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Movement

Wherever life exists, on whatever dimension or plane it lives, there are natural laws that ensure a healthy lifestyle can be sustained. These laws generate processes and disciplines that enable physical, mental, emotional and spiritual health to be sustained. They apply to both the human being upon earth and the human spirit living in other planes or dimensions. Their interpretation is adapted to the differing materials of the bodies of life inhabiting the various worlds.

What is health?

Health is the state of living in the best possible way, using all functions without pain. The natural laws of the universes and worlds all life inhabits determine how to achieve good health. The first step is to become aware of these laws and ensure that each day they are followed to the best of your ability.

Let us look at the Law of Movement.

Movement is required for healthy living anywhere, on any realm where life is maintained. In each plane of existence it is the interpretation of what constitutes movement that determines what is required for health. Movement contributes to health. Health contributes to movement. This is relevant to both physical and spiritual worlds. The spirit is travelling. The human being is travelling. The earth is travelling. The universe is travelling. Everything is travelling; reaching and extending towards the light, according to its nature.