

### **Healthy spirituality is the foundation of a healthy body!**

Could our inner spiritual life have any influence on our health? Are those who feel a deep connection to God more capable of healing, happiness, and sanity? Are there spiritual beings of higher intelligence in this vast universe? If so do they care for us and could they safely reveal truths and guide us towards advanced spiritual living? There is an exciting book that claims to introduce us to this very spiritual family. It is The Urantia Book. It says that on this planet we have a division of angels concerned with advancing the health of the planet.

The Urantia Book discusses a variety of topics from a thorough depiction of the nature of God, the creation of this universe, and the history of our planet. It discusses in great detail the evolution of the God concept on this planet and the formation of our current religious doctrines. It includes figures like Adam and Eve, Melchizedek, and the 12 Apostles. Topics include evolution, genetics, history, astronomy, science, and microbiology, which help us understand how to lead healthier lives. We are electrical-chemical beings and nothing but good can come from our enlightened approach to healthy living, both spiritual and material.

We can access our higher power more readily when we are living a healthy life. The body is the home of the evolving soul. "Religious experience is markedly influenced by physical health, inherited temperament, and social environment." The authors say "It is to the mind of perfect poise, housed in a body of clean habits, stabilized neural energies, and balanced chemical function--when the physical, mental, and spiritual powers are in triune harmony of development--that a maximum of light and truth can be imparted with a minimum of temporal danger or risk to the real welfare of such a being."

The spiritual authors tell us that this book has been given to this planet to uplift our current theological ideas, beliefs, and ideals at a time of difficult transition, when we desperately need it. We are on the "brink of an enthralling epoch of human and social readjustment". They reveal our loving spiritual family, our connection to Divine Source within, and our ultimate destiny as personalities and as a planetary race. The writers are wise, empathetic teachers and speak lovingly to each of our hearts through the Spirit of Truth.

The Urantia Book states that "All physical poisons greatly retard the efforts of the Divine Self to exalt the material mind, while the mental poisons of fear, anger, envy, jealousy, suspicion, and intolerance likewise tremendously interfere with the spiritual progress of the evolving soul." Embracing this holistic viewpoint does much to further our mission to feel truly healthy both inside and out as we move through this world. When we experience a relationship with Our Divine Spirit it serves as a tonic for health, a stimulus for mind, and an unflinching energy for the soul.

An honest and searching mind will discover that there are far too many substantial, true, and original concepts in the Urantia Papers for them to be brushed off as a mystical fabrication. As one applies these teachings to their lives, one realizes a new sense of cosmic perspective, a brilliant adventurous eternal destiny and the realization that he or she is truly a child of God, loved beyond measure. This is invigorating and liberating for the mind and soul. Health attends upon this positive kind of revelation. A new enthusiasm for living attends upon the realization that you really are connected to the universe spiritual family in a profound way.

The book was put into print in 1955. Many reading groups have been formed to study the papers. There is a new group of Urantia Book readers that meet at 6:30 on Thursday night at The Unity Church of Temecula Valley. **41743 Enterprise Cir. No.**, Temecula, CA (951) 541-6343 Everyone is welcome!