



Our Body Is a Temple of the Living God



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HAVE PATIENCE FIRST with self; then look within. For thy body is indeed the temple of the living God, that is within thee. When thou fearest from those things from without, then look within...and there ye shall find comfort and joy and harmony. (815-2)

I have a friend who was looking for a dress a couple of weeks ago. She is a slim, trim size 10 and usually has no difficulty finding clothes in the department stores. This day, however, she found very few dresses in her size. The majority of the dresses were a size zero. She was appalled and said to herself, "Zero means that we think of ourselves as nothing. We've sized ourselves down to nothingness and have become size zero." Apparently this is what the fashion world is looking for and therefore, women are trying to mold themselves into the kind of body that would fit into a size zero dress. This means, literally, starving themselves physically, mentally, and spiritually. They are not feeding their body enough to really support good health. In order to do that, they have to put their energy entirely onto their perceived concept of what they should look like according to what the most popular model is displaying and in the process of doing that, they lose contact with their innermost being. They really don't understand that their body is a temple of a living god and in their effort to make themselves what they are not, they lose themselves and become as nothing.

Of course it is a reality that obesity is a problem in our culture. However, that is the other extreme. We really do need to feed our physical body the amount of food that we need, to do the work that needs to be done. Now in the process of creating this illusion of what a person thinks they should look like we are creating all number of physical problems and actually illnesses. How can we learn to love ourselves if we think of ourselves as nothing? One of the statements from the Edgar Cayce readings that I have treasured is that to be loved one has to be able to love. In other words, we have to be loveable—love able. So if we can't even love who we are and the way we look, we are constantly trying to

change our very nature instead of getting to know who and what we are as an individual.

I have heard it said that when we worry, what we are really doing is praying for what we don't want. So when we worry about what we look like whether it is too fat or too thin, we lose our selves and become nothing. We serve ourselves better doing what Edgar Cayce suggested, which is finding our mental, physical and spiritual Ideal and working towards that so that we can love ourselves and see our bodies as the Temple of the Living God, which is the most awesome, beautiful, amazing creation. When we abuse it by starving it or stuffing it we are truly desiccating, not only our most precious possession, but also God's great gift to us and there isn't anyone else who can take care of it for us. We need help from others, but in the long run we are the ones who are responsible for what we feed our body, mind, and soul, and we need to pay attention to what Cayce said:

Then know that love is law, and that law is that which may bring about the most necessary things in the mental, physical, and spiritual life of a body...The life must be a well-balanced life, not lopsided in any manner, to bring contentment—not necessarily be satisfied, for that is to become stagnant; but to find self in whatever position self occupies, force self to be content but not satisfied, knowing that the applications of the spiritual, mental, and physical laws are but the pattern one of another, and in so setting self in this direction all must be working in coordination and cooperation...that the mental, the physical and the spiritual must be kept and must be fed in the way and manner as to bring contentment, not necessarily satisfaction, or satisfied—for satisfaction is as a grudge, and is breeding contempt of self and of others for self. (349-6) 

—In 1989, Dr. McGarey created The Gladys Taylor McGarey Medical Foundation, dedicated to the advancement of holistic medicine. In 2013, it was renamed The Foundation for Living Medicine, (a nonprofit organization), in order to promote a paradigm shift in medicine from focusing on disease to a new model of embracing life and living.

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