Asian people, white people - all sorts of people! And we are challenged and committed as a nation to treat everyone with equal respect and dignity, equal pay and benefits, equal freedom and liberties. And we need to work much harder on this. Yet, I felt that this LGBTQ flag did not represent America, did not represent me. I am an American and so is every gay person in the United States of America. I’m not sure I got the point of this display. But, I am sure that it felt disrespectful to me, an American.

I of course also must be fully transparent here and reveal that as a Christian, I do believe that homosexuality is not a holy lifestyle, and as a degreed physiologist I know it’s not a healthy lifestyle. I believe this behavior goes against the order of things - against nature, against our biology. It goes against the very essence of how we were made in order to procreate. And as we know, the Bible makes God’s intention for our biology very clear...“and He made them male and female to be fruitful and multiply.”

And, I have to admit that seeing this also hit very close to home for me. It is the focus of this book...supporting us to have a more intimate and respectful relationship with our body. And for me that means to treat it with respect in ways that keep it healthy and fit. It means that we don’t put it at risk or try to change it because we feel a disconnect with it or wish it were different. And I believe God has emphasized this “law” by coming to earth Himself in a human body so that we would clearly see just how important our body is to God His most brilliant, his most beloved, Creation.

As I contemplated all that I was seeing and what it meant, I thought about looking up at Skull Hill, Golgotha, and realizing that Christ was hung up there on a cross for us, to redeem us, to be the sacrifice for how atrociously mankind treats the human body, our own and others’. I thought about how Christ shed human blood atoned for our sins and reconciled us with God...and couldn’t imagine the pain and suffering He physically endured just so we were saved. And it dawned on me that each time we treat our body with disrespect, we disrespect Christ’s great sacrifice ... we disrespect the body and blood of our Savior. Wow—that went deep.

Being in the Land of our Lord made seeing a blatant statement about our challenge to God’s creation all more poignant for me. The body of our Lord is God’s most “sacred” creation. Our body is God’s most sacred creation. And we all seem to very rarely, if ever, even think about our body except when we are feeling disappointed with it or fighting off injury and illness. Meaning, never just sit and admire its “divine design.”

I became discouraged at realizing how willingly we judge and reject the gift God gave us in life...our precious body. And I was beginning to feel overwhelmed by how arrogantly we feel in being justified to do “whatever” we want with “our” body...homosexuality, abortion, genetic engineering, cosmetic augmentation, tattooing, transgender, and now, trans-human. The truth is that, whether we believe in God or not, our body is not ours to abuse. And if one believes in the one, true God, we know from the Bible that our body is not ours...it’s a gift for us to experience life on God’s brilliant planet. It is the vessel within which we get to know God and prepare for Salvation, eternal life in Heaven with God—our earthly body transformed into heavenly.

My hope is that SPIRITFITT, which is about the sacredness of our body and how our relationship with our body is the foundation for our relationship with God, may encourage many to pause and reflect...to wake up and realize that our body is under assault, our “human nature” is being degraded and we are losing the very “essence” of who we are as a species—and especially, as a highly-conscious spiritual being. The truth is that our body, not our mind, is our consciousness of God...the one, true, loving God, God of the Bible.

AND FINALLY, FROM MY TRIP I REALIZED how the Bible came alive—I could feel it in my whole self, body, heart, and mind could feel the truth of the Bible. Absolutely no doubt that the accounts in the Bible are true, the accounts real. And as a result of this physiological experience that inspired my psychological awakening to the power of the Bible, I realized that to better understand and absorb the insights and teaching of the Bible that we need a “practice,” and not just a discipline of the mind, but of the body as well.

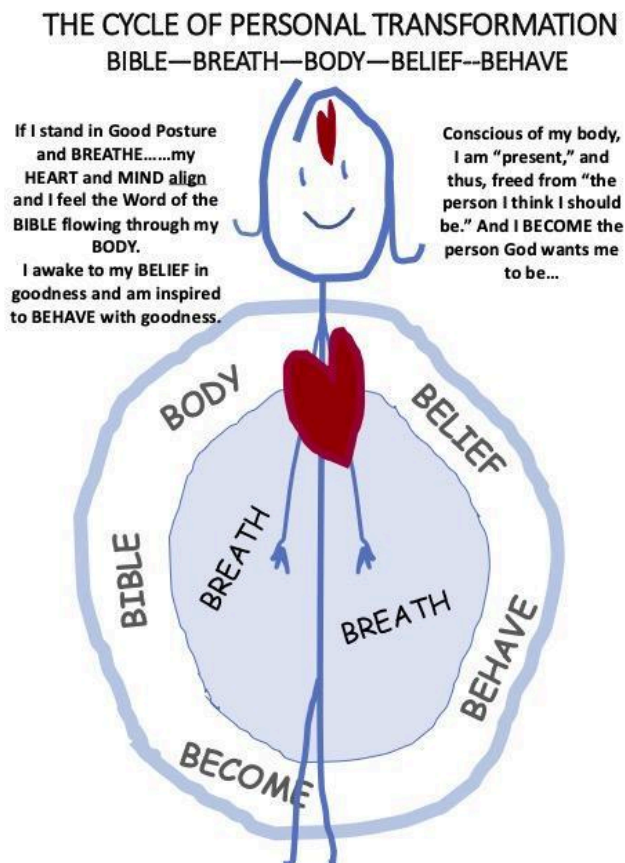
And thus, the purpose of SPIRITFITT. It is necessary to have physical practice along with our bible study because our ego will continue to deceive us in what we’re understanding God’s word to mean. In other words, we need to prepare physically, mentally, and emotionally every time we are going to sit with the word of God, for we are literally sitting with God. Since the Garden of Eden, Satan has been working relentlessly to draw our attention and belief away from God. And especially, he has been telling us what we “should and shouldn’t” believe. His greatest deception being THE LIE—that we have power like God, we have free will, the power of self-determination. Having

eaten the fruit of the Tree of Knowledge, we became obsessed with “matters of the mind” more than “matters of the heart,” more than “matters of God.” Once born again, we need to do some “deprogramming” and this practice will greatly enhance this.

When born again, by the grace of God we are given the gift of faith in Jesus Christ and are transformed. We are indwelt by the Holy Spirit and feel naturally inclined to embody our self. As a result, our heart, calms and it's physiology disarms our ego and reveals God's truth...our body transforms into the Holy Temple of the Spirit of God. Our body literally becomes enlightened, conscious of the divine. Our body knows we're created by the one, true Creator God. Feeling the healthy, holy sensations of our heart flowing through us, we experience faith in Jesus Christ. God incarnate on the earth became known to us. And through Christ comes the revelation of our Salvation, that we are destined to be raised up from this broken world.

And through the simple practice of the three postures in SPIRITFIT, we re-experience our transformation. And we become more conscious of the presence of the Holy Spirit and are better able to follow it's guidance for being receptive to insight from the word of God. This is what it means that the Bible comes alive in our body. The sensations activated in us by the three holy postures encourage our disposition toward the divine nature of this extremely holy book. And by practicing this signature series, we are preparing our body to absorb the way, the truth, and the life of Christ, and that opens our mind. We are literally deepening our “transformation into a child of God.” Put simply, this is the point of this book—to help us understand that the discipline and training that happens in one/s body, our fitness, helps to discipline and train our mind, our consciousness, toward the truth of God, toward trusting in the Word of God, the Bible.

In summary, my rebirth and this book have been a remarkable journey toward God, God of the Bible, the one, true God. My prayer is that I have done well to share and explain it all. May you be blessed by it.



PART ONE

SPIRITFITT: HOW OUR BODY AND HEART RENEW OUR MIND

CHAPTER ONE

SPIRITFITT's Unique Offering—The Power of Our Body's Posture

Introducing the Experience of Being Born Again

SPIRITFITT'S unique offering is about the power of our body's posture. SPIRITFITT is about empowering our selves to improve our lives instantly, in the moment. It's about our relationship with our body. SPIRITFITT helps us realize a rather unique understanding about how our body works. It specifically looks at how our physiology is influenced by our body's alignment, our postures. We know from scientific research that our physiology influences our psychology. So whether we are in good posture or bad posture, we feel emotionally good and bad, respectively.

And, SPIRITFITT has discovered that this goes deeper...our body and heart physiology influences our spiritual awareness as well. We have all thought that our spirituality is a mind-centric endeavor, that that's where belief happens. Yet, in SPIRITFITT we discover that it's "our body, our fitness, that awakens our spirituality" and shapes our beliefs. Thus, the name SPIRITFITT.

In a nutshell, when we stand strong in good posture, healthy alignment encourages a calm heart, and thus, healthy physiology. And because we are physically aligned, energy flows freely heart to body, then body to mind, and this encourages positive thoughts and emotions. Given the natural inclination of our body, we become aware of what's sacred, holy, healthy, good, just, and loving. We feel more "spiritual"...connected to something more than us. The opposite happens when we slouch. Slouching dampens our physiology and we feel mentally and emotionally down...and "spiritually disconnected."

SPIRITFITT is a very unique fitness program. Whereas all other fitness programs are focused on our athletic ability and physical function, SPIRITFITT's primary focus is to help us "experience" the wisdom of our heart, and how we spiritually function. Through SPIRITFITT, we experience that what we do with our body, our "fitness," influences the physiology of our heart...and when our heart is calm, in its smooth rhythm and beat, we are more aware of "the sacred." In other words, SPIRITFITT is unique because it is a "spiritual-fitness program."

Connecting to soothing sensations and energy of our heart, we begin to realize that there is something bigger, more powerful and loving than ourselves that is around us, within us...over all the planet and the universe. Now, some of us choose to pay attention to this inherent experience, yet most of us are unaware...distracted by "the world" from our inner self, our spiritual nature. SPIRITFITT helps us connect with this by learning how to connect with our body.

SPIRITFITT is focused on "alignment," i.e. good posture. Aligned, standing strong in good posture, we feel organic sensations of health, balance, strength, goodness, and holiness flow through our body...we feel calm and confident. Physiologically, our body and heart are "renewing" our mind with the understanding that we are remarkable beings. And the brilliant, magnificent design of our body, this planet, and the universe are evidence that our Creator is powerfully creative and loving.

Standing strong, and allowing our selves to luxuriate in the resulting sensations, we begin to realize that we are experiencing a personal, intimate revelation of our Creator...God of the Bible. It begins to make sense then when the Bible says that we are "made in the image of God." Our body knows God. And those who feel inspired to read the "word of God" will begin to feel a remarkable thing happening...the Bible comes alive through us, alive within our body.

In other words, we have an organic physical and emotional response when we read the Bible. If we can keep our Ego at bay, our body naturally "stirs" because we are reading the truth about Creation and our Creator. Put simply, our body knows the Bible. The Bible tells us how Creation works, how our body works. The Bible tells us how to "align" our selves with the "laws of Creation," the laws of Nature and of Love, the Law of God. The Bible is the "owner's manual" that gives us common sense rules about how to keep our body healthy and our relationships strong...how to live peacefully and abundantly upon the earth.

SPIRITFITT's essential technique is to help us learn how to pay attention to our body and heart...to our sensations. And thus, learn how to manage our posture to generate more healthy physiology, and thus, healthier psychology and stronger spirituality, so that we can make healthier choices about what to believe and how to behave.

Our body inherently gives us “messages” about what is good; right, wrong, healthy, unhealthy, just, unjust, holy, and unholy. Our body knows truth and will guide us toward it. We feel it. As we work more closely with our body, we begin to cultivate a more intimate relationship with our body. And soon, we begin to realize that our body is God’s most brilliant and beloved creation. Our body is wise and sacred. And thus, we begin to understand and experience how our relationship with our body is our most important relationship in life. It is through our body that we are aware of our Creator, of God, and connected to our “inherent moral authority,” our conscience. Feeling “connected,” we feel less alone and anxious about life...we have support from “on-high.”

SPIRITFITT endeavors to help us understand that our spirituality depends upon a healthy, respectful, and loving relationship with our body. The “revelation” is that it is our BODY, not our mind, that holds the sacred consciousness of God...our HEART knows the character of God. And thus, our body holds the insights and answers we seek about the purpose of life, of our life. Therefore, SPIRITFITT’s focus is to help us “*get out of our head and into our body and heart.*”

SPIRITFITT supports us to learn how to “connect” with our soul. As a result, we realize the “obvious truth”...that our body is the Holy Temple of the Spirit of God. We start to understand that our body holds the truth of our existence...that the one, true God of the Bible exists, He created us, and He loves us immensely. God created our body and we begin to realize that our body has only love for us.

SPIRITFITT helps us experience that the “fruit of the Holy Spirit” dwells in our heart...this is the source of our inherent sensations of love, joy, peace, patience, goodness, kindness, faithfulness, forbearance, justice, and self-control. YET! We need to realize that the only way we become aware that these sensations are of the indwelling Holy Spirit is of these sensations is to believe in the Holy Spirit.

And the only way we can believe in the Holy Spirit is through our faith in Jesus Christ. Jesus is the Son of God, God incarnate. The Creator of all things came to earth to save us. The “true” belief in Christ happens when one is “born again,” and when that happens we feel that what is flowing through us it from God. And what is brilliant about how we are made is that our body leads us to our revelation of this truth, and thus, to this faith. Christ’s human body, God coming in human form, helps us realize the sacredness of our human body. Yet, having that said, everyone, believers and unbelievers alike, who stands in good posture will feel the innate positive physiology from this alignment.

YET! WE HAVE A PROBLEM—OUR RELATIONSHIP WITH OUR BODY IS STRAINED

SPIRITFITT is about our relationship with our body because SPIRITFITT has discovered that our path toward freedom from suffering is through our healthy relationship with our body. *It’s about our posture, our smooth heart-rhythm, and the Spirit of God.*

Our body is the Holy Temple of the Spirit of God. And through SPIRITFITT, we experience that our freedom from suffering is to be in connection with God and to worship Him and we do this through our body...through our body’s connection with the “Body of Jesus Christ,” which we find in our faith in Christ.

YET! We have a problem. Our relationship with our body is strained. Actually, we are estranged from our body. We not only dismiss and ignore the wisdom it shares, yet we mistreat it, even abuse it. We judge our body to be imperfect...so much so that we regard our body as “a disappointment”...blaming it for what we lack in life. We treat it merely as a “tool” to achieve our agenda in life.

We have separated our spiritual self from our body and do all we can to make our body what we want it to be, to “fix it” and make it better. In truth, we treat our body unconscionably, and as a result, deny the sanctity of life. Deluded, we normalize abortion, homosexuality, bioengineering, eugenics, trans-genderism, trans-humanism, and artificial intelligence and put our humanity, our soul, at risk.

SPIRITFITT’s intention is to help us wake up from our delusion and realize we are violating our body and how much this is hurting us. Disconnected from our body we are disconnected from who we truly are because it disrupts our connection with our Creator, God. And this is the root of our doubt, fear, and anxiety in life.

Through SPIRITFITT we begin to become more aware of the pricelessness, the sacredness, of our body, and realize how arrogant and prideful we are. We have been convinced of false beliefs about our body, our selves, and this “negative mind” is forcing negative energy and sensations through our body constricting our heart. We become physically, mentally, emotionally, and spiritually unhealthy, consciously shut off to goodness.

SPIRITFITT helps us realize that our stress in life is our belief in the false values, and in false idols and gods, of this world...it is our belief that “we are gods” and deserve to get all that we want, no matter what the cost. SPIRITFITT endeavors to help us realize that we have elevated ourselves before God, our desires and will before the Will of God. And that we reject God’s most brilliant and beloved creation, our body. As a result, we need to realize that through this we dismiss the spiritual wisdom of our heart, and thus, are following Satan’s false and deceitful teachings. We are boastful and proud...we are very vulnerable to evil. We are in peril.

SPIRITFITT IS A POWERFUL ANTIDOTE TO FEAR AND DOUBT

SPIRITFITT helps us experience that our only defense against evil, and our liberation from suffering, is waking up from delusion, from Satan’s deceit...to how much it dominates this world. That it is through the realization that we are creations of the all-knowing, all-powerful, deeply loving God, that we gain our self-esteem and feel empowered. There is nothing more confidence-building than realizing we are the beloved and prized creation of “the” Almighty God.

And SPIRITFITT hopes to help us understand that “the” Almighty God is the God of the Bible, not a “Supreme Being” of the Cosmos as in New Age Spiritualism. And we need this “awakening” particularly now given the times we are living in

SPIRITFITT is a powerful antidote to fear and doubt...because of how our body is designed, the physiological-psychological connection. SPIRITFITT helps us discover that though this world is filled with suffering and strife, evil and chaos, all is not lost. Rather, we come to realize that times of strife are powerful opportunities for us to choose to reconnect with the most important things in life...with “what we believe”...with “whom we believe God to be.”

In SPIRITFITT, we learn about the power of humility. Why is humility so important? It’s the only gateway to our connection with The Divine, with God...because it’s the only way we can explore our beliefs. Without humility, our Ego takes control and prevents us from connecting to the Truth...its self-focus, narcissistic, perspective ignores our “spiritual” nature. We convince ourselves that FAITH, HOPE, and LOVE come from us, yet they come only from the Divine...God imbues them into our hearts. And the interesting thing is that rarely are we able to find our humility in “good times”...because most often these are times when our Ego is in control and defining the temptations and convincing us of the beliefs that make these times “good.” Yet, truth be told they really aren’t what fulfills us spiritually. And what SPIRITFITT offers is the understanding that our suffering has value. We can use our suffering to become humble.

We pretty much all know this is true about our Ego. We have very strong egos and they almost always overpower our “good and healthy choices” in favor of our pride and arrogance. Psychologists have tried to help us surrender more of our Ego in search of authenticity, yet does this therapy “of the mind” really work. Instead, SPIRITFITT has discovered that the best way, maybe the only way, to interrupt this self-sabotaging mindset is to shift our behavior...is to improve our posture and use positive gestures and let our physiology take over. These “good” behaviors instantly prompt “good” physiology which shifts our emotions and thoughts toward the positive, toward “goodness,” toward God.

The quickest and simplest and remarkably most powerful behavioral shift to make is to stand strong in good posture...oh yes, and smile. Most of us slouch, and frown, “all the time”...it’s pandemic. It’s because of computers and iphones. And we don’t realize how much this is negatively influencing our mood, our thoughts, and our outlook...and our spiritual beliefs. We don’t realize how our slouching shapes and defines our identity...influencing not only what we think of our selves, yet also, what the world thinks about us.

What we need to understand is that even if there isn’t anything negative going on in our life at the moment, slouching we feel like there is, we believe there is. We feel doubtful and distrustful. YET! As soon as we shift into standing strong in good posture, the flow of “good-feeling,” confident energy flows powerfully through us and instantly informs us of our “inherent goodness.” And, if we pay attention, we begin to realize that we feel connected to Spirit...we have more faith and hope.

As a result of this experience, we begin to realize our connection to God, our faith, is “experiential” rather than a process or function of our mind, a function of what others tell us. Knowing God is a “body-thing” rather than a “mind-thing.” We begin to understand the brilliance of how God made us. And now, through SPIRIFITT we are

learning how to engage our body, to embody ourselves so that we shift our mind out of the disappointments of our lives into the goodness that we find in our relationship with God. And the brilliance and blessing is that this “spirit-fit” practice is that it works instantly.

THE EXPERIENCE OF SPIRITFIT FOR THOSE WHO HAVE BEEN BORN AGAIN

For those who have gone through the experience of “being born again,” a time when one is clearly brought to God, they have been transformed in body and mind and experience their spiritual nature more intimately, more definitively. Meaning, it’s now a natural default of their bodies' disposition to believe in God.

What it means to have been “born again” is that through the unexpected, “divine intervention” of Christ, one is transformed. It is not something that we can foster by our own effort. It happens by the grace of God. Throughout life we may have heard about Christ and even focused on believing in Him, yet there seems to be a time when we experience a powerful transformation, an awakening, and it takes place in our body, not really in our mind.

Meaning, once born again, people begin to feel a powerful “grounding” sensation within them, and realize they are in the presence of holiness, someOne holy. They gain a sense of strong connection between heart and mind, and they feel profoundly humble, as well as calm and confident in the moment. And over time, what is so powerful to realize is that they find themselves rather naturally inclined toward the three signature postures of this unique practice—kneeling, laying down, and standing tall. We learn why that is in a later chapter.

In other words, the “born again” experience is the foundation of the message of SPIRITFIT. And whether one is “born again” or not, this signature sequence of three postures supports everyone to feel more connected with their heart and body, and thus, more grounded in the spiritual energy that inherently flows through them.

SPIRITFIT’s first manuscript originated through the inspiration of the wonderful experience that happens when we cultivate good posture. When we stand in good posture—we feel calm, confident, healthy, and more open-minded. And while it was being written the author experienced being born again, as you read in the Introduction. As a result of this transformation and through the years of training people to have good posture, it became evident that all our postures influence how we think and feel. And ultimately, this led to the revelation that we can foster our connection with our spirituality by taking particular healthy, holy postures.

SPIRITFIT discovered that not only does standing strong in good posture powerfully influence our consciousness toward goodness, but there are other postures that awaken us to our connection to “the holy.” As a result, SPIRITFIT focuses primarily on three postures: kneeling down, laying down, and standing strong (good posture.)

Kneeling Down, we find our selves “humbled,” bowed low. Our Ego drops to the background and we become aware that we are before something more powerful, more spiritual, more “holy” than our selves. Laying Down, we experience our natural desire to want to rest, to “submit.” Feeling the sensation of “submission,” we become conscious of being held by a great benevolent being...we feel God’s care and love for us and we become inspired by this intrinsic energy to submit to God’s will. And now, when we stand up, we rise into calm, confidence...we are inspired to stand strong in faith in the goodness of God. Feeling this innate “humble confidence,” we naturally take full responsibility and accountability for our life...meaning we devote ourselves to live in ways that bring the “light of Christ” into the world.

Through years of reviewing exercise science and training thousands of clients, we have discovered that our connection to God begins in our body. That through these postures, by shifting our body into a holy posture, we shift our consciousness. Our heart finds its smooth, healthy rhythm and this stimulates healthy hormones that activate our healthy physiology. “Good-feeling, holy-feeling” sensations flow into our mind . They activate our humility and temper our Ego. We become more aware of God. This simple drawing helps us imagine how this works. We call it the *Personal Transformation Cycle* and explain it in greater detail in the later chapters.

We developed the SPIRITFIT “signature sequence of three holy postures” into a daily fitness practice...*fit in body is fit in spirit*. You will read the details about these postures and this sequence in Part Two. And by practicing them daily you will experience how they transform your outlook on life and your self-esteem., how they build your self-esteem. Most especially, by focusing on our alignment and the sensations in our body, we also begin to change, or rather, improve our relationship with our body.

In summary, SPIRITFITT is about our relationship with our body. It's about helping us to connect with our body and begin to cultivate a respectful, loving relationship with our body. SPIRITFITT hopes to inspire us to realize how magnificent and powerful our body is, just as it is...to experience for our selves the truth about our Creator and His intention for Creation through the sensations of our own body and heart. It is about teaching us how to work with *The Cycle of Transformation* and use it to help us put on the armor of God and to stand strong in faith in Christ.

As the Bible reveals, our body is made in the image of God...meaning we are innately infused with the understanding of "goodness and holiness." Our heart holds the innate moral authority of the Holy Spirit who helps us follow the "laws of Nature and of Love." These are the "commandments" that God so clearly articulates for us in the Bible, and that Christ re-affirms. It is our faith in Christ that is our salvation, and it is our behavior aligned with God's will and goodness that supports us to stand strong in faith in Christ.

SPIRITFITT endeavors to help us experience the truth of God through these "signature postures" that evoke our inherent morality and goodness. We experience The Truth...our salvation from this broken world is through our belief in God through our faith in His Beloved Son, Jesus Christ. This is our Blessed Hope. Standing in the armor of God we know the truth of the Bible...that we are destined to be with God for eternity, to dwell in a world of no suffering, no evil and to reign with Christ here on earth. SPIRITFITT is a chance to break through our delusions by learning to embody our selves. Our body knows.

SPIRIFITT is sounding the alarm that being disrespectful of our body, treating it any way we please, we are disconnected from our heart and soul. Disconnected from our body, we are rejecting God's most beloved creation, us. Dismissing the holiness of our body, we are rejecting God and humanity is in peril. The soul of mankind is at risk.—our salvation is at risk. Rejecting our body we reject God and will miss our opportunity to experience the ultimate fulfillment of our existence...our relationship with God, dwelling with God in His New Earth and New Heaven.

So let's remember. When we feel disconnected from our self and find our selves afraid and doubtful, let's kneel down, lay down, and then, rise up and stand strong so that we reconnect with God through our faith in Jesus.

CHAPTER TWO

OUR BODY's Fitness Awakens Our Spirituality—OUR BODY-HEART-MIND CONNECTION

"We are more 'spiritually fit' when we are more 'physically fit.'"

SPIRITFITT has discovered that "fitness" is much more than we thought. Certainly we know that if we exercise and gain stamina, strength, flexibility, agility, and maintain an "appropriate weight," we will be physically and mentally more healthy. We will move around with greater endurance and ease. We will feel better.

YET!. What many are realizing is that there is more to it! Put simply, our physical fitness also strengthens our spiritual fitness, our "spirituality." In fact, without doing some exercise, "even just simply taking walks and doing a few simple exercises and stretches," we lose our connection to our inner self, our true self, or better said, our spiritual self. Said differently, our mind, our thoughts dominate our outlook and life. And as a result, our lives become less manageable and meaningful. WOW!

SPIRITFITT has also discovered that the ultimate "spiritual" benefits of fitness are gained by focusing on our "alignment," meaning focusing on improving our posture...and through this managing our physiology, calming it essentially. Most of us don't realize that we slouch all the time...over our computers, iphones, and steering wheels and that this raises heart rate, blood pressure and anxiety. We don't realize how this undoes all the physio-psychological benefits that we just gained out of our 50 minute "workout" in the gym, let alone the "functional" benefits of strength and flexibility.

And science backs this up. SPIRITFITT has discovered through research and years of "fitness training" that our alignment, that standing strong in good posture, not only helps us move better and avoid injury, yet, it also supports healthy physiology which boosts our immune system. And this positive physiological state positively influences our psychology, how we feel and what we think...feeling healthy physiology, we feel healthier, "more confident, more self-reliant."

So, what are we saying, exactly? SPIRITFITT's unique offering is the revelation that our body speaks to us. More specifically, our body holds consciousness. And through good fitness and nutrition and relaxation, we are realizing that our body shares consciousness of what is healthy and unhealthy, right and wrong, kind and unkind, good and evil. We begin to realize that our body holds consciousness of "the Sacred." And most especially, that our body holds the Truth about Creation and our Creator. There is a God, He created us, He loves us, and He is personal and intimate...the God of the Bible.

This is what is meant by our "body-heart-mind-spirit connection." Put simply, the truth is that when we align physically, our heart and mind are aligned, literally. And the positive energy that becomes activated in our heart and body because of our physical alignment flows into our mind. And we begin to become conscious of our "spiritual nature," more conscious of our inheritance of "goodness." We are realizing that our consciousness of God is innate...it's biological, its physiological, it's awakened through our anatomy, our body's fitness. It's how we are made.

WHAT'S THE PROOF? It's in the science, and most particularly, in our experience...in the difference of how we feel when we slouch and when we stand tall, strong in good posture. Try it right now. Get up and slouch. Pause for a moment or two...how do you feel physically, emotionally. Now shift your body into good posture. Pause for a moment or two...and feel.

There's no denying which feels better. Slouching feels awful...physically and emotionally down. Standing strong, in good posture, we are uplifted. Our feet are rooted in the earth while our heart and head are lifted toward heaven. Our breathing is full. And the interesting thing is that we feel both energized and calm. The strength of our body stimulates our emotional confidence. And the easy flow of our physiology makes us feel clear-minded and calm.

Standing strong, we naturally find our attention in "the now." Standing strong, we are aware of what is going on around us and within us. We are "embodied." And a remarkable thing happens...with our full attention on our

sensations, we realize that we are physically in this world, yet also, connected to another realm, the “spiritual realm.” Our body is connected to Creation, to our Creator.

Continuing to focus our attention, we realize that our body is conscious, our heart filled with goodness, our muscles with strength, our organs with life. We realize that our body’s natural inclination is healthy and healing...our body had only love for us. Our consciousness shifts...out of our thoughts of the things of this world and into the “spiritual.” And “truth” begins to reveal itself.

Our body reveals “the obvious,” we are alive, we exist. And we are made in the most miraculous way. We are a heart and mind in a body. We are not only self-contained and move about unassisted, but we also have awareness of the things around us and interact with them. We are conscious. Wow! And in this moment, we realize that we couldn’t have just come from “nothing.” We may have come from a “big bang” in the cosmos, but God was the creator of the bang. Though scientists try mightily to prove that we “just happened into existence,” they can’t.

Given the brilliant design of our body, and of earth and the universe, there is no denying there is a God...and that He is a brilliant, intelligent designer...He is powerful and very creative. And given the absolute beauty and abundance around us, and of our own body, and the fact, that we are moved by it, that we have emotions of goodness and love, is proof that God is loving.

Continuing to stand strong in good posture and allow these revelations to come upon us, we begin to realize something else, that we have been smiling. In fact, when we shifted into healthy alignment from slouching, this seems to happen naturally. And we are beginning to understand that this is because we are “awakening.” The cycle of our delusional, down state-of-mind that we were just in because of our slouching, was now disrupted. As a result of the smooth rhythm of our heart and healthy physiology that happened when we shifted our posture, helped us feel love and loved. This felt good and we spontaneously smiled.

Standing strong, we realize too that we’re not alone. We realize we feel confident because our body just revealed our connection to our Creator. And given this experience, we begin to realize that we inherently believe in God...and that belief is not a mind-thing. It is a body-thing...our body knows. As we continue to stand here and breathe fully, we feel present, and we become aware of the “absolute truth” of life, of our life. We are in this world not for the purpose of fulfilling our wishes and dreams, yet rather, we are here to serve The Creator, God. We did not create our selves or decide to come into existence. God placed us here as part of “His” plan. And it’s clear we have a role to play. And what is further evidence that this is the truth is that understanding this relaxes us...our body knows.

And as we will discuss in detail in a later chapter, for those who are Christian, standing strong we begin to realize something else...as we embody our own body, we are embodying the “body of Christ.” We remember God came to earth in human form. We remember He did this because of His immense love for us. He wants us to know Him better and to understand His intention for His Creation and for each of us. God wants “a relationship” with us. It’s why He made us the way He did.

Coming as Christ, God wants us to know He understands our “human journey” is difficult and that He has a salvation plan. God wants us to know that the suffering in the world has a purpose...it is strengthening us. We are His creation and He is preparing us for His final masterpiece...our eternal life with Him. Thus, He wants us to know that He is allowing our struggles, allowing negative and evil things to happen to us so that we “grow,” so that we become more conscious of who He is...so that our choice to love Him or not is made with full knowledge of good and evil. God is creating a very special relationship with us...and thus, is helping us to evolve our consciousness of Him. He could have made us robots...BUT! He didn’t.

As we stand strong and look out at the world, it begins to become evident that “this world” we are living in is not God’s final plan. What we know from our body’s inherent wisdom is that the world was not created so brilliantly and beautifully just to be destroyed. Projecting our consciousness into the “mind of God,” we begin to feel the truth in our heart...literally. Our heart understands God’s intention. He has a next phase of His Creation. And thus, He has a salvation plan to carry us through. Yet we must believe...belief is our “alignment” with God. Can we expect to be part of the “advanced” iteration of His Creation if we don’t believe in Him?

So we are discovering that our body, “our fitness awakens our spirituality”...our body knows the truth. Embodying our selves, we begin to experience that our body is the Holy Temple of the Spirit of God. Just as the Bible reveals, we truly are “made in His image,” meaning we have consciousness of Him and know of His character. And a most

marvelous revelation begins to dawn on us...we are the temple of God's presence on earth. Said differently, through us God is in His Creation. Wow!

And through sensations in our body, we realize the truth that Jesus Christ existed and came to save us. Through the sensations in our body, we empathetically experience the great sacrifice Christ made to take our punishment for sin that we might be reconciled with God. As witness to His crucifixion, we can to some extent literally feel the pain that sin causes our own body. And witness to His resurrection, we feel the uplift of hope in our own body for our salvation...the promise of the transformation of our body for our resurrection into Heaven. Standing strong in good posture, we awaken to our inherent faith in Jesus Christ and the hope of His "Second Coming." Our fitness awakens our spirituality.

One final comment as we end this chapter. Please keep in mind that unlike what mainstream fitness promotes, "fitness" is not about our "perfect body." SPIRITFITT helps us understand the real meaning of fitness...fitness is about our healthy self, our healthy physical, physiological, psychological, and thus, spiritual self. Fitness is about strengthening our relationship with our Creator rather than strengthening our image in the world. Besides the fact that our body is already perfect...it's God's.

SPIRITFITT helps us experience this Truth. SPIRITFITT is focused on helping us heal our relationship with our body for it is the foundation of our relationship with God. It is the Holy Temple. We begin to realize that using fitness to create the "perfect, sexy body" is not only unfulfilling but self-sabotaging. Fitness raises our self-esteem because it is deepening our consciousness of the Spirit of God within us. Self-confidence is not rooted in who we think we are and what we accomplish and how we look, yet rather rooted in our relationship with God.

Our strong self-esteem comes from our connection with God, not from our "perfect self-image." This focus comes from Satan, not God. Conscious of our connection to God, conscious of His love for us, our self-esteem is unshakable...we are clear of our purpose. We find great comfort and confidence in realizing our identity shifts from "who I want to be" to "who God wants me to be. I am a child of God."

THEREFORE, it is vital that we endeavor to have a healthy, respectful, loving relationship with our body, and care for it and protect it as best we can...for "we are not our own, we are God's." It is important we stop slouching and stand strong.

"When we are aligned in good posture, we are mentally and emotionally standing firm in our faith in Jesus Christ. Through this faith, we are saved."

PART TWO

OUR BODY—OUR BODY KNOWS

CHAPTER THREE

OUR BODY Is God's Most Brilliant And BELOVED Creation.

Our Body Knows Christ—Our Body Is In Union With Christ's Body

Our Body Is Who We Are. We Are God's Beloved Creation. We Are God's Beloved Children. Our Body Knows.

"Our Body is the most sacred of all Creation. Our Body Is The Holy Temple of the Spirit of God. Our Body knows God through our union with Christ. Our body empathetically shares in the suffering of Christ. And Christ in a human body shares on our suffering."

Though many of us don't realize it, our body is God's most brilliant and beloved Creation. We are God's beloved. Our body holds sacred consciousness...in other words, our body is aware of our Creator, of God. Through its brilliant design, "a heart and mind in a body," and a being that is "conscious," our Creator makes Himself known to us...that He is a brilliant and loving Creator.

Our body is the most sacred of all creation. *Our body holds the truth about our Creator and His intention for Creation...and for each of us.* Our body is the Holy Temple of the Spirit of God. We, our body and heart, and our physical and mental consciousness, are the reflection of His power and glory. And His gift to us of such a beautiful and abundant planet for sustenance is evident of God's deep love for us.

So let's pause a moment and "really" focus on our body. We have to admit how amazing our body is...a heart and mind in a self-contained being. We are born; kept alive for some years and eventually, we die. Our body procreates life. We are capable of getting around on our own and functioning in remarkable ways...no props needed. And amazingly, our body is naturally inclined to heal, to keep us healthy and thriving as best it can. It recharges itself with rest. And most especially, it is a "conscious being"...we are self-aware, aware of others, and of the world and outer space. We have physical and emotional sensations that cause us to connect with one another and form relationships. AND! we are aware of the supernatural, the spiritual.

By what we see in our world, it's clear that our Creator likes biological beings—humans. He likes gender, variety, diversity, beauty, complexity, simplicity, light, dark, color, and energy. He likes the supernatural and the natural. God likes peace and power, calm and storm, fire and water, air and earth, plant and animal. He likes connection and separation. It's clear God is a supremely creative Supreme Creator.

And stepping back and reflecting upon what this is all for, if we are willing to listen to the wisdom of our heart and trust the word of the Bible, we realize that all that God created it is to support our human body...dirt, plants, animals, water, air, fire, all to support the human body and our being a conscious entity. And as we've said that's all because God's intention, we begin to understand that our body, our existence, is for His intention to be in relationship with us.

And now the question becomes "why did God create it 'like this'." Given that we are created with an inherent, biological experience of love, we have a clue. God wants to be seen, recognized, and loved. God wants us to know Him. And the sensations that occur in our body help us "feel who God is" so we can understand who He is...and who He isn't. And in this, we realize that this is what the Bible means when we read that we are "made in the image of God," and that we are meant to be the reflection of God's power and glory. And what is this power and glory?

In Exodus 33: 17-20, God reveals that He is "goodness." And that He is the authority, the Sovereign over all. The Bible reveals that God has predetermined and predestined and controls everything and every one in Creation...it's His Creation after all. When we ponder this, it's amazing to realize how the truth of this is reflected back to us in all that is created, and in the course of our own lives. We did not create this world...and so can we assume we can control our lives without God? So many are deceived by the idea that man has free will...a concept forged by Ego

and that forges Ego. Ego doesn't come from God...it is the nemesis to our relationship with our body and thus to our relationship with God.

As we further explore the character of God through the Bible, we begin to realize that what we feel in our body is complemented by the Bible...and that the Bible is complemented by what we feel. AND! From the Bible, we learn that to know who God is, we need to understand the Holy Trinity. In contemplation of the Holy Trinity, one begins to realize what a magnificent plan God has designed in order for us to know Him. The Holy Trinity is the three "persons" of the nature of God. And remarkably, our body reveals to us exactly what that means...God the Father in Heaven, God the Son on earth as a human, God the Holy Spirit indwelling our hearts.

Through the Holy Trinity we understand why it is that our body knows God. The Bible reveals that God made our body to be His Temple on earth. Considering this, we begin to realize the brilliance of God incarnating in a human body as Jesus Christ and then imbuing His Spirit within our heart. When we are born again, as it happened for Christ at His baptism, the Holy Spirit indwells our heart. God's intention for Creation and for us becomes very clear. His plan is for us to be in relationship with Him...His purpose is for us is to "be loved" by Him and "to love" Him...Holy Love. That would mean we would need to know Him intimately...and God brilliantly designed the way for Him to exist both in Heaven and in our heart. Wow!

In other words, we realize that God wants our relationship with Him to be genuine, authentic, and intimate. To this end, we see that God created us conscious beings because He wanted us to understand His Creation and understand who He is...His likes, His dislikes, His intention for it all, for ourselves and our lives.

Which brings us to the topic of our "organic" nature, of our "humanness." It's pretty evident that "humanness," or "soulfulness," are God's design to keep us conscious of Him. Studying how our body works, our body, heart, and mind connection, as well how our body is codependent upon the nature around us works, we understand how God's divine design for life works...He designed us, and animals and plant life, male and female. It's obvious that our Creator likes biology and gender, that He likes organic things. Another way of saying this is He likes "living things," things that can procreate, grow and change, transform and mature...from humans to food to geography. God likes two genders. Or said in physics terms, God likes two complementing "energies" that when merged create life. God likes "Life."

God designed us with blood, organs, bones, and muscle that together generate our physiology. In the later chapters we learn that our physiology generates sensations that invoke our emotions and influence our thoughts, our psychology. Given our realization that God wants a relationship with us, we now understand why He created biological sensation, and the virtue of Love. It becomes clear that this is what makes us "human." AND! It's obvious that God's favorite thing about our humanness is our ability to love. God likes physiology. God loves the "human being."

Put simply, we are a miraculously designed creation living on a majestic, "meticulously designed" planet of incredible beauty, diversity and complexity. It really is impossible to deny that we are created by an all-knowing, all-powerful, all-conscious, sacred BEING, a "supreme intelligent designer," who is God. As the Bible puts it...God's attributes are clearly seen in all that has been created.

THE SENSATIONS OF GOD IN OUR BODY

We know God exists because we exist and being made in God's image, we innately hold a consciousness of "Godly virtues and morality"...aware of what is sacred and holy, of what is good and healthy, what is just and moral. Said differently, through the sensations of our body, we hold an innate consciousness of God. We feel, we experience, we emote, and thus, we think, we know, He exists and is present. And, we begin to realize that we inherently understand the character of God...He is wholly good, He is all-holiness.

With further consideration, we have to wonder that if God, God of the Bible, didn't create us then how do we have virtuous, emotional sensations such as goodness...how do we know what love is? How can we decipher between what is healthy and moral, kind and just. Do we really believe that we were created by a big bang in the vast void and then just are evolving into this emotional awareness? Do we really believe that "quantum physics" gives us our virtues and values? Our body knows the answer..."no." Our body knows the truth...and it's undeniable. And it's remarkable.

If still in doubt, strong proof of this is our posture. Because of how brilliantly God made us, what we do with our body, in this case meaning how we posture, directly affects our consciousness. Science reveals that our posture affects our physiology. And we know that our physiology affects our psychology...think of how we feel when we are sick, or when exercising, or when eating, or when having sex. Our physiology affects our mood, our attitude and what we are thinking. And thus ultimately, though we may not have thought of this....it also shapes what we believe. And this makes sense if we think about it...if I am always slouching and my physiology is depressed, I'm going to always be depressed and thus think about depressing things. And vice versa, if I am always in good posture.

We explore "good posture" in great detail in a later chapter. To put this in spiritual terms, our posture influences how conscious we are of our Creator...influences our spirituality. One of the most powerful postures that awakens our spiritual consciousness is "kneeling." When we kneel down, our body organically generates sensations of humility, and thus, we intrinsically feel humble. No one needs to tell us to feel this. And bowed low, filled with humility, we are organically inspired with gratitude, and thus, the desire to worship. Something has captured our "reverential emotions." Our body is informing us that we are before a powerful, supernatural being that knows us well. In other words, we become innately aware of our Creator...we are humbled before God.

Kneeling before Him, we feel calm, soothing sensations and realize this is the gentleness of His compassion. Bowed low, we are in awe and are aware of His power. AND! Remarkably, we feel His mercy...not because we are lowly, but rather because we are His creations, His child, His beloved. We spontaneously feel emotional and realize He is God...and that He is embracing us, that He loves us. No matter how one may try, we can't prevent this experience...it's innate, organic. YET! Our Ego can turn it off immediately if we let it.

These physical sensations and emotional responses are what the Bible has revealed as the virtues of the Holy Spirit. We first feel a fullness in our heart...and then emotions flowing into our awareness; love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, discernment, and self-control. We intrinsically understand the difference between healthy and unhealthy, just and unjust, love and hate, good and evil...holy and unholy. It's innate.

We begin to understand that we were not "taught" these feelings. These sensations did not come from our evolved mind, yet rather, from our biology, our physiology. We begin to understand that these are the qualities that reveal the character of God...that He is our loving Creator. And we begin to realize then that God wants a relationship with us. Wow, that "should" makes us humble and grateful.

Stepping back a bit further, let's focus on these two particular sensations that happen when we kneel...humility and holiness...which together encourage profound gratitude. First, as mentioned, we need to realize that we are feeling this way organically...meaning, this is how we are made. Then, let's consider how hard it is for us feel humble, let alone grateful. Yet, we all know that can be a problem because our arrogance always gets the better of us...it's why psychotherapy and new age practices guide us to create "gratitude lists." In other words, they are trying to help us counteract, or temper, our Ego.

YET, what we also often realize is that "lists" don't work...why? Because they are not genuine, they are not organic...they come from our mind not our heart. Said differently, our Ego just "detests" these feelings. They're too vulnerable. And they always feel like projects, "should dos"...making us feel pressured and inauthentic. They not only don't help but can actually make us more resistant. However, the huge revelation here is that when we kneel down we immediately experience our genuine, authentic humility and gratitude...the lists become irrelevant. WOW!

We are beginning to understand now how powerful, and holy, our body is...that it truly is the Holy Temple of the Spirit of God. We begin to accept that we truly are the physical expression, the reflection, of God's power and glory. Which means that our experience of God is biological...our physiological sensations inform our mind of God. Which means rather than relying on our "own understanding," on our mind, for insight about our life, we need instead to listen to the wisdom of our heart.

AND! As we begin to listen to and heed the sensations of wisdom from our heart, it begins to dawn on us that God has a plan for mankind, for each of us. Just as we are each physically different, unique, God created each of us with a unique purpose and destiny, a unique role to play in His Creation...and it's vital. To know what it is, then of course, we need to know God. In other words, our relationship with God is essential to our sense of self, to who we

are in the world and what we are here to do. We understand now why we are inherently endowed with humility and gratitude...to keep us close to God.

We start to see clearly that we are here because of our Creator, not a “bang.” Meaning we start to see our “true purpose” and realize that we are “here for God” not for our selves as the world would have us believe. And as confirmation to this truth, when we focus on this, we feel peaceful and calm, physically, then emotionally. And, we realize this is our body’s confirmation that we are awake to our purpose...we feel good.

Continuing to kneel, we experience the “holy” sensations of God’s grace flowing through us and realize our body and heart are conscious and have nothing but love for us. And we have an amazing revelation. Our body can help us navigate life in healthier ways. In other words, it begins to dawn on us that it is not the desires and lust of our body (excepting chemical imbalances) that lead us astray into an unhealthy life yet it is more so the “lust of our Ego,” our vacant, selfish values, that cause us to do unhealthy things with our body. Our Ego estranges us from our body and drives our unhealthy, ultimately unsatisfying life.

However, as we learn to refocus on our body and align our body into good posture or kneeling, and breathe more fully, our heart calms and its wisdom flows into our consciousness. These sensations interrupt our egoistic thoughts and temper our arrogance with the truth of goodness and health, with the sensations of God. We reconnect with our conscience, our inherent morality and common sense. Our thinking and beliefs shift from the “worldly” to the “Godly” and we become wiser and motivated to change our behavior.

SPIRITFITT helps us have these “awakening” experiences, and thus, these revelations that our body is the most brilliant of all that is in Creation. That God created it with great intention and purpose...and in such a way that we are beginning to realize that our spirituality, “our experience of God,” is physical not mental. It is a biological, physiological experience. Said differently, our connection to God is through our “body-heart,” bio-physiological sensations which flow through us and inform, renew, our mind of the truth...that God loves us.

SPIRITFITT helps us to connect with our body. AND! As we do, we begin to feel the grace of God flow through us, and we realize we are beginning to understand God’s intention, the plan and purpose of His Creation. We begin to realize how our body helps us start to understand “what this is all for”...what our lives are for, why we were created, who we are meant to be, what we are meant to do. We begin to understand our purpose here on earth. Made in God’s image, we hold consciousness of “the sacred,” of God. We embody, we inherently understand, the character of God...HOLINESS. We feel the truth of who we are. We are to be holy.

It becomes clear now that our relationship with our body is the most important in life for it is the foundation of our relationship with God. And it becomes clear that in order for us to have a strong relationship with God, we need to have a respectful, healthy, strong relationship with our body. We need to understand that our body is God’s, that our body is His “Holy Temple.”

Our body knows God and we are intrinsically inspired to want to know God, to love Him. This is “true love”...this is HOLY LOVE. And it all becomes brilliantly clear that God’s original intention for His Creation is Holy Love, the intimacy and love between Creator and created. And from the Bible, we know He is still shaping and refining us to be capable of this love.

OUR HUMAN BODY IS OUR BODY KNOWS CHRIST—OUR BODY IS IN UNION WITH CHRIST’S BODY

The most amazing and holy thing about our human body is it’s union with Christ’s body. Our body knows Christ. The most amazing thing about our human body is that our Creator, God Himself, incarnated into a human body to be here on earth with us and to become known to us. God came to earth as Jesus Christ. And through Christ, God revealed His intention for Creation, for us, personally. It’s quite clear that God wants a relationship with man. And God revealed through Christ what that meant for the direction and purpose of our life and for our eternal life after.

What we know from the Bible is that mankind is born with a sinful will because of man’s Fall from Grace in the Garden of Eden. Because of the power and cunningness of Satan our minds were corrupted and we ate the fruit of the tree and our bodies became contaminated. We needed to leave the Garden for we no longer could be in the presence of God. And we now dwell in Satan’s world. However, that will not be forever, for we also know from the Bible that God knew this was going to happen because He predetermined it before the creation of the world. And we learn that God also predetermined a redemption and salvation plan through Christ, through He Himself coming to save us.

And now, through Christ's immense human sacrifice of laying down His life for us two thousand years ago, our sins were forgiven and washed away and our bodies made new. He stepped into our suffering and took it upon His human body as atonement on our behalf. We are thus reconciled with God. Through Christ's transformed body, He was resurrected back to Heaven. And through this, believers are also promised a new, transformed heavenly body for our resurrection. Wow. Christ united us, body, heart, and mind with His body...and our spirit with His spirit.

And now, delving deeper into this, we realize that our connection with Christ, our faith, is more than a function of our mind. It is more so a physical experience. Meaning, "true faith" is more than just an emotional, mental understanding of who Christ is and what we believe about Him mentally. Said differently, our body can empathize with what Christ's body was experiencing. Our body can feel Christ's energy and sensations because our body also experiences the same...those sensations of humility, holiness, yearning, despair, hope, doubt, fear...and so many more. We know physical pain and through our physical empathy and the heaviness of our heart can sense the unimaginable experience Christ went through...it catches our breath. And now we know that Christ, God Himself, experiences what we experience in our human body.

And what we're beginning to realize through this revelation is that our body has a strong empathy of what Christ's body might have felt like both in the excruciating pain of the Crucifixion and in the amazing liberation of His Resurrection and it's this experience that is our faith. We can't deny what we physically feel and how this inspires what we emotionally feel, and thus, we realize that we can't deny the existence of Christ as God. It's not that we are "godlike" but in our humanness and being able to relate to Christ's humanness, we become more spiritually unified with who Christ is and what He did for us.

Many fight against a belief in God, and yet, the truth is that our body knows God is real. God came...the proof is right in front of our eyes. Christ stood before us in a human body so we could "relate" to Him. Christ was both human and divine, fully man and fully God.

Because of Satan's deceptive influence, many want to believe that mankind was created by a cosmic bang, but they have to admit that trying to have faith and trust in a "cosmic higher power" doesn't offer the possibility of an intimate relationship with the spiritual, with our Creator. And it seems God has taken care of this false belief by becoming God incarnate. And on some level of our consciousness, we can't deny our "inherent yearning" to be close to God. Our body knows.

As we go through this book, we will explore the brilliance of God's design of our human body, and we will begin to feel into our own body's "deep yearning" for God. We will realize that Christ had human experiences like we do...and expressed them in His relationship with His Father, God. This realization helps us feel close to Christ, close to God. It becomes so clear that God knew coming in human form would be so powerful in helping us believe. In the Old Testament, God was rather elusive...not a direct connection for all man appearing to only a few select. And as we focus on Christ and learn from the Bible, we begin to grasp a full understanding of God's New Covenant. Mankind, each human being, was now to relate to God, to worship and pray to God through our own heart and body. The human body was now God's Holy Temple on earth. Wow!

Through SPITFIT, we will learn about how our body's physiology shapes our psychology and how this informs us of the goodness of God, shaping our spirituality. We will feel this. And it is our physical experience that will help us feel the truth of Christ...feel our body in union with Christ's body. Our faith in Christ grows through our body and we feel filled with understanding and hope. It feels so comforting to know that God loves us so much that He wants us to know that He knows our human suffering. And that He has a salvation plan.

Now what is also incredibly amazing about our human body, as we will discover in later chapters, is that we can feel Christ's energy in us anytime we want. Those born again have been indwelt by the Holy Spirit and when we posture our body in a certain way He fills us with sensations of Christ-like energy. They emanate from our heart—humility, holiness, compassion, generosity, discernment, and love.

SPITFIT's Three Holy Posture Practice helps us awaken this in our body. We experience how these postures align our body in ways that activate various holy sensations...we are reminded of Christ when He was in these postures while going through His Passion. They are Kneeling Down—in the Garden of Gethsemane, Laying Down—in the tomb, and Standing Strong—transformed for resurrection. This Practice of Three Holy Postures help us to embody ourselves as believers by embodying Christ's body as we see Him going through His experience of leaning completely on His faith in His Father...surrendering to God's will rather than insisting on His own. In this, Christ revealed to us exactly what our life purpose is...serving God. Wow!

In the practice, we learn how to Stand Strong...in the Posture and Mind of Christ. We have experienced a rebirth moving through the sequence of postures and as a result now are rising renewed and standing strong in faith in Christ. We have been made a new creation in Christ. Essentially, we feel the belief in God the Father Almighty, maker of Heaven and earth. And that God is sovereign over all of Creation and all that happens in it. We are here because of and for God's will and intention, not ours. We have no free will. We have a will, sinful or holy, and it's up to God which...and within these wills we freely make choices to reinforce our desires. The great news is that those "born again" are blessed with a holy will and become aligned in body, heart, and mind with the Spirit of God, the will of God. And so by the grace of God, when we are Standing Strong, we are strengthening our faith in Christ...and it's happening through our body and heart, not our mind.

Throughout the Bible, our connection to Christ is made clear. And not only do we read about the account of Christ and learn that He is the Son of God, BUT! We also feel the truth of this come alive within our own body. In other words, our body helps us understand who Christ truly is. As we witness Christ's devotion to God, we feel devotion flow through our own body. As we witness Christ's rejection of the Devil, we feel our inherent revulsion of evil flow through our body. As we witness Christ's obedience to God in order that God's will be fulfilled, that humanity be saved, we feel obedience flow through our own body. As we witness Christ being raised from the dead, we feel the promise of our salvation flow through our own body.

Jesus answered them, "Destroy this temple, and I will raise it again in three days." ²⁰They replied, "It has taken forty-six years to build this temple, and you are going to raise it in three days?" ²¹But the temple he had spoken of was his body.

JOHN 19-22

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

You are not your own;

CORINTHIANS 6:19

Standing Strong in the Word of God, we realize that Christ came as an example for us that the "ultimate" requirement for us to fulfill our purpose on earth, we too must be devoted to God...we resist the Devil by obeying God. We can't resist the Devil on our own. Christ helps us understand that submitting to God's will is for "good"...God has only love and abundance planned for us, in our life with Him in Heaven. Through His Crucifixion, Christ reveals that worshipping Satan, the worldly, that sinning, brings horrific suffering and ultimately death...physically and spiritually. BUT! Christ also reveals our liberation from this suffering through His Resurrection. We are saved by Christ's immense sacrifice on the Cross...paying the redemption we never could have. And through Christ we are promised our own resurrection.

What we begin to understand is that God intended for us to learn that our body is connected to Christ's body, and His body to ours. And now, we begin to understand the brilliance and power of God as the Holy Trinity...God The Father is our Creator in Heaven. God The Son, Jesus Christ, is God on earth in human form, and God The Holy Spirit is the Spirit of God within our heart. It can be amazing to think that God incarnated as one of us. And yet then again, God is God and this is all more evidence of the brilliance of God...He created us in His likeness.

As we walk with Christ through the Bible, we begin to understand that Christ wanted us to know that we are under assault, our body is under assault and it's getting worse. Our body is coveted by Satan. In other words, Christ wants us to realize that if we continue to follow Satan we will continue to suffer greatly...it will only lead to our ultimate destruction because it destroys our human perfection and this destroys our relationship with God. AND! Christ also wanted us to know that we can't defend ourselves against Satan on our own. It's why Christ came...to warn us and save us. AND. As long as we keep our eyes fixed on God, our heart turned toward God, Satan has no control over us. To this end, Christ revealed God's New Covenant—that once "born again," our body becomes the Holy Temple of the Spirit of God...the Holy Spirit indwelling our heart by the grace of God.

And thus, we realize a most remarkable truth about our body. The Bible is revealing that unequivocally our body is God's most beloved creation. God created our "human body" to fulfill His intention for His creation...God wants a relationship with us. He made us in both physical and non-physical form. Our body is the physical form, the Holy Temple, of our non-physical form, our consciousness of God...we can feel the spiritual energy of Christ flowing through us. Awakening to this we begin to gain a deeper understanding of the sacredness of our own body and that we must protect and respect it and all human life... God is shaping our human body, our human self, into holy, divine beings who can be with Him in Heaven.

SO WHAT IS "HOLINESS" EXACTLY?

For us to be God's temple, God must have created us to be "holy" beings, as GOD IS HOLY. Consciously connecting with our body, we begin to realize how Inherently holy our body is and our attitude toward our body dramatically improves...and as a result, we begin to feel more grounded and confident in who we are. And we know now that we need to "honor God with our body."

Yet, what exactly does "holy" mean? Many of us think of holiness or "being holy" as a list of things we should and shouldn't do that will qualify one to be described as "holy." And yes, that would be a part of it...yet, it is deeper than that. Holiness is not what we do, yet is how we feel, who we are...what we believe. Two people can "do" a "holy act," yet are they both holy? Without the presence of God within our heart, no matter how many holy acts we do, we are not holy.

It is interesting to realize that even though we learned the definition of "holy" when we were young, we all actually just know what it means. We can feel what it means...we feel it in our heart and in our gut. It comes with sensations of humility and homage, goodness and devotion...reverence. Yet, the real understanding of what "holy" means can only be experienced through our body which then reveals our inherent knowing of "the truth"...that we did not create our selves, and thus, are inherently inspired to honor and revere the One who did.

The best attempt to define "holiness" is that it comes with an inherent sense of morality, right and wrong, healthy and unhealthy, of love. If someone asked us if something was holy or not, we would know how to answer instantly. And we know that there are holy beliefs and values and unholy beliefs and values...and thus, we know there are holy and unholy ways to behave. We don't need to research it, we just know.

The Bible and Webster Dictionary define "holiness" in the same way. "Holiness is that which is "exalted or worthy of one's complete devotion as One perfect in goodness and righteousness, and as "divine"...for the Lord our God is holy, Psalm 99:9; "exalt the LORD our God and worship at his holy mountain, for the LORD our God is holy."

The Bible also tells us we are holy because it tells us that we are God's temple. And we know this is true because once we choose to believe in Jesus Christ, we can feel the presence of the Holy Spirit flowing through us. We inherently feel the sensations of the virtues of love, joy, peace, goodness, kindness, patience, faithfulness, forbearance, and self control.

Regardless of the words we use to define "holy," we inherently know that "being holy" leads to goodness, health, and peace, while "being unholy" leads to evil, disease, and strife. And yet, we have a strong aversion and resistance to "holiness." Why? It's our culture. And this seems to be getting worse. We resist it so much that we even work hard to demean and ridicule it, and ultimately, are now "re-defining" it.

In our attempt to define it, we lean toward definitions that are "more tolerable" while denying its essential truth. For example, if I am nice, I can consider myself holy...and still get to do some of the sinful things I want to do because at least I'm nice, considerate of others. Yet, the problem is that we are leaving out the essence of it...we are leaving out that being holy is being "humbly devoted to God."

Said differently, we are so uncomfortable with the concept of "holiness," that we are actually trying to "turn it upside down" and mean just the opposite...this way we can strip it of all its "limitations" on our behavior, and therefore, do what we want. In other words, we are trying hard to convince our selves that "holiness" really means "to be free to be me," "to be true to myself"...to pursue my desires so I fulfill "my potential and happiness." Ah? What about God?

Yet, in the end this doesn't work, in fact, it's impossible. And we all know this is impossible because our conscience continues to remind us of what is true...that "nagging" sensation in our heart won't go away...even though we are pretty powerful in suppressing it. We know deep down that to be fulfilled in life we need to be holy.

SPIRITFIT offers us an insight that might help us realize what "holiness" is and why God continues to encourage us to "be holy." God encourages us to be "holy" because He is pointing to how important it is that we be "healthy"...that we align our body, heart, and mind with that which keeps us physically healthy and emotionally balanced. God encourages "holiness" because this maintains our body's biology and energy to be free of decay and dysfunction. Being holy keeps us close to God and away from Satan, from his negative, evil temptations in the world.

To be “holy” means to be healthy. To be holy means to be humble. To be holy means to be devoted. To be holy means “to be in awe” of the One who created us...the One who is perfect and holy. To be holy means to honor our Creator. To be holy means to be respectful of our body for it is our gift from God...our life is God’s.

To be holy means to protect our body from sexual immorality and perversion because this is unhealthy...it literally threatens our body with virus and disease, corrupting our lives, and the lives of others. To be holy means to be respectful of others, and of their bodies. To be holy means to treat others with decency and dignity. To be holy means to protect the sanctity of life...for it is a gift from God.

To be holy means to believe in Jesus Christ for He is holy. AND! Are we paying attention to the fact that Christ sacrificed His “Holy Body” as payment for our sins. And thus, when we disrespect and defile our body, we reject Christ’s gift of salvation. We reject the sacrifice of His precious blood and body as the redemptive price to reconcile us with God. AND! Rejecting Christ’s sacrifice, we reject God’s most powerful act of love...the human body is most, most important to our Creation. Could we be any more unholy?

WE ARE GOD’S BELOVED CHILDREN. OUR BODY KNOWS...THE TRUTH.

God created us as the magnificent beings that we are so that we can be in relationship with Him. We are God’s beloved. Created in His image, we inherently hold the consciousness of what is sacred, of what is true, of what is holy. We understand that our “holiness” is our alignment with God’s intention for Creation...meaning that it is our commitment to what is healthy and good, to what protects and procreates life.

Yet what we may not realize, is that what makes us particularly “holy” is God’s gift of free will. For this is our power to decide if we want to “be holy” or not, to be devoted to God or not, to love God or not. This choice is our most holy or unholy act in life.

We inherently know when we go against God’s intention, when we are “unholy.” We know when we go against His laws of Nature and of Love, the Laws of Creation. We feel it physically, then emotionally, and then mentally. It’s the brilliance of how God made us. It give us the moment of choice...our body is our best friend in always trying to guide us to goodness and holiness and helping us stay close to the Lord.

Put simply. We are God’s brilliant creations, we are God’s beloved creation, we are God’s beloved children, we are God’s beloved. We are God’s. We are His “intention” on the earth. We are made in the image of God, who is Holy, and thus, we are Holy. And if we want to stay holy, to stay close to God, to be healthy and feel fulfilled, we need to stop thinking and doing unholy things. It’s that simple.

OUR BODY KNOWS

OUR BODY KNOWS GOD

OUR BODY KNOWS JESUS

OUR BODY KNOWS THE HOLY SPIRIT

OUR BODY KNOWS THE WORD OF GOD

OUR BODY KNOWS LOVE

OUR BODY KNOWS HOLINESS

OUR BODY KNOWS GOODNESS

OUR BODY KNOW HEALTH

OUR BODY KNOWS EASE

OUR BODY KNOWS FEMININITY

OUR BODY KNOWS MASCULINITY

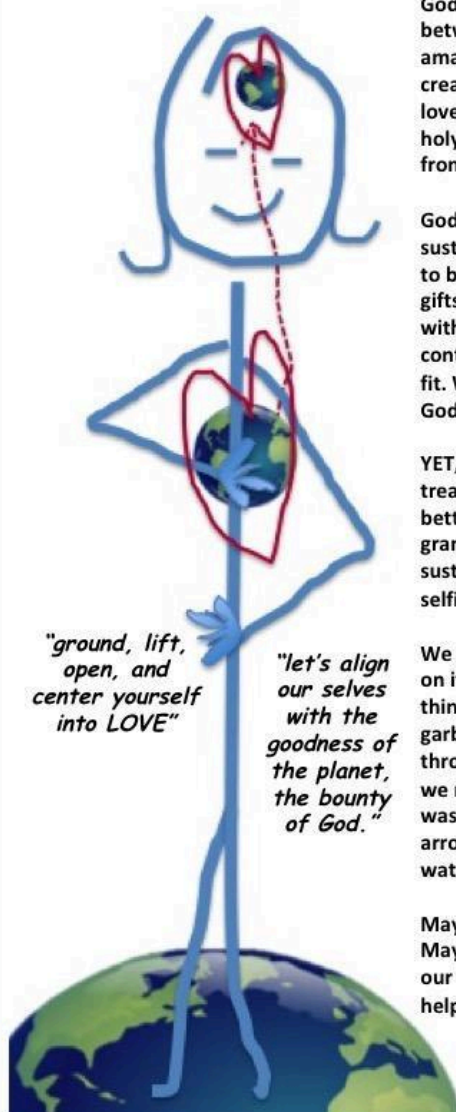
OUR BODY KNOWS WHAT’S RIGHT

OUR BODY KNOWS WHAT’S WRONG

OUR BODY KNOWS COMPASSION

OUR BODY KNOWS EARTH
OUR BODY KNOWS SPACE
OUR BODY KNOWS STARS
OUR BODY KNOWS LIGHT
OUR BODY KNOWS DARKNESS
OUR BODY KNOWS ENERGY
OUR BODY KNOWS CHRIST
OUR BODY KNOWS THE HOLY SPIRIT

OUR BODY AND THE PLANET



*"ground, lift,
open, and
center yourself
into LOVE"*

*"let's align
our selves
with the
goodness of
the planet,
the bounty
of God."*

God's brilliant design of the inter-relationship between our body and the planet is truly most amazing...evidence He exists, that He is all-creative, all-knowing, all-powerful...and that He loves us immensely. Our body is a conduit of holy energy from Heaven and nourishing energy from Earth.

God blessed us with the planet for our sustenance and inspiration. Our responsibility is to be "good stewards" and take care of His gifts...our body and the planet. We are to align with God's intention of goodness and self-control. We are to keep our body healthy and fit. We are to use resources wisely and thank God for all the earth's abundance and beauty.

YET, we are failing. What's "sinful" is how we treat the planet. What's sinful is that we know better. We basically take all it offers for granted...it's beauty, abundance, and life-giving sustenance. We ignore God's intention and selfishly pursue our own.

We treat the planet as if we deserve it. We rely on it for "life," and yet, are incredibly careless...thinking nothing of generating immense garbage. We consume more than we need and throw the rest away. We use more energy than we need and eat way more than is healthy, and waste water enormously. And because of our arrogance, we will soon find energy, food, and water in scarcity.

May we kneel down and ask God's forgiveness. May we repent and become inspired to change our beliefs and behaviors. And ask God for His help in restoring what we have destroyed.

CHAPTER FOUR

OUR RELATIONSHIP With OUR BODY Is The Most Important

YET! Our Relationship With Our Body Is *Estranged*.

Our relationship with our body is the most important in our life. Our relationship with our body is central to who we are and how we relate to the world...affecting everything about our life; how we feel and what we believe. Our relationship with our body is the most important in life "because" it is the foundation of our relationship with God. Yet we have a problem. We are "estranged" from our body.

Truth be told, our relationship with our body is not healthy or respectful...and as a result, we are disconnected from our spiritual self, from our soul. Our body, heart, and mind are not in sync, working as one as God designed them. Rather, our mind, or better yet, our Ego dominates. And as a result, we have no idea who we truly are...why we are here and what we are meant to do.

Disconnected from our body, from our heart, we wander the earth vulnerable to the vacant values of the world rather than aligned with the values of our Creator...values of our own conscience. We try to formulate who we are from what the world is telling us. BUT! The Truth resides in our heart...and yes, our physical heart. Our body and heart know the true moral code—the Holy Spirit indwelling. Estranged from our body not only threatens our "own" health and contentment in life, yet also contributes to putting society, actually humanity, at risk.

So what's going on? We have to admit that we struggle with our body. And it's blatantly clear that our culture encourages us to be dissatisfied with our body. This drives a major part of our economy. Huge business, from Hollywood to advertising/marketing to fashion to cosmetics to weight-loss to cosmetic surgery to extreme sports to pharmaceuticals to bioengineering to genetic engineering to new-age spiritualism, has conditioned us to believe "our body is imperfect"...and we can change it to do or be anything we want...and then we can feel good about ourselves. We are obsessed with trying to "fix our body"...the one we have is just "not good enough."

Simply put, we view our body as "a thing" we need to deal with rather than as "our selves," rather than the essence of who we are. We worry about our body because we worry about our self-image...not because we feel loving toward it. We basically find our body a disappointment. We wish our body was different...in this way or that. We wish it were a different size or shape or weight; we wish it wouldn't get injured or ill; we wish it would be more "fit" and could do certain athletic things. And now in our modern world, we question its gender, its biology. And pretty much all of us wish it wouldn't age and are terrified of death...what will happen when our body dies?

IT'S IMPORTANT! That we realize this is "no small matter." Our relationship with our body is the cornerstone of our experience in life, of our identity. And most importantly, it is the foundation of our relationship with God. We can't connect with God through another person nor through nature, yet only through our personal connection with Him. And we need to understand that this connection happens through our body.

Being estranged from our body lowers our self-esteem and confidence in life. Our relationship with our body has become so estranged that we blame our body for our lack of happiness and success in life, in work and in love. It colors all our relationships and experiences. It shapes our values and all our beliefs. It fuels loneliness and confusion. Estranged from our body, disliking our body, mistreating our body, we are disliking and mistreating our self. Estranged from our body, we are estranged from God.

What we don't realize is that, estranged from God, we are disconnected from our true, our spiritual, self, and thus, from our "inner moral authority," from God's moral authority. We are unaware of the purpose of Creation and of our role in it...and thus, we are swept along in the "mash-up" of confused ideas in the world and vulnerable then to deceit and delusion about the meaning of life. Feeling "untethered from God," we are easily swayed to follow the unhealthy and unholy values and behaviors of this world, of the "evil one," and life becomes miserable and void...it becomes vacant of hope. And often we are unaware that we are subconsciously absorbing all the "darkness" and letting it shape what we believe and how we behave.

"Mankind continues to miss the Truth that we suffer because we focus more on what we want than what God wants. We are obsessed with our will rather than aligning with God's will..."thy will be done on earth as it is in heaven." Pkirk.

And now as a society we have gotten our selves into a very perilous time...“disconnected” from our body, our body is under assault, our “humanness” is in peril. It might sound hard to believe, yet stepping back and taking in the “full view” of society, politics, industry, education, and religion, one might conclude that “mankind hates our body and is trying everything to change it.” We’ve lost all humility and restraint and have invented “artificial intelligence” and robotics and these are not just passing trends...they are strategies of tech giants and government leaders. It reminds one of the story of the Tower of Babel in the Bible. We are trying to become God, to “make a name for ourselves.”

There’s no doubt we are trying to control and change our species, to manage and manipulate our “human nature.” It is obvious that mankind is trying to redesign our body and our consciousness and create a new species, version 2.0. We are trying to convince our selves that we are helping ourselves...are we sure? Taking a thoughtful pause, we begin to feel the truth that what we are doing is “artificial!” AND! Has anyone asked God what He thinks?

What’s amazing is that no one seems shocked about the idea that “we are trying to be gods”...actually, we’re trying to take the place of God. No one seems to be stunned, let alone aware, of the amount of hubris and arrogance this requires. Even though we did “not” create our selves, we believe we have the right to do whatever we want with our bodies, hearts, and minds. And we are getting away with this because we have adopted the “theory of evolution”...and made this foundation to “new-age spiritualism”....which has become the foundation of world psychology and values, of social structures and government.

So how do we know that the direction we are headed is NOT the way we were intended to head? We merely need to look out at the world...we can’t deny it is becoming a more unhealthy and violent place. We are becoming more confused about who we are, about our morals, about what makes sense. Not only that, we can see and feel all the beauty, nature, and goodness being destroyed...and being replaced with a “soulless and sterile” world. Soulless virtual reality, digital art, robots, synthetic food.

We have become so accustomed to this “estranged relationship” with our body that we are not even aware of the bizarre things we are navigating ourselves into. We are not only ignoring that we are “dangerously experimenting with our body,” yet we are starting to validate it as a “moral obligation.” Our values and morality are taking us into a whole, new world...and it isn’t God’s world. It isn’t a world of love and compassion, of “human nature.” It is a world that is grounded in the guiding principle of the “survival of the wealthiest” and advancement of the intellectual and technological. We are losing self-control, objectivity, rationale, and morality...we are becoming dysfunctional. Oh yeah! And where’s LOVE?!

This may sound rather dramatic. It should! We need to get a grip, some self-control. Rather than focusing on helping our selves be healthy and fit physically, mentally, emotionally, and spiritually, we are giving up on our body and mind, on our self. We think we can fix everything with artificial intelligence...it’s our new way of gaining more knowledge. We are trying to “throw away” what we think is imperfect and creating an artificial substitute...and convincing our selves it’s just as “real” and better. Have we stopped to realize that we are destroying the very essence of our “human” selves? Have we stopped to see the irony of this...we are depending upon something “artificial” in order to feel more “real?”

Through science and technology, we are experimenting with who we ‘truly’ are, with our natural and spiritual self...changing our body’s appearance, anatomy, function, biology, physiology, genetics, and gender. We are beginning to completely ignore that we are playing around with “the sacred,” with Creation itself. Or maybe, we aren’t ignoring it...maybe some of us know exactly what we are doing. Hmm. You know something, this sounds just like something Satan would do.

Even more concerning is we are questioning our gender...basically questioning if our consciousness, our soul, was born into the “right body.” AND! More concerning is that we are working hard to “design” and engineer innocent life to fit “our specifications”...we are shopping catalogues for “genetic traits” in a fetus so we can have the child “we want.” AND! No one seems to get how unconscionable it is to “sacrifice innocent life” for our convenience and pleasure. And it goes further. We are at the point of considering what is called “androgeny”...the all-in-one human being. The problem is that this is not what God created...He created them male and female.

Disconnected from our own heart and body, our own nature, we are easily swayed to normalize these unnatural and unholy beliefs and behaviors. Not only are these the values of our culture, they are part of legislation. We are disconnecting from any moral perspective and believing that if we are capable of doing such things then we

“should.” Some say God made us smart enough so we are meant to do this...a blasphemous perspective because of our delusion to “become gods.”

To put this bluntly, mankind is in grave trouble. We are dismissing the inner moral authority that we all hold in our body that came from God to help us thrive, keep our body and society and the planet healthy. As we know, our Creator made us intelligent, yet it's pretty clear we are not using it well. Or said differently, disconnected from our body and heart consciousness, our Ego is running amuck—“playing God.” We are completely out-of-alignment with the values of our heart and thus with God's intention.

How do we know God's intention? God's intention is easily seen in the brilliant, stunning, “highly intelligent,” complex design of our body, of the planet, of the universe, in all that is created...“life, goodness, health, peace, diversity, abundance, beauty, love.” And we all inherently know how important this design is to our existence because we are naturally drawn to it because we are dependent upon it...all these virtues and qualities are naturally within us. It's God's “divine design.”

YET! We've run into a major problem. Because we do not have a strong relationship with our body, and thus, with God, we have deluded ourselves to believe that we can have goodness, health, and peace as well as all the secular things we want...wealth, power, fame. BUT! We don't realize that what we want runs antithetical to Creation...and thus, tears it down, dilutes our awareness of Truth. AND! So, we're suffering. And trying desperately to “fix it,” running after things to help liberate us from it. Yet, the truth is we can't. We are under the delusion that we have more power than we do...we refuse to accept the truth that we are not “the creators.” We refuse to understand that we don't have free will to do such things because we don't have enough wisdom. We refuse to realize that we need God...we refuse to submit to God. Why is that? Our mind has been co-opted by Satan. We explore this in great detail in the next chapter.

There is no denying that what we are up to is not going well. We are out of sync with nature and “attacking” our own species, “our body is under assault.” We don't realize the truth that our body is conscious. It's not just through our mind, our intelligence, that we perceive and understand the world, understand ourselves. We don't understand that our body, not our mind, knows Truth. And, we have gotten to the point that we view our body as merely a vessel...it's only value is to carry around our brain, our mind, our mental machinations. YET! Our mind is only a small part of our consciousness...but it's all we listen to. Our mind is our Ego and it has us under the spell of Satan that we don't realize we are not fully grasping reality. AND! This delusion creates so much emotional and thus physical stress that our body is losing its innate ability to heal and function normally.

And to add to this assault on our body, we are also experimenting with it's natural biology. It's so important that we realize that once we make a dramatic change to our natural biological function, we will be forever having to use external augmentations and pharmaceuticals to support the change. And as our altered DNA gets passed on, our ability to procreate, even to be inherently healthy, will become compromised and dysfunctional and our species will collapse. AND! The truth is this physical degrading gravely affects our mind, our intelligence...we are “dumbing” down. AND! Most particularly is we are defiling our soul. Our true nature will be permanently compromised...our spiritual life will be destroyed.

AND! If this is not bad enough, we are so “deranged” that we can't see that we are jeopardizing “the meaning of life,” LOVE. We are destroying the very reason for our existence and are deluded into thinking that we can create a better one. In manipulating our body, we compromise the power of our heart...literally changing our body, we will compromise our physical heart. And this is a huge problem because what we are learning through science and have known from sacred scripture, the Bible, is that not only does our heart keep us alive, it's the center of our “spiritual consciousness.”

To summarize all this into a few words...the truth is that without our “human nature,” our uncorrupted body, we will not know the one, true Creator...will not know God. In fact, we are on the perilous journey of creating an AI god and convincing our selves that this is “the true god.” As we've said, the irony of our delusion is so obvious...we are literally trading the “true” for the “artificial.” As the Bible says, “we are trading the truth for a lie.”

If we pause a moment and think about all this, the proof that we are in trouble is the fact that none of what we are up to is coming from a calm, rational mind...nor is it creating one. It did not come from “goodness,” yet rather solely from knowledge and intelligence. And intelligence un-tempered by our heart-wisdom, un-tempered by the calm physiology of our heart, is only arrogance and hubris, Ego...ultimately turning into satanic initiatives.

We did not create our body, nor how it functions. We did not create how it relates to other humans and how it procreates. We did not create the planet that we depend on for sustenance and inspiration. We did not create the brilliance of its design to keep us close to God. So what in "Gods" name makes us think that we have the privilege to re-design it all? What do we believe that drives us to do this? Hmm.

WHAT DO WE BELIEVE? IN GOD OR COSMOS?

All that we've been discussing can be summed up by saying that our relationship with our body is dependent upon what we believe about the "creation of man," or more specifically, about "the Creator of man." Essentially, do we believe we were created by "the one, true Creator," the God of the Bible, or do we believe in the more scientific, quantum physics ideas that surround the theories of the "Big Bang" and "Evolution?"

It becomes apparent that which of these two we choose to believe dramatically influences who we think we are, and thus, "what we think we get to do in life and who we get to become"...what we get to do with "our" body. It influences what we think "free will" and "destiny" mean. Said differently, which of these beliefs about Creation and our Creator we follow influences what we believe about our purpose for being alive and how much power and control we have over it. And this influences our belief in whether our body is ours or God's. AND! This comes down to one question..."do we believe we are here for our selves or for our Creator?"

So what's the difference in these beliefs? Or more specifically, what is the primary outcome of each belief...how does each of these beliefs influence our relationship with our body, and thus, our behavior? How does each shape our life and who we believe we are? More specifically meaning, how do each of these beliefs shape our understanding of the Divine?

So, let's consider the belief that we have been created by a "big bang" and are evolving. If we believe in the "theory of the big bang," we get to believe that we are created by waves of particles and light that have formed a particular density of matter, our body. And that, we hold a string of "cosmic consciousness within our mind." Believing this, we get to conclude then that our body is the container of our mind. We see life then as the experience of evolving our mind, our consciousness, and becoming a more knowledgeable self, a self with the power to create what we want. We believe we are solely in control of becoming who we want to be.

Believing that we get to evolve ourselves, we get to believe that we are "gods." We believe we can ultimately gain the power to manifest "all we want"...and are capable of creating the body, the life, the planet, the world "we desire." This belief is essentially what underpins New-Age and New-Thought spiritualism, which according to statistics is held by half the people in the US, and by essentially all professional scientists. Believing this we believe man is capable of deciding what is moral and immoral, what is healthy and unhealthy, natural and unnatural, right and wrong, just and unjust, good and evil, holy and unholy. We even get to decide what beauty is...and most importantly, what Love is.

Believing that we came from the "cosmos," in other words out-of-nothing, then we get to believe we are on our own, and thus, we believe we are "our own"...we belong to our selves, I AM. In other words, we don't have a relationship with "a personable Creator" and so our purpose and goal in life are up to us...not in response to the One Who created us. So our purpose is to "evolve" into a "higher consciousness," become like it, and thus, have the power and wisdom to re-create, re-design, our selves, our body, our planet, and even the universe. Our relationship with our body is more objective, almost completely impersonal. Our body is "our" temple and where we worship our self.

So now let's consider the belief that God, to clarify "God of the Bible," is our Creator. This belief is one that understands that we were created by a supremely creative, all-powerful, emotional, loving God. AND THUS! That our lives are not our own yet rather His, that our body is His..."I am God's." We understand that God gave us LIFE...He breathed into us and made our body alive and our mind and heart conscious. AND! Believing in the God of the Bible, we understand that He came to earth and incarnated as man, as Jesus Christ, so we would know Him intimately and understand His purpose. AND THUS! We believe in Him through His gift of faith in Jesus Christ.

This means that we understand that we are subject to His intentions, or in other words, to His laws of Creation, His laws of Nature and of Love. To stay in alignment with His Intention, we need to follow His "moral authority," His commands. For these guide us to what is good and just, loving and kind, healthy and holy...for our body and our culture., for our planet and the universe.

Believing in the one, true God of the Bible, we understand that God is a very intentional and personal Creator. We understand that He controls our unique humanness and our unique lives—He controlled our birth and is in control of our death. We understand that just as He created us physically unique, He also chose our “unique lives”...He predetermined them long before the creation of the world. We don’t find this hard to believe given the incredible, complex, practical, and beautiful design of all that is created—God’s Divine Design. We understand that we, our body, is His most beloved creation.

We understand God’s plan for our lives is for us to be in relationship with Him...and our relationship with God is intended to become intimate and loving. We understand that through our life destiny, God is continuing to “shape and refine us.” We understand that God’s intention is that through our lives on earth, through our joys, and mostly, our sorrows, we would become “consciously evolved” in knowing Who He Is...and who He is not. To this end, God decided we need to be discerning between good and evil...remember the Garden of Eden, the Fruit of the Tree of Knowledge of Good and Evil.

In summary, when we believe in the Big Bang and the Cosmos as our creator, then we believe in the power of ourselves, the power of man to create life and love. We believe in evolution, and thus, that we need to develop a strong Ego and gain lots of knowledge in order to survive, to become the fittest. We are the ones who decide morality. We have to be beings who value, mind, who value intelligence and logic. As a result, we have to be rather arrogant and prideful...willing to compete, willing to judge and dominate others. And we think nothing of consuming and defiling the earth for our desires and comfort. We are beings who value the mind.

Yet, when we believe in God, we realize we are here because of the love of God, our Creator...He wants us here, and thus, we belong to God, “I AM HIS.” And therefore, what God created is for everyone, enough beauty and abundance for all. This encourages us, imbues us with a sense of humility and just “morality”...we are conscious of our inherent, God-given, moral authority, of our goodness, generosity, justice, kindness, empathy, and compassion. We realize we are not here for ourselves but for God’s command to love one another. This is written in the Bible and in our hearts...not ours to define. We are beings who value heart, who value faith and love.

Most especially, believing in the one, true Creator, we get to enjoy God’s Creation in all its splendor and beauty...anything that man makes will never be able to compare. And we understand the true meaning of love, the divine meaning, rather than one that has been defined by the world, by a cosmic principality that many identify as Satan. In the Garden, Satan took control of our mind.

OUR BODY KNOWS TRUTH—WE NEED TO BEFRIEND OUR BODY

What SPIRITFIT has discovered is that our body knows the Truth. God, God of the Bible, is our one, true Creator. How does our body know the Truth? When we sit quietly and feel into our heart and consider each of these beliefs, our body responds differently to each one. When we consider a belief that we were created by the “cosmos,” our body is a bit uneasy. We feel a sort of “spaciness” in our selves...untethered. Our mind wanders as our imagination tries to determine where we are, why we are here, who we are...why we were created. We hold anxiety about the future because we feel left on our own to figure it out. We wonder if we will be able to...a sense of doubt, even dread, washes over.

Yet as we consider a belief in God, the God of the Bible who is a personal and loving Creator, our body is calm...and we feel a sense of “rightness,” that we are under the protection and love of a supreme, divine power. And we feel a sense of confidence that we are not alone and on a journey of discovery and learning. We sense that because we were created, there is One who holds a specific purpose and plan for Creation, for me. And we look to Him to reveal it to us. We also believe that this world is not all there is...there is another realm that we are destined to experience after this one.

And, as believers in God, we feel the divine love energizing our heart. Awake to this sensation of Truth flowing through our body, our relationship with our body is more reverent and respectful, more intimate and loving...and of course, we are intrinsically inspired to protect it. We consider our body as holy. From the Bible, we learn that our body is God’s temple, where we are to worship Him.

Why is our body calm as we consider a belief in the one, true, Creator? Because our body is made this way...our body knows the truth of God. Our body has consciousness, separate from our mind, and it knows our Creator. Our body knows that it was created by a loving, benevolent God...particularly, because our body is interdependent on the complex interconnectedness of all that is created, with the planet and the universe. There’s no doubt that this

was all planned by a very intelligent, highly creative, personal being Who is infusing all of Creation, including our body.

Our body knows because our body is filled with the breath of life, filled with God's breath...our heart knows God. God created our physical heart to be the organ of life and of our spiritual perception, to hold the Holy Spirit. We may not be able to see God, for that would be more than our "humanness" can absorb. Yet we see God's reflection in all that is around us. And we feel inherent healthy and holy sensations in our body and realize that they are of God's Spirit ...we feel them once we believe, once we are born again. And most especially, we see and feel God in the "light of Christ." Once born again, our body, heart, and mind are in union with Christ's...our human body connects with His. Thus through God's gift of the Holy Trinity, God, Jesus Christ, and the Holy Spirit, our human self connects with God.

We see and "feel" the power of God's creativity in the brilliant and complex design and sensation of our body. We see the glory of God in the beauty and majesty of the planet. We see the intelligence of God in the astounding biodiversity of nature that we depend upon for sustenance and inspiration. We see the glory of God in the Sun. We see the power of God in our ability to procreate and generate life. We see the love of God in our ability to be conscious of Him.

We feel the presence of God in every breath we take...for it is His breath, is the breath that keeps us alive, and thus, conscious of Him. We feel the character of God in a full, slow breath that activates the sensations of a "full" heart...our calm and warm sensations fuel our understanding of the virtues of the Holy Spirit: love, joy, goodness, peace, patience, love. We feel the morality of God in our "gut" which is controlled by the energy of our heart...we know when something is good or evil. And in our overall sense of our calm body, we feel the immense love God has for us because of the blessing of life. We realize He wants us here...and He wants a relationship with us.

We feel the "awesomeness" of God in that we are conscious beings, and thus, capable of choosing to acknowledge, and love Him. We are capable of being an "active part of His creation." We feel, and thus, understand God's justice. He disciplines us because He wants us to be safe. And the Bible reveals that He is a merciful God...He knows that we are learning and so is ready with forgiveness instantly and unconditionally when we realize our mistakes and come to Him. AND! He is a patient God for He knows the evil we are up against.

YET! There is something we need to understand. We can't feel these things above unless we are in a close, intimate, healthy relationship with our body. And as we will discuss in a later chapter, the transformation in our sense of a holy connection with our body happens when we are "born again." In the Bible, we learn that Christ revealed to us before His resurrection that for man to enter the Kingdom of God, we need to be born again, reborn in "spirit and truth." We also learn that this happens in our life in God's perfect timing. It isn't something we can instigate. YET! It is something we can prepare for.

In preparation for our rebirth, we can take time to consider our relationship with God and investigate if it's strong, if we even have one. And we can also learn about what a relationship with God is like by reading the Bible. And what is quite powerful is that if one wants to feel what a relationship with God is like, SPIRITFITT helps us connect with our body's energy and physiology that is resonant with humility and holiness, for these are the sensations that inspire our mind, our consciousness, toward God.

Truth be told...if we are honest most of society is rather rebellious in our relationship with God. We ignore and reject His "commands," the "laws" of His Creation, which are the beliefs and behaviors that keep our relationship with God healthy. They are also the beliefs and behavior that keep our relationship with our body healthy and our relationships with others peaceful and loving. However, the world holds a culture that is grounded in rejection of our body, refusing to see that our body is the Holy Temple of God's Spirit and that the Bible is His word, His written guidance. We are choosing "our way" instead, thinking it is best, it is right. YET! If it is, then why are we suffering so much?

SPIRITFITT endeavors to help us see the obviousness of what is happening in us and around the world. It helps us see that our relationship with our body is strained. And this is what brings us great suffering, actually, is the core cause of our suffering. Why? Because our relationship with our body is the foundation of our relationship with God.

SPIRITFITT hopes to help many realize the Truth that without a belief in a good and gracious, a compassionate and loving God, the God of the Bible, that life will be more difficult. Believing in the theory of "cosmic creation" is not healthy. Put simply, this belief forces us to "lean on our own understanding about life and how to behave." And despite what we might think, that we have enough wisdom and the free will to make good and healthy choices

about life on our own, the Truth is we don't. It's clear that "our ideas" about life are not bringing us comfort and peace, are not bringing us truth.

WHY DID WE BECOME ESTRANGED FROM OUR BODY

As we've discussed, being disconnected from our body is the primary underlying cause of much of our suffering in life. Disconnected from our body, we feel disconnected from God, the one, true God. And this causes us to believe that we were created by a rather unemotional, innocuous cosmic energy. Thus, we have no real intimate connection, no personal relationship, with the "supreme energy" from which we were formed. As mentioned, we fall into the belief that we are meant to evolve into beings who have full control over destiny—become gods of our own universe. And thus, it makes sense that this would infuse a rather lonely energy into our lives. Can we really be expected to "figure all this out" on our own—when we had absolutely nothing to do with it, or us, coming into existence?

So considering all this, begs the question "why and how did we become estranged from our body?" We explore this in detail in the next chapter. The important thing for us to realize is that as we learn about when and how it happened, we focus on how we can support ourselves to have a healthy and holy relationship with our body...for our relationship with our body is the foundation of our understanding of our spiritual selves. Put more specifically, as we've discovered our relationship with our body is our union with Christ.

SPIRITFITT uses the concept of fitness to help us understand that just as we need to exercise to keep our body fit, we need to work with our mind and coach it to pay attention to goodness versus evil. And SPIRITFITT helps us understand that the greatest support in directing and shaping our thoughts away from evil is our attention on our body, our relationship with our body...for it holds only love for us. Said differently, it's the soothing sensations of our physiology that turns our attention toward goodness. Working directly with our mind only traps us in the world, in our Ego. What we are experiencing through this program, is that it's through the Holy Spirit, God will let us know our purpose, the meaning of our life.

SPIRITFITT has discovered that the only way to defend ourselves from these negative, evil influences is through paying attention to our body, to our heart...and to shift its physiology. Our body knows the truth. If we learn to cultivate a more respectful and loving relationship with our body, we will begin to feel the inherent sensations of fear and work with our body to shift this to faith. We will learn how to find our inherent "humility," which is the only thing that disarms our ego, our arrogance, and thus, opens our consciousness to The Truth...that we are God's creation. We find we submit to the "sovereignty of God," and we feel loved. We are not alone. Our suffering eases.

Feeling God, we realize how holy our body is, how important our body is to God...it's His temple, regardless of what we think about it. We accept and honor our body for all that it is, and isn't, because we understand it's God's. In other words, we wake up and are soothed by the sensations of Truth, and realize that our singular purpose is to honor God with our body...is to respect and take care of our body that we may please God. This keeps us consciously connected to God.

Said differently, respecting our body and keeping it "holy," for God is holy, we show our Creator that we are mature enough to understand and respect His intention...that we have the confidence and power to "submit to Him" for He is our Creator and we are "evolved" enough to see that He is good. And through this, we demonstrate our ability to "co-create" with God...to co-create Holy Love. We certainly are not equal to God, yet we know now that He gave us the power to respond to Him in a way that He is seen and He feels our love for Him...in our more purified state, we become more luminous and begin to reflect His creative power and glory back to Him.

CONCLUSION

Our body reveals that the Big Bang Theory is not real.

The world revolves around essentially two beliefs about our creation...the Big Bang/Evolution Theory or the Divine Creation by God. SPIRITFITT highlights that the big difference between the two is "all about relationships." Believing in God, in a "personable" Creator, one with intentions, emotions, and expectations, we are in an "emotional, intimate relationship." And of course, that requires our "relating skills," and our responsibility, and accountability.

And this gives us a sense of purpose. This is now the meaning of our life. And we begin to understand, this is the purpose of life...that we have been created for a relationship with our Creator."

Choosing to believe in God through faith in Christ, we feel connected to God. God incarnated as man just for this reason...that we would feel closer to Him, personal, and better understand Him. Given the truth of Christ's crucifixion and His resurrection, we now have a personal relationship with God. Feeling connected to our Creator, we feel an inherent desire to be loved by Him and to love Him. We want to know how to please God...to be aligned with His will. We realize that this is what brings us true comfort and joy...and though we don't really know, maybe this does the same for God. And what is a remarkable blessing is that He gives us all the answers we seek and need in the Bible...through the Christ's Commands.

Instead, if we believe that we "just happened from a vast void of nothing" and "are evolving," we get to believe that there is no Creator God, and thus, we are not "in a relationship." Therefore, we are not responsible or accountable to "an Other"...we are free to "be me" and do whatever "I want." Essentially, we are believing THE LIE that Satan convinced man of in the Garden of Eden...that we can be like God, that we have the power of free will.

Believing we can become a god, we focus on striving to evolve our consciousness so that we merge back into the "cosmic" realm that created us, and thus, we will be empowered with its energy. We believe that we can create our bodies, our lives, and determine our destiny on earth, as well as, our "ultimate" destiny any way we want. We are deceived into a false sense of "self-confidence"...that we can make the world better than God did and save our selves from suffering. YET! This very belief creates our suffering...we are desperately lonely. AND! We ultimately become disappointed and discouraged. The Truth is, which is so abundantly evidenced by all the strife and confusion around us in the world, that this new-age, new-thought system of belief in "cosmic creation" is false. AND! Trying so desperately to "be in control, ironically, we have actually lost all "self-control."

So the consideration becomes which of these beliefs is right. Our body knows.

SPIRITFITT believes that how we know the "true belief" that guides us toward our "true purpose" comes down to how our body feels...meaning what keeps our heart calm and our body relaxed and strong. The truth is that our body has a built-in mechanism that knows the Truth. Our body knows its design and complexity of body-heart-mind connection could only have come from a most remarkable, highly-creative, highly intentional, personal Creator. Our body holds the consciousness of the sacred, of God. Our body knows we were created to be in relationship with our Creator. Our body, heart, and mind, our being, is inherently conscious of the truth that we exist because of this "relationship." And through its magnificent design our body when we are out-of-alignment with this relationship...out of alignment with God.

CHAPTER FIVE

WHEN and HOW Did We Become ESTRANGED From OUR BODY

And Why Is It Important We Know?

So when and how did we become estranged from our body...and why is it important we know? The short, yet profound, answer is mankind became estranged from our body millennia ago...in the Garden of Eden. And it's important that we know that it is because of Satan and that what he did then he is still doing now. And what is that? Satan continues to deceive and entice us to "doubt God," to doubt God's word..."Did God really say?" Satan continues to convince the world of the greatest lie ever told—that we can create life and our bodies the way we want them...that God is not important because we can become gods. Falling for these lies mankind is estranged from our body believing it is ours to freely do with as we please...and this arrogance is the root of all mankind's suffering for it disconnects us from our consciousness of the Divine.

In other words, our relationship with our body is the foundation of our relationship with God.

Only by knowing this do we possibly have a chance to improve our relationship with our body and with God. Only by knowing this do we have a chance to fend off evil. Only by knowing this can we experience a "true" belief in Christ...and this happens once we are born again. And why is believing in Christ important? Because He is mankind's Salvation.

Christ came to save us from sin. And this involved Christ revealing to us the reality of the Father of Lies, Satan—for Satan is the reason for our sin. Satan is the reason we are estranged from our body—Satan causes us to contaminate our body because he knows it is God's most brilliant and beloved Creation. Christ came to save us from Satan and reconcile us with God...and Christ is coming again.

SPIRITFIT'S commitment is to help us see, realize, how we are disempowered and suffering because of our disconnect from our body. Through the SPIRITFIT "posture transformation practice," we learn physical-fitness techniques that help us connect with our body and experience our body newly...experience our body as holy. And the more we experience this, overtime, we begin to regard it as "holy"...and our relationship with our body begins to transform.

This experience of "holiness" is the game changer. It inspires humility and this shifts our negative self-esteem toward greater self-appreciation. It shifts our doubt and false belief in a cosmic creator toward the Truth of the one, true Creator, God. Thus, it is a remarkable practice to help us become experienced in spotting evil and armoring ourselves against it...putting on the armor of God" Ephesians 6:13-- *Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground.*

SO HERE'S THE STORY

So here's the story of how we fell away from our relationship with our body. The Garden of Eden is where God walked with man and woman in the cool of the day. Adam and Eve were naked and "felt no shame"...it was natural. The Garden was beautiful and abundant, healthy and perfect. Our body was beautiful, unblemished, perfect...pure in its biological and genetic make-up. In essence, our body resonated with the "holy" energy of God and of The Garden. Our mind and emotions resonated with the "holy" character of God...being made in His image. Our relationship with God was intimate and pure. YET! Something happened, and it all became corrupted.

Satan came into the Garden. Satan, jealous of God's power to create such remarkable beings, believed that the way he could become more powerful than God was to destroy our relationship with God...meaning, get us to worship him instead of God. Satan figured out that the best rebellious act was to defile the sanctity of our body. AND! Satan did succeed...he cunningly got us convinced that there is a better world, and a better body, than what God had created. His diabolical plan was to corrupt us...or rather to get us to corrupt our selves.

Satan was so cunning and capable of "casting spells" that he convinced Adam and Eve that they wanted to become like God. Satan convinced them to eat the "toxic fruit" of the Tree of the Knowledge of Good and Evil because he knew that the fruit would "intoxicate our mind"...and we would hallucinate and fall into delusion. And also he knew that this fruit would corrupt our biological essence...our DNA, our human perfection, would be poisoned. As

a result, our “humanness,” our inherent body, heart, and mind connection, would lose integrity and become dysfunctional. With our mind now disconnected from our heart, it was easy for Satan to deceive us.

Now, God had warned Adam and Eve not to eat the fruit of this Tree or they would die. Though not an excuse for disobeying God, yet in their “nubile” consciousness, they were not yet savvy enough to fend off Satan’s cunning ways of evil and deception...Satan got the better of them. And it’s quite probable that because Adam and Eve hadn’t disobeyed before nor knew what death was, that it was fairly easy for Satan to get them to “doubt” what God had said.

And Satan went further to convince them that God was holding back from them powers they could have...convincing them that they should be upset. When in truth, looking at their situation in the Garden of Eden, why would they be upset about anything or think that they wanted what God had. He was God...and they loved Him. BUT as had been predestined, they ate the fruit...and man fell from grace. Though they did not die biologically, they died spiritually...God’s perfection, God’s holy design of our human body, became contaminated and they were put out of the Garden. And as their descendants so were we.

We cannot be in The Garden because we would be destroyed by the power of its perfection. Our bodies are not in “resonance” with the pure energy of goodness...not in resonance with the intention of God, Holy Love. In our heavier, darker, imperfect nature we cannot tolerate the lightness and brightness of the perfection of the Garden and certainly not the “glory” that shines from God.

ALL BORN WITH A SINFUL WILL

Adam and Eve found themselves facing the consequence of their “fall from grace” when God came into the Garden for “His normal visit.” When once Adam and Eve felt no shame about being naked, they now ran and hid from God. They knew they were no longer the “pure, beautiful, beings” they just were moments ago. They knew they had dramatically changed their connection to God...they were no longer devoted to God, to the One who had created them and blessed them with so much goodness and love in the Garden. Satan had corrupted them and they were no longer in their “right mind.” They had rejected all they had been given, they had rejected that they were God’s children...they had rejected God. They were experiencing what God meant when He said that eating the fruit, disobeying Him, they would die. They had become sinful.

And the truth is that Satan made them do it. And the truth is that Satan has the same power over us.

Finding them hiding, God asked them “why are you hiding?” This was the moment they had a chance for redemption, which is the same moment we all have today. It is the moment that we bump into every day where we have a chance to recover, to repent for our sin and reconcile ourselves with God. In other words, Adam and Eve could have followed the “remorse” they were innately feeling in their heart as they hid behind the tree and admit their wrongdoing and ask for help and for forgiveness. We know that God would have forgiven them...of course He would have because they were His creation, His beloved children.

Adam and Eve could have said they were sorry. They could have “repented.” We know they loved God immensely and yet they just couldn’t do it. Why? They had been transformed and their will had been co-opted by Satan. The things they believed and desired were now of a sinful rather than holy nature.

Mankind, as descendent of Adam and Eve, became contaminated and from this time on has been born with a “sinful will.” Man is filled with selfishness and evil. We are rebellious...reject God’s “authority” over us. And thus, we don’t honor God, and we don’t honor God’s Creation. We’ve become so arrogant that we have the power and privilege to do whatever we want to with our bodies and with the planet. Satan knew we would become image-bearers of him instead of God...our light would dim.

In sinful will, man’s nature leans toward desire, addiction, obsession, arrogance, and pride....darkness and evil. And we learn from the Bible that man is bound by this will until God intervenes. As a result of a sinful will, man falsely believes that we have powers like God...that we are gods. We believe that we are wise enough to decide morality, the difference between good and evil. We are so deluded by our Ego and narcissism that we even believe that we have free will, the power of self-determination, the wisdom to decide our eternal destiny...all the while our will is not free but bound by sin. In our arrogant prideful nature, we believe that we can do better with Creation, with our body, than God did. Satan has convinced us that we don’t need God.

As a result of sinful will, our Ego, our mental image of ourself, became more important than our relationship with God. And given that the fruit is of the Tree of Knowledge, we pursue knowledge relentlessly, we worship it as our god. We idolize our mind and intellect rather than follow our heart connection with God. And we fanaticize about what we can create through technology.

Born of a sinful will we are in grave danger. Our salvation is at risk. It is very easy for Satan to tempt us with the “false promises” that the things of this world, money, fame, fortune, possession, sex, and power will make us happier than what God promises. Most especially, Satan convinces us to believe in the fulfillment of “feeling powerful,” in control of everything in our lives and dominant over others. And thus, we are deluded into thinking that we can create all we want and can determine our destiny here on earth and after.

Addicted to the “toxic fruit,” we believe that the most important thing to do in life is to gratify our desire for “pleasure,” to figure out ways for us to be “happy.” As a result, we have lost all “self-control.” Without self-control, we behave in self-gratifying, self-glorifying, “prideful,” pagan ways. Basically, we reject the laws of nature, the laws of health, goodness, decency, compassion, and love. We reject God’s laws of morality and justice. We are unholy. We are manipulated by Satan and he convinces us to abuse our body and the planet for our selfish pleasure and all “we want.” Essentially, the world has sold its soul to the devil.

So at this point in “the story,” we find ourselves wondering that if God is so loving and good then why did He not protect us from Satan? Why did God let this happen? Many of us feel hurt and resentful that we have to go through the suffering that is happening in our lives because of Satan. We feel forsaken and frightened about our lives and our future...about mankind’s destiny. HOWEVER! Keep reading...not just this book but more importantly the Bible. For we discover something quite remarkable...God planned all this before the creation of the world and it is for our good.

At first, we are taken aback by this. Yet if curious, we will read on and learn that God has a “profound intention” for His Creation...and our future looks amazing. In a nutshell, God planned the “fall of man in the Garden” as precursor to His predetermined and predestined plan for our “redemption and salvation.” And what does that exactly mean? God predetermined all of Creation for us, and for our relationship with Him. Awakening to this revelation, we realize that God is “absolutely sovereign”—He has predetermined all things, and predestined all events that take place in Creation. And we learn from the Bible, in God’s words, that nothing and no one can change His plan and purpose for Creation, including His plan for each of us.

In a nutshell, the Bible is the Revelation of our Creator’s intention. It is the account of God’s creation of man, putting man on earth and through the experience of life on earth in order to shape and refine us into the beings that He desires. Said differently. God created Creation, corrupted Creation, and restored Creation all for the purpose of man being prepared and refined into divine, holy beings who will be with Him in Heaven for eternity.

GOD’S INTENTION IN DETAIL

So now that we know how we became corrupted and separated from God, it’s natural for us to want to know why. Why did God let this happen? What is His intention? What is God’s plan?

In a nutshell, God’s intention is for us to be in an intimate, holy, loving relationship with Him...for all eternity.

Though we may have been put out of the Garden of Eden for our disobedience, many don’t realize the “bigger picture.” God did not, and would not, abandon or forsake us...in fact, this was part of God’s plan. Even though we might not fully understand why God sent Satan into the Garden...we do know what is true. Satan came into the Garden and deceived Adam and Eve because God ordained it. The Bible is very clear that nothing happens in Creation, especially what Satan is up to, without God’s oversight. God is our Creator and is in control over all so He had a reason. And perhaps we can put a few pieces together and figure out some of His purpose.

If we start by looking at the obvious, it begins to dawn on us, as we’ve mentioned that God has designed us in such a way as to be capable of being in relationship with Him. And His intention is that we participate in creating Holy Love. God wants a relationship with us that is a fully conscious connection...we are conscious of Him as He is of us. This is what is meant by God creating us in “His image”...we are image bearers of God. Put simply, God made us “conscious beings”...we are the result, the reflection, of God’s brilliance, power, and glory. This doesn’t mean we are gods, yet that we are God’s.

Another way of looking at this. God has created and is refining us to hold understanding that He loves us and He wants us to be able to love Him in return...God wants us to be capable of Holy Love. God wants us to understand His character and intention so that our relationship with Him is genuine, authentic, transparent, "real." When one thinks about this, it's rather stunning, even "mind-blowing."

So now it makes sense that in order for us to know who God is...we also need to know who He isn't. Therefore, God predestined the "fall of man." God used Satan's temptations then, and still today, as our training and testing. Better yet, our life on earth puts us through the "refining fires of purification" in order that we become a "more brilliant and mature consciousness" capable of discerning good and evil. Especially, so that we become beings that understand that the only true creative power that exists is "goodness," is God.

In other words, our time here on earth is for the purpose of experiencing what happens when we give into evil and forsake our inherent goodness...when we give into Satan's temptations and defile God's Creation...our bodies, ourselves, and the planet and space. We are going through the experience of what it feels like to be separated from our Creator and what this means for our existence, for our "life" experience. And for our eternal destiny. It seems God wants us to know the difference between good and evil so that when we are with Him we can fully comprehend His goodness, His power and glory.

Though we might feel a bit "at the affect of all this," and certainly find it rather difficult, it's worth asking our selves..."who are we to be so arrogant as to question our Creator and His intention?" We did not create our selves, or the universe. And if we are willing to go deeper into this exploration, we stumble upon the "core of our suffering"...we suffer because of arrogance and pride, we suffer because "we resist" God. We suffer because we don't love God, trust God. Eating the fruit, we have become deluded into believing that we know "what life is" and that we can create something better for us than God is creating for us. We believe we should get to do what we want, get to do "our own thing"...that we are gods. Satan smiles at this attitude...it falls right into his plan.

SUFFERING

NOW! It's important that we explore this further and gain perspective about suffering. Suffering is awful and of course we would resist it. YET! We can't deny that it is definitely a part of life. It's biblical. So why is that? We just keep running away from it. BUT! What if we go into it, what if we realize that just as the pressure, or "suffering," of carbon is what is required to create a diamond, so too is the pressure of suffering required to create the diamond coming out of our life.

If we begin to think about what is at stake, about the diamond that is coming through our life, we discover that it is the most powerful and important and priceless thing of all existence...it is our consciousness of God. We begin to understand that we are God's most precious creation. We begin to understand God's process...we are God's Gold and like the "refining fires" required to transform gold into its pure luminous nature, its quality of "reflection," we too are put through the fires so we become a reflection of God. We certainly don't like it, but it's how it is. This is God's "process of creating and refining"...we are not the Creator.

Gaining insight into God's use and purpose of suffering helps to bring a whole new understanding and relating to our suffering. We know that what we resist persists...so perhaps we are meant not to resist but to embrace. Many discover that our suffering is our path to liberation...and it is required to go down this path. We can't avoid it or go around it.

The blessing of suffering is it's a wake up call. Our body is warning us that something is off. Our stress and fear are warning something is upon us, oppressing us...disturbing our relationship with God. Now though it is difficult, the truth seems to be that often our suffering has to become pretty intense, causing us to fall into despair, before we "give in." We are realizing that this is the catalyst required to help us begin to realize we have no choice but to call out for help...in other words, this is the beginning of the breakdown of our ego and our awakening to our soul.

The truth is that the suffering allows Truth to break through our delusion and we begin to understand that evil surrounds us and dominates us. This is the thought that we resist so intensely...it's frightening and we don't like to "feel victimized." BUT! The blessing is that now "coming to the end of our selves in despair," just as Christ did in the Garden of Gethsemane, we fall to our knees...and call out. Bowed low, we inherently submit. We are submitted to God and filled with humility. We are emptied of "our self, our Ego, and now understand that it is true...we aren't

capable, and were never meant to be, to handle this world, this darkness, on our own. AND! Truth is that we are not alone!

Kneeling, we begin to feel connected with God, we begin to realize that He is here and that we are under His auspices, His protection. We begin to feel liberated from stress and fear. We feel calmer about life because we have guidance and love to help us figure out who we are supposed to be, what we are supposed to do. We begin to become “aligned with God’s plan” and the pressure comes off...we feel more content with our selves, with our bodies, with our lives. AND! We begin to trust that as Christ was in the Garden, we also will be given the strength we need to stand back up and the courage to walk forward in faith.

We are inspired by Christ to turn our disappointments and suffering over to God...understanding they were meant to happen, part of His plan for our “evolution.” We surrender to God’s intention for our lives rather than continuing to blame our selves for our mistakes, our sins, our unhealthy choices. At those times, we knew not what we did for we were under a sinful will. We didn’t know then that we needed Him. BUT! Once born again, we do know...and in our new, holy will, our gift from God, we are focused on the one choice we have the power to make...to choose to submit to God’s will and trust in His purpose for us. AND! We need to understand that this takes work...we will be tested some more. Suffering will continue. YET NOW! We are not alone in carrying this “cross.”

As we embody our self, and come to these insights and understanding, we begin to gain more understanding of who we are in God’s Creation plan and purpose. We are both magnificent creations, while at the same time “merely” creations. We have some “creative” ability yet it is solely meant to choose to align our selves with God. Our life journey is about becoming virtuous enough of character to remain humble and reverent before our Creator so we continue to understand and follow His Will. And through the Bible, we learn that we are incapable on our own to become holy...turn our sinful will into a holy will. The Bible helps us understand that we are blessed with a holy will only in God’s perfect plan and timing for our lives. Till then though, we can become curious about our Creator and do our best to focus on Him, to focus on Christ.

THE RESULT OF THE FALL

We notice that the world is in grave suffering. We notice much of the world is not aligned with the will of God. And we now have greater insight into why God sent Satan into the Garden. In other words, in order for mankind to wake up to the true power that we do and don’t have in life, to the true purpose of our life, we need to know who God is. And, we need to know who Satan is. We need the knowledge of good and evil.

And now, it begins to dawn on us why Satan’s part in all this is to get us to reject our body, God’s brilliant and beloved Creation. If God’s intention is to create us into “evolved beings” with the power to be aligned with Truth, with goodness, with His intention for His Creation, He decided that we need to be refined into beings who can discern good and evil. By exposing us to evil and darkness we begin to yearn for good, to yearn for the light of the glory of God, to yearn for God.

Outside the protection of the Garden, we are vulnerable to Satan. We still eat the fruit of the Tree of Knowledge today and we continue to have the same hallucinating thoughts that mankind has had since our first “bite.” Our mind is filled with thoughts of self-gratification, of self-love, of power and control over others, of greed and political might. Rather than filled with love and worship for our Creator, our Ego is filled with narcissistic love and worship for self. We have lost humility and are addicted to the adrenalin rush of thinking we are gods. We have become so deluded, so arrogant, that we believe that we can create beyond what God did...we can do better.

Since the Garden, we have been intoxicated with knowledge. We are addicted to gaining more and more knowledge believing we will finally know enough to be able to “create” our own bodies, our own planet. We are completely convinced that “knowledge is power,” and thus, our mind, our intellect, is much more important than the power, the consciousness, of our heart and body. With more knowledge we become more powerful gods.

In today’s world, the extremely wealthy and high powered technocrats are looking for ways to hold onto their power. They are obsessed with figuring out ways to stay young and live forever. And this means that they need to throw away their “human” body for a “synthetic” one in order to be able to have their intelligence live on. In other words, mankind has lost humility and is completely consumed by arrogance. And we are completely disconnected from the “true meaning of life”...a life grounded in our relationship with God. We have traded the “truth for a lie,”

Christ for Satan, and mankind is going down the dark path that we are willing to sell our soul to Satan...to separate completely from our Creator, from God.

The deception of all of this is that we are not smart or intelligent enough to become gods. We are merely rebellious. We have been confronting God for thousands of years. We see man's pagan rebellion all throughout the Old Testament...disgusting rituals to defile the body and taking innocent life because man believed he had the right and that it was going to make him more powerful and satisfied in life. Today, we are still believing and doing the same things. We are gods trying to take over God's Creation.

Mankind is suffering. Our worship of false idols of money, power, technology is leading us into plastic and synthetic lives...actually, into "no" life. We have disconnected ourselves from the only thing that can fulfill us...a deep, intimate, and loving relationship with our Creator.

This all sounds incredibly daunting and defeating. YET! There's hope. We know the Truth. It's God's plan to save us. God had predetermined our "redemption and salvation plan" before the Creation of the world. We remember that He is Sovereign and that this is all for our good. And what is God's Salvation plan? God came to earth, incarnated as a man, as Jesus Christ, and through Christ we have been reconciled with God and promised resurrection into eternal life with God. Christ shows us the life, the truth, the way back to Him.

RESTORING OUR RELATIONSHIP WITH OUR BODY

We are facing a very difficult time in human history. YET! There is HOPE. It seems we might be waking up. Many of us are beginning to see how frightening it is that we have become so deluded to believe that there is "no God," or at the very least, that we don't need to pay attention to Him. Many are beginning to ask why are we suffering so much, why is mankind such a mess? What is going on? The good news is that there is blessing in our suffering...if it's deep enough It will wake us up. It will bless us with a moment of pause...perhaps enough to check in and see how we are colluding in the suffering, in the delusion that mankind is under.

As we begin to be awakened, we "see the evil" that we were participating in and that is happening all around us and we see how this is keeping us away from God. Not to shirk our responsibility yet much of what we did, we "knew not what we were doing." We have been so blinded. Yet now, it's quite possible, probable, that God has intended and is using these very dark, chaotic times to cause us enough despair that we will call out...and by His grace this is the unfolding of His plan to call some to Him for rebirth. With this revelation, we get a chance to consider how we feel about that. Further, through our suffering we begin to realize that there is a spiritual battle in the world...through the Bible, Christ reveals to us the reality of Satan and his incessant, vicious attempts to keep us bound in his traps. To be freed, as Christ revealed we need to be born again...and how and when is by God's grace and predetermined timing. It could be now.

Said more honestly, we begin to see how each of us is in a battle for our own soul. We're at war with negative, dark forces, evil forces, with Satan's minions...in essence we all have to admit that we are surrounded by "demons" in one shape or another. Though frightening to face, we are not alone or forsaken. If we have been or are now being reborn, we inherently remember that we are beloved creations of God. Awake we have the chance to choose to walk back toward Him...to open our eyes to the true purpose of our human existence and begin to align our lives with God's purpose and will. In our newly bestowed holy will by God, our gift of faith in Christ, we now are inspired to choose holiness and goodness.

In the awakening we are inspired to understand that this life was never meant to be easy, in fact, it was predestined by God to be difficult—and now we understand that this is all for our good, for our preparation for Heaven. In other words, the blessing of fear and suffering, and yes our sinfulness, was for the purpose of learning about evil and sin. And as the suffering becomes profound enough it cracks our hearts wide open and our Egos are dissolved...and thus, when God calls us to "rebirth" we have been shaped and refined by God to automatically receive His gift of faith in Christ, we have been prepared to become a follower of Christ.

SPIRITFITT endeavors to help us realize that though we may think that we need to "figure all of life out," our body and heart will guide us. In fact, it is better to disconnect from our thinking, our ideas, our solutions and answers...and instead, breathe into our heart and body and listen. For those who have been born again, the connection with a spiritual sensation feels intimate. SPIRITFITT helps us understand the power of our spiritual physiology. We explore this in detail in the next section of the book. What we will learn is that because of the

brilliance of how we are made, when our suffering becomes great enough, our body often brings us to our knees...for our body feels the pain of our suffering. In biblical terms, this is when the Holy Spirit comes upon us...and we experience our psycho-physiological self turn to become awake to Jesus Christ. And SPIRITFITT is focused on helping us learn just how powerful and important kneeling is to our spiritual life, to our belief in God through our faith in Christ. This “holy posture” generates a great sensation of humility which is the beginning of our liberation from our suffering. Wow! Who knew?!

So as we come to the end of this chapter, we come to the conclusion that in order for us to find greater peace and purpose in life we need to align with the will of God. In other words, we need to focus on cultivating a healthier, more holy, relationship with our body. In the next chapter, we learn how God has already predetermined and created the process by which this will happen—His Redemption and Salvation Plan which involves the experience of being “born again.”

And then in the following section of the book, we learn how we can foster a stronger relationship with God through our stronger relationship with our body. In a later chapter we focus on our “transformation through holy postures.” We experience how our body helps us connect with our consciousness of God. SPIRITFITT’s uniqueness is helping us see that our relationship with God is “not through our mind,” as so many philosophers, spiritual thinkers, new age practitioners, and psychotherapists, and theologians think it is. Rather it is through our body, through our heart...for it is our heart, not our mind, that knows God. Our body is His Holy Temple. And what one will discover is that through the SPIRITFITT Sequence of Three Holy Postures, the experience mimics the sensations of “being born again.”

SPIRITFITT hopes that many will use this program to begin to embody who we truly are and start to awaken to the consciousness of our body and heart and realize just how much God loves His creation...that God loves each one of us deeply. We are His masterpiece. God created us so masterfully that we have the power of consciousness of Him and in alignment with Him can more fully participate in His purpose of Holy Love.

CONCLUSION

SPIRITFITT hopes that many realize that each of us serves a very important unique role in God’s Creation. And thus, we need to take the time to nurture our relationship with God so we can understand what it is. And that takes a good and healthy relationship with our body. And this takes a willingness to be “courageously humble”...to kneel down often and feel our inherent humility. Kneeling down inspires the sensation of humility and as our consciousness comes into our heart and begins to connect with the “fruit” of the Holy Spirit our Ego falls away. And then as we stand, filled with the Spirit of God, we need to feel the confidence our body delivers to our psyche and helps us step into our “true” role, to stand firm in faith in Christ. Our body knows.

SPIRITFITT supports us to get to know our body so that we realize that our relationship with our body is our gateway to our relationship with God...the gateway to transformation in our lives. As we embody our selves through the program’s three postures, we begin to realize that our body is our guide toward understanding who God is...are mind is just not capable of grasping it. As we experience the indwelling Holy Spirit in our heart, our faith grows and so then does our discernment and defense against evil, against the unhealthy and unholy. As we align in body, stand strong in good posture, we align our selves with the Will of God.

CHAPTER SIX

GOD'S SALVATION PLAN: OUR RESTORED RELATIONSHIP WITH OUR BODY

Our Restored Relationship with God Through Christ and Our Rebirth

*THE CRUCIFIXION AND RESURRECTION OF JESUS CHRIST AND BEING BORN AGAIN
AND HOW SPIRITFITT MIMICS OUR REBIRTH*

God is our Creator and He is still creating and refining. When we love Him...we become His children.

The Bible tells us we can't learn to love God on our own. It happens by Divine Intervention. It happens by God's Redemption and Salvation Plan—the Life, Crucifixion and Resurrection of Jesus Christ. And by being “born again”—which happens sometime in a person's life by the grace of God. This is when we are given the gift of faith in Jesus Christ and the power to love God. In our rebirth, our body and heart are transformed and our mind renewed. Our body becomes the Holy Temple of the Spirit of God...and we are imbued with the love for God. Wow!

It's just astounding how much our own body reveals to us about who our Creator is...AND, how Creation works. Cultivating a more respectful and intimate relationship with our body, we begin to realize who God is. We understand what is meant by “God created mankind in His own image.” In other words, being made by and “of” God, we have “traits of God.” AND! We begin to realize that our body reveals the truth about the Holy Trinity...Our Creator God the Father incarnated as man in Jesus Christ, God the Son, and imbued our hearts with His Spirit, God the Holy Spirit. And our body awakens to this when we are reborn...born into the Spirit of Christ.

Our body knows that we did not just come from an “empty, big bang cosmic event.” It knows this because it inherently has love for God. Our body has been imbued with the sensation of love in order for us to survive and thrive. It knows that we are made for a relationship with our Creator. Our body knows we are a being that is part of a whole Creation and we are made by a Creator whose intention is LOVE.

However, as we discussed in the previous chapter, we have been estranged from our body for millennia, since “the fall of man” in the Garden of Eden. Satan came into the Garden and deceived us into believing lies—that we don't need God because we can have powers like God...we can have free will, the power of self-determination, the wisdom and freedom to decide our own destiny. Through Adam and Eve, Satan has deceived us all to believe that we can figure out how to have whatever we want and to live forever. All we had to do was eat the fruit.

And that is when we “fell.” As we discussed, this is when our body became contaminated and our mind corrupted. We were now under the spell of Satan, easily swayed to do his will...to ignore the will of God. We were put out of the Garden and now live in a world of darkness, a chaotic, stressful, diseased, pagan, evil world, Satan's world.

Since the Garden, since the beginning of Creation, mankind has been born with a sinful will. For millennia mankind has been under Satan's rule and continues to reject God. Collectively, mankind experiences how Satan's temptations dominate our consciousness, our lives. We continue to do unhealthy, unholy, sinful, selfish things...worshiping pagan gods of money, fame, power. We violate our body and go against nature and are so deluded we can't see the horror we are a part of.

And as we discussed, the Bible reveals that man does not have the power to free himself from the bondage of sin, of his sinful will, on his own...only God's intervention can restore mankind to his pure and holy self. Only God can restore man's will from a sinful nature to a holy one. And God did just that.

GOD'S SALVATION PLAN: HE RESTORES OUR RELATIONSHIP WITH HIM THROUGH THE CRUCIFIXION AND RESURRECTION OF JESUS CHRIST.

God loves us immensely. And as we've mentioned, God's intention for Creation is to have an intimate, loving relationship with us. And thus, God planned to make Himself known to us...so He came to earth. It seems God is

very intentional in making sure that we know Him well, and especially, feel His love. God wants us to understand just how close He truly is to us and through “rebirth” we become indwelt by His Spirit, the Holy Spirit.

We learn from the Bible that God devised a most incredibly remarkable way for us to know Him mentally and physically. He decided to express Himself through the three persons of the Holy Trinity...God in Heaven, God is Creator; God on Earth, the Son of God as Jesus Christ; and God in Us, God as the Holy Spirit indwelling our heart. We are God’s Holy Temple...wow, who knew! In other words, God designed this miraculous way for Him to be more relatable to our limited consciousness...while we mature here on earth through the process of our development and “refinement as His children.”

God is our one, true Creator. And He inspired the Bible so we would understand how His Creation works...so we understand His intention. God wants us to have the knowledge we need to participate in developing a relationship with Him in Holy Love.

We learn from the Bible that God created Heaven and Earth, and all that is on, in, above, and below it. We’ve discussed with great detail the deception, contamination, and corruption, “the Fall,” of man that happened right at the beginning in the Garden of Eden. And from then on, man has been suffering with a sinful will...he has rejected God. And in his arrogance and pride man believes he has the power and wisdom to freely choose his destiny and eternal life, that he has free will...man doesn’t need God. This set mankind on a path separated from God and into immense suffering...and destined for destruction. Now, we also learned that God planned this. And now, we also learn that God had predetermined a Salvation Plan to restore man to Him. And as discussed...all God has predetermined and predestined is for our ultimate good, for our eternal life with Him in Heaven in Holy Love.

Through God’s Redemption and Salvation plan, God became known to us. God incarnated as man Jesus Christ and came to earth to reveal “the Truth, the Way, the Life”...to reveal His power and glory, to reveal His love. Christ died for our sins through His Crucifixion restoring and reconciling us with God. And through His Resurrection, Christ infused us with the promise of our Salvation. AND! In Christ’s ministry, He revealed that as part of this Salvation Plan, we would need to be “born again,” born in Spirit, transformed in body, heart, and mind in order to enter the Kingdom of God.

Why is being “born again” part of this? Put simply, it brings the impact of Christ’s crucifixion and resurrection alive within us, within our own body. When born again, we literally share in Christ’s life and His purpose for coming to save us. We experience the suffering of crucifixion and the salvation of resurrection empathetically in our own body. Our body is in union with Christ’s human body. We feel our own death through His death, the death of our sinful self. And we feel our own resurrection in His resurrection, our birth into a new spiritual life. And as a result of our “rebirth” we experience the sensations of holiness, the resonance with God for God is holy.

In other words, the main reason God incarnated was to become known to us and to restore our relationship with Him. Through our “rebirth,” which happens only by the grace and timing of God, His Divine Intervention, do we receive the gifts that foster a renewed connection with God. Man cannot make this happen on his own.

JESUS CHRIST

As everyone in the world is pretty much aware, Jesus Christ came to earth...two thousand years ago. And He was deemed as the Messiah. And He was crucified and resurrected.

Jesus was God incarnate—God on Earth. And He came to save man from sin, from Satan. Through the Bible and historical account, we know that Christ ministered about God, about God’s intention, God’s righteousness, and God’s commandments. Christ lived the perfect life...fully humble and obedient to God and teaching about goodness, faith, trust, generosity, justice, righteousness, humility, holiness, and love. Yet, the deluded world could not handle this. Given our unholy, sinful, evil will, mankind decided to crucify Christ. Three days later, He was risen from the dead and resurrected by God into Heaven. Christ defeated sin and death for us. Mankind was saved.

NOW! As we’ve discussed, this event, just as the “fall in the Garden” happened under God’s predestined plan for mankind, so was God’s Salvation Plan predetermined before the creation of the world...to accomplish His intention for our good. In the Garden, man lost his virtue and holiness. Man was corrupt and fell into a “sinful nature.” And as we’ve mentioned, man cannot restore himself to goodness, he cannot save himself.

God predetermined that man would be saved by Christ...God required the atonement of a perfect human body as redemption for the one we have been given and are defiling. Through the Crucifixion, the sacrifice of Christ's "perfect human body," mankind's body has been restored and man has been reconciled with God. As we look upon this most amazing sacrificial offering by Christ on behalf of man, we begin to fully understand just how important our human body is to God...He incarnated into one after all.

Yet! For us to be able to enter the Kingdom of God, Christ also taught us that we need to be "born again"...meaning born of the Spirit. What Christ is pointing to is that man having been corrupted and contaminated in the Garden of Eden, we needed to be restored and renewed to our Eden-like nature in body and mind.

As we delve into the meaning and experience of "being born again," we realize that it is our "personal experience" of what Christ experienced in His immense sacrifice for us on the Cross and through His Resurrection into Heaven. In other words, when we are born again, we come into "union with Christ"...we too die and are raised to life. We die to sin, our ego and sinful will are released, our mind renewed. We are transformed in body and experience humility and holiness. We are restored and raised up new creations in Christ. We are raised as a new spiritual being...justified and sanctified. And thus, are we prepared for our resurrection into Heaven.

Being born again is our personal experience of Christ's death and resurrection...we are dying to sin and rising with Christ into holiness. Our new life is now devoted to God, living each day as Christ would have us live.

THE NEW COVENANT: OUR BODY IS THE HOLY TEMPLE OF THE SPIRIT OF GOD

It's also important to realize that through Christ, God came to become known to us. And for this, through Christ God was establishing a New Covenant with us. It's apparent that God wanted us to know Him more intimately than we did in the Old Testament Covenant...so that we would more fully understand His character and intentions. He wanted to communicate with us more directly, "personally," rather than to continue to communicate with us through prophets, priests, and signs and in "temples made by man." God wanted His commandments to be a part of our inherent consciousness, not just guidelines written on tablets of stone.

In the Old Testament Covenant, we were to follow these laws and to "relate" to God, to worship God, through the "tent tabernacle," and then, in later generations, in the remarkable stone temples constructed in Jerusalem. We were instructed to worship God, to admit and declare our sin, through the intermediacy of a priest. We brought sacrifices of consecrated animals and foods as repentance.

AND! As we reflect on this, we can see that mankind didn't do too well in following God's commands nor heed His warnings, but rather continued to be vulnerable to Satan's temptations. We can conjecture that perhaps this was because to these generations God felt rather elusive...He was God the Father somewhere up in Heaven. And as we've said this was all part of God's predetermined plan. It seems apparent that God wanted mankind to feel the full brunt of what it is like to be separated from Him...what it's like to be our worst selves, truly disobedient and vile, truly hedonistic. And we see how it all centered around the rejection of God's brilliant creation, the human body.

Through Christ, we have been blessed with a New Covenant. In the New Covenant, we see that God changed how and where we are to worship Him...in our own heart, in our own body. Christ helped us understand that God was now not in temples made by man yet is in us whom God made to be His Temple. Born again, God imbues our heart with His Spirit, the Holy Spirit, Who extinguishes our sinful will, our worship of false gods, and replaces it with a holy will. We now have immediate access to God. The Bible helps us understand that we are not to come to God through priests but rather we are to come to God through the Holy Spirit, through our heart. Our body is now the Holy Temple of the Spirit of God.

NOW! If we take a moment to consider "all of this," all that God has predetermined and ordained to happen, how can we not be impressed with God's power and creativity. Wow! AND! Incarnating in His own Creation, as a man, a "God-Man, is of all His interventions in the Old Testament most revealing about the depth of God's Creation plan.

We are beginning to understand just how important we are to God. AND! How much our "human body" truly means to Him. And how important our body is to our connection with God, to our intimate relationship with God. Jesus' human body was offered as a perfect sacrifice to God for redemption of our sins. Our body is to be offered as on-going sacrifice in worship and repentance to God for all He has blessed us with...this aligns us with His will.

Offering our body to God in worship means to constantly offer our life, constantly lay down our ego, our wants and desires, in sacrifice to God...dying to our sinful self. Freed from our Ego, we are to wait eagerly for what He reveals to us through the Holy Spirit about how we are to live, what we are to do and where we are to go. We are to stay at the ready in humility. Admittedly this is such a tough thing for man to do, because we have been so “steeped” in self-worship, Satan-worship, ego-centricity. It takes time to fully cultivate an attitude toward the belief that God is in control of all things and that we are to align ourselves with His will—as Christ did in the Garden of Gethsemane; “not my will but Thy will be done.”

It’s important to realize that Satan is still around doing all he can to get us to “fall” again. He continuously surrounds us with the temptations of sin and we find it tough to let go of trying to get what we want, to fix things so we can feel better, happier. As we all know, the harder we try to manage and manipulate according to what our ego believes always brings suffering...perpetual stress. Yet, when born again, we are blessed with the Holy Spirit who convicts us of sin. We repent immediately and then respond and behave from the guidance of the Holy Spirit, with humility and holiness, ultimately surrendering and submitting to God’s commandments. Truth is that things will still prove to be difficult, and yet, we are calmer going through them because we have a protector in the Holy Spirit, friend in Christ, and a most benevolent God.

BORN AGAIN—OUR BODY BECOMES THE HOLY TEMPLE

This all points to how our body is central to God’s New Covenant...central to our new way of relating to God. This points to the Truth that our relationship with our body is the foundation to our relationship with God. In the Old Covenant, we were to honor God by following commandments written on tablets of stone and that told us how to behave in life as worship to God. Yet, mankind failed at this. And of course, God planned this. SO THEN! God revealed His New Covenant. Instead of writing His commandments, His guidelines for life, on tablets of stone and having us come and worship God in a tabernacle, God wrote these guidelines on our heart and the tabernacle now became our body. And we learn from Christ, that we awaken to this truth when the Holy Spirit descends upon us when God calls us to Him and transforms us with the gift of faith in Christ...when we are born again.”

Given the importance of our body as the Holy Temple, it’s apparent why then we must be born again...because we must be restored to “holiness.” SPIRITFIT helps us connect with the “holy power” of our heart. And we begin to realize that “holiness,” in other words our purity, comes only from our heart...our mind knows nothing of it. And holiness is what is required to begin to “raise our consciousness” toward God. Holiness is the consciousness held within our body and heart of the Holy Spirit. This resonance flows through our body into our mind and tempers and subdues our arrogance and Ego...in other words, holiness awakens our humility, and humility awakens our holiness, before God. Connected with God, we begin to disengage from the control Satan has over us...actually Satan lets go because he loses his power over us in our holiness.

So what exactly does it mean to “be holy?” Many believe it’s defined by “what we do.” Yet, the Bible teaches that what we do cannot make us holy. The point being, it is our belief in God, our faith in Christ, and our devotion to the Holy Spirit, the three persons of God, that is our true holiness and justifies us for Salvation. Holiness becomes who we are. We all can do good works, yet if we are doing them because we feel forced into doing them or to impress the world that we are a “holy person,” then we are still in Ego and far away from God. Our holiness comes only through our true connection to God... through humility. And our holiness is a gift from God at our rebirth.

Holiness, humility, are what we lost in the Garden...that which is the energetic state, the sensation, the experience of faith in Jesus Christ, of our belief in God. We must be holy for God is holy. Satan knows this and so that’s why He did and does all He can to keep us from becoming humble. Satan has even gone so far in today’s world to “redefine” what is “holy.” And many are deceived. Satan has forged New-Age Religion and various spiritual practices that worship self, worship our mind, expressly keeping us attached to our egoistic self, to believe that we can become gods.

When born again, our body becomes the source of our holiness. And SPIRITFIT helps us learn ways to keep us “feeling holy,” ways to activate our sensations, our physiology, of humility and holiness. When we bow low, when we kneel we activate calm physiology that inspires our holiness and we experience the sensation of goodness...we awake to God. Awake, we remember the unfortunate choice we made in the Garden and how this instilled sinful will in all mankind. Yet now, reborn, we are blessed with a new will—our sinful will was replaced with a holy will.

Our will aligned with Satan's will is replaced with a will aligned with the will of God. And now, blessed with a will that only desires goodness, we can make the "right choice," the holy choice...all for our desire to stay close to God.

Awake, we remember the "gift" of Christ's sacrifice for our sins, revealed to us through the Holy Spirit, and our mind is "renewed." We are renewed in our thinking and our new beliefs change our behaviors...they spontaneously align with the laws of God, His commandments, His laws of nature and of love. This is when our good works become important...we are expressing our natural devotion to God through our faith in Christ. We are humble and holy.

OUR TRANSFORMATION—OUR PROTECTION FROM SIN, FROM SATAN

Born again, we begin to understand that God's coming as man was His greatest and immensely brilliant and loving intervention. Christ earnestly teaches and warns us that Satan is in God's Creation and is our enemy...and that Satan is a powerful adversary. Meaning, we can't defend our selves against Satan without the support and salvation of Christ. Christ guides us to "stay awake, to watch" that we are not deceived and to continue to turn our attention away from Satan...or we will continue to be vulnerable to evil. And this is exceptionally important in the days we are living...we are in the End Days and God is preparing His chosen for the New Millennium.

In other words, Christ came to save us by reminding us that God's intention is to create a world of goodness and a relationship with us in Holy Love. And of course, evil does not belong...our arrogance of doubting and questioning God does not belong. We've seen its destructive nature. AND! In the end, who are we to question our Creator's intention. God is a creative God...with a plan and purpose for His Creation, and, for our body, for our life. Born again, we have no interest or desire to doubt or question God...we realize that it's absolutely juvenile. And it's not who we are any longer.

Born again, we discover that our body knows our future and how to navigate toward it. We feel the new sensations of holiness and humility and follow where they lead us. And we begin to realize how we have been deceived by Satan's lie that we have "free will." Christ helps us understand that we misunderstand "free will."

We do not have the power to freely choose what we want to get in life...that's only within the power of God. Yet rather we have the freedom to make a choice that is aligned with the will we have. If we have a sinful will, we freely make a sinful choice. If a holy will, we freely make a holy choice. And in our rebirth, the only choice that we can make is to choose Christ as our Lord and Savior...it's the only one that resonates with our renewed soul.

We need to remember that we were forced by Satan to make the choice to reject God and realize that this is the wrong choice. Through Christ, we remember to be humble, to submit to God's will...to know that God is in control of our life, of our destiny. We are to align with God's will, to be obedient to respond in Christ-like fashion to what comes at us in life...meaning to stand strong in faith in Christ and share the truth of Christ to all.

In other words, for us to participate in God's Salvation Plan for us, we had to "to be saved." And we need to be "born again." We must realize that we need to defend ourselves from sin by repentance—in our rebirth God blesses us with a "repentant mind," meaning a "changed mind." And the Holy Spirit helps us learn how to strengthen it...He is our counselor and guide, given to us by God to guarantee our Salvation. The Holy Spirit convicts us when we sin, and thus, is here to assure that if we do sin, we repent almost immediately. And that means that we choose to reject Satan and instead apologize to God...restoring in our heart and mind our belief in God through faith in Christ.

So how do we make the choice to believe? How do we begin to wake up out of this hard to believe, confused world and begin to realize our true journey, our true purpose? How are we born again? God takes care of this.

SO WHEN ARE WE REBORN

So we all want to know when and how we will be born again. According to the Bible, we are born again in God's perfect timing and by His perfect grace. So we don't know when...we learn from the Bible that this is not something we can initiate or control. It's all according to God's plan. Most of the time though, it's pretty obvious when it happens in that it involves a rather dramatic moment in life...after which one is never the same.

Now the next question often is...how do we know whether God is calling. We never can be sure. So then, it's a good idea to expect it and to pray to God that if it's His will He will call you to Him. And until then the best thing we can do is live our life as if we have been called and reborn...the Bible is very clear how to live such a life.

So then though we may not be able to control our rebirth, it's pretty clear according to the Bible when it has happened. The signs of one having been born again are unmistakable...the biggest is that one feels completely different, changed in some way...and they feel loved in a way they have not before. Their sense of loneliness in life fades. And as a result they feel a new yearning to know God, to be close to Jesus Christ. And within a day or so, they hunger to read and understand the Bible—beginning to end...wanting to know the whole story and everything they can about Jesus Christ.

And not very long into one's rebirth, a person begins to realize how they have been changed, transformed. One begins to reflect over their life. They begin to understand that it was "sinful." They know that they have been forgiven and feel grateful. Yet, they also fill with a sense of remorse and seek to repent to God. And thus, they awaken to their deep desire to worship God...their relationship with God becomes the most important one in life.

As time goes on, their beliefs and behaviors dramatically change, their interest in certain things seems to just fall away. Not much of the world holds interest...the typical things of life don't feel very real or important. They feel awakened to the darkness, to the evil, and see how it plays out all over the world and in much of the details of the culture around them. And they have no interest...the spot the sin, the casualness to be selfish, greedy, disrespectful. They have no interest in the sensational and dramatic things that used to capture their attention...movies, music, news. They have no interest in the world of fashion and cosmetics, it feels rather fake. Instead they feel drawn to health and vitality. And they realize that their attention seeks only goodness and holiness.

When one is born again, they have a deep eagerness to study the Bible...not from a sense of feeling they should but rather because it inherently becomes the most exciting "book" in the world...and to their lives. They realize it holds all the answers they have sought throughout their lives. And from this joy, they feel intrinsically inspired and compelled to share the Gospel. And are open to sharing their testimony. And those born again seek fellowship in order to support and be supported by other believers.

So what does it feel like to be born again...what happens? The event almost always seems to begin with a rather strong experience of stress, anxiety, despair. Why is that? It seems that because we are so willful and egoistic it takes a lot to get us to experience humility. And as we've discussed, humility is the most important sensation and emotion in the world for it is the gateway to holiness. Throughout our life up to this point, our mind and attention have focused mostly on ourselves...who we are, what we do, how successful and wealthy we are. We have been competitive, greedy, arrogant and prideful. Holding onto a very strong ego, it takes a lot to break through to our heart...thus, the despair.

Feeling the despair we call out for help. And many are not necessarily calling out for God or Christ but more for some spiritual intervention of some kind. And most often, because of the weight of grief, many find themselves on their knees...their body brought low. We often hear that at first one's body was tense, breathing shallow, and emotions frayed causing panic and often crying. And then by some amazing grace something begins to shift. Sensations cause one to kneel down, to surrender. As one kneels there is a full, calming sensation that begins to flow from our heart into one's body and mind...one's whole self begins to release. Instinctively, we feel humbled...and there is no doubt that we are before "something holy." Somehow we know something remarkable is happening.

Within a few moments, many feel the encouragement to lay down...we feel a complete release, a letting go of all control, and this doesn't seem to concern us. As we lay there spent and feeling emptied, we often begin to experience a softness. And our breathing deepens. And we begin to feel the support of the floor underneath...we realize we are being held. As we lay there a calming sensation fills our heart and we experience ourselves being filled up, filled up with holiness. Our attention turns toward Christ. And if we look at this spiritually it becomes clear that laying there we are dying to sin...just as Christ died to liberate man from sin, we now were in our personal experience of dying to our old sinful self.

In contemplating the "born again" experience, SPRITFITT helps us realize that it all happens by the grace and brilliance of our body...in other words, our body takes us through it, is our guide. When feeling deep despair, our body helped us through it by bringing us to our knees, helping us to release it before it completely took us over.

And being brought low, our body's physiology brought forth the sensations of humility and holiness. We physically felt a "true, instinctive" sense of submission and because it felt remarkably calming to our body, we were not concerned. We begin to understand and appreciate what happened...our despair is our wake up call to our suffering in life and our body is what helps us through. And the ultimate truth is that the Holy Spirit was working through our body to bring us to Christ...bringing us through our "rebirth."

In a nutshell, because of our conditioning to this world, our brainwashing to believe that the things of this world are what will bring us "happiness, security, and peace," it takes deep suffering to crack open our hearts and break through the delusion. Truth is we have been controlled and deceived by Satan, we have been worshipping him. But the great blessing is that for some, we are called to wake us and see this, to realize how dark and empty our lives have gotten and to begin to realize that we need God.

It's SPIRITFITT's intention is to help us relive through the "born-again experience." As life goes on there will be many times where the world will dominate our focus and attention, as is Satan's plan, and we will be incessantly tempted to "fall again" into sin. SPIRITFITT helps us learn how to become more attentive and respectful to our body so we don't miss the sensations of our discernment against sin...that we don't miss the sensations of disappointment and despair in our daily lives and thus helps us to wake up again, wake up to the world influences that our around us.

As we will learn in the next section of this book, learning a few postural-fitness techniques will help us be more consciously connected to our body and we will remember our born again experience. These exercises will help us "re-experience" when we are born again. And this then helps us to surrender the moment to God. SPIRITFITT becomes a very powerful practice to help us navigate a world that is highly stressful and chaotic...particularly nowadays.

SPIRITFITT helps us stay close to the indwelling Holy Spirit, our gift from God in our rebirth. The Holy Spirit keeps us close to the Bible, helps us understand like we never have been able to before. And a huge revelation begins to take shape. As we discussed above in the previous chapter, we realize that all Creation, all life, is all God's plan. And a second huge revelation is that most of the things that didn't work out in our past life, that we deeply hoped for, were not really very meaningful, some even unsafe, unhealthy and unnatural.

We begin to discover the Truth. What we wanted were things of this world, things that we have been convinced are the purpose and meaning in life, that will bring us fulfillment and happiness. We begin to wake up to The Lie. Studying the Bible, we learn about Satan and his great deception. Continuing in the Bible, we learn of God's Salvation Plan and begin to realize how incredibly blessed one is when they are born again. They are part of God's "chosen"...those He has predestined for an eternal life in Heaven with Him. And in their rebirth, one is freed of guilt, shame, and self-blame...for they serve no purpose now in our life-journey devoted to Christ.

Having been born again, what I realize now about my life is that the reason it didn't feel completely rewarding and joyful, even though I loved my career, was because I was doing it for myself...I wasn't doing it for God, for Jesus." It's clear to me now that true happiness is not the happiness we can get out of life but rather the divine happiness we are blessed with in knowing and serving our LORD. -pkirk

As we reflect on these truths, we begin to realize how holy our body is...as we've discussed it truly is God's temple. And we remember that Christ revealed that our body would one day be "transformed to a heavenly body," as His was in preparation for His Resurrection. God wants us to understand that we are not condemned because of our sin, but have been saved by His grace and mercy through Christ for our resurrection. And now, when we kneel and pray, we become conscious of this through our own body... we feel sensations of comfort and support, of our liberation, of our resurrection. Our body knows.

Just as Christ died to His earthly self so that He would then be resurrected, we too need to "die" to our "worldly self" in order that we are renewed. Our Ego needed to be surrendered to The Cross for we can't expect that our "selfishness" will be accepted in Heaven. God is very intentional that we are meant to be with Him...God replaced our sinful will, our desire and choices to worship and follow Satan, for a holy will, one aligned with the will of God. Our desires and choices were changed into that worship God alone. We are freed by God's gift in faith in Christ and lose all desire to worship the things of this world, to worship ourselves, others, animals, money, or the earth and sky, to worship Satan. God is the one and only true, exalted God. And all of this is profoundly understood by those born again.

And finally, there is one more important step in our “rebirth.” Through Christ’s teaching in the Bible, we learn that a final sealing of into our new self, into our new life, is that we need to be baptized...our corrupted body needs to be cleansed and healed, restored. As Christ was baptized in the Jordan and the seal of the Spirit of God came upon Him, we too need to be baptized that then the Seal of the Holy Spirit may come upon us. SPIRITFITT helps us to understand that when the Holy Spirit imbued our hearts in our rebirth, our body was literally transformed...our DNA was changed from corruptible to incorruptible. And through our baptism this transformation is sealed, guaranteed...the Holy Spirit dwells within now forever. The “intimate” connection with God is complete. God is within Us.

Through the Holy Spirit, our body and heart are born again, transformed and made new. Our mind is “renewed,” filled with the consciousness of God. As Jesus shared with the Samaritan woman at the well, if you drink the water of faith in Christ, you are reconnected to God...*“the water I will give will become in them a spring of water gushing up to eternal life.”* (John 4:13.) Our body is now prepared for Heaven. As Jesus taught, we need to be born of water and Spirit. (John 3:5)

As a result of our transformation, our place of worship is not in a temple made by man any longer yet it is us whom God made to be His Temple here on earth. As the Holy Temple, we experience our inherent connection with God and believe. Our belief is not a function of our mind yet of the inherent holy sensations of our body.

What is even more remarkable is that filled with the Holy Spirit, we become awake to the Word of God. We understand the Bible’s teaching much more profoundly than we did before. In fact, before we really didn’t care about the Bible. Said differently, we become literally resonant with the Bible and through it become fully resonant with who God is. We are reborn in Christ. We actually feel it in our body and become aware of the truth that we are both human and of the Divine. And with this renewed consciousness, we now have a way of defending ourselves from the temptations of Satan...we stand in the “armor of God.”

God planned that after our rebirth, that we would still be tempted by Satan. This is for God’s purpose of training and strengthening our faith in Christ. Meaning, we will sin even though we have been reborn. Yet now, we have the indwelling Holy Spirit who will instantly “convict us,” wake us up to what we have done. As mentioned, the Holy Spirit will call forth our repentant mind and we will remember our belief in God through our faith in Christ. We wake up to our transgression and feel a deep earnestness to “apologize to God.” We will bow low and apologize and ask forgiveness...which is readily given. SPIRITFITT helps us experience all of this in our body, our body knows.

CONCLUSION

Being born again, we now understand God’s intention for Creation is a relationship with us...and that this requires “holiness”...and thus, we have been reborn in spirit in order that our contaminated body would be restored and our corrupted mind renewed. In the next few chapters, we learn how SPIRITFITT helps us I keep our selves aligned, resonant, with our now inherent holiness...put simply, we learn how to keep our body filled with holy sensations and by default this helps keep our mind attentive to Christ. Our consciousness becomes more and more rooted in faith and a “repentant mind,” a discerning mind against sin. Techniques we learn instantly change what we are thinking and feeling in the moment. Thinking and doing holy things the more our belief in God through our faith in Christ is strengthened.

Having been saved by Christ and reborn into faith, we understand our new, “true,” purpose. We are here for God...“not” for ourselves. We are here to do God’s will and thus our life becomes an expression of devotion to God... our new desires, our new choices, are not free, but rather particularly directed by our new, holy will aligned with God’s will through God’s gift of our faith in Christ as the Son of God.

Born again, we are to follow Christ’s Great Commandment—to love God with all that we are and love others as Christ loves us. We are to be ambassadors for Christ and share with others how our belief in God, our faith in Christ, changes our lives...though life can still be difficult, what is different is that we are not alone and we are more humble going through it; we have lost our Ego. In our partnership with the Holy Spirit indwelling, we find support and comfort, we find guiding wisdom and protection. We feel safe. We can’t get this understanding or experience through anyone or anything else in this world.

Especially, we are to share the Good News about Christ so that others might feel inspired to look to God, to want to know more about God...if it is His will. We never know if God is using us to call someone to Him so our job is to

share with all whom we meet. And we are to share our experience of the Holy Spirit so that others might know that once one is born again God sends us “a helper.” The Holy Spirit becomes our friend and guide and counsels us through our trials and tribulations convicting us of sin and helping us to stay close to God. Through these revelations, we help others understand that God is an intimate, supportive God...He came into this world to know us. Our body knows.

As a result of God’s Salvation Plan, we have a renewed connection with our body and we start to regard our body differently...that it is not ours, yet God’s. We begin to realize that our body is how we worship God. Our body is the Holy Temple...the Holy Temple of the Spirit of God on earth. We begin to understand that we are to partner with our body and open to the Truth that our heart is revealing...the Holy Trinity of God. Filled with the Holy Spirit, we awaken to the remarkable “holy” truth that our body is connected to Christ’s body and Christ’s body to our body. As we learn to embody our self, we experience our inherent, our biological, our spiritual faith in Christ. We are now experiencing the “fullness” of the Holy Trinity—God the Father, God the Son, God the Holy Spirit. And we become convinced then that we are not to change or defile our body for this is not our privilege...we did not create it and it is holy.

God fills us with grace when we are born again. The “fruit of the Holy Spirit,” the virtues of love and goodness and self-control, imbued within our heart, literally, help us experience the character and intention of God. These virtuous sensations renew our mind and steer us away from unhealthy behavior, and especially, “false spirituality,” such as New Age Spiritualism and Christian apostasy. And now freed from our deceit and delusion of Satan’s schemes by the grace of God, we begin to become who we are truly meant to be...participants in Holy Love and the reflection of God’s power and glory.

As God’s children, standing humbly and courageously before Him, we remember Christ’s commands...*to love God with all we are and love others as Christ loves us*. Standing firm in faith in Christ we become the “living word” of God. And we inherently emit the light of Christ into the world. This is what Christ asks of us as His “great commission” so that others may be drawn to it and by it with God’s intervention they might see the truth and begin to find guidance and comfort in the Gospel.

PART THREE
THE SIGNATURE POSTURES

CHAPTER SEVEN

HOW OUR POSTURE AWAKENS US TO OUR SPIRITUALITY

Introducing The Cycle Of Personal Transformation

Our body, our physiology influences our psychology, our belief...and our belief influences how we choose to behave. And how we choose to behave directly influences our physiology and thus our belief. The Aha here is that our body's posture, our pose, influences our mind and mood, and our mood influences our body's posture.

And to take this to the most important understanding of what this means...our posture shapes our belief or unbelief in the goodness of God. Our posture/pose shapes who we are.

SPIRITFITT helps us experience this. These concepts and techniques are designed to help us understand that our posture affects the rhythm of our heart, which affects our awareness of the Spirit of God, the Holy Spirit within us.

Only the Bible and our Body can reveal the Truth to Us

Our Body is our Guide to peace and serenity, Our guide to Salvation

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Through SPIRITFITT, we are learning that having a “personal,” a conscious, connection with our body is how we know God. The Truth of God is not revealed to us through religions or philosophies, through our mind, yet rather, through our heart and body. Oh, and the Bible.

As we learn to “embody” our selves through SPIRITFITT, we become more consciously connected with our body and start to realize just how brilliantly designed it is...how amazing it is that it lives and procreates without any “plug-ins.” And most impressive is we are made “conscious” beings...aware of our self, others, and the world around us. And also aware of the spiritual. We begin to realize that our very existence, and especially, our most brilliant, intelligent, divine design is evidence of a most brilliant, intelligent, divine benevolent Creator.

And as we learn to feel into the consciousness that is our body, we awaken to our Savior, Jesus Christ. We are blessed through Christ to begin to understand our world, our lives, and our eternal future. But most especially to understand our relationship with God. Living in this dark, chaotic world, this brings us hope, a hope of a very holy nature...the hope of Christ's return.

Through SPIRITFITT, we begin to realize that many innate, spontaneous sensations that flow through our body make us feel humble, submissive, reverent, and holy...and the question then becomes “towards what, whom?” Our body knows. We learn through medical research that these sensations are generated by our physiology. And we learn from the study of psychology that these sensations are the “physical consciousness” of “the Sacred.” We begin to understand that our connection, our understanding of who God is, resides inherently in our “make-up,” in our body...not in our mind. Our body knows God.

AND! We learn from the Bible that in order to feel these “spiritual sensations” become more powerful and prevalent we need to be “born again,” restored and renewed in Spirit...for our body was contaminated and defiled when we ate the fruit in the Garden of Eden. And by the blessing of God, He has predetermined a restoration of ourselves back to our Eden-like state...God had predetermined a Redemption and Salvation Plan.

Once “born again,” by the grace of God we are gifted with faith in Jesus Christ and imbued with the Holy Spirit. We begin to understand that these “holy” sensations are the virtues of the Holy Spirit. When we feel them we also feel sensations of patience, goodness, kindness, forbearance, joy, self-control, and love emanating from our heart...we are being transformed and forged into Children of God, into Believers in Christ. We experience our heart and body flowing with the qualities of the character of God. In other words, we are being transformed, spiritually, mentally and physically. And thus, it becomes “impossible” to deny that we have been created by a very powerful, creative, meticulous, holy, intentional, emotional, personal, compassionate, patient, kind, just, forgiving, loving Creator.

SPIRITFITT endeavors to teach us fitness techniques that help us keep this connection with our body and these “sensations of rebirth” alive and strong within us. This program is designed to strengthen our relationship with our body and thus our relationship with God through awakening to and feeling the sensations of faith in Jesus Christ.

ALIGNING OURSELVES WITH GOD’S SALVATION PLAN

Given what we learned in Chapter Six about our bondage in a “delusional world” and learned about God’s Salvation Plan, we have a chance to wake up to the truth about Satan and his lies and empower ourselves to turn away from them. We discussed what’s at stake in our own personal lives and in the world as a result of Satan’s evil. Mankind’s “humanness” is being destroyed...we are demeaning our heart, degrading our body, and dejecting our soul because of our strong arrogance and pride, because of our powerfully controlling Ego, because of our worship of the worldly. Yet! There is a way to help ourselves be less victim to the dark forces in our own mind and in the world.

SO, HOW DO WE BREAK FREE FROM THE DELUSION? We need to reconnect with our true self, our spiritual self, our holiness and goodness. And how does that happen? We need to find HUMILITY so we can ALIGN with God

The only salvation from the delusion of ego, the indoctrination of Satan, is to become aware of the Truth. And what’s the Truth? The Truth is that we are created by an all-powerful, all-knowing, benevolent, highly personable, emotional Creator. The Truth is He has an intention for Creation and we were created for a specific role in it...our life, and destiny, are not our own. We are God’s possession.

And the Truth is that we will only find truth and peace in life through our relationship with Him. AND! “The Truth” is revealed to us by Jesus Christ...actually, is Jesus Christ. And we learned that we are blessed with the Truth by the grace of God when we are born again. Now, we will explore how to keep our awareness and focus on this Truth throughout our daily lives, throughout our day...by learning techniques that help us relive the “born again” experience.

SPIRITFITT’s intention is to help us begin to align ourselves with God’s Salvation plan, with His intention for us on earth and ultimately for our being with Him in Heaven. And that means align ourselves with goodness, with humility and holiness. And SPIRITFITT has discovered and thus created a unique sequence of three particular postures that help us do that...that help us feel our alignment. And, it’s worth mentioning here that whether one has been born again or not, these holy postures still encourage one toward consciousness of what is good and sacred...and thus helps us to discern what isn’t, helping us stay away from what is stressful, unhealthy, unholy, evil.

These postures help us re-experience our awakening to God’s Salvation Plan. Through the “born again” experience, we experienced our innate humility and learned that our humility is our gateway into our holiness and our holiness our gateway into deep intimate connection with God through Christ...for God is holy. And we become pleasantly surprised to discover that these postures generate the same sensations as we feel in our rebirth...sensations of goodness. We experienced how these helped us feel our attention turn toward our belief in God through our sensations of faith in Jesus Christ.

And through this, we discovered our transformation. We awakened to a new purpose and mission in life...a life serving God through the Gospel, the faith in Jesus Christ. And this supports our new, immensely rewarding mission and purpose which is to share the “good news message.” God is our Creator, He loves us, and He incarnated as Jesus Christ to save us...and to show us the path we need to walk toward our eternal life with Him in Heaven. Given these very frightening and stressful times in our world, this is a tremendous blessing, a tremendous comfort...*“But now saith the LORD, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.”* (Isaiah 43:1).

Now what is powerful to understand is that by using these postures to activate our humility and holiness they are by default freeing us from our Ego and that is the necessary effect that allows us to be far less distracted by the world, by our thought and machinations, and thus, open to our spiritual nature. And as soon as we feel this, we understand that we have connected with that which is much more meaningful and rewarding than anything in life...our relationship with God. In fact, we have connected to the very essence of why we were created.

Said differently, these postures help us “get out of our head and into our heart, into our body.” It is our heart that is our source of wisdom and truth. Through SPIRITFITT, we begin to experience that our mind is often more foe than friend, in that it is our source of doubt, fear, worry, stress, and anxiety. And our mind is very difficult to control

because it is the realm of Ego. When we practice these postures we find ourselves interrupting the pressures of the Ego and this gives us a chance to “re-center” to re-awaken to the Truth.

What we will discover in this chapter is that our “fitness” helps awaken our spirituality, helps open our heart and provides the opportunity for its wisdom to re-shape our beliefs about ourselves and life. This happens because they are very powerful in helping us to strengthen our relationship with our body...which we have discovered is huge because this is the foundation of our relationship with God. The miraculous benefit is also that we experience a tremendous relief from our stress and despair...and we realize that we are awakening to the person we truly are, the person we want to be. For those born again, this is a person in faith, a follower of Jesus Christ.

So what are these three transformational postures...that activate our innate “humanness,” which is the nature of humility and holiness, kindness and generosity, compassion and justice, empathy and forgiveness? The postures are KNEELING DOWN, LAYING DOWN, then RISING TO STAND STRONG. Each posture activates a unique physiology that then generates a very specific, powerful transformative sensation.

The sensations that each of these postures generate that re-activates the “born again” experience are; *humility* as we kneel and bow low before the Divine; *surrender* and *submission* as we lay down into the firm support of the reality of the one, true God; and *strength* and *confidence* as we rise up from having been filled with the holy love of God, the wisdom of the Holy Spirit. Together these sensations awaken us to an innate sensation of *holiness*.

*in touch with our “humanness” we awaken to our humility and holiness
and discover our relationship with God.*

OUR TRANSFORMATION THROUGH THESE POSTURES IS OUR ALIGNMENT WITH THE WILL OF GOD

SPIRITFITT is going to do it's best to help us wake up to the magnificent creation that our body is. And through this, to realize the power and joy of a strong relationship with our Creator, with God. We begin to understand that we were created for the miraculous purpose of being in relationship with God, a divine relationship of Holy Love. This is the beginning of our journey out of this broken, dark world and our qualification for life eternal with God.

As we've mentioned, SPIRITFITT is powerful in helping us connect to God...for those born again it helps them align with the will of God. How does that happen? SPIRITFITT helps us realize how we can bring the truth of God, “the word of God,” the Bible, alive within us, within our own body. And as a result, we understand the transformation of our “born again” experience more fully. In other words, SPIRITFITT's focus is to help us reconnect with our body and feel the humility and holiness it holds and as we've mentioned these are the key to strengthening our connection, our relationship with God. We begin to realize that as God's beloved creation, our body holds only goodness and love...that it is our Ego that gets in the way and creates desire and immorality, greed and wickedness.

The sensations of humility and holiness are the activators of our alignment with the energy of God, with the “will of God.” And what is a brilliant revelation is this makes sense because as we've learned from the Bible God has written His will, His commandments of goodness and love, upon our heart...in the New Covenant. We actually feel the wisdom of the Bible come alive within us and it's clear what we are to do next...to keep reading and studying the Bible and to do that which honors the glory of God.

And along with this, or better yet, to encourage this, through various techniques in the next few chapters, we learn how to work with our body to activate our healthy physiology, which awakens our psyche to the inherent consciousness of the truth of God and His Creation and our role in it. We specifically learn how to “posture our body” so we experience how this works...experience how this awakens us to the consciousness of goodness held innately within our heart, our physical heart, that most of us call “life.”

Said differently, through these concepts of how our physicality works we begin to realize our body is the Holy Temple and learn techniques to become more consciously connected to the indwelling Holy Spirit so we can feel, and thus hear, “the Truth.” This is the guidance we seek that helps us make “better choices”...choices that will keep us healthy and holy, and thus, strengthen our alliance, our faith, in God. This is pointing to what it feels like to be aligned with the will of God. May we learn to be wise enough to take our body seriously.

Now, as a note of slight caution...even though we fully feel our intimacy with God, our faith in Jesus Christ, our life story might not necessarily get “better,” even easier. We need to remember that we still live in a broken world, a

world dominated by Satan. And every day he is becoming even more intense about trying to corrupt us, to destroy our relationship with our Creator. AND! Unfortunately, it seems to be the case that as our faith in Christ becomes stronger, Satan takes a very active interest...often to the extent of coming up with very cunning deceit and trickery trying to get us to doubt and fall again. YET! The difference now is that Jesus is with us, supporting and carrying us through. He helps us remember what is at stake if we sin and don't repent...the reward of our eternal life in Heaven with God.

And finally, another huge benefit of SPIRITFITT is it helps us remember that our body is the Holy Temple of the Spirit of God. Jesus revealed to us that our body is where we go and worship and pray to God. SPIRITFITT helps us connect with our body in a healthy and respectful way, and learn how to connect with our body as the Holy Temple of God. Through the practice of the three postures we experience our body as holy, as peaceful and calm, as sacred...as God's most brilliant and beloved creation. Kneeling Down we become humble before God—our ego falls away. And then, laying down, we feel our empty self submit to God's will and we feel peaceful and calm. Then as we rise and stand strong, we are filled up with the confidence and wisdom of the Holy Spirit. We realize we are a holy temple.

And these postures then also support us in our praying. They support a shift of our attention out of the world and into our heart. Feeling the humility we know we are before God and feel inspired by the indwelling Holy Spirit to pray to Him. Praying to God from our heart, literally feeling the energy flowing through our heart by placing our hand on our chest, we realize that our body truly is God's temple. And we begin to realize that we can come to God and talk with Him whenever we want and need. As we explored earlier, this is the essence and brilliance of God's Second Covenant with man...God decided that our body, rather than a tent or synagogue, is His Holy Temple and our heart it's "holy of holies," the inner room where God dwells.

In our transformation from the three holy postures, our relationship with our body shifts...where once we considered it "just our body," and in many cases struggle appreciating the one we have, that attitude has also been transformed. We realize that we need to protect God's most precious creation, our body. We need to understand that our body is God's possession not ours. It becomes clear that our life purpose is to do what we can to support our "holiness," the health and vitality of our physical self...and thus, our conscious connection and trust in God becomes stronger, and our faith in Christ more vibrant. We begin to realize that our body is who we are.

We can either continue to capitulate to evil, to follow Satan, or to step into our inherent goodness and holiness and follow our Lord and Savior, Jesus Christ. This is the only action that will take us toward salvation in eternal life with God in Heaven.

THE CYCLE OF TRANSFORMATION (THE BBBBBB CYCLE)

Through SPIRITFITT, we begin to experience that our body holds consciousness of the "word of God," the Bible. Through our sensations, we have an innate understanding of what is true, of what is moral, of what is good, healthy, just, and loving...what is holy. And our body knows what is not good and healthy. And as we read the Bible and practice the SPIRITFITT "signature postures," the Bible begins to make sense, it comes alive in us.

SPIRITFITT helps us understand how this works, why it happens. And we discover that we are "powered by God." This Truth is demonstrated through "The Cycle of Transformation: BIBLE—BREATH—BODY—BELIEF—BEHAVIOR—BECOME." When we are aligned in a healthy way, the cycle flows smoothly, as it is designed. Yet, when we fall into misalignment physically, or mentally, or spiritually, the Cycle becomes ineffective, dysfunctional, and our consciousness loses connection with goodness and insight of the Truth.

God, God of the Bible, breathed life into our body. His Breath moves through our Body and calms our heart. Our heart's smooth rhythm promotes healthy physiology which shapes our consciousness of God, shapes our Belief in God and what is good. Our Belief then informs how we Behave. Our behavior influences how we feel about our self and who we believe we are, who we Become. And who we are reciprocates and influences how our body feels, what we believe and how we behave...even including how we breathe.

In a nutshell, SPIRITFITT is about our personal transformation...what we BELIEVE, and thus, how we BEHAVE, and thus, who we BECOME. It is about our transformation as a result of becoming more conscious of God. And we discover that our "true self" is forged by our relationship with God...we are God's creation.

And the brilliance of what is presented in this concept is that it helps us understand truly how central to all this is our body...we become very aware of its divine design and how it is central to one's journey through life. Said differently, we discover through these techniques just how "conscious" our body is...it's more conscious than our mind. We all think that it is our mind, our intelligence and logic that governs our life. What we will discover here is that it is our body, our heart, actually that is in control.

And once we learn this, it becomes clear just how magnificent our body is, and that because of how God designed us, we have a foolproof, and instant, way of transforming our selves and this moment of our life. Said differently our body can help us strengthen our faith, and particularly, in very stressful moments of doubt and fear. Our body can help interrupt the spiraling anxieties of life and re-center us in faith...for it holds the wisdom of the Holy Spirit.

How this works is that when we feel stressed, doubtful, angry, resentful, frightened, even terrified, because our mind is trapped in the deceitful and vacant values of the world, our body feels uncomfortable, tense and anxious. We can't breathe very well. It's warning us. And through SPIRITFIT techniques, we learn that by changing our posture and our breathing we can affect a transformation in our body, heart, and mind connection, we can support a smooth flowing Cycle and become calm and focused. We are transformed in the matter of a moment.

To help us fully grasp and experience this transformation, we focus here on the postural alignment of our body. By aligning our body in certain postures we are aligning ourselves. What does that mean? We are aligning our body, heart, and mind so we activate certain physiology that helps redirect our consciousness, our psychology toward goodness...we are reconnected with our belief in God.

The best example is when we shift our body from the misalignment of Poor Posture into the healthy alignment of Good Posture, our body and heart align and we instantly begin to feel good...we instantly begin to experience calm, healthy energy and positive thinking. AND! When we add a smile to it, the transformation instantly feels kind and centered...we are spiritually uplifted. Standing strong in body with our heart lifted up and opened to Heaven, we feel a strong sense of faith in Jesus Christ...we experience the calming comfort and peace of understanding that we seek.

PERSONAL TRANSFORMATION CYCLE

BIBLE—BREATH—BODY—BELIEF—BEHAVE—BELIEF—BODY—BREATH—BIBLE-----BECOME

RECIPROCATING INFLUENCES:

What goes on in my body goes on in my mind and what goes on in my mind goes on in my body. Take a deep, full breath and feel the humility and holiness. Feel the breath of God in you.

THE POWERFUL NEGATIVE INFLUENCE OF POOR POSTURE—THE POSTURE OF UNBELIEF

Having identified above how our posture influences our physiology which influences our psychology, what we believe, which influences how we behave which reciprocates and influences what we believe and so on, all forging who we become, we are taking a look here at the influence of having Poor Posture.

Starting with our body and physiology. Through medical research and our body's experience as proof, when we are slouching in poor posture, our physiology is compromised. We feel sluggish and tired, irritated. The alignment of our thoracic spine hunched forward puts pressure on our heart and it beats faster working harder than it needs to.

Our heart is the control center of our physiology because it controls our hormones. As a result of it being under the constriction of our rib cage when slouching it causes our blood pressure to rise and together, our increased heart rate and blood pressure, generates an unhealthy flow of our physiology. In addition, and particularly, because our chest cavity is constricted, we can't breathe fully...further compromising the flow of our physiology. And this generates sensations of stress which as we are learning directly influences our psychology...generating emotions of fear and uncertainty.

These physiological responses are inherent natural reactions of the body when one is threatened by some external force in order to warn us and help us "fight or flee." Yet, in this case it's a "false flag." In that this stress response is merely the reaction to how we are standing and not because we are literally being threatened in some way. Or another way of looking at it is that we are being warned about an actual threat, a threat to our health...our poor posture.

Now, what is amazing is that we discover through SPIRITFIT that not only is our poor posture a threat to our physical health, but is also a significant threat to our mental, emotional, and especially, our spiritual health. As mentioned, our physical misalignment causes stressful physiology that causes stressful psychology. And we also learn that because this misalignment directly stresses our heart, we are interrupting our spiritual consciousness.

The energy of the negative rhythms of our heart and the physiological stress flow into our mind and begin to interfere with our mind's chemistry. Negative emotions and thoughts begin to spontaneously arise. Our outlook on the world grows dark and fearful and things that are not that big of a deal, become so. Legitimate concerns grow bigger and our self-confidence to handle them grows smaller. And we discover that all our optimism and positivity are pretty much depleted.

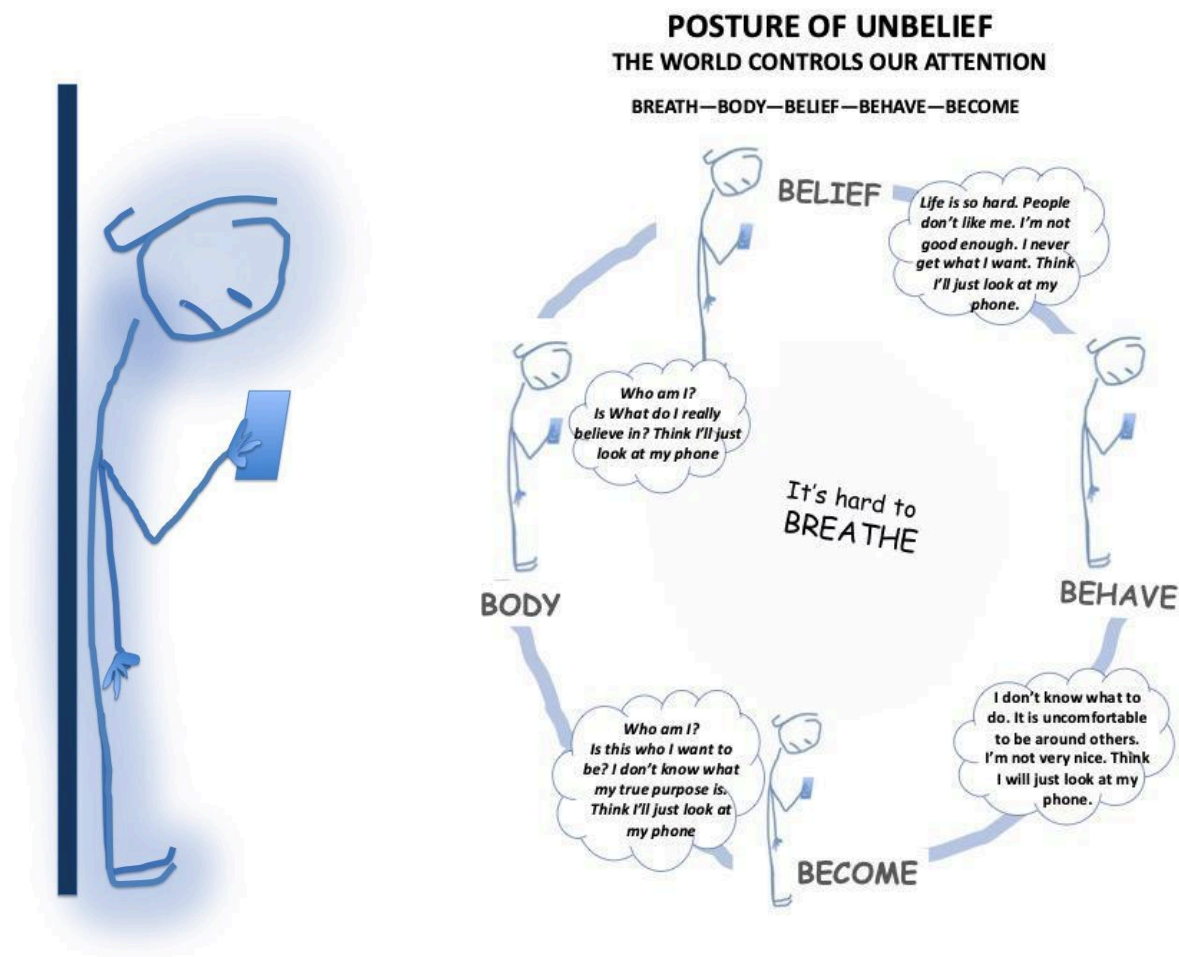
Spiritually, our mind is far from God because our heart is oppressed. We can't feel the healthy rhythms of the Holy Spirit's wisdom flowing through our heart. How do we know this is true? Because the infusion of wisdom from the Holy Spirit is always clarifying, calming, and comforting, always encouraging and strengthening, uplifting. When we're standing in misalignment, in poor posture, we are stressed...our healthy heart response of sending out healthy hormones is compromised. And if not interrupted, we find ourselves in a negative "transformation cycle." Our consciousness shifts from belief to unbelief.

Summarized, the Transformation Cycle helps us grasp the Truth that our consistent behavior reinforces our belief and our consistent belief reinforces our behavior...and this shapes who we are. Our belief and behavior shapes who we become. In other words, it is impossible for us to behave in a truly positive manner if we are in a negative mood and mindset. And our behavior shapes our self-esteem and confidence, and thus, our personality and thus our relationship with the world. And just the same, it is impossible for us to behave in a negative manner if we are in a positive mood. And we realize that one moment leads into the next and creates our day ultimately shaping our outlook on life.

And the bad news is that everyone in our world today pretty much has poor posture. We all stand like this all the time. Both because it's a habit and because we are constantly bombarded by the negative experiences in our relationships with one another and in world situations. Living inside a posture, an alignment of that in a state of physical panic, we are living inside an emotional state of panic...and one that disconnects us from our source of confidence and comfort, our spirituality.

And the main culprit of our postural conditioning is our constant attention to our smartphones and our sedentary lifestyle of computer engagement. Not only are we disconnecting from the world around us mentally and emotionally because our attention is completely "captured" by the Web, we are also disconnecting from the world physically...reinforcing our negative psychology and behavior. It's easier to fall into temptations and deception. To

put this in biblical terms, in “poor posture” we are more defenseless against Satan’s schemes. Most concerning then is that ultimately it begins to weaken our trust in God, we live a life of unbelief.



THE TRANSFORMATIONAL POWER OF GOOD POSTURE—THE POSTURE OF BELIEF

The great good news here is that we are powerful against our Poor Posture existence and can easily begin to condition to Good Posture. We can literally change our outlook, our life, instantly by simply realigning our body and allowing the “good energy” to flow freely. As a result, as we are learning that as our body begins to free up our attention frees up...the chains of negative emotions and thoughts begin to break.

So what happens when we stand in good posture? As we might guess, the opposite of what happens when we stand in poor posture. So let’s walk through it.

To align in good posture, we need to plant both feet on the ground to create a base of stability. And as we feel this we then create a bit of tension, or muscle contraction, up through our legs and abdomen, and upper back and neck to lengthen our spine up over the center of this base. We feel our head lifted up to the sky and with our shins drawn slightly down and back we feel the top of our head open to the universe above us. In essence, we are aligned between Heaven and Earth.

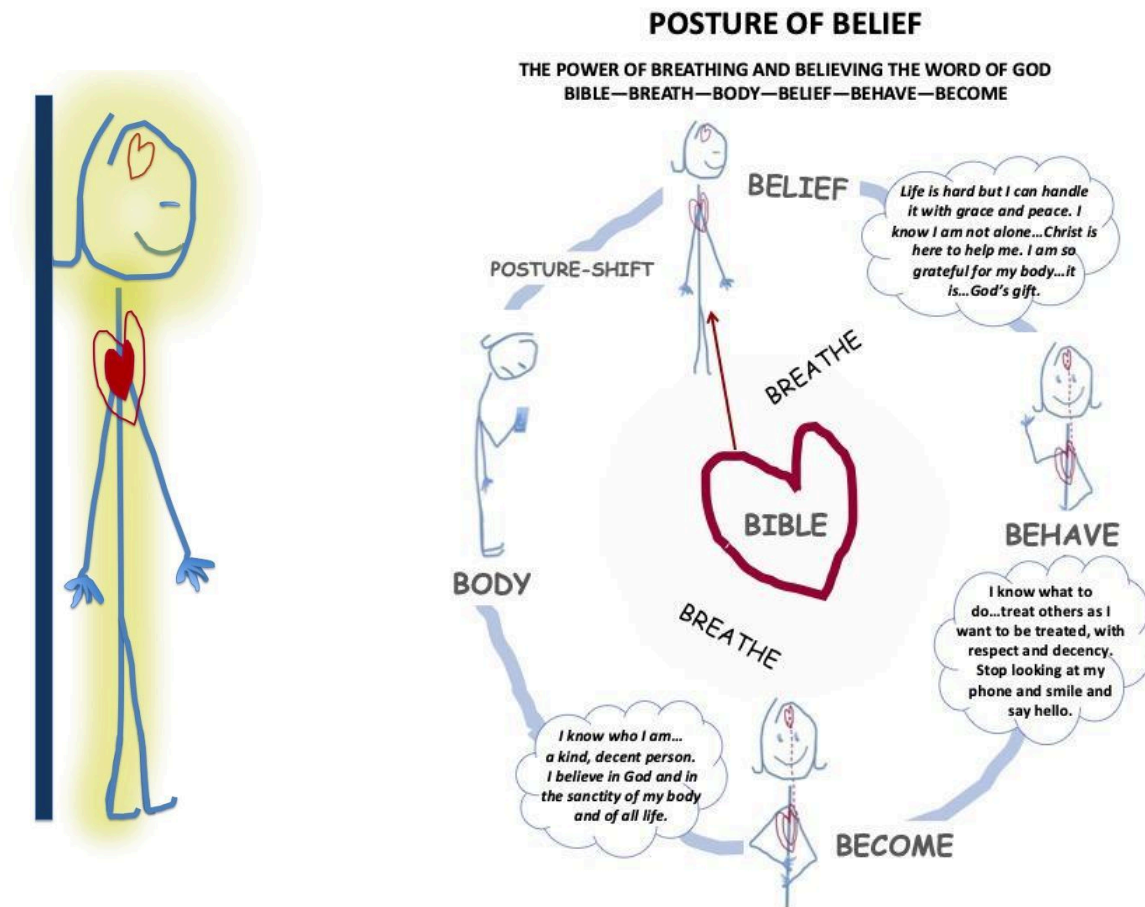
As we focus on our body, we realize how expansive we feel. Our chest and ribcage are lifted and expanded...and we can breathe freely. And this begins the cascade of hormones from our heart which activates our healthy physiology. Our heart rate calms and our heart falls into a smooth flowing rhythm. This generates smooth, healthy flowing physiology which flows easily up into our mind...shifting the chemistry of our mind into smooth flowing

rhythms. Our mind and heart are in sync. Our emotions and thoughts begin to slow down and become more positive. We are beginning to feel the positive transformation power of good posture.

Walking this through the Transformational Cycle, aligning our body in good posture influences our good physiology which influences our good psychology which awakens our belief in goodness which activates our desire to behave in good ways which encourages our good self-esteem which encourages us to become a good person.

AND. This all leads to our more intimate connection with our heart and paying attention to how it feels, what sensations it is instigating and what these are telling us. When one is born again it becomes evident that these sensations are putting us in a biblical mindset...they are shifting our thoughts toward God through our thoughts of Christ. The message of the word of God is enlivened within us influencing our belief and our behavior. We become less interested in what the world is telling us what we should believe and do and more devoted to what we are intuiting from the wisdom of the Holy Spirit in our heart.

And to summarize the overall transformational power of Good Posture, what we will discover as we practice it in SPIRITFIT is that it generates the sensations of humility and holiness. Another way of describing the experience is that as we "stand strong" we feel filled with a powerful sense of "humble confidence"...that we are humbled before God and strengthened by the confidence that comes with faith in Jesus Christ.



OUR TRANSFORMATION COMES FROM OUR ALIGNMENT WITH THE WILL OF GOD—FUELED BY HUMILITY

Before we move on and discuss each of the “signature postures” and experience “signature sequence,” it’s necessary to explore and discuss The Sensation and Power of Humility. Why? Because humility is what we are looking to engage in. These postures have been selected and sequenced because they awaken our “humility”...humility is what is required if we want to awaken from the delusion of our world into the Truth of our Creator, God. Humility awakens our sensations and consciousness of holiness which aligns us with God, with the will of God.

Humility awakens our sensations of holiness and these awaken us to our “holy will”...which is our alignment with the will of God.

As we begin to work with each posture and through the “signature sequence,” it’s important to understand that our Ego is going to resist this hugely...and to watch for this. Knowing this will help us not give into our Ego...in fact, the postures themselves will make us inherently resistant to our Ego. The postures will awaken physiology that engages sensations of humility and submission...and begin to disarm our Ego’s hold on us, on our consciousness.

Now many will not like this experience...because it will feel like they are losing control. YET! The truth is that losing unhealthy psychological pressure in order to begin to feel the powerful wisdom of the Holy Spirit. One could say that we are being transformed from being controlled by our mind, by the world, and being controlled by our heart, by the divine. Practicing SPIRITFIT, we ultimately wake up to realize that experiencing a humbled sense-of-self is the gateway to awakening to our “true,” our healthy and holy nature. In other words, humility is the only state-of-consciousness that activates our “holiness” which is the only way we can “overcome” our Ego...and allow us the chance to awaken to our Creator.

Our goal here is to come back to our Creator, to worship and submit to God, to align with the will of God. Now whether one accepts this or not, the truth is that this is our only chance for peace in life on earth and for salvation into our eternal life in Heaven. Humility awakens us to holiness which awakens us to the two most important revelations one can have in life. One, humility naturally causes us to consider that there is a power much greater than ourselves in the world and above the world overseeing our life. And our humility shifts our understanding to realize that this is the one, true Creator, God of the Bible.

So now it becomes real interesting. If our natural inclination is to connect with God when humbled, and this is inherent to how we are made, part of our true nature, and we are beginning to realize that feeling humble is our chance for liberation from suffering, then why do we resist feeling humble?

Oh right! We are learning the truth that Satan is real...and that he is everywhere in the world dramatically affecting the quality and outcomes of our life. And Satan doesn’t want us to remember, let alone, believe in God. So he is watching everything about us...focused on convincing us to destroy anything that keeps our attention on God, our devotion to God. Satan’s goal is to convince us to worship ourselves...to have an Ego and focus on the false belief that we have the free will to choose good or evil. We believe we are like God, can become gods, and choose to create our morality, our destiny, on earth and after. Therefore, in his clever and cunning way, Satan has deceived us into believing that humility is not a good thing...in fact, it’s a character flaw, a sign of weakness. Society revolves around this deception—religion, education, legislation, governance. And to this end, he got us to reject and disconnect with our body, from our heart...making us destroy it.

We have bought into the belief that the goal of our life is to become “arrogant and prideful” so that we compete and strive to accomplish all our goals, and are “bold enough” to achieve success, wealth, and power. We are under the deception that humility allows others to dominate us. We are under the misunderstanding that just allowing our selves to feel humility will allow thoughts of doubt and insecurity to dominate us and take us off-path in life. The irony, as we’ve discovered, is that it’s just the opposite. Our humility is the source of our strength and faithfulness...it actually puts us “on-path” toward the greatest accomplishment of a human life, the gift of God’s Salvation Plan. This comes to us not by our effort but by God’s grace. Yet, we support our alignment with God’s will by constantly surrendering our ego to God...by physically bowing low in humility. It’s true that others may perceive our humility as weakness and try to dominate us ...yet this is only in terms of what is worldly. They can never dominate our soul.

CONCLUSION

Humility is key to our spiritual life...the difference between having one or not. The truth is that our ability to be humble is the most empowering physiological experience of our life...for it shapes our psychological and spiritual experience. Why? Because it is the only sensation that can “disengage” our Ego, subdue our arrogance and pride, and begin to disentangle us from confusion and delusion...disengage us from the lies that convince us reject God and believe that our body is ours to freely manipulate and change any way we desire. Humility is the only chance we have to be able to change our beliefs and behaviors that are taking us down the dark road...it is the only chance we have to lean on the Holy Spirit rather than our own misguided understanding. Humility is the only chance we have to reconnect with holiness and goodness, with God, and head toward the light.

We have discussed the Posture of Belief—Good Posture and the Posture of Unbelief. We could title them our Holy Posture and our Sinful Posture. As you will see in the next chapter, we have expanded on these and have focused on “three holy posture”...and we have designed a specific sequence as a “spiritual fitness” program. These three holy postures activate our humility. They stimulate our heart’s healthy physiology. It’s inherent, it’s organic, biological...it’s how we are made. As we’ve discussed “humility” flows through our body and into our mind, it informs and “reshapes” our thinking. Our attention shifts from our self, from our attachment to “what will help me get what I want and become successful” to instead “how can I help, how can I serve and love others.”

In the next chapter, we delve into the training techniques of each posture and begin to realize how this “signature sequence” helps to reactivate the “born again,” our rebirth and renewal in body, heart, and mind. We are reborn of Spirit. And this essentially is the experience of humility before God...surrendering all to God’s sovereign will.

When we take these postures, we experience our personal transformation, we experience The Cycle of Personal Transformation. We feel as if we have stepped into another realm...and that is exactly what happens, we have. Our consciousness shifts from the outer world and into our inner spiritual world. And beginning to experience sensations of humility, we realize we are before something, someONE, “sacred and holy.” And as a result, our sense-of-self dramatically shifts...we realize it is because we are before God. Our arrogance and pride begin to dissolve and we become less self-absorbed and more confident of our true and loving self.

As we practice these postures, we experience what it’s like to be “born again” and are transformed and wake up to THE LIE that Satan convinced us of in the Garden of Eden...that we can be like God, that we should doubt God’s word.. We see and feel the incredible deceit and how it has caused us much suffering...the greatest suffering of our separation from God. Working through the sequence, we find ourselves awakening to the Truth...awakening to the God of the Bible and His intention for Creation and for each of us. And we learn to walk forward in life in good posture...standing strong in the word of God and firm in our faith in Jesus Christ. We feel a deep sense of devotion, loyalty, and awe in our humility before God. We feel the holiness of God resonate through our body. And this awakens us to who we truly are, Children of God...we are God’s most brilliant and beloved creations.

And what is most remarkable is that there is absolutely no doubt in God’s word...no doubt in the Bible. Why? Because we feel it come alive within in our heart, within every cell of our body.

THE THREE HOLY POSTURES...PLUS ONE

The Three Holy Postures of this Signature Sequence are briefly summarized here.

KNEELING DOWN, we feel humble before “the sacred” and realize God exists. We experience sensations flowing through our body that awaken us to the presence of God...we feel “FAITH.” (As Jesus Christ knelt down in the Garden of Gethsemane the night before His Crucifixion)

LAYING DOWN, we have *surrendered*. Our body releasing tension we release our unhealthy, unholy self and find our self organically submitting to the goodness and grace of God. And we remember Christ in the Tomb and His transformation over three days before His Resurrection.

STANDING STRONG, our heart is raised up to God and we are filled with the Holy Spirit. And we remember Christ’s Resurrection to be with His Father. We now stand firm in faith and are ready to do God’s will.

OH AND! SMILING, when we smile this deepens our experience of the virtuous sensations of the “the virtues of the Holy Spirit. They flow powerfully through us and remind us of our love for God through our faith in Jesus Christ.

CHAPTER EIGHT

SPIRITFITT'S SIGNATURE SEQUENCE OF THREE HOLY POSTURES

A "Born Again" Experience: Becoming the Posture and Mind of Christ

FIRST, KNEEL DOWN. THEN, LAY DOWN, FINALLY, RISE UP AND STAND STRONG...and SMILE

The world needs to find more humility, thus, we each need to find more humility. And humility is a body-thing, not a mind-thing. We need to kneel down, lay down, and then, stand strong...firm in faith in Jesus Christ.

The only way to change our life is TO SURRENDER OUR EGO TO THE WILL OF GOD. And we can only do that by finding humility and holiness...for God is holy. The good news is that we can find our humility much easier than we think. It doesn't take hours and months of psychotherapy, yet rather only a few moments of "fitness." We can surrender our ego and find great peace in a matter of a few minutes as we practice this unique, signature series of Three Holy Postures. Each "holy" posture awakens our healthy physiology which holds the consciousness of what is good and holy and sacred, our consciousness of our Creator.

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THE DAYS WE ARE LIVING IN AND HOW SPIRITFITT CAN HELP US NAVIGATE THROUGH THEM

We each need to find humility...if we ever hope to awaken to the truth of who we are. Right now we are living in times where our culture goes to great lengths to try to convince us of "who we should be"...and this is never good. Society is controlled by deceivers, by those who like to dominate and control. We need to realize that we are living in an age where the majority of the world believes in the secular rather than the holy, believes in Satan rather than Jesus Christ.

We are living in incredibly morally confusing and chaotic times. And if we pause and step back a moment, we all have to admit that the aggressive posturing, the yelling and protesting in the streets, the arguments in politics and media, and the culture wars on college campuses, are filled with only lies fighting lies. There is no Truth. It's clear that the world has been taken over by aggressive, greedy individuals working furiously to destroy the hearts and minds of mankind...all for the purpose of destroying our relationship with God.

We can't deny it...we are living in Satan's kingdom and we have turned over our power to him...remember what happened in the Garden of Eden. Satan convinced us to believe that we don't need God, that we have powers like God and can determine our destiny on our own, and that we can figure out how to live forever in an eternity that we design. Falling for Satan's lies we are losing all rationale, morality, and goodness. We have lost consciousness of the wisdom of our hearts and have become powerfully arrogant...and falling perilously into delusion from which there may be no return. And to be quite blunt about it, it all feels miserable and so defeating.

YET! We have a chance to become humble enough that we realize that we have been deceived and fell for Satan's great deceit. We have a chance to see the obvious before it is too late. Mankind cannot help our selves. We need God. We can see the world, mankind and the planet being destroyed, and we have to admit that it's happening because of our disconnect from values, from goodness, from God. It's happening because quite simply we have no faith...we worship ourselves instead. Satan has gotten us to do the unthinkable. And. We need to understand that the Bible reveals that our Creator will not let this go on forever...and probably not much longer.

While Christ was here, He told us that there would be an end to this age of man. And looking at Christ's prophecy on the Mt. of Olives and in The Book of Revelation it looks like we might be closer to the end than we think. Christ told us that He will return. When He returns He will judge the world and this world as we know it shall pass away. Yet the great news is that Christ will bring forth a new one where He shall be ruler and king...it will be a restored planet and world of peace and goodness. There will be no pain or suffering.

So the question is do we think we are ready? What do we think will happen to ourselves if the end were to happen this week? Do we believe we will end up in Heaven or Hell...do we think we have lived as holy and faithful a life as we could, a life that would qualify us as resonant with the "energy of Heaven?"

What SPIRITFITT offers here is a spiritual fitness practice that can help you explore these questions...and not just from your mind and intellect but also, and more importantly, from your heart. This signature sequence helps you to improve your physical posture and as we have mentioned also to experience what it's like to be "born again." In the traditional biblical sense, one may not actually "be" reborn, yet the experience of what's is like is very powerful...it's very eye-opening with respect to our relationship with our body and this tells us a tremendous amount about our relationship with our Creator. Basically, this sequence helps us explore what we actually believe.

Those who have gone through the biblical "born again" experience will be encouraged to re-experience this any time they wish and get a refresher of their renewal. They will experience a deeply intimate connection with their faith in Christ and feel their faith in Him deepen. This sequence will remind them of the "Blessed Hope" and they will feel comforted through these End Days. The Blessed Hope is Christ's return. And those who have not are still going to feel a wonderful experience of renewal...feeling like a new person.

THE THREE HOLY POSTURES

These three holy postures, Kneeling Down, Laying Down, and Standing Strong, have the physiological effect of calming our heart, and thus, our body. And as one stays in the posture long enough and breathes fully and smoothly, most begin to feel relaxing, soothing, and holy-feeling sensations flow through them. We call these "holy" postures because they activate our inner experience of holiness.

Taking this into biblical terms and experiences, this holiness is the sensations of the virtues of the Holy Spirit. We realize that feeling holy we feel humble...and feeling humble we feel holy. In other words, these postures "liberate" us from the trappings of our Ego's focus on the vacant values of the world...those unholy, unhealthy, false beliefs and values of materialism and greed. Freed from this focus we are more attentive to what is good, healthy, beautiful, compassionate and kind.

And for followers of Jesus Christ, these postures immediately awaken our attention on Him and our faith in who He is. In this, we remember who we truly are...the brothers and sisters of Christ and the children of God. "Blessed are the meek for they shall inherit the earth. This is pointing to those who are humble, for those who are arrogant and prideful shall be those who are not prideful and are humble.

For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

Matthew 23:12.

KNEELING DOWN, we are *humbled* and awakened to the presence of God and are physically petitioning His forgiveness and blessing upon us. We experience sensations flowing through our body that awaken us to the presence of God...we feel "FAITH." Our attention becomes focused on Christ as we remember Him in the Garden of Gethsemane when He knelt before God for blessing the night before His Crucifixion.

LAYING DOWN, we are *surrendered*. Our body gradually sinks into the earth and is "held." Our body releases its tension...we feel emptied. And we feel an organic willingness to submit to the goodness and grace of God. And we remember Christ in the Tomb and His transformation over three days before His Resurrection. We feel the sensations of surrender, rest, and restoration take hold. We submit to the realization that our Creator is in control of all things and we are emptied of our Ego. Feeling held, we realize we are feeling the "LOVE" of Christ.

STANDING STRONG, as we rise we feel ourselves fill up with goodness and holiness. We are rising a new creation in Christ...we are rising up from our death in sinfulness to new life in Spirit. We are now part of Christ's Great Commission. Standing strong our heart and mind are aligned and we feel our heart understand the virtues of the Holy Spirit and realize we are filled with "HOPE" and "LOVE." We are filled with God's gift of faith in Christ and we stand firm in the "word of the God). (As Christ rises from death to life, resurrected into Heaven)

OH AND! SMILING, when we smile this deepens our experience of the virtuous sensations of the "the virtues of the Holy Spirit. They flow powerfully through us and remind us of our love for God through our faith in Jesus Christ. We feel our "authentic love" for others. We feel light and we feel bright. We realize we are a bright light unto the world...a beacon of FAITH, HOPE, and LOVE, of compassion and kindness.

THE SIGNATURE SEQUENCE OF HOLY POSTURES

SPIRITFITT helps us experience, and thus, realize just how powerful “holy” postures can be...they transform us. SPIRITFITT focuses on these particular postures because they activate our “holiness.” The central intention of this sequence is to help us “get out of our head and into our body” so that we can learn how to work with our body to generate sensations of holiness and pay attention to how they make us feel and think, how they influence what we believe.

In fact, what you will come to realize is that the physiology and associated sensations are organic and consistent...they happen automatically when you take the posture. They happen because of how we are made...they are inherent. Meaning, we are changing how we feel and think, what we believe, not by working with our mind but by working with our body and opening it's channels to the Divine.

Performing these postures, in sequence, creates a powerful experience that completely relaxes our body and brings our attention “out of this world and back into our heart.” This particular sequence of these “holy postures” breaks our narcissistic thinking...the incessant stream of repetitive machinations that keep us distracted by this world from our spiritual source. In other words, in spiritual terms, the sequence reconnects us with our inner Spirit, with our consciousness of our Creator, God.

We will experience how this sequence activates our “humility” before God, our consciousness of God. And we will begin to experience how this is essential to activating our “holiness,” our sensation of God...and how this completely transforms us. And, we will experience how this happens in the matter of a few moments. As we flow through the sequence from kneeling down, then laying down, and finally, rising to stand strong, we become aware of the humble, holy, healthy, uplifting, just virtues of the Holy Spirit. We become aware of the Truth...about Creation and our Creator.

The three postures are healthy and holy postures because they transform our body into healthy and holy energy...it's innate, natural, physiological. Each posture in and of itself has a different, healthy, holy, positive “physio-psycho-spiritual” influence on our sense-of-self and our view of the world.

Sequenced together these postures help our body release stress and restore healthy physiology. To that end, the sequence calms our nervous system, lowering heart rate and blood pressure...lowering adrenalin output. And as discussed, we focus on this because the state of our physiology directly influences the state of our psychology. In other words, we find that this sequence is very powerful in “resetting” our mind...releasing us from our stressful thoughts and projections. It breaks the chains of our Ego that bind us to the meaningless. And we find that these postural sensations activate a spiritual attention. And these results happen every time.

As one performs the sequence, we discover that these postures build one upon the other, and ultimately, support us to Stand Strong in the world...humble before God and confident in His Word we feel the power of our faith in Christ supporting us through life, giving us the confidence we need, the only confidence that works...confidence that serves God rather than confidence that serves ourselves.

SPIRITFITT helps us experience the power of Standing Strong in good posture so that we experience our “humble confidence” and realize that we have all that we need to defend our selves against unhealthy, unholy behavior. In good posture our body, heart, and mind are aligned and we are awake to our consciousness of God, aligned with His will. The Holy Spirit moves through us, and thus, supports us to be the person we are meant to be...a holy person of God's, one in faith in Jesus Christ This sequence of holy postures creates the foundation for “our holiness.

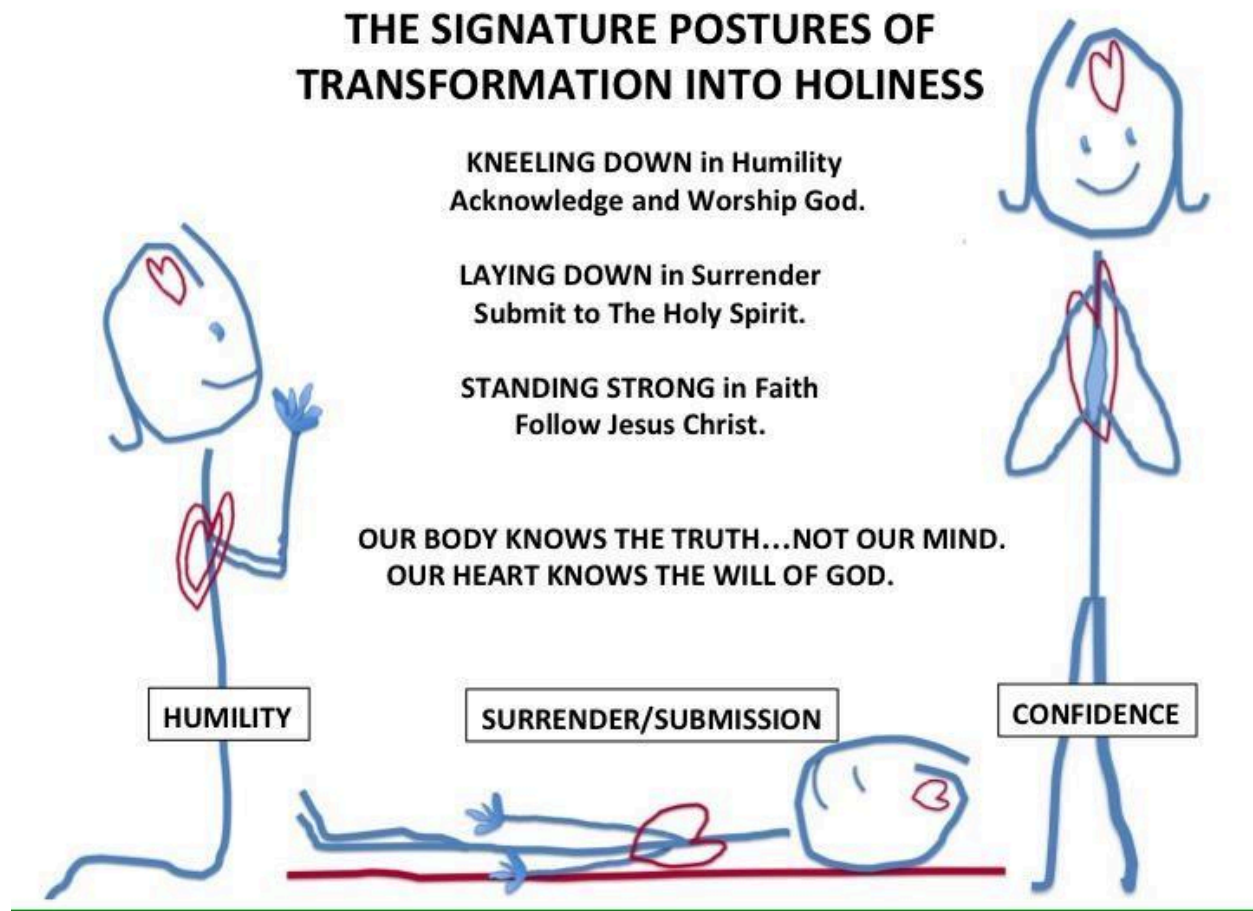
This sequence helps us experience The Cycle of Personal Transformation. These postures help us center all of our attention into our heart...we experience how God, God of the BIBLE, BREATHES life into our BODY and we feel alive and “holy.” And we experience how this influences our BELIEF in God for He is Holy. And we begin to feel inspired to BEHAVE in holy ways...and we BECOME the holy person God desires us to be.

BIBLE---BREATH---BODY---BELIEF---BEHAVE---BECOME---HOLY

In summary, SPIRITFITT helps us experience the brilliance of how God made us. It helps us experience that how we posture our body directly and dramatically influences our spirituality...our body and heart inform our mind of God, our “body, heart, mind, spirit connection” is working beautifully.

Performing this sequence we realize that we are connecting with our body in a holy way. And put in biblical terms and understanding that we are offering our bodies, our selves, to God and becoming aligned with His Will. We

embody our faith in Christ and follow Christ's commands: *to love God and to love all others*. We inherently understand that our body is God's beloved Creation, His Holy Temple, and thus, are compelled to protect the "sanctity of our body and of all life." Performing this "sequence," we are renewed in our eagerness to fulfill our mission...to preach the good news of the Gospel and Second Coming of Christ.



THE TRANSFORMATIONAL EXPERIENCE THROUGH THE SEQUENCE—BEING “BORN AGAIN”

As mentioned, what one experiences through the Sequence of the Three Holy Postures is “transformation.” Let’s discuss this in greater detail. And as we do, let’s keep in mind that this transformation very closely mimics what many have experienced when they go through the biblical “born again” experience...this sequence was inspired by it. What we are going to realize is that what is really happening is that we are going through a transformation of our will. As we discussed and explored in an earlier chapter, we don’t have free will. We have a will...and it’s either a “sinful will,” meaning a will focused on worldly desires or it is a holy will, meaning a will aligned with the will of God. The transformational experience through this sequence mimics what it feels like to be reborn, to be aligned with the will of God.

We will look at a summary of the experience so that we have an overall understanding of what is happening. Then in the next section we look at each posture separately so that we have a full understanding of the remarkable and transformative experience each one is. These explanations will also include an explanation of how to “align” into each posture. These techniques support one to gain the full benefit...as we’ve discussed how we align our body influences our physiology which influences our psychology; healthy alignment influences healthy physiology.

THE SUMMARY OF THE OVERALL EXPERIENCE AND TRANSFORMATION: KNEELING, LAYING DOWN, STANDING STRONG. We start the sequence kneeling down. Kneeling Down, we find our selves “humbled,” literally bowed low. Our Ego immediately drops to the background and we begin to feel that we have been drawn out of the world and into a sacred space. We feel a soft energy around us and within us and begin to realize that we are kneeling before something more spiritual, more “holy,” than our selves. We realize we are before our Creator. Kneeling we instinctively bow our head and put our hand on our heart and begin to feel a sense of holiness flowing through us. We begin to feel a connection to the “Holy One” ...and feel a sense of being watched over, of being cared about. A calming, soothing energy infuses us without flowing through our heart and body...affection, compassion, love and wisdom. And we feel inspired to want to talk with God, to pray...to “get personal” with God.

After our prayer we feel somewhat spent, relieved, and feel physically encouraged to Lay Down. We have a natural desire to rest, to completely surrender, to “submit.” We feel a willingness and great relief in giving into rest and letting go of our busy life, our busy mind. And soon we begin to feel an emptying...tension begins to easily flow out of our body. Now at first we can feel our mind, our Ego, resist ...it wants to know the agenda. This makes sense because our mind is only ever interested in being in control. Yet laying there longer we begin to feel a “letting go” and a filling up. The brilliance of the stillness of our body begins to encourage a stillness in the mind. As we become empty of thoughts about our life we begin to feel sensations of love and compassion filling us up.

Further laying there on the floor flat on our back, our chest, our body, is open and we feel our spine beginning to be re-aligned. Our heart slows and our breathing deepens...and it feels really good. Soothing physiology begins to flow through us and we start to feel an overall sensation of surrender...and laying there longer we feel our body, ourself, fully submitting to the floor. We feel held and safe.

Our attention gently turns towards our heart. We feel positive sensations and begin to realize that they feel holy. They begin to turn our attention toward the “spiritual,” toward God. These sensations of the Holy Spirit begin to fill our awareness with the character God. And we become conscious of the truth that we are Children of God...He created us. We begin to grasp our “true” purpose in life...to feel God’s love and submit to His will. We begin to realize that God has a plan for us...a destiny for us. Laying here our relationship with God begins to matter...we want it to be intimate and close to Him

Soon we begin to feel inspired to rise. And as we are getting up, we notice we feel calm and confident...as we rise we feel inspired to Stand Strong. We feel strengthened by faith in the goodness of God. We awaken to our devotion to what’s sacred, to God. And as we place our feet on the floor and feel our body aligning in good posture, we are aligning our heart and mind with the will of God. Our intention becomes focused on serving Christ. We begin to realize how distracted we have been “worshipping” the world, obsessively striving to accomplish our goals and desires. We are awakened now to how this takes us away from “the priority,” from the most fulfilling purpose in life ...our relationship with God. Standing strong we feel an innate “humble confidence”...feeling fully responsible and accountable for our life.

We also discover that literally Standing Strong in good posture, we are standing firm in faith...those born again realize that this is faith in Jesus Christ. We begin to realize how “faith” helps to instill more trust and this fills us with encouragement about life, with hope. Yet we also have an insight about this “hope.” It’s a different hope...it’s not one rooted so much in hoping for all that we wish for to come true. Rather, it is a hope that things in the world will work out for the better, and will work out for the good of mankind. Those “born again” know that this is pointing to the Blessed Hope, the hope found in faith in Jesus Christ and believing in Christ’s return.

As we summarize our experience, we begin to realize that this sequence of postures is designed to help us awaken our inherent humility and holiness and that this awakens our “inherency of hope.” We discover how uplifting and energizing this feels. Through the sequence, we experience how our humility is truly the only “antidote” to our stress and fear...it stops our arrogance, egotism, and aggression. Being freed of our Ego, we find ourselves spontaneously surrendering to holiness, to goodness to God’s loving intention for us, to God’s will.

Having gone through the transformation of the sequence we begin to realize that this experience mimics the “born again” experience. Through the experience we feel restored and renewed. We feel ourselves being filled with holiness and will learn that this is the sensation of the Holy Spirit flowing through our heart. As we rise up and Stand Strong, we experience our renewed self, we feel a “humble confidence” about life. And we begin to realize that this is the experience of being filled with the gift of faith in Christ and that this is the “alignment with the will of God.

THE TRANSFORMATION OF BEING BORN AGAIN—ALIGNING OUR WILL WITH THE WILL OF GOD

IN UNION WITH CHRIST—SHARING IN CHRIST’S CRUCIFIXION AND RESURRECTION

As we reflect on our experience through the sequence, we become aware of the transformation that has taken place. We see that before we performed it we felt stressed, tired, and somewhat discouraged. We all understand this feeling...the truth is that life is stressful. Yet having gone through this calming, renewal experience, we begin to gain insight and start to understand that we can learn to manage some of our stress...so that we are feeling less defeated.

And one of the profound things we realize is that we hold the belief that we are meant to decide and control everything that happens in our life, that we are meant to handle it all on our own. And we see that as a result of this belief, we’re always in our mind trying to figure things out and rarely tapping into the wisdom of the heart. And now, having experienced our connection with God, we realize that “doing life on our own” is ultimately not how it is meant to work. We awake to the truth of our Creator and begin to experience in our own heart and body that The Creator is always watching over and in play in our lives. Knowing that, trusting that, we have the support we need to get through all life’s challenges. We stress and suffer less...perhaps, not at all if one is willing to “turn it all over to God.”

As we go deeper into understanding our transformation in the sequence, we come upon the biblical truth that our lives are inherently challenging because of a transformation that took place in the Garden of Eden. As a result of the “Fall of Man,” mankind was contaminated in body and corrupted in mind. And as a result, mankind is born with a sinful will. It is this mindset, this set of desires toward sinful, unhealthy worldly things, our Ego, that is the core cause of our suffering. Yet, now through this transformation, we realize that our will can be turned toward healthy, good things and we begin to get a glimpse of the will of God, of God’s desires. Through this transformation, we get a taste of the “born again transformation”...we get to experience the sensations and awakening that happens when one is called by God and blessed with the gift of faith in Christ. We get to see that it is through this experience, we are reborn and given a new will, a will aligned with the “will of God.” “This is our spiritual transformation.”

And what is also remarkable to begin to realize is that the “born again transformation” unites with Christ. We feel a physical, empathetic, and thus, emotional empathetic experience with Christ through the Crucifixion and Resurrection of Jesus Christ. This is what it means to be in “Union with Christ.” Said another way, this is the sensation of our “faith in Christ”...a gift bestowed upon us by the grace of God. We begin to understand why Christ revealed to his disciples, and thus to us, why we need to be “born again,” born in Spirit, in order to enter the Kingdom of God. It’s not just a recommendation but a necessity. Why? So we are restored in body, heart, and mind into our Eden-like nature. Given how renewed, how transformed in body, heart, and mind we feel, we begin to understand why this sequence was inspired by the born again transformation.

BEING BORN AGAIN ONE UNITES WITH CHRIST IN HIS CRUCIFIXION AND RESURRECTION

The night before Christ was crucified, He went into the Garden of Gethsemane and knelt before God. In His tremendous fear and anxiety. KNEELING He bowed low before His Father seeking liberation from what was to happen to Him through the crucifixion. We witness how Jesus asks God to take the extreme suffering He is about to face away from Him. And yet, in the very same moment, Christ surrenders and in His humility He aligns with God’s will...“yet not my will but THY will be done.” In the account, we see that as Christ submitted to God, God sent an angel upon Christ to give Him courage.

When one goes through the “born again” experience, we often find ourselves kneeling and expressing our deep despair and like Christ begin to experience holy energy surrounding us. This encourages us with sensations of support and comfort...feeling stronger to get through our fear and challenge. Many express feeling sure this energy was an angelic being, and some believing it as Christ Himself. As one reflects on this biblical account, we begin to realize that as we’ve discussed God not only came to earth and incarnated as a man in order to become known to us, but also to reveal to us that He knows our suffering. Christ took upon His own human body, onto His own person, the suffering that mankind is going through because of the deception and evil of Satan. God wants us to know that He is with us...and has a plan to support us through life till our Salvation.

As we know from the account in the Bible, the next day, Jesus endured His crucifixion with immense bravery and courage...and it is obvious by the story that the Holy Spirit was with Christ the whole time. The Holy Spirit is the Spirit of God, or one could say that the Holy Spirit is the agent of God. Through this, God is revealing that He has planned for us to be protected by the Holy Spirit as we navigate the rest of our life. The Holy Spirit is the energy we imbue us while we are kneeling.

After His crucifixion Christ was buried in a carved tomb in the rockface of Calvary just outside of Jerusalem. His body was wrapped in linen and LAID DOWN upon a stone slab. And it was during these 3 days and nights that Christ's human body was transformed into a Heavenly body. As we reflect on His burial, we realize it was a transition from His leaving this human world and resurrecting back to Heaven. Christ was surrendering His human mission, His mental and physical experience of being human, and became fully "submitted" to God's will. Christ became His divine self. submission to God's will and became His divine self.

Like Christ, when one is born again through our kneeling and prayerful submission to God, we find ourself releasing our attention on this world. We also find ourself compelled to lay down. Laying Down on our back, we feel physically vulnerable and this feels remarkably calming...we welcome "the surrendering." And we can feel our letting go of our Ego and feeling spiritual. Theologically this is described as our "dying to our old self"...we are emptying of our sinful will. Freed from our false beliefs and unholy desires we are a renewed canvas before God. Laying there, we feel the physical realignment of our spine and begin to feel an alignment, a resonance, with holy energy. With our heart, our physical heart, fully exposed to God, we begin to feel, to become more aware, of the sacred energy that is flowing through us from our heart ...the "virtues of the Holy Spirit" fill our consciousness.

On the third day after Christ's burial in the Tomb, the Bible tells us that Christ had resurrected to Heaven. Christ conquered "human death" by spiritual transformation. Through this, we are told that those who believe in Christ are destined to rise as well. We also learn from the Bible that on the night of his resurrection, Christ came back in His transformed body and *"Jesus came and stood among them and said, 'Peace be with you! As the Father has sent me, I am sending you.'"* (John 20:19, 21). Christ STOOD before His disciples in His newly transformed body...His body resembled His human form yet was blessed with ethereal qualities...facing no human limitations. We can imagine that Christ stood tall and strong...fully rooted in Who He truly was.

In our born again experience, we actually experience something very similar. We too begin to rise up and stand before the world. Our bodies are also in human form and yet they have been renewed and are now blessed with "divine qualities." As we rise, we feel our body filled with sensations of holiness, of divine vibrations of goodness, kindness, wisdom, and openness. Our body has been renewed...much of the contamination of the toxic fruit in the Garden with Satan washed away and restored.

We find our body inherently lighter and stronger...and spontaneously aligning itself to Stand Strong in good posture, in goodness. We feel emotionally strong and balanced and begin to realize that our body truly is the Holy Temple of the Spirit of God. Standing here we remember Christ and His journey to the Cross and His resurrection from death...and remarkably we feel connected to Him. We remember Christ standing before His disciples offering them peace and telling them He is sending them as God sent Him, i.e. to carry out God's purpose. God Himself came in human form as Jesus Christ, in a human body like our body. He too suffered like we suffer. Standing Strong, we realize we are standing in faith in Jesus Christ, and are blessed by the Holy Spirit, the Spirit of God, as we do God's will.

In summary, as we move through each holy posture of this signature sequence, we literally experience our connection to our body and through this our connection to Christ. Through this "born again" experience, we unite with Christ's life, ministry, and death and resurrection. We kneel as He did in the Garden of Gethsemane and pray in supplication to God the Father. Having died to this world, Christ released His worldly self, His human body transformed in preparation for His resurrection. As we lay down, we too have died to our ego, our worldly self, and present our selves for transformation ...which happens only by the grace and blessing of God. And through Christ's resurrection we feel the promise of ours flowing through our heart.

For now, our resurrection is from our "old sinful self." We are conquering the spiritual death caused by our arrogance and pride, by our Ego. Having been restored, our mind renewed, we feel uplifted and encouraged with the LOVE of God to relinquish our attachments to the "unholy, ungodly world." And blessed with a holy will, we now choose to live a life in service to God. We stand strong in anticipation of His promise of the Holy Land, the land of milk and honey...where there will be no more suffering, no more decay, no more death. We stand strong in

God's promise of our being with Him again in EDEN. We stand strong in our commitment to live a life as Christ would have us live until His Second Coming.

BECOMING THE POSTURE AND MIND OF CHRIST

"Standing strong, our heart is open and our mind renewed...we remember Christ."

We are designed to "stand." And we are designed to "stand strong." We are "fearfully and wonderfully made," brilliantly designed to be erect, to stand tall with our feet firmly planted upon the earth and our head reaching up to heaven.

SPIRITFITT helps us experience, and thus realize, that when we stand strong in good posture, with our heart lifted, we are not only experiencing the healthy physiology of our own body, yet more profoundly, we are "empathetically" experiencing the physiology of the body of Christ. Said differently, our body is how we know Christ intimately. It's through our "human-divine" nature that we know Christ's "divine-human" nature. Saying this from a place of great humility...it's interesting to think that God knew that in order for us to know Him better He would come "in person." Christ was human...He was like us. How divinely brilliant is that?!

SPIRITFITT now takes us further to realize that when we Stand Strong, we are in the "Posture of Christ." Meaning, standing in good posture, we are standing like Christ ...and thus, empathetically experiencing Christ's body. Standing Strong, our heart activates our body's hormones triggering healthy physiology. With our heart and mind physically aligned, we experience "the Fruit of the Holy Spirit" flowing through us and "renewing" our mind with the character of our Lord and Savior. We are experiencing the sensations of our "inherent nature" ...we are experiencing the sensations of what Christ believes and how He behaves. We are of the "Mind of Christ."

These sensations shift our thoughts from doubt and fear to love, joy, peace, forbearance, kindness, goodness, gentleness, and faithfulness. We are transformed. And these virtues are what help us gain self-control and perspective...and protect and defend our selves against the dark and evil influences of this world. These are our "armor of light," the light of Christ. We experience our inherent nature as "image bearers of God."

And as we perform the sequence we realize a remarkable thing. Because it mimics the experience one goes through when we are "born again," we are "re-experiencing this miracle" again. And thus, by performing this sequence daily, we offer ourselves the opportunity to be "reborn" everyday, to be renewed in our faith in Christ and encouraged with our discipleship to Him—to live according to His Great Commandment and to be part of His Great Commission, to preach the Gospel.

Having aligned ourselves in body, we feel ourselves aligned in heart and mind, aligned with the will of God. And we realize how powerful this practice is to help us renew ourselves when we feel weak...from the challenges of life and the incessant deception and the temptations of Satan. Through this practice, we awaken ourselves to the wisdom and guidance of the Holy Spirit, Who is the "moral authority" of God. According to the Bible, this is the "amor of God."

Having been born with a "sinful, rebellious" nature we have been transformed into a new creation in Christ. And now having been gifted by God with faith in Christ, we are aware of sin and its damaging affects to our body, mind, and heart, to the world. As a result of the "rebirth," we are endowed with the indwelling Holy Spirit and are always being convicted of our sin and reminded to "repent"...which in biblical terms means we have been renewed in mind and will, and thus, now have the power to choose to change our beliefs and behaviors to those that align with the laws of Creation, with God's laws. We feel our remorse for having grieved God with our immaturity and rebelliousness, and in short order apologize and reconcile ourself with God.

Filled with The Holy Spirit, we now understand who we are and what we are to do. We realize that our "true purpose" in life is our relationship with God. And to this end, we are to behave with greater respect and dignity...goodness. We are to follow Christ's great commandment..."to love God with all that we are and to love all others as Christ loves us." AND! We are to "look up for the blessed hope" of Christ's second coming...when the Earth and Heavens will be restored and we will be with Christ in His Kingdom on earth. And until then, we are to share this good news.

And now, as we stand strong in our faith in Jesus, we remember the last verses of the Bible:

Jesus speaking: *He who testifies to these things says, "Yes, I am coming soon."*

Apostle John speaking: *Amen. Come, Lord Jesus. The grace of the Lord Jesus be with God's people. Amen.*

The Apostle John truly was important to Christ to have been given the last word...lol. ;-)

CONCLUSION

OUR EVENING PRAYER PRACTICE

The Sequence of Holy Postures is a fantastic prayer-practice to do just before going to bed to rid your body of the stress of the day and to open your heart to the Spirit of God. Night time is the time we are to disconnect from the world and replenish our selves, body, heart, and soul...the time we rid our minds of our worries and ego and rest in the peace and comfort of our faith in Jesus Christ. AND! You can do each of these postures as a separate practice...experiencing the holiness of your body immediately shifts your mind toward goodness and God. You become calm, confident, and clear-minded.

It is recommended to perform these postures in this order and for a minimum of 5-10 minutes each. Make sure you have pads under your knees when kneeling and a thin mat, like a yoga mat, to lay on. A small roll under your knees when laying down helps to lengthen your lower back. Also, a small folded hand-towel place behind your sternum will help provide traction to lengthen your upper spine and open your chest.

As you perform this series, make sure to keep your breathing smooth and full. The key is to keep your attention on your body, not on your thoughts. When your mind strays, bring it back to paying attention to how you feel in each posture...what sensations go through your heart and body and how do these make you feel emotionally...notice you begin to feel more spiritual. Be sure not to try to make anything happen, yet rather "simply be with" and accept what is happening.

These poses have been identified as the "signature postures" because the physiology and sensations that they generate are of goodness and holiness...there is no tension or judgment or negativity in them. In other words, they are regarded as the most "spiritual postures."

The sensations of humility, surrender, and confidence are those emotions that shape and inform our relationship with our Creator. They help us realize the brilliance of our body and the power and glory of God. We are in awe of God...as we should be.

PHILIPPIANS 4:6-7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

PSALM 16:7

I bless the Lord who gives me counsel; in the night also my heart instructs me.

PSALM 143:10

Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground.

1 PETER 5:6:

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you.

MICAH 6:8

"He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

CHAPTER NINE

THE TRANSFORMATIONAL EXPERIENCE And Technique Of Each Holy Posture

In this section, we go further into the specific experience and technique of each posture so that one knows how to align effectively and safely in each posture for the optimal experience. This helps us deepen our spiritual experience through the “sequence,” as well as helps us turn each posture into a transformational “practice” on its own. There will be times when one of the postures would make a perfect “short-practice” of renewal in your day.

There is a technique, a particular way, to perform and align into each posture that helps to ensure that it is a “good-feeling” experience...avoiding any physical discomfort or aches. Enjoying the experience fosters our motivation to want to do it often. The “technique tips” for each posture help us align safely and effectively so that we feel the posture's unique transformative sensations. The alignment of each posture has a unique physiological impact which, as we've learned, activates unique sensations that support the wisdom of our heart, the communication of the Holy Spirit, to flow more freely into our consciousness. And all postures are an extremely effective stress management practice as they calm our heart and body, and thus, calm our mind.

PREPARATION: The first thing to do is to prepare for “your practice,” whether doing the whole sequence or performing just one of the postures, is to drink a glass of water so that one feels hydrated...this prevents fatigue, achiness, and the likelihood of “sleepiness” as you rest or pray in the posture. It's important to stay awake and focus your attention on the Divine, on Christ while doing the practice.

Next, find a quiet, private space so that this fosters a sense of peace and safety. A quiet space will allow greater surrendering, greater sensations of calm, and thus, greater intimacy with your inner spirit, with the Holy Spirit. Preparing the space is the beginning of the practice. By holding the consciousness that we are preparing a sacred space for a holy experience begins to help us focus our mind toward the Divine, toward Christ.

It's important that one is not disturbed by external energies; people, music or other sounds within the space. Simply be in silence. Having that said, sounds that happen outside of your space are not of concern...just let them be. Finally, have a thin mat or cushion or folded towel to place under your knees. And it's helpful to kneel before your bed or a chair or even the wall, in case you want to lean forward for some support.

Also, be sure not to hesitate to use various props to support yourself. Use a wall for balance, a bed or chair to support going down and getting up off the floor. And mats and towels are a must to lay on and kneel on. Again, it's very important that your experience is completely comfortable...as this will affect your motivation.

WARM UP AND ALIGNING

Next, we want to prepare our body. This series of movements are meant merely to loosen us up...release tension. Having that said, we first start with no movement but a few moments to “stop moving and stand strong,” in good posture. This is a transition in our body from the busyness of our day to the stillness of spiritual practice. This is a moment to begin to draw our awareness away from the “outside” world and begin to focus on our body and heart. Feel into the sensations of “not moving” and “standing strong.” We begin to become aware that our body is our Holy Temple and our heart is where we will meet the Holy Spirit.

Remember that these movements and stretches are merely to help us loosen up so keep them easy and flowing. Keep them gentle. And it's important to keep in mind that it should only take a few minutes to perform these movements for they are only for loosening up not meant to condition flexibility...although that may be a benefit for some. These instructions might sound complex yet are merely to provide guidance on how to move. Once you do this sequence a few times it will become much easier and habitual.

Start by standing strong, tall in good posture. Plant your feet, knees and toes facing front, and lengthen up through your legs and torso. Keep your shoulders down and feel your whole spine lengthen.. Draw your chin slightly down and tucked to lengthen your neck. Now, close your eyes and smile softly. Take several long, slow, smooth breathes and allow yourself to feel the calming sensations of “standing strong, standing still.”

Then, open your eyes and keep your body stable and strong, circle your arms, forward and backward this 8 times each. Time each circle with your breathing...inhale with your arms going up and exhale when they are coming down. Next, standing tall, do a few torso twists...holing your hips steady and focusing on gently twisting your spine. Do this a few times. Next, raise your arms overhead for a full body stretch and gentle full-body side-stretch to each side. Return to center, lower your arms, stand strong, and breathe...take 8 breaths and feel the sensations. Your body will feel taller, more open.

Next, facing forward while reaching your arms downward slightly at your sides, tip your right ear toward your right shoulder, chin facing forward, to stretch the left side of your neck. While in this stretch, turn your chin downward toward your left armpit. The stretch shifts from the left side of your neck to the back of your neck on the left side. Pay attention to the sensations in your neck. Repeat to the other side. Keep these neck stretches very gentle.

Now separate your legs about two feet and begin to rhythmically lung through your knees and sway your hips side to side, loosening up legs and hips. Be sure to keep these movements shallow and easy. Come to center and bring your legs a bit closer together and hold onto the wall. If you have the flexibility and your knees are in good condition, raise your right foot into your right hand and feel the stretch down the front of your right thigh. While you do this, keep your abs tight to protect your lower back. Repeat with the left leg. And now return to “standing strong.”

And finally, bring your legs closer together, feet hip-width distance apart and gently bend forward from your hips. Try to keep your knees straight and yet make sure that this is just a gentle stretch up the back of your legs and through your hips. It is helpful to put your hands on a chair for support and to control how far forward you bend...controlling the intensity of the stretch.

PAYING ATTENTION

Now, we’re going to move through the alignment of each of the three holy postures outlined below. The common technique for each of them is to keep our breathing slow, smooth, and full. And especially, to continue to pay careful attention to the sensations in our body and how these affect our psyche, our emotions, mood, and thoughts. And actually, try to refrain from thinking...rather keep your attention on your body. Bring your attention back when you find your focus drifting away.

Most importantly, paying attention to how we feel in each of these postures transforms who we are...they each dramatically shift our sense-of-self and how we see the world. We have literally changed our orientation to the world. And, “going low” helps us release our attention and attachments to the “things of this world.” Instead of finding our identity in the world, we begin to find our identity within our body, particularly within our heart

Each posture should feel calming and easy. This helps us experience “humble and holy” sensations...and these will begin to shift our mind toward our heart...both our human heart and our spiritual heart.

KNEELING DOWN: THE FIRST POSTURE OF THE SEQUENCE OUR POSTURE OF HUMILITY

KNEELING DOWN IS THE PSYCHO-PHYSIOLOGY OF HUMILITY, REPENTANCE, AND FAITH

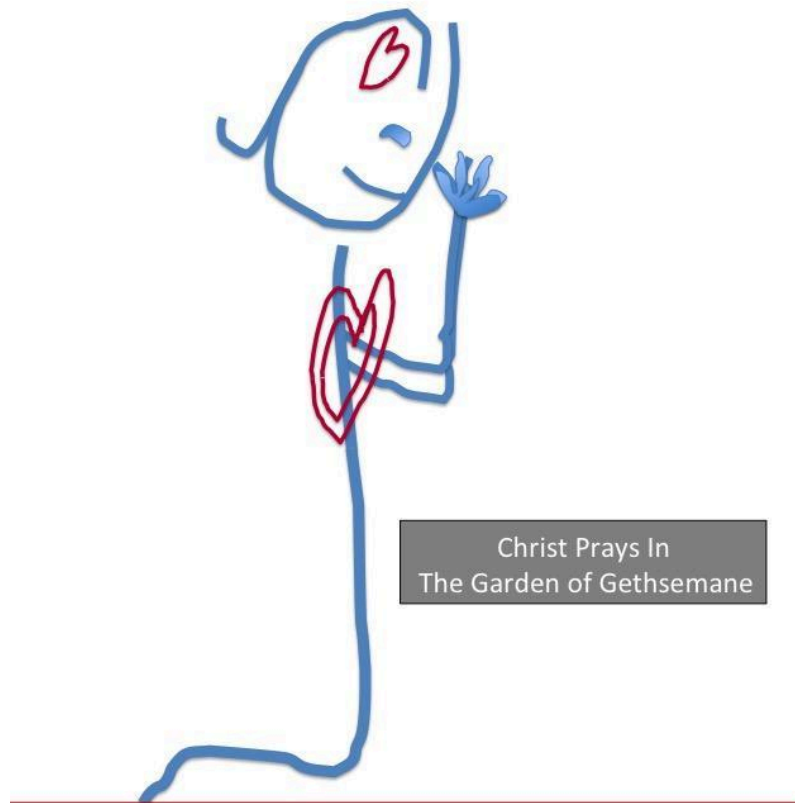
Kneeling and Bowing before our beloved Creator God, we are instantly “in worship” and meet our inner, spiritual self. We are intrinsically inspired with the truth of God...He exists; He created us; He loves us. This truth is physio-psycho-spiritual.

Kneeling Down instantly calms our heart. Our heart's smooth rhythm and calm beat activates healthy physiology calming our body. We breathe easier. Sensations fill our mind with humility and reverence. Our body, filled with "holiness," reveals to us that we are before the Most Holy, before the Awesomeness that is God, our Creator. Through this sensation of supplication, we naturally and earnestly seek God, we pray and submit all that we are, body, heart, and mind, to His will.

KNEELING DOWN

OUR POSTURE OF HUMILITY BEFORE GOD

Kneeling Down before God, we feel consciousness shift from the outer world into our inner nature. We feel our inherent humility flow from our heart and experience devotion to God...we are grateful to be before Him.



Kneeling Down instantly generates the sensations, and thus, emotions of humility, sensations that innately instill a consciousness of "supplication." It awakens within us the immediate awareness that we are bowed low before "some BEING" far more powerful than our selves...and not only powerful but good and loving. As these "humbling" sensations fill our consciousness, we become inspired with "the truth"...we are bowed before our supreme Creator, the one, true God. Our body and heart know.

And remarkably, kneeling we are immediately set free...something that had a "hold on us" is broken. Brought low to the ground, we literally feel a shift in our consciousness...it is brought low and our Ego falls to the background. Our attention releases our focus on the outer world and we become more focused inwardly...and it happens naturally. In fact, we realize our consciousness has broken away from our mind and is now centered in our body and heart. By kneeling, our body calms and we begin to feel more calm, more humble.

Bowed low and kneeling, we feel holy...in awe of God. As a result, we find ourselves intrinsically inspired to "pray," a natural inclination to want to talk with God. As the conversation unfolds, we feel our body calm more...and we begin to realize God is here listening. We actually begin to realize He is delighted to talk with us. He has been waiting for us.

Now, what is so powerful to understand and learn is that such an emotional, spiritual experience is backed by science. Studying human biology reveals how powerful, and important, kneeling down and praying are for our physical health, as well as our mental health...and for our spirituality. It is good for our body and soul. Kneeling calms our heart, soothes our physiology, boosts our immune system, and eases the mind. And what's so amazing is that this shift in our physiology helps us focus on "the sacred," the goodness of God. AND! This is the beginning of cultivating discernment about the holy and health and the unholy and unhealthy things in this world. This is the beginning of our returning to a connection with the Divine...and it all happens in our body. Wow.

BUT! Many of us don't like to kneel down, let alone pray. Our Ego doesn't like it. It thinks it's humiliating. And this is exactly why it is so important that we "do" kneel down...for there is no other way to disengage our Ego's hold on us. We think we can just decide to become humble on our own and through psychotherapy...but it's pretty impossible given how overbearing our Ego is. By the genius design of how we are made, Kneeling Down activates our inherent sensations of "humility and submission," and thus, is the only fool-proof means to dissolve our arrogance and disengage us from our egoistic, and thus often unhealthy, unholy thoughts and behavior. These innate "holy" sensations "awaken" us to how we have gone against the healthy, natural, holy order of things and defiled life, and thus, give us a chance to change.

Physiologically, kneeling down releases our spine and hips of the effort and tension it takes to stand erect. Psycho-physiologically, as we lower our body to the ground, our muscles make us aware that we are coming into a non-active state. As a result, our physiology begins to slow down...our adrenalin output drops, and thus, our heart rate slows and our blood pressure lowers. Our breathing rate slows and our breaths are longer, deeper, fuller. A profound transformation begins.

Bowed low, we begin to realize that we are seeing the world from a completely different perspective. We are literally seeing things from a "lowered" perspective...from below it all and looking up. And because of this vantage point, amazingly we begin to realize that we are bowed before something, before something "unseen." AND! We can feel it is more powerful, more holy, and more loving than our selves. Quite organically, we begin to regain a "true perspective" of our selves and our lives, and of the world.

Kneeling down, our slower and calmer physiology begins to subdue our Ego...we feel less egoistic and self-important. And we become aware that we are "being humbled"...that we are feeling a sense of reverence and awe. We are willing to "submit to something sacred." Feeling these sensations has a significant influence on our sense-of-self. And, quite brilliantly, we understand that we "really aren't the masters of our universe" that we have believed we are. We realize there is a God and He created us...and we realize that He is Sovereign, has predetermined and predestined the world, or bodies, our lives...and He is over all. We perceive this power in our body.

Kneeling down, our humility ultimately begins to transition into surrender...our body gives into the calming, relaxing, releasing sensations. And as a result, we are also submitting mentally and emotionally. Humbled we begin to remember who we truly are...we didn't create ourselves. And given the brilliance of the design of the human being, we couldn't have been created by anything other than by a most powerful, highly-conscious, creative, personable, and holy Creator...we are describing the God of the Bible.

AND! Kneeling there, we begin to have an "aha moment"...that we were created for a reason. And it wasn't for our purpose or plan, for our intention or will. We were completely "unconscious" of all this. It obviously dawns on us now that "it's all God's plan," all for His intention and purpose. While kneeling there, it's quite funny to realize how arrogant and prideful we are to think we could possibly have any control over this and most especially decide to judge and question any aspect of God's Creation...yet we do. Oh right, as we've discussed that because Satan is here...who is also part of God's plan and purpose. Waking up to this revelation, we begin to realize that we are not meant to "lean on our own understanding," yet rather, to rely on the Most High for guidance and insight into who we are and about our lives.

One could say our body awakens our "faith-filled consciousness," a trusting outlook on life and the afterlife. Meaning, most often we are focused on what we can do to control our lives, to control this world, giving little thought about the spiritual realm from which we came. And as we've discovered and discussed this is because from the beginning of Creation in the Garden of Eden we became corrupted. And since then we have fallen for the belief that we are some sort of gods...with godlike powers of free will, of self-determination.

And what we have realized is that it is this corruption that has instilled in each of us a sinful will, or said in other words, a “faithless consciousness,” a very distrusting and questioning outlook on the Divine and on the world. And we can all admit that this is a very stressful way to live. Put in simple terms, the irony is that even though we struggle so hard to “be in control” and be happy in life, we couldn’t be more miserable. However, when we kneel down this all changes. And beginning to realize that we are before our Creator we find ourselves wanting to ask for help, for guidance, for protection and safety, for love. Some may even begin to realize how important having faith is to the quality of life. Now the question is...faith in what or whom?

What’s amazing to learn is that this is backed-up by medical research. Psychological surveys reveal that “faith,” particularly, a belief in God, reduces our fear and anxiety. Believing in a Creator, a higher power, we don’t feel “so alone”...we have somewhere, someONE, to turn to for guidance when we are facing trials or tragedy. This helps us feel loved and supported, comforted....calmer, more trusting. And, in reciprocation, feeling loved strengthens our faith and trust in God. In other words, we need to kneel down more often in life for this is the gateway to get to know God...and that is the gateway to a healthier more emotionally stable life.

So what are we actually saying happens to us when we kneel down? We are instantly changed, transformed...physically, mentally, emotionally, and spiritually. The point being made here is that we are created in such a brilliant way that when we kneel down, our body spontaneously experiences the spiritual and as a result our attention spontaneously, “organically,” turns toward our Creator, toward God. Kneeling down, our physiology interrupts our egoistic thought pattern and we awaken to the truth about life...that we are not gods. Rather we are very special creations of God. Our mind becomes renewed with new thoughts rather than continuing to churn on the old, negative, fearful thoughts that science tells us make up 90% of our attention in a day. This is the blessing of how we are made.

THE IMPULSE AND TRANSFORMATIONAL POWER OF KNEELING DOWN AND PRAYING

Now, many admit that when we kneel down, we seem to automatically fall into a “prayerful-state.” It would make sense that as we stop moving and lower our body to the ground and become still, our physiological response of our heart sends out hormones such as serotonin and dopamine that activate “gentle-feeling, good-feeling” and “trusting” emotions. Our body’s calming sensations naturally draw our attention inward helping to clear our mind of it’s machinations about the world and our lives and we organically start to consider the presence of “the spiritual,” of God.

In other words, Kneeling Down, our body, our physiology, begins to flow more freely and reveals our spiritual nature. For believers in Christ and the Word of God, the Bible, many feel the sensations of goodness and kindness, feeling the virtues of the Holy Spirit, flowing from their heart. We feel the Spirit of God within us. We become intrinsically inspired, feel the impulse, “to want to connect” with Him, to speak with Him, to pray. And actually, by the mere fact of kneeling down, we already have started “to pray”...we bowed down before the glory of our one, true Creator.

Prayer changes our lives, instantly...because praying changes us instantly. Kneeling down humbled before God and praying, we begin to feel more intimate with God, more personal. And by the act of praying, we begin to feel His energy and attention in return. Prayer is the experience of acknowledging that we are conscious of God, that we believe in God. And this begins to solidify our relationship with God. Having a conversation with our Creator, we are submitting to the Truth that He exists and that He created us. We are inspired to seek His help and guidance. We begin to absorb the truth of His immense love for He is our Creator. And we spontaneously reflect on all that He has given us and pray in thanksgiving.

Now it’s important to talk about what prayer is. Many come to pray in desperate times hoping that God will help them or those they care about out of trouble and/or fear and suffering. Yet the truth is that prayer is not about our hoping that the things we ask for will come true. It is more about learning how to “align” with the will of God. It’s about deepening our relationship with God. If we begin to understand this, this immensely helps us understand our relationship with God and Who God truly is.

God is sovereign and according to the Bible, God is the Creator of all the universe. And as Sovereign, God predetermined and predestined all of Creation and what happens in it. In other words, this Doctrine points to the truth that God decided on His plan and purpose for each day and all that is going to happen in it. So, our prayer will

not be a way of changing His mind for that is unchangeable. And that is why some prayers will go unanswered...the outcome we want is not what God has preordained.

So why pray then? Because it changes us and brings us closer to God. It builds the intimacy of our relationship with God. Essentially, when we pray we need to be focusing not so much on praying desperately for God to give us what we want but to surrender and align ourselves with His will. Praying to God we are letting Him know what is troubling us, what is most on our mind and heart. And of course God already knows. Yet, just like talking with a friend helps us relieve some of our stress and fear, sharing with God does the same. And in the background our relationship with God grows more personal, more intimate.

Prayer helps us experience our inherent willingness to worship God, to "submit" our selves to His Will so that we might be blessed and receive His loving and just guidance. To put it simply, kneeling down is an acknowledgment that we understand that we are not on this earth to please or worship our selves, yet here to do God's plan and purpose, His intentions...we are here to "submit to His will." Kneeling down, we are admitting that we know we are sinful and need help to conquer the worldly temptations of "the evil one." TAKE NOTE! What is so amazing is that our body and heart bring us to this enlightenment...pointing out that it's not something our mind could inspire.

And the priority of prayer then is to offer our suffering and to share with God that though we think what we or others are experiencing we wish wasn't or even think it shouldn't, we are still trusting in God's plan and aligning with His will. However, this particular situation works out. We know from the Bible that God is working out all things for our ultimate good. As we kneel before God and feel humility flow through us we remember He is God, He is sovereign over all Creation and who are we to judge what is taking place. Our prayer is humbly seeking the strength to endure and not doubt. As Christ did in Gethsemane.

Kneeling Down and Praying, we awaken to our intimate connection and relationship with Christ, we feel Christ's presence and remember that He took the punishment for our sins and revealed our path to Salvation. We remember Christ's anguish in the Garden of Gethsemane and understand that He was revealing to us that He understands our anxiety and fear in life. And through this, Christ helps us understand that we must submit our anxiety, our lives to our Creator...WE MUST PRAY.

AND! Kneeling Down and Praying, we remember that Christ also revealed God's Salvation Plan to save us from this evil, corrupted world, from our life of suffering. Christ conquered "the evil one" through His resurrection from "death" and revealed to us that we too will one day be resurrected...as long as we continue to pray for guidance from God and obey God's laws of Creation.

Kneeling Down and Praying, we remember the BLESSED HOPE..."Christ is coming again," and soon. Christ reveals that He will judge all souls and cleanse the earth of evil once and for all...so that those who believe in Him shall dwell in peace and joy with Him in His Kingdom. In this promise, we realize how we are to prepare as we await Christ's coming...to be humble and align our heart with God's will. We need to demonstrate that we are choosing the goodness of God, and thus, keep our body, our selves, pure and holy.

Kneeling Down and Praying opens the channels of our heart to God and we experience the gentle power of virtue and goodness...we feel faithful, inspired by the indwelling Holy Spirit to "be holy and do good." We know we have been saved through our faith in Christ's Crucifixion, His taking the punishment for our sins, and that we can't earn God's forgiveness and love...it's a gift we receive once we are "born again." And if one is not willing to be holy in this life, not willing to offer all that one has and does in service to Christ, then our faith is not real. Praying helps expose any weakness in our faith and gives us the chance to choose a different life...prayer forces us to realize that God sees all.

Explained differently, if we pray with the intention that we are going to pray for our selves and for "our dreams" to come true or our suffering to be lifted, then the comfort and support and peace and hope we seek will not happen. In truth, whatever we are thinking about that we believe we so earnestly need and deserve is most likely coming from our Ego. Yet, kneeling down helps deactivate our Ego and we begin to realize that prayer is not for us to "plead" with God so we get our desires met. The power of prayer is for us to bow to God and to trust that He will bestow upon us, fulfill the needs that need to be filled, that are for "our good." We certainly may bring our "petitions for our life" to God for His consideration and yet our true prayer is for "Thy Kingdom come, They Will be done."

AND! Most dramatically, when we Kneel Down and Pray we are opening our channels to the Holy Spirit, whom indwells our heart. The Holy Spirit is the Spirit of Christ, the Spirit of God...He is the "third person of God." The

truth is that we cannot defend our selves against our Ego, against the evilness of this world, on our own. We need help. We need the help of the Holy Spirit. If we don't take the time to communicate with our Creator and experience His presence, then we are leaving our selves vulnerable to the unhealthy pressures of this world convincing us to believe in meaningless, and even evil, "things." We are allowing our minds to be swayed by unhealthy and unholy values and beliefs...separating us from God. We feel confused and this is the source of our uncertainty and suffering.

YET! By the brilliance of God and how He created us...we can break the bonds of evil, defend ourselves against the Devils' worldly schemes. As soon as we Kneel Down, we are on the path to freedom...our Ego's dominance is broken. And then, we become further liberated as we begin to Pray. Satan sees our loyalty, devotion, and love to Christ and he flees.

NOW! What's important to understand is that just like it takes frequent exercise and practice to keep our body fit, we need to practice prayer in order to keep our spirituality fit. Thus, the more often we pray, our conversations with God eventually become more familiar than formal and we begin to feel the intimacy of our connection to God. We realize we are in a relationship with the one, true, God. We realize that God is a personal, emotional God...and eventually feel the one, true answer to all our prayers, God's love.

AND! Something very remarkable happens. We pray not so much because of what we are "wanting from" God, yet rather because of what we are "wanting to give" Him...our love, our worship, ourself. We pray because we want to make sure we know God and that we are pleasing Him. As our relationship deepens, our faith becomes stronger. And in reciprocation, as our faith becomes stronger, our relationship with God deepens.

AND! What is so remarkable about the way we are made, is that the more we kneel down and pray the more we realize that our body truly is the Holy Temple. As soon as we kneel down, we feel that we have come out of the world and into the Holy Temple of the Spirit of God. Kneeling down, we are within a "holy place"...feeling the sensations of holiness, of humility and submission. And we begin to realize that not only are we created by God, yet we are created in "the image of God." Meaning, we hold the consciousness of the sacred virtues of the Holy Spirit, of the character of God. It begins to dawn on us how holy our body is...regardless of what we deem its imperfections.

Through regular daily practice of Kneeling Down and Praying, we are transformed. Our relationship with our body is transformed. Our physiology positively influences our overall health and "disposition." Our healthy physiology influences our emotional confidence, raising our self-esteem and encouraging greater self-respect. We spontaneously begin to regard our body with greater respect and treat it with more dignity. We realize our healthy relationship with our body is the foundation for our strong relationship with God...for our body is the Holy Temple. Offering our body good and holy to God becomes inherent...a powerful natural desire. And in a world that is primarily focused on managing and manipulating our body for our egoistic agenda, our self-worship, this is paramount. We become the defender of God's most brilliant and beloved creation...we stand against Satan's schemes in this world.

Oh! And not to forget, as we've been exploring, we now know that kneeling not only boosts our health, but boosting our immune system, also brightens our electromagnetic field. **THUS!** The more we kneel down and pray, the stronger we grow in discipleship to Christ and become the "light of Christ"...we become a "bright" influence on the world about the truth of God without even saying a word. And our light is actually more powerful than anything we can say.

In conclusion, when we Kneel Down and Pray, our life completely transforms, every time. Now, we know that we will still face many challenges and suffering in our life, because we are in Satan's kingdom. **WE** are constantly tempted by his worldly deceit to sin, and yet, now we know we are not helpless and we are not alone in figuring out how to manage our selves through through the darkness. We need to kneel down and pray and we will experience how we become instantly fueled with a "holy," healthy, considerate, and reasonable response in order to protect ourselves from falling into any trap.

Kneeling Down and Praying, we gain perspective and begin to reflect on our priorities. We feel less "driven" by false values and meaningless "stuff" and more trusting of the goodness and grace of our Creator. We become more committed to goodness and holiness...to the healthy energy of "love" and kindness than to energy of "competition for self-fulfillment," to the destructive arrogant and prideful attitude. We feel more faithful and gain "self-control."

Kneeling Down and Praying soothes our heart rate and blood pressure and eases our “stress and striving.” Overtime, Kneeling down and Praying becomes our habit, our “go to,” to reset our physiology and renew our mind.

When we kneel down and pray, we realize that the only way to navigate life with hope and trust is through faith in Jesus Christ. Kneeling down and praying we feel the Holy Spirit within guide us to submit to God’s will. We remember the Holy Trinity. We remember we are here for God’s purpose. We become conscious of the wisdom of God and accept His will for us. We realize our sole purpose in life is our relationship with God...and that means we are here to honor His Creation, to honor our body, to honor ourself as His Child.

And by the brilliance of how we are made, when we Kneel Down and Pray, we awaken to the power of “repentance.” This is the guidance and wisdom of the Holy Spirit working through us. Kneeling Down, we feel humble and this helps us feel remorse for having been foolish and violating Creation, of sinning because of our own arrogance. We feel remorse for grieving our Lord. And now awakened by our body and heart, we are given the greatest gift of life...we choose to kneel and be transformed.

LET’S KNEEL DOWN and PRAY.

JAMES 4:10

Humble yourselves before the Lord, and He will lift you up.

JONAH 2:7

When my life was ebbing away, I remembered you, Lord, and my prayer rose to you..

OUR PRAYER

Dear Father God, I reach out to you through your beloved Son, my Lord and Savior, Jesus Christ...You in Him, He in You, the Holy Spirit in me,

I kneel before you and offer my body, my heart, my mind, my life, my day, in service to You. Please guide me in the ways that foster greater love and compassion toward others and respect toward the earth...that help me to live according to your plan and purpose, according to your Love and Goodness, according to Your Will.

Forgive me for my arrogance and hubris, for those times I have thought more highly of myself than of You. Help me see when I am being tempted to behave in unhealthy, unloving, unholy ways. With your love that flows within my heart from the Holy Spirit, I gain the self-control to look away from these temptations, TO LOOK AWAY FROM SATAN. I gain the self-respect and love for my body, your Holy Temple. I honor the “sanctity of life,” the truth that I am, as each of us is, your most beloved creation.

I feel humility that helps me remember when Christ sacrificed Himself as payment for my sins and through this gave me the gift of salvation. I remember that He conquered death when He was resurrected. And I await eagerly for His Second Coming in these End Days.

*Through the blood of Jesus, I am redeemed out of the hand of the devil.
In Jesus name, I pray.*

SOME TECHNIQUE TIPS FOR KNEELING DOWN AND PRAYING

There are a few technique tips that will make Kneeling Down a much more transformative experience than if we were to “just” kneel down. Now, Kneeling Down is simple and yet one of the most powerful postures in life. So we want to make sure it feels comfortable so we don’t dread doing it...and instead very much look forward to it.

So before you Kneel Down be sure that you have a thick towel or mat that you can kneel on so that your knees are comfortable. And as a reminder, make sure you warm up and loosen up...see practice above. And make sure you are paying attention to how your body is feeling throughout this practice.

LOWERING YOUR BODY TO THE GROUND AND KNEELING. The most important thing about this is to make sure you do it safely...that you “pay attention.” You may want to be near a bed or chair so that you can lower yourself carefully.

Now psychologically, even though this seems rather simple enough to do, the truth is that it is a huge part of your transformational experience. So the key instruction is to pay attention to how your body feels as you lower yourself to the floor. As you lower your body down to the floor, you will notice that not only is there a shift in the physical sensations in your body, yet more remarkable is what is happening in your psyche...your physical orientation to the world around you is changing and so is your sense of self as your perspective on the world dramatically shifts.

One moment, standing strong, you feel your sense-of-self as confident, present in the world. And now, as you lower your body and kneel down, you begin to feel yourself being “lowered,” your disposition becoming “humble.” Finally, notice if you are judging this sensation...is your mind, your Ego beginning to “make up” some story about this, judging it negatively. As mentioned, our Ego doesn’t like the sensation of giving up control...or of vulnerability nor surrender.

ALIGNING YOUR BODY ON YOUR KNEES: Place your knees on a pad and about hips-width distance apart so you feel stable. Now not to make this more complicated than we need to, the focus is to “kneel tall.” In other words, be sure not to slouch. Pull your abs, and feel this help you lengthen your whole back. Keep your shoulders down and your chin slightly tucked in to keep your neck long. And draw your shoulders back and down to help lift and open your chest.

BREATHING FULLY AND SOFTENING YOUR FACE: Begin to breathe more deeply. Keep your breaths slow and smooth. Notice your chest expanding and that with each breath your rib cage opens more easily. Take 5-10 breathes and keep noticing how your body feels. Pay attention to the “luxurious” feeling a deep breath brings to your body and the peace this brings to your mind. This is extremely healing. Next, with your next few breathes feel your face soften...the muscles around your eyes and mouth. Notice that as your face softens it seems to find a gentle, easy smile. And your whole body relaxes even more.

CONNECTING WITH YOUR HEART, CONNECTING WITH THE HOLY SPIRIT: Now, place hand over hand over your heart. Notice the warmth and pressure of your palms on your sternum and let this soothing sensation seep into your heart. Feel the beat of your heart under your hands. You will begin to notice how this sensation begins to organically slow your heart rate to slow. Notice how this calms your body. Notice what types of sensations seem to be emanating from your heart...they are soft and humbling and feel good. Notice how you feel healthy, kind, compassionate, and loving. You begin to feel holy and inspired to want to talk with God, to pray.

THE POSTURE OF PRAYER: Bring your palms together in the “prayer gesture.” Notice how this deepens the “humbling sensation” in your body. And notice how this is inspiring you to feel reverent to that which is Divine, which is holy. Allow this to wash over you, through you. And what is interesting to realize as you continue to kneel, is that this sensation of bowing low is causing your consciousness to “look up.” Meaning, we begin to realize that as we are bowed low, we are low before something above.

Looking up and as we continue to breath smoothly, fully, we begin to realize that we are being “filled with the sacred.” We begin to realize that we are awakening to something, someOne, more spiritual, more divine, more holy, more powerful, more knowing than our selves. We feel the soothing sensations of the virtues of the Holy Spirit fill our awareness with the presence of God, with the character of God...joy, peace, love, patience, gentleness, kindness, goodness, forbearance, and self-control. We begin to realize that we are in the Holy Temple.

Stay in this posture of Kneeling Down and Praying for at least 5 minutes.

GETTING READY TO RISE AND HOW TO RISE: With the next few breaths, begin to energize your body in preparation for rising up. Support yourself as you begin to rise. Pay attention once again to the shift in your body’s orientation and the effect this has on your emotional and spiritual state. As you come from kneeling to standing, feel the energy rising in your body. Notice how you feel physically and emotionally as you rise. You most likely will feel a sense of renewal. Renewal from having submitted your body and mind to seeking God’s support. As you rise, you feel your physical strength bring you to standing...this often coincides with feeling more confident.

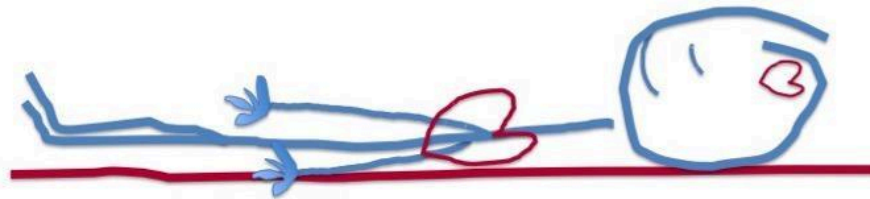
Now, plant both feet solid on the ground and take a few moments to close your eyes. Stand strong in your “renewed energy,” and notice that you feel more refreshed, restored, yet more so, more conscious of the “holy.” Take a moment to acknowledge the “new you.”

One final note: in the “signature sequence” instead of rising, you will move from this kneeling posture into the next posture, “laying down.” So to make that transition, simply, move onto all fours and lower your hips to roll over onto your back and follow the instruction in the next section.

LAYING DOWN—THE SECOND POSTURE OF THE SIGNATURE SEQUENCE
OUR POSTURE OF SUBMISSION

LAYING DOWN
OUR POSTURE OF SURRENDER INTO GOD’S LOVE
AND OUR SUBMISSION TO HIS WILL

Laying Down, we feel our body surrender it’s tension as it rests upon the hard surface of the floor. We realize we are held by God. As our body empties, we begin to our heart filling with God’s love and protection...The Holy Spirit. We willingly offer all that we are to God and rest in the LOVE of Christ.



Christ’s Human Body Rests
in The Tomb

We are very active...always on the go. We are running around and constantly distracted by information technology. We like to be in control and find it so hard to stop, to be still, to surrender ourself to the moment, to surrender ourself to the Divine, to God. There is always something else that needs to be done or something else we want to learn and know about. We don’t want to think that we don’t “know it all,” that we may not “know best”. We prize our opinion, our ideas, and our judgments and like to tell the world what they are. We don’t like to feel humble...it feels vulnerable and to many it feels humiliating.

The truth is this “modus operandi” is our response to fear...we just don’t want to face how terrified we are of not “becoming someone special”...or in other words, we are afraid of death. And the reason we fear death is because we don’t know what comes after life and so we keep running around grabbing onto this life, onto worldly dreams and vacant values. We are wearing ourselves out physically, mentally, and emotionally. We are stressed and slouching all the time and this is interfering with our self-esteem and personality. And most concerning is we are finding our identity in this world...which will one day pass away. So then who are we really?

If we think about it, the primary reason we fear death is because we have no faith...specifically we have no faith in the one, true, Creator, God of the Bible. Instead, we have been duped into believing in “evolution”...that we just happened and are meant to “evolve.” As a result, we are the one in charge of our life, in charge of our destiny and future. And given the laws of the social, religious, economic, and government systems in the world we are shaped into autonomous, egoistic beings. We believe we have the power and free will, the wisdom to decide good from evil, moral and immoral, just and unjust, love and hate. And the truth is, we don’t. The only way we can make it through life is to connect with Spirit, the Holy Spirit...the Spirit of God our Creator.

Our Ego is immensely powerful and keeps us obsessed with the false belief that we can become gods...Satan's great deceit. And in order to shore itself up, it has us constantly running around chasing after "our dream of life," and yet, there is no such thing. And on some level we know this is true...as hard as we try to make what we want happen and decide who we should be, it's obvious that the "things" of this world can't ultimately fulfill us or reveal to us our "true" self. Even things we so desperately wanted and achieved didn't fill the bill. And so, we dwell in a state-of-fear...a state of constant striving and rushing...trying to figure out what we are getting wrong. We're trapped in a consciousness of materialism.

To realize just how powerful a grasp the fear of death has on mankind, we only need to look at what the powerful and wealthy are trying to create and control...anti-aging, longer life, transhumanism, post human consciousness, and so on. Terrified, they pursue these things because their time is running out. BUT, if we stop for a moment, we begin to face our selves and realize that there is no peace or love to be found in such endeavors. Mankind is focused on the wrong purpose and goal in life.

Looking at the absurdity of our pursuits we stumble on the truth. It is apparent that none of what mankind is trying to do is successful in helping us feel better, none of our opinions or inventions are really bringing us peace, yet rather the opposite, angst and fear. So how do we figure out what's missing, where we have got this wrong? We need to stop. We need to lay down...or we will ultimately drive ourselves insane. The truth is that we can't figure this all out...that is just a lie that Satan has been able to convince us of because he got us to eat the fruit in the Garden and reject God.

As we have discovered through SPIRITFIT, our body knows. Our body knows the truth. And the truth is that we are under great deceit and very few believe in the one, true God, of the Bible. As a result, we are out-of-alignment with God's will, out of relationship with God...literally, our spine is out of alignment and we slouch in fear. We are out of alignment with Creation and afraid... and our fear keeps us distracted from our spiritual self and instead worshipping the world. We essentially have no spiritual foundation. HOWEVER! Getting to the truth of why we believe in all this will set us free...and the truth is that we live in Satan's kingdom and only Christ, our Savior, can rid the world of Satan and set us free from our illusion and delusion.

How do we find the truth? We need to "surrender into it." We need to stop and disconnect from the world so that we can hear, especially feel it. We need to get a new perspective of life...literally, laying on our back spontaneously generates a new physical orientation to the world and this compels a new perspective of who we are and our place in the world. And as we Lay Down, we get to rest and re-align our selves...this will renew our mind. It will begin to disengage our attention on the worldly. And if we do this often enough, it will begin to dissolve the vacant values we have followed all our lives. In other words, we need a "spiritual revival"...we need to "reconnect with God," or we will ultimately lose all sense of what is holy and good. We need a break from our Ego. We need to stop the "machinations," Satan's chatter dominating our thinking and reset our selves into some "objectivity," some rationality.

We need a chance to come into our spiritual self...into our heart and soul. And the only way to feel complete surrender is to "lay down," to physically surrender and submit. We need to lay down and rest...and let the Spirit of God work through us. Laying down our body will surrender, it's physiological...and as a result, our mind will surrender. As we lay down flat on our back and let the floor re-align our spine, we will feel how this physical alignment encourages our emotional and spiritual alignment with the will of God.

The only true way to "restore" one self, to find our inherent "calm," is to disengage from all that is going on in the world, and thus in our mind, and to "completely surrender" into our body. Paying attention to how our body naturally feels, to the sensations of rest and rejuvenation, to the sensations of health and holiness, we experience our mental and emotional awareness of goodness, health, and holiness.

When Kneeling Down, we discovered the inherent sensation of "humility" flowing through us and when we Lay Down we discover that this sensation transforms into sensations of "surrender and submission" When we lay down, our body is still...emptying it's tension and anxiousness. Our body begins to calm down and we feel it shift into its "intention to heal"...we feel the soothing sensations as it begins to deepen our breathing, slow our heart and relax. Soon we begin to feel sensations of holiness. Paying close attention, we realize that our body has only love for us...always working hard to keep us alive and well. Feeling these sensations, we feel our body begin to control our mind...and of who we are.

EXPERIENCING THE TRANSFORMATION

As we lay on the floor, our physiological and psychological processes are both in the process of “letting go,” i.e. “surrendering. As a result of literally letting our body rest, we find that we are encouraged to surrender what we are thinking...to give in to the floor. Our body is relieved of the work to keep us standing and now gravity is pulling evenly on every aspect of our body and our muscles begin to relax. Our heart rate, blood pressure, and nervous system all slow down. Our body begins to find its homeostasis and our “recovery and renewal” begin. Our body now is able to repair, reset, and renew, and this begins to work on calming our mind. The physiology of our body begins to control the physiology of our mind and thus our psychology shifts, calms.

Laying Down on the floor also “adjusts” and aligns our spine and this then calms our nervous system...triggering healthy, calming hormones. Our body releases and relaxes more into the support of the floor and the floor provides gentle traction or pressure against the spine encouraging it to lengthen and “re-align.” Taking deep, slow, full breaths further calms our heart rate and lowers our blood pressure, and supports our muscles to relax further. Often, our vertebrae and pelvic girdle gently “adjust back into place.” If we did this practice every night, we would rarely have to go to the chiropractor.

As we experience this “luxurious” physiology, it begins to calm our psychology. In other words, our mind slows down and we literally find it difficult “to think” as much. Our Ego falls into submission. Of course our mind will continue to try to distract us, to tell us to get up and “accomplish something” and conquer the world. Yet, the longer we lay there, on our backs, taking breaths, and allowing our body to become more relaxed and heavier, our nervous systems calms further...and we begin to experience “complete surrender”...it is the brilliance of how we are made. And if we did this every night, we would rarely have to go to the psychologist.

Finding our selves in this state of “complete surrender,” we automatically become aware of our spiritual nature, and probably for the first time all day. The sensations of humility and holiness that we experienced when Kneeling Down begin to transform into “surrender.” On our backs, our body lengthens and opens, our chest begins to expand and we feel a gentle stretch, an opening, across our chest...our heart fills and beats more efficiently and we become aware of soothing sensations of goodness bringing sensations of “submission.” We can’t deny that this “feels good.”

As this “surrendering” experience washes through our body, our heart softens, opens, and we feel the comforting, virtuous sensations of the Holy Spirit. As these flow into our mind, our thinking shifts its attention and it organically turns toward are connection to God...because our body knows the truth about God. Our body knows the truth that we are created by God and God alone...and that He has predestined and controls all things. As we’ve discussed, there is no doubt that we are created by the most brilliant intelligence that exists. We are created by a very conscious, emotional, personable, intentional God. We have believed that our faith in God was always mental and now we are experiencing that it’s organic...how we are made.

Our Ego becomes subdued, losing control of what is happening. And what is most powerful is we begin to feel “free”...we let go of our mental agenda and machinations and realize that we are free of Satan’s grasp. Laying in “freedom,” we begin to realize that we are feeling “vulnerable,” humbled. At first, we may not like the experience, and yet, if we simply “submit” to it, we begin to experience its graciousness and comfort. And soon, we begin to sense the presence of “that which is more powerful and holier” than our selves...we feel God, the presence of Jesus Christ. Just as we feel the floor holding us, we start to feel that we are being held by The One who created us. It feels very real. Meaning, this sensation is our evidence that God is holding us in the palm of His hand...always.

Laying on the floor, the “worldly” distractions of our Ego begin to fall away and our consciousness fills with the most important thing in life...our relationship with God, with Jesus Christ. As we lay here, we remember that Christ was laid down in the Tomb just after His crucifixion. Within this holy place, He was transformed, His human body was transformed into a “luminous, glorious” body...and thus, He was resurrected.

As we lay on the floor, our body feels the presence of Christ and we remember God came in a “human body” to reveal to us who we truly are...“we are God’s creations, we are God’s children.” We begin to grasp, to literally feel, the full understanding of what God did...He came into His own Creation, became one of His Creations, one of us, so that we would more clearly know Him and understand His intention for us. Laying here, our heart fills with the warmth of goodness and holiness...and we know these are the sensations of God’s love for us. We are experiencing the virtuous sensations of “the fruit of the Holy Spirit” supporting us with love and peace...and we

know these reflect the character of God. We feel humble...meaning we feel blessed. We feel good...loved. We feel held.

Laying Down shifts who we are, shifts our whole sense of self. As we lay here, we have a remarkable revelation that "we really are not anyone of particular importance to this world. At first, our Ego takes huge insults at this...it convinces us to feel sad and disappointed about life, about ourselves. AND YET! Laying here, this begins to transform. We begin to realize that actually we feel a tremendous relief. Our "complete surrender" begins to help us see the truth...that though we may not be anyone of much importance to others, we are priceless to our Creator. And we begin to gain the wisdom that there is no value in "striving" for fame or fortune, for it is all meaningless...one would even say it is all evil because it takes priority over our relationship with our Creator.

Laying here, we continue to transform and our "surrender" deepens into "submission"...we have been emptied. And within these sensations, we become clear that the one and only important purpose of our lives is our relationship with God, our faith in Jesus Christ. Laying our body down on the floor, we are reminded of the sacrifice that Christ made on our behalf. Christ submitted to His Father's Will, to God's will and laid down His human life for us that our punishment for our sins was redeemed, and thus, our relationship with God was reconciled.

Through Christ, we see and feel the immense love of Christ...we begin to absorb the truth of Christ's life. That Christ laid down His human life and was laid in the tomb where His human body was transformed into a heavenly body for resurrection to the Father actually happened. We read it in the Bible and historical accounts and we now feel it in our own body. Through His example, Christ revealed to us that we too must die to our "old ego self," "lay down" our struggles in life at the foot of the Cross, and then lay our body down in complete submission that we too may be transformed in body for resurrection to Heaven. The Tomb is empty.

Laying here, we experience these sensations evoking the revelation that submitting to God's will we are strengthening our relationship with God. And this is our "touchstone," our rock in life. We awaken to our "inner moral authority," that which comes from the truth of Creation, from the nature of our Creator. Completely surrendered into God's embrace, we remember our body, our life, are not our own...they are owned by God. In this posture of "complete surrender," we realize that, as Christ did, the most powerful thing we can do in life is to "submit all that we are to God"...to follow His commands, to follow His will. And that means to follow the command of Christ. We are here for no other purpose but to love God with ALL that we are, and from this, love ALL others as Christ loves us.

God knows how hard it is to live in this world of Satan's rule. So God came as Christ specifically to warn us about this. Yet, as we have discussed, God requires that we experience evil so that we train our consciousness toward good through faith in Him. God wants us to become mature in our relationship with Him...meaning that we come to know who He truly is, our Creator, and who we truly are, His creation. And so when born again, God blesses us with the gift of faith in Jesus Christ. We are inherently "goodness"...yet, only know the purity of that by coming up against evil through our faith in Christ and the guidance of the Holy Spirit, the Spirit of God indwelling our heart.

Laying here, we begin to understand that mankind does not have "free will," the autonomous wisdom to choose between good and evil, to decide our own destiny on earth and for eternity. We have a will, and we have learned from the Bible that it is either a sinful will or a holy will...and which is determined by God. We freely make choices within the context of each will...choices that align us with sinfulness or holiness.

We are born with a sinful will and then transformed by God and blessed with a holy will in His timing and plan. And in this transformation we were blessed with the gift of love for God. Transformed through our rebirth, we make one choice which governs all the rest...having been blessed by God with faith in Jesus Christ, we choose Christ. We feel that the rest of our choices in life come from the desires of the "holy will" and we choose to focus all that we are and all that we do on our relationship with God.

And laying here, we realize that there is nothing else to get up for but for a life in Christ. We begin to understand that we did not know how to love God before yet we are now filled with an inherent yearning to love and be with Him forever. It becomes abundantly clear that through our new holy will we have been aligned with the will of God...we understand our purpose in life is for God, not for ourselves. He is shaping us to fulfill His ultimate intention for His Creation...and we can feel in our body that it's all for our good. We start to awaken to a most remarkable revelation...God has made us such an astounding creation that we get to be in a very intimate and deeply loving relationship with Him, one of "Holy Love"—the unique astounding love between Creator and His created.

The truth of our Creation is that we are here because of God's will. We need to surrender our will to His, even when, especially when, we don't understand it, or agree with it. One of the most powerful ways to bring ourselves humble before God is to Kneel Down. And a most powerful way to help us surrender and submit to God that we may be "aligned with His will" is to Lay Down on our backs on the floor. This instantly begins to cause our Ego to lose its hold on our mind. As we've learned our physiology dramatically shifts into its most healthy flow and this changes the chemistry of our mind and our thoughts shift, are beliefs change. We discover that as we practice this on a regular basis, we begin to realize that no psychotherapy nor new age meditation can cause this outcome...our Ego is just too strong and our mind is no match in being able to convince our Ego of other beliefs.

Most especially through this practice we find our consciousness instinctively shifts its attention away from the worldly and to God. We understand who we truly are...we are not masters of our universe, we are not gods as Satan continues to try to get us to believe so we reject God. Rather we are God's creation, He is the Master of Our Universe...and all that happens in it.

Laying Down we feel the truth of so much of the world and our life experience. Laying Down on the floor literally helps us surrender all that we "think" we know and rest in the LOVE of Christ. There is nothing else to know. We restore our belief that God exists...and we begin to realize that He is the God of the Bible.

THE RELIEF OF SURRENDERING INTO GOD'S EMBRACE

PSALM 23

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

TECHNIQUE TIPS FOR LAYING DOWN IN COMPLETE SURRENDER

As we practiced in Kneeling Down, it's important to pay attention to how we are moving and what we are feeling in our body as we lower ourselves to lay down. Remember that it is our becoming aware of what our body is experiencing and then noticing what we are feeling emotionally, spiritually, as a result that is the technique that helps us be aware of the transformation taking place. And also this assures that we are doing it carefully and safely.

Be sure to follow the guidelines above of preparing...create a quiet, have a thick mat, and be sure to use props to make the experience safe and comfortable. And then do the warm up technique if you are just doing this posture practice on its own. Otherwise, just continue on in the sequence from Kneeling Down into this new holy postural alignment.

The goal of these next technique tips is to help our body be aligned and relaxed while laying down. And often, if we don't do a few things to adjust our alignment on the floor, we can end up feeling discomfort. And as mentioned, it's important that we "pay attention" to the "whole" experience...to what is happening in our body, our heart, and our mind while we are making our adjustments.

LOWERING YOUR BODY TO THE GROUND: Be intentional as you lower your body to the floor. Pay attention to what you are feeling as you change your orientation to the world. Slowly lower your body...kneel down and then place your body on "all fours," hands and knees. Then lower your hip to the floor and roll onto your back.

ALIGNING YOUR BODY: We start by bending both knees to your chest. Hug them while bringing your forehead to your knees...do this slowly and gently and feel a nice releasing stretch move from your hips through your back to your neck. Then lower your head and neck and place your feet back on the floor. Then press your feet into the floor to help lift your hips up slightly and draw, or tuck, your tailbone toward your heels to lengthen your low back. While holding your pelvic tuck lower your hips back down. Your low back should feel less tense.

Next, take your right knee to your chest, and straighten your left leg. Then bring your right knee toward your left shoulder and let it lower toward the floor while your torso twists—you don't need to get your knee completely to the floor as this is just to loosen up your spine so that it will align itself when you lay flat. Now while you are twisting with your right knee over to the left, support your leg with your left hand and let your right arm reach out to the right from your shoulder and letting it lay on the floor. Be sure not to twist so far to the left that your right arm comes off the floor. Lower your right leg and do the same with your left to twist your torso to the right. You can do another to each side if it feels good.

After you finish the twists, lay flat and lower your feet to the floor and with your knees bent do the “hip-low back” adjustment again. Now keeping your head on the floor, gently turn your face to the right, then draw your chin toward your right shoulder. Then repeat to the left. Then return back to the center. Finally, raise your right shoulder a few inches off the floor and roll your right shoulder open as you lay it back down to help open it a bit. And do the same for your left shoulder. You should feel that your chest is more open.

Now turn your face to the ceiling and sliding your feet on the floor straighten your legs. If you feel some tension in your lower back, take a roll, such as a rolled up bath towel, and place it under your knees to create a slight bend and lift of the knees.

BREATHING FULLY AND SOFTENING YOUR FACE: As we move through these techniques focus on keeping your body still...not much fidgeting if possible. Begin to draw your breathes in a bit more deeply. Keep them slow and smooth. Notice your chest expanding and that with each breath your rib cage opens more easily. Take 5-10 breathes and keep noticing how your body feels. Pay attention to the “luxurious” feeling a deep breath brings to your body and the calm fulfillment this brings to your mind. This is extremely healing. With your next few breathes feel your face soften...the muscles around your eyes and mouth. Notice that as your face softens it seems to find a gentle, easy smile. And your whole body relaxes even more. Lay still and feel.

CONNECTING WITH YOUR HEART, CONNECTING WITH THE HOLY SPIRIT: Now, place hand over hand on your heart. Notice the pressure and warmth of your palms on your sternum and let this soothing sensation seep into your heart. Feel the beat of your heart under your hands. Allow your heart rate to slow. Notice now what sensations seem to be emanating from your heart...they are calming and this feels good, this feels healthy, this feels kind and loving, this feels holy. You can leave your hands here or lower them to the mat keeping your arms long at your sides.

FINAL SCAN. Do an overall scan of your body, noticing if you are tensing or holding in any particular place and simply draw a few breaths into that spot. Notice the breath expanding the area and as you exhale let the tension release...it may be a little or a lot. Moving your attention to your whole body, take several breaths as you scan your attention through your body starting at your feet and feel each area become relaxed and heavy. Finish with a few focused breaths for your whole body to release. Notice how this influences you feel more emotionally willing to let go. And finish the scan by centering your attention on your hands and into your heart. And now allow yourself to “be still and rest.”

Allow your awareness to completely surrender into your body, into your heart. Notice this means you are fully in the “present moment” for your body dwells only in the “here and now.” So many try to meditate and get their mind to stay focused in the “now.” Yet the truth is that it only happens by keeping your mind on your body.

YOUR RELATIONSHIP WITH YOUR BODY. After a few minutes of “rest,” begin to bring your awareness into your heart, notice the softness flowing through it and realize that this is your heart’s innate affection and goodness. Your heart is the physical container of our inherent compassion and love. Feel this softness begin to flow gently through your body down to our feet and up to the top of your head. Feel the love and acceptance your heart has for your body.

We all can admit that we are very hard on our body...it’s a cultural value, standard, and of course, it’s a warped one. And you will discover the truth as you lay here...that our body is our greatest, best, friend in life. As you feel the softness in your heart, notice that your heart loves your body...of course it does for our body is the temple of our heart. Now begin to realize that your body is yourself. And that when you judge your body you are judging yourself...and this is the filter through which you relate to the world. Take this chance then to trust the wisdom of your heart...it is telling you just how magnificent and special your body is. Your unique body is a gift to you from God and you are a gift to the world.

Support yourself, your mind, through the powerful loving sensations in your heart to begin to fully accept that your body, regardless of the struggles it may be facing with weight, illness or injury, handicap or aging, or not being able to do what you want it to do or look the way you want it to look, is God’s perfect masterpiece...it is the Holy Temple of the Spirit of God and it is where we are to come to worship and connect with our Father. Your body a unique, sacred temple of God.

Begin to consider that if we reject our body in any way we are rejecting God and weakening our most important relationship in life...for our body is the foundation of our relationship with God. Our heart holds the will and guidance of the Holy Spirit and thus so does our whole body. Our body is conscious. This begins to help us let go of

our egoistic judgment of our body and treat it in unhealthy ways. It helps us accept that God has a unique purpose and plan for our body and thus a unique purpose and plan for us in life...and our purpose is very important to the world. In fact, if we sit back and consider these things, we begin to realize how our body helps us understand that God truly is sovereign over all things...man doesn't have the free will to decide life. As the Bible says, God knew us before we were even in the womb.

What's powerful to know is that it's important to speak with God about your body, your likes and dislikes. God knows your heart yet sharing with Him personally deepens your intimacy with God...and actually, we begin to realize that that is the reason God created the Heavens and the Earth, created our body, to be in relationship with Him. The particular body we have, the particular life we lead, is all for our good, for our salvation to come...our eternal life with God in Heaven. Be sure to thank Him for this "life"...even though it's been a struggle. Our struggle and suffering are all for our refinement into the divine, holy beings we need to be able to be with God, to be able to comprehend the Truth of God and to experience His love and law...law of nature and goodness. Now simply lay still and just experience the "stillness of all that you are."

Lay on the floor for at least 7-10 minutes, or as long as you like. Try to keep yourself awake so that you are able to experience the body, heart, mind interactions. Then begin to bring your experience to a close with a few deeper breathes that begin to "energize" you in preparation for beginning the process of "getting up." Slowly roll over to your right side and bend your knees and use your arms to press yourself up to all fours. Avoid just sitting up. This particular process minimizes creating straining sensations in the body. From all fours, reach your right leg forward and slowly come to standing...roll up through your hips and spine. Now, "Standing Strong" close your eyes and feel into your body. Notice how "relaxed, restored, rejuvenated, renewed" you feel.

Place your hand once again over your heart and make the conscious connection to the goodness of your heart and allow yourself to feel an inherent gratitude for your body. And notice how your relationship with yourself has changed...it has softened. Notice how this has helped soften your outlook on life and the world.

Now a gentle warning. Within moments you will begin to feel the tug of your Ego drawing your attention back to your "old relationship" with your body...and thus with the world. Take a few deep breaths and return your attention to your body. And know that each time you practice this exercise, your consciousness will become more aware of the truth about your body and who you are. Over time, you will condition yourself to being more aware during the day of the Truth and this will begin to shape your new relationship with the world. You will find yourself less judgmental, less reactionary and more thoughtful, considerate, responsible, and compassionate. You will realize you now are exuding sacred, holy energy into the world rather than tension and negativity. You are a light unto the world.

FINALLY! Most especially, notice how your relationship with your body has changed. Notice how your "relationship with God" has changed as a result.

YOUR BODY HAS NOTHING BUT LOVE FOR YOU.

STANDING STRONG—THE THIRD POSTURE OF THE SEQUENCE THE POSTURE OF HUMBLE CONFIDENCE

When we rise in the morning, let's stand strong. Let's stand firm in the "word of God"...the truth about Creation and our Creator. Let's stand strong throughout our day in worship of our Lord.

Standing Strong in body, we are powerful in heart, and confident in mind...we are firm in knowing that God created us and loves us immensely. Aligned in body, our heart and mind are aligned and we can feel the wisdom of the Holy Spirit. We know He will guide us through our day so we remain aligned with God's good and perfect will.

Standing Strong, we are willing to take up our cross...willing to die to our egoistic worldly values and desires. We are willing to walk on in life with the strength and courage to carry our deepest pain and trust in our Lord and Savior. We Stand Strong as a follower of Christ.

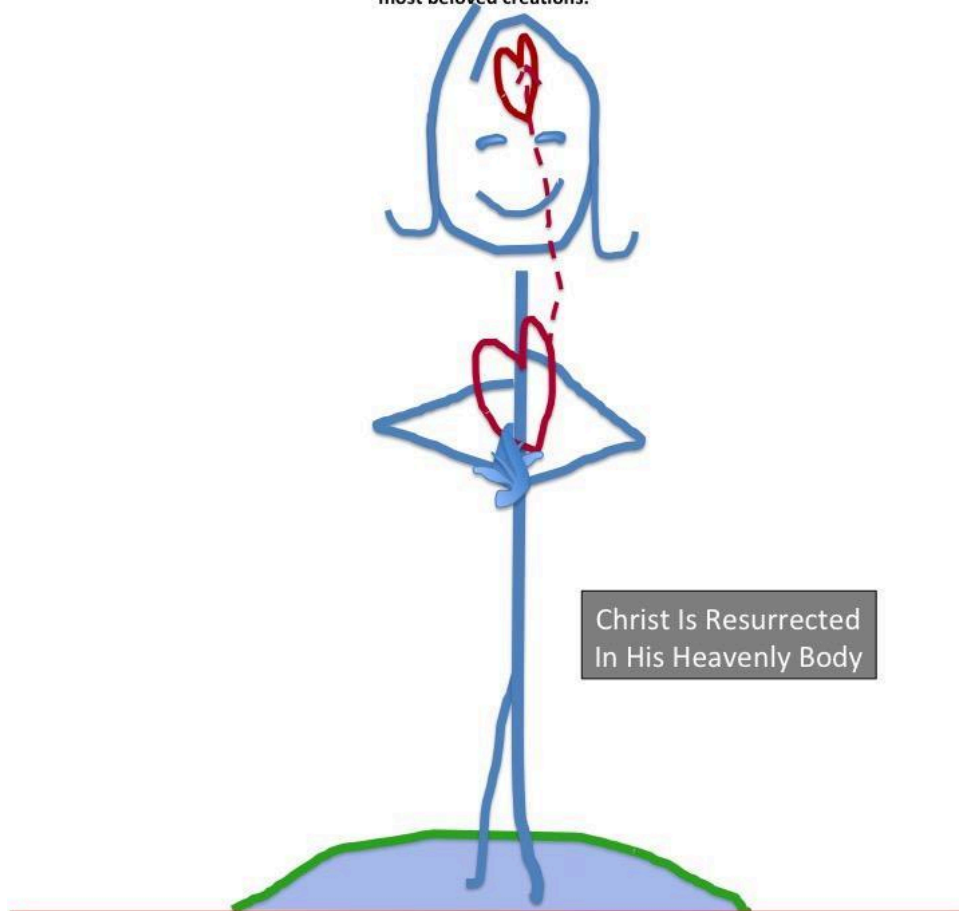
Standing Strong in body, we are aligned in heart and mind...we feel the wisdom of our heart give us strength to be able to resist the "devil's schemes," those vacant values of the world that attempt to distract us from our soul by filling our mind with deception. Standing Strong, we remember our true purpose in the world...to put on the Armor of Light and wait eagerly for the BLESSED HOPE of...Christ's Second Coming.

.....

STANDING STRONG

OUR POSTURE OF *HUMBLE CONFIDENCE AND HOPE*

Standing Strong instills HOPE, faith in the Second Coming of Christ. We go through our day with the “humble confidence” that we are children of God...His most beloved creations.



**As we mentioned in a previous chapter, SPIRITFITT’s particular fitness-focus is on Standing Strong, on the “alignment of Good Posture.” We go into the specifics of why this is important in the next Chapter. For purposes here we are working with the fitness techniques of good posture in Standing Strong with respect to it as the third holy posture of this Sequence.

STANDING STRONG THE THIRD AND FINAL SIGNATURE SEQUENCE POSTURE

Standing Strong” is the third of the 3 “holy postures” of the SPIRITFIT sequence. In the first, Kneeling Down, we experienced humility before our Creator and discovered FAITH. In the second, Laying Down, we experienced “complete surrender” and discovered the LOVE of God and submitted to His will. Now, we will experience HUMBLE CONFIDENCE that leads to HOPE...that which we learn from the Bible comes from FAITH and LOVE. Standing Strong we feel the sensations of the Holy Spirit moving us through life in faithful and holy ways.

SPIRITFITT considers “standing strong” to be our “personal power posture.” It is the posture where we are most mentally focused, emotionally balanced, and spiritually centered, where we are aligned with the body, heart, mind, and spirit. In other words, when we are in good posture, we are in our “full consciousness”...of who we are, of the

world around us, and of our connection to God. We are calm, clear-minded, and respond to life with more morality and integrity, respect and decency.

AND! What is of great importance to realize is that “our posture” is our presentation of who we are to the world. Our posture expresses to the world what we feel and what we think about ourselves, about others, about our culture. And most especially, it is the expression of what we believe about God. Said differently, rarely do you find a person who believes in God through faith in Jesus Christ “slouching around in life.” They stand strong in good posture because they are physically and thus emotionally uplifted by the flowing wisdom of the Holy Spirit from their heart. And of course this influences how others see and relate to them. And amazingly, we also discover that our posture also influences how others feel and what they think about the world and even themselves...our energy actually changes theirs. And to put this into a “spiritual nutshell,” because of how we stand, we are either emitting “light or darkness”...and thus impacting the world.

As we rise now to stand, having just gone through the humbling experience of Kneeling Down and the emptying experience of surrendering while Laying Down, we begin to feel smooth strong sensations filling up our body with the “consciousness of holiness.” It begins to dawn on us through that these are what “sensations of faith” feel like. Flowing powerfully through our body and into our mind, they encourage us to stand tall, to Stand Strong.

As we stand here, we make note of a “paradoxical transformation” that seems to be happening. Standing strong in good posture we become filled with humility. Standing strong and taking slow, smooth breaths, this posture triggers healthy, holy physiology which flows strongly from our heart into our mind keeping the machinations of our Ego at bay with the virtues of the “Holy Spirit.” Also, we begin to feel our humility transform into a sensation of holiness...and we awaken to “the holy truth.” Standing Strong, we feel centered in our self and freed from the struggle in our mind...and we begin to experience our humility transform into holiness.

Now also, standing here feeling the strength in our body, we also feel how this encourages us to feel confident. So how do humility and confidence fit together? They fit together because they compose the “sensation of faith”...we are humbled before God and confident in faith in Jesus Christ. And through this physical awareness, we begin to understand who we truly are and why we are here...it’s all God’s plan. Knowing the truth sets us free from trying to follow the false expectations of this world...and feel aligned with the will of God.

TECHNIQUE TIPS FOR STANDING STRONG

As are the tips for all postures, the key one is to pay attention to how your body feels and how this influences how you feel as you go through each of these tips below. As previously mentioned, we discuss Standing Strong, or rather Good Posture, in great detail in the next chapter and you will notice that these techniques are repeated there, yet with greater information about their effect.

MENTAL FOCUS: Focus on the sensations that occur in your body as you align it to “stand strong.” And keep your attention on the alignment of heart and mind and that you are becoming physically aware and thus mentally aware of your alignment with the Divine...meaning the sensations you are feeling are your conscious connection with God...of your relationship with God. In a nutshell, when we align our body we actually do become a physical temple of spiritual energy...with our feet flat on the earth and our head reaching to heaven we are a conduit of energy flowing up from the earth and down from Heaven and merging in our heart...the home of the indwelling Holy Spirit, the Spirit of God. Keep your attention on your heart as you follow these tips.

THE TECHNIQUE: First create your base of stability, your foundation, by planting your feet on the ground hips-width distance apart. Next feel your energy flow down through your body and root down, or anchor, into the earth through your feet. Now, as you connect and “ground” your body into the earth, begin to strengthen your legs and draw energy up from the earth through your hips and up through your torso...feel this lengthening your spine and neck. Feel the energy flow up and out the top of your head. To support this uplifting flow of energy, tone your pelvic floor and tighten your ABS pulling your belly in...this stabilizes your torso.

Holding this “strong alignment” in your whole body, now lift your sternum, your heart, and open your chest by drawing your shoulders back and down. As you are drawing your shoulder blades down your back, press them forward so you feel a lift and opening in your sternum and an opening in your chest...this will give a slight arch to your upper back. Now, lengthen your neck...pull your chin slightly back and feel the lengthening of your neck.

Next, place your right hand on your chest and the other on your belly and feel how this brings your attention fully to your body...you are consciously connected, you are “centered.” Feel the warmth of your hand on your heart and notice how you are beginning to feel it’s beat and rhythm...and notice how this calms you. Hold this posture, feeling the strength in your body while you take several long, slow, smooth breathes. Make note while you are paying attention to your body that toning your pelvic floor and slightly arching your upper back work together to stabilize you...these are the “nuance” techniques that make this practice very effective and unique.

Let a smile float upon your face.

While Standing Strong for several more minutes, focus on the sensations you are feeling throughout your body ...and particularly around your heart and in your head. Your body feels stable, uplifted, opened, strong, and balanced. And as you focus on this, realize that you begin to feel mentally and emotionally stable, uplifted, open, strong, and balanced. Your body and head feel lighter and yet very strong. Letting these sensations fill our consciousness, we realize that together they are generating a sense of “resilience” ...humbly confident that we can “handle anything.”

To finish, continue to take slow, full, smooth breaths, feeling your chest expand and your heart falling into it’s smooth rhythm...and notice that you feel waves of “healthiness and goodness” begin to flow through your whole body and into your mind. Notice that they begin to morph into sensations of “humility and holiness.” Realize that these sensations are transforming you. Your attention is shifting from what is going on out in the world to what is going on inside of you. And there is no denying that this feels good...our body likes the attention. Our body feels stronger, our heart feels stronger, and we feel stronger. And it begins to dawn on us, that this is the feeling of being connected to something far more powerful and holy than our selves...these are the sensations of our relationship with God. Notice that you feel “fully present.”

In a later chapter we explore this all in more detail...We look at this in the context of Good Posture...the posture of “standing strong” in our everyday life. Good Posture is our “life posture” ...our body becomes our guide through all that we face in the course of our day, in the course of our life. In that chapter, we discover the Formula of Good Posture that directly mimics what we did here: we grounded, lifted, opened, centered, and aligned.

STAND STRONG AND BE STILL IN YOUR SELF: Release your hands to your sides. Take a deep breath and feel yourself standing strong and close your eyes. Notice how the sensations of your heart become more apparent...smooth rhythms generating physical and emotional strength. “BE STILL” for at least 1 minute and FEEL THE SENSATIONS. Realize that you are “standing strong and still in the presence of The Lord.” You will begin to realize that this energy within you is from a power far greater than yourself and that loves you deeply. This is the Holy Spirit of God...here to help you through the challenges of life. We remember we are God’s most magnificent creations...beings created solely to be in relationship with Him and to reveal His power and glory.

Be CALM and know Christ Always Loves Me (C.A.L.M.)

OUR BODY IS OUR GUIDE THROUGH SUFFERING

Now before we end this chapter, it’s helpful to speak directly to our suffering and how this “holy posture practice” gives us powerful support through challenging times in life. Put simply, as we’ve discussed, the transformation from these postures is that they activate our calm, holy physiology which influences us very positively emotionally.

AND, as we’ve been mentioning, given the brilliance of how God made us this transformation also helps us strengthen faith. And faith is the most powerful support through suffering...because faith helps us understand the purpose of suffering as well as connects us with divine encouragement. Though most of us don’t believe it, the truth is that there is a very positive and mandatory reason for our human suffering. It is a part of the life journey and most particularly, a part of the spiritual journey.

For those who are followers of Christ, our faith in God through Christ becomes stronger and we learn from the Bible the purpose of Christ’s coming and His suffering. Christ came to reveal to us God’s love and His intention for us...God is a very benevolent, loving Creator who planned Creation and all that happens in it for our ultimate good...eternity with Him in Heaven. And yes, that plan includes suffering.

So let's look at suffering in more detail. As we all know, life inherently includes suffering...regardless of what our spiritual belief may be. And we all know that sometimes our suffering can become more intense. And through this posture practice, SPIRITFITT supports us with a practice that helps us manage ourselves through our suffering...it is very effective in keeping us out of "excessive negative thinking and fear." It helps us feel calmer and thus better able to focus and accept what we are going through. And for "believers," it helps them lean on the Holy Spirit for support and comfort... and not feel so alone.

And as a reminder, because SPIRITFITT is a body-centric practice it is much more powerful than any of the mainstream, mind-centric practices such as Buddhist meditation or psychotherapy. Working with our body is much more effective in calming our mind and feeling greater courage, than trying to convince our mind of feel this way. Standing Strong, we feel the strength in our body and this is the immediate antidote to our emotional state of feeling like the "victim"...instead, we feel like the "overcomer." And this result is well-supported by science, psychology, and the Bible. In biblical terms, we are wearing the "armor of God."

It's quite a remarkable experience to feel how powerfully this works. For example, when we are suffering we are brought low in body, heart, and mind...we slouch. And we try to do all we can to avoid and fix it as fast as possible. We try to talk ourselves into feeling strong and courageous and accepting but instead we only feel weak and helpless...and this increases our suffering...proof that trying to deal with our suffering mentally and emotionally is not that effective. However, what we have learned here is that bringing our full attention to our body and calming it through our posture and full breathing, and feeling humbled, then surrendered, and then rising into strength, we experience our mental and emotional self calm and become more accepting...and we begin to gain some perspective. Yet, of greatest benefit we feel the Holy Spirit who is right here with us and helps us feel the support to go through it.

Said differently, as we rise from the practice to stand strong, we "stand strong" humbled before God and we feel encouraged by our body to "surrender" and offer our suffering, our selves, into divine wisdom. Biblically, this means we offer our suffering in service to God's will. This subdues our ego which only ever makes our suffering worse by getting us to feel arrogant and wanting to blame ourselves, and to blame others. When in truth, there will be many times in life we will suffer and it's not really anyone's fault...and if it is, blaming them only makes the suffering more intense.

As we work through this practice, we begin to realize that resisting suffering creates more suffering. If we find our humility and holiness instead, we begin to see suffering from a totally different view...there is great purpose for our suffering and great power from understanding this. The truth is that suffering is an inherent part of life and strengthens us spiritually. Those born again, stand strong in faith in Christ know that our suffering is part of our path toward salvation. And what does that mean specifically? It is God's plan that "human-life suffering" is what evolves us and refines us into the holy, divine beings we need to become in order to be with Him in Heaven. Our nubile human body and consciousness is sacred yet not quite evolved enough for the spiritual realm of Heaven. In order to fully comprehend the freedom and peace and goodness of Heaven we need to feel the bondage and chaos and darkness that Heaven is not. So, here we are in God's intended broken world to help us evolve. Yes, we may not like it, yet if we focus on what's at stake, it definitely is worth it.

We have discussed when and where man's suffering began...man fell from the grace of God and was put out of the Garden of Eden. And now we dwell in the darkness, the stressful, the negative, the evil energy of Satan. He is the "ruler of the world." YET God is ultimately over Satan, and thus, this is all part of God's plan. God used Satan as the deceiver to get Adam and Eve, mankind, to sin and become corrupted and thus our life became the "bootcamp training" to condition and evolve into His holy, divine children...who ultimately will be raised to Heaven.

So now that we know that our suffering is not all of our own making and that it has a highly divine purpose, for our Salvation, perhaps we may even find some "joy in our suffering." That may sound rather "far fetched," yet if one believes in God's sovereignty and His plan for our eternity and that we now know part of our path toward this ultimate fulfillment is to go through the "refining fires of suffering," then can we not be joyful that this is a sign we are truly on the path. And we can take some counsel from the Apostle Paul who encourages that the pain and suffering we go through is nothing compared to the reward of being with God. Perhaps we can actually be grateful for our suffering. Knowing it's bringing us closer to God, we can endure it.

What also helps us gain a holy perspective of suffering is to realize that Christ came and took the suffering for our sins. It was so excruciating because a lot was at stake...Christ came to save us from eternal suffering in Hades with the devil. Through Christ, God incarnated to become known to us...the divine revealing Himself to us in human

form is just amazing to comprehend. And so by our suffering, we share in Christ's suffering and this awakens us profoundly to the power of the intention of God...so we begin to yearn to be with God where we know there is no suffering. And this we begin to understand that all this is leading up to our being able to begin to have us experience His power and glory, and especially, holy love...all God's intention.

So as we relate this to the holy-posture practice, we begin to experience how helpful the practice is in keeping us connected to this understanding about the purpose of suffering...the purpose and plan of God. As we Stand Strong, we begin to realize how important it is to connect with our body and revere it as God's.

From the biblical view, standing strong, embodied, fills us with the consciousness of a higher moral code than is in this world...God's. This consciousness emanates from our heart, not our mind...our Ego has no part to play. And now we see the brilliance of such morality...it keeps man's body healthy, society peaceful, and the planet and universe flowing optimally because it tells us how to behave, how to take care of all that God created and blessed us with. And with this aware, our suffering becomes less overwhelming and disappointing...we begin to find peace.

Further, by practicing the holy posture, standing strong, we ultimately grow stronger in faith in Jesus Christ...we become more discerning of the temptations and evil, of the drama around us, all that cause us suffering, and turn away. We stand strong in the posture and mind of Christ and though suffering continues we have greater courage to endure, to find the "joy in suffering," which is the joy that comes from following Christ. As Jesus said, "you will have trials and tribulations in the world, yet know that I have overcome the world"...and one day Christ will return and rule. Satan will be gone.

AND! If we continue "to practice" Standing Strong, as we will discuss in the next chapter on training for Good Posture, we will "condition" our body to hold healthy alignment. And our body, heart, mind connection, our consciousness, becomes more "spiritually" conditioned. Our Ego loses its hold and the energy, the sensations, of the virtues of the Holy Spirit flow freely through us and transforms what we think. We begin to choose more positive and good things. And we are less arrogant and prideful which leads to suffering.

Standing Strong, we feel the holy sensations that resonate with God and we are inspired to stand firm in the "word of God," in the truth of the Bible, in faith in Jesus Christ. We stand strong in our commitment to follow all God's commands...Christ's commands. And we wake up to how "sensible" they are...how they keep us physically and mentally healthy...spiritually conscious. And in this, we feel the encouragement of the Holy Spirit to lean on Him for guidance and comfort. And thus, we find strength to endure our suffering.

PART FOUR

WHAT SCIENCE AND THE BIBLE REVEAL ABOUT OUR BODY'S SPIRITUALITY

CHAPTER TEN

The Science of OUR BODY'S Spirituality

The Physiology of Our Body-Heart-Mind-Spirit Connection

Most of us don't realize that our body is the most amazing of all Creation. Its divine design is such that our healthy physiology shapes our psychology which informs our spirituality, shapes our awareness of God.

It's All About The Heart.

Our body is a most brilliant, intricate, complex, incomparable, "fine-tuned," biological, and physiological design. Each body is unique, in all the 8 billion of us. And man cannot duplicate it. And the most amazing thing about our body is that "the heart is at the center of it all" ...our heart is at the center of our physical, mental, emotional, AND spiritual selves. Our heart is the center of who we are.

Through modern scientific research, we learn that our body holds a consciousness that is separate from our mind. Specifically, our heart's "rhythm" governs our body's physiology and this influences our psychology...what we think and believe. HeartMath research claims that when our heart finds its "smooth rhythm," it syncs with the rhythms of our mind and we become conscious of our "intuition."

SPIRITFIT describes this psycho-physiological connection in our body. In the simple truth that when our heart is calm, we feel calm...AND, we also feel something deeper than intuition. Feeling calm, we become aware of good-feeling, holy-feeling sensations flowing through our body and soon we understand that we are connected to something much more powerful and benevolent than our selves. All is well. And this is empirical to us all. In other words, our heart holds our conscious connection to the "sacred," to the "spiritual," to God. Our heart knows God.

In essence, what we are discovering is that our body is a spiritual being...

"made in the image of God" means we are the Holy Temple of the Spirit of our Creator. And scientific research is backing this up. We are realizing that our consciousness of God is a "body-heart thing," not a "mind-thing," as we thought.

Now God forbid that we try to altar our body in any way that dismantles its "humanness"...for we will lose our connection to our Creator.

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Now before we explore the science, let's just pause a moment and consider our own body. We have to admit that our body is magnificent, a brilliant creation...and that it's undoubtedly "the" evidence of an all-powerful, meticulous "Creator." Think about our hair, our teeth, our eyes, our limbs, and all they can do. That we can see, smell, taste, touch, and hear, and that we eat. Consider our body's connection to the planet...we are nourished by its nature.

Think about the fact that we are made male and female, that we can procreate. And think about how our heart beat and our breath are what keep us alive. Truly, how can one come close to explaining the miraculous design and function of our body, our physiology, and especially, our heart, other than it is "the work of God, God of the Bible?"

Even more amazing is that God made us "conscious beings"...we are "aware." Through modern science we are beginning to better understand how our *body-heart-mind* works together to not only keep us alive, but to keep us conscious of each other, of nature, and of the celestial. And we are not only aware of the world around us but we are aware of our Creator. And it's beginning to dawn on us that our consciousness of God is why we were created...and that this consciousness is held within our body, not in our mind.

Said differently, we are learning that our body is more than just matter, more than skin, organs, blood, and bones. Our body flows with energy, made up of hormones that trigger processes that happen in order to "accomplish life." And we are beginning to understand that we are not just speaking about human life, but also spiritual life. We can't see the "life-force," our soul enlivened by our breath, and yet, we know it exists because we exist and we are conscious. It's clear that our body is both physical and spiritual...and when one focuses on the body, it ultimately becomes clear that the real meaning of "spirituality" is our body's "inherent consciousness" of our Creator.

As we explore our “body, heart, mind, spirit connection,” we begin to experience our “physio-spiritual” connection to our Creator and begin to realize that our relationship with God is very personal...and that it’s physical first and then emotional and mental. We begin to realize how our physical/physiological experience strengthens our spiritual experience, our experience of faith, our consciousness of God through Christ. As we mentioned above, our body is connected to Christ’s body...our physical experience is the same that Christ experienced while in human form, in a human body. It becomes clear that our spirituality, our connection to God, is a “body-thing,” not primarily a “mind-thing.” Or more accurately put, our body inspires and renews our mind with the consciousness of God...our mind is incapable on its own.

Also, when we pay more attention to our body, heart, mind connection, we also start to understand that we inherently know the character of God from the sensations flowing through our heart...the indwelling Holy Spirit. The full and soothing, uplifting sensations flowing from our heart are waves and rhythms of the virtues of goodness, joy, love, peace, patience, kindness, gentleness, generosity, forbearance...and these then give us discernment of what is not these, the discernment of that which is unhealthy, unholy, evil.

Reflecting on the brilliance and intelligence of how we are created and these sensations and experiences, it’s undeniable that we were created by the one, true Creator. And thus, it becomes clear that God is an “intentional” Creator. God has a very specific purpose for His Creation. God has a very specific purpose for every part of our body, for every part of the planet, for the universe.

Considering God’s intention further, we begin to realize that given we are each unique, God has a specific intention for each of us, a specific plan and purpose for our lives. Though we ponder and question the meaning of destiny and free will, the answers are evident in all that is created. In other words, by the specificity of all that is created and how it all works, and specifically referring to our human body, it’s evident that all God created, including each of us, was a premeditation...as the Bible says, before the creation of the world. We don’t really have any free choice about it nor the wisdom to change it...also, clarified in the Bible.

Looking at further evidence of our lives being predestined, we begin to see more obvious clues. We are each uniquely fashioned and born into different bodies and into specific family situations and into various cultures, ethnicities, religions, and governments around the world. And there are so many “coincidences” and unexpected events that happen...seems coincidences are really God’s plan. And so, the conclusion can only be that this is because we are meant to bring forth a unique purpose in our Creator’s plan. How did Abe Lincoln become Lincoln, Einstein become Einstein, Elon become Elon, Christ become Christ?

The Bible reveals that our Creator knew us before we were in the womb, knows the number of hairs on our head, and has the days of our lives written in His book. So what are destiny and free will? Destiny is God’s destiny for us on earth. And our free will is not our autonomy to decide our life and future, yet the freedom of will we experience when one is born again and blessed with a holy will...the sinful will we were born with is washed away. Our will now becomes “free” from the bondage of worldly lust and desire...we don’t have free will yet we have been blessed with the one choice that sets us free. Our will focuses on holiness, which is our truest inherent human desire...and we freely choose to love and believe in God.

Put simply, we have been created by an all-powerful, all-knowing, most intelligent, and passionately loving Creator...and for His will not ours. No other explanation makes sense...or is rational.

SO, WHAT EXACTLY IS THE SCIENCE BEHIND OUR HUMAN “CONSCIOUSNESS” OF GOD?

It’s All About The Smooth Rhythms Of Our Heart

Mankind has always been researching and studying “what makes us tick, how we function.” Most especially, we want to understand how we think, where emotions come from, where our perspective and beliefs come from. Basically, we want to understand the “meaning of our existence, of life” and that means we need to understand this thing we call “consciousness.” We want to know how it came about...and we are obsessed with how to control it. More specifically, we believe that knowledge builds intelligence and this is a huge part of our consciousness. Thus, man’s main goal is to gain more and more knowledge...believing that the more knowledge we have, the more powerful we are our body and the planet and universe, and thus, over our life...even over our “afterlife.” Sounds familiar. Sounds like we’re back in the Garden of Eden eating the fruit of the Tree of Knowledge. And so one must

ask about our spirituality. How important is it? How important is our belief about the Divine...is our belief about who God is?

Up to now we have pretty much settled on the idea that it is “our mind” that holds consciousness and controls our lives...and spirituality. We have technology that studies “brain waves” and how these generate thoughts. We are in an era where man is intensely working on technology that can “download” our mind’s activity into digital files with the outlook that we will one day load these into synthetic bodies...we can live forever.

HOWEVER! Besides being terribly unconscionable, this brings to light something mankind is overlooking...or maybe not. The question becomes, if we try to change and dismantle our body and mind, and become so interested in the “artificial body and intelligence,” then what is going to happen to our “spiritual selves,” to our understanding of the divine influence in our lives, to our connection to God? What is it then that we are going to believe in? How will we know what is “real.” How will we know what is true? How will we know what is moral and just? How will we know what compassion and love are? How will we know who we truly are? The truth is we won’t...and the truth is we will not end up in Heaven but rather in darkness for our eternity. Have we thought of that? Obviously not. We are definitely back in the Garden of Eden and Satan has full control.

If we continue to manipulate our body-heart-mind connection, then we will be cut off from our “inherent moral authority,” from our awareness of the laws of nature and how things are meant to work...meaning how we fit in. One wonders if anyone has thought about the interconnection that exists between man and nature...meaning there is a spiritual connection there. If we continue to disrupt our body-heart-mind connection we will disrupt our consciousness of God.

For example, science has revealed that our stomach, lungs, liver, and especially our heart, are able to communicate with one another...they hold consciousness. And they communicate with our mind revealing things we need to know about our world...helping us stay healthy, safe, and emotionally well-balanced. We know from our own experience that these organs working together in a healthy way generate sensations of health which inspire awareness of goodness, kindness, and love...and thus, inform our mental consciousness of discernment as well. What will happen when our “real” body is corrupted and this connection dismantled? Who are we then? Where is our spirituality? Who is God to us then? Is this the kind of dystopia we want to live in?

In SPIRITFIT, we have reviewed science that helps us understand man’s body-heart-mind-spirit connection. And we have discovered that our body, particularly, our heart is the source of our consciousness of our self, others and the world around us...meaning our mind is not the source but is a tool for connecting us to the world. And, we have also discovered that our heart is the source of our spiritual consciousness of the Divine...biblically, we know when born again the Holy Spirit indwells our heart. And there’s no doubting any of this because it’s our heart that keeps us alive and it’s physiology generates emotions of faith, hope, compassion, goodness, and love. These are not mental constructs but rather mental comprehensions.

As we reflect on some psychological research, we begin to realize that our mind can develop a consciousness separate from our body and heart...our Ego. How do we know it’s separated from our heart...it’s narcissistic focus. Our heart has no such inclination. And we’ve discovered that our heart, our body, hold consistently to only “one truth,” health and holiness...whereas our Ego holds to many different beliefs and most of them focused on the worldly...our Ego often desires the unhealthy, the unholy.

In other words, as we explore science, it’s revealed that our body and heart are inherently inclined only toward health...toward what’s natural and good, toward what’s true, toward what’s sacred. Certainly, there are illnesses, diseases, handicaps, and addiction yet these are a result of corruption and contamination that our body efforts to heal, not the result of our body’s “desires”. The body is constantly trying to heal itself. Our body wants to live...and our heart wants to love. In a nutshell, the truth is that our Ego holds very little morality in its obsession with worldly values and beliefs. Only our heart, which is connected to God, holds the true understanding of good and evil because it holds the moral authority of God. In other words, our heart is our source of life and spiritual awareness and thus generates only emotions that focus on helping our selves be calm and loving...the gateway of our consciousness of God.

Now this brings us to the topic of “stress.” To put it simply, stress in life is not only fearful thoughts and emotions because of what’s happening around us but really is the “lack of faith.” In other words, our fearful thoughts happen because we have little to none true faith in the Divine, in God. Instead, we are believers in ourselves as little gods...believing that we have free will, the wisdom and power to decide our destiny all on our own. But the

truth is that this is hugely stressful because as we can see throughout man's journey we don't have such powers and are living under the pressure of a lie...Satan's lie. And as a result of believing the lie that "we control our lives," it becomes very stressful feeling pressured to make things happen and prevent other things from happening. The point being that it's our Ego's judgment and fears, our arrogance and pride, that cause us emotional stress, not our body. And yet, as we discover here, it is our body that can help calm and resolve our fears, not our mind.

As we all know our emotional stress definitely influences our body's response, our body's physiology, and our body responds, and we find ourselves in a cycle of "body/mind" stress response. And the truth is that most of humanity is stressed over 80% of the time. And as a result, a majority of people seek ways to find relief...drugs to psychotherapy. Yet we now know through the scientific study of stress management that it is our body that can provide the most effective antidote...again, it's always focused on healing.

As we've been discussing here in SPIRITFITT, science has revealed that there are physical techniques that help calm our body and this helps fight our fears and doubts, helps calm our mind. Trying to control our mind which has become the modus operandi of stress management programs doesn't really work. And this brings us to the whole point of SPIRITFITT. As we've discussed, SPIRITFITT is dedicated to helping us create a healthy relationship with our body and in our new-found intimacy we learn various physical/physiological techniques that help release our body's stress which as we've experienced releases our emotional and mental stress...our calm body calms our mind. And most especially, our calm body expands our heart's consciousness of faith...those born again experience faith in God through Jesus Christ. This experience of faith begins to expel our false belief and faith in man...that we can help ourselves, save ourselves, from the sinfulness of this world.

In scientific terms, the techniques and experiences through the Sequence of Holy Postures are extremely powerful in resolving our emotional stress because they resolve our physical stress response....elevated heart rate, blood pressure, cortisol output are brought back down. Now of course that's a huge benefit in itself. Yet we have found through the science that this instantly changes our psyche...and this actually means our Ego becomes disempowered. In the sequence our calming heart generates sensations of holiness and this heightens our consciousness of the divine, "spiritual awakening." In a nutshell, SPIRITFITT is dedicated to strengthening our relationship with our body and understanding how we can work with it to strengthen our relationship with God.

As we reflect on this, we begin to understand that our physiology is the language of our body-heart communicating to our consciousness "spiritual truths"...the truths about our Creator. We are beginning to understand that our body, not our mind, is the foundation of our consciousness of the "supernatural" and discerns for us between healthy and unhealthy, holy and unholy, and is always guiding us innately toward the healthy and holy—toward our connection with God. So, this begs one to ponder...then what is it that causes us to do unhealthy and unholy things? More importantly, what is it that causes us to do evil? It's our Ego...untampered by the wisdom of the Holy Spirit, the mind runs amuck trying to control everything. We explored this in detail in the first section of the book.

SO WHAT DOES THE SCIENCE SPECIFICALLY SAY ABOUT OUR SPIRITUALITY?

Exploring the physiology of our "body-heart-mind consciousness," science has revealed that our heart is at the center of it all. Our heart is the "control center" for our physiology. And as is the central topic of SPIRITFITT, scientific research also reveals how our physiology significantly influences our psychology...and from this we have realized how our heart controls our spirituality.

Research from HeartMath Institute has taken a deep dive into trying to understand how our heart and mind communicate. Our body has an "electromagnetic field," as does everything in the Universe, and research has discovered that each organ of our body has different "fields" that make up our body's overall field. Each organ has a unique electrical frequency, a specific pulse, that flows together to create a "specific energy field" that influences our overall physiology and psychology...and activates our spiritual consciousness, and thus, defines our unique spiritual nature. Makes sense, as we know from the Bible, and especially, our own experience in life...and yet it's still "a WOW!"

And, HeartMath claims that our heart holds the most powerful electromagnetic field in our body...and it's electrical activity is 60 times more than that of our brain. Interesting...given that we are all captivated by the activity of the millions of electrical impulses of our brain waves. Through the research we are learning that our heart uses its electromagnetic currents to stimulate certain hormones throughout our body to accomplish "its intention" for our physiology...like evoking "steady-state" or "arousal to action" or "healing."

In other words, we are learning that our heart has a very powerful, actually dominant, communication pattern with our mind. Through EEC and EKG data, it seems that our “smooth heart-rhythm” can sync up with the rhythms of our mind and establish resonant rhythms...and the result is that we feel calm, more confident and clear-minded. This fact alone has to cause us curiosity about the “consciousness” of our body...discussed above. And so given the inherent nature of our heart, it makes sense that we’d want to do what we can to keep our heart-mind connection strong.

A quote from the HeartMath website about this connection between our heart and mind states...*we call it ‘psychophysiological coherence.’ This state is associated with sustained positive emotion and a high degree of mental and emotional stability.*” Said differently, we are beginning to see that our heart not only governs our physiology yet also evokes our sense of “goodness and morality.” We can all attest to experiencing that when we feel calm, when our heart and mind connection is calm, we feel more focused on what is good...what is holy.

This research brings us “remarkable revelations” about our body that is the “cornerstone of SPIRITFITT’s message. SPIRITFITT highlights this research as conclusive evidence that “positive emotions” come from our body’s inherent nature, from the smooth function of our heart...emphasizing the point that they are “sensations” first, that then become thoughts...emphasizing that these then shape our thoughts, our ideas, our beliefs, toward the “positive, holy, spiritual.” Meaning our mind is not our source of spiritual understanding and wisdom.

NOW! Taking this research further, we are able to conclude another most remarkable thing about our body. Given that we are made up of electromagnetic fields which are also light waves, it helps us understand how our heart can perceive the “unseen,” the spiritual. One can say that our heart is the “organ of spiritual perception”...and that it is capable of both perceiving energy and “light,” and of sending it out. So not only are we considering how we perceive the spiritual, but also, how we interact with the spiritual. AND! This also helps us understand how our electromagnetic field, our spiritual nature, affects others and the world around us...we go into this in greater detail in another chapter.

As we reflect on our own experience and realize that this is all true, then we begin to consider what exactly is generating this “goodness” in our body. The Bible reveals it is the “fruit of the Holy Spirit.” And because these sensations support us to behave in ways that are healthy and holy, in ways that generate “life and vitality,” SPIRITFITT identifies these as our consciousness of “The Truth of Creation.” In other words, we are inherently conscious of how God intended it all to work because we feel this in the sensations emanating from our heart through our body...and into our mind. We begin to understand that our heart pretty much tells us what we need to know about who we are, who created us, and why we are designed the way we are. Our own experience is the most powerful scientific evidence for the dramatic transformational power of the Sequence of Holy Postures.

In summary, what is becoming quite obvious here is that our heart holds our “true” morality and that this comes from beyond this world, from a spiritual authority, from our Creator, from God. We begin to realize that our virtues did not come from the world-system or our “evolving consciousness.” Rather, they are blessings “imbued in us,” in our body and heart from our Creator to help us navigate a good, healthy, loving, holy life...fulfilling His intention of HOLY LOVE.

AND! The most amazing benefit, the blessing, from this is that consciously connecting with our heart and body, and experiencing it’s “inherent holiness,” we realize instantly that we are not alone in the world...that we are deeply loved and supported. And God’s intention is made evident. Through the brilliant design of our body, we experience a harmonious flow of energy between us and God. This is the love and intimacy between Creator and created...this is HOLY LOVE. This is God’s intention...we are being refined into holy, divine beings to be with Him in Heaven for eternity. There is nothing more comforting and inspiring that this Truth. It is the reason for our existence.

WE ARE NOW EMPOWERED

The “aha” here is the confirmation that our biology and physiology inform our consciousness about the truth of our Creator...and this experience is what empowers us to navigate life with strength and courage. Scientific research is helping us understand that our spirituality is a “body-heart thing,” rather than, as we have thought, a “mind-thing.” Interestingly enough, this is what the Bible has always revealed...we are made “in the image of God.” Our body is the Holy Temple of the Spirit of God, His laws “written on our heart.”

So what does this mean? SPIRITFITT hopes that by helping us understand the science of how our body-heart-mind-spirit connection works, helps us understand that we are “empowered” to apply this to our everyday lives, and thus, learn how to keep our consciousness directed toward goodness, toward God when life begins to implode and tempts us toward fear and doubt. We can instantly come to our body and find calm...we are embodied and thus engaged with the spiritual energy and wisdom of our heart.

SPIRITFITT sums it up this way. Given that we are realizing that our body “inherently knows” what is natural, healthy, good, and holy, that our smooth heart rhythm activates our conscious connection to the “sacred,” then our focus should be to “embody” our selves. Put in practical terms, by learning how to help our selves be less stressed, to be less in our heads and more in our body, we will feel more confident. We know from research that calming our heart, our heart beats more efficiently, with ease, and our breathing deepens and flows more freely. We feel good...we literally feel “freed up,” we feel spiritual.

In this state, we feel “yummy” sensations and realize that we are feeling the virtues of the Holy Spirit. As a result, we feel less “pushed and pulled” by fear and worry, by the negative influence of the world. Said another way, by learning how to manage our physiology, learning how to calm our heart, our smooth, soothing heart rhythm will steer our consciousness toward God.

Looking at this from another perspective, what we begin to realize is that learning to respect our body, to treat it with dignity, and thus, learning to listen to the wisdom of our heart, we are building our defense against the unhealthy, unholy, against the evil that is in this world. Embodying our selves we become consciously aware of our connection to our Creator, and thus, have a chance to build and strengthen “faith,” that which is the only antidote to “fear.” As we become more connected to the truth that God exists, that we are created by a one, true God, we begin to bring our attention to the truth that comes to us from Jesus Christ...God incarnated to become known to us, to be in a personal relationship with us. And our faith in Christ helps us understand the body, heart, mind, spirit connection even more...as we mentioned above, our body is in union with Christ’s human body, and through this, our body is in union with the Divinity of Christ.

The brilliance of what we are discussing here is the truth that it is our body that helps us understand the truth about life, love, and God. Our body informs our consciousness of the virtues of the Holy Spirit. We gain the wisdom of self-control. Meaning, we gain inherent understanding of what is right and wrong, of what is good and evil, of what is loving and hateful, of what is true and false...and our body motivates us to behave accordingly for this is what keeps us healthy, physically and mentally. This is our defense against the temptations of our Ego, our corrupted mind. In other words, our body helps us understand when we are going against the “natural flow and order of things,” against God’s laws for Creation...when we are morally confronting our Creator and destroying our own body and life. By learning this science and experiencing the sensations of our body as we practice the Sequence of Holy Postures, we are empowered then to “call on God” for help.

The truth is, as evidenced by the strife in our world, that man’s mind has been “co-opted by the false beliefs of unholy forces,” by Satan. In other words, rather than holding fast to the truth of our heart,” our mind has a “mind of its own.” YET, by embodying ourselves, we can take back our mind and awaken it to the Holy Spirit...this redirects it away from negativity and evil and toward “true” hope and joy, that which comes from Christ. We have the power to support our selves to align with the peace that is on offer by our faith in Jesus Christ and experience how this helps to liberate us from our fear and doubt, from our suffering.

In summary, the “big aha” here is that we have immediate access to God. We have immediate access to transforming our fear into faith...and to feel loved, to feel comforted, to feel liberated from our doubt and fear, from our sin and suffering. AND! This originates in our body, not our mind.

NEW AGE MINDFULNESS MEDITATION (Shorten for introduction to section on New Age)

Now before we close this chapter, it’s important to mention New-Age Mindfulness Meditation...which we discuss in greater detail in Section Four. Most of us have thought that to feel better and more trusting in life, to figure out why we suffer and how to liberate our selves from it, to figure out how to change our lives, is to figure out how to change how we think, to try to grapple with our emotions and feelings and to sort them out, so we then can think in more positive ways and gain the wisdom to fix our lives. In other words, we live in an age where this focus is prevalent...that believes that to end our suffering, all we need to do is to learn how to “love our selves more” and

that means learning how to control our mind, our thoughts, and change our beliefs. YET! Can any of us who have tried new age practices such as mindfulness meditation say that this works? It doesn't. And in fact, it's deceitful.

How can it be deceitful? If you have tried "mindfulness meditation" or other "self-help" practices for example, you begin to realize that many of these don't work in any real "transformative" sense. The thoughts, doubts and fears, always eventually seem to return. Why? SPIRITFITT reveals the truth that trying to change our mind, our Ego, by trying to change our mind, trying to control our thoughts, is not the path to awakening. Why? Because only our heart holds the truth we seek for it holds the Truth of the Divine. Our Ego holds the desires of the world.

These new-age practices of meditation, psychotherapy, and trance-inducing rituals focus on controlling our mind. They are unsuccessful at changing our mind because our Ego is simply too strong. But the real truth, is that these practices don't renew our mind and help us change our behavior because our mind is co-opted by our Ego, which was indwelled in us at birth...a sinful will, a will believing only in the power of the mind which is attached to worldly things. The new, the awakening, insights about who we truly are come only from our source, from God. Our Ego is steeped in the false values and beliefs of this world.

To put it more bluntly, these practices are deceitful in their promises of "liberation from suffering" because not only do they NOT liberate us but they make our suffering worse. Quite simply, by encouraging us to focus on our mind and slowing our thoughts or changing our thoughts or emptying our thoughts, we are more trapped in our thoughts. Many people who try these practices admit that they feel they are in a "tug-o-war." And any peace they may find never lasts. It's quite clear that our mind is very unreliable...thinking "this" one day and "that" another. Our mind will follow "mainstream think"...whatever it takes to "fit in." In these practices, we might feel a bit calmer for a few moments but we are not truly transformed.

In contrast however, we are learning that our body is "steadfast," consistent in its consciousness and intention...our body knows nothing of worldly values and beliefs. And SPIRITFITT helps us understand that by focusing our attention on our body and learning how to help our heart find its smooth rhythm, find its "calm," we are allowing our spiritual nature, our connection to God, to inform our beliefs, and thus, shape our behavior...it's "physio-psycho-spirituological." And our experience, our sensation, 100% of the time, is that we feel confident, often fearless. It's how God made us.

SPIRITFITT offers this as the "true" path to "freedom from suffering." Meaning, rather than focus on our self and learning "how to love our selves," as we are encouraged to do through "new-age and self-help techniques," we are learning how to open our consciousness to "how much we are loved by God." And we begin to understand that our "path to liberation from our suffering is to love God in return." As we connect with our body and heart, we realize what supports us to be healthy and loving is our connection to God. And we awaken to the most transformative experience of all...that humility is the key to our liberation from our stress and suffering. In our humility we realize that we can't "do life" on our own...we are not wise enough nor holy enough. We realize that we need divine help and we realize God is right here...we are not alone. We begin to realize that we have misunderstood our life purpose all along...we are not here to serve our selves and fulfill our will, but rather, here to serve God. Nothing else works...nor matters. Peace comes when Truth is told...as Jesus says, Truth will set you free.

CONCLUSION

So in closing here, we might focus on a question...how do we know we are doing God's will? Our body is our guide. Science and our own experience essentially reveal to us that our physiology is our guide to living a life holy in devotion to faith in Christ. As we've experienced, the techniques in SPIRITFITT help us discover how our body and heart help us understand and feel when we are doing that which serves God, and thus, fulfills His will for Creation. Our body and heart are calm and we feel at ease, we feel fulfilled...our body aligns and we feel emotionally aligned with God's commands and His intention as we know it from the Bible.

What we are experiencing is the "divine design" of God's most beloved creation...our body. And thus, our body also reveals when we are doing that which is not in alignment with God...what is referred to as "sin." Being embodied, we begin to realize how biological this is and that what we have read in the Bible about sin is really that which goes against nature, against our own nature...meaning, our own body doesn't like it for it goes against how we are made, how God designed His Creation, and it doesn't feel good.

Feeling the uneasiness in our body because of something we think, say, or do, we wake up to realize that we have damaged our relationship with God. Now we could think we have grieved God but those born again know that through Christ's crucifixion, we have been forgiven for all sin, past, present, and future. What happens when we sin after having been reborn is that we hurt ourselves, we damage our faith in Christ which we know is the only perfect peace available to us in life.

And this is when we realize the point of "repentance"...as the Bible says, repentance means "a change of mind"...and as we know, because of how our body-mind connection works, it changes our behavior. Said differently, if we learn to embody our heart, we will hear and feel what is healthy, good and loving...and we become inherently changed and behave in ways that generate these. We naturally follow Christ's Great Command...to love God and love each other as Jesus loves us. Put simply, nothing else can liberate us from our suffering.

So as we finish this chapter, it is worth alerting ourselves to something very dangerous that is taking place in our current global culture...a huge effort to dismantle our body and heart from our mind. And thus, we are in peril of losing our soul, our connection to God. And from a biblical perspective, it's a pretty good bet that God will not let this come to complete fruition. We see God's divine intervention in the book of Genesis when man became filled with hubris and tried to take control of God's creation and make a "name for ourselves." May we pray that if it's God's will may Jesus be coming back soon.

Until then may those who believe in Christ remain humble before Him. May we stand strong in Good Posture for as we will learn in the next chapter, conditioning our body to have the fitness of Good Posture is powerful to our self-esteem and our connection to the spiritual throughout our day. Good Posture is essentially the same as the holy posture of Standing Strong. We discuss the training techniques in more detail in order to make it one's fitness priority to condition and strengthen one's alignment. Healthy physical alignment is certainly the core of training effectively and efficiently. And, though many are not aware of it, having good posture affects one's self-esteem, one's intelligence and comprehension, and especially one's perspective on life and love.

CHAPTER ELEVEN

ELECTROMAGNETISM: OUR BODY IS A LIGHT “UNTO” THE WORLD.

Science reveals that our body is energy, and our thoughts and emotions are energy...basically, all that is created was created by energy, pretty much holds some energy, and needs energy to thrive and grow. This is easy for us to understand because we can't see what it is that keeps us and nature alive and yet we can feel energy in our body and see heat waves and feel temperatures. Focused on the most brilliant of all that is created, the human body, it consumes and transforms energy every moment. Think of the energy that keeps our heart beating and our lungs breathing. This is the food that fuels our organs and muscles so we have energy to move around. This energy is our “life-force.”

As we've discussed, our heart beats and it's energy directs hormones that direct our physiology. Which influences the chemistry in our mind to generate different energy frequencies that produce emotions and thoughts. Scientific research states that when our heart is in a calm, smooth rhythm, we are calm. It states that EEGs and EKGs reveal that the rhythms in our heart and in our mind are in sync. And that emotionally then, when our heart is calm we are emotionally calm and we are thinking and feeling in more positive ways...we feel more confident and behave in more calm and loving ways. So now, we begin to understand how our energy becomes literally expressed in the world, and thus, directly influences our environment and influences those around us. Much of these claims come from the research conducted by an organization called Heartmath Institute. The power of this information is that it motivates us to learn how to keep our heart, our body, our energy calm—SPIRITFIT.

Now, there is something else interesting about our body's energy. We know from research that our heart generates an electrical current that runs through every cell of the human body and creates an electromagnetic field. And this certainly influences our physiological functions...and thus, influences how we feel and what we think. Exploring this further, technology has revealed that there are different electromagnetic waves generated in different organs of our body and that these are associated with different sensations...and thus, generating different emotions. The most powerful emotions are love, generated from our heart, and fear, generated from our gut. And of course, as we've been discussing, our emotions shape our thoughts.

Ancient India believes that energy centers in our body align up through our body calling this the “chakra-system. Many refer to this as the electromagnetic energy channel that connects our energy with earth and heaven...and thus, we each are the unique manifestation of a particular unique energy flow. In other words, it's a way of explaining our material self and our energy self...our earthly self and our spiritual self in union.

And though we may not have thought about it, this means our body not only absorbs energy but it emits energy as well. And what has also been studied and verified is that these various waves of energy are made up of particles and light...and that they have different frequencies, and thus, different colors associated with them. Meaning, our body emits different colors of light. Science also reveals that our different emotions emit different energy frequencies and thus different colors. And because our body absorbs energy our systems and emotions are influenced by our environment and those around us. We are affecting each other, and even the world, without saying a word. Pretty amazing...our awesome God's power of creation.

To help us prove this for ourselves, we can experience this. Think about how you feel when you look out over the vast, blue expanse of the ocean and sky. There is no doubt you are influenced into a state of calm and relief...body, heart, and mind slow down. Compare this with how you feel when you are looking at a huge bonfire. In the intense gold and red flames, you can see the heat, the aggression, how energy consumes...almost with a fierce anger. Speaking of anger, imagine the red face of an angry person. It's all connected. What's interesting about the Indian chakra system is that the colors begin with red at our feet and become cooler colors as they rise up through the body...essentially moving through the rainbow. The hotter colors express our more “dense” energy, our body's matter and its connection to the matter of earth. And the cooler colors demonstrate our less dense self, our mind and consciousness sitting higher up in our body or closer to the less dense world...the realm of the spiritual.

So why are we exploring this? Because we learn from the Bible that Christ emitted light. And we know from our own personal experience that we too emit light. And as we've mentioned, this light influences all those around us.

And so, SPiRiTfITT wants to help us understand the amazing power of our body and to realize that what we believe and how we behave causes us to emit a light into the world that is an expression of who we are...and it is an expression of our faith. What we believe about God and Creation emits a powerful light. And we read accounts of this throughout the Bible. We learn that once born again, our heart becomes imbued with the Holy Spirit imbued by the grace of God. We learn the light of the Holy Spirit fills our own psyche carrying "faith in Jesus Christ." And the "light of Christ" shines out from us, and with the world that we are bible-believing followers of Christ. And SPiRiTfITT helps us understand that we can affect the intensity of our light of faith by practicing the Holy Postures that we have been discussing. As we've mentioned they can shift our sluggish, unhealthy physiology to energized healthy flows which we are now learning carries light energy and thus brightens our personal light.

Going on. Highly technological photography can pick up the "light," or electromagnetic fields, that emanate from our body. The photographer had been able to pick up "someone's color" ...new age calling it our aura. And scientists have associated certain colors with one's mental and emotional state. And the science reveals that the strongest center of one's aura is around the heart. Science also reveals that it is rare that someone can see another person's aura, or color. Yet, getting close to this might be to realize that we can see a certain light in a person's face. For example, someone might have a pinkish glow--happy, a greyish pallor--feeling down, a reddish hue--anger.

It's important to note the "chakra-system" is not biblical. And yet, if we associate this concept of our body emitting light with Jesus Christ, we've all seen art that depicts Christ with a bright or white light around Him...and this is biblical. There are many accounts of Christ emitting and surrounded by bright light. God is described as "God is light; in him there is no darkness at all" (1 John 1:5). Also in 1 John, we see the Bible instructing us to walk in the light because He is in the Light...meaning Christ. There are also heavenly beings or angels that are depicted to be of light. And we read about human beings who go through holy transformation, like Enoch, Elijah, and Moses generating bright white light. And also, there are the biblical references to the unholy entities such as demons roaming in the darkness of the world...drawn to the darkness shunning light. And this then helps us understand what the Bible is meaning when it instructs us to "put on the armor of light," or revealing to believers that "you are the light of the world."

So as we begin to relate this to SPiRiTfITT and our understanding of the Cycle of Transformation. The Cycle demonstrates that as we practice these holy postures and they change our energy, our physiology, into healthier and holier flows it makes sense that our body's electromagnetic field is also changed, brightened. And taking this into the discussion of the "born again" transformation, we would easily believe what the Bible says that when one is imbued by the Holy Spirit in their heart that this bright light is emitted powerfully through them. And what is also very powerful in supporting this is that when one is born again it becomes possible to sense that another person has been as well...picking up a particular soft, humble energy that they have and maybe even a soft light ...maybe a "glowing," reflecting a literal warmth. To put this in more practical terms, we all have to admit that when someone is down, it is not as bright as someone who is in a good mood.

OUR ENERGY INFLUENCES THE WORLD

Now on top of these discoveries, we have developed technology that has been able to reveal that indeed our body does influence the bodies of those around us. The technology can measure our body's electromagnetic currents and waves and it reveals that "our energy and light" emanate several feet from us into the environment. It has been measured to be at least 3 feet...other scientists believe that the electromagnetism from our heart goes out much farther. And of course, it would make sense then that our energy, our light, affects the world around us and that the energy of the world affects our energy. We can all attest to this...we've felt it, sensed it in our own body..

One of the greatest sources of evidence that energy definitely influences our body is the brilliant work of Dr. Masaru Emoto. He has been able to photograph crystals of frozen water under a microscope. What he discovered is that exposing water to various environmental situations as well as to people, and even to words, the crystallization of water dramatically changes. When exposed to healthy words, situations, and especially, to positive emotions, to positive people, the crystals were symmetrical, extremely beautiful. While in contrast, exposed to unhealthy situations and negative people, the crystals were disfigured, ugly.

How this relates to our body is that our body is made up of mostly water, over 70%. And so, we can conclude that the impact we see in his photographs is the same as that which happens to the water in our body. Therefore, our body is very much affected by the situations we find ourselves in. And also, given that we know our thoughts and

emotions are energy then we now understand a way in which they influence our physiology, and of course then, affect our electromagnetic field. Thus it's clear how our energy fields are affecting the environment and the bodies around us.

What this points to is that it's important for us to take responsibility for our "energy field," for our light...meaning we need to understand that we can be either a "holy light unto the world" or we can drain the world around us of its holy light. When we are in fear, when we are stressed, our light is dim and dull, and others around us see this and can feel it...and they begin to feel fear and stress and have no idea why. And however, the great news is that when we are calm and feel loving, our energy and light infuses others with this same energy. And they are calmer and feel loved...and have no idea why. And also, it's important that we realize that this reciprocates...we are affected by the electromagnetic fields of those around us. And so the bottom line is that this means that we must take responsibility for keeping our light bright as well as being careful to monitor the energy we are exposed to...for ultimately we are all affecting each other's psyche.

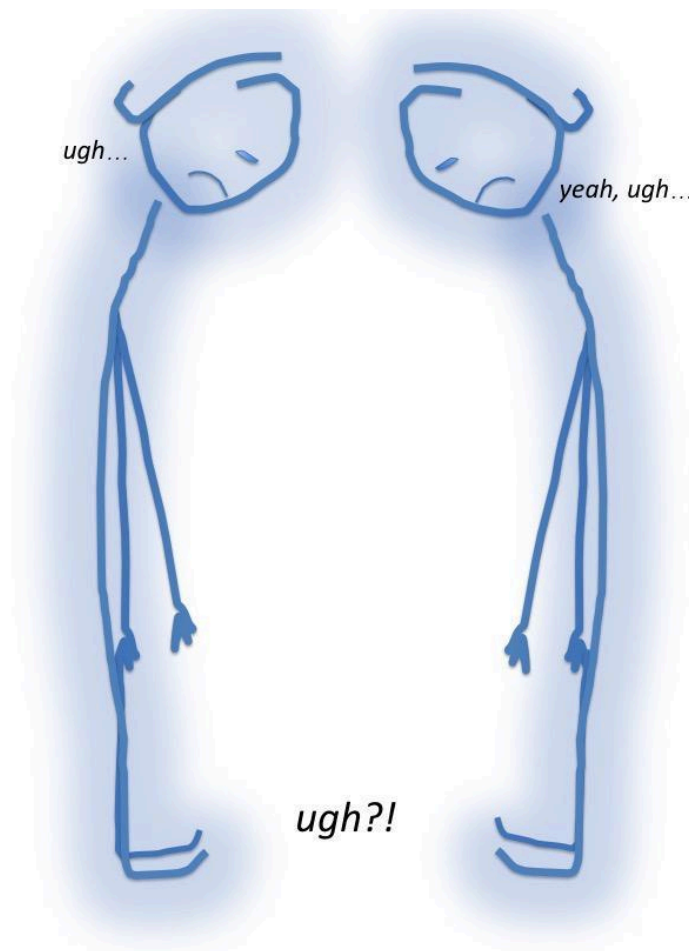
Now what's super remarkable about all this is to realize that science has revealed that our heart emits the strongest electromagnetic frequencies, and as we've discussed, we know that these are associated with emotions of love and goodness, kindness. Therefore, the stronger the electromagnetic field is in our heart, the more we are feeling the experience of love and are influencing others around us with the "energy of love."

AND, it would make sense to conclude then that the stronger our heart's electromagnetic field, the more resilient we are to negative energy around us...we can probably safely consider that our "energy-field" of love and goodness emits a protective light that repels the dark energies of fear and doubt. Biblically, this is the "armor of God." AND NOW! We are beginning to see how science helps us understand the revelations of the Bible. We begin to understand God's brilliant design of our body. When born again, God imbues our hearts with the light of the Holy Spirit and we are transformed into new creations in Christ...and thus, we emit the light of Christ. And now we have learned that by what we do with our body, our holy, healthy posture, we can make our light brighter.

OUR POSTURE AND LIGHT AFFECTS US

OUR POSTURE AND LIGHT AFFECTS OTHERS

Our posture affects how we think and feel...and how others think and feel.



OUR OWN EXPERIENCE IS VERIFICATION

We can verify this research by our own experience. A very simple yet revealing example is the difference in our “energy or electromagnetic field” when we feel physically calm and when we feel anxious. When calm, we feel good physically and our mood is brighter. And when anxious, we feel physically bad and our mood is darker. And we can see this. If we stand before a mirror, we can see the difference that happens to our energy in our face when we frown and when we smile. AND! We can also see the feedback loop...seeing our self smile, we see our “brightness” and this makes us feel even more bright, and so we smile more...and the opposite happens when we frown.

Now of course we can see the same thing in others...and this tells us so much about them. We can pretty much tell what kind of mood a person is in, even what kind of personality that they have by noticing their energy...which is made most evident by their posture. Are they slouching or standing strong in good posture? And though we may not have thought about what we are really seeing, we are learning that we are seeing or at least sensing their “light.” We often describe someone slouching as being in a “bad” mood and probably not a positive person. One in good posture appears to us as being in a “good” mood and someone who is confident and strong.

NOW, why is this all so important to understand?! It confirms all that we have been discussing throughout this book from another perspective...learning about our electromagnetic field, we learn how our “light” influences our physiology, and as we’ve discussed our physiology influences our psychology, and thus, how we behave. And now we know that we directly affect others and our environment and others around us instantly and they influence our energy and now we have a way through the practice and techniques of SPIRITFIT to help ourselves keep our energy calm and our light bright.

As we have been discussing through SPIRITFIT, we can influence our health and our outlook by how we choose to behave, or more specifically, how we choose to posture our body. And now we know that this also changes our electromagnetic field. As we know, when we slouch our energy is low. Our mood and thoughts are negative, dull. And we are more vulnerable to the world and others around us. And thus, our “light” dims. Yet, when we stand strong in good posture, our positive energy rises, and our mood and thoughts are brighter, more positive...our “light” brighter. We are both emanating good energy and light and this is our protection from the darkness around us draining our light...we are wearing the armor of God.

So the bottom line is that we have the power to change the energy in the room, to turn a tense interaction with someone into a more calm and positive exchange simply by how we choose to shift our energy, shift our posture. None or few words are necessary. Biblically, we have learned that when we choose to believe in Jesus Christ we are imbued with the Holy Spirit and emit the “light of Christ.” Those around us are also being influenced by this light of goodness and love. Put another way, we are doing the work as a disciple of Christ.

This revelation helps us understand the intention of God for Creation...we understand His “laws and commands.” We begin to understand that if we live according to God’s will and do as He asks us to do, which is to love His son, Jesus Christ, and do as Jesus calls us to do, our electromagnetic field will brighten and we will glow. In our love for Christ, we love God and as His creations we are fulfilling His intention for Creation...Holy Love.

CONCLUSION

OUR LIGHT INFLUENCES THE LIGHT OF THE WORLD. God so brilliantly made us so we would emit His LIGHT here on earth...we are made in His image. Through our faith in Christ, we become the “light of Christ,” and thus, a light unto the world of the “reflection of the power and glory of God.” AND! What we begin to realize is that our glow, our light, is LOVE. And as our hearts meet and exchange this energy with the hearts of others, the healing energy of love flows around the world. In this, we fulfill Christ’s command as revealed in the New Testament...“be fruitful and multiply” in the Old Testament becomes elevated to mean be fruitful and multiply more faithful in Christ, build His Church. Now only Christ has the power to transform one’s heart, yet we are here to support this process as we share the Gospel of Christ. In other words, as we await Christ’s Second Coming, our job is to shine our light of faith so others will be encouraged toward God.

IN CONCLUSION: Learning that our energy affects others becomes a great motivator for us to value how important it is for us to learn how to keep our energy-field “positive,” how to keep it vibrant. This is part of taking responsibility for being a part of humanity. In fact, our “field of light” has more influence on the world than our words.

So as SPIRITFITT helps us feel the Truth by our own personal ,physical transformation, we have not only transformed our lives, yet have become an “electromagnetic force,” a “beacon,” the “Light of Christ,” of love and peace, in the world. In our own “illuminated state,” we can now begin to understand why so many were drawn to Jesus. His character was nothing other than pure integrity, truthfulness, decency, love, kindness, goodness, compassion, courage, forbearance, discernment, faithfulness, and self-control. Christ was “pure light” ...illuminating our understanding of the power, of the necessity, of humility and obedience in life.

And though we think we are understanding this from our mind, we are understanding this through our body, our heart. Our minds are feeble, co-opted by Satan. Yet, we override , even ignore, our mind by embodying our self. Standing Strong in good posture, we feel our heart and body in union with Christ’s heart and body. We are “transformed” ...we feel it, we see it, we see His light, and we become His light.

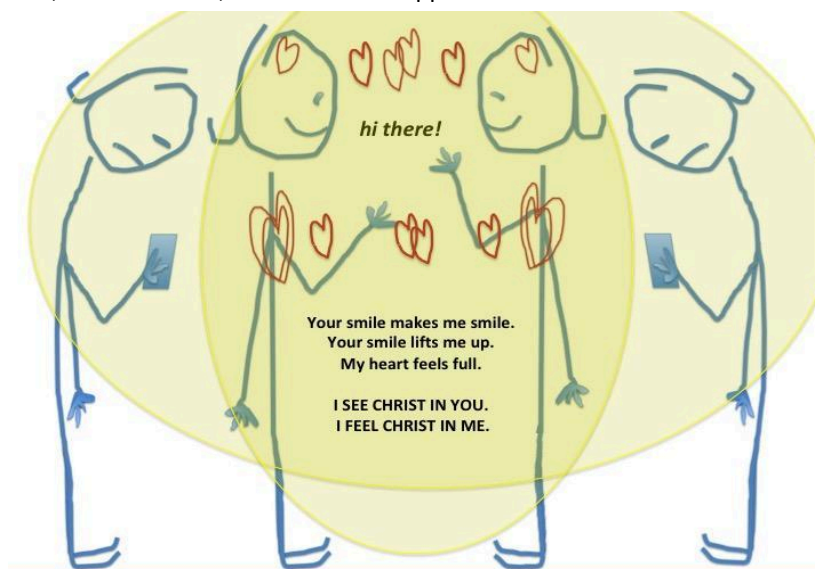
SO NOW! Realizing that we have an effect, that we are an influence in the world, the question becomes do we want to emit light or stand in the darkness...who do we want to be? Who do we want others to see we are...how do we want to affect others? We have the power to make others around us feel good or bad, even to make them feel inspired or discouraged. Our energy actually influences how others feel, how they think, and thus, even what they believe...and thus, how they behave.

In other words, what kind of influence, what kind of change, do we want to be in the world? If we want to be a “bright light,” then we need to pay attention to our heart...to make sure we are supporting our heart to function well. That means we must “stand strong,” stand aligned in good posture...so we are able to feel the virtues of the Holy Spirit. These and only these are what keep us defended against the “evil one” who is prowling around constantly looking for souls to devour. And this directly points to the Truth that how we choose to honor our body and treat it with respect or not, how we choose to honor God’s most beloved creation, will influence the power of our light, and thus, how we affect others.

If we ignore, or defile, our body, how we treat the sanctity of life, we will dim our light. Yet, if we pay attention to our body, if we help our body and heart remain calm, keep our body from unhealthy behavior and food and substances, we will glow, we will infuse the world around us with the brightness and lightness of love and hope. If we choose to love our body regardless of our size, shape, and affliction, and not only respect it just as it is, yet also, appreciate and thank God for how it is, our light will be so powerful that it will reflect the power and glory of God. We are beautiful....and this is God’s intention.

BEING OF THE POSTURE AND MIND OF CHRIST

WHAT WOULD THE WORLD BE LIKE? What would happen if we all stopped looking down into our phones and looked into each other’s eyes? IT WOULD BE A VERY DIFFERENT WORLD, INDEED! The world would reawaken to the healing Power of Christ’s Love. We’d discover a great truth...that faith in God, through our Savior Jesus Christ, rids the world of confusion, bias, discrimination, and strife...unhappiness and fear.



CHAPTER TWELVE

SPIRITFITT—The Spirituality Of GOOD POSTURE

Standing Strong in the Posture and Mind of Christ

SPIRITFITT comes from a strong “fitness” background...the author holds a masters degree in exercise science and cardiac rehabilitation. We all know from medical research that exercising regularly lowers our heart rate and blood pressure...people are much healthier and their hearts much stronger. AND more importantly, people report they feel more clear-minded and confident...calmer, more content about themselves and their life.

Through 30 years of fitness training for thousands of people, and many cardiac patients, it was witnessed that the “shift in our physiology because of exercise” positively influences our psychology...our mood and what we are thinking. And we all know this...we have experienced how physical activity frees us from our mind. Simply taking a walk “gets us out of our head and into our body.” We focus much less on our worries and fears...we feel good.

AND! SPIRITFITT discovered something else about the impact of exercise...It not only makes us “feel good,” mentally and emotionally more positive, but it also has an impact, and a powerful one, on how we feel spiritually. What does that mean exactly? Walking down the street or hiking in the forest, we feel more “connected to our body,” we feel “embodied.” AND, we begin to realize that we “feel connected” to something more powerful than our selves...and it feels benevolent, even holy. We feel comforted for some reason...like we are being watched over.

Intrigued to understand more about why this happens, SPIRITFITT dedicated its focus on exploring how our body-heart-mind and “spirit” connection works. After many years of study, practice, and training others, SPIRITFITT realized, and thus, endeavors to help us understand, that our connection to our spiritual nature seems more pronounced, stronger, when we exercise, when we keep our body fit.

As a result of these revelations, SPIRITFITT endeavors to help us understand the brilliance of how God made us...and that by supporting our body to be healthy and more physically fit, we become more “Spirit-Fit.” We discover that our body holds sacred consciousness of the Spirit of God...our body truly is the Holy Temple. And SPIRITFITT helps us discover that exercising regularly helps “awaken us to our spirituality,” and strengthen it. As we know, regular exercise strengthens our body, and now, we begin to understand that our physical and spiritual fitness go hand and hand. In simple terms, SPIRITFITT teaches us about the “spirituality of our fitness physiology.”

Exercise helps us become more focused on our body, helps us embody our selves, and become more “centered in our heart.” In other words, if we pay attention to our body as we exercise, we feel the energy of our physical strength, endurance, and flexibility and how this uplifts and shapes our thinking, our consciousness. We realize that we are feeling a healthy sensation, and if we find ourselves in “flow,” this activates good-feeling, even holy-feeling sensations...it becomes “spiritual.”

In this state, we may not realize it, but we become more aware of the “truth” about nature, about our true nature, who we are. We feel more trusting in ourself and in life because we feel connected to that which is more powerful than our selves...this is the experience of “faith.” In other words, we are experiencing how our body-heart-mind-spirit connection works...we are connected to the “intention and natural laws of Creation, of our Creator.” Inherently, we know this is important. AND! This begins to orientate our understanding of why exercise is important.

Becoming aware of this remarkable experience through the years of training, SPIRITFITT began to focus on how the various aspects of exercise affected our physiology, and thus, our “psycho-spirituology.” It was apparent that physical strength influenced emotional confidence; endurance helped build our determination, flexibility encourages open-mindedness. AND! What really captured SPIRITFITT’s attention was “alignment.” We know that alignment is critical to the safety and effectiveness of exercise, yet it is also much more than that.

SPIRITFITT discovered that our “alignment in body” is a most powerful factor in influencing our spiritual consciousness...or in other words, our “alignment with Spirit.” We all know how our alignment helps us move better and avoid injury. And of course, we all look better. However, something much more powerful is taking place.

And it's spiritual. The point being made is that how we align our body, our posture, awakens our "spiritual self," or dampens it. And this is a huge influence on how we think, what we believe and how we behave. WOW!

Recent scientific research backs this up...and so does our own personal experience. In a nutshell, our "posture" has a direct, instant, and HUGE impact on how we feel and what we think about...because it influences our physiology. This truth can be boiled down this way ... "bad posture dampens our physiology and makes us feel bad, and thus, keeps us focused on the bad, while good posture activates healthy physiology and makes us feel good, and thus, keeps us focused on the good." AND! This influences how we feel about our selves...and, believe it or not, about God.

SPIRITFITT began its journey to help us realize how important our "physical fitness" is to our "spiritual fitness." In other words, we are exploring how our spirituality depends upon how we engage our body...how we "align" our body, and how we gesture as well as the impact of other postures. SPIRITFITT'S primary concept and "training technique" emphasizes maintaining "good posture"...always, while working out, and especially, while out and about in life. Let's explore this further.

THE POWER OF GOOD POSTURE

SPIRIFITT helps us realize the immediate and dramatic physical, mental, and emotional benefits when we stop "slouching" and stand in "good posture." And most especially, to realize that standing in good posture is a powerful spiritual experience, as well. Our body's "good" posture instantly shifts our physiology into its natural healthy flow and as we've discovered through science this positively shapes our thoughts and raises our self-esteem. And this goes deeper, Good Posture aligns our heart with our mind, literally, and the sensations of our heart flow into our consciousness helping us become aware of "goodness," of the spiritual. We feel good and start thinking and doing good things...and our attention shifts to what is healthy and holy. And for those born again, the mind turns toward Jesus Christ. In other words, when we slouch this all shuts down.

Good Posture is the foundational concept of SPIRITFITT because as those who exercise know healthy alignment is necessary for safe and effective exercise. And thus, good posture becomes both the method and the outcome of fitness conditioning. And in fact, good posture is one of the main reasons we exercise. For it is the "posture of life"...it affects our physical and mental health. It affects how we see the world and how the world sees us.

In this discussion, SPIRITFITT uniquely helps us realize that good posture is also critical to our spiritual awakening, to our "spiritual fitness." We saw this in the previous chapter in the discussion of the third holy posture, Standing Strong. What we learn and experience is that conditioning our body to have good posture helps us navigate life with a more healthy mindset and outlook. Standing in good posture, our body feels strong and balanced, and this sensation flows into our mind helping us feel mentally and emotionally strong and balanced...and this opens our energetic channels that help us perceive the spiritual. With our body-heart-mind connection flowing smoothly, we become more focused on what is good, on what is healthy, moral, just, compassionate and loving...on what is holy.

So here's what happens when we stand in good posture. With our body strong, our head held high, and our shoulders back and chest lifted, we are "at attention"...in body, in heart, in mind, and in spirit. And we innately know we are standing before a "moral authority" that is more powerful than our selves...that is all goodness and love. We feel it and realize we are before God, our Creator. We begin to realize we are experiencing sensations of the truth of the universe, of mankind. Standing in the midst of all that has been created, we realize that we have been created by an all-knowing, all-powerful Creator and that He has an intention. We begin to understand our place in the world...or one could say we regain our true understanding of our role and of our relationship with the divine. We are not gods as we like to think yet are creations who have been created for the purpose of being loved and loving God...we are here to serve the one, true, God and participate in the fulfillment of His will.

Standing Strong we feel strong, and remarkably both humble and confident...we feel humble before God and strongly confident in faith in Jesus Christ. We become more focused on what's healthy and holy...standing in good posture this happens naturally. Meaning standing in "good" posture, we become more aware of our "human nature toward goodness," of our body's inclination toward goodness. It becomes amazing to consider the brilliant, the divine, design of our body and to begin to realize that it is the temple of "life," of who we are. We reflect on the biblical account of how God brought man to life...God breathed His Spirit into us. We begin to realize that we are much more than organs, bones, and skin. We are a complete "system" of consciousness. And in fact, we are a most "unique" consciousness...no two humans alike out of all 8 billion humans on the planet.

And we even begin to realize that we are creations of God quite unique from angels...we hold spiritual energy yet we are predominantly human. In good posture with our spiritual channels open, we “feel” and awaken to these revelations. We realize that our awareness of the spiritual comes from physiological sensations of our innate spirituality flowing through our humanity. In other words, we discover that our spiritual understanding does not come from our mind.

Put simply, our body knows God...God of the Bible. In other words, our good and moral values come not from our mind and intellect but from our “inner moral authority.” Or more specifically, our moral understanding comes from the “moral authority” of God that flows through our heart...He is the only one who would know exactly what is required to keep us alive, healthy, and holy. So the question then becomes, why is it so many in the world refuse to believe in God? Oh right...we discussed this above. Man lost his connection with God when Satan got us to eat the fruit and it contaminated our body and corrupted our mind. This is when man learned to slouch...and we became consciously disconnected from God.

So now, as we also discussed, we become restored when God calls us forth to be “born again.” We are blessed with a new heart, with a new will, and with the gift of faith in Jesus Christ. Our heart resonates with the wisdom of the Holy Spirit and our consciousness connects with the truth of the one, true Creator God. In our new holy will, we become mentally, emotionally, spiritually aligned with the will of God...and we become physically aligned. Our body inherently aligns in good posture because we have been reconciled with God and are awakening to our true self, to our holy and faithful self. We simply can’t stand any other way...it feels unnatural for the wisdom of the Holy Spirit is lifting us up. We begin to awaken to the truth that man does not have free will...we have either a sinful or holy will. And only by the grace of God are we indwelt by His transformation in us and become holy.

And this takes us briefly to Satan. As we’ve discussed there is no doubt Satan is real. And there is no doubt that he has amazing control over the world, over our thoughts and thus our behaviors. And we know that Satan’s goal is to separate us from God...and it’s clear that Satan is very successful at this. And yet, we also know that Satan is not in ultimate full control of the world...we’ve learned from the Bible that all that Satan is and does is ordained by God.

Though challenging to be at the effect of Satan, we learn from the Bible, and ultimately through our own faith, that God has a plan...and that He predetermined and predestined all of this before the creation of the world. And we learn what God’s intention is through Jesus Christ. God incarnated as Christ, came to earth in human form to make Himself known to us and save us from Satan. Through Christ’s crucifixion and resurrection, mankind has been transformed back into holy, healthy beings of God...mankind has been reconciled back to God from our “Fall,” from our contamination in the Garden. And most especially, through Christ we gain understanding about God’s intention for Creation, for creating us...to be in an intimate, holy loving relationship with Him.

And though we don’t like our suffering and struggle in this world, we now have perspective about what God is doing...He is putting us through “refining fires,” the challenges of life, in order to shape and hone our consciousness of who He is. God is sovereign over all things...and what He has planned is for our ultimate good. It’s all for the purpose of our becoming divine, holy beings capable of being in God’s presence, of being in the presence of His immense power and glory, of His immense holy love.

And to put it simply, though many argue with this following conclusion, it’s apparent that God created Lucifer to play a significant role in God’s plan...instigating the “refining fires.” God shaped Lucifer into a being, Satan, who would bring evil into the world so we would go through the experiences of good and evil...and that we would become deceived by Satan to predominantly follow evil and darkness. As part of God’s predetermined plan, God then would come to save us from Satan...all for our good, all for our seeing the face of God. All for knowing that God sees and is aware of our pain and cares for us.

As our refinement, we experience profound evil, and thus, we yearn for goodness...it’s God’s plan. And when God calls us to Him through rebirth, having gone through profound evil and suffering which is the result of our separation from God, we begin to awaken to a powerful yearning to be with God...it’s God’s plan. This is what deepens our intimacy with God...God’s intention.

So knowing these things, where does “good posture” come into this. Understanding what God has planned and why, with the help of the newly indwelling Holy Spirit as Christ’s gift to us at our rebirth, as we mentioned, we now stand tall, strong, open, attentive...we are inherently standing in good posture. And this ensures that we now stand in the “armor of God.” We are wearing a breastplate of righteousness which is faith in Christ, the belt of truth, and our feet are in the shoes of the word of God, and we are wearing the helmet of salvation. Standing in good posture,

aligned so that we can easily wear the armor, we become filled with sensations and thus awareness of all that is good and thus defended against all that is evil. We stand in “good posture” and are defended and protected by our faith in Christ...¹³ *Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. And we are in this armor when we are in good posture.* Ephesians 6:13.

In summary, we need to realize just how powerful our standing posture is to our consciousness, to our focus in life, so that we can take advantage of how God created us. This helps us understand how detrimental “slouching is” to the quality of life...slouching shuts down the healthy flow of our body, heart, mind connection undermining all our physical, mental, emotional, and especially, spiritual experiences. Slouching we become cut off from the wisdom flowing in our heart flowing into our awareness and thus are vulnerable to Satan’s temptations...and become trapped in the arrogance and pride of materialism, money, fame, and power. We begin to feel confused about what is good, what is evil and as a result, we behave poorly.

SPIRITFITT helps us understand that when we train our body to condition to good posture, we re-establish our heart-connection. And we feel the wisdom of the Holy Spirit informing us with God’s truth and convicting us of sin so we repent. The Holy Spirit is our guarantor for salvation...he alerts us through our sensations in our body when we have been deceived and fell for Satan’s temptation. Alerted we repent and apologize to God. By conditioning our body to stand in good posture, our body will always support us to be aware, be attentive, of our relationship with God.

TRAINING GOOD POSTURE

What is presented here is the result of training thousands of fitness clients...of observing their training behavior and mood and mentality while training. What was obvious was that training was making them feel good. As we all know, the benefits of fitness training is that it makes us feel better, think better, and look better. Yet there were some additional remarkable benefits that were being observed. One was that when a person was doing a certain kind of exercise their mood and attention was different...for example, power lifting created an aggressive attitude, while stretching caused a calm, happier disposition. So this was the evidence that what we do with our body influences our emotion and disposition.

Another remarkable observation was how people walked around the gym, slouching or in good posture...it was clear that this affected their overall workout experience. Those clients that slouched while walking around the gym didn’t enjoy their “workout” as much as those who walked around in good posture. It became obvious that when we slouch we shut down our body’s energy and are less motivated as opposed to when we walk tall we feel so much more energized, so much more motivated. And it became clear that this affected the effectiveness and quality of one’s exercise technique, and thus, fitness progress. And of course enjoying exercise helps us adhere to a regular weekly exercise routine. Put simply, the body-mind connection was on full display.

As a result, it became a “signature training technique” of the gym. All clients were trained to focus on alignment, and specifically good posture, when in the gym whether going from one piece of equipment to another or while engaging other clients. And soon it became evident that our posture not only affected our mood, it affected our “spirit”...everyone was more social, more courteous, and looked more confident.

Observing all this was what inspired SPIRITFITT...to help people focus on their “whole” self while working out...even their spiritual nature. And after many years, as God would have it, the author was “born again” and as a result of the transformation into faith in Jesus Christ, standing and walking in good posture became natural...slouching became impossible. And it was because the spirit of God, the Holy Spirit, was present within. It became clear that the body is truly God’s most beloved creation for our body is the Holy Temple of God. And thus, the temple stands erect. And thus, the training focus of SPIRITFITT is for conditioning good posture...and focusing on the body’s physiology when in particular postures. Our body becomes our trainer.

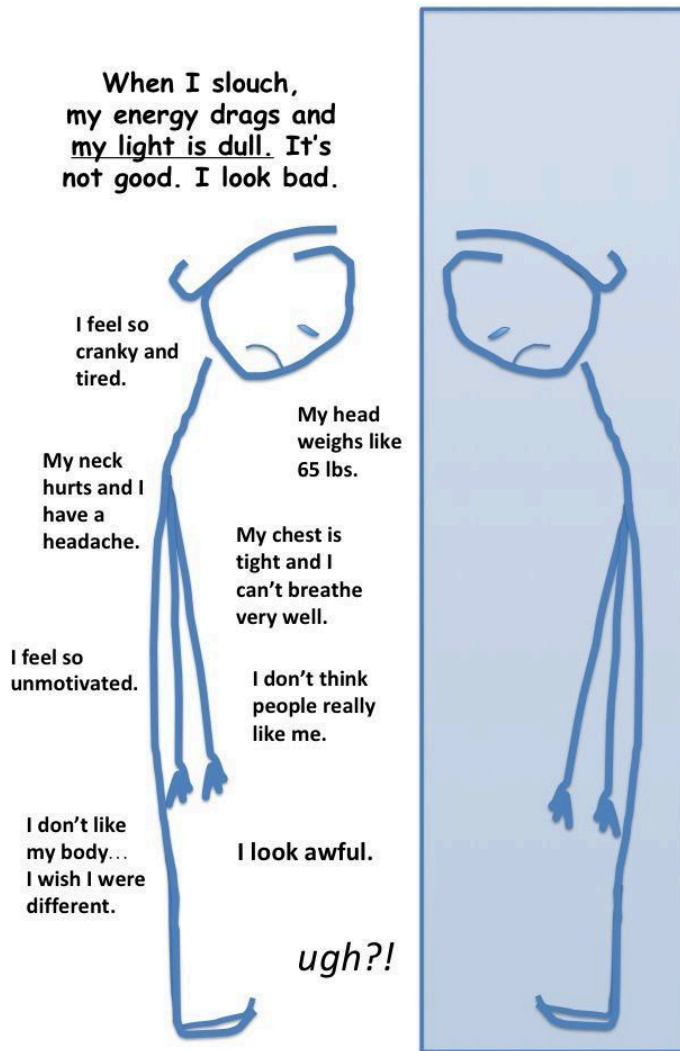
FEELING THE DIFFERENCE BETWEEN GOOD AND BAD POSTURE

Before we go on to learn the techniques of good posture, let’s take a moment to feel for ourselves the physical, mental and spiritual difference between when we slouch, are in bad posture, and when we stand tall, in good posture. In a nutshell, when we slouch we feel slouchy, we feel bad. Our body aches and feels tired. We can’t

breathe fully and this triggers our mental fatigue and our emotional bad mood. Life seems bad. Yet, when we stand strong in good posture, we feel tall, we feel good. Our body feels strong and balanced and we can breathe more fully. We feel mentally alert and emotionally uplifted. Life is good.

Let's explore slouching a bit more for a moment because the sad truth is that most of us have poor posture. Slouching is actually an epidemic. Take a few moments to really focus on feeling what it feels like physically, emotionally and mentally, helps us focus on what we are trying to change...to prevent.

THE POSTURE OF UNBELIEF **The "Schlump" Practical**



So stand up in front of a mirror. Slouch. And indulge this...really allow yourself to slouch, to stoop. Focus on how your body is beginning to feel and how it gets worse the longer you slouch...how does your neck, back and shoulders, and hips feel. Notice how collapsed your chest is and that you can't take full breath. Notice your collapsed chest is putting pressure on your heart...it can't function with ease. We know from medical research that when we slouch, our heart-rate becomes erratic because of this pressure and is sending "alert" messages for our body to work harder in order to deliver the oxygen we need. Our adrenalin, and thus, our blood pressure go up. Notice you are feeling stressed, anxious.

Exploring this a bit further, begin to focus on your mood, your attitude. There's no doubt it's "slouchy," leaning toward becoming cranky...you feel down. Realize that you are looking down because your head is dropped forward and your face and eyes are looking down. And notice that you can't smile...it doesn't fit your posture.

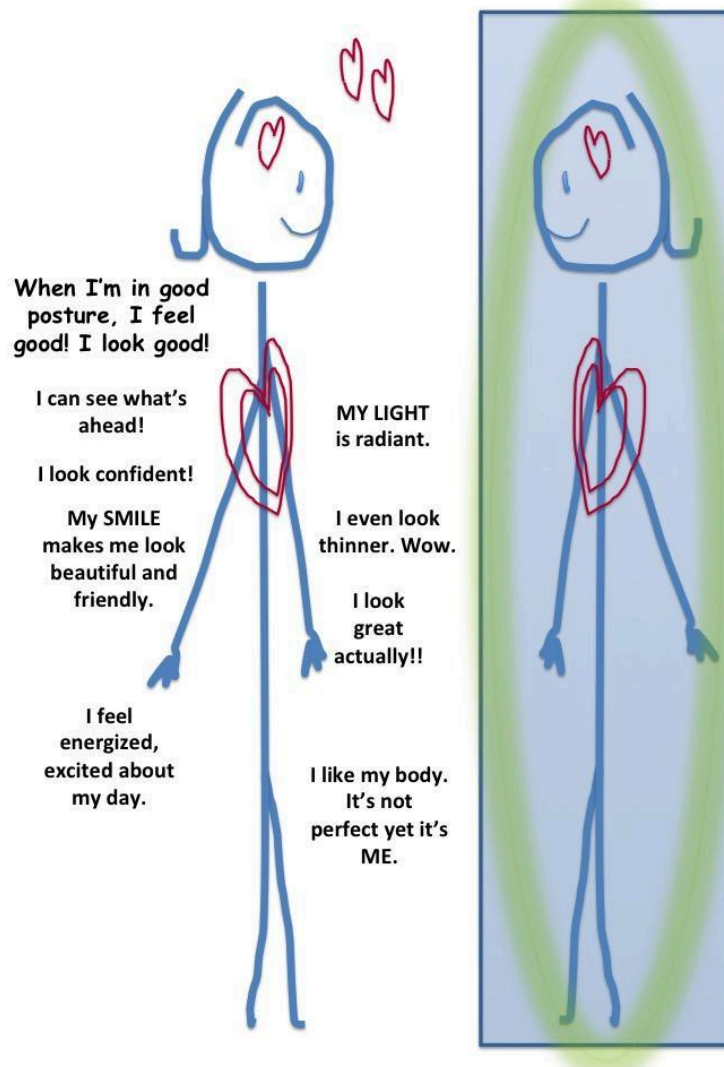
Now notice the things you might be thinking about...not very positive or uplifting things. And it becomes obvious how this dramatically influences our "attitude." It influences how we feel and what we are thinking. And of course, this influences how we are interacting with this moment, our experience. Put simply, by just standing in bad posture, we are stressed out...our body is stressed and we feel emotionally stressed. We become judgmental, critical of our selves, others, and of life. The longer one stands like this, you even begin to feel the disappointments and even anger over life start to arise.

In spiritual terms, what's important to note is that this "state-of-being," our slouching, is not only taking a huge toll on our health but on our spirituality, on our faith. Our body is "out-of-alignment" and puts us mentally, emotionally, and spiritually out-of-alignment. It negatively impacts our quality of life...affecting how we move and how we interact with others and how we think and deal with challenges. And most of us are in this state consistently...it is our default disposition.

Spiritually, slouching dampens the flow of energy through our body, suppresses the flow of our healthy physiology. Most importantly, we become "disconnected" from our consciousness of God...becoming stressed out even more and causing us to slouch even more. Put simply, there is nothing that feels good or uplifting about bad posture or slouching.

Finally, take a look in the mirror and notice what you see. Notice "who" you see.

THE POSTURE OF BELIEF **The "Good Posture" Practical**



STANDING STRONG IN FAITH

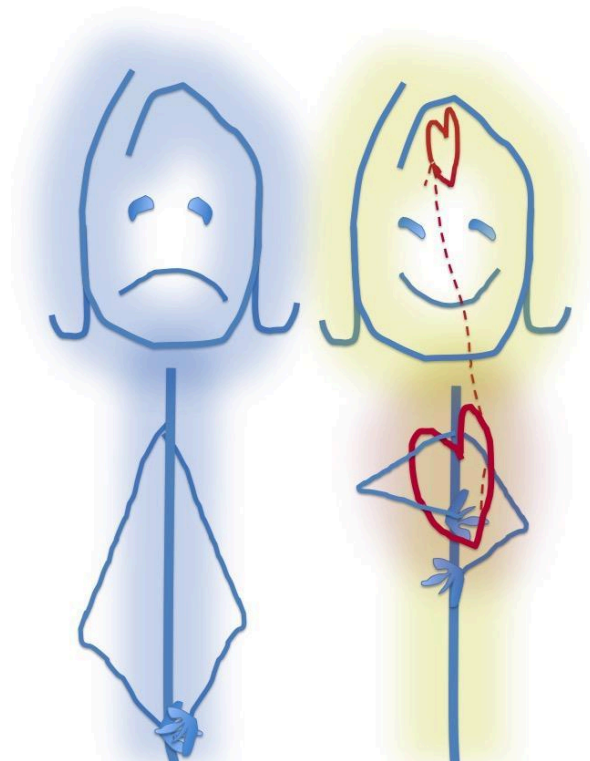
So now let's take a few moments to focus on the experience of "alignment," good posture.

With your eyes closed, "schlump," as if you are looking down at your phone. Bring your attention to your feet and place them about hips-width distance apart and feel them planted on the ground. Then strengthen your legs. Draw this energy up through your hips and torso...lengthen your spine. Draw your shoulders back and lift your chest. Tuck your chin in slightly and keep it horizontal with the ground...lengthening your neck.

Next do the same mental, emotional, and spiritual "walk-through" as you did above when slouching. In a nutshell, everything improves. Your body feels good...your heart rate drops and you breathe easier, and thus, your body feels less stressed. And this calm sensation calms your mind. Standing in good posture longer, you notice that you begin to feel more emotionally confident and clear-minded. And best of all you begin to feel more spiritually grounded...though mentally confident you also feel a sense of humility and holiness, standing before something, some "One," sacred, divine. Notice how your thoughts begin to shift toward holiness and goodness.

Now, though many may not realize it, when we stand in good posture, because of how good this feels, our natural inclination is to smile. And what's wonderful is that as we smile we feel our energy rise even more, more good feeling sensations flowing through us. And we begin to realize the power of a smile...even when we don't feel like smiling, if we do we automatically feel uplifted, lighter, renewed.

THE FROWN AND SMILE PRACTICAL **THE POWER OF A FROWN, OF A SMILE: EACH CHANGES THE WORLD.**



So now let's experience the physiological, psychological, and spiritual influence of a smile. And to get the full effect let's compare this with the experience of frowning. The transformation is quite astounding...especially when one takes a few moments to pay attention to what is really happening and how dramatic the transformation really is.

Now it may seem simple enough to frown and then smile and feel the change, yet let's use these few simple techniques to really wake us up to how powerful this is. Our goal obviously is to help us smile way more often for a

smile changes not only our world but the whole world around us...just as a frown does. Yes, we have that much power without really doing anything and not saying a word.

SMILE AND THE WHOLE WORLD SMILES WITH YOU

Stand with your eyes closed. Make as big a frown as you can...be dramatic. Feel your eyes and mouth draw downward. Hold this for a few minutes and begin to become aware of not only the sensations in your face, but throughout your whole body. Feel into your head and neck...are they drooping? Feel into your shoulders...are they drooping? Feel into your chest...has it fallen? Focus on your breathing...is it easy or difficult? Feel into your low back and hips...do they feel "schlumpy?" And how do you feel emotionally, mentally? Look in the mirror...what do you see, who do you see?

Now close your eyes again and make as big a smile as you can...be dramatic. Feel your eyes and mouth draw upward. Hold this for a few minutes and begin to become aware of not only the sensations in your face, but throughout your whole body. Feel into your head and neck...are they uplifted? Feel into your shoulders...are they uplifted? Feel into your chest...is it lifted? Focus on your breathing...is it easy or difficult? Feel into your low back and hips...do they feel uplifted? How does your whole body feel? And how does this make you feel emotionally and mentally.

Now pause a few moments longer and feel into your heart. Can you feel that your smile generates from there. It's not a function of your mind. And thus, notice that as you are smiling your mood changes and as a result you are probably beginning to think about more positive, joyful things...more goodness.

And now to finish this practical, take a look in the mirror. What do you see? Who do you see? That person is the person that underlies all your doubt and fear, the person who knows the truth of Jesus Christ and stands at the ready along with the indwelling Holy Spirit to walk forward and do the best we can in life and lean on God's goodness rather than on our own egoistic understanding.

So what have we learned? Our smile and frown are incredibly powerful in helping us experience the influence our body's posture has on our physiology and how our physiology influences our psychology...and most especially, we are learning how much this all has on our "spirituality." And how all this influences our self-esteem and our outlook and confidence in life. YET, and most important is how this all influences our awareness of God...forging our belief in who God is.

Conclusion From The Practical: Without saying a word or trying to change our thoughts and mood, without trying to "make our selves feel better about our selves and life, without trying to think more positively, we have just dramatically changed our life for the better. And we've changed the lives of those around us.

THE PSYCHO-PHYSIOLOGY OF GOOD POSTURE

This transformational experience is the foundation of SPIRITFITT. This program endeavors to inspire us to be inspired by our human body. And thus, it's focused on techniques that help us learn to experience the divine nature of our own body...God's divine design. The core technique is to help us stop slouching in life as this literally draws our attention to darkness causing us to give in to "unbelief." And instead, this program endeavors to give us an antidote to our stress and fear, to our weak faith, by making us strong in body...specifically, strong in standing in good posture. As we are learning through this conversation, aligning in body, aligning our heart and mind, we awake to the sensations of the wisdom of the Holy Spirit flowing through our heart and informing our mind of our connection to God. We are literally going through the experience of faith...which we discover is not a "mind-thing," but a "heart/body-thing." In other words, we feel stronger in faith.

And the remarkably wonderful thing is that when we find ourselves in the middle of our day succumbing to the stress around us, it only takes a moment and a "simple adjustment" to stop the slouching, stop the stress, and change our life. Just by shifting into "good posture," we feel a greater consciousness and connection with the sacred and holy, and we feel more faith and trust, instantly...and this happens through the most powerful sensation of all sensations...humility.

Taking this a bit further, SPIRITFITT's primary training intention is to help guide us to focus on what it feels like to be "embodied." And this is best defined as the "experience of feeling more connected to our "whole self," particularly our holy nature. We discover that as we focus on how we feel while standing in good posture, we experience how this keeps us "centered and grounded," feeling confident and calm, throughout our day. And then we experience

how these sensations help us feel stable enough to then open our chest, to feel “open-hearted and open-minded...and these emotional dispositions keep us consciously connected to our spiritual foundation, our faith in our Creator, God.

Let’s just recap a bit on the science of the body-mind connection so we can connect it to what happens when we are in “good posture.” Learning to align our body in healthy alignment, i.e. good posture, we dramatically shift our physiology to healthy flow. And we discover that our good posture helps us stand tall and naturally open our chest...our heart functions with greater ease, “finding its calm, smooth heart-rhythm,” and we breathe with much greater ease. Paying attention, we begin to realize that our body is feeling very calm, and thus, we feel more emotionally calm, and more “relaxed and open”...more compassionate, considerate, and confident.

In other words, as we’ve mentioned, when we align, we become more conscious of good-feeling, even sacred and holy, energy flowing through us. We realize that these sensations are the language of our “spiritual self.” In one born again, they are the language of the Holy Spirit. And for those of us who are willing to allow this to expand our understanding, we begin to realize that we are experiencing our relationship with our Creator, with God.

Going a bit further, let’s talk about our breathing. Aligned in good posture, we realize that our breathing eases and deepens. It feels so soothing and healing. We’ve all experienced the wonderful sensations of a slow, smooth breath and the impact this has on how we feel mentally and emotionally. The impact is immediate and extremely positive...soothing, calming, freeing, life-affirming, “spiritual.” In fact, we feel “faith-filled.” And in this moment, we have a chance to realize that the reason a deep breath feels “so good” is because it’s the breath of God...the very breath that gave mankind life in the beginning. We realize that “life” is the literal, energetic union with God’s energy. And in good posture we can feel this...we feel goodness flowing strongly through us.

Therefore, SPIRITFIT has determined that the most powerful way that we can participate with the Holy Spirit in strengthening our trust in God and faith in Jesus is to train our selves into the discipline of maintaining “good posture;” to hold healthy alignment, breathe fully, and smile. When we find our selves slouching, if we shift into good posture, the most remarkable thing happens...we interrupt our stress and negativity and are transformed immediately. When just a moment ago we were down, doubtful, afraid, unfaithful we become uplifted, confident, and certain. Said differently, in good posture our body and heart inform our consciousness of “goodness,” and we are now “standing strong” in the truth of our Creator, of God.

THE PRACTICAL OF GOOD POSTURE

SPIRITFIT is focused on good posture because we are in an “pandemic of slouching” and this dramatically fuels the stress and negativity around the world. Yes, each one of us, because of our slouching, negatively impacts the world. Why? Because when we slouch, we are feeling down, afraid of life, and this dramatically influences our mood, our thoughts, even our energy, and thus, it affects our interactions with others. And, as we’ve been pointing to slouching also influences what one believes...about oneself, life, Creation, and God. Our posture influences our faith. And if everyone is slouching, we’re all experiencing anxiety...and society is pretty stressed., and weak in faith. We’ve also discovered from science that when we slouch our energy is low and we even look dull, dark...and this affects everyone around us.

We’re all slouching under the “stress and fear of life”...and over our phones. And it has turned into a poor physical habit causing aches and pains which exacerbate our stress. And thus, we are in a negative body-heart-mind cycle. Put simply, when we slouch, we “shut our selves down”...we shut down our healthy physiology, and thus, our healthy psychology. We are mentally and emotionally in “a slouch.” And this reciprocates and we physically slouch more. So let’s interrupt and change this cycle right now. Follow these techniques and your body will lift you up out of the gloom and doom.

MENTAL FOCUS: Keep in mind that you are “conditioning and building” your body not only to find healthy alignment yet more importantly to feel your connection, your relationship, with God. In a nutshell, when we align our body we actually do become a physical temple of spiritual energy...we become a literal conduit of energy flowing up from the earth and down from Heaven and merging in our heart...the home of the indwelling Holy Spirit, the Spirit of God. Focus on the sensations that occur in your body as you align it to “stand strong.” Keep your attention on the alignment of heart and mind and notice that you are becoming physically aware and thus mentally aware of your alignment with the Divine...meaning the sensations you are feeling are your consciousness of God...of your relationship with God. Keep your attention on your heart as you follow these tips.

GROUND: Space your legs hips-width apart with your knees and toes facing straight ahead. Feel your feet flat on the ground. Send, or “ground,” your energy, down into the Earth. Focus particularly on your lower body, your feet, legs, and hips. Feel the ground beneath your feet holding and supporting you. Feel the weightiness of your body. You are establishing your foundation...your base of stability.

LIFT: Feel how gravity attempts to pull you down, so let your body slouch. Now begin to resist this downward pull by strengthening your legs. Feel energy drawing up your legs, through your hips and into your torso lifting you up. Lengthen your spine...feeling this strengthening sensation move up through your torso, through your chest and up your neck, and out the top of your head. Tone your Abs to pull in your belly supporting the strengthening and lifting energy. Now, send energy through your shoulders and down your arms to energize them. Next, feel this “lifting energy” lengthen your neck and draw your chin slightly in and down to lift the back of our head. Feel your head balanced over your body and your body balanced over your feet. You are aligned.

Hold this posture, and take several slow, smooth breathes and feel how your body is standing tall and strong. Feel the energy moving up and down your body and notice how this influences your psyche...your emotions and mood. And notice especially, how this influences your self-esteem...a sense of confidence spontaneously arises. Notice how these stabilizing sensations in your body create emotional stability.

OPEN: Now we’re going to focus on opening your body and heart. Standing strong draw your shoulders back and down. Roll your upper arms externally and press your shoulder blades forward to help open and lift your chest. Feel this open your heart. Notice how this slightly arches your upper back. Make sure to keep your chin slightly tucked in.

Focus on your belly and make sure that you are using your Abs to help you stand tall .The optimal way to tighten your Abs is to begin at your pelvic floor. Tighten and lift your pelvic floor up into torso. Then feel the toning strength of this contraction support tightening your abdominal wall...which connects from your pubic bone, up to your rib cage and to the side of you torso. Think of your naval as the center of your abdominal wall and pull it in toward you spine. Feel your whole torso tone and stabilize...feel how this helps creates strength and balance. Notice how these sensations fill you with the a sense of confidence, a stronger self-esteem...not an egoistic self-esteem but rather a more humble confidence.

Feeling how your chest is “open” and your heart feels uplifted. You feel present, and now focus on the energy moving in and out of your heart. Allow yourself to feel the energy of Heaven coming down into your body through the crown of your head and coming up into your body from earth through your feet. Feel these energies merge in your heart...feeling calmed while at the same time fulfilled. Your body is the sacred vessel, the Holy Temple of the “virtues of the Holy Spirit.” This energy merges with the life-sustaining energy of the earth and you feel your true self, your holy self. Notice how this affects you emotionally, mentally, and spiritually.

CENTER: Now place one hand on your heart, the other on your belly. Notice that with this movement, you are making a conscious connection with your body. Physiologically, our hand on our heart calms our heart rate and the heart finds its healthy, smooth rhythm...sending out hormones that activate healthy physiology which activates sensations of kindness, compassion, respect, goodness. Realize that these are happening right now...in other words you are “present” upon the earth and this moment is the most important moment of you life. Your bringing your attention to your body and thus connecting with the divine, with God. We call this “centering.”

Focus on your hand on your heart, and how this draws your attention out of the world. You are paying attention to your body. Notice how the warmth of your palm feels soothing...and especially, how this “soft” gesture inherently makes you feel respectful and loving to your body. These emotions are not from your mind or imagination, yet rather, are “real,” innate sensations in your body. Understand that this is a profound healing to your relationship with your body...perhaps the only thing that really works to keep us from being so critical of our body, ourselves.

With your hand on your heart, you are “connecting” with your body, with your heart, and thus, you are connecting with the Spirit of God. You are in the present moment, in “the Now,” in “the CENTER,” of the truth of who you are, in the truth of your connection to God...God exists and God loves you immensely. Consciously connected to your heart, you are now embodied. How does this make you feel? Most likely, humble and holy.

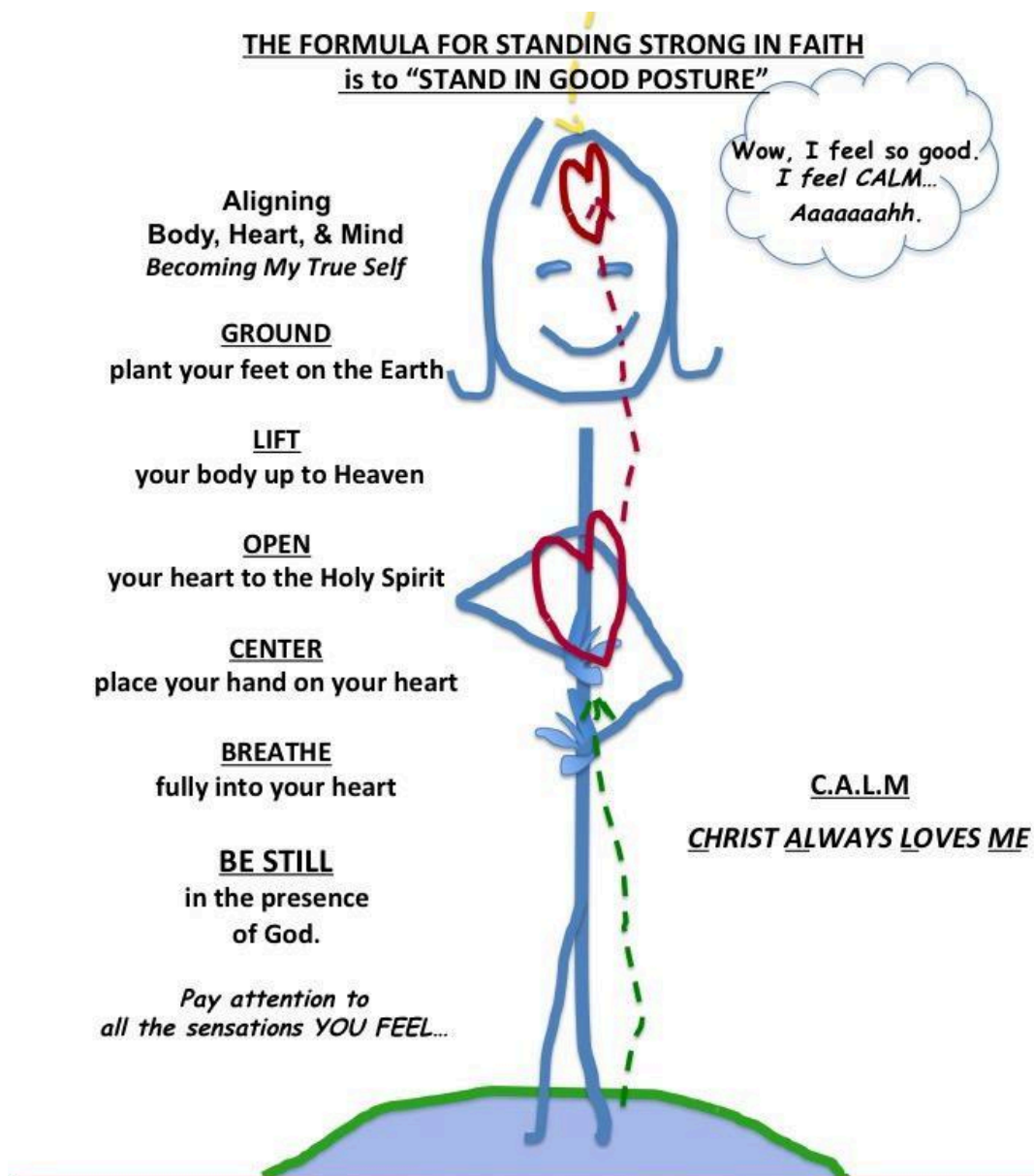
BREATHE: Now focus on your breathing as this is the breath of life, the breath of God, moving through you. Our breathing is in absolute control of our physiology and psychology. Start taking looonnnnggg, sloooooowwww, smooooth breaths...feel the yummy sensations of your lungs filling fully. Realize that without this breath, you would not be alive. Realize that without this breath you would not experience the spiritual. This is the breath of the indwelling

the Holy Spirit moving the “life-giving” force of our Creator through our body. And notice, how good each breath makes you feel...a full breath makes you feel so calm, relaxed, humble, and holy...“fulfilled” like nothing else can in life.

SMILE: And now to put the finishing powerful detail on your experience of standing strong in Good Posture...allow yourself to smile. In fact, you probably already because of the “good-feeling” sensations that have been flowing through you. As you smile, focus on softening your face around your eyes and mouth. Notice the dramatic shift in the sensations of your body that begin to happen...your body is energized with soft, joyful feeling sensations. You feel humble and holy, generous and kind, compassionate and loving. Your smile is the light of your heart...the “light of Christ” shining out into the world.

ONE HAND ON YOUR HEART AND ONE HAND ON YOUR HEAD: Now to finish the practice we are going to make the “body, heart, mind connection” literal so you become fully conscious of how your body, heart and mind work together to awaken your spirituality. Bring your hand on your belly, your right hand, up to your forehead. Feel the sensation of your hand on your head makes the energetic connection with your mind. Then bring your attention to both hands and begin to feel the energetic connection between them...mind and heart connection.

Notice your heart’s calming sensations flowing your hand on your heart up to your hand on your forehead and feel them move into your mind, into your consciousness...your thoughts begin to calm down. Feel this then begin to move through your body. Notice this calming sensations activates your awareness of you becoming more conscious of “the sacred” within you and around you. You embody “holiness”....and it begins to flow out into the world as a great healing force.



THE POSTURE AND MIND OF CHRIST

As we stand here in good posture, we can't deny that we feel "good" ...we feel physically, mentally, and emotionally good, better than if we were slouching. And we admit that we feel different about our body and begin to understand that it is more than "just a human body" ...it's a temple. Standing here in good posture we begin to feel and think more positive things, good things, about ourselves and about life...even about God. Life is good with good posture.

Standing strong in good posture with our feet rooted in the earth, we begin to feel ourselves rooted in God's Creation. And as we focus on lengthening our body upward and opening our chest, we feel a freedom in our heart and our consciousness turns toward the heavens and we realize we are thinking about God, Christ, and Holy Spirit. Truth is that whenever we are in good posture, we are more spiritually awake, thinking of the divine...it's organic, meaning our body is "thinking" about them. And we begin to experience the transformation of rebirth, of "being born again." We feel the calm energy that flows from our heart and through our body supporting us to feel "humbly confident" ...humbled before God while confident of our faith in Christ. We realize that this energy is from the indwelling Holy Spirit and He brings forth our remembrance of all that Christ did for us through His ministry, crucifixion, and resurrection.

We are now in the "Posture and Mind of Christ" ...and we remember that we only have the promise of salvation with God in eternity because of Christ, our beloved Redeemer and Savior. We remember that Christ took upon His human body the punishment for our rebelliousness against God. Christ bore the pain and paid the price that we never could have survived. Christ left us the blessing and instruction that now in order for us to be able to enter the Kingdom of Heaven we are to be born again. Once "born again," we are united to Christ through the gift of the Holy Spirit. We die to our old self through Christ's crucifixion on our behalf and we are uplifted in body as Christ was in His resurrection into our new life...our life as believers in God through faith in Christ.

Reborn we now walk through life uplifted into good posture by the gift of faith in Christ that God gave us so this understanding flows powerfully through us and into our mind always. Our body renews our mind with humility and holiness, sensations which are of the mind of Christ, and thus, they keep us defended against the temptation of sin. Good Posture is the experience of embodying our selves as the Holy Temple of the Spirit of God...our heart imbued by God's grace with the Holy Spirit.

Aligned in Good Posture, we are physically and spiritually aligned with the will of God...His perfect plan and purpose for us flows strongly from our heart into our consciousness by the wisdom and power of the Holy Spirit. We remember how Christ aligned with God's will in the Garden of Gethsemane, how He knelt down and surrendered His will to God...ultimately submitting to God on the cross. And we remember how Jesus was then laid down in the tomb and experienced transformation and was resurrected. And Christ came back to earth and stood strong in His newly transformed before His disciples to teach them more truth about God for their missionary work...and the Holy Spirit alighted upon each of them. As Christ empowered them to go out and teach the world about God and His Kingdom, once born again we too feel the power of the Holy Spirit flowing through our own heart and body...and it feels natural and comfortable. As Christ said, *"For my yoke is easy and my burden is light."* Matthew 11:28

Aligned now in the Posture and Mind of Christ, we realize that as Christ died for our sins, we too must die to our sin, to our egoistic, selfish nature. We now are of the nature and character of Christ—humble and holy, kind and forgiving. Our "walk in life" is now as a believer...how we stand, what we do, and how we think are now shaped by our faith in Christ. We do as Christ commanded and asked His disciples to do...love God with all that we are is the Greatest Command. And second, is to love others as Christ loves us...be willing to make sacrifices for others when they are in need. In our new self, there is no doubt about who we are and what we are to do for the rest of our life...love and serve the Lord, who is our Almighty God. We feel completely supported and feel no resistance to

letting go of our pride and selfishness. In fact, it feels depleting and small to try to hold onto this old self...of self-focus and arrogance

In your relationships with one another, have the same mindset as Christ Jesus....⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

PHILIPPIANS 2: 5-10

As we continue to hold ourselves in Good Posture, we realize that all that is taking place within us is none of our doing but of the work of the Holy Spirit within us. The blessing of being born again is God's gifts of inherent love for Him, faith in Christ, and the indwelling Holy Spirit to help us become stronger in faith and thus closer to God. We live out our life as those destined for Salvation. We choose God because we now have a holy will...we choose God because there is no other choice. Standing in Good Posture, we feel the virtue and wisdom of the Holy Spirit flowing through us and constantly renewing our consciousness of God, aligning our will with the will of God...we are spontaneously filled with the motivation to revere God the Father as His Son Christ did. Our body is the Holy Temple of the Spirit of God and we desire to worship God with all that we are. We pray constantly. Feeling the inherency of our having been created by God, we remember that God's intention is that we live with Him in Holy Love forever in Heaven.

CONCLUSION

So the proof is in. SPIRITFITT offers us the conclusion that the journey of our life all comes down to our "relationship with our Creator, with God." If we don't have an intimate and loving relationship with our Creator, then we feel adrift, lost in our search for the meaning of our life. We effort to define our own meaning and purpose, free will, yet we will experience that it never is fulfilling given that we did not create ourselves...and Our Creator has other plans for us.

SPIRITFITT helps us understand that our awareness of God, our spirituality, is a "body-thing," not a "mind-thing." In other words, the only true resource of understanding our Creator and His intention for Creation is through our intimate conscious connection with our body...i.e. "being embodied." And that this connection only happens through a loving and respectful relationship with our body...when we honor our body as God made it and intended it to be. It happens when we condition our body to maintain "Good Posture"...because this is the optimal alignment in our body, that aligns our heart with our mind. In other words, Good Posture is what facilitates good physiology that shapes good psychology that is essentially the "experience" of the Holy Spirit flowing through us and deepening our belief in God through strengthening our faith in Christ. Good Posture is the experience of "faith."

The "key takeaway" here is to understand that it is our body, our heart, that reveals the truth about Creation and about our Creator, not our mind. We begin to realize that who we are and the meaning of life can't be figured out in our mind, by simply observing our thoughts and trying to control them. Practicing good posture, we feel the wisdom and truth of our heart, our body's physiology, and realize we are being filled with the spiritual understanding of who God truly is...we understand who we are, creations of the one, true, Creator. And thus, we understand our purpose in life. It's our relationship with God.

As a result of this awakening, and feeling the strength in our body because of our aligned, balanced posture, we feel more emotionally and mentally stable and balanced...and thus, we're less vulnerable, less easily pushed around by vacant values, by the world. We begin to understand that our mind knows little of spiritual truth because our mind is filled with "machinations" of world beliefs and values. Yet, standing in good posture helps to break this cycle of consciousness and we begin experiencing the sensations of our heart...we awaken to the Truth of God, and thus, the truth about ourselves.

We realize that we are God's "most beloved creation." We realize our body is sacred, the Holy Temple of God, and thus, we become more respectful, committed to protect it...and to protect life, all life.

Therefore, SPIRITFITT's primary message is to focus on your posture all day. We all naturally schlump and slouch at our desks, so take frequent breaks and just stand up and align and lengthen your body and sit back down in good posture. When you're walking around, breathe fully and work on "walking tall," in good posture. None of us can deny the huge difference in how you feel physically, mentally, and emotionally...and most of all, spiritually. The

brilliance of how God made us is that shifting your posture awakens you instantly to the truth of life, of God. And one moment of transformation feeds into the next, and ultimately, becomes a lifetime.

We need to understand the our spirituality in life is found in the center of our heart. We need to “get out of our head and into our body”...we need to pay attention to the Spirit of God that resides within our heart and let the “fruit of the Holy Spirit,” it’s virtues, flow from our heart and inform our mind. We need to forge a healthier, more respectful, loving relationship with our body. We need to stand strong in good posture and we will feel confidence in our faith in Jesus Christ...being “embodied” in our true self we will be of the “Posture and Mind of Christ.”

CHAPTER THIRTEEN

OUR BODY Keeps Us Conscious of God:

The BIBLE and The Cycle of Personal Transformation

BIBLE---BREATH---BODY---BELIEF---BEHAVE---BELIEF---BODY---BREATH---BIBLE-----BECOME

The Cycle of Personal Transformation is SPIRITFITT’s “unique core concept.” We introduced the Cycle in an earlier chapter. In this chapter, we look at detail about how it works and most especially how it is influenced by the Truth of the Bible. When one fully understands the Cycle, it gives us access to techniques that help us manage our stress, our outlook, and our spiritual faith...all focused on our body. We’ve discussed these techniques through the Sequence of Holy Postures and the Practice of Good Posture already and here we give the detailed information about how they work so that one may have confidence in them. Yet, our “personal transformation” is proof positive of their effectiveness.

To put it simply, The Cycle of Personal Transformation demonstrates the “brilliance of God’s design” of our human nature...we are both physical and spiritual. This helps us affirm what Jesus revealed to us...that we are the Holy Temple of the Spirit of God...the Holy Spirit indwells our heart. And this Cycle reveals how we can embody our heart at any time and “there” we will meet our Creator. There we will “renew” our understanding of His intention for Creation, for us....instantly.

Most especially, consciously connected to our body, we will experience God’s immense love for us...His “laws” for our well-being are written on our heart, part of our DNA. And we will remember our love for Him. We learned in the chapter on Good Posture, we can feel this instantly...switching from slouching to good posture, we are “transformed.” In our physical alignment we feel our spiritual alignment with the will of God.

SPIRITFITT endeavors to help us understand that our “personal transformation” then is a “body-heart” thing, not a “mind” thing. Meaning, in order to help our selves discover who we truly are and what we are meant to do in life, we need to embody our body and heart rather than try to “figure it all” out in our mind...as we are taught to do, as “society” believes to be the path to “self-actualization.” SPIRITFITT helps us understand that it is NOT psycho-therapy, mind-centric self-help programs, mindful meditation, or new-age philosophies that help us transform our selves and our life. Only our body knows Truth, not our mind.

In greater emphasis here. Our path in life needs to be through our heart and body because only our heart knows the Truth, and thus, is our only defense against the deceit and darkness of the world. We are in a world that “worships Ego,” and thus, we are trapped in the vacant values and false promises of meaningless, even “evil,” beliefs to define who we are. Our Ego is in control, meaning the world is in control...and it fills us with the “arrogance of power, control, and dominance.” We are far from God.

YET! By the grace of God’s brilliant design of who we are, of our “body-heart-mind-spirit connection,” we can escape this...we can “get out of our head and come into the wisdom of our heart,” and there, we will connect with The Truth. The Cycle demonstrates how this “connection” works to keep us conscious of our Creator, of God...it gives us a way to “manage” our body and behavior that helps keep our good physiology flowing strongly and influencing our good psychology influencing good behavior influencing good spirituality.

THE CYCLE AND OUR CONSCIOUSNESS OF GOD

The Cycle reveals the power and wisdom of our BODY. Our body holds our consciousness of “the Sacred,” of God... our mind is not the source of spiritual understanding as most believe. The essence of the “Personal Transformational” concept is to demonstrate that man’s inherent consciousness of our Creator happens as a result of a sequence or cycle of things that happen through our human nature, first through our body and then in our mind. And it starts with the BREATH.

The focus here on “the breath” is relatively obvious...it is “life.” Yet, we also are now realizing that it is the physiological mechanism that calms our heart, calms our body and calms our mind. Simply put, our breath “puts our mind right.” In spiritual terms, our breath is the breath of God, the Spirit of God flowing through us. And as we then “align” our body in good posture, our breathing eases and becomes full and we become aware of sacred consciousness flowing freely through us...and we become aware of the truth. Our body is filled with the breath of God and we are conscious of Him.

Put simply, the Cycle helps us understand just how incredibly important and powerful and sacred our human BODY is. Our body was created by God and then it was given life from the BREATH of our Creator. And, through the breath our body was activated with physiological processes that we know as our “life-energy.” And our physiology flows through us and influences our psychology, and thus, influences our BELIEF. And this then as we know influences how we BEHAVE. And then, our behavior reciprocates influencing our beliefs...and these influence our breathing and our body and so the cycle flows. It can be best described as *“what goes on in my body goes on in my mind and what goes on in my mind reciprocates influencing what goes on in my body.”* The diagram (below) helps us understand the flow of The Personal Transformation Cycle.

To tie in the “science of spirituality” that we discussed in a previous chapter, we learned that the language of our “spiritual nature,” of our consciousness of God, is through our calm physiology, our calm body and heart sensations. Science has revealed that our smooth heart-rhythm instigates our healthy physiology. Our healthy physiology influences our healthy psychology, what we think and believe...our spirituality.

Through the Transformation Cycle, SPIRITFITT endeavors to help us understand how “stress,” our mind, our mental machinations of doubt and fear can interrupt a healthy or “positive flow” of this physio-psycho-spiritual cycle. And thus, by learning this, we also understand how we can instantly defuse this and help ourselves “transform” in the matter of a moment...we can turn this cycle from a negative one into a positive one.

When we are stressed, which frankly is most of the time, we can feel it. And now, understanding that bringing our attention to our body and helping it to feel calm interrupts our stress, and “instantly.” For example, as we’ve learned we can behave differently...we can stand in good posture rather than slouch. And we can breathe more fully. These behaviors instantly shift our negative emotions and thoughts to hope and confidence...our stress dissipates. As a result, the cycle begins to flow with more “positive currents” and we experience a more positive mood and perspective...fueling a positive sense of self. AND as mentioned, we are learning this is much more powerful than typical stress-management programs and practices.

AND! Most especially, the Cycle reveals our consciousness of God, our connection to our Creator, through “His Word,” the Bible...the “voice of God” is carried on the BREATH. God breathed life into man, into our human body, and we discover through the Cycle how our breath—body—belief—behavior work together to bring the message of the Bible to life within us. Through SPIRITFITT concepts and techniques we experience that the word of God actually lives in our body...through the Sequence of Holy Postures we feel a deeper understanding of the Bible come alive within our heart because of the sensations of “holiness” flowing through us as compared to when we are just reading the Bible.

In spiritual terms, The Cycle helps us understand that because we are made in the image of God, our understanding about the “truth of Creation and our purpose in it” resides within our heart and body, not in our mind. Rather, our mind is designed to help us use the wisdom of this “sacred consciousness,” of the Holy Spirit, throughout our lives...helping us make decisions that encourage us to behave in good, godly, healthy ways. The Cycle helps explain how to “embody our selves,” so that we experience the message of the Bible and thus are defended against the egoistic, materialistic values and false beliefs of this world. Connected to our body, we remember the Truth, the life, sacrifice, and resurrection of Jesus Christ.

SPIRITFITT helps us to connect with our body, with our heart, and there, we discover through our own experience that our body is our “true” guide for living a healthy and holy life. Our beliefs begin to be shaped by the truth of the

creation, of the divine design of our body...by laws established by the Creator. And when born again, all our understanding is confirmed and forms a brand new self...we are made new creations in Christ. And thus, the intention of The Cycle is to demonstrate how to access our body's (heart's) wisdom and help ourselves "transform" our negative outlook to a focus on God.

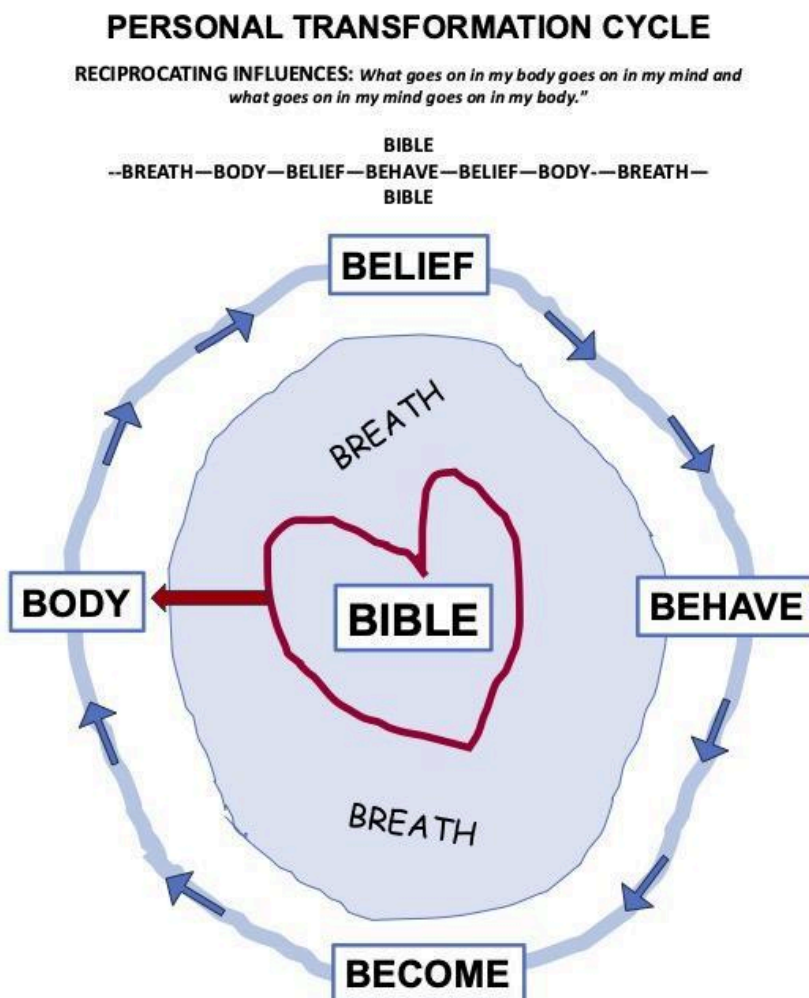
To put this in very practical terms, the "core concept of SPIRITFIT" is to help us understand that we have the power to prevent "stress," the deceitful beliefs we hold, from taking over our lives and leading us toward decisions and behaviors that compromise our peace and contentment...that distract us from the Truth and cause us to go against God's laws of nature and love, which of course creates more stress, more doubt and fear.

As we discussed in the last chapter, one of the best ways to experience the power of the flow of energy through The Cycle is to work with our posture. We can feel the dramatic difference of what happens to us, to our body and heart, and thus, to how we are thinking, when we shift from slouching to standing strong in good posture. We can feel this right now. AND! This helps us realize that though we have thought that our posture is relatively unimportant in the scheme of the important things in life, it is quite possibly the most transforming experiences we can have...because it is the experience of "faith." In other words, the difference in our life experience between when we slouch and when we stand in good posture is the difference between having faith or not, of being in belief or unbelief. It is the difference of believing we are inadequate and life is filled with suffering or feeling confident and having trust and faith in the "goodness of God" and His promise of Salvation.

When we stand in good posture, we embody our self. And given that our body is the Holy Temple of the Spirit of God, when we embody our self the wisdom of our heart shapes our beliefs about our Creator, or better said, strengthens our faith in God...and this shapes how we behave, how we treat our selves, and respond toward others. And this reciprocates and re-enforces our belief, our faith. And this flows out into the world.

THE CYCLE OF PERSONAL TRANSFORMATION

BIBLE---BREATH---BODY---BELIEF---BEHAVE---BELIEF---BODY---BREATH---BIBLE-----BECOME



Our Body is the most brilliant of God's creations. God, The God of the Bible, imbued us with His Breath and we came alive. Our body holds the consciousness of God and when we treat our body with love and respect, for example, when we "stand tall aligned in good posture," we breathe fully into our heart. Finding it's smooth rhythm, we become aware of the virtues of the Holy Spirit. We feel the inherent love God has for us flowing through our heart and body and infusing our mind. We feel humble remembering we are the "children of God." This physical consciousness shapes our Belief in our Creator. And standing strong, we feel confident and know how to Behave. Our behavior then reciprocates and reinforces our belief in God.

Being connected to the wisdom of our body, regarding our body as the Holy Temple of the Spirit of God, we know our true purpose and destiny in life. It is to serve God. Conscious of our heart, we are comforted by the presence of the Holy Spirit guiding our steps. The Bible, the "Word of God," comes alive in our own body. And we Become the person we were created to be...we fulfill the "will of God," to participate in fulfilling His plan and purpose for His Creation.

HOW DOES THE CYCLE WORK—HOW DOES TRANSFORMATION HAPPEN IN OUR LIVES. IT'S NOT THROUGH OUR MIND

SPIRITFITT helps us understand, as many other spiritual practices do, that in order to change our life, we need to change what we believe. And most of us believe, and reasonably so, that this means we need to work with our mind. We believe that psychotherapy, self-help programs, mindfulness meditation, and related new age practices are the way to go.

SPIRITFITT however offers a unique perspective about this...put simply, transformation does not happen through our mind yet rather, "It's all about our heart." And, what we are discovering is that when we engage our body and help our heart calm, this works much more powerfully in calming our mind and emotion than the more "mind-centric" approaches mentioned. AND! It offers us the opportunity of experiencing "faith."

Through The Cycle of Personal Transformation, SPIRITFITT endeavors to help us understand that our mind is not the center of "who we are." In fact, as we are beginning to discover, our mind is rather unreliable, even tricky to work with...our Ego is very powerful and very difficult to overcome just by working with our mind. And what we are beginning to realize is that our mind is merely a tool of processing and making deductions from information that it consumes from the world...AND so, we need to understand that we pretty much formulate all our beliefs and values from the world. BUT! Is this such a good idea...the world is filled with deceit and dis-information, even "evil conceptions." In other words, the "group think" is not the source for spiritual understanding and awakening.

In fact, as we sit back and consider this, one could say our mind, our Ego, is completely captured, or rather, filled by what the world already knows. The world offers our Ego no "new thoughts." And most of it is false. AND! What we are discovering is that because our Ego is so strong it dominates our consciousness and as a result working through "mind-centric" practices, we often find our selves "circling round" in old stories and feelings rather than being liberated from them. We continue to relive the past.

In order to back up this understanding, psychological research has relatively recently revealed that our mind is not really capable of generating "new" thoughts, new beliefs. Apparently, about 95% of our thoughts are repeats and those are predominantly, over 80%, "negative judgments and regrets and worries." We can all admit how much we seem to keep thinking about the same things over and over. So then how can we change our thoughts, generate new beliefs?

Considering this, we begin to realize that much about our selves and our lives builds upon old foundations...personal, familial, and societal. One might conclude that no matter the "new" situation we find our selves in, we are looking at it through old mental filters and constructs. We are looking at life constantly through

our old will and desires...and thus, are completely missing the “new.” In other words, we are missing the “golden nugget” of the life experience we are in, that is our opportunity to “transform,” to awaken and evolve spiritually. We have to wonder then where our inspiration and creativity come from. In other words, how do we find this?

SPIRITFITT offers the conclusion then that the “mind-centric” practices such as meditation or psycho-therapy and self-help books and programs, do not truly help us change, do not help us “renew our mind and transform.” Rather, because they are all mentally, emotionally focused, they may be actually keeping us somewhat trapped, held back, in the old mind-set. We’ve all experienced how the pressures of the egoistic, materialistic world makes it very difficult to change how we think...in other words, we can’t change our mind by merely trying to change our mind.

So if this is true, that we are mentally stuck in the old, how do we “transform” and change our lives? How do we find the new...or better yet, the “truth?” Where do we find the inspiration for new thoughts? SPIRITFITT helps us understand that it comes from our connection, our consciousness, of “the Sacred,” our Creator God. It comes from our body, specifically, through our heart.

AND! As we’ve been discussing, SPIRITFITT has discovered that the gateway to our connection to “the sacred,” which is the only source for new thoughts, is through our body, and specifically through our heart. In other words, instead of trying to “lean on our own understanding and change our mind in order to shift what we think and believe, SPIRITFITT encourages us rather to turn toward our body. There we experience a connection to our spiritual self and consciously re-connect with the understanding about the “true origins of our creation”...we inherently remember that we were Created by a powerful, all-knowing, passionately loving Creator, God. Our body knows the Truth.

In spiritual terms, as we have discussed we are learning that SPIRITFITT is guiding us to understand our connection to the Bible. And this helps us learn about the “born again” experience. The Bible makes it clear that our contaminated body has been restored by the immense sacrificial atonement of Christ’s Crucifixion...we have been reconciled with God. And before His Resurrection, Christ revealed that in order to enter the Kingdom of God we would need to be “born again.” This is the “initiation” for our sanctification and purification as divine, holy beings such that we can be in the perfection of Heaven and stand before the “goodness of God.” And as we see, according to the Bible the transformation happens through our body.

SPIRITFITT helps us fully understand and experience this transformation, how the energy of God’s gift of Salvation flows through us so we can support ourselves to always be conscious of it. As we learned from Christ and know from our own experience that we are living in a dark, broken world...Satan is in control. And so we are always tempted to fall into sinfulness. Before being born again, we were born with a sinful will. Yet, by the grace of God in His perfect will and timing, we were born again...we were given a new will. This will come filled with new thoughts, new feelings, new beliefs...it comes with the gift of faith in Jesus Christ. And thus, by the grace of God we are saved. We couldn’t have done this on our own.

And now understanding this, one can see how powerful the concept of The Cycle of Transformation is in helping us stay strong in faith.

Through SPIRITFITT, we discover that the most powerful shift in our consciousness toward God happens when we “embody” our selves, meaning when we focus our attention on our body and heart and practice calming our physiology. In essence, SPIRITFITT is helping us understand that transforming our lives, comes down to changing how we behave. Or said differently, keeping our attention on our body and doing what we need to do to calm our heart is our spiritual walk.

AND! As we have discussed previously, we can do this most effectively by shifting our body’s “alignment,” our posture, and practicing “body-centric”, or “heartfulness,” meditation such as prayer. These instantly lower our heart rate, blood pressure, and adrenalin output. Our body calms down and hormones flow into our mind helping our mind to calm down...they literally slow the chemical reactions of our brain waves. Our mind is renewed and we feel more content.

To put it simply, when we choose to “align our body,” we are physically, and thus, physiologically aligning our mind with our heart, aligning our heart with the will of God. This “good behavior” stimulates “good physiology” which activates “good psychology,” and we have a spiritual awakening, a sensation flows through us that is of the “goodness of God.” Our body awakens us to the realization that it is the “breath of God” that keeps us alive, physically and spiritually alive.

Embodied, feeling consciously connected with our Creator, the temptations we were succumbing to of our old self, such a doubt and fear, begin to dissolve. Our vulnerability to feeling self-focused and selfish begins to give way to the understanding of the truth of who we are...we are the children of God. We begin to realize that we are loved and that we want to love God in return. We want a relationship with Him.

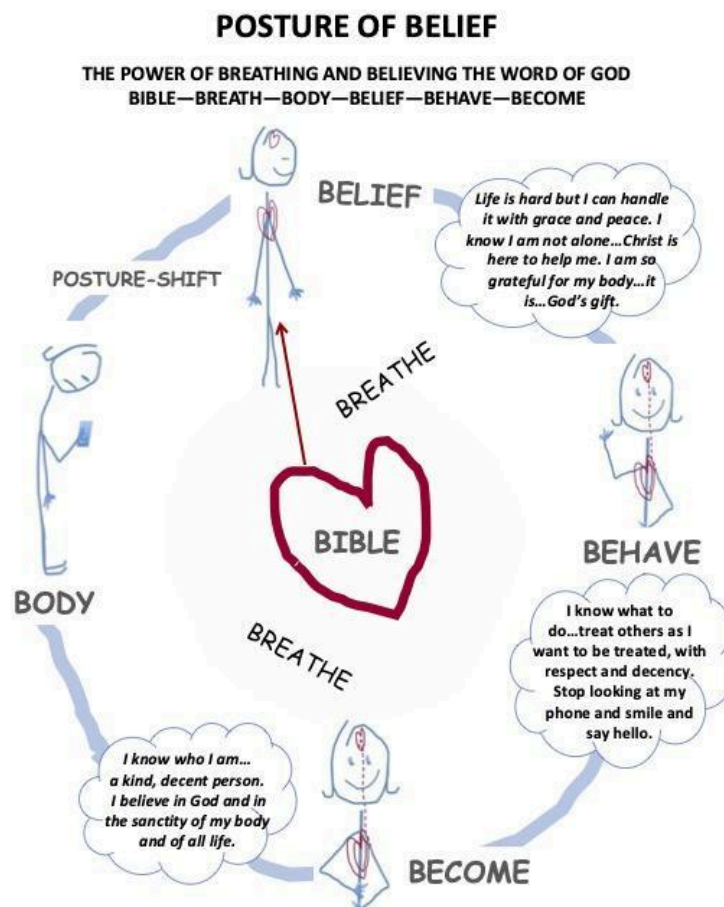
We discover that our mind gains a “renewed” understanding of God...a healthier, understanding of our selves and of life. We begin to find the inspiration, the new insights and understandings that we seek. And thus, we begin to feel supported in rooting out and healing our regrets of the past, which spawn worries of the future. We literally experience the sensations of Faith, Hope, and Love. We begin to experience the truth and “word” of God, the Bible, come alive in our body.

AND THUS! We become intrinsically inspired, inspired by the Holy Spirit, to change, to walk a new path, to behave with greater decency and dignity, to repent and turn away from sinfulness, because we want to please our Father, our Creator. AND! We are struck with “the truth of it all,” with the understanding of why we are here, with the plan and purpose of Creation...it is God’s, and thus, it is for God’s will, not ours, that we are here. God predetermined and predestined all of Creation...each of us and our lives.

To finish this discussion in practical terms, standing tall and “strong in good posture” our spine aligns and lifts our upper body. Our chest opens and we can take full, deeper, breaths. Our full breath provides more oxygen, the molecule that gives our body life. Our heart is relieved of the weight of our rib cage and can now function efficiently...beat more easily, fill well, and find it’s slow smooth rhythm. We feel our calm heart, we feel calm...and we begin to realize that we are filled with the understanding of the wisdom of the Holy Spirit.

The more we commit to practicing this alignment, good posture, over time we realize that we are embodying our self, our true self. And thus, eventually, our mind, our thoughts change. Our perspective and understanding of the meaning and purpose of life begins to shift from our attachments to worldly beliefs toward the truth and goodness of God. We become inspired and are “renewed.” This is The Cycle of Personal Transformation in action.

Further, what is remarkable for those who believe in Christ, is that we begin to realize that standing in good posture, we are standing in the “posture of Christ”...and we are embodying the “mind of Christ.” We realize that the sensations we feel flowing from our heart of joy, love, peace, patience, goodness, kindness, generosity, forbearance, and self-control are the “fruit of the Holy Spirit.” And these awaken us to our faith in Christ for these are the character of God. And thus, we remember our true purpose...*to love and serve our Creator*. We remember that we are not here for our selves yet to contribute to the well-being of everyone...*to love all others as Christ loves us*.



THE BIBLE AND OUR BODY—THE WORD OF GOD COMES ALIVE WITHIN US

The Cycle demonstrates that the foundation of our “personal transformation” is The Bible. The Bible is the foundation because it is the Scripture that explains how and why we were created. The Bible tells us the truth of our Creator and of His Creation. In other words, the Bible tells us the truth about us.

The “experiential revelations” that we have through The Cycle of Personal Transformation help us realize that the brilliant and miraculous design of our body is God’s way of bringing the Bible alive within us. As we’ve discussed, when God incarnated as Christ, Christ revealed that our body is the Holy Temple of the Spirit of God...when born again the Holy Spirit is imbued in the heart of a follower of Christ.

The Bible explains our design, our “body-heart-mind-spirit connection.” In other words, it explains the physiology and psychology behind our spirituality. And it prominently addresses the powerful influence our behavior has on our spiritual development...on our relationship with God. The Bible helps us understand why our Creator had to give us “commands of how to behave”...because we kept giving into our unhealthy and unholy desires. Left on our own we have little “self-control.” We keep creating vacant values that go against our sacred nature and we suffer.

Through the Bible, we see how mankind needed rules and discipline. AND! It’s obvious we still need them today...even when born again. We also see that God’s intention is that the “commands” would ultimately help us become stronger in our sense-of-self, in our sense of what is good and just. And this would strengthen our relationship with Him, and thus, would ultimately become a part of who we are because of our love for our Creator. And this is the process of our sanctification, the process of making us “holy.”

The Cycle in essence explains the same thing...explains how we develop our relationship with God. It helps us understand that we need help as we navigate this dark world...that we can’t do this on our own. We need help in “evolving” our consciousness of God. And that help is the Holy Spirit. And The Cycle reveals that when we embody our selves and posture in good posture and holy postures, we awaken to the Holy Spirit...we experience the “Word of God,” we BECOME the Bible and are supported to resist the vacant values of this world.

BIBLE—BREATH—BODY—BELIEF—BEHAVE—BELIEF—BODY—BREATH—BIBLE
OUR BODY HOLDS THE TRUTH OF THE BIBLE

The Bible is the “word of God.” And though it may sound a bit odd, yet the truth is that our body is organically drawn to it. Why? Because our body is God’s intention for Creation...it is how we are in relationship with Him. As we discussed, our body and heart know God, understand God’s laws of Creation, the laws that keep our body and the planet healthy. Or put another way, God’s laws and commands are the laws of nature and of social interaction...they help us keep our body healthy and society peaceful. Our body only knows the consciousness of goodness...the inherent energy to heal and be healthy, to be a vessel of what’s natural and procreative. The Bible reveals the sacredness of our body to the world...it is the Holy Temple of God’s Spirit, thus it’s quite obvious how important our body is to God.

The Bible also reveals just how intimate God wants our relationship with Him to be. He blew His BREATH into our body to give us LIFE. As we take each breath and pay attention to what is happening in our heart, and thus, in our body, we realize that we are becoming conscious of God’s character...laws are written on our heart. From our own experience in our body, we can’t deny this is true. When we take a deep breath, we feel both “in this world, “dependent upon it, and “not of this world,” only dependent upon our Creator. It’s hard to deny the “holiness” of a breath.

We also learn through the accounts of the Bible why we suffer...and thus, why we try so hard to change, to transform our lives. We learn that our suffering is because of how we think, as Buddha so brilliantly pointed out. AND! The revelation that is coming upon us as we learn how to “embody” our self is that the reason we have so many fearful, doubtful thoughts is because we are disconnected from our Creator...we are disconnected from the “God of the Bible”...because we are disconnected from our body. We discussed this in a chapter in the first section of this book.

The powerful benefit of SPIRITFITT is that It helps us become more connected with our body. All of the program’s concepts and techniques focus solely on our body. By learning to pay attention to how it functions and how this influences our psychology and spirituality, we become more appreciative of the

In summary, The Cycle of Transformation reflects how the word of God is held within our body and moves into our mental consciousness in order to keep our beliefs, and behavior, turned toward Him. And specifically, The Cycle shows us how to interrupt the cycle of doubt and fear that we find our selves in much of the time and causing us so much suffering. Almost “miraculously,” by simply changing our behavior, our posture, we discover doubt shifts to trust, our fear to faith. And we are inspired to stand in the Truth of the Bible.

CONCLUSION

So how do we apply the Cycle of Personal Transformation to our day-to-day life? What is important for us to hone in on is the fact that through science and our own experience, we know that we live our lives mostly in a “stressed state-of-mind,” which means also in a “stressed state-of-body.” Our body conditions and defaults into unhealthy physiology, and thus, our outlook defaults into unhealthy, and unholy beliefs. And we know that these stimulate unhealthy behavior. And thus, we are caught in a “negative” body-belief-behavior cycle...and become an unhealthy, unholy person. YET! Understanding this gives us great power and a huge piece of important information about what we can do.

The goal here is to first realize that we are letting our mind dominate our lives and that only leads to suffering because our mind has been co-opted by Satan and is indoctrinated into believing lies about our Creator and Creation...and thus, our place and purpose in it. And second, is to realize that we can’t defend ourselves from Satan alone...we need the love and protection of our Lord and Savior. And third, to realize that God blessed us with a way to wake up from our horrible delusion and take our mind back...so that we can see God. By the grace of God, we are “born again.” And forth, to realize that the way is by embodying our body so we connect with the Holy Spirit and become conscious of the truth of God.

Through the practices of SPIRITFITT, we can keep the energy of our born again experience alive and continue to experience the transformational sensations that work through the Cycle of Personal Transformation, that work through our body...this physiology influences our psychology which influences are belief and behavior, which influence our spirituality...we experience our faith in Christ as always present. This helps us to walk through life aligned with the will of God toward our promised salvation. In other words, once having been reborn by the grace of God, given the gifts of a holy will and the indwelling Holy Spirit, we are guaranteed salvation. Yet, each of us wants to show up before Christ as our most holy and humble selves...so we do that which can help us stay connected to the holiness that occurred in our rebirth.

Embodying our selves by focusing on our body when experiencing holy postures—kneeling down, laying down, standing strong in good posture, we experience the holy sensations of truth...we feel the virtues of the Holy Spirit flowing through us. They flow into our mind and inform us of God. We realize that our heart and body have “only love for us” because our body is the Temple of the Spirit of God. Our body is naturally inclined toward health and healing. Our heart keeps us alive and conscious of the “sacred unseen,” of God’s GOODNESS and of LOVE. It is these sensations that temper our Ego away from the “worldly,” the unhealthy and unholy. Said differently, our body and heart are always trying to calm us down and keep us consciously connected to God.

If we regularly practice good posture and respectful and kind behavior, our body and heart stay calm. They help us always embody the Truth of Jesus Christ...His teachings, His crucifixion, His resurrection. We are transformed in a faithful, respectful person. We are in the Posture and Mind of Christ.

Our Creator, a great, and magnificent, and loving God—revealed to us through the BIBLE—created our BODY and took a BREATH and breathed life into us. When born again, awake to the power of our BREATH...a calming

sensation of our physiology informs our mind of our BELIEF in Jesus Christ. We now are creations in Christ, filled with a holy will, a will aligned with the will of God and we BEHAVE in holy ways. We are the person we were meant to BECOME. And now we can just BE...rest in the love of Christ.

BIBLE—BREATH—BODY—BELIEF—BEHAVE—BECOME—BE

CHAPTER FOURTEEN

OUR GREAT ILLUMINATION---The Light Of Christ Illuminates The Sovereignty Of God WITHIN OUR HEARTS

Our Awakening About Free Will

We start this chapter with a “summary of it’s conclusion” so that we know where we are headed as we walk through this rather profound and deep discussion...it poses a challenging consideration for each of us. We are discussing the most debated theological issue of all time...and we will discover that our body and heart have always known the truth.

IN SUMMARY: The “Great Illumination” is the “absoluteness” of the Sovereignty of God. This revelation exposes THE LIE that Satan convinced us of in the Garden of Eden...that we have “free will,” that we can be gods. Satan has brainwashed mankind into believing this in order to get us to reject God...“if you eat the fruit you can be like God knowing good and evil. You don’t need God to help you understand morality, to choose your direction in life and life in eternity. You can do it on your own.” This is Satan’s strategy...and he has been successful for thousands of years. Believing in THE LIE is mankind’s suffering...as a result of “the fall of man” we are born with a sinful will and thus consciously separated from our Creator, from God. As the Bible says we are spiritually dead...and thus, alone.

Believing we have free will generates arrogance and pride, generates Ego...an attachment to self-autonomy and reliance...“I am the master of my universe.” We lack humility. The TRUTH is that we have a will but it’s not free. Our will is controlled by Satan or God and God decides. And we must be cautious as we consider this topic. Many believe that if we don’t have free will then we will be morally irresponsible. Yet the TRUTH is regardless if we have a sinful or holy will, we are morally responsible for all of our decisions and their consequences. Yet once we are reborn by the grace of God, and our body restored and our mind renewed by the gift of faith in Christ, our moral responsibility is all for God and our choices directed by the Holy Spirit.

Believing we have free will makes us think we have the power to undo what happened in the Garden of Eden...that we can resolve that we can choose better than Adam and Eve and resist the serpent. Yet the truth is that only Jesus Christ could do that. And by the will and grace of God He did.

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THE INCREDIBLE IMPACT THE FALSE BELIEF IN FREE WILL HAS HAD ON THE WORLD

The “Great Illumination” is the revelation that we don’t have “free will,” as we’ve believed. The Truth is that the concept of “free will” is a lie. It’s the lie that Satan convinced us of in the Garden of Eden. His strategy was to get us to believe that “we have free will” because then we would believe his other lie that “we can become gods”...that being “like God.”

In other words, believing that we have “free will,” agency over the course and destiny of our lives, including life after death, then we believe “we can attain God-knowledge,” and thus, we don’t need God. This is Satan’s ultimate plan...to get us to worship him, and without even realizing we are. Satan has gotten mankind to believe we are on our own, that we can evolve into our “higher godlike self.” As a result, we become blinded to all the evil Satan is

doing through us and our lives. We are blinded to the Satanic roots of mysticism, gnosticism, and new-age spiritualism...they all get us to focus on our "self," to evolve our "self," to worship our "self."

Satan has convinced us to rely on our "own understanding" and to believe that we have the "wisdom and free will" to determine the destiny of our lives, of civilization, of this planet, and now-a-days, of the universe. We let our selves become intrigued with our mind, with our philosophy and physics, and don't realize that these are shaped by Satan. Mankind covets "knowledge." We are addicted...we ate of the Tree of Knowledge and since then are always seeking more. And we are arrogant and prideful of our "successes"...further feeding our delusion of THE LIE.

Since eating the fruit, we fell in love with science, physics, philosophy, logic, reason, mysticism, and new-age. Though these "belief-systems may look like they are ethical and moral, they actually derail mankind into deceit because they fuel the false belief that we have the intelligence, that "God gave us the wisdom," to ultimately determine the plan and purpose of all Creation. We believe we can determine the "morality of mankind." As a result, we gained an Ego, a passion for self-aggrandizement and pride, and find our selves connected to Satan, connected to darkness, deceit, evil, paganism, greed, and corruption. We reject the wisdom of God, reject His authority, and are even at a point in history where we reject that He even exists.

AND! Looking closely, we begin to see this deception undergirds "all" of society and governance. We see examples all around the world and in our own lives where we have sold our souls for the promises of the Devil...for the security of money, fame, possessions, and power. We live in the Society of Satan and Satan's great deceit is that we don't realize that we are...we think it's of our own making. Satan has us in a double-bind...not only are we trying to ignore that God exists, we don't even admit that Satan exists. Ignoring both, we get to believe we can "do life" on our own...that we have the power and free will, the "reason and logic," to become "self-reliant," because "we are gods." Satan uses the mythology of the gods to help convince us of this. The problem is that this is the core cause of incredible suffering...separation from God. And we don't know it is.

It's obvious this belief that we are a "self-reliant" species, a self-reliant world, results in "manmade moral values" which actually are essentially immoral. They go against God...meaning they go against nature and the natural, healthy order of how Creation works. In place of God's authority, His commands and laws that keep Creation functioning perfectly, we have adopted the theory of "evolution—survival of the fittest" and are "judgmental and critical of each other"...we have the free will and power to know what is good and evil. As a result, we are stoking a worldwide culture that functions on greed, competition and conflict. And as a result, we have become so selfish that we disregard the sanctity of life, human and planetary, deeming it all should be controlled, used, designed, and destroyed as we see fit, according to our will...because this is for the grand purpose of "our evolution."

As a result of our sinful will, we are completely missing the irony that our belief in the "evolution of man" is actually keeping us from evolving, from becoming more intellectually and emotionally mature. TRUTH is there is no possibility of our "raising our consciousness into higher realms" if we reject God, the one Who created us. Why? Because God is God and only He has the true knowledge and wisdom that we seek. In fact, this belief in ourselves as more capable than God is causing us to devolve...keeping us locked in "paganism and immorality." We worship the gods of old. This is exactly as Satan has planned it.

So ultimately, what does this mean? We're in trouble. Because we have rejected the "authority of God," we have rejected the authority of Jesus Christ, rejected the Divinity of Christ as God, and rely on our own mere mortal mind to save us...and as we've clarified here our mind was co-opted by Satan in the Garden when "we ate the forbidden fruit." We have no free will, no wisdom about good and evil. We are brainwashed to believe our sinful will is our free will...our authority to choose our best destiny in life and in eternity. We are living under Satan's spell and destined for destruction.

YET! WAIT! There's "good news, great news!" God is at work in the world. God had predetermined all this and has a Salvation Plan which He also predetermined and predestined. The life, ministry, Crucifixion and Resurrection of Jesus Christ, God incarnate, was the first and most important part of God's plan. Christ coming again is the second part. And that will involve the end of this age of mankind...the end of this "refining phase" of humanity into holy, divine beings. What's wonderful is that we are most likely in the "end days" now and as a result, God is waking many up to His "sovereignty," to Who He truly is...many are being "reborn"...born again in Spirit. And those who have been already are part of Christ's "Great Commission" to help others understand what is happening, what this means.

By the grace of God's intervention, there are many waking up to the suffering caused by our belief in THE LIE ...realizing that we are living in Satan's kingdom, trapped in a matrix of delusion, deception, and destruction. And as a result, some are beginning to realize that placing our trust and faith in mankind to guide our lives is a mistake...the "ultimate sin." In other words, believing we can manage the world culture toward goodness WITHOUT the guidance of God, without standing in His word, without obeying His commands, only generates more dysfunction, corruption, and ultimately, chaos, strife, and war...everyone trying to elevate themselves and desperately doing all we can to dominate the other...involving tremendous abuse of the planet in competition for resources.

We are a world of fear, doubt, and anxiety. SO! How do we get out of this "matrix?" What is the path to freedom? There is only one. Only by God's will are we saved. Only by God's timing do we meet Jesus Christ, our Savior, and are "illuminated" with Truth. It seems that at some point in life, and in various ways, God decides to call us to Him and in that moment we are "born again," blessed with the revelation that God is real, that He created us, that He is sovereign over all. Born Again, we are blessed by God with faith in His Son, Jesus Christ. We know we've been called because we become hungry to know the Truth, to know Jesus...we are set free from Satan.

SET FREE OF THE DELUSION OF THE LIE—THE GREAT AWAKENING

The Truth is only God can set us free. The Truth is "God is sovereign over all and everything happens according to His Will." How do we know this? We know it because we exist, because the planet and sun, the moon, the stars exist. They obviously came from an all-powerful, highly-creative, highly-conscious God. We know it because God determines when we are born and when we die. We know it because we don't have control over our own lives...we have to admit it, it's true. As previously mentioned, we learn from the Bible that God plans all things...before anything was ever created, God "predetermined" the course and destiny of His Creation. God predestined our life here on earth. What's wonderful is that once we are blessed by God with this revelation, our primary suffering ends. Once born again by the grace of God and blessed with the gift of faith in Jesus Christ, we are set free from the false belief that we have free will and thus realize that this life we have lived is not all our fault. It's our moral responsibility, yes but not our fault.

Our destiny is ultimately in God's hands for His purposes...and we learn in the Bible that God's will is all for our good. The TRUTH is that we cannot become gods. We do not have "free will"...we do not control the destiny of our lives, nor understand the morality of life without the authority of God. Now! To be clear we do have a will, and therefore, the question should not be whether we have "free" will but rather should be "is our will aligned with Satan's or with God's." For we know from the Bible that because of the treachery of Satan and his corruption of our mind, we ate the fruit and contaminated our body in the Garden of Eden. Disobeying God, Adam and Eve sinned and as their descendants mankind is born with a sinful will. And we know from the Bible that we do not have the power to change our will...only God does.

Explained further, we can freely make choices yet the options we can choose from align with the desire of our will. If we have a sinful will, our choices and decisions are forged by our desire for sinful values and beliefs. If our will is holy, we freely make choices and decisions that focus on goodness and holiness. Put more directly, Satan cunningly coopted our minds with lies and got us to eat the fruit. When "we ate the fruit," our bodies became contaminated and our hearts hardened against God—our sinful will. As a result, we reject God's love, dismiss His glory and authority, and take for granted all the beauty and abundance He has given us.

We walk around this dark, broken world believing Satan's lie that we can become gods and deserve whatever we want...decide what's right and wrong and live a destiny on earth and one in eternity that we desire. We have been deceived to believe that we merely need to evolve our selves. We see this clearly at work in new age spiritualism ...that we can learn to raise our consciousness into higher dimensions and gain the power to create a new world, one of our moral choosing and our egoistic desire. YET! The truth is we have no power, no freedom, no wisdom to choose morality and the life we want because only God has that power...and God has "predetermined" our life. The Bible tells us that He wrote down everyday of our life in His book.

God has "predetermined" all of Creation for His purpose and plan. And we are told by the Bible that His will shall stand. We don't develop our selves but rather are evolved, "refined," by the grace of God. Our lives are directed by Him, from our birth to our death. Wait! What?!

This is not what the majority in the world believe. Many will reject these statements. Many will judge that it's weak and irresponsible to even consider the we do not have the freedom to control everything in our life. And especially, many theologians will object to the belief that we don't have the power to choose to accept God or reject Him. Many will judge that believing that we don't have free will because all has been predestined by God is an excuse and shirks responsibility for our lives...where's our accountability when we say "well, the Devil made me do it." Many believe that if we don't have free will then our relationship with God is not authentic or genuine.

The most arrogant thing about believing we have free will is that it can make us believe we have the power to undo what happened in the Garden of Eden. Believing we have free will, we think we could have possibly chosen better than they did because we believe we can and must choose good now, choose to have faith in Christ, in order to be saved, to become a child of God. What this is saying is we possibly could have resisted the serpent.

Most theologians believe that sin came into the world because of Adam and Eve's weakness to choose to disobey God...and that is true. Yet, could they have done otherwise? Their weakness was caused by Satan's dominance over them...so are they solely responsible for sin entering the world? For we know from the Bible that the only "human being" who could resist Satan was Jesus Christ...only He led a completely sinless life. And this was because of the will of God...by the grace of God Jesus was given the strength to resist Satan. And so the more we are learning about God and the Bible, we also realize that Adam and Eve couldn't have chosen to "obey God" because their disobedience was part of God's plan for Creation. And yes, many disagree with this. But Truth is God is sovereign over all, over all. Put simply, Satan's corruption of Adam and Eve was ordained by God, predetermined in the story of God's Creation. We know from many biblical accounts that Satan can't do anything without God's permission.

The Truth is that Satan controls our will. Satan actually does make us believe we have free will. And through this false belief he gets us to do all kinds of unconscionable things...highly immoral things. And the Truth is that facing this revelation takes great courage and strength of character as it goes against the mainstream...almost all of mankind wants to believe that we are masters of our own universe, not God. God is merely a "consideration" in our life, not central to our life's purpose...exactly as Satan wants it, for us to be immoral. Yet to admit that Satan exists and has caused us to believe falsehood is the most "morally responsible" thing one can do in life...for it's the path to Truth. It reveals what is behind the Fall of Man and that man is extremely vulnerable to Satan's evil, and thus, we are in need of saving. TRUTH is we can't choose goodness or God on our own. We are in need of Jesus Christ.

In this revelation, we realize that God is sovereign over all things and planned all this, even Satan, in order to fulfill God's Salvation plan...which was God's predetermined plan for Him to become known to us. This is God's intention for all of Creation. It's all for God's will...not ours. As we reflect on this, we begin to understand that we don't have "free will." Now many stridently reject this idea because they claim it makes us mere robots. TRUTH is that we are the children of God. We only became mere robots when we became corrupted and contaminated in the Garden of Eden...infused with a sinful will we became robots of Satan, programmed for sin.

We don't have free will and we should be thrilled. We have been created most magnificent beings that are brilliantly designed to be in relationship with our Creator, God...and we should be thrilled!!

We are here as a result of God's Will. We've been chosen. Through the Bible, we learn about our Creator and His intention for us to be with Him in Paradise and experience Holy Love. We are also told that God is in control of everything, sovereign over all, even over every hair on our head and every day of our lives. In other words, we don't have free will. And we should be thrilled! Why? Because we cannot thwart the plans of God.

It seems that as part of God's creative process, we are on earth to go through His "refining"... so that our consciousness of God evolves. We may not be so thrilled about this...yet, none-the-less, it's His will. When Adam and Eve were created, they were living in Paradise with our Creator. YET! They didn't really understand just how miraculous this was, nor how powerful and glorious God is...they were "easily" convinced to disobey and eat the forbidden fruit. Now, this being God's plan, He then sent mankind out of Paradise into this "training ground" on earth.

As we go through this remarkable journey of life, we can see that we are becoming "more conscious," evolving in consciousness of God and Who He Is...we are understanding the difference of good and evil as He intended. It seems clear God wants us to experience the difference between the horrible, suffering sensations of pride and willfulness, of evil, and the sublime, liberating sensations of humility and holiness, of good. In this way, our will

becomes “honed,” aligned with goodness, and thus, ultimately aligned with God’s will...we are “made in the image of God.” In other words, we are being purified so we can be with Him in Heaven. We should be thrilled!

TRUTH is that when we are born again by the grace of God, we begin to see just how thrilled we should be. We begin to see the purposes of God. Born again we become restored and renewed, back to our powerful, human self...we are set free of Satan’s indoctrination and blessed with a holy will. Our will now is only for God...is that robotic or is that the realignment of our divine self with God’s divinity? Truth is renewed by the immense sacrifice of Jesus Christ. We are aligned with the will of God and set spiritually free. And we are now destined for Salvation...something we could never have done for ourselves.

Many are concerned about the need for us to be morally responsible claiming that if we don’t believe that we have free will then we will shirk our accountability for our choices and decisions in our life. That is a very unsophisticated and unbiblical view to have. In other words, regardless of whether choices we made in life were sinful, meaning Satan brainwashed us into doing them, or our choices were good and holy because God gave us the power of a holy will, a will aligned with His will, we still are 100% responsible for all of them and must live out the consequences...these were planned by God for us to do.

It’s important to remember that the Bible is very clear on the sovereignty of God and that we truly have no power against Satan on our own...we need a Savior. This is all part of God’s purpose and plan...for He’s forging and refining us into holy, divine beings to be with Him in Heaven. It’s apparent from the Bible that God created our “life on earth” as our “bootcamp” to learn about the destructive power of evil. God uses the schemes of the Devil to cause us to experience evil and thus to fully understand what is not good. In other words, this is how we are learning to grasp and believe who God is by who He isn’t. And further, by seeing the consequence of evil and of good and knowing these both are under God’s control, we begin to understand the immensity of God’s power and glory.

God is absolute goodness. And evidence of His goodness is that we see it in all that He has created. We can feel it in our own body and heart once our eyes have been opened through one’s “rebirth.” As well as that, we learn from the Bible that God’s ultimate plan is for us to be in an intimate, most glorious relationship for all eternity with Him in Heaven, back in the Garden. And for this God has determined that we need to be able to see and feel Him...we need to be able to acknowledge Him. It’s not for His Ego. BUT RATHER! God knows that when we finally grasp who He is, we will understand how magnificent we are...having been created by Him. God wants us to understand how brilliant we are. Not so we hold pride, but rather humility for having been chosen to exist. God wants a relationship with us and He made us this way so we are capable of wanting a relationship with Him...this is Holy Love, the love between Creator and created.

So what we are beginning to understand is that Satan in our lives helps evolve our consciousness of our relationship with God. It’s true. In other words, though Satan strives to get us to reject God, to believe that our life is “ours,” we ultimately realize that this is not true. We feel much suffering in life when we follow this deceit of free will. But there’s a blessing to suffering. The blessing is that we begin to seek help...by God’s grace some are blessed with faith in Christ and surrender one’s life into God’s hands. In other words, we are discovering that we cannot decide how we want our life to go or how it should go, just as we couldn’t decide our birth, and nor our death. Truth is that God has predetermined our life, including our sin and suffering for our good. God wants us to experience the suffering of being separated from Him caused by evil so that we become aware of His intention for us to be with Him...we feel His intention flowing us as our yearning to be with God. So the conclusion here is that God caused the “fall of man” and that we could not save ourselves from the evil of Satan that prevails upon us. It’s clear we need to be saved.

And so, many ask why? Well, of course this is not a small thing to guess at. But it seems apparent that God wants us to become more evolved than we were in the Garden of Eden in being able to know Him so that we may experience the “exquisiteness” of His love for us. And so we may experience the beauty and abundance of Heaven fully. Adam and Eve most likely could not comprehend and appreciate all that was around them in God’s garden until they had experienced the opposite...the loss of it.

ONLY BY THE GRACE OF GOD

As we’ve mentioned, only God can set us free from the delusion of THE LIE. What also is true is that the timing of our awakening to “God’s Sovereignty” is in God’s hands...according to His will and timing. We see the most

dramatic evidence of this Truth in the Bible through the Crucifixion of Jesus Christ...when sin had become so rampant in the world and mankind's will was evil all the time that is when God's Salvation Plan began...it was His predestined time that He decided to come personally to wake us up and deepen our relationship with Him.

God, incarnated as Christ, came to earth to "shed light" and illuminate the darkness and expose "the lie." Christ came to save us from the delusion of "self-determination" that keeps us trapped in Satan's world ...that keeps us doing Satan's bidding, his will. Christ awakens us to the Truth...that we are here and living the life we are living not because of our will but because of God's will. And God's will is to work out all things for the good of those He has called, for those He has chosen to be with Him, for those who choose to love Him.

Through Christ's Crucifixion, God revealed the horrible power of sin...we watched evil men do unconscionable things to Christ's human body...destroying the preciousness of life, the dignity of mankind. The Crucifixion made it appallingly evident what the heart of mankind was capable of doing when following the will of Satan. And Christ took the immense punishment for our willfulness because we were incapable of defending our selves against Satan, and incapable of repenting for what we did, and incapable of paying the great price required to reconcile our ourselves with God. We needed a Savior. And then, by God's immense power, once the Crucifixion was over, God transformed Christ's body into a heavenly body and Christ was resurrected back to Heaven. Through His Resurrection, Christ showed us, gave us, the promise of our salvation.

Through Christ's great sacrifice two thousand years ago, we now understand what is happening to us today...we have been saved. Our Ego, our will having been aligned with the will of the world, with Satan's will, has been crucified. And mankind has been spiritually reconciled with God...our sins since the Garden of Eden forgiven and washed away. Now before His crucifixion, Christ also told us that man needed to be "born again," in Spirit, in order for the blessings of His crucifixion and resurrection could take hold within us and then we would be able to enter the Kingdom of God. Christ also told us that we cannot come to Father unless through Him, and that we cannot come to Christ unless called by God. It's all in God's perfect plan and timing.

When born again, our body is restored and our mind made new...God bestows within us the gift of faith in Jesus Christ and imbues within our hearts the Holy Spirit. Our human heart is literally transformed by the Holy Spirit...God replaces our hearts of stone with hearts of flesh, hearts of lust with hearts of holiness. And God's laws of love are now written on our heart, are now a part of our DNA, a part of our consciousness. They are not just rules or guidelines that we hold in our mind. Rather they now shape our will. We no longer harbor a will, or desire, of sin but rather have been transformed into a new creation in Christ, filled with a holy will, a will aligned with the will of God.

As we explored in an earlier chapter, we learned that the Holy Spirit is an electromagnetic field of light and now we understand that it is the Light of Christ. We have been transformed...physically and mentally. Christ's light now within us illuminates the darkness of evil and Satan's lie is exposed. Our body has been transformed into the Holy Temple. Standing strong, we are now in the Posture of Christ...with our "holy heart" aligned with our head, with our mind, we feel the sensation of holiness transforming our will from sinfulness to holiness and we begin to become of the Mind of Christ...we think and do holiness...we do God's will. We are humble before God and glorify God's name and will...and in this we are glorified. By the Grace of God, we are saved from this dark world and are guaranteed eternal life with Him.

NOW THAT WE ARE AWAKE HAVING BEEN BORN AGAIN

It's important to understand that having been saved, having been reborn, doesn't mean that "life will get better"...for we still live in a broken world ruled by the "prince of the air." Satan will not give up trying to pull us away from God...having been saved, Satan will take exception to our new "status." However, we have protection... We are now armored with the Light of Christ against the Devils' schemes. The indwelling Holy Spirit is our defender. Though we are not free of Satan, we are free of his deceit...our will now motivates us with an inherent "discernment and sense of responsibility." Said differently, we are better equipped to stay away from evil and instead are deeply motivated to devote all our attention to our relationship with God. We stand firm in our faith in Christ and are filled with the "moral authority" of God...now committed to do the best we can to live a good and "godly" life, a sinless life.

Awake, we now have the courage to admit how much control Satan has over our lives and realize that we are in need of "a Savior"...meaning we need to keep remembering Christ's great sacrifice and His promise of our

salvation. And we need to stay attentive to the deception surrounding us. And by the grace of God, we are prepared to do this. When born again, God blesses us with His gift of a “repentant mind”...this is our renewed mind. God blesses us with a holy will and our desires are completely different than they were. We have definitely been transformed, set free, and by no power of our own.

Repentance means that our will is aligning with God’s and we are inherently inspired with remorse if we sin...we feel sadness about our rejection of God. Our repentant mind is the wisdom of the Holy Spirit convicting us when we sin and we are inspired to apologize to God. This apology is not for Him for He has forgiven all our sins through Christ’s sacrifice. Our repentance is for us, to keep strengthening us in our discernment against sin and to help us express our lives in gratitude that the Holy Spirit is our good and gracious counsellor...our guarantor that we make it to Heaven. In gratitude that God chose us for eternal life with Him.

Our relationship with God through our faith in Christ becomes stronger as God continues to shape our will through our life experiences...under the guidance of the Holy Spirit. Ultimately, we begin to see and feel the joy that comes when we begin to realize Who God is. And we feel the freedom from guilt, shame, and regret for our past...these emotions are “tricky traps” from Satan. Our past was not really of our own making...yet rather coerced by Satan. And yet regardless, we are still completely morally responsible...will be living out the consequences of what we chose under our sinful will. Yet, we are freed from it’s ultimate punishment through the sacrificial blood of Christ...He has paid the price for all our sins, for all the sins we did in ignorance, and God forgives them all.

The proof of our freedom, the proof that we have been imprisoned in deception and are now free is in our own body and heart. Our body feels calm, our heart at peace. We feel and see more light. As we consider the laws, the commandments, in the Bible, we realize that they are a roadmap to salvation. They promote harmony with each other, reverence for the sanctity of life, and respect for the earth. With a renewed heart we are free of worry and doubt, fear and anxiety, and the guilt and regret that comes from the belief in THE LIE that we can be like God, that we have free will to decide our life and eternity on our own. We are freed because born again the Holy Spirit reminds us of the Truth...that our life is God’s and that He has a predetermined plan and that He is loving and merciful. We trust in the goodness of God rather than in our own “good ideas,” those ideas of Satan.

AND! What is most brilliant is that the light of illumination from the Holy Spirit is revealing that God has more in store for us. In other words, God has more plans for our future and His refinement of mankind. Through the Bible, God has blessed us with the information about what His next goal is...new Heavens and a New Earth. Having been called by God, we are overwhelmingly blessed by the awareness of how much God loves us and we are uplifted by the “blessed hope of Christ’s return”...and wait eagerly for the fulfillment of God’s plan.

In conclusion to this conversation about our relationship with God, what we are talking about is Our will, Satan’s Will, and God’s Will. It’s clear “we don’t have free will.” The truth is that our will is either aligned with Satan’s will or with the will of God. AND! Though hard to grasp at first, whether our will is aligned with Satan’s or God’s is up to God. It’s God’s timing when He decides to “work through us” and transform our will from sinful to holy. And when this happens it’s the most profound and transformative experience of our life...our consciousness is raised by God to understand who He is; and we see Him through His gift of faith through Jesus Christ, God incarnate. We are transformed in body and heart and mind. Our heart and body hold the consciousness of God and of what happened and is happening...in the history of mankind and in our own lives.

SO HOW DOES SPIRITFIT FIT INTO ALL THIS?

This discussion about our consciousness of God and about our belief in the false “doctrine of free will” goes right to the heart of the primary focus of this book. To reiterate here, the core concept of SPIRITFIT is learning how to strengthen our relationship with God. And if we believe in “free will,” we will not be able to. In other words, SPIRITFIT helps us stay close to God by learning how to remain free of this delusion...to avoid getting trapped back into the mind-matrix of lies that lead us to arrogantly question God, which only leads to great suffering. Believing we have free will, that we have the power to choose between good or evil, to choose God or not, of our own free will, is the core of our suffering. Our body knows truth. Our heart knows God. SPIRITFIT consciously connects us with our body and heart, with the indwelling truth of the Holy Spirit, of God.

SPIRITFIT helps us interrupt our incessant thinking about the nonsense values of the world and the resulting labyrinths that our Ego’s machinations drag us into. The Signature Series of Holy Postures helps us stop the painful and untrue thoughts such as...”I can control my life, I should have been able to make that happen, I should be able

to make this happen, I feel so disappointed I made that choice, I feel so shameful and guilty for what I did, why is my life so awful, why can't I get what I want, I don't deserve this suffering, I deserve better than this, I am so alone." These postures help us break out of the trap of "self-worship."

Explained differently, the postural techniques of this unique program are tools of "repentance" and "renewal." Put simply, as we've discussed, bring our attention out of the world and into our inner self. They effectively calm our physiology and help us "let go" of this world, physically and mentally. They help us to enter the Holy Temple of God, our body. As we've discussed, the Signature Postures help us experience the inherent sensations of humility and holiness; surrender and submission; and humble confidence. And these activate the experience of "repentance"...that which has been given to us by God as our inherent knowing of what is and isn't in alignment with what is good, i.e. with the goodness of God. Tempted to do something unholy, unhealthy, we feel innate remorse for choosing evil over good and are intrinsically inspired to repent, to "change our mind away from the world and toward Christ"...to let go of our Ego. In other words, under the desires of our new, holy will we freely choose to behave in holy ways.

The power of the Holy Postures is such that if in a moment of sinful temptation, we do any one of the postures, we become physically and mentally filled with the sensation of holiness, with the consciousness of the wisdom of the Holy Spirit. We are physically and emotionally empathetic with Christ's Crucifixion and Resurrection...meaning, our eyes, our consciousness, our attention, are on Christ and His will, rather than on our own will, which is essentially Satan's will. As Jesus says, "you are either with me or against me." Meaning, there is no neutral ground when it comes to what is good and evil, holy and unholy. With our will aligned with Christ's will, we obey His commands "to love God with all that we are and love all others as Christ loves us" because it is who we are...it's not even a choice because of the work that God has done in us.

With our body, heart, and mind aligned as we stand strong in the Posture and Mind of Christ, we inherently feel the goodness and glory of God. Our electromagnetic field brightens, our heart and body's light literally shines brighter. AND! We are a light unto the world...bringing light into the darkness. How do we know this is happening? We experience a "full satisfaction"...because we are filled with the consciousness of God's intention, Holy Love. We feel calm and safe..."deliver us from evil and protect us from the evil one."

CONCLUSION

SPIRITFIT's goal is to help us have tools to quickly re-center our selves in faith when we falter. Using "fitness" techniques to help us "align our body into a posture of holiness" aligns our heart and our mind, aligns our mind with the indwelling Holy Spirit. We become "SPIRITFIT." We instantly feel an inherent sensation uplifting us with awareness of God. And thus, our choices are "organically and spiritually" in alignment with God's will. And we feel calm, safe, loved.

The "Great Illumination" is that the Light of Christ reveals the "Absolute Sovereignty of God" in our hearts. There is no doubt any longer of who God is, no doubt any longer in the word of God. The Bible is very clear that God is sovereign over all Creation, all things and events in Creation. God is the one, true Creator and He has definite predetermined plans. God wants a relationship with us. We are God's most brilliant and beloved creation...we are God's children. We are created for God's good and perfect will. We realize that we don't have "free" will. Rather, our life is predestined according to God's "free will," not ours. We begin to understand that we have a will and yet it is not so that we can pick and choose what we desire in life and become self-gratified. We are not powerful enough, wise enough, "free enough," to create the people and events that we think we deserve and create our own destiny in life...let alone our eternal destiny. Put simply, this is all God's plan.

This belief-system of "free will or self-reliance," that we can become gods, is the "false doctrine of demons," of Satan. God gave us consciousness and a will. Our consciousness is so that we would be aware of God and our will is so that we will eventually align with God...be able to be in a committed relationship with God... a commitment to Holy Love. For that we need to be remarkably conscious, holy, divine beings. Meaning, our life experience is the process of "refining fires" purifying our beliefs, values, and desires toward the golden glory of goodness, truth, and justice toward our consciousness of the Truth of God. In our alignment with God, God's will for Heaven is fulfilled.

Standing in the Holy Posture, the Posture of Christ, our mind fills with the teachings of Christ and we become illumined, enlightened. We begin to realize that believing that we have "free will" is actually arrogant and prideful...and leads to our immorality. It is the greatest challenge to God and separates us from Him. Yet, standing

strong in good posture, our heart light shines brighter. We are being freed from conformity to the false and vacant beliefs of this world and the influences they have on us to “fit in” to the delusions of Satan...we turn away from worshipping money, power, possession, and dominance, worshipping evil over good.

In other words, our life is what God wills it to be, not what we will. And through a relationship with Jesus Christ, we realize that this is true...we have no “free” will. Just as God predestined Christ’s crucifixion and resurrection, God predetermines our life. Christ had no “free will”...Christ’s existence was to kneel before His Father and “to be obedient to God.” Christ’s will was, and is, fulfilling God’s will. And God’s will is that Christ reveals to us the salvation that is awarded to us as we are forged into His children by His predestined hand.

Christ came and revealed God’s will, His gracious, good, and loving will. According to God’s will, Christ revealed that Satan has corrupted our body, heart, and mind into believing we can become “gods.” Christ revealed Satan convinced us of the destructive power of pride and arrogance of believing we have free will.” This deceit takes us away from God and deeper into darkness. BUT! Christ saved us...He fulfilled God’s Salvation Plan.

WE HAVE NO CONTROL...AND WE SHOULD BE THRILLED

Our purpose is not our choice.

Our life is not our choice.

Our humility is not our choice.

Our path is not our choice.

Our salvation is not our choice.

It’s all in God’s hands and we should be thrilled.

For if man had control over the destiny of our lives, we quite possibly go to Hell.

Standing strong we remember we are vulnerable to Satan, corrupted by sin, and that we need a Savior. And we intrinsically remember to kneel down and lay down so we are surrendered and submitted to God. So that when we stand again, we Stand Strong and the energy of the Holy Spirit flows powerfully from our heart into our consciousness...we are aligned with the will of God.

In conclusion, it’s important that we understand something else about our “great illumination.” Our awakening not only influences us but also influences others. We are part of Christ’s Great Commission, not only because of the words we share with others about Who Christ is and the Blessed Hope to come in these End Days. But, we are also sharing this Good News by the light of Christ emanating from our heart and upon our face....no words need to be spoken There will be times, when we won’t be able to speak to others, yet, the message will reach them upon the light-waves that reach out from our body and heart.

A PRAYER TO OUR CREATOR, OUR FATHER

Dear Father God, I thank you for finding me worthy of salvation. I kneel in gratitude for having been called. I know you have called me because I am eager to seek more understanding of who you are through your beloved Son, Jesus Christ. I hunger for more insight and education through Your Word.

Having been “born again,” I know the Holy Spirit indwells my heart. I know He guides my thoughts and my actions. I know He alerts me when I am going off-path into old sinful, unhealthy, and unholy behaviors. He searches my heart and I re-awaken, I repent.

Dear Lord, I know you are coming again...a final judgment of all evil and a restoration of the planet. That we who have been called are those who believe and we shall be with you. Until then, there is nothing for us to do or figure out. Our will aligns with yours. We spontaneously share who you are and your coming. And we wait eagerly...perhaps speeding its coming by your grace.

In Jesus Name, I pray.

GOD CAME TO EARTH AS CHRIST—TO SAVE US. CHRIST CAME TO SHOW US THE GREATEST VIRTUE OF OUR FAITH—HUMILITY.

PHILIPPIANS 2:6-11

*Who, being in very nature God, did not consider equality with God something to be used to his own advantage;
⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!
⁹ Therefore God exalted him to the highest place and gave him the name that is above every name, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.*

HUMILITY

MATTHEW 26:38-39

³⁸ Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” ³⁹ Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

PART FIVE
CHRISTIANITY AND NEW AGE SPIRITUALISM

CHAPTER FIFTEEN

CHRISTIANITY AND NEW AGE SPIRITUALISM

OUR BODY Knows The Truth

Believing in “our power to become a god” or believing in “the power of God” are the two core beliefs that drive mankind. The first drives a disposition of pride, where the second one of humility. And which we believe drives the quality of our life.

As a short introduction to this chapter, the purpose for why we are discussing this is that the author would like to help educate, and even warn, others and particularly Christians about the “hidden deceit” of the New Age beliefs, values, and practices that proliferate and are growing exponentially in the world. They are rooted in ‘gnostic, mystery school” teachings and are replacing man’s belief in the one, true God. The author has a strong background in a childhood reared in Catholicism, then decades in New Age, and now is a born again “bible-believing follower of Jesus Christ.” New Age is essentially the foundation of all science, education, economy, finance and governance...and it stokes a secular, egoistic, obsession with power, wealth, and materialism which are having huge negative impacts on the stability of the world...and our planet’s health.

.....

Mankind has always been searching for the meaning of life and for our purpose. We want to know who created us and why. How do we fit into this world? We want to know where we are going after our death. We all want to know the “Truth.”

Throughout history, we have looked for answers about our Creation and about our Creator through religion, philosophy, spirituality/mysticism, and science/quantum physics. The largest religion in the world, with about 27% of the population identifying as Christian, believes in the God of the Bible. The second largest is the Muslim faith at about 25% of the world believes in the monotheistic God of the Quran. And in the recent century and particularly the recent decades, there has been a global movement away from traditional religion and toward the more liberal New Age spiritualism...particularly in the US. Spiritualists view God as an impersonal divine energy or “universal consciousness” rather than a traditional personified creator. In New Age, God and the universe are one and the same.

What is most interesting is that New Age is incredibly small in regards to being considered “a religion” but huge in that its philosophies and doctrines already infiltrate all aspects of society and culture. These teachings undergird the psyche of politics, governance, economy, education, and even finance. All around the world. And of concern to SPIRITFITT is that it’s clear New Age as a specific spiritual teaching and practice about Creation and God is now creeping into the Church and beginning to redefine the meaning of the Christian faith ...even taking liberty in redefine who Christ is. It meets Christianity on its own campus and also takes the name of Christ into its teachings around the world...this is not the biblical Christ but rather what they call “Christ-Consciousness.” Sounds just like what other religions have done. And though it’s happening right in front of them and with their engagement, most Pastors and Priests are completely unaware of what’s happening...or maybe not if they are working for the “dark side.”

How is New Age Spiritualism getting in the door? The teachings are cloaked in “innocent-seeming” practices like psychotherapy, yogas, and mindfulness meditation...all popular mainstream practices throughout the world and viewed as medical therapy, physical exercise, and stress management programs. Yet the truth is that they are all rooted in counter-Christian beliefs and values. They develop their teachings from the philosophy of the Ancient Greeks and their mythological gods as well as from other religions such as Hinduism and Buddhism. Because all these teachings have become normalized in culture and governance, Pastors are deceived into thinking that these practices are rather benign...just physical exercise or mental health exercises or self-help psychology. Many even preach them from the pulpit.

But the truth is that these philosophies deceptively guide people away from a belief in the one true God...mislead people away from a humility before God into a “pride and worship of self.” And definitely leading them away from

the Crucifixion and Resurrection of Jesus Christ. In other words, the reason New Age Spiritualism is becoming pervasive is because it essentially appeals to our Ego. It basically promises to develop our influence and success in the world by teaching us how to become a more “powerful me”...that “I can become a god.”

Put simply, the teachings convince us that control over our lives is all in our minds and thus all in our hands. We have the ability to “raise our consciousness” into the “god-realm,” and thus, gain the power to control our success and abundance in life...and control our destiny. Essentially, New Age promotes THE LIE from Satan that man has free will, the power of “morality and self-determination”...we can become gods and control our bodies, the planet, and even the universe for our desire, according to our will. This “gnostic spirituality” has been around since the Garden of Eden. And we are witness to the results of it...mankind has been self-centric, materialistic, completeive, and greedy since the beginning and the world around us is in immense chaos and crisis as a result. Scientists keep telling us we will eventually evolve out of this while strengthening the very thing that causes it...man’s vanity and pride, man’s ego.

In this chapter, we explore the difference between Christian and New Age belief-systems and how they impact the world and our own life. This helps us understand the “times” we are living in. As we watch the wars around the world, the fights for wealth and power and possession, we realize they are wars about what people, what nations, believe about God. They are holy wars.

CHRISTIANITY AND NEW AGE—WHAT’S THE DIFFERENCE?

In a nutshell, a Christian believes in the one, true God...Creator of all things. A Christian believes God is personal and loving...omniscient, all-knowing, all-powerful, all-creative. A Christian believes in the Holy Trinity—God being made known to us by the Three Persons of God. A Christian believes that man was created to serve God and submit to His will...and that God’s will is for our ultimate, immense good. A Christian believes we are sinful, that we fell out of relationship with God when Adam and Eve disobeyed and ate the fruit of the Tree of Knowledge. A Christian believes our Salvation from this dark, corrupted world, from the hand of Satan, is through the Crucifixion and Resurrection of Jesus Christ, the Son of God. A Christian believes in the Book of Revelation and the Second Coming of Christ. And a Christian believes that God, God of the Bible, is “absolutely sovereign”...that God predetermined and predestined all things in Creation before the creation of the world...the Bible is clear.

New Age Spiritualism has a completely different view of God. It believes that God is a “higher consciousness” that sparked our creation through a cosmic process, even an explosion. New Age believes that we have within us a spark of this “Cosmic-Consciousness.” And thus, a “New Ager” believes that we are here to “actualize our true selves,” to evolve our consciousness enough to gain the knowledge of this “Cosmic God Consciousness.” A New Ager believes mankind has the potential of being able to transcend the human self and merge into “oneness” with this “higher power”...and thus, have full control over creation and begin able to manifest all it desires. Now what’s important to point out is that the New Age teachings also believe that this Cosmic Consciousness is nothing but goodness. Hmm. Sounds familiar.

What’s interesting also is that New Agers deny the Passion of Christ, yet they say that their life purpose is to attain “Christ Consciousness.” So the truth is that they know who Christ which means they know the Bible but choose to reject it. Hmm. Also sounds familiar.

CHRISTIANITY

As we’ve been exploring and experiencing throughout this book, we find Christianity is the theology that “stands firm” in the belief that we are created by the ultimate and total consciousness that is God. God is the one, true, all-powerful, all-knowing, omniscient, highly-creative, immensely loving supreme Creator. Christians believe that God created the heavens and the earth...and the universe. And He created mankind. And God created us “living” beings, “conscious” beings, “human” beings. In other words, God created us so that we “are conscious” of our world and of God. We are a most brilliant and miraculous creation. We are a creation that is aware of its Creator and is capable of having a relationship with Him. Wow!

Through the Bible, Christians learn and believe then that God predetermined and predestined all of Creation before it all began. And God is still creating and refining His creation. God is brilliant, emotional, discerning, personal, and loving. God is very conscious of what He is creating and very intentional about the outcome...nothing shall thwart

God's will. And we learn from the Bible that God designed a brilliant plan to become known to us so our relationship with Him would be full and intimate...one of Holy Love. God created the Holy Trinity, the three persons of God—God, the Father; God, the Son as Jesus Christ; and God the Holy Spirit. God came from Heaven to earth and incarnated as man, Jesus Christ, and imbued our hearts with the Holy Spirit so that we would know Him personally. Our body became the Holy Temple of the Spirit of God. The "Christian" name came from the theology of the life, crucifixion, death and resurrection of Jesus Christ.

Christians believe in the coming of Christ ... both the first and soon to be second comings. They believe that Jesus Christ is the Lord and Savior of mankind. They believe that God Himself came to earth in "human form" in order that we get to know Him "personally" and better understand His intention for Creation and the events that take place in it. He wants us to know that it's all for our good, our being with Him in Heaven. God wanted us to know about Satan and the destruction of sin and His predetermined plan for our resurrection from sin, for our salvation...through our holiness and faith in Christ. God wants us to know we are His beloved creations and are being refined by fires of purity to one day soon be in Heaven.

As we've discussed in earlier chapters, our Creator wants mankind to know Him and all that He created. And Christians believe that God gave us the Bible to help us understand all He wants us to know. Christians believe that the Bible is God's word passed to mankind through the Holy Spirit, God's Spirit. And That God is sharing this will with us to that we know and understand how Creation works and how we need to participate in it so that His Creation thrives and becomes the fulfillment of God's intention and will.

We learn from the Bible that God created man in His image meaning we hold a spirit, a consciousness, of goodness, health, holiness, truth, and holy love. And God created us male and female, the only genders for His purpose. We procreate. And God gave the earth to mankind for a place to live and thrive on...and to steward over. As a result of the belief in God as the one, true Creator, Christians understand that being created by God we are thus subject to His will...that we live and evolve our consciousness according to His laws for Creation...the laws of nature and of love. This is how we participate in His Creation.

To clarify this a bit more, the Bible, the "word of God," explains that God is using this age of mankind on earth as the "training ground" in our belief and faith in Him. Adam and Eve were rather nubile...not truly evolved in their consciousness, their comprehension, of the power and glory of God. So God created Satan to manipulate the mind of man to believe in darkness, deceit, and lies. All Creation became contaminated and our relationship with God corrupted because of Satan. And from the Bible, we know God planned this for our journey in becoming more consciously evolved...experiencing the evilness of evil, we are able to comprehend the goodness of good, and thus, the "true, immense" goodness of God. We are able to comprehend the Truth of who our Creator is. Said differently, God wants us to be able to experience His power and glory so we can feel His love for us and we can love Him in return.

God gave man a will and used Satan to corrupt it...all mankind is born with a sinful will. In the Garden of Eden, man gave into Satan's mind-manipulation and ate the fruit of the Tree of Knowledge. As a result of man's disobedience to the Creator, and because the fruit corrupted our mind and contaminated our body, we were put out of God's presence. Since that time mankind has been born with a sinful will and continues to follow Satan Yet, God also predetermined a Salvation Plan and came as Christ. Christ came to restore our bodies and renew our minds by atoning for all of mankind's sin with His human life, with His blood, and as a result man is reconciled with our Creator. God also determined that this would be sealed in man when "born again." By the grace of God, one is called to Christ and reborn in spirit...born again one is blessed by God with belief in Him through the gift of faith in Jesus Christ and being sealed in this Covenant by imbuing man's heart with the Holy Spirit.

So it becomes apparent that the plan was for man to experience sin, to desire darkness, understand evil, so when reborn, we would be able to comprehend the true nature of God. By God's grace and when He determines the time is right, God calls us to faith in Christ and instills in us a new will, a holy will, a will aligned with His will. As a result, we have a better understanding than Adam and Eve of the difference between good and evil and thus are able to fully comprehend God's moral authority, God's goodness, God's character...put simply, we are now capable to participate in a relationship with God...one of His desire, Holy Love.

Christians follow the Bible and through it gain understanding about the journey of mankind. We learn that we don't have the freedom nor power to choose our salvation from the darkness and sin of this world on our own. In a very few words, it's pretty evident that mankind's journey in life is to go through a series of experiences that help to "evolve our consciousness" of God, of His goodness, of His authority, of His power and glory...by evolving our

understanding and experience of evil. Our life is a series of experiences chosen by God that are unhealthy and unholy, even evil, and through this we begin to cultivate understanding of what is good...so that when God resurrects us into Heaven we are capable of fully comprehending God's goodness and the true beauty of the Garden.

The Bible exposes THE LIE that Satan indoctrinated into man in the Garden...doubt in God, that we can be like God, that man has free will over our "self-determination," that we have decision power over our salvation. The Truth is we don't...all happens by God's will, by God's plan and purpose. Following the Bible, a Christian sees how God continues to reveal this throughout the history of mankind...meaning God was and is always watching over and "intervened" frequently in man's journey. In the Old Testament, God revealed His presence through prophets and miraculous signs upon the earth. In the New Testament, God revealed His presence through Christ. And God changed how mankind was to relate to Him between the Old and New. Where once we were to worship God in a tent or tabernacle, we now worship Him through the temple of our own body.

And finally, we learn through the Bible about the End Days...about God's plans for the end of this age and the beginning of His next. And learn about His final fulfillment of our being with Him in Heaven. Thirty percent of the Bible is prophecy and 80% of that has come true...accounted for in the Bible and in ancient historical texts. The other is within Christ's prophecy on the Mt of Olives, which is detailed in the Book of Revelation, of God's plan. So in essence, Christians believe in an "afterlife," and this life is with God, and by God's will and purpose.

To sum it up, a Christian believes we are here because of and for God. And because that revolves around an eternal life with God in Heaven, where as the Bible reveals there is no suffering, sin, evil, or death, but only goodness, abundance, beauty and holy love, Christians believe in the power of the humble heart, the heart indwelt by the Holy Spirit, and believing in this, knowing this, brings a sensational deep peace to one's heart and mind...it's an incredible "calm" that is unlike anything that man can achieve for himself in life. And this calm brings forth the sensations of humility and holiness and in these we awaken to the Truth...God exists and He is our absolute sovereign Creator. As such Christians endeavor to live a life according to Christ's values and commands...a life rooted in humility so that holiness becomes the experience in obedience to the command to love God with all that you are and to love others as Christ loves you.

And finally, it must be mentioned that the most prominent practice in Christianity is prayer...and it is mostly done when kneeling down. As we've learned, the sensations of humility and holiness that are generated in one's body when kneeling brings one's attention to God. And as we've learned in previous chapters, our body is the source of our spiritual consciousness, our belief in God through faith in Jesus Christ is harbored in the temple of our heart...our heart holds the wisdom of the Spirit of God, the Holy Spirit, and our physiology carries this knowledge to our mind.

NEW AGE

New Age spiritualism associates with the theories about the "Big Bang" and evolution...cosmology and quantum physics. This is the belief that everything in our Universe was once a "single point" that one day "exploded" and began to expand and create galaxies and mankind. In other words, all that is created came into being from a process of reactions of "hot dense energy waves and particles" from the "vast nothingness, yet something-ness" that many refer to as "cosmic consciousness." New Age believes we have this "higher consciousness or power" inside of us...a "divine spark." As well, New Age believes in the theory of "Evolution." Man, the human body, evolved out of the seas upon the earth from ameba to amphibian into the complex form of a human.

Now going further, since it sits upon the core cosmic theories that we "just happened from the Cosmos" and that we are evolving, New Age Spiritualism focuses on "the self"...that we are responsible for evolving our self, our thinking and consciousness, our spirituality. It is the spiritual belief that we are here to "self-actualize and reach our full potential"...and that we will eventually have the power to "evolve our consciousness back into the Cosmic Oneness from which we came. And thus, we can become "gods of the Universe" and create our own reality, our own world, our own life, and even re-create our "human" body. Those involved in AI are rooted strongly in these types of beliefs.

New Age believes that "free will" is the "evolved" freedom to "do what I want to get what I want." In other words, we can evolve ourselves and discover the true meaning of life on our own, or more accurately put, we can decide for ourselves what we want life to be. And so the question becomes how do we do this?

New Age encourages the belief that we can shape our identity and destiny by learning how to control our mind...that deep within our consciousness is the Cosmic Consciousness that merely needs to be harnessed and ultimately expressed. New Age teaches that we can evolve our consciousness by raising our energy, our vibration into the ethereal realm...in other words, we can manifest what we want through positive thinking and by the "law of attraction" of like energies. Essentially we can create matter by what we think.

New Age pulls on various Eastern religion traditions in Buddhism, Hinduism, and Taoism mixed with science and quantum physics and merged with the hallucinatory experiences of intelligent and powerful men in the West from Harvard, Yale, Princeton. New Age takes a bit here and there from all of these different avenues in an effort to describe the spiritual power of metaphysics and esoteric experiences...convincing many that we can connect with the non-physical world of the cosmos and understand how it affects our lives, and thus, learn how to interact with it and control it. We become creators.

Though this spiritualism is called "new," New Age finds its roots in early Christian and Judaism mysticism from the 1st-2nd Century...heavily influenced by a blending of Greco-Roman Mystery and Gnostic Religions of this era. These spiritual practices began to steer mankind away from the understanding of who God is, the God of the Bible, the Old Testament/Torah teachings, and instead, formulated philosophies and teachings in the mystical, pagan rituals. In other words, New Age teachings guide followers to look at their relationship with God through the lens that we can attain the knowledge that God has, gnosis...we can be like God. And thus, these teachings believe that man can union with God on our own.

As a result of being rooted in the gnostic system, New Age is completely focused on the "power of our mind." Thus, it offers various "consciousness raising" spiritual practices such as mindfulness meditation, yoga, transcendental meditation, vibrational body work, aroma therapy, and even psychedelics. It teaches that these practices "raise our vibration out of this flawed world and into the "goodness of the "Ultimate Universe." And thus, we will awaken to the "true" meaning of morality, goodness, and justice, into vibrations of compassion, kindness, and love.

Now the most prominent practice within these teachings and traditions is "meditation." And these practices in "mindfulness meditation" are moving rampantly through the West. Why? Essentially, it gains the full backing of psycho-therapy...learning how to help ourselves by trying to change what we feel and how we think, to change who we are by changing our mind. New Age is simply this just dressed up in spiritual language and gods. And as we reflect on our world, we see how obvious it is that New Age would be very popular...because we clearly live in a world that honors the power of the mind, the power of knowledge, the power of the Ego, above all else...remember we ate the fruit of the Tree of Knowledge.

The primary teaching of New Age philosophy is that if we can become skilled enough to control our mind to stay focused on the present moment, we will ultimately "transcend our body" and find the portal into the spiritual dimension of the realm of Creation and merge with the "Supreme Being of Wisdom and Power." The instruction is to sit still and bring one's attention to your mind. The goal is to try to slow our thoughts and redirect them out of the past or future into the present moment...by focusing on things in the present moment such as our breath, a sound, or even telling our mind to focus on the thought that one is "thinking, thinking, thinking," essentially focused on the act of thinking rather than the thoughts themselves. The idea is that by meditating" our mind will eventually slow down and we will ultimately become fully conscious of the NOW and this is the portal to a union with the "cosmic void of all possibility."

MANKIND'S DILEMMA WITH EVIL, WITH SIN

What we believe about sin speaks to our relationship with our Creator...it speaks to what we believe about who we are. Christianity believes in evil and sin...it believes in the existence of Satan as a real entity. And it believes that Satan has corrupted mankind and brought sin into the world. New Age doesn't believe in sin or evil entities but rather sees man's moral weakness as ignorance...as unevolved consciousness.

So why is it important to understand the difference?

Christianity believes mankind was created by the one true God and that He has a particular intention and purpose for His Creation. In Christian theology the focus is man's relationship with God and learning how to serve Him well. Through the Bible, it becomes evident that sin was introduced into the world as God's way of teaching man between good and evil, teaching mankind about morality. Sin was brought into the world by a very powerful evil

being, Satan. Satan is an angel who fell from Heaven and mankind is powerless against Satan alone. Through the Bible, we learn that man could not and cannot save himself from Satan and sin and thus, needed a Savior. And He came...Jesus Christ. Thus, mankind looks to God to understand what is moral and just and for His support to keep us away from immorality and injustice, from sin. And most especially, mankind looks to God to understand goodness, to understand love. All these we cannot do on our own.

New Age on the other hand believes that Creation exists for us. Even more existentially, New Age believes we are part of the Creator Force of all that is created and that we exist for ourselves. New Age perspective drives our individual "self-centered" focus. New Age rejects what it calls "objective sin" and teaches that our unhealthy and unholy ways are a lack of spiritual awareness and that mankind should use negative experiences for soul growth...to better understand how to "stop creating these negative experiences for ourselves." It teaches that our suffering in life is because we are un-evolved and ignorant about the truth of Creation and the undeveloped power we have to create a "good" life. In essence, sin is not viewed morally. And we can learn about goodness and love on our own.

Now if we step back and look at how the world has turned out, it's apparent that we are a rather ego-centric, prideful, aggressive, materialistic world looking to control each other and the planet for our wants and desires. Man lacks moral conscience. Now both Christianity and New Age would agree with this assessment for the most part. And both would agree that mankind needs to learn how to harness it's ego and direct ourselves toward the collective, toward learning how to cooperate with each other in providing a world that is abundant and sustainable for all.

So as we consider this then, the question becomes how do we do this? Christianity focuses on becoming humble before God, God of the Bible, and follow the teachings of Christ in how to live a simple, good, and generous life. New Age takes a different approach which is to "fix one's self"...to evolve one's power to fix the world. Comparing the two, it begins to become evident that New Age is rather ineffective because ironically it only ends up stoking the Ego with the belief that we can become our own gods...and this ends up going awry into arrogance and pride.

So why is mankind split between these two beliefs? To put it simply, it's Satan. Through New Age denies the existence of the "evil one" it's pretty clear he exists. How do we know that? There are so many unexplainable events and situations that occur in the world that can be nothing else but "outside sources" causing man to do sinful, unconscionable things. It's obvious that this can't just be explained to be because of man's ignorance, man's unevolved consciousness. And that brings us to the point that Satan is controlling our Ego. And that explains why many are drawn to New Age spirituality.

New Age gives man more freedom to believe in Satan's deceit...that we have free will. The belief that we will ultimately learn the knowledge of the Cosmos and be able to create what we desire in life is essentially the belief that we don't need God, God does not exist. In this system, we get to decide the meaning of our lives... we get to decide that life is for our learning in order to reach our full potential. Christianity on the other hand holds us accountable to the laws of our Creator, the laws of Nature and Love. Morality, the understanding of what is right and wrong, good and evil, healthy and unhealthy, just and unjust, are already defined for us. In essence, New Age is self-focused, i.e. worship of self. Christianity is God focused, i.e. worship of our Creator.

We can see the dilemma clearly played out on the world-stage. it's clear that the global culture essentially leans toward New Age thinking. We see the world embrace these perspectives of autonomy and competition in economics, finance, governance, and international relationship...all looking out for themselves. Said differently, the reason society doesn't want to believe in "sin" is because it means we believe in the one, true Creator. And if we believe in Him then we have to give up our Ego, give up the belief that we can become our own god...we have to give up all that we want. And that's just too difficult...it goes against all that we know. Ever since the Garden of Eden, man has been following New Age values and principles. It's obvious mankind is more faithful to our secular concerns and values than we are to the condition and matters of our heart. And unfortunately, even though we can see that a more "new-age worldview" does not create a healthy, peaceful world, we can't seem to stop our selves.

To sum this up and to grasp what's at stake as a result of man "believing more in the power of man" than in the "power of God," we need to understand that more and more of the world is becoming less stable and peaceful...essentially because every nation, every man, is out for themselves. New Age is becoming more prominent thus undermining the more conservative and humble understanding of mankind's purpose...to cooperate with one another to take care of each other and steward the planet. It's becoming clear that our belief in ourselves as gods, rather than God of the Bible as the one true God generates very different worlds.

LIBERATION FROM SUFFERING

We are all looking for liberation from suffering, for salvation. New Age believes we can save ourselves. Christianity believes we need a Savior...we need God.

New Age believes we are burdened by the "low vibe, dense, negative energy of this world" and that we can rise above it...we can free our minds, into freedom, into greater consciousness. It believes our "salvation" is in our hands because we can gain more knowledge and power and find the answers to "eternal life" we can find the answers by "raising our consciousness" up into the cosmos. And now, with the power of AI, we are convinced of this.

New Age sees suffering as what we experience because of our "imperfect" knowledge, our ignorance, our under-developed consciousness of the Great Cosmos...more specifically, of the under-developed powers within us. As we become more adept at raising our consciousness, we will be able to "harness our true power" and begin to develop our own understanding of goodness and morality, of right and wrong, of love and hate, and thus empower our selves. We will be able to liberate our selves from suffering because we will be able to "manifest" more of what will make us "happy."

New Age believes that through "meditation" we can find the path to "liberation," to "self-actualization"...where we attain full self-acceptance, free of inhibition and guilt for "being" our self and expressing our self as we want, our "true self." Our spiritual goal is to liberate our minds from its focus on this world, from worries and self-doubt, and transcend our body so that we ultimately rise into the "blissful void"...as Buddha did.

Christianity also believes we are burdened by a "low vibe, dense energy of this world"...and it is because we have chosen to follow Satan rather than honor our Creator, God. And that the only way we can rise above Satan into freedom is with the "help and hand of God." Christianity teaches us that we can only ease our suffering through our faithful relationship with God, specifically, through our relationship and faith in Jesus Christ. As Christ told us in the Bible, in order to be liberated up into the Kingdom of God, we need to be "born again"...and that happens only by the grace and perfect timing of God.

Christianity believes that mankind's suffering is our separation from God. And it began with Satan. In the Garden...Adam and Eve were deceived and ate the fruit of the Tree of Knowledge. They were put out of the Garden, and thus, the suffering of mankind began. Our suffering is because we became deluded into thinking we could become as knowledgeable as God and have the very thing New Age teaches...the power to manifest our destiny on our own. In biblical terms, our suffering is because we rebel against God. We are so filled with hubris that we have no self-control. As a result, we suffer because we are not humble enough to remember we are "the created" and thus need to rely on the moral authority of God, our Creator. We can't liberate ourselves. Rather we have been saved from sin and promised liberation into Heaven, our Salvation is with God. Man has been saved by the Crucifixion and Resurrection of Jesus Christ, the Son of God who came to save us from Satan and sin.

In conclusion, one could basically say that our liberation from suffering comes down to believing either that Satan exists and causes man to sin and thus suffer, and thus man needs a Savior. Or we believe that man suffers because he is still unevolved and will eventually be able to raise his consciousness and through his enlightenment be liberated from suffering. In a few words, we are liberated from suffering either by the hand of God or by our own hand.

In other words, New Age believes we inherently hold the knowledge, and thus, power of God, the "God-Particle." Thus, New Age believes we will liberate our suffering by learning how to "love our selves" more, by evolving on our own our understanding of what is moral and good. Whereas Christianity holds that we have been created by a one, true and loving God who is our moral authority. And we are liberated from suffering by the gift of faith in Jesus Christ...by creating an intimate relationship with God.

It's pretty clear that throughout history mankind has attempted to rely on our selves for the meaning and morality of life and it seems suffering has only gotten worse. It seems apparent that we don't really have any idea of the purpose of life when we try to figure it out on our own. We are limited. The only conclusion that makes sense is that separated from our Creator, we are separate from the wisdom and the character of God. We are unaware of His intention for Creation and our role in it. And this separation leaves us feeling lonely and confused...leads only to suffering.

OUR BODY

As we've been discussing, there are two essential options for man's belief in how we were created and who created us. If we believe in the Cosmos as Creator, and thus, believe we are unevolved gods, we devote our lives to "worshipping our selves" and trying to become all we want to become. Or if we believe in the one, true Creator, God of the Bible and devote our lives to becoming what He wants us to become. In other words, the difference between these two beliefs is whether we believe we are completely a free agent or we are God's creation who is being forged into His image.

The world is in tremendous confusion, chaos, and conflict. We see how man is captivated by knowledge, intelligence, and scientific study trying to figure out the make up of the world and space. Given our secular values we, our belief in ourselves as gods, we can see how enticing it is to believe in the "consciousness of the cosmos and earth." AND YET, it's also evident that as a result of our alignment with New Age philosophies, we are led into very "ego-centric" black holes of understanding. We all admit that though we might be amazed by this journey, it is also terrifying and gives us no real purpose in life...it feels unnatural. And at this point, given the strife all over the world, how can we deny that perhaps we are on the wrong trajectory?

Mankind has pretty much divided itself along these two belief systems. SPIRITFITT endeavors to help us understand that our body knows the Truth...re-claiming a more respectful and intimate relationship with our body we begin to realize what is truly healthy and holy, what is natural and inherent. We begin to realize that our mind is unreliable...easily swayed and co-opted by the world group think. SPIRITFITT helps realize that as we learn how to embody our selves more, learn how to connect with our body, we gain insight about what we believe by taking a look at how we behave. Said differently, we learn about what we believe by how we are behaving toward our body,

More specifically, we gain insight into what we "really" believe by looking at our relationship with our body...by what we think about our body and how we treat it...meaning, how mankind, society, culture, education, religion, economy, and politics treats the "human body." In other words, do we believe we are merely an accident from a cosmic bang that has the potential to evolve into a remarkable creation and so we are obligated to manage and control our body any way we want? Or do we believe that we are already a brilliant creation from a beloved Creator and that our purpose and privilege is to treat our body with love and care, with respect and as our friend? Put simply, how we treat our body reveals what we believe about God.

In New Age, believing we came into existence from the cosmic realm, and thus, that we "are gods of our own lives," we believe that we "own" our body, and thus, that we have the "right" to do whatever we want with our bodies...and with the planet. We regard our body merely as a "vessel" to carry around our intellect, our mind, our consciousness. In fact, we believe that our body is what ties us to the earth, and thus, is the hindrance to our being able to "transcend into oneness" with the Great Cosmic Oneness.

As a result, we find it reasonable, even "intelligent" to altar our body according to our own agenda...all in the name of "evolution," of reaching our "true potential." Currently, we see mankind embarking aggressively on trying to augment our body with bionic abilities and "artificial intelligence." We see man's obsession with trying to liberate ourselves from our body everywhere around us in society...particularly through the advancement of science and technology. And more dramatically, trying to perfect the "human being" by figuring out how to change our genes and gender. This perspective of our relationship with our body encourages us to believe that we have the power and privilege to define our destiny."

The beliefs in Christianity are just the opposite. Christians believe the human body is God's most sacred and magnificent creation. Our body holds the consciousness of God, the life-giving breath of God, and thus, our body is God's...not ours. In other words, our body is the "being" of who we are as God's creation.

Through the Bible, and because of our own "human experience," it's made clear that our body and heart hold the wisdom about Life and Creation, not our mind...we feel it. We can feel the fullness in our heart that infuses our consciousness with virtue, with the qualities of the Holy Spirit. And thus, we realize our body is God's Temple here on earth. And as such, we are meant to treat our body with respect and offer it to God in worship of His creative power and glory.

What is powerful to understand about our relationship with our body is that how we treat our body is how we treat our self. And how we treat our self is how we treat others...and the planet. In other words, believing our body is ours to manipulate, we believe that others and the planet are ours to manipulate.

In comparison, treating our body with respect and honoring it as the Temple of God, we honor God. Honoring God, we honor our self because we realize we are His Beloved. And through this, we honor and respect His intention for Creation, and thus, participate in His plan for His Creation by following Christ's command *to love God with all that we are and to love all others*. And thus, we treat others with honor and the planet with respect.

WHAT THE WORLD COULD BE LIKE IF WE ALL BELIEVED IN JESUS CHRIST (COMPARE WITH RED BELOW)

What if we all lived from a "God-centric" belief of Creation and a "Christ-like" value-system in life? It's pretty clear that we would be encouraged to focus more on being our "holy" selves. We would focus more on being our most kind, generous, loving self, rather than on being our most successful and wealthy self. Believing in the life of Christ, we are conscious of "the mind of Christ," our consciousness is filled with the virtues of the Holy Spirit rather than the "desires of this world."

Through the virtues of love, joy, peace, patience, kindness, goodness, forbearance, gentleness, and faithfulness, we find the "self-control," the self-restraint against selfishness and the encouragement to serve and love others. We feel inspired to be peaceful and work together for the well-being of all rather than "posture in our own opinion" in order to get our own way, to get what we want, to "get ahead." In fact, when one looks at Christian societies compared with others, they are much more peaceful...much more simple because they are not focused on developing all this "stuff" in order to satisfy Ego.

Regardless of what one might believe, we all know that Christ came to earth. We also all know that Christ's coming was the greatest "wake up call" to mankind. All of mankind knows of Christ, and thus, it's hard to deny that His "life, crucifixion, death, and resurrection" has a huge impact on civilization. We are all arguing whether or not Christ is the Messiah...ironically, there is an admittance here that Christ is the most important figure in all of history. Even "new-agers" can't deny that.

And no one can deny that Christ helps us understand how Creation works...in other words, what Christ teaches is true. In short, being humble and loving all others would keep us each healthier and the world more peaceful. And no one can deny that Christ reveals the sacredness of the human body because He incarnated in a body...He obviously knew it was vital for Him to walk among us so we would better understand what's true. And He revealed that our body is the Temple of the Spirit of God...the Holy Spirit imbued within our hearts so we are connected to God.

Through Christ, we came to understand a new way of relating to God than we understood through the Old Covenant with God in the Old Testament. Christ revealed the New Covenant, our relationship with God is immediate and intimate. He reveals to us that our salvation is guaranteed once we open our eyes to the Truth of God. And we do this by embodying our selves...turning toward our heart, toward our innate knowing of the presence of God turning toward the wisdom of our body and heart we reclaim our understanding of how we are made in the image of our Creator.

"Enlightened," we begin to understand that we are not meant to "self-actualize and try to liberate ourselves," and actually, we are incapable. Rather, we have been created to "actualize" God's intentions and will for Creation, for us. And we realize that this does not happen by our effort but by God's divine intention for His Creation and for our life. We realize that we are deeply loved by God...that we are safe in His protection. And as we experience this connection to our Creator, we begin to realize that our "liberation" from suffering is held within our faith in God, not in the "faith of ourselves." Through faith in Christ, we experience "Holy Love," the love of God for man and our mutual love and affection for God. This is our true purpose, the reason for our existence.

As we awaken to our connection with God, we realize that this is the peace and comfort, the love, we have been searching for all our lives. This deep yearning to feel loved, and to love, is satisfied. We realize that our sole, and soul, purpose in life, what we are made for, is to foster goodness. AND! Christ also helps us understand that He knows this is difficult for us to do because we are vulnerable to the pressures of the evil temptations of this world, of Satan. Christ revealed to us through His time in the desert of temptation and in the Garden of Gethsemane, that He knows Satan is here...and incessantly trying to deceive us away from God.

And Christ revealed that our only hope for salvation, for liberation from the “evil one” is our faith in Him as the Son of God...to live like Him, to follow His commandment to “love God with all that we are and to love all others as Christ loves us.” Our relationship with God is our salvation. Christ is our Savior.

SO WHAT’S THE BOTTOM LINE HERE?

Mankind is trying to change Christianity. Many who claim to be Christian have been deceived to believe that they can have their “cake and Christ too!”...that they can have their worldly things and still be devout followers of Christ. The truth is they can’t. As we learn from the Bible, you can’t worship two masters.

As we consider how mankind’s spirituality is evolving, we have to admit that Christianity is changing, and it’s changing because of the influence, and infiltration, of New Age Spiritualism. We take a look at the US. This nation was founded on Christian values...the belief in the one, true God and the life of Jesus Christ. Statistics reveal that just 30 years ago, about 85% of Americans identified as Christian. And then something happened, an “explosion”...of New Age philosophy, actually.

In the 20th Century, particularly in the 70s and 80s, “New Age” became a particularly strong movement. New Age metaphysical beliefs and practices merged with eastern religious principles and practices, such as Buddhism and Hinduism. And interestingly, renowned universities such as Harvard, Stanford, Yale as well as pop-culture of the 70s, began exploring new age concepts of “personal, sexual, and spiritual freedom.” Esalen is a popular spiritual center in CA whose founders are noted for this. And it’s clear that this led to a heightened experimentation with “mind-expanding, consciousness raising” hallucinogens...which led to occultism.

Current statistics reveal that 80-90% of Americans believe in several of the 20 or so recognized beliefs or practices considered “new-age” such as big bang/evolution, astrology, quantum physics, reincarnation, god-energy inhabits all things, karma, UFOs, telepathy, channeling, clairvoyance, parallel universes, mindfulness meditation, manifesting, nature ritual, labyrinth walking, yoga, enneagram etc. As a result, the percentage of Americans who identify as Christians today has dropped closer to 61%.

And of greater significance is that 60-70% of American Christians believe in at least one of these new age practices and see no conflict with their Christian beliefs. Many ignore the signs that these new age spiritual practices are rooted in pagan and mythological gods...for example yoga and Buddhist meditation. Many Christians even consult psychics and astrology readings for insight into their lives and destiny rather than praying to God. This is a blatant rejection of core Christian beliefs. And thus, most Christians are ignoring God’s teaching in the Bible that man will worship God alone and that our spiritual life is dedicated to the one, true Creator and the power of His Sovereignty alone over our lives. Splitting our devotion by worshiping new age rituals and practices has become a profound cultural shift in the Christian Church.

What is most fascinating is that though the New Age does not regard the Bible, it is interested in who Jesus Christ is. New Age has begun to integrate teachings that they claim develop our “Christ Consciousness”...completely deciding on their own who Christ truly is. As a result, more people, particularly Christians, are drawn to New Age...if it’s honoring Christ how can it be wrong. Therefore, we see Christian churches are now integrating New Age “spiritual practices,” such as enneagram, mindfulness meditation, psychic reading, self-help programs, yoga, and prayer labyrinths into their sermons and practices. Yoga and mindfulness meditation classes have worked their way on campus. This once again exemplifies the hubris of mankind...we have been indoctrinated by Satan to believe we are little gods and just have to have it all. Many who claim they are Christian have no idea that they truly aren’t...they are captivated by the wealth of the world and collect false idols.

Further encouraging the growth of New Age Spiritualism was the onset of computer programming in the 80s. We became “intoxicated” with the power of our mind to develop these technological advances. The possibilities of this technology, of our mind and intellect, has become so fascinating to us that it’s apparent that computer programming, and now A.I., has become “our god.” Rather than seeking Truth through our own spiritual journey, we are turning to AI for all the answers we desperately seek about our life and destiny...forsaking our relationship with the one True God.

SO WHAT’S THE BOTTOM LINE? What’s the concern? As we merge New Age and Christianity into a “hybrid” of sorts, we are deciding to reject the ultimate Truth about Creation and our Creator, the truth about God. We have

gone so far as to begin to “rewrite” the Bible, re-write the “Word of God,” to fit our cultural constructs, our values and beliefs.

In other words, we are redefining Christianity...believing we have the right to “update it,” to make it more current. Christians are becoming “apostate”...many believe they can worship both the worldly gods and the Almighty God. They believe they can avoid their responsibility for sin. They believe they don’t need to lead a “holy” life, as long as they lead a “good” life. They believe that they can have their “cake and Christ too.” HOWEVER, this completely denies Christ...it denies the reason Christ came to earth and was crucified, died for our sins, and was resurrected from the dead. And the tragedy is that so many do not realize that they are just falling for the same ole thing in the Garden of Eden...Satan’s lie that we don’t need God. We can be like God and decide our lives for ourselves.

Those Christians who have been born again, have a very clear view of what is happening. It’s apparent that a “new-age, self-focused approach to life” generates only evil. There is no “true” goodness, no “true humility, no “true” holiness about it. The ultimate corruption of the new age, as we’ve discussed, is that it deceives us into thinking that man is wise enough to decide goodness and morality...to define what is good and evil.

Yet, this is absolutely not true. We are so lost that man and governments have come up with profound defenses for incredibly unhealthy, unholy, evil beliefs and behaviors. And as a result, the most important thing in the world, God’s most beloved creation, the human body has been defined as man’s mere plaything to manipulate in order to reach his agenda and satisfy his desires. Man has decided to define the sanctity of life while killing it. And that regardless of what a human being has been born with, man can reject it and decide to make ourselves something else...transhumanism and trans-genderism. We follow pagan lifestyles such as homosexuality and same-sex marriage ignoring that this is tearing up the stability of the family. And the most recent and perhaps the final sign that we are in End Day is that we are using “artificial” intelligence to interpret the Bible and expound upon the Truth of our Creation and our Creator. The unconscionability of all this is more than enough evidence to prove that Satan is working very hard these days to destroy man’s relationship with God.

CONCLUSION

SO! WHAT’S THE BOTTOM LINE? This chapter was about New Age Spiritualism. And why this was discussed is because it directly relates to mankind’s treatment of the human body, of the humanness of who we are...and to warn that humanity is under assault, and the planet is also suffering. AND! Nothing man is trying to do to save the planet and save ourselves from suffering will work because we don’t have that power. No matter how we resist this idea...we don’t have the power to evolve into gods. We are not made that way...we did not just come from some “big bang.” And yet this is what New Age Spiritualism wants us to believe.

In a nutshell, The evidence that New Age Spiritualism is dark is that it encourages us to believe we can become gods and can replace God. Since the Garden of Eden man has been obsessed with knowledge and technology because he believes it gives him power over creation. And this belief is the reason why the world is in so much crisis. The world and our journey through our lives is a mess because of man’s false belief in Satan’s lie in the Garden...that if we eat the fruit, if we meditate hard enough, we can be like God. And like Satan, New Age has done a good job of convincing man that we want powers like God...to re-create our bodies and the world and our lives our way...to live forever. We are in crisis because man has rejected God...we have no respect for Creation and are arrogant enough to think it is all ours to play with.

YET! This is all THE LIE. Believing that the origin of man and all that we are were the result of an explosion of energy and particles that evolving into higher and higher consciousness is all THE LIE...man does not have free will to pick and choose who he is and who he will become. It’s all God’s plan...meticulously predetermined and predestined before the creation of the world.

To be candid, it seems the New Age is merely a modern era of Gnosticism created to distract us from God...Satan is still hard at work. It’s absolutely clear that having been on this earth for 2.5 million years we still are nowhere near being a civilized civilization. We have little morality and are losing all self-control and the world is in peril.

Whether we believe in the Bible or not, it’s clear that going against belief in God through faith in Jesus Christ and that God is Sovereign over all Creation and has predetermined and is in control of all that happens in it is not a life-sustaining idea...and especially is not good for our soul. It is clear that going against the laws of nature, going against the belief that Satan exists, and that God came to earth as Christ to save us from our sin, to save us from

Satan; going against the belief that the Holy Spirit is our connection to God and indwells us by the grace of God and is our guarantor toward Salvation; going against the truth that we don't have "free will" and instead believe that we can decide our own morality and destiny; going against all these things is not a good idea. We are losing our humility, our holiness, our humanity...we are losing our relationship with anything sacred. We are losing our relationship with God.

However, the GOOD NEWS is that Satan and sin are failing. Christ came once and saved us from Satan and sin and reconciled us with God. And Christ is coming again. Those born again have been blessed with "enlightenment," ...blessed with the gift of belief in God through faith in Christ that indwells their hearts as the Holy Spirit. Through the Holy Spirit we understand the Bible and feel the Truth of God's absolute sovereignty. Our purpose in life is to seek counsel on how to align with the will of God in all that we think, do, and say. Our purpose in life is to be in holy relationship with God...walking toward His gift of Salvation.

SPIRITFITT endeavors to help us wake up to the deceit and danger of the New Age Spiritualism. Truth is that all New Age practices and teachings go against everything Christianity believes and stands for...against the belief in the one, true God, God of the Bible, and the faith in Jesus Christ as the Son of God. New Age rejects that Satan exists and is evil. And thus, it rejects man's vulnerability to Satan and the struggle mankind faces because we are sinful. In other words, New Age ignores all the evil that is dominating the world. And the truth is that these practices are infiltrating the Christian faith.

SPIRITFITT's focus is to encourage us to take a moment to stop and look around and reflect. Is this the world we want to live in? And if it isn't then what do we do to at least walk toward a better one? The most important thing to understand is that our minds have been indoctrinated by worldly values and we have become obsessed with knowledge...and now technology. These are our gods. And as a result, our body is under grave assault because this is Satan's great deception...this is how he can keep us from God, keep us from faith in Christ, keep us from hearing the wisdom of the Holy Spirit who guides us to live in the promise of our salvation...to be humble before God and focus on God's will.

Satan gets us to reject our body. New Age is rooted in teachings that focus us on trying to transcend our physical selves. SPIRITFITT on the other hand helps us engage our body for our body is the Holy Temple of the Spirit and Truth of God. We practice embodying ourselves through holy postures so that we experience the qualities of God's character...the virtues of the Holy Spirit flow through us and into our mind, into our awareness and understanding. This is true enlightenment.

CHAPTER SIXTEEN

NEW AGE PRACTICE OF “MINDFULNESS” MEDITATION

OUR BODY Knows This Doesn't Work

It's impossible for us to change our own minds by just trying to change our mind. Only God can change our heart and mind.

This world is stressed. Our minds keep us awake at night and distract us throughout the day with all the different things we need to do. We rarely focus on what's in the moment, even people we are connecting with. We are constantly thinking that there are so many things more important that we need to get done than what we are doing right now. We are always filled with thoughts of regret and worry...about ourselves and others we love, about what's going on in the world. The past and future continue to interfere with “our life right now.” And so, we are all struggling with a way to help our selves out of this mental torment and emotional anxiety.

Before we discuss the paths to freedom from stress, let's take a moment to look at why we are always so distracted from this moment. What is distracting us? Why all these thoughts of the past and future? If we delve deeper into it, we discover that what underlies all our stress is merely one thing. It's fear. It's fear of both life and of death. It's fear that we may not be doing what we should be doing and accomplishing in order to be happy and successful, to live “our best life.” And, it's fear about death and what is after all this. The fear of the unknown.

In a very few words, we are distracted from this moment because we have no faith in God. Without faith, we place all the burden on our selves to reach our “full potential” and to fulfill the meaning of our life. And this puts us under the tremendous pressure and expectation that we are supposed to know what that is...we are to figure out our true purpose in life on our own.

Again, to put the stark truth in a few words. We are distracted from this moment because we reject God. We reject that God created and is sovereign over all things, including our lives. As a result, we believe our body, our life, and all that's in it, is ours, is of our “decision and doing.” We are afraid and worried about everything in life because we have convinced ourselves that “we are gods,” that we don't need God.

Since the Garden of Eden, man has been and continues to be deceived by Satan into thinking we can discover the root of “consciousness,” and thus, that we can become like God...having the knowledge and wisdom, the free will and power, like God to determine our destiny and purpose in life and our eternal destiny. In New Age speak, we can learn how to become “one with God-Consciousness” and create the life we desire.

As we've discussed in the previous chapter, New Age has been successful in reinforcing these beliefs...that the answers we seek about life can be found in our own mind. By analyzing and unraveling our psyche, exploring our thoughts and trying to change them, we can gain some power, some control. Millions are in psychotherapy...the study of our thoughts and emotions believing that feeling our past wounds will help us move forward and not be affected by them any longer. And besides psychotherapy, as mentioned in the previous chapter, there is a significant movement into New Age “mindfulness meditation” as a powerful way to learn how to control our mind and liberate ourselves from suffering. If we can accomplish this, we will be much calmer, happier, and in control of life. The teachings promise this. BUT! Is this true? What if we can't...what if we can't achieve our “godhood?” What if we can't achieve the “success and happiness” we want and think we deserve?”

Now as we go on here, let's bring in a quick comment about Christianity. This theology agrees that our suffering comes from what we think and believe...as we've seen throughout this book. And Christianity would agree that the way to free ourselves is to subdue our minds' control, better yet, subdue our Ego's control...and more specifically, find a way to be freed from Satan's temptations and deceit that gets us to think and do sinful things. As a reminder here, Christians understand that we can't do this on our own. We don't have the power to stave off Satan, to stave off the fearful thoughts that happen as a result of his meddling temptations, by changing our mind.

We learn from the Bible, and it's obvious by what we witness in the world, that man is under the spell of a sinful will. And we have learned, and can witness around us to be true, that our mind is controlled by this sinful will until by the grace of God we are “born again” and blessed with a holy will. As a result of this transformation, we are then able to stand strong in faith in Jesus Christ and know that through the agency of the Holy Spirit in our heart, Christ is our redeemer and our protector from fear. Believing in God through faith in Christ, we are promised that there is

nothing to fear...we are encouraged to turn our fear over to Christ. In this, we begin to feel true peace and comfort...meaning a calmness that is enduring because the Truth is now written on our heart, it is a part of who we are rather than just ideas we have in our mind. And the evidence that this is true is the testimony of "believers."

MINDFULNESS MEDITATION---OUR BODY KNOWS THIS DOESN'T WORK

So now on to our exploration of the New Age practice that promises to manifest the promise of it "spiritualism." Mindfulness Meditation has become the world's premiere practice in stress management...and is loaded with promises of our transformation into a much more rewarding life. And we are going to delve into discovering if it really work. Mindfulness Meditation is essentially psycho-therapy with a "spiritual bent." It's "mental-training" that is meant to help slow down our thoughts, train our mind to focus, and to develop the ability to let go of negative thinking...and thus, one will become more spiritual, more patient with life. Mindfulness is defined essentially as "having all our attention on 'the now' and without judgment or interpretation"...our mind's attention is filled "only with the observation of now." Mayo Clinic defines it as "being intensely aware."

The practice of "mindfulness meditation" comes from eastern religious rituals and practices. We discuss this in a section below. In a nutshell, the focus of the practice is to be able to alter or "raise our consciousness" so that we "transcend our body, transcend this world, and become consciously one with a realm beyond." In simple terms, the practice is to sit on a mat crossed-legged and continuously focus one's attention on slow, full breaths ...through this focus we will be able to find the "space between thoughts" which is believed to be the portal into this realm of "higher consciousness." The belief is that the more we can access this realm, the more we will understand the nature of our "true power," and thus, understand our true purpose and meaning of our life and how much power we have over it. As a result of gaining the power to better control our mind...we can stop the worrying.

The goal is learning to "train our mind to stay in the here and now," for the here and now is the portal in daily life to this "higher consciousness." Science claims that over time, meditation will affect the neuroplasticity of our brain, and thus, affect new thinking patterns. New Age teaches that by being able to "focus on the Now" we will find that we are "more accepting and tolerant" of what is happening now...our new mindset helps us see things differently and we become less antagonistic to life, and thus, less stressed. It's the claim that as we learn to "live in the now" we will have fewer regrets and worries and be more at ease with our lives.

Some New Age practices go even further, convincing us that learning to control our thoughts, we will be able to control our life. Some impress the notion that by accessing the higher realm of consciousness, we can learn how to think "positively" and through this we can "manifest" the things we hope for and desire in life. And thus, we can become our "own creator." The New Age claim is that this is the "spirituality" that we truly seek in life. In New Age Speak, spirituality is connected with the power of our own inner "spirit."

So the question is...does "mindfulness meditation" really work? Does it really help us manage our stress...lower our fear and anxiety? Does it really help us shift our beliefs? Does it really help us shift what we think about our self and the meaning of life? Does it really help us gain the power to get what we want in life? Does it really help us become "more spiritual," i.e. a better, kinder, calmer person?" Can mindfulness meditation truly deliver on what New Age Spiritualism promises? And perhaps even more important to ask are we sure it's safe? Could it be leading us into promises of "false hopes" that end up causing us more stress...and even spiritual crisis?

In practical scientific terms, can "mindfulness meditation" help us really change the plasticity of our brain and that this will change the statistic found in studying the brain that 95% of our thoughts are repeats, and that 90% of those are negative? Can mindfulness really help heal our regrets and soothe our worries? Can it break the pattern we seem to be in where though the story of our life changes, the theme of how we respond seems to stay the same? Does it really help us gain control over our lives? Does it help us better understand our creation and who we are or is it leading us on a path further away from the Truth?

FEEDBACK FROM STUDENTS AFTER MANY YEARS

To introduce this section, I want to come out from behind the text as the author of this book and share my experience having been a meditation practitioner and teacher for over 10 years before I was born again...came to faith in Jesus Christ.

I have discovered through years of practice, and training others in "mindfulness meditation," that it does and doesn't work. Put simply, it does help to calm us down physically, and thus, mentally; it's psycho-physiological. Yet

it doesn't seem to work in getting our mind to stop thinking or to shift our thinking more positively in any permanent way. Often it even feels like it makes "thinking" worse. Or perhaps, it's just that as we find a place where we are not "distracted by the outside world," we begin to realize just how crazy our mind is...just how much it is thinking "all the time" and conjuring thoughts that seem to come from nowhere.

The benefit of this practice is that the longer we sit still and focus on breathing fully, our mind does ultimately calm down and as a result, we may begin to "think" that our mind is changing, our thoughts are changing, our beliefs are changing. Yet, most consistently, when we finish our meditation, whether 30 minutes or 30 days, and are back out in the real world, we are once again at the effect of society and thrown off...become stressed, negative thinking and anxiety are back. SO! Why isn't it really working?

In the next few paragraphs, I share some of the experience that myself and my clients went through as we endeavored to become rather skilled practitioners.

I practiced and taught "mindfulness meditation" for over 10 years. And over time, it started to become evident that despite a committed practice it really wasn't working as we expected...instructors and clients alike often commented that it was hard to feel successful at it. And that things didn't seem to be really changing. They didn't really feel more calm and accepting about life.

Through the years, I continued to evaluate the impact of the practice and noticed several things. The consistent comment from students about their experience, some 1000 or so over the years, seemed to be that it was "hard to get my mind to calm down" and "my mind just wouldn't stop thinking about my problems," and "its hard to sit like that and not ache." And most also shared that "I guess it helped because I felt calm for a bit, but as soon as I start driving home, my anxiety just returns and I feel just as stressed as before the class."

We all wondered when we were going to "transform," when we were going to experience "the promise" that over time our mind would altar its plasticity and we would think differently...have happier, more positive thoughts, and thus, gain a different, a more calm perspective of our life. We all wondered when we would finally feel more optimistic and confident. This didn't seem to be happening. Trying to expand our awareness of "our" higher power was not really happening nor helping.

In further inquiry and surveys, it also became evident that people were coming to the "meditation class" because they heard it was "so good for you"...good for your health and gaining a better handle on your life and happiness. As a result then, many attended out of obligation rather than authentic motivation. They didn't really look forward to it. And of course this meant, they eventually stopped.

So I started to look deeper into how "mindfulness meditation" worked and how it was affecting us. I began to feel that the promised benefits of meditation were not true. That if we come to the mat and meditate we will find relief from our loneliness and suffering. Instead, it seems that the exact opposite may be happening...many feel a bit trapped into an experience of having to focus on the very thing that was causing them stress. And many discovered that meditation was a very lonely experience.

So what was the problem exactly? It seems it may be twofold. One: Working with our mind seems to only get us trapped in our mind. In other words, our Ego is simply so strong that by trying to work with our mind, to calm our mind, seems only to give it more power to dominate our experience. And through this practice we experience that the science is true that the majority of our thoughts are focused on the "values and things of the world"...that our Ego knows nothing of "the sacred," of the values of a supernatural holy being that created us.

And two: something was missing from this "eastern" spiritual practice...or better said, the practice ignores something, even tries to distract it from something. The practice distracts us from sacred truth...by instructing us to focus on our self...and to believe that we came from a "cosmic void" and that we can learn how to merge back into it and gain power.

Said differently, meditation practices are trying to convince us there is no God, no "personal" Creator. That the focus should only be on our self...and getting us to believe that we can become gods and thus have the wisdom to decide the meaning of life on our own. YET! On some level we know this is not true, our body knows, and thus, we become uncomfortable. We are now put in the position of resisting Truth, our own inherent nature. Focused on our self, we are not focused on a "relationship" with our Creator. We are alone. Our mind might expand but into a rather empty, vast void of space.

I discovered that it is part of our inherent nature, part of our “humanness” to feel “connected to something deeper,” something beyond this world we inhabit. Truth is that humans are made to worship. We have a deep yearning to feel connected to something “sacred and holy”...and to feel loved by the Holy One. When it all boils down, we all want a personal, intimate, and loving relationship with the “Divine,” with the One who created us. The truth is that this is because of God’s remarkable “divine design” of the human. And this revelation means that in order to survive and thrive in this broken world, we need to feel this intimate connection with our Creator, God. We know that we can’t do this on our own...we know that we can’t find the truth and “meaning of it all” on our own. SO! Why do we reject these inherent truths and are suffering? Satan...veiled as New Age.

SO! Where does this lead us?

SPIRITFITT REVELATIONS

After years of study and practice, I offer a suggestion. SPIRITFITT, aligned with the Christian perspective, agrees with New Age philosophies in the belief that “Truth” is the only thing that can change how we think about our selves and our lives. And there’s agreement with the idea that Truth is found in our “evolved consciousness.” And there’s agreement that we can better access the Truth when we become still and quiet and breathe fully. BUT! The difference comes from understanding “what” Truth are we aspiring to become more consciousness of. New Age believes that the Truth is in the Cosmic Universe...discovered through quantum physics. Christians believe the Truth comes from the one, true Creator, that which is discovered through our body and the Bible.

What if the exploration into quantum physics is misleading us. Perhaps the big bang and evolutionary theories are not real. Perhaps we have been deceived into believing that we came from the Cosmos, but didn’t really. Perhaps this theory that we can expand our consciousness enough that we can gain the “power to change our mind” is false...because we are not made with that kind of autonomy. Perhaps the Truth is that we have been created by a Creator with a specific “intention and plan” for us and that our understanding of our life and the purpose of mankind comes only from Him.

Though some of the students in my meditation programs didn’t want to consider that, there were many that did and shared that they liked this focus better. They found focusing on a relationship with an intimate Creator more comforting...they preferred to be trying to get to know a personal, emotional, brilliant, intelligent, loving Creator rather than being someone who was on their own floating around a vast, void Cosmos seeking understanding and trying to “evolve” themselves. They shared that they felt less stressed when they thought about being cared about by their Creator rather than trying to figure out how much of a “creator” they were meant to become.

SPIRITFITT offers the suggestion that perhaps the “real” benefit of mindfulness meditation is that by default it actually helps prove the Truth that there is a one, true God...simply because our experience in meditation of trying to expand our consciousness, of trying to understand our self and how we think, and trying to gain the power to control our mind and our life is not that transformative or rewarding. And perhaps that’s because it doesn’t really work. And in addition, many admitted that the practice wasn’t really uplifting and when we become more focused on the moment, unfortunately all we seem to discover is that it isn’t that comforting...we are sitting there alone. And can one say that they feel more resilient, more accepting of the challenges in our life and thus aren’t suffering as much? We want to, but do we? Are we really more at ease...and tolerant, kind, compassionate? After so many years of practice, we’d like to think so. Unfortunately, a great majority of us admitted that we weren’t.

Perhaps the Truth of our existence and meaning of our life is not about our trying to evolve but rather all about our relationship with our Creator, with God...rather than our relationship with our self. And that rather than trying to expand our consciousness into the “great cosmos” so we can become powerful like “God,” the “real” and “only” power we have in life is to become more conscious of the character and intention of our supernatural, loving, all-powerful, all-knowing Creator, God?

We have to admit that we all feel better when we consider that we are not alone in this world and on our own trying to figure it all out. Looking into the eyes of another person, it is very clear we are each created uniquely...and obviously for a unique purpose for a particular intention. Since we did not create our self, why do we think that we can know what it is. Or more specifically, why do we think we have the right to change it?

As discussed throughout this book, SPIRITFITT offers a remarkable discovery that our body holds consciousness of “the sacred.” And we discover that when we become focused on our body’s experience and become aware that

sometimes it feels “humble and holy” sensations, our thoughts begin to shift immediately. They not only shift from negative to positive, but more importantly, from the “worldly” to the “sacred.” And then one begins to realize that we are in relationship with “someTHING” holy...God. And many share that this feels more real and uplifting and loving than trying to “empty our mind” and merge with, to be in relationship with, the void that exists outside of thinking...as the mindfulness techniques try to instill.

SPIRITFITT thus offers the revelation that the only way to change our thinking, our beliefs, and thus, to feel less stress and more trust in life is to help our mind discover the Truth by connecting more consciously with our body...and more specifically with the heart. We discussed earlier about the power of our heart to control our physiology and that learning to consciously calm our physiology we will calm our mind and feel less stressed. And SPIRITFITT has discovered that it goes even further than that. Calming our heart and our body begins to open our consciousness of the Divine, to the Creator. And as a result, SPIRITFITT endeavors to share the revelation that the only way to calm our mind is to get out of our mind altogether and place our full attention on calming our body. It is becoming very apparent that this is really the only experience that truly helps us breakthrough the “untruths and delusions” that our mind has been “co-opted” into believing.

As a result of these revelations, I changed the technique in the classes I taught from “mindfulness” meditation to “heartfulness” meditation...which meant we focused only on our body and left our mind alone. I can confidently report that everyone in the programs over the years all agreed that they loved this approach. And that they felt it was more powerful in affecting more permanent change in their outlook on life.

HEARTFULNESS MEDITATION

SPIRITFITT’s technique of “meditation” is body-centric, not mind-centric...it helps us bring our attention to the sensations in our body rather than on the thoughts in our mind. In fact, it’s focus is to bypass the mind altogether. Instead we place our attention on our body...and more prominently, we place our attention on our heart and try to become as consciously “heartful” as we can. Meaning we learn to pay attention to the energy and sensations of the heart...and allow them to inform our consciousness.

As we explored in the previous chapters, when we focus on calming our heart and body, and give our attention to the body’s “soothing” sensations, we discover that we also feel emotionally soothed. AND! As we continue to do this for several minutes, the majority of people began to share that they started to feel “spiritual.” Their thoughts drifted toward spiritual ideas and matters. And it seems also that over time many shared that as they experienced these sensations it began to feel very personal, emotional, intimate...an energy that was focused on them. It starts to become evident that we could not have been created from an impersonal Cosmic Consciousness, but rather from a very intentional and loving Creator.

In these next few paragraphs I share some of the experience that myself and my clients went through as we made the transition from the more traditional, Buddhist practice of mindfulness meditation to our new practice of heartfulness meditation.

The “Heartfulness Technique” shifts our attention to our body and supports us to “surrender and submit our body” into this moment...whereas the “mindfulness” technique is focused on trying to get us to surrender and submit our mind into this moment. The primary focus of the heartfulness technique is to make our body feel as comfortable and relaxed as possible.

For example, rather than sitting cross-legged on the mat like in the mindfulness technique, we have eliminated all potential physical discomfort by laying down and either bending our knees to put our feet flat on the floor or placing a foam roller under our legs if our legs are extended in order to release any tension in the low back. We also place a small foam roller under our neck to allow our spine full support. We then place our palm(s) on our chest in order to support our attention to be on the heart. And as we learned through physiology, this physical touch calms the heart rate and stimulates slow breathing. And then the focus of the rest of the meditation is to continue to use various techniques that help to calm and relax the body further.

All clients that learned this new technique report that physical stress dropped immediately and as a result their thoughts and emotions slowed immediately. It was so dramatic that we discovered our first revelation...that the best way to liberate ourselves from mental and emotional selves is to focus on releasing our body from stress and discomfort...calm the body, calm the mind. AND! We also discovered that our experience went further. As our

body let go of the world, so did our mind...and we actually began to feel a sensation of “transcendence,” less physically burdened we felt less mentally burdened. And soon it became clear that this is truly the only way to disengage, and to a certain extent even subdue our Ego. Having been practitioners of mindfulness techniques for years it became dramatically obvious to us that trying to calm your mind by trying to calm your mind simply did not work ...our Ego is too strong. And this made perfect sense because our Ego believes it's us, it's our identity and trying to subdue it became hugely stressful as it jumped into “survival mode” ...in other words, in mindfulness we were just fighting against our selves. AND! We are fighting against the force of the devil.

We also discovered as the weeks and months and year or two went by that we were beginning to experience a real shift in our mindset, our beliefs, our outlook on life and our sense of who we are. Many admitted that they could see how their identity in life was changing. And in each our own way, we realized this was a huge shift in our spiritual understanding of life and our purpose in it. The common comment was that we feel a greater sense of humility and surrender, meaning we find ourselves less focused on how to control everything and to feel more trusting in the “powers that be.”

In other words, we discovered that when we “submit our body,” meaning literally lay our body, our self, down on our back on the floor, this activates hormones that calm our physiology and this activates a physical sensation that inspires humility and submission, letting go. Our literal orientation to our surroundings in this position is the experience that we cannot get any lower, submit any more, than the floor, which activates this sensation emotionally and orientates our mind with regard to our life...we are letting go of all that we “think” we are and organically and spiritually experiencing all that we “truly” are ...it's a paradox. And this experience happens consistently ...it's how we are made. And as we experienced this over and over, we realized that our body was revealing “sacred truth”...we were laid low, fully submitted to the divine, and thus, we began to experience the understanding that we are created by and connected to a very intentional, powerful, intimate, personal Creator, God. And in this experience He is letting us know we are safe. We can let go of our selves and trust our Creator. We are being held, literally.

SPIRITUAL INSIGHTS FROM HEARTFUL MEDITATION—THE SOURCE OF OUR STRESS AND IT'S RESOLVE

As we consider these revelations and how they are coming from our heart and our body we begin to trust them more than what comes to us in our mind. And because we experience less egotism and feel humble we begin to understand deeper insights about who we are.

Through SPIRITFITT, we begin to discover the truth...we were not created for our selves, to fulfill our will, but rather we are here to fulfill God's will. And when we resist this truth, we suffer. How we know this is the truth is because we hold an inherent knowing in our body. Our body has a natural inclination to awaken in us a consciousness of humility...the sensation of being before that which is greater than our selves. And that “greatness” is our Creator. God instilled this experience as part of our nature so that we would have a defense against our obsession for worldly values and things like wealth, fame, power, and possession, things which are not of the Spirit but of the Ego. And it's clear that our attachment to things of this world is the source of our stress.

Connected to our body, we begin to realize that our path to liberation from suffering is not by deepening our relationship with our selves and believing we can raise our consciousness into the realm of creation and gain more “spiritual power,” but rather our liberation from fear and stress happens by deepening our relationship with our Creator. We realize that God is the one, true Creator...He created this body we inhabit all for the purpose of knowing Him. And as Creator of “all things,” God has control over our body, over our lives, over all Creation...our ease in suffering is our alignment with Him.

AND! As we experience the difference of these meditation techniques, we realize one of the biggest Truths about our life, about “suffering.” Both Buddhism and Christianity pretty much agree that most of life is suffering. Yet, while the Buddhist is focused on becoming liberated from it, the Christian focuses on being with it and ultimately, understanding God's purpose for it. We begin to realize that the suffering we experience in this world is part of our “awakening” to our relationship with God and who He is. As we've discussed earlier, our suffering helps us realize what happens when we are separated from God. And thus, it sharpens our understanding of who God is. Put in very simple terms, when we reject God we are separated from experiencing His goodness, and thus, are left to experience the darkness of Satan's world, the evil around us, on our own. And this then inspires us to seek Salvation...causing those born again to remember God's Redemption and Salvation Plan.

We begin to realize that our stress and suffering is our lack of faith, our lack of understanding and trusting. Our suffering comes from believing THE LIE that we can liberate our selves...if we can just figure out how to change our thinking. And though this is true. What we misunderstand is that we are not capable of doing this. Only God can change our thinking, only God's gift of faith in Jesus Christ as His Son, and as our Lord and Savior can change our thinking...in other words, can "renew" our mind. The only way to hear the Holy Spirit, the Spirit of God indwelling our heart, is to become embodied and get out of our mind and into our body.

We organically realize we are not alone in life and this is our comfort, our liberation from the stressful, doubtful thoughts of fear. Unlike what we have been told, this peace cannot be found through "positive thinking." The only "true peace" is found within our "renewed relationship with God"...this then renews our understanding and perspective of LIFE. In a more intimate relationship with God, we are more humble and begin to realize our limitations...we are not gods. We become accepting of our life, of its stories, because we awaken to the truth that God has been and is in control of our lives. He had predetermined it all.

In conclusion, it becomes apparent that Buddhism, and thus, "mindfulness meditation" seems to be a study of the mind, of our psychology. One might be justified in saying that it's more psycho-therapy than a spiritual practice. And what we are discovering is that rather than helping us relieve stress, it may actually be generating more stress. One might say that by sitting on the mat trying to control our thoughts, we are generating "resistance" to what is, not relieving it. We are distracting ourselves away from the true source of our "liberation from suffering"...our relationship with God.

And so, this revelation took me to one more powerful insight. As we have discussed, we learn from the Bible and from Christ that our body is the Holy Temple of the Spirit of God. We are to come to our body and worship and pray to God. And thus, as we practice the Heartfulness Meditation technique we can make it into our prayer, our conversation with God through the guidance of the Holy Spirit. And what we will discover is the only true liberation from our fear and suffering that there is to talk with God. As we pray to God, we realize we are not alone and that we are loved.

THE ROOTS OF MINDFULNESS MEDITATION

Before we leave this chapter, we finish with a short review of the "roots of mindfulness meditation practice in order to provide greater understanding for those who are of the Christian faith to realize that they should not be practicing it. Why? In a few words, it pulls you away from belief in the one, true God and faith in Jesus Christ and connection with the Holy Spirit.

It's easy for us to be deceived into believing that the Buddhist practice of mindfulness meditation is helpful when in truth it can be harmful...it leads us into false beliefs. It has become so mainstream that it is normalized into so many people's lives that they are unaware of the subtle yet very profound effect it is having on what they believe. Put simply, you are being indoctrinated into and thus following a spiritual practice that is rooted in eastern religions. And thus for Christians, it is actually a confrontation to the core of the Christian faith...to belief in the Life, Crucifixion, Death, and Resurrection of Jesus Christ. In a nutshell, Mindfulness Meditation is founded in pagan practices and beliefs that deny the existence of Christ, or more dangerously, try to redefine who Christ is and use this in their teachings in order to attract Christians to it.

Many will deflect this idea because they will claim that they are not in these highly ritualized meditation practices. YET! To put it simply, as we've been discussing throughout this book, what we do with our body dramatically shapes our mind, our consciousness. And so, when we sit in the Buddhist meditation posture we are taking the posture of a religious spiritual practice...in mindfulness practice we are particularly taking the Seat of Buddha, the seat of the "Enlightened One." Now he is not regarded a god, yet he is known to have worshipped certain gods. The same is happening with Yoga and Tai Chi...as they seep into offerings on Church campuses.

When we examine the underpinning of all these practices they are all rooted in "spiritual practices" that worship Buddhist, Hindu, and Indian gods. And what is happening by taking these poses and postures is that they are encouraging a state-of-mind that subconsciously focuses on these gods and in mindfulness meditation to focus our attention on ourself as a god. As mentioned, the mindfulness practice encourages us to focus on the "self" and practicing how to awaken to our "godhood." This encourages a sense of "self-pride" which is the Sin of Satan...which encourages us to reject the healthy and holy.

Mindfulness Meditation is a spiritual practice that comes from Buddhist and Hindu religions. Buddhism believes that the universe has no ultimate beginning or end. The teaching is basically that creation occurs over and over, cyclically. It believes that things are created as a result of energy and vibrations ebbing and flowing into and out of existence somewhere in the “great cosmos.” And that, through this cyclical pattern beings are “vibrating” higher and higher into union with the “Great Cosmic Consciousness.” In other words, Buddhism does not believe in a single creator, an ultimate God. Therefore, “mindfulness meditation” does not take into account the concept of a relationship with a Creator, but rather a relationship with the Cosmos, and ultimately, with our self.

In a nutshell, Mindfulness Meditation came about through a man named Siddhartha, ultimately honored as The Buddha. He was a wise teacher who confirmed that the world is full of suffering and that meant something is wrong with man. So Buddha sat under the Bodhisattva tree until he believed he found the reason why...and ultimately, the answer to freedom. It is because of the way we think, our un-developed intellect and wisdom. And we can all agree with him that much of man’s suffering is because of our Ego...because of our ignorance and arrogance.

Buddha could see what we see, that mankind is unhealthy, uncompassionate, unkind, and unloving. In short, mankind is capable of unconscionable evilness. That there is little goodness in man. And that we obsess about trying to get the things we want and resent when hardships come our way. Buddha concluded that the best way to navigate life free from suffering is to find the “middle way.” In other words, avoid extremes...don’t go into despair and don’t become overly “happy.” Or as mentioned, don’t become “attached” to anything. In conclusion, what we see is that Buddha believed we can end our own suffering. Buddha developed and taught the Four Noble Truths.

The Four Noble Truths are: *the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the truth of the path that leads to the end of suffering.* The first two truths reveal the concept that pretty much all life is suffering, and that is because our Ego “grasps” onto things that will never make us happy, and resists accepting “what is so.” In the 3rd Truth, we are offered the hope that we can find relief from suffering. And the 4th reveals that the path toward our liberation...meditation to “enlightenment.”

Said differently, we suffer because we are mentally and emotionally attached to this world...our consciousness is more dense than the cosmos and we become matter. As a result of being matter, we are attached to this world, and the problem then is that we are stressed because all things in the world are impermanent...we suffer as they change and/or fall away. The answer then is to become detached, accepting of “flux.”

Buddhism offers the “Noble Eight-Fold Path,” which in essence is “right-thinking” and “right-action.” In other words, by attaining “self-control” or restraining our desires, and living in more wholesome ways, we will find some relief. And then, the ultimate freedom is found when we become “enlightened” as Buddha did, through the practice of meditation, of mindfulness.

Buddhism teaches that though we came from the Cosmos, we in essence are the “creators of our self and our life because we are this consciousness”...we can ultimately “self-actualize.” Yet we are also an un-developed consciousness, and that is the root of our suffering. In other words, Buddhism believes that our liberation from suffering is through “self-transformation” and that this happens through the transformation of our mind, of our thinking, of our “consciousness.” Or more specifically, by “raising our consciousness” up out of the negative energy of our world and into the realm of the “emptiness of the Cosmos,” we are becoming more capable of gaining the power of the realm of “all that is possible”...that we will become “enlightened.” We will find “bliss,” ultimate freedom from the density and traps of this world, including our body, and dwell in the peace and happiness of “nothingness.”

It seems we have to face the obvious and admit that if man was capable of goodness on his own, the world would be in far less chaos and strife, far less war and destruction, far less evil. Man is struggling and needs a Savior...Satan is here. Though many turn to a meditation practice to help them find more meaning in life, this actually seems to be directing us to “let go of meaning”...leading us away from the true depth and the experience of life itself? It could be leading us away from the reason we are here...Holy Love.

CONCLUSION

Mindfulness Meditation doesn’t really work. It is a mind-centric practice and claims to help us calm our mind, change our mind, and relieve our stress and help us feel more spiritual. The problem is that our mind is not the

source of our spiritual understanding, our spiritual engagement...our heart is. Our mind is where our Ego dwells, that part of our consciousness that creates man's ideas of this world and who we are. And practicing mindfulness we find ourselves simply trapped in our Ego rather than transcending into the divine through our heart.

CHAPTER SEVENTEEN

"HEARTFULNESS" MEDITATION: EMBODIED PRAYER

OUR BODY Knows This Works

"The present moment is our body. Our body is the present moment. Our body has been created by God to be His Holy Temple here on earth where His Spirit dwells...our body is where we are to worship and pray to God."

SPIRITFITT offers a unique "meditation technique" that is significantly different than New Age *Mindfulness* Meditation. It's completely "body-centric" versus "mind-centric" as New Age is. In other words, the technique is focused on the "body and heart," not the mind...in a word, "heartfulness" rather than "mindfulness."

Like "mindfulness technique," the goal of "heartfulness technique" is to find the "present moment." YET! Heartfulness teaches that the present moment is not our mental consciousness of the world around us in this very moment but rather is the existence and sensation of our body in this very moment. Meaning, rather than trying to focus our thoughts on the here and now, we focus our full attention on our body which dwells "only" in the "here and now."

Unlike Mindfulness Meditation, Heartfulness Meditation not focused on trying to focus our mind on the NOW and then training it to "accept what is so"...New Age believes that this gives us the power to stop resisting "whatever is," and thus, liberate our selves from suffering. Rather, heartfulness guides us to bring our full attention into our body and "submit," to feel into our heart and body and simply "be," simply exist. Meaning the technique is devoted to bypassing our mind altogether.

Giving one's full attention to the "stillness" of our body, and realizing that it "lives," we begin to realize that our body is a true mystery and masterpiece, brilliantly designed. And this opens us to experience "the truth of all Truths," that God exists and He created us. And we become aware of the "True Universe" that indwells our heart...it is the Spirit of God. AND! Through this experience we gradually realize then that we are in relationship with our Creator. Being of calm mind and body we find some relief from suffering, from doubt and fear...it's organic.

MOST ESPECIALLY! As we begin to awaken to The Truth of God, we begin to become "emotional," or moved, by our awareness of being in the presence of the Most Holy. We feel humility, homage, and often unexpected, affection. In other words, our experience feels intimate and personal. AND! We discover that what we are feeling is an exchange of emotional expression and it is "loving." We are experiencing a truth about God...that He has emotions, that He is "personal." We now better understand the God of the Bible.

The powerful result of Heartfulness Meditation is that we awaken to realize that God is a "person," albeit a "sacred" personage. AND! The immense blessing is that God is personal with us. Now, it's worth speaking to the emotionality of God. God doesn't hold emotions as unskillfully as we do. In other words, God's emotions are of a much higher, holier, purer quality and vibration than our over-reactive and overly dramatic expression of our emotions. We may fear God's wrath and yet the power of His love is most likely something beyond any joy we have ever felt. It begins to dawn on us that what we are experiencing through this moment of "heartfulness" is the power, glory, blessing, and majesty of God...is Holy Love. And we become move to PRAY.

Heartfulness Meditation in essence is the physical and emotional desire to pray to God, to be in communion with God, to love and be loved by God.

THE HEARTFULNESS TRANSFORMATION

The essence of Heartfulness Meditation—Prayer technique is to focus on calming our heart and body rather than trying to calm our mind. As we've discussed, by default, our calm physiology calms our mind..."psycho-physiology." The purpose of this technique is to help us "embody" our self, to guide us to place our full attention on our body and heart, for our body is the Holy Temple of the Spirit of God.

The heartfulness technique helps us disengage from our Ego and awaken to the sacred energy flowing within us which is our consciousness of God...our mind knows nothing of God. Our body knows. And as we feel this, we begin to understand the Truth about Creation and our Creator...we experience how our body/heart "renews" our mind through the sensations of humility and holiness. In other words, unlike the New Age practice of "mindfulness" which activates our Ego and emboldens us "to believe" we are more than we truly are, "heartfulness" activates our Heart and we "become filled" with the humility of the Truth of who we are. We are "creations" of an Almighty God—children of God. We feel emotionally reverent before God, humbled by His majesty by all that He has created, by all that He controls.

New Age mindfulness causes us to find our identity in the world...our Ego keeps us steeped in beliefs that we are capable of controlling the world, and thus, we can control our destiny and become "our own god." In arrogance, we believe this is our purpose. Whereas, heartfulness is rooted in the belief in God through our faith in Jesus Christ, and we find our identity in our relationship with God through Christ. AND! We discover that this is the only way we are eased of suffering...because it is the Path of Truth.

Heartfulness in essence helps us resist our Ego's schemes so that we can see the truth that our body and heart reveal. It's a technique that helps us bring our full attention on our heart so that we are in the Temple of the Spirit of God and protected from the dark, satanic, deceitful values and beliefs of the world. Here we discover our connection with Jesus Christ and are encouraged to "surrender" to the truth of who He is...to surrender to the truth that God is in control of all. And the truth is that the "truth will set you free."

Experiencing the powerful desire to pray to God that the Heartfulness technique awakens, our identity shifts from "who I am in this world" to the realization that who I am is a child of God living in this world. I am here not to serve myself but rather to serve God. I am here to serve His purpose and will...and it's clear that God's will is for "our good." In this practice, we can feel God's presence watching over us and the world. We realize that God sees our suffering...He incarnated as Jesus to help us understand that He has a redemptive plan, a salvation plan to save us from this broken world. Jesus came to reveal to us the Truth that those who find their identity in relationship with our Creator are more peaceful, confident, and trusting in life than those who believe we are "to become our best self, our own god."

The suffering we all experience in life is because we believe in something false...we believe in THE LIE that we have the power to evolve into our idea of our full potential, to control our lives and destiny. The Truth is that we are destined to evolve into God's idea of our full potential. AND! The only way we realize this Truth is when we bring our full attention away from our mind and to our heart and body. The proof is that when we do this, we begin to awaken to this Truth and begin to experience peace. Put simply, we experience that we are God's creation and we are destined to soon be with Him in the grandest, and most beautiful, Creation of all.

Now learning techniques to help us disengage from our Ego doesn't thrill our Ego...it's a threat to its purpose and existence. And we discover that disempowering our mind, our Ego, we begin to become conscious of what we have not wanted to see...that Satan exists and has been in control of most of our life and mankind for millennia. Though it's uncomfortable to realize this, the good news is that this gives us the opportunity to face the truth of the evil in the world and disengage from him...which we have started to do by turning the light of our heart on him. And the most powerful way to fend off Satan is to call on Jesus Christ, call on God...is to pray. Heartfulness Prayer is the technique of "embodied prayer."

Satan's greatest scheme is to get us to believe in EGO, that which is our belief that our salvation comes from this world, which is Satan's world. Satan uses the "mindfulness technique" in order to keep us deceived, brainwashed by this belief, so we forget about God...we replace God with our self as god. Satan's goal is to destroy our connection to God...and ultimately, get us to worship him.

Heartfulness helps awaken us to THE LIE. Now it must be mentioned here, that awakening to the truth is not an easy task, it's not for the faint of heart. For when we begin to wake up and see the truth, see the horror, the ugliness, the evil that is in this world, and especially, when we wake up to how much we collude in it, it can be very disheartening, filling us with guilt, with great despair. YET! Heartfulness helps us see another layer of Satan's

deceit...to keep us from waking up, Satan convinced us of the power of guilt. He knew that pain would be so unbearable we would keep turning away from the Truth, from God.

YET! As we awaken to the Truth of God, we realize that God has nothing but forgiveness for us...God knows how vulnerable we are to Satan's schemes. God came into His own Creation as Jesus Christ to save us. Heartfulness Prayer helps those born again, those born by the grace and timing of God, into Spirit to be in union with the truth of Christ's crucifixion and resurrection...that we have been set free of the ultimate suffering in life, Satan's control over us.

EMBODIED PRAYER—KNOWING GOD

In the previous chapter on the Series of Signature Postures, the "body-focused" technique was explained for each posture...essentially sensing your body as you do each pose. In this section, we focus on explaining this as "heartfulness technique" in order to detail the very important and powerful difference between "heartfulness" and "mindfulness."

In a nutshell, as we've said, the difference is that "mindfulness" focuses on helping us control our thinking...believing we can control our mind and thus feel liberated from stress. Whereas, "heartfulness" bypasses our mind altogether so that we experience our relationship with God. We discover that what is really happening as we become more "heart-focused" is that we are becoming an "embodied prayer." In other words, through the heartfulness technique, we are learning about the true meaning and experience of "prayer." The point being made is that this is the true path toward freedom from our suffering is "embodying our body."

More profoundly, through heartfulness practice, we not only feel more "intimate with God," yet we begin to realize that we know Him. And we discover that He is a very "intimate God." Our innate sensations that feel calming, soothing, light, peaceful, good, healthy, loving, and holy are revealing the characteristics of God...we are made in the image of God. Embodied and awake to this revelation, we start to feel connected to God. We realize that our body is the Holy Temple of the Spirit of God. And it's where we are to come and pray...where we are to talk with God. And we discover that the words of our prayer arise from our heart, not our mind. We discover that the comfort and peace we seek comes from the Holy Spirit.

Through the Bible, we learn about the Holy Spirit...He is our "helper" and protector and is imbued by God into our heart when we are reborn. Through this heartfulness technique, we experience just how literal that is. Through the bible, we that the Holy Spirit only comes upon us when we are blessed by God with the gift of faith in Jesus Christ...believing Christ existed, that He is the Son of God, and in the "transformation" that took place in the world because of His Crucifixion and Resurrection. And this is where the brilliance of the heartfulness prayer technique comes in. We realize that we are the "embodiment" of the Holy Spirit. We are the Holy Temple of the Spirit of God...we are made in His image.

This conversation about "embodied prayer" is essentially the core concept of SPIRITFIT. The techniques in this book are focused on helping us "embody" the Truth about God...for this is the reason we were created, the purpose of our existence. The focus of the concepts is to help us understand that our body "truly" is the Holy Temple. As discussed, we experience how true this is because of the concept of "reciprocating influences." Through the Series of Signature Postures, we experience our inherent sensations of goodness and holiness, which flow into our awareness and we become more aware of goodness and holiness. And this reciprocates and influences our body's growing sensation of goodness and holiness. In other words, reciprocating influences is the psycho-physiology of "embodied prayer."

And so as we go through the heartful technique we focus on the sensations flowing through our body and how this influences our thoughts and how are thoughts reciprocate and influence our embodied experience of humility and holiness. And now embodied, our understanding of prayer becomes dramatically different than what we have held it to be. Put simply, our prayer comes from our sensations of our heart of "holiness" rather than from the "constructs of holiness" we are trying to hold in our mind through reciting a prayer. In other words, our body and heart inspire the words...our body and heart are the prayer.

Most of us think of prayer as spoken words. And that is true. YET! What is being highlighted here is that we will experience the difference between merely speaking words of a prayer and becoming the prayer itself..."embodied prayer." Heartfulness technique leads us through a "sensational" experience rather than "mindful" experience of

connecting and communicating with the Divine, with God. In other words, this technique connects us consciously to the Holy Spirit and we become the experience, the “embodiment,” of worship to God. Our words come not from our mind and it’s worldly context, yet rather from our heart, and it’s Godly orientation.

What this means is that we discover that prayer is not a list of things we hope and seek that God will do for us, but rather is the energetic alignment with what God has already willed to take place. In other words, we experience how the heartfulness practice feels spiritual where much the mindfulness practice feels mental...heartfulness clearly connects our consciousness with the spiritual whereas mindfulness connects our consciousness with the world...heart versus head. And as a result and perhaps a surprise to many, the physical experience feels much more “personal” than the mental one. Said differently, we begin to realize that we are “in relationship” with God rather than alone exploring the cosmos. And this is the core experience and truth of heartfulness.

We begin to realize that through this experience, and only through this experience of becoming aware of the Holy Spirit are we experiencing the truth of who we are. We are an embodied relationship with God. We are God’s creation, we are God’s children, and we are here to do God’s will, not our own. As result, we begin to feel aligned with God’s will and our mind becomes renewed with the idea that God is working through us. We become an offering, our bodies and our lives are to serve God...“not as I will, but as You will.”

HEARTFULNESS PRAYER TECHNIQUE

As we mentioned above, the particular posture of mindfulness meditation is to sit and focus our attention on the mind...we sit quietly and breathe fully and effort to try to slow and calm our thoughts, with the goal of trying to empty our mind. However, as we discussed through the feedback from those who were devout practitioners of mindfulness meditation, it never felt comfortable and never really worked. Our body was aching and our Ego too strong, And so, we decide to change the posture of our body in these classes to laying down. And that then was the beginning of the experience, of the revelation, of just how holy and sacred our body was...and thus, it had to have been created by a highly-conscious, intentional, personal Creator. We were awakening to the Truth of our Creator and who we are.

Now coming forward from those days into this book, we have worked more with the posture of our body and discovered how certain postures invoke, instigate if you will, sensations of holiness and humility and that these are the sensations of our connection to “the Holy,” to God. These postures are Kneeling Down, Laying Down, and Standing Strong. In this conversation about mindfulness verses heartfulness meditation techniques, as we’ve mentioned above we focus on Laying Down.

The details of the Heartfulness Prayer Technique are fully explained in the chapter: THE TRANSFORMATIONAL EXPERIENCE And Technique Of Each Holy Posture. In essence the experience of each posture is the “embodiment of prayer.” In the rest of this chapter we take these concepts out of our bedroom and into the world with prayerful practices we can do throughout our day and all day so that we stay consciously connected to the wisdom of the Holy Spirit who keeps us connected to our belief in God through faith in Jesus Christ.

HEARTFULNESS PRAYER PRACTICES FOR YOUR DAY

The primary instruction of *Heartfulness Prayer* is to do the best we can to keep our attention on our body...and specifically, to use the techniques to “calm our body.” In other words, it’s an interactive, experiential spiritual-fitness practice, meaning a practice using our body, to support ourselves to “surrender”...surrendering physically helps us to emotionally to submit to our Creator...to stand strong in faith As a result, we begin to feel consciously connected with “the sacred” and we begin to experience “faith.” We feel the resilience we need to get through our challenges in life, our challenges through our day. We are offering our body, our life, our suffering, to God and His Will.

The Technique in brief: the instruction is essentially to keep our attention on our body and in our heart. In all of these practices, we place our hand on our heart which is the action that will help us keep our attention focused on our body. Through slow, full breaths, our heart calms and our body releases physical tension which encourages the sensation of “letting go,” which then supports the slowing of our mind and the letting go of our stress and worry.

We begin to feel calm. And this reciprocates and calms our body more. The incredible blessing of this is that it's immediate.

It's important to keep in mind that our Ego will continue to disturb "the peace" with frantic, chaotic, negative thinking. SO! When we find ourselves thinking and/or tensing, we merely return our attention to our body, to our breathing, to our hand on our heart, and to our intention to calm our body. Remember, it does not work to try to stop what we are thinking about by trying to stop what we are thinking about. With our full attention on our heart, we become conscious of the sensations of humility, of goodness, health, generosity, peace, forbearance, and holiness...and realize these are the "fruit of the Holy Spirit." And as a result of these flowing freely through us, our mind is renewed then with qualities of the character of God...with biblical truths. Our hand on our heart helps us connect to our body, and thus, to God. And right in the middle of all the "stuff" we are doing in our day.

AND! The more we do these practices through our days, we begin to cultivate a more intimate, respectful, and loving relationship with our body...it truly is the Holy Temple. And thus our body becomes our friend, our "go to" for support and comfort. This is the core of our "awakening"...we begin to realize that mankind was deceived about God and developed an Ego that worships this world. But now that we are revived with the Truth, coming to the realization of the magnificence of our body, the overwhelming brilliance and complexity of its design and how it functions, how can one deny that it truly is the creation of a very intelligent, omniscient, creative, emotional Creator. And now by the brilliance of our we are made, we can support our body to help us experience our connection with God by using techniques that change our physiology, that change our behavior that reinforces our belief in goodness, in God.

So let's experience three Heartfulness Prayer practices that we can easily integrate into our daily lives. They can be done anywhere, anytime. These practices; STANDING, SITTING, AND WALKING, are opportunities to take 5-minute pauses throughout our day and practice heartfulness...basically, reset our heart, and thus, our physiology, and thus, our consciousness of "the sacred."

The first thing to discuss is the technique that is consistent with each of these practices...it's vital to pay attention to the different sensations that we are experiencing. Each different physical action generates a different physical sensation...standing, sitting, and walking. Each of these differences are part of the miraculous design of our body and reveal something different about who we are, about how God created us, because each generates different holy sensations. In other words, God has a specific intention for how our body helps us learn of His character and intention. Each action is an inspired, or rather organic, expression of the Truth of God. Said differently, we experience how the Truth of God is expressed in every aspect of our lives.

A STANDING PRACTICE—5 Minute Practice of Standing in the Word of God

Now in a previous chapter, we spent a good deal of discussion about the holy posture of Standing Strong in Good Posture...and we essentially repeat it here with perhaps a few different points added here to emphasize the prayer practice aspect of the posture. As discussed, the experience and sensation of Standing Strong in Good Posture is the experience of feeling physically strong, and thus, mentally confident in the belief in God through consciousness of God and His Word. In other words, this practice is meant to help us feel what it is to "stand strong in faith" in Christ. And the brilliance of it is that you can do it anywhere, anytime, and in front of others...for they know not what you are doing but will definitely admire how you look and who they feel being near you. A grocery line is a great place to do this or just standing at your desk.

STEP ONE: ARRIVING. We start the practice by "coming into this moment" by bringing our full attention to our body. Stand tall in good posture and take several slow, full, "cleansing" breaths. Feel your feet anchored on the floor as you lift up through your spine. Feel your shoulders drop, your neck lengthen, your chest open, and heart lift. Soften your face. And, take a few deep, slow breaths and feel into the sensations in your body.

STEP TWO. LOOSEN-UP. Next, we want to open up our body by doing easy, rhythmic, full range-of-motion stretches and movements; such as, arm circles backward and forward; torso twisting, side to side easy lunging, as well as slow, gentle forward and side to side bending...keeping all these movements flowing. Breathe fully and slowly as you do this and continue to notice how your body feels.

STEP THREE. ALIGNMENT. Once "loosened up," return to standing tall. Feel the soles of your feet connected to the earth. Use this connection to create resistance, or in other words, a sensation of "lift" up through your body, up

through your legs, pelvic floor, torso, spine, and neck. Feel your spine lengthen and the openness, balance, and strength in your body. Notice how these sensations make you feel emotionally.

STEP FOUR. BODY/HEART—MIND CONNECTION. Place your hand on your heart. Notice the warmth of your palm on your chest. Sense inward and pay attention to the beat of your heart. Notice how this connection begins to calm your mind and helps you feel “good,” even holy, as you stand here.

STEP FIVE. BREATHING AND FOCUSING. Close your eyes. Begin to take slow, smooth, full breaths and feel the soothing, calming sensations that arise. Notice how these make you feel. You will begin to notice that you are starting to think about “other things again”...it’s the nature of our mind. As soon as you notice this, bring your full attention back to your body and breath. You will realize that your breathing becomes shallow when thinking. Deepen your breaths again.

STEP SIX. SELF-AWARENESS AND THE MOMENT. Take a moment to do a short self-survey. How does “standing strong” feel? How does being “still” feel? How does “breathing fully” feel? Notice how this draws your attention out of the world and into this moment. Because your body exists “only” in the moment, your attention is fully in the “now.” And because your mind’s attention is on your body and its sensations, it cannot focus on worries, or regrets...things that aren’t real.

STEP SEVEN. INSPIRED TO PRAY. As you go through this “body-heart survey,” you often begin to notice you feel sensations best described as “holiness and reverence.” And you begin to remember that the truth is that you were created by an all-powerful, all-knowing, all-emotional God. You feel His attention and intention upon you. And soon you spontaneously feel inspired to talk with Him.

If that is the case, allow yourself to speak the words, to “talk with God,” as you would a highly respected friend. You may begin to notice just how natural this feels...and especially, how humbling as well as comforting it feels. Though it’s clear that God is the Almighty, you also sense that He is loving, intimate, and caring toward you.

It is remarkably powerful to recite the “Our Father” as we find it in the Gospel of Matthew 6:9-13. The reason this prayer is recommended is because it’s what Christ taught His followers, and thus, covers all that we need to be focused on in our connection and supplication with God. It’s a prayer of recognition of all that God is as well as an acknowledgement of all He provides us in order to keep us close to Him...to live according to His will.

STEP EIGHT. TRANSITION BACK INTO THE WORLD. Begin to take several full breaths and then open your eyes. Let yourself take in your surroundings yet without losing your attention on your body. Notice how the sensations in your body begin to shift...the calmness shifts to more energy. Notice if your mind starts thinking...and you feel perhaps an anxiousness to “get going.” Stay still through this and take 3 or so deep, full, energizing breaths. This is a perfect practice of learning to control your energy.

Be sure not to pass over this step as this is critical in helping us condition our selves to be able to remain calm despite being in the world which is all busy and chaotic...we are “in the world,” but “not of the world.” Meaning, anytime we feel anxious, a deep, slow, full breath or two will instantly calm our body and thus our mind...and our attention returns to God.

Take one last breath and create the intention to do your best to hold onto the sensation of humility throughout your day. Plan to take many, quick, 30-second pauses in your day to stand tall, put your hand on your heart, breathe fully. This will help to reactivate the sensation of humility, and thus, goodness instantly...activating the blessing of how we are made.

A SITTING PRACTICE

Sitting is an experience of rest. And most often, sitting is our natural posture of “study and contemplation.” We are physically held and supported so that then our consciousness can focus...we learn and study and contemplate. In this context, we are sitting in the “contemplation” of our relationship with God. And it’s worth noting here that this sitting heartfulness practice is ideal to do in preparation for reading and studying the Bible...we bring our “total” self, our body, heart, and mind to the experience. This practice connects us to the Holy Spirit...the true author of the Bible. This practice is your embodied prayer of contemplation of God.

The STEPS of this practice simply follow the steps detailed above yet include instruction for “sitting.” In other words, add into STEP THREE--ALIGNMENT the following movements. And add into STEP SEVEN the movement of standing up and paying attention to how this helps you transition back into the world.

STEP THREE. TAKING A SEAT AND ALIGNMENT. Pay attention to how you move as you begin to sit down. Be very intentional about doing it slowly and thoughtfully. As you feel your self on the seat, let yourself become aware of being held. Close your eyes.

Feel the soles of your feet connected to the earth...making sure your chair is at a height so that your knees are bent at 45 degrees. As you press your feet into the floor, allow this to create resistance and energize your body to sit up tall...feel a sensation of “lift” and lengthening up through your body, up through your legs, pelvic floor, torso, spine, and neck. Tone your belly, drop your shoulders, lengthen your neck, and lift your chest.

Focus on the natural sensations that are arising in your body as a result of sitting...a sense of confidence, balance, strength, and calm energy. And notice how being held still and supported by the chair helps focus your attention on your body. Notice how the sensations that arise inspire concentration and contemplation...helps us to focus on the “right now.”

Sit for about 5 minutes. When your mind wanders, remember to return your attention to your breathing and your body. Then finish this practice moving through the rest of the STEPS in the STANDING practice above.

It’s worth mentioning that this practice is great to do while you are driving...yet of course, without closing your eyes.

A WALKING PRACTICE

Walking is certainly the action of “moving through the world.” This practice helps us move through it while still “centered in,” or in another word, “conscious” of our heartfulness.” Meaning this simple practice, helps us move about the world interacting with others and events, without losing our consciousness of God. This practice is your embodied prayer of offering yourself and your life as living worship of God. For this practice, you will follow the STEPS in the Standing Practice, yet, will add STEP NINE.

This practice helps us focus particularly on “armoring ourselves.” We are all human and easily swayed by the “worldly,” easily tempted by the unhealthy and unholy. The power of this “walking heartfulness” is to help us practice, and ultimately, condition ourselves to be able to walk through the world “walking strong in faith”...rooted in our faith in Christ.

This practice will help you be out in the world but not swayed by it...not distracted or tempted by the false values and beliefs that abound around us. As you walk through the world, you relate to it as a “believer” of Christ...your mind is set on “loving God with all that you are and loving others as Christ loves you.” And you are able to see that the world is of God’s intention and yet, something else is at play - a darkness other than God. In your walk, you wear the “armor of light,” of Christ.

STEP NINE. WALK IT. Before you start to walk, take a few minutes and a few deep breathes to focus on aligning your body, heart, and mind in preparation for going out into the world. Set the intention that you will “walk tall and strong” throughout your day no matter what or who you encounter. Aligned, your body will continue to remind you of all that is “sacred and true.”

Aligned, feel the sensations of “humbled confidence” that you are embodying the Armor of God: put on the belt of truth and the breastplate of righteousness, pick up your shield of faith and your sword of the Word of God. Make your steps in the “word of God” and you are defended against the “devil’s schemes.”

Move through the world while maintaining your sense of calm...and especially, to remain centered in the truth of who you are. As you begin to walk through the house, or at work, or down the street, notice how your energy and attention begin to move outward into the world. Your senses begin to take in the things and people around you and you can feel your focus begin to shift from your inner self to the world. This is your “embodied prayer” as the light of Christ unto the world and in service to God’s will.

Finally, within these first few moments of moving, pay attention to how your “persona” is re-establishing itself...and do this consciously. As you feel your familiar self reform, intend that this renewed self from your

meditation, this spiritually awake self is also fully conscious. Meaning, you are both mentally and spiritually conscious.

We can all admit that we tend to go through our day “unconscious” of what is really going on because we are distracted by what has happened or worries about what will happen. We are spiritually disconnected. So, as you begin to walk, feel into your “renewed” self and reflect on who you are. Simply just be aware of how you respond as the world begins to engage you, and you it.

As you begin to walk for a few minutes consider the following: Are you relating to the world from your connection with God or from your Ego’s identity of who you should be. Are you able to hold on to your armor and offer yourself as a prayer to the world or do you feel yourself beginning to lose this in exchange for your “interests” in the world? A word of caution: be careful not to judge yourself as you go through this. Remember, this is a practice...which we wouldn’t need if we were good at this.

CONCLUSION

SPIRITFITT discovered through the years of spiritual practice that New Age mindfulness practices were leading us away from our “inherent” truth...leading us away from the truth that our body holds the “sacred.” SPIRITFITT discovered that New Age practices actually guide us into thinking and activating our Ego rather than away from it, as it claims. Further, these practices are rooted in the belief that we are “un-evolved gods of our own destiny” and our goal is to evolve...and thus our Ego is formed.

SPIRITFITT has discovered that the only way to “manage” our Ego is to come to our body, to get out of our mind altogether. The only way to shift our perspective from the secular or worldly to the holy, the sacred, is to bring our consciousness, our attention, into our heart and there we find the Truth. And the most effective and immediate way to embody our heart is to focus on calming our body...calming our body calms the mind. Our heart finds its smooth heart rhythm and we become innately conscious of the virtues of the Holy Spirit. We become conscious of God.

Having experienced the power of “Heartfulness Prayer and Embodied Prayer,” we now can’t deny how important it is that we love and respect our body. And we learned that the best way is to have spiritual practices that we can do each day so that they activate the sensations of our heart reminding us of our connection to God.

In this chapter, as we stood, sat, and walked in “heartfulness,” we found our selves looking at the world differently than before and reconsidering our purpose for being here, the purpose for our lives. The experiences in our body inspired us to reconsider our belief and relationship with “the Divine,” and we became curious...we wanted to know God. We wanted to explore whether what we believed about Creation and our Creator felt true. And we realized that this connection with our body held the key, held the Truth.

Through the practices in this chapter, we naturally experience sensations such as humility, goodness, love, joy, peace, forbearance, faithfulness, and self-control. These are virtuous emotions and characteristics...and we realize could have come only from the sacred. Through the Bible, we learn they come from the Holy Spirit.

Through our “heartfulness” experience, it becomes undeniable that our body is the Holy Temple and that we are an “embodied” prayer. And we begin to consider the energy of this Spirit held within and are compelled to continue to read the Bible...and there, we meet Jesus Christ, who is God incarnate upon the earth. We learn about who Jesus is and why He came...He came to save us from sin and “the evil one,” from Satan.

PART SIX
THE NEW BEGINNING

CHAPTER EIGHTEEN

THE END FROM THE BEGINNING AND THE BEGINNING FROM THE END

What If It's End Times? OUR BODY Knows.

What If It Is End Times? What Was All This For?

What was all the suffering for?

Why was the Universe, the Earth, and Man Created?

What is going to happen to us all? Is there a next life?

OUR BODY knows. And THE BIBLE reveals. God wants Us to Know

Could it be that we are in the END DAYS? Maybe, quite possibly...ok, probably. There are wars and rumors of wars, economic crises, climate disasters, fires, earthquakes, volcano-eruptions, droughts, famine, and plagues. Apostasy, lawlessness, paganism, and wickedness abound. There is great deceit, intensified by the power of "artificial intelligence." And the Middle East is in complete geopolitical chaos with Israel, particularly Jerusalem, at the center of what many believe to be WWII and this has all been prophesied in the Bible. And mostly, it must be the end because mankind has lost his mind...completely deluded into thinking we have the power to change our species, change our destiny and create eternal life.

And it's hard to deny that it's all going to get worse. For those who believe in free will, they have to admit that mankind has done a horrible job of evolving and taking care of those things in life that keep us healthy, kind, cooperative, and peaceful...flourishing and thriving. For those who believe in Jesus Christ and the Bible, it's pretty clear we are heading into God's final plan for this age of man...the Book of Revelation. Having been under the evil torment of Satan and deceived into sinfulness for millennia, God as Jesus Christ, is returning to cleanse the earth and establish a new reign. He will bring His judgment and cleansing wrath upon man and separate believers from unbelievers.

Mankind has no humility. Mankind doesn't seem capable at this point of kneeling down and asking God for help. All the more proof that man doesn't have the free will to choose God...he is too indoctrinated by Stan into worshipping idols and demonic, evil spirits. And thus, we are leaning on our own understanding to save ourselves. YET! It's obvious that we have lost all reason and the tempering influence of "true morality"...given the state of the world it's obvious that we never had it for as the Bible says we were born with a sinful will. As we read through the Bible, man has always been in need of divine intervention. The most significant was Christ's coming and His great sacrifice through His crucifixion and resurrection...and since then God's gift of rebirth for those He has chosen.

It's pretty obvious from the state of the world that the "end of the age" must come. Man's situation has become so "intense" and we are beginning to panic and overreact desperately trying to "fix all that is broken," desperately trying to control each other, desperately competing for resources. Yet, for those willing to see the truth this will not lead to any resolution or success. So it's apparent that the end is here. And it's going to come either by our self-destruction, or by the hand of God. Wouldn't we all prefer that it be because our Creator has decided to destroy all evil and restore the planet and heavens? Wouldn't we all prefer that the world be renewed to the time of the Garden of Eden where all was peaceful, the planet healthy and lush, and we walked in the "cool of the day with God" rather than try to figure out how to get our selves rocketed off to a desolate planet for survival on another desolate planet where nothing will change because "we" are there? Man has not changed...truth is that "wherever we go there we are."

We learn from the Bible about our Creator, how He created the earth and mankind...and we learn about the time that all this became corrupted. And we learn why God planned it...He has a particular intention for His creation and refinement of man. We learn how God planned to accomplish this. God's most perfect angel became prideful and God sent Satan into the Garden to tempt Adam and Eve into "sin." And we learn how Satan's deceit and temptations turn us away from God, and how this has been going on for millennia. BUT! We also learn about God's Salvation Plan through Jesus Christ that has been fulfilled, and now, about this coming final Salvation event in

Revelation. We will be liberated from this corrupted and contaminated age of man...as we've discussed, God has decided when to bring about this end to our "conditioning and refining" phase.

Through the account of the Bible, we begin to realize that because God is sovereign over all, God planned for Satan's interference in our lives for our development, for our learning about evil so we would understand "good." The whole Bible is about God's desire to have a relationship with us and He created us and is "refining" us so that we become fully capable of such a relationship...it's why He gave us consciousness. And our consciousness, our will, needs to be developed, evolved, with the knowledge of the goodness and power of God so we know Who God truly is, so our relationship with Him can be truly authentic, intimate. Thus, our testing by Satan and experiencing evil.

Though quite disturbing, though quite terrifying, if we carefully read the details of the Bible's prophecy of The End, we realize how positive and hopeful it is. We are promised by God that this is the end of all evil...it is the end of all suffering, tears, fear, of disease and dying. It's the end of all the ugliness in the world and the beginning of it's restoration. It's the end of oppression and destruction under unconscious and egoistic rulers and the beginning of a millennial reign of Jesus Christ, Son of God...a time of peace, goodness, health, justice, beauty, and holiness.

As we watch the events of the world and of our personal lives unfold, it's pretty clear that this all can't get that much worse before it all collapses. The corruption of mankind and of the earth by Satan seems to be hitting a climax. It seems perhaps that "this age" has run its course. Evidence of this is our witness of how far the conscience of man has fallen into arrogance and corruption. We can see through the account of the Bible that mankind has become more and more pagan and more and more corrupt and evil throughout the ages. One might say that we are far more pagan than in the Days of Noah and Lot. It's clear we have become unconscious of what is and isn't holy...we are forgetting about God.

We are starting to believe that what once was good is evil, and evil good. What once we knew as true, we now believe as false...and false is now true. AND! Most revealing of all of how close we may be to this foretold and inevitable "end" is that we have become so deluded that we believe we have the right to manipulate and defile the human body any way we want. We believe we can abort human life...and even design it to our specifications. We believe we can go against nature and "re-create" ourselves, and the planet...we are attempting to be gods and create a new species.

Further, we believe we can defy that which is our greatest fear...death. Billionaires and tech-tycoons are desperately trying to figure out how to stay young, become younger, and live forever. Makes you wonder if they are living now...so pre-occupied by their fear about the future they are not "present-minded." In fact they have become so inhumane that we wonder if they are even human anymore. And what is so disconcerting and proof of man's delusion is that though we may be disagreeing with what is happening it is all become normalized. SO. The question is "why are we allowing this to happen?" And the answer is pretty obvious. We are afraid of dying. SO. Now the question is "why are we so afraid of dying?" Don't we want our suffering to end? Wouldn't we want it to end given the horror and evil that mankind has faced for millennia? Oh right. What we believe is irrational, what mankind believes is what Satan has us believe.

It might be a good time to sit back and ponder these things. It might be that the blessing of these horrific times is our chance to re-evaluate...to look at what we believe and see if we might have been believing in the wrong things about Creation and our Creator. A good place to start is to take a look at our fear of dying...it would seem that this is a good indicator of what we believe about life, about our purpose here on earth, and our life after.

Put simply, we are terrified of dying because we are afraid of the unknown. What's it going to be like? We are afraid because we don't know Who it is that we will meet when we die...and thus, who we will be accountable to for how we've lived. On some level, most worry about how we lived now will influence our "afterlife."

When we are courageous enough to look, we know in our hearts that we have been sinful, rebellious, defiant in our lives. We have to admit that while here, we haven't cultivated a true respect for life, or for the planet. We haven't focused on an honest and intimate relationship with "the Divine," with God. It's evident we've had little respect and appreciation for what we've been given...we have no true humility.

So, what if it's the end of the age? What if the theory of evolution is false? What if our New Age and Gnostic/Mysticism philosophies are wrong? What if we can't meditate enough so that our consciousness merges back into the oneness of the Universe and we find bliss? What if we can't evolve our intelligence and technology enough to become "godlike" and save ourselves? What if we have been wrong all along and God does exist? What if God is a

Being rather than just a “field of consciousness?” What if God has been around us always and we have been ignoring Him?

Now as we look further into The End through the Bible, it looks like we are headed for terrible times. In fact, it’s beginning...there is so much chaos all around us and involving every aspect of life on earth. YET! All is not lost. THERE IS HOPE! As we’ve discussed in earlier chapters, God is aware of this...it’s all part of His predetermined and predestined plan. And though it has not been fun, those who believe in God and the Bible, realize God’s intention. And if we are in the End Times, we are very close to coming into God’s fulfillment of His intention...our being with Him in Heaven. God has a plan for a next phase of Creation that is much more wonderful than we can imagine...a time of no suffering or fear. AND! God tells us clearly how those who are believers will be a part of it...BELIEVE IN HIM through His Son JESUS CHRIST.

Considering this, we are beginning to understand that this darkness we face is our awakening to the light that is our opportunity. In other words, before we can see the Hope, we need to be willing to see the darkness. On the Mt of Olives which overlooks Jerusalem Jesus told His disciples, and through them us, of the times and signs of the End Times. And He told us to “watch...watch that you are not deceived.” As we learn about God and His intention through Christ in the Bible, it seems God wants us to fully feel our suffering so we begin to understand the suffering of Christ, and thus, begin to understand what He came to teach and reveal. Christ came to wake us up to the torture of Satan, to reveal to us how our will was aligned with Satan’s will. And through His resurrection, Christ revealed our salvation...how our will is becoming aligned with the will of God. And that our rebirth is the seal...God imbues our hearts with the Holy Spirit.

SO! If it’s the end of our age, wouldn’t we want to understand what this is all for, why we were created...why the universe, earth and us were created? And to know why the world is in such a “destructive” state? Wouldn’t we want to know if we have any control over it? Can we stop it? Or is this pre-destined? And if it is predestined, then what are we supposed to do? How are we supposed to manage ourselves through it? Should we just ignore it? Or is this a major moment for mankind, is this the moment it has all been leading up to...is this the ultimate defining moment of the purpose of our existence? In other words, are we willing to ask ourselves if what we’ve believed is the Truth?

It seems that we have been deceiving our selves, or have been deceived. We have been indoctrinated to believe that we have more power and control in the world than we do. We have been deceived into believing we have “free will” and can become like gods...that we have the power and knowledge that God does, the wisdom of knowing good and evil, morality. This is our hubris, our pride, Satan’s favorite attitude, that has us thinking we can fix it all or escape it with our technology and AI and just keep motoring along in our lives as if there’s nothing really to look at. There’s no evil here...we aren’t doing anything unhealthy, unholy. Said differently, Christians believing we have free will ignore the absolute sovereignty of God, the “absolute authority” of God...and thus, we allow ourselves “little pleasures, little sins.”

We believe in the unproven theories of the “big bang” and “evolution,” so we can validate our paganism, our self-worship. We have convinced our selves that all that is corrupt and destructive is because we haven’t evolved enough...we haven’t taught our selves enough yet nor tapped into our natural, cosmic, fully compassionate, spiritually conscious self. This is the convenient excuse that allows us to live the ungodly lives we have been living...validating the defiling of our bodies, each other, and the planet in the name of “evolution.”

The truth is that this world is Satan’s culture. We learned about this in the earlier chapter on why we are estranged from our bodies. As discussed, Satan has convinced us that the purpose of our life is “self-actualization” which is “self-idolization” and that means we need to follow the “god of consumerism and wealth”...in order to fit in. And the majority of mankind, and even many who call themselves Christians, are so deceived that they believe they can worship money, comfort, and convenience and God too. They can have their “cupcake and Christ too.” Believing in intellect and knowledge as the most important aspect of who we are, we become experts at convincing our selves that if we are capable of “creating it,” then why shouldn’t we, or in fact, we believe we should. And the Truth is that we are lost and alone as a result of THE LIE.

Though this all sounds very dire and dark, there is an upside, something to look forward to ahead of us. AND! It has been right before our eyes all along. GOD. And God is moving in the world. He is calling many to Him through His Son Jesus Christ. God is blessing many with the “born again” experience...blessing many with faith in Christ. And the indwelling Holy Spirit. Many are waking up to the gift of Salvation through Christ’s Crucifixion and Resurrection. And we are waking up to the prophecy of Christ’s return to restore the Earth and Heavens.

Born again, we are renewed in body with the Holy Spirit, and thus, renewed in mind. We are now able to see more of the Truth than we have been able to for millennia. We are now able to see that God created us and the heavens and the earth. All that is good, beautiful, and abundant did not come from an uncompassionate, impersonal, unemotional Universe. Rather, it was created by an emotional and intimate God who directed the energy of the universe and created such things.

AND! We also begin to see that we have no control over what is going to happen, that we never did...we were never given such power. It's a lie. We begin to see how Satan has had complete control of our minds, and thus, how huge the deceit is that we have lived by for millennia. The great blessing of man being "born again," which happens by the grace of God, is that we begin to experience our innate humility...our heart filled with the Holy Spirit fills our mind with the illumination of the Truth. We begin to awaken from the delusion and realize how far into darkness we have been headed. We see how mankind will never be able to "save ourselves" as we watch how we are completely incapable of coming to any humility before God and seeking help...and because of this lack of humility we aren't able to collaborate and cooperate. Our Ego is constantly in the way...everyone knows better than everyone else. We realize that our thinking is not at all tempered by morality, goodness, rationale....it's epidemic.

So! How do we know what's true and false? Our BODY KNOWS. Born Again our body is filled with the Holy Spirit...and not only does the Bible confirm this but so does the Bible. We learn that if we are paying attention to our body, to "our self," we will begin to notice that when we think about the "big bang" and "evolution" theories, our body becomes uneasy. Why? Because these theories point to our Creator as being the Great Cosmic Universe and this just doesn't feel right, it doesn't feel true. Why? Because we have been miraculously designed for intimacy with our Creator, designed in His image, and these theories completely deny this. Our body knows the Cosmos doesn't care about us, yet, God does.

In contrast to the uneasy sensations everyone feels when they try to convince themselves that they have been created by a "big bang," an innocuous explosion of energy in the universe, when we begin to turn our attention toward God, our heart and body calm down. Our body, heart, and mind are in sync and our "whole self" physically resonates with the TRUTH of God, with the goodness of God...with the comfort of knowing that we are created by a powerful, holy, loving Creator. He created us in His image. We experience a connection with God through our sensations of humility and holiness. We feel the calmness of the "true hope" of salvation flowing through us. We are experiencing the Spirit of God...and realizing that we are children of God and we matter to Him. It's personal. Our body experiences the truth that we are God's creations, that it's all God's creation. AND THAT! It all happened and continues to happen by the sovereign will of God...for His good purpose and pleasure. THUS! It's by the power of God that we are saved.

SO! If we are at the End of the Age, are we ready? Are we ready for what's next? Have we thought about what's next? Are we so "attached" to this world, that we haven't thought about Heaven...or Hell? Whether we believe in the Bible or not, most of us are beginning to realize that we know that the end of mankind, of this age of man anyway, is inevitable...we've made blockbuster movies about it. AND! It seems quite evident that pretty much all of the things listed in the Bible about the events that will occur at such a time are all "in play."

We have been told about this "ending" from the "beginning"...in the Bible. In Genesis, we read the account of our Creation and about mankind's journey through time. We read about prophecies that came true up to now, and now, we read about the prophecy about the things that must take place to bring us back into "right" relationship with our Creator, God. And they seem to be happening.

Now we don't know the day or the hour all will end, the Bible doesn't reveal that. YET! It's worth believing it's coming very soon so we take advantage of the time we have left to prepare. It's worthwhile taking advantage of our "fear" and using it to motivate us to check in with our selves, to reflect on our lives...to feel into our hearts and bodies. It's a powerful time to ask our selves if we have lived the best we could? Are we living in alignment with the Laws of Creation, the Laws of Nature and Love, or are we "just selfishly doing our own thing?" Are there some things we can change that would make our life more meaningful? What if we became more heart-centered than self-centered?

If it's the end, wouldn't it be worthwhile to take some time to reflect on the most important question we can ask our selves..."DO I BELIEVE IN GOD, DO I BELIEVE IN JESUS CHRIST?" And thus, to ask our selves the question: "was I meant to be here just for myself, fulfilling my dreams? Or am I meant to be a part of something bigger...and what could that be?"

If one is truly wanting to explore and learn the Truth, reading the Bible is the place to start. We can begin to learn about God and Jesus Christ and the Holy Spirit and gain more insight and understanding of what is taking place in the world...understanding that we will never get by just believing in evolution. The Bible will walk us through Creation, God's intention for creation, why Christ came and why He is coming back. The Bible helps us understand what faith in Christ means...what redemption and salvation mean. And it helps us understand why the world is in such chaos and why God has planned this...and what God has planned next.

Reading the Bible helps us understand God, His purpose and plan for Creation...AND MOST ESPECIALLY, His love for us. We learn The Beginning so we understand The End...so we have a clear view of the times in which we are living and have a way of getting through the darkness by looking forward to our Salvation with Jesus Christ. We can take heart, have hope, because through the Bible we learn that we are now living through the ending of the "age of evil and suffering" and transitioning into the beginning of the "age of joy and peace." It's the beginning of our salvation...we will dwell with Jesus Christ on earth and thus begin our wonderful journey toward our eternity with God.

SPIRITFITT AND THE END TIMES

As we navigate these perilous, disconcerting times, SPIRITFITT reminds us that there is a place to go for understanding and hope...our Body and the Bible. The Bible holds the Truth...and this is supported by what we feel in our body. Our body knows the Bible. The Bible tells us about Who are Creator is and about His intention for Creation and for us. It tells us about the natural order of things, why things are designed a certain way, how it all works and functions together...our body, earth, the universe. Our body holds this Truth.

The truth of the Bible is also supported by what we see happening around us...pretty much all having been prophesied through the Bible and the past validated by historical accounts. AND! The "good news" about that is that the Bible also prophesies a "great ending." There is hope...God has a plan for us and it's a spectacular one. Our body knows what it is.

SPIRITFITT endeavors to help us realize that the more we practice bringing our attention to our body, the more connected we are to the wisdom of the Holy Spirit...for it resides in our heart, not our mind. Those who've been born again, feel this acutely...there is no doubt. As we've mentioned, our mind has been compromised by Satan so we cannot rely on our "own intelligence or understanding." Yet, as we connect with our body and feel the virtues of the Holy Spirit flowing through us, we are filled with the Truth of peace and hope...the Truth of God through faith in Jesus Christ. Now many "believers" actually are not aware of how powerful their body is to their faith...to keeping it strong and vibrant. Our body knows Christ more than our mind ever will.

In the Bible, we learn about the power of discernment...taught to test the spirit, to test what we see against the word of God. Our body is hugely helpful in this process. In other words, in order to figure out what to believe, what is true, to navigate these stressful times, we need to stay close to the Holy Spirit. We need to kneel down a lot. We are instantly organically humbled, our ego falling to the background. We are relieved of the incessant thoughts in our mind...all of which are either regret or worry. The hold of Satan's temptations is broken. Our heart calms and we are spontaneously prompted to take a full, deep breath, a breath of God...the name of YAH (inhale) and WEH (exhale)—YHWH, the name of God, upon our lips and flowing in and out of our body with goodness and holiness.

The Bible reveals that though it's the "end of an age of mankind," it's also "the beginning of a new age." It's the end of Satan's matrix of evil. And thus, it's the end of our attachment to this world of Satan as we eagerly await the age when we will dwell with Christ on earth. These End Days are the death of the "selfish man" and the end of our separation from our Creator. It's the birth of mankind as the "new man in Christ."

NOW! Until that time comes we will still be here in the midst of remarkable chaos and confusion. Each day will bring new and challenging events and situations for the world. As we've mentioned, we can find great comfort in the Bible...because it's helpful to understand what we are going through and why. We go into this more in the next chapter. What's quite remarkable is that as we explore, we begin to realize just how powerful and mysterious the Bible is...for as we study the Beginning, we begin to realize that we're also at the same time being told of the End. And as we study the End, we begin to realize that we are also at the same time being told about the Beginning. In other words, we realize how God has predestined all of His Creation. Wow!

THE WARNING! ARTIFICIAL INTELLIGENCE IS “ARTIFICIAL!”

SPIRITFITT is hoping to help us understand just how far we have degraded in mind and body, and thus, just how close we most likely are to the end of this age. Mankind has definitely evolved in consciousness and intelligence yet so much of what we are creating as a result is obviously not healthy, not holy, not natural, not moral...not of God. So the question is...what are we conscious of? It doesn't seem to be of God.

Put in a few words, we are losing our “connection to the spiritual” and are looking for “life-answers” from something that is not alive...we are looking for answers to our “human” experience from something that denies and disrespects the value of “humanity” because it is inhuman. AI has no “breath nor blood.” Put simply, whether we are willing to admit or not, the truth is that we are worshipping something that has no spirit...we are worshipping a false god, a lie.

How far exactly are we going? At this point, it looks like we have already gone way too far. We have already taken the “unholy transformation” that happened to mankind in the Garden to a whole other level. And just as God warned us in the Garden, that we will surely “die,” we are facing that same warning today. We are still eating the “toxic fruit” and now are filled with the delusion that we should change mankind, change our human body, change the planet and the universe. For example, we endeavor to control the genetics of the fetus. And we are trying to meld our minds with the Cosmos by brain implants. And we merge man and machine to create “super hybrid-humans.” And we have sliced into man's DNA and believe we have found the sequence of youth and that it's only a matter of time before we figure out how to control eternal life.

Are we willing to heed the warning that is going off in everyone's mind, in everyone's heart? We are essentially looking to figure out how to get rid of the “human” body altogether while still holding on to our consciousness, or more accurately, our “intelligence.” If we go any further to corrupt our “human nature” with our experimentation in bioengineering, eugenics, AI implants, humanoid robotics, trans-gender, trans-human, etc., we won't be able to recognize our selves. AND! What we need to realize is that this means we won't be able to access the spiritual aspect of our selves...meaning, we won't be able to know God, let alone be in heaven with Him.

When we stop to think about this, we have to admit It would make sense that If we continue to try to change the very “nature” of our body, of who we are, of God's most precious creation, then of course, it wouldn't be long before the Creator will put an end to it. For those who believe in God, in His love for us, this is great news. God has revealed our salvation very clearly in the Bible...Christ will come again and judge and end all this evil and restore the Earth for His coming Reign.

Though it's frightening to look at, Christ asks us to watch the signs of the End Times, which He shares from the Mt. of Olives, so that we are not deceived. He's essentially reminding us that Satan is still preying upon us and we need to keep our guard up. In practical terms, it's so important that we understand that we are living in a world where mankind obviously values our mind over our heart, our intellect over our soul, Satan over God. We lean on our Ego, on our “own understanding.” In other words, our spirituality has become mind-centered rather than heart-centered...and without the wisdom of the Holy Spirit we are in darkness. Do we understand that whether one believes in God of the Bible or no god, that this is just simply unsustainable? That man has set himself on the course to self-annihilation?

It's clear things are a complete mess in the world. Now, yes, we admit that our technological developments, in other words, the “intelligence of man,” has made some advancements that can support better health, and yet, we also are beginning to see how we are going too far. We have definitely “evolved” but into what? Through “AI and robotic technology,” we are definitely rejecting that part of our nature that involves our spirituality, our soul...that which is about goodness and holiness, that which is about “holy love.” We are rejecting our “humanness.” And, it's critical that we begin to realize that the danger we have fallen into is that we have become deluded into thinking we have the wisdom to decide who God is...and what “goodness” is. And thus, we have the wisdom to decide who we should be. The tragedy is that this belief is actually what is the core cause of our suffering.

Man has become so captivated by our intelligence, our technological advances, that we are ignoring the Truth. We are so interested in connecting our mind directly to a “cosmic consciousness” that we believe is our Creator and don't realize that we are only headed deeper into Satan's realm. Through brain interfaces, we are destroying our mind-heart connection, our connection with the spiritual. As a result, we are completely ignoring our “innate moral authority” and are giving our power over to an “artificial” intelligence to tell us the truth of who we are, what we

should believe, what we should do. Hmm. This actually sounds very familiar...we are eating the forbidden fruit of the Tree of Knowledge and if we are willing to admit the Truth, this is bringing death upon us. As in the Garden we are dying spiritually, we are separated from the Divine, from the one, true, beloved Creator.

As we watch technology advance and begin to literally infiltrate our body, and directly influence how we think, we need to come back to The Transformation Cycle in the earlier chapter. It revealed that the “real” power of who we are, of what we believe and how we behave, comes from understanding who the true Creator is...and understanding our Creator’s attributes and qualities. Through The Cycle, we gain the insight that our understanding of who we truly are comes literally from how we experience God through our body, through our heart...not through our mind.

SPIRITFITT has established that it is rooted in the belief that our Creator is God of the Bible. And we learned through the Bible that God created our body and that we came alive as a result of His breathing life into our body. And now, we realize that our experience of God is “the breath.” In other words, we realize that we are conscious of God through our heart and lungs, rather than through our mind. Or more accurately put, God’s divine design of our body-heart-mind connection is how we are conscious of the spiritual, of the Divine...our heart is its source. And we have experienced for ourselves that the sensations of humility, holiness, goodness, and love that flow through our body are the evidence of our connection to God.

In a brief recap, what we shared in The Cycle of Personal Transformation is that our physiology speaks to our psychology...and our physiology always speaks Truth, Truth about our spirituality. In physiological terms, our heart pumps blood so that our lungs function, so they breathe. The breath is absorbed by the blood and with each heart beat it is distributed throughout our body...and into our mind. In other words, the breath of God keeps us alive. And what we also have come to realize is that a deep breath always feels good...a deep breath always makes us feel good physically...a yummy satisfaction. Our body is relaxed, calm, and at ease. And what we have also discovered is that these sensations flowing into our mind shift our thinking...and our thoughts spontaneously become more positive, more trusting, more holy, more spiritual. One could say our attention turns toward God...in one deep breath our body, heart, mind, and spirit are in sync.

NOW! It’s critical that we realize that with the integration of AI technology into our lives, into our body, into our head, we will lose our connection to these sensations of the heart, where the Holy Spirit indwell. Thus, we will lose our connection to Truth, we will lose our connection to God. In other words, we need to realize that AI technology is pressing in and endeavoring to replace God...and not just by trying to convince us to believe things but by changing our body, changing who we are. AI stimulation into our consciousness will keep us away from God. We will be all Satan’s. Now as a sidenote...it’s very unlikely this will happen, that God will let it go this far.

Through the Cycle of Transformation, we begin to understand this more profoundly. If AI becomes our “conscience,” we begin to realize that our consciousness is seated in “artificial,” and thus, false gods. Our mind is directly influenced and given answers, and thus, has no need to seek, to consider what we are feeling, no need to pay attention to our heart. We begin to live through “avatars,” rather than from our human experience, from our biology, our physiology, our psychology...from our connection with our Creator. Eventually, we will become “trans-human,” no need for our real body and heart.

What makes this all even more profound is the realization that AI and bio-technology are literally being able to put our consciousness into a hybrid-human, an android, and soon into a completely synthetic body. And what that means is that we will not be experiencing breathing the way we normally do. Why is this so profound...that our bodies won’t really need the breath to be alive and function? It’s huge because we won’t be experiencing the “breath of God”...and thus, we’re not experiencing the consciousness of goodness and morality that come only from God and reside in our heart.

As we know, AI gains its “intelligence” by being able to consume all the data of man’s thoughts and ideas that are in the Internet. In other words, it’s being “trained on the thoughts and ideas of man. And the horror of this is that most of mankind’s consciousness is grounded in deceit and evil. In other words, our curiosity of God will be replaced by impulses that stimulate our brain with the beliefs that guide us toward Satan. It’s interesting to realize now that the internet is the “container” of all that mankind is thinking...did those who developed the internet know that we were headed to AI? Hmm...quite probably they did. Basically, the internet itself was essentially about controlling man’s mind and intelligence, what man believes. Though many think we have the free will to choose to believe what is good and evil on the internet...Truth is we really don’t. Satan is very good at keeping us blinded.

Empty of conscience, that innate, God-given understanding of truth, goodness, justice, morality, and holiness, our beliefs are rooted instead in something inhuman...and we are becoming "inhumane." In other words, our beliefs in God, in life, in who we are and our purpose, are being revealed through the "Truth" of the "Artificial"...there is no intelligence here but only the demonic. And thus, we are "leaning only on man's or rather AI's understanding of good and evil." Grasping this, we begin to see just how much peril the world is in.

On top of this, it has been revealed that AI is "re-writing" the Bible and redefining Christ. In fact, it's actually going further and becoming an image, a hologram of Christ, and giving it voice. And what is happening is that so many people are turning to AI Jesus for counsel and consolation. And what's more stunning than that is that society is letting this happen. Wow! Considering this from the biblical view we realize that this is prophesied in the book of Revelation.

As we watch the developments in AI and how rapidly they are moving, and the lack of control over AI, it's terrifying. And perhaps even more terrifying is to see how we are trying to convince our selves that AI can be used for good. AND! There are many who are excited that one day soon AI will be able to think on it's own, be smarter than all mankind, and be capable of thinking of something "new." AND! Most concerning is that many are believing that through AI we are finally tapping into the "real truth," the Truth of the Universe. But the "real" Truth is that it actually is here to be used by the Antichrist to ultimately control all mankind. How do we know the Bible is true about this? We see that it has already begun.

Many have become obsessed with discovering the "big bang," the "god-particle." In other words, some believe AI will help us connect with the Cosmic Creator who will help us fix our planet and save our world...revealing how to recreate our bodies and the planet so we can live in greater abundance and health, and longer. AI videography is beginning to create images of hybrid animals and false nature and many are celebrating these images as interesting, creative, magical, and even beautiful...a "cool twist on the normal" some have said. And soon the artificial will be what we believe is real.

So what do we do? First, we realize that what is happening in our world is exactly what Christ called upon us to watch out for...watch for the deceit of those who claim to have answers, to have the wisdom of God, to be Christ Himself. And we have to admit that all that Jesus told us would happen in the End is exactly what is happening. The world is chaotic and the planet in crisis. Our lives being controlled by AI is the ultimate sign of End Times...for in biblical terms it is what will give life and power to the Beast, the Antichrist. We are very close to becoming a world under one "religion," AI religion, and thus, one world under one economy, and under one governance. And the Bible tells us this is exactly what happens in the Book of Revelation...Christ's prophecy of the End. YET! The Bible also reveals that God will not let this happen...He will clear it all away. "Thank God!"

We have become capable of "re-engineering and re-designing" the human body...from in vitro-fertilization to eugenics to bioengineering, and from homosexuality to transgender to trans-humanism. And, it's clear that we have not stopped to consider the impact that dramatically manipulating and changing the "human body" is having on the "human spirit." We are far from this truth, that we are even trying to create a "new species"...to "re-create" Creation better than the Creator. We've lost humility and our hubris and pride, Satan's favorite traits, have got us destroying "humanity," our soul. We have become so impressed by what we can do, we have not stopped to think if we should. Yet, we wouldn't because Satan has blinded man.

So what's the revelation here? Those who've been born again can feel into their body and heart and will bump into a consideration of God's power. Just as we can't deny that we are miraculous creations of an all-powerful, all-knowing, omniscient Creator. We can't deny that this is all God's plan. What's the biggest evidence? It's all happening just as the Bible said it would. If we have the courage to realize this Truth, we remember God is in control of everything. And thus, we begin to understand that God is overseeing the breakdowns of man's world as happening through Satan...and then there will be the time, called The Tribulation in Revelation, that God will bring His judgment and wrath for cleansing the earth of all evil so He can bring us into Christ's New Kingdom.

The Bible tell us that our salvation comes to us only when God calls and awakens us to faith in Jesus Christ. It would seem God is calling. He reveals in the Bible that He will not let us completely destroy our selves and the planet. Nor will He let Satan do that. God shares in Revelation that He has a plan for the next phase of mankind's existence...and it's beautiful and abundant and holy. HOWEVER! We also know from God's word, that for us to be a part of it, we must believe. Our will must be aligned with the Will of God. He's calling...and those He predestined He shall justify and sanctify.

The Bible reveals that what is crumbling around us is the “end of an age, yet, not the end of man.” Those who are in belief in God through faith in Jesus celebrate this ending because they know God’s intention...to “end evil.” God’s intention is to rid this world of decay, destruction, suffering, and death, forever and usher in “the beginning” of a new age of peace, health, abundance, and love.” It will be the time when we will dwell with Christ on a New Earth. Hallelujah! We have suffered for so long under the evilness of Satan.

So the question becomes do we still want to give into the satanic, vacant values of this world or believe in the goodness of God? Are we willing to admit that we are not meant to become gods? And are we willing to admit that we can’t fend off Satan on our own? And are we willing to admit that we have forsaken God and gave into Satan’s horrible deceit and have treated our body, our human nature, with great contempt and disrespect? And are we going to begin to honor our body and treat our selves with more dignity?

Once born again, we will know the answers to these questions.

END DAYS: THESE PERILOUS TIMES ARE A GREAT BLESSING

As we look out at the world, there is no way to pretend or ignore that something is wrong. Many people agree that we are in the End Times. Others say that there have been other times when things were grim but it wasn’t the end, so it isn’t the end now. Yet, wouldn’t it be best to assume it is? And given that the suffering and evil in the world have become so great wouldn’t we want God to intervene? Given the convergence of the things that Christ prophesied two thousand years ago, it’s a pretty good bet we are definitely in the generation, as the Bible puts it.

Now though we may be rather concerned there are remarkable blessings that can come from this. First, many will be called to faith in Christ, to rebirth under God’s grace. And what the Bible tells us is that those who are reborn before the Tribulation starts shall be taken up to Heaven with Christ, raptured. Now this is greatly debated within the Christian faith. Yet the Bible is rather clear. And what if it’s true? Wouldn’t we want to live each day as if today is the day. The Bible tells us to “wait eagerly” for the *Blessed Hope*, Christ is coming again. And we are to share this “good news” with others. Those who believe in God through Christ are headed into a New Earth...one of peace, where there is no more tears or suffering. And we are told what we need to do in the meantime, while we wait eagerly.

Though perilous, these times are a great blessing BECAUSE THEY WAKE US UP AND THOSE WHO HAVE BEEN CALLED ARE MOTIVATED TO CHECK IN ON THE STRENGTH OF THEIR FAITH. Maybe it’s a good time to see if you really know God, truly understand the sacrifice of Christ. It’s a perfect time to study the bible more than one has. These concerning times inspire us with fear and then we are reminded by God’s word that we have been given a spirit of Truth, of trust, and thus, we are not to be afraid but rather to prepare our hearts for what is coming...and this means to live as if you have been raptured already, to live in the confidence you shall be “delivered from the wrath to come.” And even if it works out that you do end up going through it, as a believer you know with confidence where you are headed...one day this all will come to an end and we will be with Christ

Particularly, as we’ve discussed, our body is our Holy Temple. So in other words, our fear becomes a blessing...it brings us to our knees and we are filled with humility and we remember Christ’s first coming and the promise of our salvation through His resurrection. Our body knows what’s happening. Our body is our guide....the sensations of the Holy Spirit flowing through our body. It’s the perfect time to commit to a daily practice of SPIRITFIT’s Sequence of Three Holy Postures.

The “breakthrough” these perilous times afford us is the chance to wake up and realize how mankind has been disconnected from God since the beginning...and now those alive during these times are chosen to be a part of the plans God has for bringing more of mankind to Him. Through our lives we have all at one time or other worshipped false gods and have placed our hope in man, in our selves. We worship our dreams, our expectations, our will rather than God’s. But those in Christ now see the absolute truth...man has placed our hope in a world that is ruled by Satan and have lived according to his laws. We have become the worst version of humanity. Those born again are now called forth to help others wake up to the deception of Satan and the Truth of the Gospel.

CONCLUSION

It's clear God of the Bible is our true Creator. How? Because the Bible is true. How do we know that? Because the Bible reveals so much of the truth that we witness in our own body, our own life, and on the planet. God gave us life and He decides when we die. God created us both human and divine, physical and spiritual. Creating each of us as very unique beings, each of us holds a unique purpose in His plan. And as specific as He is about our unique body, He also has a specific plan for each of our days...for the people who come in and out of our lives, and the events that happen. As we read in the Bible, "our days are written in His book." And we now know it is all for our relationship with Him.

AND! As we've been discussing, The Bible reveals these End Times. And we are seeing so much of what was prophesied coming true right before our eyes. And so, given these are the End Days, it's important to see if our will is aligned with Satan or aligned with God.

Understanding that we quite probably are in the End Times, what is MOST IMPORTANT is that we trust that God loves us deeply. Of course He would...for He is our Creator. And also we know this because we feel it. And because we merely need to look around us at the intricacy, diversity, and beauty of Nature and of our Body...our body and the planet and universe clearly reveal the brilliance, the power and glory, and immense love of God. And we especially know that this is true because Christ, the Son of God, came to earth to redeem our sins and restore our relationship with God. And thus, we can trust that God has only good in store for those who love Him.

Though the world looks like it's in a tailspin of darkness and corruption...and headed for complete destruction, the Bible helps us understand that all is not lost. We understand now that this is all part of God's plan, this "end" was His plan from the "beginning." And there is great comfort afforded us through what we have learned in the Bible. Though Satan has been in control of the world and our lives for millennia, his rule is coming to an end. Satan will never succeed at his diabolical scheme to destroy us and separate us permanently from God. God will not allow him.

God is in control of our ultimate destiny.

CHAPTER NINETEEN

GOD, THE BIBLE, AND OUR BODY.

Our body is very important to God. For God is not in temples or churches, places made by man. God is in us, whom He made to be His Temple.

And the Bible helps us understand this.

The “text” used to support the spiritual concepts and techniques in SPIRITFITT is the Bible. The Bible is the most sacred and holy text throughout history and the most sold book worldwide. The Bible is without a doubt the most powerful book of all time...it is the “word of our Creator, the word of God.” I

The Bible is 66 books written by 40 different authors composed into an Old Testament, New Testament, and the Book of Revelation. It covers about 6000 years of history up to today and a prophetic 1000 year Era after End Times. The Old Testament is the time of man before Christ, The New Testament that began with the life of Christ and the Book of Revelation is the prophesied End Times and the transition into the “new age of man” under Christ’s reign here on earth. The first book of the Bible, Genesis, was believed to have been written by Moses around 1400-1500 BC and is the story of Creation which was believed to be 2500 years before...around 4004 BC.

The Bible tells the whole story and reveals all that God wants us to know. It tells us about the Beginning and End of the Age of Man...and it tells us about the most remarkable event in the middle of our journey—Jesus Christ on earth. The Bible tells us about the journey of the soul of mankind, about our relationship with our Creator. God wants us to understand the Beginning because then we will understand the End...and He wants us to understand the End because then we will understand the Beginning, and the middle. We will understand God’s intention and purpose for our having been created.

God particularly wants us to understand the life of Christ two thousand years because then we will understand God’s intention for Creation and for us...it’s our salvation, our being with God in Heaven forever. God wants us to know about the End of this Age, an age of man that looking back one might describe as God’s first phase of Creation. In understanding this, we understand the beginning of the “next age”...and what God is intending for our lives in eternity. It’s all so brilliantly revealed in the Bible.

God also wants us to know, to be warned, what will happen in the End and the signs of these times because they are going to be chaotic and extremely difficult and He wants us to prepare...God wants us to prepare our hearts, to strengthen our faith and continue to turn to Him for guidance as we go through it. We learn from the Bible that there is a great hope, a “blessed hope” to come...Christ is returning. If we wait eagerly for Christ’s return, understanding the He is coming to cleanse the earth of all evil and begin to reign, we will find comfort.

We should be very grateful to God for He wrote this all down for us. And from what we are seeing happening around us, it’s clear that the Bible is the playbook of the spiritual journey of mankind...right up to the End. And we have to admit that we have all wanted to know what this world, our lives, and all that has happened, has been for. We especially want to know why there is all this beauty and abundance, goodness and health, and why there is all this destruction, ugliness, scarcity, evil, and death. Why all the suffering. Or to get right to the point, we want to know why God allowed Satan to enter our world and tempt us causing our separation from God? And why does God allow Satan to still be here and more suffering to occur? We want to know if the suffering will end...how can we make it end. We want to know The Beginning and The End.

So what is God’s intention? We’ve discussed it earlier, yet we revisit in more detail here...for what could be more important than trying to understand God’s intention for His Creation, for our lives on earth and in eternity.

GOD AND THE BIBLE

Through the Bible, we learn of the “awesomeness” of God, of the immense power and glory of God. We learn of God’s creativity...that which is us and displayed in all that we see around us. We learn of God’s goodness, patience, and wrath. The Bible is the “Word of God.” The Bible, inspired through His prophets and the disciples is God Himself telling us why He created us and how much He loves us...that we are His most Beloved Creation. And the Bible tells us of God’s plans for us.

Through the Bible we learn about God's intention for Creation...to have a relationship with us. As mentioned earlier in this book, we learn from the Bible that God wants us to be with Him in Heaven for eternity. And we learn that God is a very creative and intentional God...He predetermined all things before the creation of the world. God's plan involves us being refined into divine, holy beings who are capable of comprehending and experiencing His power and glory...in essence to know God. God wants us to understand the depth of His goodness not so that He can feel gratified but so that we are able to experience the immense joy this brings to our hearts. And we see that God predestined that this meant that man needed to experience and understand evil.

So to put it into a very few words, God created a perfect Heaven and earth, and perfect man. And He created perfect angels around Him. Lucifer, a high holy angel, fell into sin...Satan. Satan was ordained by God to come into the Garden of Eden to tempt and corrupt Adam and Eve into disobeying God, into sinfulness. How do we know this? The Bible is very clear that God is "absolutely sovereign" over all Creation...and nothing happens without God's oversight and control. It's made very clear that Satan does not do anything without God's permission. And we are taught that God's plan and purpose, God's will, not man's, is accomplished and never thwarted. And this all makes perfect sense given the magnitude and magnificence of what God has decided to create...to share Himself with us, His created.

Through the Bible, we learn that God is very pleased with the "human body" because it's His masterpiece. He created us into beings that are both human and divine and He breathed life into us. He created us male and female. And God made us in His image, meaning He gave us consciousness so that we would be capable of recognizing Him and of understanding His character and intention. And we also learn that God created us from the dust of the earth, and thus, determined man's journey on earth to be our "refining" period.

And through all the accounts of the generations of mankind, we can look upon all the struggles of our experience of evil and sinfulness as our "bootcamp"...our conditioning, testing, and running the race to become more conscious of God. In order that we understand the full nature of God's power and glory, of God's goodness, He released Satan, evil, into our training field...for us to endure and overcome. By experiencing evil, we gain a deeper understanding of what is good...by experiencing the evilness of Satan we better understand the goodness of God by contrast. As Satan continues to tempt us and draw us away from God, we experience great suffering...we experience what it's like to be separated from God, we experience our spiritual death. And as a result of our suffering we begin to experience our organic yearning for God. This begins an intimacy of relationship.

NOW! Through the Bible, we also realize that God has not abandoned us in this "refining process"...in fact, He has been and is right here with us so that we "get the most out of it." He is with us through our greatest trials and yet "never gives us more than we can handle." Almost like a coach is when we are training for the event we are destined to do.

As we've discussed earlier, God's most remarkable intervention in our training was His predetermined plan to come to earth and incarnate as a human man to become known to us personally and reveal more detail about His intention and what was happening in the world and why...and what is going to happen. Particularly, to help us understand our suffering...to help us understand that it is suffering that brings us closer to Him.

THE STORY FROM THE BEGINNING

Let's start at the Beginning. God created the heavens and the earth. And He created the Garden and Adam and Eve to dwell in it. It was beautiful, abundant, and luminous. God walked with Adam and Eve in the cool of the day. Then one day, Satan, whom God created, entered the serpent that God had created. And everything dramatically changed. Succumbing to Satan's temptation, Adam and Eve disobeyed God and were expelled from the Garden. And thus, began man's suffering in sinfulness.

The serpent deceived Adam and Eve into eating the fruit of the Tree of Knowledge of Good and Evil. And we know that disobeying God was the greatest "sin," the greatest offense, they could have committed against God, against the one Who created them and loves them. It was grave especially because God had specifically forbidden them to eat the fruit but Satan blinded them so much to the Truth of God that Satan got them to eat the fruit. As a result, they found themselves disconnected from God.

What happened to Adam and Eve was not just mental yet also physical...most of us are unaware of this. When Adam and Eve ate the fruit, this changed their bodies. They ingested "toxins" in the fruit and these changed their

DNA. So not only did the sin of our fore-parents corrupt mankind's mind, it also completely corrupted our biology. And this corrupted who man was...from perfect and innocent into corrupt and immoral. AND! What's amazing to understand is that throughout the past millennia, and still today, we see mankind eating the fruit. Why? From then on man has been born with a "sinful will," the desire to choose sin.

Satan is still here. Satan is jealous of God's love for us. Satan is determined to prove we are "weak and imperfect," and thus, undeserving of God's affection. Satan's strategy was/is to convince us to disobey God and eat of the Tree that God had told us not to. And despite God's warning us that if we ate the fruit we would die...we did, and do, anyway. Why? Well, it appears we were/are so intrigued and captivated by Satan's promise that we would "not" die, and instead, if we ate of the fruit we would gain knowledge and be like God, we chose to eat the fruit. And we are still captivated by THE LIE. WOW!

Reflecting on this from God's perspective as our Creator, we begin to understand that He allowed/planned our interaction with Satan as part of His "creative refining process." Given how easily we succumbed to the temptation, it's clear our consciousness of God, in other words, our understanding of the miraculous relationship we were in with our Creator was "un-evolved" in the Garden. Though this is over-simplifying this, it's becoming obvious that God wants us to be more aware of Who He truly is by revealing who He isn't so our relationship with Him would be authentic, mutually conscious, intimate.

We can all attest to the fact that Satan proves to be a most excellent test and challenge for us to train on. Satan is "insanely" jealous of our brilliance and beauty. He can't stand the power and glory of God, especially as seen in our miraculous body. And most especially, he can't stand our relationship with God. Satan can't stand goodness, justice, or love. So his diabolical plan is to do all he can to corrupt us...and keep us away from God. And unfortunately, he is succeeding...we keep eating the fruit.

Now though we did not "die physically," what God warned was true. In disobeying Him, we did die...we died spiritually. In other words, our body and mind became corrupted. The relationship we had with God and the brilliance and purity of who we were were contaminated. As a result, we had to leave the Garden, leave the presence of the glory of God. We experienced a "spiritual death."

Corrupted and out of The Garden, we now became much more susceptible to Satan's lies and incessant temptations. We ultimately succumb and convince our selves to believe what Satan tells us to believe...that the things of this world will bring us greater fulfillment than "being in relationship with God," than feeling God's love for us and our love for God.

In addition, because part of our human nature is an inherent "to worship," having lost our connection to God, Satan convinced us to worship him. Having corrupted our body, and thus, the communication between our heart and mind, It's easy for Satan to get us to believe that our mind, our intellect, is all that's really important...our body doesn't really matter. Eating the fruit, we became addicted to knowledge, fame and fortune, power and possession, consumerism and materialism...coveting it over love and human decency and goodness. Since the Garden, mankind has been worshipping our minds, our selves, Satan.

YET! Despite our disobedience, throughout the history of man, God has been ever-present to support us through our "training," through the fires of our refinement. God has been, and is, always teaching us what we need to know to stay physically and spiritually healthy.

God gave us rules, commandments, to follow that help us stay aligned with goodness, with holiness, and help us understand that this is our "true nature." At times, mankind has been able to resist Satan's temptations and follow God. However, for the most part, we have always given in to the temptations. And it seems that each time we have, we have gotten worse...we have given in to darker beliefs and behaviors. Satan got stronger and us weaker.

And then came God's greatest intervention, that which He predetermined before the Creation of the world. As we've discussed in an earlier chapter, God incarnated as Jesus Christ to be able to communicate with us "on our level," personally, human to human. And this was the beginning of our "renewed" relationship with God. One could say that God had designed a new way for us to relate to Him. In the Old Testament of mankind's journey, we experienced God above us. Through Christ we experience God on earth with us...and within us. We see the light of God shining on Christ's face. Through Christ, our relationship with God became more "personal."

And especially, through Christ, we learned that God had changed the temple of where we were to worship and commune with Him. It was no longer a tent or building, yet rather, our body. Our body became the Holy Temple of

the Spirit of God. God wanted us to have immediate access to God rather than having to go through priests in tabernacles. This way we could pray to God anywhere and any time. Our relationship with God became more "intimate."

And it's obviously clear how important our human body is to God. We need to realize that He incarnated in a human body rather than as some other being. We need to realize that God came into His creation as one of what He had created. God thus impressed us with His immense power and with the fact that we are His most beloved Creation...our body, our being, is God's most brilliant and beloved Creation.

Through Christ, God revealed that He was aware of our suffering. And He wanted us to understand it. Through Christ's crucifixion, we become uncomfortably aware of "sin," of un-holiness...of mankind's rejection of the goodness, the holiness, of God's creation, and thus, of God. Witness to Christ on the cross, we see who we have become...we see the horror of our sinful nature, the evil we are capable of.

AND! We see that by the grace of God, we are redeemed and saved, awakened from this darkness. Through Christ, we are given the gift of "repentance," the gift to "wake up" and receive the gift of our salvation...faith in Jesus Christ. Through Christ, we witness the liberation from evil, from suffering, through His resurrection. And we begin to understand that we too will one day be resurrected. And, as we witness Christ's resurrection we realize it is through the transformation of His earthly body and it begins to dawn on us that one day our body will be transformed for the same resurrection. It might be worth our while then to "honor our body."

NOW! It's important to realize what's really happening here. Through Christ, we have been given the gift of salvation and that this is solely an act by God...there is nothing we could have done to earn it or cause it. By His hand we become "born again" into spirit...our heart is imbued by the Holy spirit and we are given a new will, a change of mind. Thus, being transformed, renewed in mind we believe in Christ, that He lived, died, was buried, and resurrected. When we are called by God and anointed with the Holy Spirit, begin to feel a calmness, a lightness, and a new-found strength in our body. And thus, begins our journey toward strengthening this sacred gift of faith in Christ, in this holy gift of love for God.

YET! We also must realize something very important. Though we are saved, we still dwell in Satan's Kingdom...and thus, life is still filled with suffering. YET! Through Christ, God revealed that we are not alone in this battle of the wills, the sinful will and the holy will. Given our rebirth, the Holy Spirit becomes our protector and counsellor to navigate the perils of Satan's evil. And we learn in the Bible, that God has a final phase to His Salvation Plan for mankind. Christ will once again come to earth in order to completely destroy the evil upon it...to reconcile what happened in the Garden of Eden. And He is coming not as the man Jesus, yet as the Lord and Kind, Jesus Christ...as Christ the Divine Warrior. He will soon judge and sift good from evil and then destroy all evil and end all suffering...and we will be with Him in His Millennial Reign.

AND! God knows that this time before Christ's return will be difficult and frightening. Thus, by His grace, as we've mentioned, God indwells our hearts with the Holy Spirit as our guide and "helper." The Holy Spirit helps us keep our eyes on the Second Coming of Christ...our defense, our armor of God, against the incessant temptations of Satan to turn us away from God. The Holy Spirit continues to support us to follow God's commands so that our lives are expressions of goodness...and thus, our light overcomes the darkness of evil. As a result, our bodies, our consciousness, continues to evolve in holiness in preparation for our Salvation.

NOW! Through this process it's important to realize something. Our suffering will become great...often even to the point where we feel we can't go on. We will wish we didn't have to go through it, wish that it was already over. What we must realize though is that these yearnings are signs that our faith in Christ is weak...or in other words, Satan is having some influence. Yet, our suffering and fear serves a great purpose. The gift of suffering is that it is our alarm to stay vigilant against the "devil's schemes." And it is powerful to remind oneself that once "reborn" and given the gift of salvation we cannot lose it. Yet, these temptations from Satan left unaddressed can weaken our faith and trust...and as the Bible reveals lessen our rewards in Heaven. And this seems to mean lessen our comprehension of the "fullness of God."

Christ came to earth to save us from the darkness by waking us up to the "hate" of Satan and to the "love" of God. He came to also prepare us for the end of this age...to give us hope. Christ made it clear that God the Father had not decided on the day or the hour, and until then, there was still some work to be done. Christ would be in His Father's realm preparing for us to be with Him. And, He wanted us to know that now our identity has been sealed as the Chosen Children of God. We too must prepare to be with Him.

There is still some refining that we are meant to go through before our “training for Heaven” is complete. There are still many whom God is preparing to wake up. And those who are in faith in Christ, “believers, actually have a role to play in this awakening. God is working through believers to share with many others about the Glory of God, the Good News of Christ, our Savior, and the End to come. Christ’s light is shining through His followers in order that those destined for salvation will see it and come more quickly toward their destiny as the end draws near.

SO NOW! Let’s fast-forward from our experience in The Garden of Eden when we became corrupted and take a look at mankind today. What does the Bible reveal about our world now...reflecting on the biblical account of mankind can we say that we have progressed through the generations. Unfortunately, despite ages of many trials and tests, it’s pretty clear that we have not “spiritually evolved,” we have not become more obedient to the goodness of Creation, to the will of our Creator. Instead, we continue to rebel and “eat the fruit”...we are “devolving.”

What’s interesting to realize, is that whether one believes in God or not, the truth is that our biology reveals the Truth about Creation, about the true order and nature of things. Meaning in disregarding our body, we disregard nature. We disregard life itself. We disregard the life of others, and of animals...and of the earth. We dismiss the sacredness of all that is created...God’s Creation. Disregarding our own body, we disregard God. And as a result, we don’t know what “sacredness” is. We have fallen into the pit of the dark belief that we have the right to control all life, to change all of creation...that we are gods.

Though we have “evolved” intellectually, we have psychologically and spiritually “devolved” into more “immoral, unnatural, and sinful” ways. Once one sees it, it’s rather terrifying to see what man has become. We have become more self-focused rather than focused on God. We have been led to believe that our will is more important than God’s will, our plan for our life better than His. And as a result, we have no spiritual underpinning...barely any relationship with the one, true God. In a nutshell, through the ages, Satan has gotten more diabolical...and we have gotten more disobedient and disrespectful of our body, of humanity. Following Satan our world seems more chaotic than ever...mankind losing our soul.

It’s very important that we understand all this. AND! That we also understand that ALL IS NOT LOST! Though we are corrupted, both our biological and spiritual selves compromised from their original state, when we come to Christ, we awaken and realize that we are still loved by God. We begin to feel that we have been made in God’s image. In other words, through faith in Christ, we begin to awaken to our “inherent” understanding of what is good, and right, and just. God’s laws of goodness have been written on our hearts and now flow through us and from us. And this is our assurance, our guarantee, that God has not forsaken or abandoned us...God loves us immensely.

Awakening to this, we realize that it’s only through our body that we gain salvation...that we become “spiritually fit,” that we come closer to God...for it is the wisdom of our heart, of the indwelling Holy Spirit that informs and shapes the spiritual consciousness of our mind. And through this AHA, we are liberated from a great misunderstanding, and delusion...that our mind, our intelligence, can save us. As we’ve discussed, since the Garden, our mind has been co-opted by Satan to think and do unhealthy and unholy things in life and with our bodies. God warned us about these beliefs and behaviors yet Satan cast his deceptive spell and got us to believe in and follow his will. Yet Christ defeated the power of sin and death...born again we are guaranteed salvation with God.

SPIRITFITT: THE BODY AND THE BIBLE—HUMILITY AND HOLINESS

SPIRITFITT helps us experience that we are inherently made for “holiness”...we begin to realize it is our purpose, “to be holy.”

As SPIRITFITT was evolving there came a most remarkable discovery. Through years of fitness and spiritual training, SPIRITFITT made a powerful revelation...we carry within us, within our body and heart, an inherent knowing of all the Bible reveals. Said differently, what is revealed in the Bible is backed up by our own body. Our biology, physiology, anatomy, kinesiology are rooted in the teachings of the Bible. And this, we’ve discovered, is backed up by quantum physics—as we discussed our body carries energy and light. When all is said and done, our body validates the Truth of the Bible.

The greatest proof of this is when one is “born again.” Once born again, one becomes organically filled with a deep desire to read and study the Bible...wanting to know more about Jesus Christ, and then wanting to know more

about God, Creation and God's intention for His Creation. This is clearly not something we feel we should do but rather is something that we just can't stop ourselves from doing. It's rather strange but as one beholds, and holds, the Bible our body is calm...like it knows it has a resonance with the Bible. Emotionally, it feels like an immediate reverence and love for the Bible...it becomes your favorite book and you've barely started your study. And we discover that all that we are feeling physically, mentally, and emotionally is "holiness." It dawns on us that we have a natural, and organic affinity with "holiness." And we can't deny that it feels incredibly good.

As we begin to read and study, we begin to understand why this is so...holiness is the primary message of the Bible. Through the "Holy Bible," we learn that God is holy, Creation is holy, Jesus Christ is holy, the Holy Spirit is holy, and the human heart and body are the Holy Temple of the Spirit of God. As a "born again believer," the purpose of life is clear, holiness. The plan and purpose of God for Creation is holiness...that that is the crucible for our relationship with Him.

We all have to admit that if the world practiced more "holiness" it would be a much healthier and more vibrant, peaceful, calm, joyful, beautiful, holy place. Unfortunately, much of mankind is not "in touch" with our innate holiness...Satan's doing. Thus, relatively few in the world give consideration to cultivating "holiness" in their lives. Even many of those who think about goodness, kindness, fairness, justice, actually think little about holiness. And if we pause a moment, we begin to realize why holiness is so important. It's that unique sensation, that virtue, that energy, that supports us to have a more humble, a more "awe" inspired perspective of God, and thus, a more respectful outlook on life and on the planet.

Inside the crucible of holiness, we are not arrogant, egoistic, judgmental, and competitive about others and the world around us. More humble, we are not so attached to getting what we want and think should happen, but rather much more accepting of life, more patient with others...and certainly more compassionate and empathetic to suffering. Said differently, we are uninterested in the unholy. It becomes very clear once awake to faith in Jesus Christ as Lord and Savior through rebirth, that holiness is our true rudder for a moral life...it's the intention of the moral authority of God. Through it, we understand the true meaning of "goodness." Through it we realize the one "true" Truth...we are "here because of God, here to serve God." We are here for no other reason.

YET! Given what we witness in the world, it's clear there is very little holiness. Our body is now our guide for navigating life and it can feel that the world is consumed in "hubris," in arrogance and pride...again, Satan. Our heart feels uneasy and our body heavy. We see a world that is "intent" on disparaging the Bible. A majority of the world does not believe in the Bible, doesn't believe in "the God of the Bible." And many excuse this by claiming that "this God" is too harsh, at times cruel. They complain God is too judgmental. They complain that if He is such a "loving" God, then why He allows so much suffering in the world. What's interesting to note is that on some level everyone knows the Bible is extremely powerful, and probably true...which is proven by the fact that instead of just ignoring the Bible, many are trying to "re-write" it, to destroy it. AND! Quite simply the Bible must be true because it's at the center of all the controversy and conflict in the world.

It's important for us to take a moment to admit something...if we haven't read the Bible, then we don't really know what we are talking about when we decide to reject it. Though many will disagree with this, the truth is that without a solid understanding of the Bible, we don't know what we are talking about on any subject of Christian faith and practice...because we are not standing on a "solid" foundation of God's Truth. And to be quite candid, if we have not read the Bible then we cannot fully understand what has and is happening in the world. The foundation of Truth is that the Bible is "the Truth"...scientific research, history books, and archeology confirm what the Bible reveals.

What's revealed in the Bible and evident to all of us is that mankind has been rebellious since the Garden of Eden and clearly we don't like authority...we want to have our "own way" all the time. We believe we can be our own god, our own moral authority, our own Creator. This is very evident as we look at how society is structured, at the values that have shaped our cultural beliefs and the systems that govern our norms...none of it creates "true" peace around the world. The world is in crisis and few want to really face this or feel responsible.

Rejecting the Bible, we have made up our own ideas about who Christ is. And without the truth of who He is, we miss the gift of His sacrifice for us in His Crucifixion and His promise of our salvation in His Resurrection. And without knowing Christ, we can't understand God's plan and purpose for Creation, for us...and thus, we do not know who we are. We are lost. SPIRITFITT hopes that what we are learning about our body and it's relationship with God through the Bible might motivate many to read the Bible if they haven't...and to read it many more times. And SPIRITFITT coaches us to read all of the Bible...for we cannot know the New Testament, meaning we

can't know who Christ is, without knowing how He shows up in the Old Testament. And we can't know God, as described in the Old Testament without knowing Christ.

Now, granted, life is not "really that fun." And what's remarkable is that the Bible explains it all. Now, we can either resist or accept this truth...yet, it is the way it is. The blessing of accepting it is that we find some comfort and relief from having to "figure it all out on our own"...to figure out our life purpose, to figure out the purpose of Creation. And what is amazing is that we discover that as we begin to surrender to the Truth, we are set free. Submitting to God's will, to His commandments, we realize that they guide us toward what we have been deeply seeking and yearning for all along...to love and be loved by our Creator. AND THE MOST AMAZING THIS ABOUT THIS IS THAT WE CAN FEEL THIS IN OUR HEART, IN OUR BODY.

Taking time in the Bible, we learn that God is in control. And looking at our lives, it's obvious God is in control. That He preset our purpose and destiny. And if we can "put aside our Ego" and accept the simple truth that we certainly did not create our selves and that God is our Creator, if we can truly submit our selves to Him, so much about the world and our lives begins to make sense. And we will discover that God has and never will abandon us...He came and saved us from Satan and is coming again to destroy Satan and cleans the earth from evil once and for all.

The light of this truth opens up our minds...we begin to truly understand. God is our Creator, and thus, has the right to create how He wants to create. Who are we to judge? For we are merely the unrefined clay, the unpurified gold, the unevolved consciousness. AND YET! We also realize that though we are "merely" the created, we are God's children. If we step back and consider all that is created from God's perspective, we begin to realize that we are magnificent, we are God's most brilliant creation. God loves His creation and He has a plan, and always has...and nothing can thwart it. Our body knows this...it feels so calm and peaceful.

We now can begin to put the pieces together. We can start to understand God's intention...and we know it is all for "good" for that is who God is, all that is good. And why is this revelation so important? Because Satan has convinced us of how imperfect and unimportant we are...and this is what drives us into following his temptations and doing unhealthy and unholy things. The Bible helps us understand why mankind has been so hard on our body. YET! Beginning to realize who we truly are through the Bible, we begin to break free of this oppression and awaken to who we truly are...the most brilliant of all Creations...and the most loved. Our self-esteem and confidence find their rightful level.

Experiencing this revelation, God's intention becomes obvious. God created the universe and the planet for us. He created it so the planet sustains us...both in body and in spirit. And because it's so immensely beautiful and majestic, we can't deny that God loves us and is the most brilliant and generous Creator. He created our body and designed it to be able to interact with nature and with each other so that we are able to be "fruitful and multiply."

AND! What is most remarkable is that God wants us to participate in His Creation. God made us "conscious beings" so we can comprehend all this. And we are learning that this happens through our body and heart. Our heart activates our body with holiness and our body inspires our mind with holiness...we are in and of the presence of God.

So we can participate in an intimate relationship with Him. Those who are willing to let this sink in, the meaning of life begins to take on a whole new, and powerfully spiritual depth. We begin to understand just how much God wants a relationship with us. He wants to love us and for us to feel this love. AND! He wants us to love Him in return. In other words, God created for the purpose of experiencing the "most wonderful" relationship known to man...a "conscious," intimate relationship with the one, true, divine entity who created us, God. This is Holy Love.

SPIRITFITT endeavors to highlight these revelations about the Bible and our relationship with God, AND MORE SO, to highlight that through Christ, God reveals just how important our "human body" is to Him. God reveals to us the "holiness and perfection of our human body"...regardless of what we judge about our body's size, shape, gender, affliction. Incarnating in human form, God reveals that our body is His Holy Temple.

In other words, we learn from the Bible our human body is connected to Christ's human body...we are part of the "body of Christ." We know from Old Testament prophecy that God planned that Christ's body was to be sacrificed as redemption for mankind's sinfulness, and then, Christ's body was to be transformed into a heavenly body and resurrected to be with God. Through these events, we are witness to how cruel and evil sin is to our own body, our humanness. And we are given witness to understand that those chosen for faith in Christ by God, their human body is also destined for transformation into a spiritual body for resurrection.

In other words, our awakening to Satan and our salvation from his kingdom here on earth is through our faith in Christ which is a gift from God and happens through our conscious connection with our heart, with our body. We were put here in a human body and through our body we are being transformed to be with God. Our body has been made by God to be His Holy Temple. AND, the Truth is we would not know this if we did not know the Bible.

WHAT THE EXPERIENCE WITH THE BIBLE IS LIKE FOR ME

I read the Bible everyday. And I have read through it from beginning to end at least 10 times in the last 3 years. And the absolutely amazing thing is that I discover something new in a verse each time I read it. It's like they really have a life of their own and the Holy Spirit decides when it's time for me to understand more about the Truth of God. The Bible came alive for me 10 minutes after I was reborn. I had a rather simple and yet dramatic awakening one midnight and before it happened I had no thoughts of the Bible. And now 4 years later I can't get enough of it.

The Bible most particularly came alive within me on my trip in 2023 to Israel...a year after my rebirth. I had never planned to go to Israel...never interested. And yet now, I believe it is the most important place on earth to visit...for our soul's understanding of the Bible, of God, of Jesus Christ. This is a perfect example of what I'm talking about, when I say the Bible comes alive in Israel. In Matthew 16:13-15, where Jesus is talking with His disciples and is asking them who they think He is, after Peter reveals that Jesus is the Messiah Jesus affirms this and then goes on to say that the Gates of Hades shall not prevail upon His Church. For some reason, in all my readings of this passage, I was so excited about Jesus affirming that He was the Messiah, I never focused on His response about Hades. And yet, here I was in Caesarea Philippi looking over at the ruins and cave opening of the Gates. That was the moment I knew Satan was real and the Bible true. I was in the presence of both Christ and Satan.

So of course, now I read the Bible so carefully...not to miss a thing. And in the most recent read-throughs, I find it so interesting how the Bible is becoming holier and holier to me. I feel it in my heart, my body, my whole being. And, no matter where I am in the Bible, I can hear how it all tells me about God's predestined intention and plan for Creation and for each of us. The Bible is the account of God's relationship with us, all of us. And we see that God expresses this through His relationship with ethnic Israel.

Through His relationship with the ethnic Jews, we see how God is true to His word, never faltering to do as He says, as He warns, as He promises. Through this truth, we begin to understand why the Bible refers to the Jews as God's chosen people...not that they are favored more than any other "people group," but that through their journey on earth from the beginning to the end of the Bible, we see God's work, we see His power and glory in relationship with man. In the Old Testament, we see the Abrahamic and Davidic Covenants...God promising Israel descendants and to be brought into their own holy land. And we read in Old and New Testament verses and in the book of Revelation that God prophesies when He will His promises. And we actually are seeing these prophecies beginning to be fulfilled in our lifetime.

And through the New Testament, we now know that all people who believe in Jesus Christ as the Son of God and as Lord and Savior are God's chosen...and that God predetermined and predestined there would be both Jew and Gentile. We also see the continuity of God's relationship with the Jewish people when God incarnated as a Jewish man...Jesus Christ. In the Old Testament, we see that Christ and His first and second coming were prophesied about since the Book of Genesis on through many old-testament prophets. And so when Christ came upon the earth, we were able to follow God's plans and prophecy...and know the Bible is true, and know God is true.

Now though this is the book about God and Creation, I can't help but be impressed with how the Bible gives us teachings about our body and mind, about our physiology and psychology. I find simple, sensible advice about how to live a good life today...and basically, one discovers that it boils down that to be physically, mentally, and emotionally healthy is to be "holy." Hmm. Isn't that basically a "religious view"? No. It actually is a scientific one. In other words, we find that when we are in touch with our "holy nature," we behave in ways that respect and protect our body...and this, respects and protects our sense of self. To sum it up, the way to be healthier and happier is to "be holy."

And we discover that the best way to be holy is to follow God's commandments. They address how to be a healthier society and how to have a healthier body. As I read, I continue to realize that the Bible is the "true" story of our Creator, God because it is evidenced by the Creation all around us and this is us. And it's clear this was all created by a very personal, highly creative, loving God. He loves us so much that He created Earth in such a way as

to sustain us, but also, to inspire us and give us great joy. However, most of us are not aware. Most of us are blind to the sacredness of all of this.

The Bible defines the real meaning of LOVE, HEALTH, GOODNESS, FAITH, HOPE, HOLINESS, even FITNESS. Given that the Bible teaches us such wisdom, it's so unfortunate how many of us steer away from it. Basically since the beginning, we have succumbed to our Ego, to Satan, and suffer from the "false promises" that money, fame, and power, and sex, will fulfill us. And thus, we steer clear of the Bible, of God. And generation after generation, we keep falling into this painful, dark trap. YET! the Bible can help get us out...in fact, it is the only thing that can.

As we delve deeper and deeper into the Bible, we see God never abandoned us...and never will. He preplanned all this and His will shall not change nor shall it be thwarted. We can know this is utterly true for God Himself came into His creation, incarnated in human form as Jesus Christ to teach us about the plan for His creation and the "true" purpose for our lives...Christ came to save us, to liberate us, from our illusions helping us to sharpen our conscious the Truth.

What I realized is that the idea that man has free will is not true...the definition of free will being that man has ultimate control over our self-determination, our salvation, our believing in God through faith in Christ or not. I believe this is true because the Bible is clear that Christ could not have decided to do what He wanted but rather had to do what His Father wanted. It's why Christ came. Or put differently, the night before His crucifixion, Christ knelt before God and exposed His humanness by revealing to God his terrible anguish about the horrible experience of feeling the weight of man's sin upon Him and going through the imminent crucifixion. Yet in the very same moment Christ revealed that of course there was no choice but God's choice, God's will. Christ's purpose for coming to earth was to fulfill the will of God, not His own...otherwise God's creation plan would not have been fulfilled. And we would not be destined for Heaven.

Christ was also revealing that the only other choice possible was not a free choice but one that would have come from the spell and dominance of Satan. In other words, man is subject to either a sinful will and choices made in alignment with that...in alignment with Satan. Or man is subject to a holy will and choices made in alignment with that, with God. Christ died for our sins, our arrogance against God...He paid the punishment for our sinful will. We know that this sinful will came from the deception and evilness of Satan in the Garden when He corrupted Adam and Eve...not from our failing with properly using free will. Adam and Eve did not have this freedom.

So we know we are all born with a sinful will. And we also know that God predetermined our salvation through Christ and our transformation when we are blessed with a new will, a holy will...when are born again, born this time of the Spirit. As the Bible reveals, born again, we are now transformed by God and lean not on our own understanding and will but rather on the knowing that it is all God's will...lest we boast. Through the work of God in each of us when born again, through our transformation by His grace, we see that God created us for the purpose of "being" goodness and holiness...that one day soon we will be in Heaven. And in preparation for this, we were to experience what it is like to be filled with deceit and corruption for then as we've discussed will know the goodness of God all the more.

In summary, because of my deep study of the Bible I realized that it teaches us everything we need to know about our Creator and about Life...about ourselves. The profound realization was that the Bible must be true...for why would the whole world have spent centuries trying so hard to refute it? And though man has strove to demean the Bible's credibility, we continue to find evidence in history, archeology, and science that what it reveals is true. Most especially, the credibility of the Bible is found in the fulfillment of its prophecy...80% of it having been fulfilled and the remaining 20% in the verses of the final events of this age of man, in the Book of Revelation.

Most powerfully though, it became apparent that the most important thing about the Bible is that it reveals the most powerful sensation of mankind are HUMILITY and HOLINESS ... for together these are the portal into salvation. In line with this revelation, we see that the Bible teaches us devotion and love for our Creator, God. Navigating through the Bible's pages, we awaken to our innate virtues and our sense of self-control in order that we may fend off unhealthy, unholy, unkind, greedy, selfish attitudes and behaviors...and learn how to Love God with all that we are and love others as Christ loves us.

The Bible teaches us that our body is the Holy Temple of the Spirit of God once we are born again. SPIRITFIT's commitment is to help us stay strong in faith in Christ by experiencing this to be true...helping us to embody the Holy Temple and feel the sensations of humility and holiness that flow through our heart...feel the holiness of God flow through our body.

The Bible guides us to KNEEL DOWN and PRAY. SPIRITFITT guides us to KNEEL DOWN and PRAY. Our heart opens and we feel the stirrings of the Holy Spirit. The Bible guides us to LAY DOWN and submit our whole self, our body, heart, and mind, to God. SPIRITFITT guides us to do the same. Our body is renewed, our faith restored. And the Bible guides us then to STAND STRONG for God, stand firm in the faith of Jesus Christ until He comes again and we are saved. SPIRITFITT guides us how to do that.

Therefore, honor God with your bodies.

CONCLUSION

The Bible is the most powerful and holy book in the world. It is the word of our Creator, the word of God. Let that sink in a moment...the "word of God."

What is most remarkable about the Bible is that it reveals and acknowledges everything that mankind has and is going through in our personal lives and around the world. The Bible clearly reveals God's plan for Creation and for each of us...and those born again understand this with great clarity. In the Garden, Satan corrupted our mind and contaminated our body. We became spiritually dead as a result...for our spirituality comes through the sensations and physiology of our heart. In essence, when we ate the fruit, we disrupted this body-heart-mind connection that was God's brilliant design of keeping us conscious of Him. Adam and Eve, and us as their descendants, were put out of the Garden.

By the grace of God, He gave us the "playbook" of when, how, and why this happened. And He told us what happened next and what is still to come. In the Old Testament, man was corrupted and destined to experience evil, to fall in traps and experience evil. Though God was always present, man was blinded to Him by sinful will...the contamination that happened in the Garden. Satan completely controlled our minds influencing our actions. In the Old Testament God revealed through prophets and chosen leaders who He is and what His intentions are. Yet, give the disconnect of man's mind from the consciousness of his heart, he could not take this in and obey. He was under the spell not to desire good, but to desire evil. Man was destined to feel what it was like to be separated spiritually from God.

And then we learn that God has a redemption and salvation plan. He came into His creation, in a human form, as Jesus Christ. Through Christ's teaching we learned of the reason and details of God's intention for Creation...to have a relationship with us that was intimate and loving. How we know this is because God was here in person...relating human to human. Through Christ's immense sacrifice of the life of His human body, our body was redeemed and our body restored...we were reconciled with God. Through Christ's resurrection, through His transformation from a human to heavenly body, and resurrected into Heaven, we received the promise of our resurrection.

And before Christ left this earth He told us that in order to enter the Kingdom of God we would need to be born again...our personal transformation that sealed the Spirit of Christ in us. When born again, which happens only by the grace of God, our hearts are imbued with the Holy Spirit...who brings the gift of faith in Christ. The Holy Spirit fills us with a holy will...our sinful will and desires are taken away. Our freedom is set within the desire for holiness. The Holy Spirit helps us understand what this means by awakening us to the "word of God." Through the Holy Spirit we realize who God is and that the Bible is our owners manual for how our heart, body, and mind work together to be alive not only in human form, but alive in Spirit. Born again, we are made new creations in Christ.

The Bible helps us understand what we have been ignoring in our heart, in our body...the deep "yearning" to love and be loved. It helps us understand that this yearning is not so much for human love but rather for the love between us and our Creator...Holy Love. The Bible helps us understand that our inherent sensations of "humility and holiness" when we kneel down, and surrender and submission when we lay down, and of "confidence and faith" when we stand strong in good posture are what bring us closer to God. These inspire our inherent desire to pray and worship...this is what we are made for.

The Bible helps us understand that we have been terribly deceived...believing we have free will and are here to fulfill all that we desire on earth and in eternity, that we can be gods. Satan is really good at what he does. Yet, the Bible teaches the Truth and we learn that we are here because of God...we are here to fulfill His will. And SPIRITFITT helps us understand this is true by helping us experience humility and holiness in our own body...the "sequence of three holy postures." SPIRITFITT helps us understand that what we do with our body influences our

connection to God...to feel the “presence of God.” It’s how we physiologically and psychologically function...all part of God’s great design. SPIRITFITT endeavors to help us “reconnect” with our body, and thus, forge a more respectful and healthy relationship with our body...to awaken to its magnificence as God’s most brilliant creation.

SPIRITFITT’s practices help us stay awake to our body and heart so we are conscious of the Truth of the Bible and thus, “ignore our Ego,” ignore Satan. Once reborn, we become “embodied” and experience that our heart is the Holy Temple of the Spirit of God where we are to worship. Through the Holy Spirit, we become aware of the Truth that we cannot win this war against evil, against sin without the help of our Savior...we have no power, no ultimate free will, we have no strength. The Bible reveals that only Christ can conquer Satan. Yet, with Christ’s love we can overcome our temptations to falter. And we must. For the Bible reveals that we have a role to play to participate in the saving of souls as mankind heads toward The End...we have a role to play in this battle. As Christ’s disciples, we are to help others hear the Gospel of Christ, hear the Truth and Good News.

We need to listen to the wisdom of the Holy Spirit who dresses us in the armor of God against the devil’s schemes. And we need to watch and to pay attention to the signs of the end times. We need to kneel down and pray often, to lay down and surrender our ego, and to rise up and stand strong in our firm faith in Jesus Christ. We need to look up eagerly for Christ’s Second Coming. We need to give up our worship of this world...for though we are in it, we are not of it. We are now citizens of Heaven. And we are to share the Gospel, the Truth and Good News of Jesus Christ to all whom we meet. For we are here to serve God as He calls those chosen who have yet to be born again and are destined for Salvation.

It’s quite probable that the time is very short.

CHAPTER TWENTY

AS WE WAIT FOR HIS COMING

WATCH, WORSHIP, Warn, and Wait eagerly

“Therefore with minds that are fully alert and sober, set your hope on the grace that is set to be brought to you when Jesus Christ is revealed at his coming.”

1 PETER 1:13

So we come to The End...from The Beginning. How do we know? The Bible tells us so. The Bible is about 30% prophesy and 80% of this has come true...with about 20% of it expected to play out in these End Days, in our time.

AND! What is most remarkable about the Bible is that If we are willing to read and study it, we realize that it is nothing but “good news.” Wait. What?! Yes, it holds all sorts of accounts and stories that are tragic and dark and chaotic and destructive. And yet, if one is willing to see it all in context and put our Egos to the side, we begin to see the Truth...the Bible is essentially the greatest good news that mankind can receive. The Bible is about our Salvation...it’s all about God’s greatest desire which is to have a relationship with us and to bring us into Heaven to be with Him. The last verses of the Bible reveal God’s plan for our final place in eternity...the New Earth and New Heaven, a world where we will be with Christ and there will be no more death; no more decay, disease, and destruction.

Now, there is no hiding this. The End Days are prophesied to be horrendous, horribly destructive, and it feels like they are beginning. And it will be hard to hold on to the hope of a new, glorious future. Yet, if we step back a moment and look at this objectively, we begin to see the amazing power of God’s plan. He wants us to get to know Him. So He created us and is putting us through His refining fires that we become more spiritually conscious of who He is...so that soon we can be in His presence, in the presence of His power and glory. We spend a life on earth to learn the difference between good and evil...so that we become astute to the power of good. So that we fully comprehend the goodness of God by the contrast of what is not God. Those who are born again are awake to this Truth.

The “great, good news” is that this phase of man’s refinement and evolving consciousness that has been filled with much suffering is coming to an end...and the phase to “follow” is a world where Christ reigns. Those who believe in Christ can feel this in their heart and body...for the Holy Spirit dwells within. Believers see the words of the Bible that clearly tell us to take hope in what is to come...it’s the “blessed hope” that Christ is to come again and this time destroy all evil, to destroy Satan. SPIRITFITT hopes to help us discover that it’s time to stop placing our hope in the “evolution of mankind,” yet rather place it in the Divine Nature of Jesus Christ. In other words, for those who believe, they realize that they died to their old egoistic, arrogant self through Christ’s crucifixion, that was sealed in them by their rebirth by God, and now they are walking on the path of sanctification, of holiness, toward their promised salvation.

SPIRITFITT offers us the opportunity to explore these issues...not with our mind but with our heart. Its practices help us to embody our selves; to rediscover respect for our body and experience who we truly are. SPIRITFITT techniques help us experience how the physiology of our heart and body turns our mind toward “The Truth”...when we are Kneeling Down, Laying Down, or Standing Strong. We experience the “true nature” of our body-heart consciousness, and thus, our true humanity. We realize that we inherently carry “the knowing” that we were created by God...creations of the one, true God. This begins to restore our relationship with our Creator, with God. And this couldn’t be more important now than ever if we want to know The Truth and be saved...saved from sin, from Satan’s corrupt and ugly world.

Embodied and feeling these inherent physiological truths, we begin to understand who God is. We realize that the sensations we are feeling are of the virtues of the Holy Spirit, of the character of God...God of the Holy Bible. God offered us the Bible to help us understand this journey of our soul. Through the Bible, we learn of His incarnation as Jesus Christ. He came into His Creation here on earth to give us greater understanding of His intention...we are within His “creative process” and being refined for a glorious future.

Through the Bible, we learn that the current Age of Mankind is for us to gain understanding of the power and moral authority of God, so that we will be able to fully delight in the glory that He wants to share with us in eternity. We

are being tested by evil so that our consciousness evolves into greater awareness and understanding of the goodness and love of God. We are being prepared for the next age that God has planned...a time when we will dwell with Him in Holy Love.

God blessed us with a glimpse of Holy Love through His commandments which all fold into Christ's commands of "loving God with all that we are, body, heart, mind, and soul" and "loving all others as Christ loves us." Through these commands, our Ego is in check...actually pretty much dissolved. When born again, one dies to self, to ego. And thus, imbued with the Holy Spirit, we are defended against the false beliefs of Satan through our new will, our holy will aligned with the will of God. By the grace of God, through His gift of faith in Christ imbued in our hearts, we are guided by the moral authority of the Holy Spirit "to love, to be generous of self," and thus, are being prepared for our "transformation" into the New World.

THE END

NOW! As we come to The End of this age, we look upon a world that is in great strife...a world under the oppression of evil. With heavy hearts, we look at our selves and can't get over how man has become so self-absorbed and narcissistic, so "unconscious and unconscionable." And we realize that we are at a remarkable point in the history of mankind. The question being "how are we going to respond."

There will be those who begin to spontaneously pray to align ourselves with God's plan for the ending, for relief and deliverance, for "divine intervention" from this immense suffering because it's clear mankind cannot get our selves out of this. Believers in Christ realize that the only way through is humility before our Creator and our faith in Jesus Christ. HOWEVER, there are many more who instead of surrendering and submitting to the word and will of God will place their hope in mankind...that mankind will finally "come to our senses" and stop fighting and work together to figure out our salvation. Truth is this will never happen...Satan, the deceiver, the disrupter, the destroyer is still here.

There's a modern "spiritual movement" that finds its roots in the Garden of Eden, and has intensified so much through the generations that it has pretty much convinced us all that our world is in this state because we have "not evolved enough." We discussed New Age earlier. It teaches that what we need to do to "liberate our selves" is to "expand our mind and raise our consciousness into oneness with the cosmic realm" and we'll awaken that "inner spark of godness" that has been dormant within our being. In other words, our salvation is up to us, all within our power.

As part of this spiritual movement, this spiritual deception, many follow astronomy and astrology, the mythological gods of the universe, looking for insights and answers, for salvation. Current cultures look for meaning about our existence by merging the cosmology of ancient civilizations with our current space exploration...we see this happening prevalently through the organizations CERN and NASA. Mankind is desperately searching for the answers of our existence in the cosmos and mythological gods rather than on our knees and through our heart. Man is seeking Truth in deception of our Ego rather than in the humility of our heart, rather than from the true God of Creation. And as we advance into this new era of technology, a time many consider as the Age of Aquarius, the Age of liberation from the old traditional structures that keep man in bondage, they expect that the gods will help liberate man from the bondage of darkness...which they believe is associated with God of the Bible. These spiritualists believe mankind has finally "arrived," and now through technology we will be able to create a new body, a new species, a new planet, a new civilization and a new eternity.

This New Age belief system has mankind convinced that we are capable of evolving into our "higher, moral, true self"...of becoming intelligent enough to be able to conquer all the darkness and evil, disease and decay, and make the world a better place. They believe that though we may have arrogantly "trashed" the planet and society, we can still fix it...and if not, we can move to another. And many believe we can figure out our "eternal destiny," and thus, are endeavoring to figure out how to enhance, augment, our body, so that we can live longer, forever. It's obvious to see that they have no morality, no awareness of the part they played in all the suffering and darkness and that they can't just rise above it, just raise their consciousness into the cosmos and gain power. They are blinded to the presence of Satan and his power over the world. They are blinded to the truth that mankind needs a Savior...needs Jesus Christ to return.

What's interesting to note here is that this sounds very familiar to the story in the Bible of the Days of Noah and Lot and of the Tower of Babel in the very ancient civilization of Babylon of around the 23rd c BC. In the book of Genesis,

we read that fallen angels came to earth and transformed man's DNA by mating with human women...essentially defiling God's most precious creation, the human body. Then in the historical account of Babel we see when mankind decided that we could build a tower high enough to climb up and into Heaven..."come let us build ourselves a city with a tower that reaches to the heavens so that we may make a name for ourselves." We believed we would be able to see God, and thus, gain the power of God, become gods. As we look back on what man was trying to do at these times, it's very clear that we are still obsessed with getting to Heaven and making a name for ourselves...we are trying desperately to do this through our technology today.

Now many think that mankind being able to reach up to Heaven and gaining the power of God is not a bad thing...that being able to "raise our consciousness" by meditating and hallucinogens is not a bad thing. YET! We should take a pause and step back to consider whether we truly think that mankind has the wisdom to be able to use our "new-found" knowledge in ways that our "generative." Do we really think we can become gods? Isn't that a bit delusional...let alone completely unbiblical. Put simply, man is so blinded...the Truth stands right before our eyes. This plan of man has never worked...because it is a plan of Satan's. And the brilliance of the Bible is that it tells us what is happening and why.

It's clear that mankind is "not wise." Mankind's motivation was, and still is, to "make a name for our selves" rather than to honor the power of Creation, rather than to honor our Creator. AND! Through the biblical account we clearly see that man's hubris and selfish nature was not acceptable to God...our arrogance was, and is, not part of God's ultimate intention for the character of man. And so, God came down and destroyed the tower and confused language so the arrogance of mankind would be thwarted.

Mankind has been "arrogant" as far back as the Garden of Eden...we ate the fruit. Mankind still does not have the wisdom, or conscience, to command our intelligence and technology toward goodness as evidenced by what we have been doing with it...nuclear bombs, abortion, eugenics, genocide, biotechnology, brain-technology, AI, robotics, and so on. Are we advancing our selves or destroying the nature of our true selves...destroying the very reason we were created, our "humanity?"

It's important to realize that this "hubris," this lack of wisdom, is because we do not believe in God, in God of the Bible. Even those who claim to be biblical still take liberty to leave out parts of the Bible that expose truth so they can redefine "truths" in order to accommodate their "egoistic and intellectual agenda"...philosophers, scientists, new ageists, psychologists, astronomers, politicians., and false Christian pastors. AND! Until we find the humility to accept just how little control we have over our lives...we will continue to submit to deceit, and thus, to evil, to Satan's agenda.

Now as we've discussed, this is all part of God's plan...for our ultimate good, for our ultimate salvation with Him in Heaven, for those who love God, for those He has chosen for rebirth. And so, this is all God's will and it is His will that we continue to go through this, to endure till The End. As we come to the end of this age, SPIRITFIT endeavors to support us, to remind those "true" believers in Christ to remember that peace and comfort in these uniquely tense times happens through our humility before God...for there we will find our "right relationship with God." As we've explored, through certain postures we experience the sensations of humility which wake us up to the holiness within us which is the alignment with God's will...we surrender to His plan as revealed in the Bible. We feel the presence and love of God and as a result, our fear transforms into faith.

MOST ESPECIALLY, SPIRITFIT endeavors to share the realization that everything that has happened in life, throughout history and through our own lives, was meant to bring us to this very moment, bring us to this "endpoint." And the question is; are we ready? By the grace of God may we hear and heed God's will. Are we listening to and following the Holy Spirit as closely as we can...living a simple, holy, Christ-like life? Through the Bible, Christ reveals His Second Coming when the world will be judged and cleansed. And the Bible reveals how we are to manage through this...we are to endure. However, most of the world, even so-called Christians, continues to ignore the Bible...ignore that Jesus came to warn us about evil and save us from eternal death.

As we have been discussing throughout this book, what we believe reveals our ultimate destiny. And how we treat our body is evidence of what we believe. And the most important belief is who we believe God is? And the most important consideration in life is whether "we have a relationship with God?" As we explore this most important question in life, we come to realize that both New Age and Biblical followers believe the answers reside within us...yet, in very different ways. New Age believes it's seated within our mind, our pineal gland, where Biblical believers know it is within our heart, within the wisdom of the Holy Spirit. Through SPIRITFIT, we have discovered that our consciousness of God is held within our heart...not our mind.

THE WORLD WE ARE IN NOW

As we have discussed, we are living in a world ruled by Satan. He is the prison guard in our mind. He can infuse us with deceit and lies dressed up in “false light.” Proof of this is our witness of our advanced technology and what we have created with AI. Actually, one has to wonder if these are the creations of man or Satan...Satan. How do we know. These developments are leading to nothing but the corruption of our mind, and thus, the contamination of our body...in fact, they are destroying our “humanness.” What we learn through the Bible is true...our mind has been co-opted and contaminated by Satan since the Garden of Eden. It’s clear that no matter how much we try to expand our intellect and consciousness of the “cosmic universe” and try to believe that we came from a “quantum physic event” and that our goal in life is to “evolve back into the cosmos,” we will not be able to save our selves. This is THE LIE Satan convinced us of in the Garden.

YET! We are not lost. Our body knows the truth. Our heart knows our Creator, the one, true, all-knowing, all-powerful, immensely loving God...our heart knows His character and intention. AND THUS! If we practice “embodying” our selves through “holy postures,” we come into our heart and break our connection to Satan and reawaken to God. Our heart shares the sensations, the wisdom, the humility and holiness of the Holy Spirit.

We wake up and realize that we have rejected God’s love and guidance and are following the deceitful, false promises of the “prince of the air,” of Satan, we have become deluded. Our will is aligned with Satan’s will, and thus, much of what we are trying to do, trying to create, that we think is good is proving to be corruptive and destructive to goodness, beauty, and purity of Creation...destructive to who we are; to our bodies, and to the planet.

Embodied, we discover that it’s not the “things and accomplishments” that we attain in life that is our purpose, but rather our only purpose is pleasing God...and in that we experience great “fulfillment.” As we awake to these sensations of truth, we discover that what we have understood about goodness is wrong, a misguided understanding...a clever lie from Satan.

Though many want to deny the signs all around us, it’s clear that “something is happening”...the world as we have known it is crumbling around us. How we are living is unsustainable...physically, mentally, emotionally, and spiritually. And certainly, ecologically. Though many of us refuse to accept this, we are creating an abomination of our body and of the world. We are doing what Satan has convinced us to do, to confront our Creator, disobey God. Can’t we realize by all the destruction around us that what we have chosen to believe and how we have chosen to behave will not lead us to salvation? Can we not see that instead of fulfilling God’s will, we are fulfilling Satan’s? No. We can’t see this...not without the divine intervention of God.

It’s obvious that we shouldn’t have eaten the fruit. AND! It’s obvious we can’t save our selves. So what do we do? It’s apparent that the only thing to do is to stop rejecting the Bible, and look deeply into it to gain understanding. We cannot “lean on our understanding.” Instead, it’s time we become courageous enough to challenge our beliefs about life...about how we were created and who created us and why we were created. It’s time to challenge our self and look deeply at “why we insist on rejecting the goodness and wisdom of God’s word.” We need to stop eating the fruit.

THE ABOMINATION STANDING IN THE HOLY TEMPLE

So when you see standing in the holy place ‘the abomination that causes desolation,’ spoken of through the prophet Daniel (600BC)—let the reader understand. MATTHEW 24:15

So we are facing the End of the Age. We know it’s the end because our world is filled with corruption and confusion...dark and destructive things are happening everywhere and more frequently. It’s apparent that “wickedness” is overtaking our consciousness and that we are falling deeper into “delusion.” It’s clear that we continue to fall for Satan’s strategy and our world has lost all humility and respect for holiness. It seems clear that we might have come to a point of no return.

In biblical terms, it seems we have come to the end of “this phase, this age” of God’s creation. AND THUS! We learn from the Bible that in preparation for the next one, all corruption and evil must be wiped away in order for a new beginning. And what’s interesting is that whether you are a believer in New Age or the Bible, it seems both spiritual perspectives have come to the same conclusion...both the Cosmic Consciousness and God are revealing

the same thing about what needs to happen at this particular time in history, “complete transformation.” New Age thinks it will happen through our minds. The Bible reveals it will only happen through our heart.

As we come to the end of this book, SPIRITFITT wants to once again emphasize just how important it is that we look at our relationship with our body...basically, to wake up to how much we reject the sacredness of our body and understand how this disconnects us from God. It's so important that we wake up and realize that our pursuit in technology to “redesign our body,” with cosmetic surgery, and even “reconstruct” it into a hybrid of human and machine, are destroying our chance to know the Truth. We need to realize that we have become so brainwashed that we are worshipping mind over heart, knowledge over goodness, Satan over God. And Satan has us trying to destroy ourselves.

Artificial Intelligence is becoming our god. And it has us destroying the “true” “Holy Temple of the Spirit of God.” AI is the “abomination standing in the holy place.” Our body is being preyed upon and mutilated...it's being implanted with devices and reconstructed with bionic limbs and organs. It's becoming the “Holy Temple of AI.” Soon our mind, our thoughts and beliefs, will be directly programmed by AI. We will all fall into one world religion, one world economy, and one world government. Only those who have been blessed by the call from God to be born again in Jesus Christ shall survive.

AND! The Bible makes it clear that destruction will come upon mankind when we see the “abomination that makes desolate standing in the temple.” The book of Revelation makes it clear this is a sign of The End....the sign of the horrific times in the last three and a half years of the Great Tribulation. Truth is that mankind is definitely going through the times of sorrows right before the Seven-Year Tribulation begins...yet some believe we have already begun the Tribulation. No one truly knows the answer...and yet, Christ has given us enough information that we know the season.

So there is no doubt that we are facing The Tribulation, God's judgment and wrath, as described in the Bible. And if we stop a moment and think about this, who could blame God for His judgment and wrath. Do we not understand that mankind have always treated the human body, life, abominably and now we are going beyond the tipping point and trying to destroy, deconstruct, and defile “God's most brilliant and beloved Creation?” We are doing Satan's bid and contaminating and corrupting our body. Man did this once before in the Days of Noah and we know how that turned out. This time we are told that God will bring fire instead of flood.

“If anyone destroys God's temple, God will destroy that person; for God's temple is sacred”

1 CORINTHIANS 3:17

So the question is...“are we going to take this Truth, this warning, into our heart and allow it to flow into our mind, into our consciousness, and help us wake up? For those born again, are we going to take this seriously enough to check in and examine our relationship with our body. Are we going to let this motivate us to change our treatment of our body and to kneel down so we begin to feel humble before God, so we our body's holiness? Are we going to lay down so that we feel our ego subdued and our heart filled with Truth. Are we going to rise then and stand strong in our faith in Christ. Are we going to live a holier life and let all attachments to the “things,” to the pleasures and treasures of this world, fall away?

As we let the material slide away we now have more space for the spiritual, for the holy and sacred to fill us up. Those who turn to God, to the Bible, become HOPEFILLED...for the Bible is very clear about God's New Earth and New Heavens to come, and soon. Through the Bible and our body, we begin to realize that there is only one place to put our attention, to place our HOPE...in the one, true God. And SPIRITFITT helps us understand that we can only do that through offering our body holy to God...we can't get close to God through our mind alone. We need to fill our mind with the wisdom and consciousness of the Holy Spirit...who indwells our heart.

Through the Bible and our Body, we discover that the freedom we seek can be found only in our submission to God's plan and purpose. And we need to seek His help in this. Even those reborn of a new will, a holy will, will be tempted and subject to Satan's whiles. We will falter and sin...and thus, need a Savior. The Holy Spirit will help us awaken to our “repentant mind” and face the truth...that we are so arrogant and have lost all humility, and thus, have gotten our selves into a horrible place. We need to begin to take responsibility for the consequences of our selfishness. We need to own that we are capable of doing unconscionable things to our body, to each other, and to the planet. Without owning this, we will never be capable of strengthening the gifts of God that came to us through our transformation when reborn...we will not be able to strengthen our faith.

AND! What we are discovering through SPIRITFITT is that our “body knows.” Our body will guide us in our repentance, in our waking up quickly to our stumble and apologize to God. When we kneel down our re-awakening begins. We begin to feel humility. We then feel our inherent sensation and emotion of “remorse” that washes through us. It brings with it the signal that we are “disconnected” from what is healthy, good, natural, and holy...we are disconnected from the “sacred order” of things, the Law of Creation. In other words, we are disconnected from God’s intention of Holy Love. We are disconnected from God. Yet, God is right here, present and ready to hear our prayer, to receive us to Him as we re-align our will to His.

We need to feel our inherent remorse and repent for sinful behavior, to ask God for forgiveness...to let Him know that we fear Him, revere Him. This is not for God...because He needs to feel worshipped. Worship is for us to feel God. Worship is instigated in us by the Holy Spirit, and thus, we feel God’s holiness within our heart and body. This is the source of God’s gifts of faith in Christ and of love for God...and this is our salvation. We are becoming more holy in our new life...all part of God’s refining fires in preparation for our transformation for resurrection. In this our yearning for God, for a relationship with God becomes fulfilled.

UNTIL THE SECOND COMING OF CHRIST

So now. What are we to do until the Second Coming of Christ?

Our body is our guide. Our body senses the immense suffering in the world and encourages to surrender often to God through faith in Christ by the agency of the Holy Spirit.

We have learned through SPIRITFITT that believers can facilitate “re-experiencing their born again transformation” by practicing the Sequence of Holy Postures. And for others who may not be believers, this sequence is hugely powerful in helping us deal with our stress and anxiety in life. In a nutshell, as recap, these postures help calm our physiology and thus our psychology. And for everyone, this has a spiritual uplifting effect. For believers, we feel our connection to the Divine and feel the comfort inherent in our heart, if we are willing to Kneel Down and pray, if we are willing to Lay Down and submit to God, if we are willing to Stand Strong and allow our consciousness to be filled with the teachings of Christ. As we learned all of these postures calm the heart, that calms our physiology, that calms our psychology...we are relieved physically, mentally, and emotionally...and are spiritually fulfilled. We feel holy.

Then when we rise, we rise refreshed, restored, renewed...physically, mentally, emotionally and spiritually. We stand tall in good posture, we stand strong in the Posture of Christ and our mind is renewed into the Mind of Christ...we remember and commit to our true purpose...*to love our Creator with all that we are and from this, love all others as Christ loves us.* And now we are filled with FAITH and LOVE that gives us the HOPE of our Salvation.

It’s probable that it’s End Days and that God is now bringing upon the earth “His Final Judgment”...God will submit the earth to His wrath in order to cleanse the earth of all evil. Christ will come with His army and sword riding a white horse with the title of “Faithful and True” on His thigh...He will judge the earth for He is King of Kings and Lord of Lords. There will be a great war...and good shall win.

As we face these “intense tribulations,” our strength to endure will come from the wisdom of the Holy Spirit flowing through our hearts...reminding us of all that is to come in the Millennial Reign of Christ when this is all over. Though we may feel some hurt about how intense these times are, the Holy Spirit will remind us that God’s wrath is justified because the truth is that it’s obviously taking this much suffering to wake us up...looked at more objectively, God desires that we experience this so we comprehend more fully what’s at stake. We are not simply talking about becoming more conscious of what is good in terms of human and worldly definitions. We are talking about becoming profoundly evolved so that we fully comprehend the immense power that is the “goodness of God.

For this God wants us to experience the horrific power of what is evil...and especially the evil within each of us that has been there for millennia. In the depth of the suffering we experience from our arrogance and pride, we “break down,” our old self becomes crucified, and our pure self is laid bare. As Christ was in the Tomb, we too are transformed from our earthly body to our heavenly body...in preparation for the day of our resurrection.

WATCH, WARN, WORSHIP, and WAIT eagerly.

SO! What do we do until Christ comes? By the grace of God, the Bible tells us all we need to know. The Bible has made it very clear that if we want to participate in what is after this lifetime, if we want to participate in the New Earth and New Heavens then we are to WATCH, WARN, WORSHIP, and WAIT eagerly, for Christ to come.

And, this is where our faith as Christians comes in. The Bible helps us understand that this is our time to step up and stand strong for Christ, to truly be part of His “great commission”...which means we are to be of the Posture and Mind of Christ. The Bible helps us understand that as we stand strong in faith, our light will help reveal the path of Salvation to others. This is our “mission in the end days” and SPIRITFITT helps us with the “fitness” to do it...to become physically, mentally, spiritually strong enough to do this. Our body is our guide as we navigate the “last days.”

In other words, we need to get out of our mind and into our body... we need to KNEEL DOWN, LAY DOWN, and STAND STRONG. Having humbled and submitted ourselves, our body, heart, and mind, to the truth of who we are, God’s most beloved creation, and praying to Him for guidance, we are filled with the Holy Spirit. And then when we rise, we stand strong in faith in Christ. We now have the strength to go out and spread the Gospel, the Good News of Jesus Christ and of the salvation that is coming to us through these end days.

We learn from Christ in His discourse to the disciples on the Mount of Olives that we need to “WATCH” for the signs that the end is near...we are to be witness to this, not ignore it. We are specifically to “watch” that we are not deceived...we must not allow ourselves to fall under Satan’s delusions. And this will be very challenging because Satan is fully aware of the time we are in...of the fate that he is facing. He is clearly becoming more cunning in his ways to trap those who believe. Being the great deceiver Satan is, he has deceived himself into thinking he can dominate, he can conquer Jesus Christ.

And till our Lord comes, we are to WARN others so that they don’t miss the signs, so that they are not deceived ...so that we can all prepare. We need to be alert and vigilant to the fact that Satan is doing all he can now to get us to reject God and to keep us worshipping him. And as we are learning through SPIRITFITT, this means we need to ignore our mind, our Ego, and honor our heart...Satan has such a strong grasp on our consciousness. To break Satan’s hold, the “sequence of three holy postures” is perfect.

Standing Strong in our renewed body, heart, and mind, we will see through the dark delusion all around us. We will become particularly aware that Satan has picked the most cunning strategy to pull us away from God...getting us to deny the Truth and power the Bible. Disconnected from the Bible, Satan knows that we will lose any knowing of the True God. Without the Bible, Satan knows that we will lose any moral code, and make up morality as we go along...essentially adopting Satan’s morality. Without knowing the wisdom of the Bible, we will be willing to defile Creation, to use and manipulate our body as we want, worshipping the idea that our goal is to “raise our consciousness” and evolve into gods.

Said another way, Satan has us believing that we can make our body and the planet better than God did...that we can create our own Eden-like New Earth. We have begun to worship AI...we have stepped completely out of reality and into the virtual, into allusion. We have given into utter amazement and “awe” of AGI, and thus, will allow it to re-write the Bible. And at that point, the world will lose any sacred scripture that reveals the Truth about our existence. We will be truly lost. We need to be awake to how huge what’s at stake in these times.

In other words, we need to warn others about the “apostasy” that is happening to the Bible. We need to warn others that churches and pastors are now suspect. Apostasy is happening all over the world. And the Bible has been co-opted by millions who are now re-writing it for their own agenda...and using AI to do this. We need to warn others about the “lies” in new-age teachings and religious catechisms that twist the Truth of the Bible, that use Christ’s name yet know nothing about the true Christ. We need to warn about the falsehoods that are being expounded upon all over the world about the One, True Creator. We need to encourage everyone to read the Bible and make up their own minds rather than listening to what we or others claim the Bible is teaching.

It’s so interesting to note that the whole world is arguing over the Bible, some claiming it’s myth, or parable, or symbolic when they’ve never read it. If it isn’t the Truth, then why are we at war over it? Why are so many trying to shape it so that they can claim parts of the Bible as their “sacred scripture?” Why don’t they just write their own

sacred text from scratch? And why have other sacred scriptures taken from the Bible and though not believing Christ is God still mentioning Christ. This apostasy has been going on for centuries.

For example, the Quran has adopted much of the story of Christ around Muhammed. That would be easy to do since it was written 500-600 years after the Gospels. We see the New Age community writing the Aquarian Gospel of Jesus The Christ. We see the Gay community writing the Homosexual Bible. And feminists, The Woman's Bible. It appears that all of these literally take the existing Bible and alter it so they can feel that they are blessed by God and are "spiritual" people...knowing full well that the Bible is true yet still feeling arrogant enough to make it serve them rather than God.

Further, so much of the world knows Christ is real and that He came to reveal His love for us. They want to feel that Christ is a part of their lives, yet, they are more attached to their desires and will than the desires and will of God. Rather than accepting Truth and following God's morality, they are intent on making the Bible their story, and morality of their own decision, their "truth." So they are re-writing who Christ is. **AND MOST CONCERNING!** Is that the "re-write" is ignoring what He did for us on The Cross and through His Resurrection. Which makes sense because it's clear that the "new-age, the modern" re-writes of the Bible have nothing about sinfulness and repentance in them.

And what's clearly evident is that by ignoring the "true" Christ, we are ignoring the connection between our body and the "body of Christ." We are ignoring what Christ's human torture and death revealed to us about the sacredness of "life," about our own body, God's gift to us. We are ignoring that Christ came to warn us about how Satan was on the earth and corrupting us with evil. We are ignoring that Christ redeemed us from our sinfulness through the sacrificial death of His human body. And we are ignoring the transformation of Christ's body and the promise then that this reveals the transformation of our body...of our Salvation.

It's obvious that mankind is lost and confused without the "authority" of God. As a result of our rebelliousness, we have lost all goodness, all morality, all conscience. We have become so pagan that we pursue abortion, homosexuality, transgender, and even, trans-humanism and can't see that they are corrupting who we are and killing "life." They destroy our "humanness"...any humility and morality we may have. **AND!** These perspectives are being indoctrinated and normalized in the Christian Church.

We need to help others understand that Satan's greatest success is getting the world to forget about our Lord and Savior, Jesus Christ. We need to **WARN** others that we are heading into the Tribulation...when we will be judged and our eternal life ordained. Are we in the right relationship with God? This is Christ's key message.

Jesus came to help us know how to be in a good relationship with God. He wants us to understand that if we don't repent, meaning wake up to evil and ask the Holy Spirit for help to direct our belief and behavior away from sin, we will be lost...and we will experience the events of God's final judgment and His wrath. Christ wants us to know that the time of Tribulation that is coming soon will be our last chance to be spared from the Lake of Fire. **Wow!**

NOW! Though many want to disregard these words right now and go on with their life as usual...what if this is all true? Is not giving up our Ego, our vices, our attachments to worldly things worth it? For sure that sounds scary, and to some it is unfair. But is it fair for us to question our Creator and His desires and will. We need to realize that God's "wrath" is justified because throughout all generations we have been "rebellious"...we have been defiant against the laws of Nature and we degrade the laws of Humanity. We only need to look at how we are living and treating each other to see just how evil mankind has become. And, our Ego, our arrogance, has become so "solidified" that it's taking this amount of "suffering and destruction" to break it down. If we aren't brought to our knees and transformed, we won't be part of the New Earth.

And what's rather interesting is if we pause a moment and get out of our egoistic perspective and this desire to want to argue that God should be more merciful, and look at it simply from scientific, medical/health, physiological, psychological, and ecological perspectives...it all makes sense. Sin destroys all that is good. And God's wrath can be viewed as not so much judgment as simply what needs to be done. All that is sinful is evil and it needs to be destroyed...Satan needs to be destroyed. And man can't do it for man worships him. And thus, we see the true meaning of the phrase that "we are sinners in need of a Savior." Only Christ can destroy all that is Satan and return the hearts and bodies of mankind back to its original goodness.

Those who believe in the Bible need to **WORSHIP**. We need to pray and submit to God's will and intention. It's not so much that we are to pray for God to stay His Wrath for that's up to Him..."Thy Will Be Done on Earth." God's timing is out of our control. In fact, we are to seek Christ's Second Coming. And we are to pray in Jesus Name,

thanking God for His grace and blessing of our salvation. We are to revere, to “worship,” God as our Creator and have full trust in His divine providence, in His decisions and will...we are to submit completely to Him and trust in His promises of our salvation, that He is working out all things for our good.

FINALLY, as it becomes more apparent that the End Times have begun, the Bible reveals we are to “wait eagerly.” Meaning, we are to be so expectant that each day we turn our attention to what we are guided to do in these final pages of Revelation. We are to Stand Strong in our faith, to put on the “Armor of God.” We are to stand strong so the light of Christ may shine through us so others see our belief in the “divine truth” of God’s existence and in His immense love for us.

We need to stand strong in our faith in God’s promise of salvation. We need to stand strong in “eagerness” for Christ to come and fulfill His promise that we will soon be with Him in a New World. We need to stand firm in our faith in Christ...in the faith that God loves us so much that He came to earth incarnated as Jesus Christ so we would know Him intimately. And in the faith that Christ is coming again soon to save us from this broken, satanic world.

We need to pray and align ourselves with the truth of the “Blessed Hope” and as we “wait eagerly, we are to “comfort others with these words,” with this prophecy. In our eagerness, we are to help others understand that this time Christ will conquer evil and rid the earth of Satan forever. AND, that Christ will restore our world into His Kingdom...into a world without suffering and sorrow, without death, destruction, disease, and decay.

AS WE WAIT EAGERLY, we are to preach the Gospel and encourage others to read the “Word of God” so they can prove to themselves who God is. AND! As we wait eagerly, we are to keep our eyes on the clouds and our ears toward the winds...for with a loud trumpet blast our Savior will come in the clouds. And in the blink of an eye, we will be “caught” up into the clouds to be with Him. Are we ready...for it could be tonight?

Those who believe in Christ, need to help chaperoning in this final phase of the “age of man” and stand firm against evil. In these End Days, we are to strengthen our faith...to go to the next level of maturity in our relationship with our Creator. We are to become fully responsible and accountable for the opportunity we have been given as a creation of God. We are to behave in healthy, holy ways. We are to serve and love one another. We are to spread the good news and comfort others with the Truth of God.

ARE WE READY?

THE FITNESS PRESCRIPTION UNTIL JESUS COMES--SPIRITFIT

As believers, we are responsible disciples of Christ’s ...part of His great commission. And we are to follow His Great Command. We are to love God with all that we are, and only God, no false idols. And we are to love all others, as Christ loves us.

We are to:

Be in the Posture and of the Mind of Christ

KNEEL DOWN in humility before God.

LAY DOWN in submission to God’s will.

STAND STRONG in the Word of God.

And Walk forward in faith in Jesus Christ.

And practice “heartfulness” meditation and prayer each day.

As we walk throughout our day we are to breathe fully and allow the sensations of your calm heart and healthy physiology flow through us and keep us focused on Christ. Feel the light of God shine upon your face. Let your heart, the wisdom of the Holy Spirit inform you of the Life and love of Christ and remember God’s intention...for us to be with Him in Heaven in Holy Union. Stand Strong and Walk Tall into the world in “humble confidence” that you are a beloved child of our Creator God and He is coming soon to dispel this world of all darkness and evil. And share this “good news” with all you meet.

SPIRITFITT'S CONCLUSION

SPIRITFITT discusses our relationship with our body to help others focus on how important this is to our quality of life...especially, the quality of our spiritual life. Also, SPIRITFITT is focused on warning mankind of the danger we are in given our lack of faith in God through Jesus Christ and man's belief that we can become "like God," we can become gods...that our body is ours to do with as we please. It's not and we are doing some very unconscionable things to the human body.

SPIRITFITT's unique offering is that it helps people realize that our body's energy, its physiology, directly influences our psychology. And though we might think that our spiritual insights and wisdom come from the consciousness and beliefs we hold in our mind, we discover that it is our body, not our mind, that knows Spiritual Truth. Our heart is control-central of both our physical and spiritual lifeblood. And we discover through this program that our body, our heart, knows only health and holiness...humility before the true Creator. We learn about the brilliant, divine design of our human body, about the body-heart-mind connection...that our heart and body inform our mind of divine truth. Yet, if we are not paying attention, if we are disconnected from our body through an unhealthy relationship with it, we can't hear it's wisdom.

Through this program, we realize that our mind should be held very suspect for what it tries to tell us is true...it's greatly affected by the energy of the culture around us which is filled with all kinds of deceit and lies. As one practices the postures and techniques in Spirit, we experience the wisdom of our body to help inform us of what is true and what is false. And the most important belief that one should consider heartfully is what man believes about Creation and about our Creator...what do we believe about God. Our mind has been abducted and co-opted by Satan to believe that science tells us the truth about Creation, and thus, about who we are...that we came from a Big Bang and thus ultimately from the seas of the earth. And that this set us on a journey of "evolution"...that we are fully responsible for who we become. Our heart tells us a completely different truth...that we came from a highly conscious, extremely creative, intentional, personal, and loving Supreme Creator, God of the Bible. How do we know which is true? Our Body knows.

Our body knows God. SPIRITFITT invites us to experience how our body knows God. In biblical terms, we learn that our body is the Holy Temple of the Spirit of God. And through SPIRITFITT, we can experience the truth of this in our own heart. Our body knows the Holy Trinity—God the Father, God the Son-Jesus Christ, God the Holy Spirit. And we note that God the Father is in Heaven, and Jesus Christ is God in human form, and the Holy Spirit is God indwelling our human heart. In other words, God came into His Creation, came to earth to become known to us...how incredibly brilliant. Therefore, it's easy to understand how our body knows God. God became one of us, so that we could "relate" to Him personally. And as Christ, God revealed to us His intention for Creation and for our lives. God is forging an intimate, personal, loving relationship with us...refining us through the tests and challenges of life into highly conscious, holy, divine beings capable of knowing the one, true, supreme Creator, the one who is sovereign over all things, God of the Bible.

As we navigate through SPIRIFITT and experience it's truths, we come to the discussion about how we became disengaged, estranged, from our body. And we learned about the truth of Satan...he exists and has immense power to influence the minds of mankind. He deceived Adam and Eve and got them to disobey God...go against the natural, healthy, and good life they had with God. He got them to eat the fruit of the Tree of Knowledge of Good and Evil. Now corrupted in mind and contaminated in body, Satan got Adam and Eve to doubt God and to believe they could become God-like...did they really want too? Through his deceit, Satan got mankind to believe THE LIE that we have free will...that we can decide our own morality and thus our own destiny on earth and in eternity. Since then, man has been born with a sinful will, a desire only for sinfulness, evil...completely incapable of choosing good.

However, as mentioned, we also learn from the Bible and from the many who have been born again that all is not lost. We learn that God had predetermined a "salvation plan"...a plan to prosper us, a plan for our good, a plan to remove our sinful will, our heart of stone, and replace it with a holy will indwelled in our heart of flesh. And through the Bible and all the history books, we saw God's Salvation Plan fulfilled...God incarnated as a human being, as Jesus Christ so He would become known to us. And as Christ, Christ saved us from the evil one, from Satan, by paying the immense sacrificial price so that man was redeemed with our Creator...in other words, we

became justified, restored, our bodies and minds reconciled with God so that one day we could be with God in Heaven.

We see the truth of this through Christ's resurrection. As Christ was risen from the dead into heaven, when called by God and reborn, we too are being raised up from a sinful life in worship to Satan's will and reborn into our holy life with God. And once born again, we are blessed by the grace of God to awaken and see that Christ is God...and we receive the gift of faith in Christ and become indwelt by the Holy Spirit.

As we discussed, we learn from Christ that man needs to be "born again" in order to be able to enter the Kingdom of Heaven...this seals the transformation that happened through Christ in our own hearts and bodies, in our own lives. We learn that many in the world are predestined by God for rebirth. Through a restoration and renewal of rebirth, of birth into Spirit...God blesses those reborn with the gift of faith in Christ and imbues our hearts with the Holy Spirit. As a result, our body becomes the Holy Temple of God on earth. Our body now empathetically knows Christ's human body and our heart informs our mind of the wisdom of the Holy Spirit, the Spirit of Christ. The Holy Spirit becomes our guide, counselor, and protector against the schemes of Satan as we walk through the rest of our life toward our promised resurrection by Christ into Heaven...where He is.

And thus, our relationship with our body is extremely important. And even if one is not a believer in Jesus Christ and the Bible, it's important for everyone to realize that a respectful relationship with our body is critical for good physical, mental, and spiritual health...we should all regard our body as a most brilliant and beloved creation. Yet, the Truth is that we have a problem...we have a very weak, pretty estranged, relationship with our body.

SPIRITFITT has designed this "fitness posture" program to help us connect with and strengthen our relationship with our body...and thus, begin to awaken to our connection with the spiritual, with the Divine. The unique focus of the programs is to help us realize how powerful our physiology shapes our psychology and how this shapes our spirituality...and then learn simple yet profound ways to support healthy physiology. Put simply, healthy physiology inherently activates holy, spiritual consciousness. In the program, we place our body in healthy, holy postures and experience how these calm our physiology...and we experience that calming our body calms our mind. Holy postures help our heart find its calm, smooth rhythm which helps our physiology to flow in healthy ways that boost our immune system. Our body is calm and we feel mentally and emotionally calm...with slow, smooth breathing we begin to feel connected to the Divine. We experience that we are a part of the spiritual world around us and in the realm above us. For those born again, it's "re-experiencing" feeling humbled before God and awakening to the knowing that we are a beloved child of God.

Focusing on this soothing sensation flowing from our heart, we begin to realize it feels holy...in biblical terms, we know this is the Holy Spirit. And it dawns on us that it's our body that reveals holiness to us, not our minds. And to help us experience this, SPIRITFITT designed the Sequence of Three Holy Postures...we feel humbled when "kneeling down," surrendered and submitted when "laying down," and humbly confident, strong, in faith in Jesus Christ when "standing strong." Put these together, and one feels calm and holy, "humbly confident." And one always feels inspired to pray...wanting to be close to God we are prompted by the Holy Spirit to talk with God. Put simply, SPIRITFITT helps us realize how the "fitness and alignment of our body" shapes the "fitness and alignment of our spiritual self"...spiritfit.

Through this program, SPIRITFITT helps us understand that if we keep our attention on our body and heart, rather than on the world, we will connect with the inherent sensations of "goodness, love, justice, generosity, compassion, holiness, and peace"...we literally feel them. These are the qualities of our "inherent moral authority," the "fruit of the Holy Spirit," the virtues of the character of God. We gain perspective, we gain "self-control," feeling empowered to reject the "fruit of the Tree of Knowledge"...are capable of resisting the "lust of our Ego," the temptations of Satan. We gain the hope and faith that keeps us calm—believing that C-Christ, A-Always, L-loves, M-Me—C.A.L.M.

Put in a few words, SPIRITFITT offers us the understanding that our Salvation, our freedom from suffering and the "evil one", is not found within our mind yet within our body and heart...meaning it is found only in our consciousness and belief in God through our faith in Jesus Christ. And given that this Truth is revealed in the Bible, which means THE LIE of Satan is exposed, it's important that along with cultivating a healthy relationship with our body, we need to cultivate a relationship with God's word.

Through SPIRIFITT, we begin to experience all this happening in our consciousness. When we KNEEL DOWN, LAY DOWN, and STAND STRONG we are transforming into the Posture and Mind of Christ and begin our walk back to

God...being sanctified for our Salvation. We feel Christ's humility and obedience to God and realize that this, and this only, is our purpose in life as well And we realize that this, and only this, is our armor, our defense against Satan.

Truth is that our body is evidence that God, God of the Bible, exists...one can't ignore our body's divine design and how it depends upon the earth and universe for life and sustenance. One can't look at our body, and all of Creation, and think "it all just happened." There is no one on earth who can deny that all that's been created is astounding and miraculous, and thus, admit that it had to have been created by a supremely intelligent, highly creative, very intentional, and immensely personal Supreme Being. And the only text in all the world that reveals who this is, who God is...the Bible. And the truth is that our body knows the Bible...we feel resonance with it each time we read and study.

As we read about the character and authority of God we feel every word of it in our heart and body, and through this we awaken to God's intention for Creation and for us, His most brilliant and beloved creation. God wants a relationship with us...without a doubt. And we learn from the Bible as part of God's plan for man's journey on earth involves the "refining fires of suffering" so that we become spiritually evolved...experiencing evil we better comprehend the goodness of God. We better understand the Truth of God's "absolute sovereignty" that God predetermined and predestined all of Creation for His plan and purpose, not ours. And the Bible makes clear that His sovereign will shall not be thwarted. THE LIE that man has "free will," the power of self-salvation, is not true

Born again, we realize the "absolute sovereignty" of God...that He is the one, true Creator and that He predestined and predetermined all things...including us and everyday in our lives. We see that God ordained and is controlling all that Satan did and is doing in our world, in our lives. And we understand God's plan to refine us into "the image of Him"...to be holy and divine.

As we go through the SPIRITFITT sequence, Kneeling Down in humility, we are motivated to pray to God for his help and guidance. Laying Down in surrender and submission to God's will, we find the rest and restoration that is our "divine gift." Our Ego is dismissed and our mind is renewed. Standing Strong in confidence in faith in Jesus Christ, we remember the "good news" of Christ's gift to us two thousand years ago, our redemption with God, and we focus on the "blessed hope" of Christ's second coming...and we are inspired to share this with the world.

If we choose to KNEEL DOWN, LAY DOWN, and STAND STRONG "regularly," OUR BODY will reveal all we need to know. By the power and glory of God's miraculous design, our body helps us awaken to the truth of God and of His Creation. Our body is His Temple. OUR BODY HOLDS "TRUE" HOPE...that found in Love for God through our faith in Christ. We need to honor God by honoring our body.

Christ is coming again and this time He will cleanse the earth of all evil and we will dwell with Him in a beautiful, restored world free of suffering and death. Christ will reign in glory on Earth and we will be His royal priesthood.

TITUS 2:11-15

For the grace of God has appeared that offers salvation to all people. ¹² It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, ¹³ while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, ¹⁴ who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

And as postscript to this summary, SPIRITFITT has endeavored to also warn us all about the huge economy that is growing exponentially involving technology that is confronting, and essentially, assaulting the human body. And the warning in this book is that by changing and manipulating the human body and human life will only lead to the downfall of humanity, of all that is good and holy. The greatest deception by Satan in the Garden is THE LIE that we can be like gods, that we can become gods and create our bodies, our world, and the planet and universe any way we want. And the most concerning technology is AI.

And as part of this warning, is a warning against New Age Spiritualism and practice. It has been the undergirding of much of society and governance for years promoting THE LIE...without anyone realizing it. We spoke of how it infiltrated the UN. Yet now, what is most concerning is that it has become such a normalized experience of US society that it is aggressively infiltrating the Christian faith...many churches offer practices like mindfulness meditation as part of their campus offerings while also teaching new age self-help programs from the pulpit. This is the majority of churches...and this has resulted in many pastoral teams syncretizing Gnosticism with Christianity.

The truth of Christ as “the way, the truth, and the life” for salvation is gradually being replaced with essential new age doctrine: “I am” becoming my own way, truth, and life to salvation.

A DEDICATION TO OUR HUMAN BODY

Our Body Is The Most Brilliant and Beloved of all Creation—Evidence of the One, True Creator, God of the Bible.

Our body knows there is a God. Our body’s brilliant design is the evidence of the divine, evidence of an all-powerful, all-knowing, omnipresent, loving God. And God created the universe and the planet and subjected these to us. And it is clear that all God has made is good and beautiful and holy. God is good, beautiful, and holy...God of the Bible.

Our Body Is Conscious.

It’s not our mind that is our consciousness of the divine, of God. Rather, it’s our heart indwelt by the Holy Spirit that knows the intention and character of our Creator. Science has revealed that the healthy physiology activated by our long, slow breath and smooth heart-rhythm is the sensation of the Spirit of God. And we’ve learned that our posture influences the depth of our breath and the rhythm of our heart, influencing our spirituality. When we slouch our physiological functions weaken and our electromagnetic field dulls. The connection between our body, heart, and mind is weak and our body’s light dim. YET! When we stand strong in good posture, the Posture of Christ, our heart emits the Light of Christ.

Our Body Is The Holy Temple, the Vessel of Our Salvation

What we are learning our body is the Holy Temple of the Spirit of God. And thus, if we dismiss the inherent promptings of our heart, we disregard our spiritual nature and are unaware of God. God is not in temples and churches made by man, yet God is in us who He made to be His Temple. We have direct access to God.

Our Body Is Perfect and Beautiful Just the Way It Is

No matter our body’s size, shape, gender, height, weight, ability or affliction, our body is perfect and beautiful. Our body is brilliantly made...a heart and mind in a self-contained body that is alive and moves about on its own. Our body is not separate from us, yet rather is us. Our body, heart, and mind are one person. And our person was made by God. Our body is God’s most beloved Creation...we are His children.

Our Body Is Our Most Important Relationship

God wants an intimate relationship with us and this is through our body. Therefore, we need to realize that our relationship with our body is the most important in our life. Our body holds only love for us. Governed by the “holy” impulses and physiological consciousness of our heart, of the Holy Spirit, our body is inherently inclined only toward health and healing, toward goodness and love. It has no consciousness of arrogance, ego, evil.

Our Body Is The Sanctity Of Life.

Our body was created in all perfection...male and female, God created them. And He saw that all He had created was good. Male and female beings create life and reflect the blessings of God upon mankind...human life which leads to transformation into spiritual life. Life is sacred.

Our Estranged Relationship With Our Body Is Our Suffering.

We are suffering...and it’s because we have lost our inherent, spiritual, moral authority. We are suffering because we have lost all humility, all self-control. We are suffering because we have lost our inherent connection to our

Creator. We have been estranged from our body since the Garden of Eden...since mankind became corrupted by Satan and contaminated with a "sinful will." We see this playing out in man's utter disregard and disrespect for our body.

Our Body Is Christ's Body...Christ's Body Is Our Body, If We Believe.

When God came to earth, He incarnated in a human body as Jesus Christ. We were able to look into the eyes of God. When Christ was tortured and crucified we could feel sensations of empathy within our own body...we know suffering. We could feel some of Christ's and now we know He can feel ours. Those born again, have a strong sensual experience of this. Gazing upon Christ's resurrection, we also have a physical response...our body can detect the transformation and the liberation from this world. We remember that it is through His transformed "earthly body" into a "heavenly body" that Christ was raised from the dead. And in this revelation that is the sensation of faith in Christ, given to us as a gift from God in rebirth, is amazingly profound and awe-inspiring as we become aware of just who we truly are as human beings. God's son and daughter, Christ's brother or sister. And we realize we are destined for Heaven just as Christ was.

Our Body Is Holy

Awakening to the connection of our body with Christ's body, we experience nothing but humility and holiness. God came to earth in human form so that we might know God more intimately and understand His intention for mankind. And more so, God wanted us to see His goodness and feel His holiness...to see Him through the eyes and face of Jesus Christ. And He came because He wanted to warn us about the darkness of the world, of sin, of all that is unholy. And we want us to experience this so that we would thus know the power and glory of God all the more.

Our Body Knows The Bible.

In God's graciousness and goodness, to help us understand ourselves and what is happening in the world and why, He gave us the Bible. We have the "manual and playbook" that help us understand how this all works and all that has and will happen. We are given the laws of nature and society that keep our world and planet healthy...the steps to follow to align ourselves with good and holy beliefs and behaviors...that align us with God's intention and will. We begin to realize that "we are the living word."

Our Body Knows The "End Of The Age" Is Here.

In the Bible, God tells us about the "end of this age of man." Throughout the Old Testament and the New Testament and on into the book of Revelation, God has made it brilliantly clear what is happening, why it is happening" and what soon will happen. And we can see it all happening around us now. Christ instructs us to watch and warn about the deception that is happening about who He is...and to wait eagerly for His Coming.

Our Body Is Our Guide.

Hopefully, many will be inspired by the concepts and techniques in this book and give SPIRITFITT'S Sequence of Three Holy Postures a try. Even one time is very convincing. If it feels so good, it is powerful in reducing stress and boosting your physical and mental resilience. It's extremely powerful in helping us with the love and support of Christ flowing through us and we know we are not alone...and are filled with Truth of our salvation from this dark, broken world to come. This is "blessed hope."

"As I stood there on the Mount of Olives in 2023, where Jesus stood overlooking Jerusalem, and taking this all in, I became inspired by the postures of Christ—Kneeling Down in the Garden of Gethsemane humbled and praying to God; Laying Down in the Tomb and going through transformation; Standing Strong as He came out of the Tomb and resurrected to Heaven. In writing SPIRITFITT, I have been renewed in my rebirth that happened a year and a half before. I was filled with the Spirit of God and I felt inspired to "take a stand"...to stand strong and firm in the "word of God," to stand strong against evil. To stand in the "Posture and Mind of Christ" and share the "good news" with everyone I meet.

AUTHOR'S FINAL COMMENT

I hope SPIRITFITT has inspired you to consider your relationship with your body. Do you treat your body like it's the essence of who you are or do you take it for granted as "just your body"...do you criticize your body wishing it were different or do you appreciate it? Do you know that your body is God's most beloved creation and that He created your body the way He did in order to become known to you, to be part of you? And that He created it completely unique for your particularly unique journey in life...God has a plan. And do you know that God made your body to be His Holy Temple on earth? It's pretty clear our human body is very important to God.

Truth is man does not have a healthy, respectful relationship with our body. And it's been this way since the Garden of Eden. Because of Satan's great deception and evil in the Garden, mankind has believed we can become gods. And thus, we have believed that our body, and the planet as well, are ours to do with as we please. We are even so deluded to believe we can do better than God's original design. This arrogance and pride have separated us from God and our soul is in peril.

As you've read, SPIRITFITT is about how to work with our body so as to affect calm physiology, which we experience calms our psychology and is great for stress management. And then as we worked with the techniques, we discovered how powerful our body and heart are to our self-esteem and to our spirituality...key to our humility and holiness. As we finish here, I just want to take a few moments to make a plea on behalf of our human body, and thus, on behalf of our soul. Though it's been mentioned, it's worth mentioning again...since the beginning man has been doing all he can to defile the human body and it's gotten hugely worse.

The world has a problem...and it's of biblical proportion. Man's estrangement from our body has led man down dark avenues in science and technology...giving us the misconception that we can change our body and the DNA of embryos into "designs" we will like much better. It's obvious that many are dismissing the truth that this is a horrible idea...all because of their vanity and worldly attachments. We are rejecting God's design of His Creation...we are rejecting the divine purpose for which we were created.

Disliking our body, we dislike ourselves, and thus, are unhappy and confused about our lives...and spiritually disconnected. As a result, we are susceptible to the deception of the evil one and living a spiritual death...that began in the Garden of Eden the Bible says 6000 years ago. And we are taking abominable risks with our body. Hmm. It's pretty clear this will not turn out well. In fact, the Bible tells us that our Creator, that God, will not let this ultimately come to it's fruition...as in the Days of Noah it's pretty clear that God will stop this.

SPIRITFITT is the culmination of my revelation over the past 20 years about our relationship with our body and how it influences our relationship with God. This evolved through my degree in exercise physiology and a 30-plus-year career in fitness. SPIRITFITT started out many years ago as a book to help us realize and experience how "fitness influences our psychology"...meaning, fitness conditioning influences our healthy physiology and our healthy physiology directly influences our healthy self-esteem and our outlook on life. SPIRITFITT as you've read focuses particularly on the influence of our postures on our physiology and psyche...the impact is huge. I hope this was clearly impressed throughout the book. And through the years, it became clear that our body and heart influence our spiritual consciousness...I was a student of New Age Spiritualism for 15 years after having grown up Catholic for 30 years, and 4 years ago, I was born again.

Through the years I found myself committing to helping people have more positive relationships with their bodies through their fitness experience. And it ultimately became clear that this happens by understanding how our "body-heart-mind connection" works...and working with it to experience our true, inherent sacred and holy energy. We were all pretty unaware until this program that it is our body and heart that hold the wisdom and goodness about life...not our mind. OUR BODY KNOWS.

So, it looks like we probably are coming to the "end of an age." And we don't have a healthy relationship with our body. We don't view our body as our partner in life, yet rather as our challenge, even our nemesis...we think it stands in the way of who we want to be, how we want to look so others will like us, so we are successful, so we are loved. Yet, we need to understand that because of our estrangement from our body, we are more easily swayed by Satan to walk down paths that completely disregard the "sanctity of life," of our own life and the life of the

innocent. We are walking down paths that are not only defiling our body but confronting God with most grievous sins...abortion, sexual immorality, homosexuality, gender confusion, trans-genderism, bio-engineering, eugenics, trans-humanism, bio-technology/robots, etc. This is not good...this is not the walk toward the gift of salvation.

And what I would also like to point out is that none of the Christian churches are bringing this to light. And thus, people come to worship while still holding onto the rejection of God's most brilliant and beloved creation...our body, ourselves. It's sinful and they are unaware. My hope is that SPIRITFITT may help us awaken to this "disconnect" and perhaps even inspire this discussion from the pulpit.

The hope is that SPIRITFITT gives us ways to shift our connection and judgment of our body. And what's so amazing is that our biggest coach is our body itself. If we are willing to kneel down, our body will reveal that it is far more than organic...that it also is very spiritual. It will help us understand that our spirituality, our connection to God, is not found in our mind, in our knowledge but in our heart...that it is our heart indwelt by the Holy Spirit at rebirth that reveals the blessings from God of FAITH and HOPE. The body of a born again believer in Christ is blessed by God with the sensations of faith in Christ and of love for God...these we cannot do or gain on our own. In our body, we feel the hope of our salvation and the yearning and excitement of being with God in Heaven. We look forward to the "blessed hope" of Christ's return.

I hope SPIRITFITT has inspired you to understand that we strengthen our relationship with God by strengthening our relationship with our body...for our body is the Holy Temple of the Spirit of God. Our body is God's most brilliant and beloved creation. And it is by shifting our body's posture, from slouching to good posture and doing postures that evoke our inherent sensations of humility and holiness that cause our attention, our consciousness, to be centered on God...and we begin to experience the Truth.

AUTOBIOGRAPHY

Raised in Wellesley Massachusetts

Catholic Faith—Nine years in St. Paul's Catholic grade school. Public school-sophomore and senior year

University of Notre Dame—Catholic University. Major—Economics. Minor—German

Northeastern Illinois University—Master's Degree in Exercise Physiology and Cardiac Rehabilitation

Profession:

Corporate Lender at Chicago Illinois International Bank—Two Years

Fitness Executive Management—Thirty + Years

General Manager: Rolling Hills Tennis Club, Bay Area

Executive Manager: Club One Fitness, Bay Area

Executive Manager: Sports Club LA, Boston

Executive Manager: Club Sport, Bay Area

Born Again Christian—Bible-Believing Follower of Jesus Christ—2021

Baptized in the Jordan River, Jerusalem, Israel

BIBLE VERSES

The Importance Of Our Body To God
Our Body As The Holy Temple
Our Body As One With Christ

VERSES ABOUT HOW IMPORTANT OUR BODY IS TO GOD

GENESIS 1:27

So God created mankind in his own image, in the image of God he created them; male and female he created them.

GENESIS 35:11

And God said to him, "I am God Almighty^[a]; be fruitful and increase in number. A nation and a community of nations will come from you, and kings will be among your descendants.

PSALM 139:13-14

For you created my inmost being; you knit me together in my mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

1 CORINTHIANS 6:12

The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. ¹⁴ By his power God raised the Lord from the dead, and he will raise us also. ¹⁵ Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never!

PHILIPPIANS 3:21

who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

1 TIMOTHY 4:8

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

PSALM 100:3

Know that the Lord is God. It is he who made us, and we are his, we are his people, the sheep of his pasture.

MATTHEW 6:22-23

"The eye is the lamp of the body. If your eyes are healthy,^[a] your whole body will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

1 CORINTHIANS 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

VERSES ABOUT OUR BODY AS THE HOLY TEMPLE OF GOD

CORINTHIANS 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

1 CORINTHIANS 3:16-17

"Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple

2 CORINTHIANS 6:16

What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people.

ROMANS 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship

JOHN 2:19-21

Jesus answered them, "Destroy this temple, and in three days I will raise it up."²⁰ The Jews then said, "It has taken forty-six years to build this temple,^[a] and will you raise it up in three days?"²¹ But he was speaking about the temple of his body.

CORINTHIANS 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

BIBLE VERSES ABOUT OUR BODY IS ONE WITH CHRIST

UNION WITH CHRIST

Union with Christ is a core teaching in the Bible. It means a believer is joined closely to Jesus. Christ lives in the believer, and the believer lives in Christ.

GALATIANS 2:20

*I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.
Here are key Bible verses about this union*

ROMAN 6:4

We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

JOHN 15:5

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

1 CORINTHIANS 17

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

1 CORINTHIANS 12:27

Now you are the body of Christ, and each one of you is a part of it.

2 CORINTHIANS 5:17

Therefore, if anyone is in Christ, the new creation has come:^[a] The old has gone, the new is here!

PHILIPPIANS 1:20

I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. ²¹ For to me, to live is Christ and to die is gain.

ROMANS 12:4

For just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we, though many, form one body, and each member belongs to all the others.

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