

The Body is the Temple of the Soul

How to use this card:

Pass this card around. Each person please state your name and read a small section of the content on The Body is the Temple of the Soul.

Concept 16: The Body is the Temple of the Soul

The spiritual foundation of the Suppers programs is care of the physical body, the primary spiritual act. The life we experience here and now is the one we experience in our physical bodies. The addiction we experience here and now is not possible without a body. The thoughts we're thinking are influenced by the quality of our physical brains. Our spiritual experiences, thinking, attitudes, memories, emotions, joys, and traumas all take place on the terrain of the body and the cells that make it. We all have bodies. And that matters.

Beth's Story: My Body Is the Temple of My Soul

When I started Suppers, I wasn't expecting to have a spiritual experience. I went because my way of eating had gotten me into a lot of trouble. I had dug my way in with a fork and spoon and I needed to dig myself out with the same tools. I had church and a 12-step program to take care of my spiritual needs, so I imagined that the spiritual side of Suppers for me would be about penance. I looked at what wasn't on the menu and knew I would feel sorry for my sins.

I didn't know what to do with the line "Caring for the body is the primary spiritual act because the body is the temple of the soul." I'm not sure I agree with the "primary" part, but I got it that no matter what we're doing, we're doing it from a physical body. I have firsthand information on how illness affects my emotions and relationships and turns my prayers into pleas for help.

It has been challenging for me in my spiritual practice to get quiet enough to hear God's plan for me. Every day I ask for guidance, but there's been so much noise in my head I couldn't hear the answer.

It was a long process acquiring a personal appreciation of how deeply my physical body related to my spiritual experience. As I weaned myself off refined sugars and started eating more fresh food, my anxiety started to go down. I had been praying for years for help with anxiety and depression. I had no idea that part of the problem was my diet. I also learned that managing stress isn't just about getting into quiet meditative states; I also needed to move. A walk along the canal is just perfect for me. It locates me closer to God. Now that I've let go of most sweets, the spiritual difference is crystal clear. I spend more time saying prayers of gratitude than pleading for help.

Continue around the table by briefly sharing how you relate to the Suppers concept The Body is the Temple of the Soul.

How does caring for your physical body affect your thoughts, emotions and/or spiritual experience?

Discussion Prompts (Each person select a prompt that works for you.)

- How do you relate to the concept of the body as the temple of the soul?
- Assuming you agree that good health involves a balance of body, mind, and spirit, how would you describe your balance?
- Describe how the quality of your physical health affects the quality of your emotional experience.

Ideas for Next Steps:

Experiments and Observations

- As you do breakfast experiments to normalize your blood sugar and mood chemistry, also notice how stabilizing your body affects your sense of spiritual connectedness.
- When you do the Breakfast Challenge, do a brief meditation or prayer after each breakfast and note how it affects the stillness of your mind.

Between Meetings:

- Read how other Suppers members related to this concept.
 - For the inspiration behind this concept, read Pete and Dor's Story, page 222 in the 2nd edition of *Logical Miracles* or on the Suppers website.
 - Make a date with a Suppers friend and prepare and eat only food that feeds the body and soul.