

CHURCH SERVICE WITH MAITREYA CHRISTOS

June 23rd, 2019

Subject: Maintaining the four lower bodies

Good day all. The four lower bodies of the soul include the spiritual or identity body, the mental body, the emotional body and the physical 'corporeal' body. And while in our last discourse we talked about not developing an attachment to the physical body, through our efforts to protect it and to keep it safe, we must still maintain the physical body with food and medicines and shelter and the like. For even the

Buddha consumed a grain of rice every day during his period of extreme asceticism – in order to fulfill His spiritual purpose, to develop non-attachment in the physical body. For how can we develop non-attachment in the physical, without the aid and assistance of the physical body? ~ So we must do all we can to maintain the physical body, without fear in our heart, and with a mind of surrender. Here we walk the middle Way of *neither* extreme – of failing to do nothing to maintain the physical body, or of clinging to the physical with a heart of fear. And the same applies to the spiritual body, where we pray for protection and let go of our sense of 'individual' identity, without holding the element of fear in our heart. And the same applies to the mental body, where we hold non-attached thoughts of compassionate peace and not thoughts of fear or hatred or craving. And the same applies to the emotional body, where we hold feelings of love and perfect contentment and not anger or excitement or feelings of fear. Like servicing a vehicle that we drive on the road, we must continue to maintain our four lower bodies, so they perform their function and keep us on track in the Valley of the Shadow of Death. Amen.

And may you all be blessed in our Father's love and grace.