

## **The Body is the Temple of the Holy Spirit**

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Realize that there cannot be a spiritual man who does not recognize and realize and appreciate the Temple of the Holy Spirit. That is, if you would feed the Holy Spirit, give Him as well a temple in which to live. This is the care of the human body, the physical body. This is a form of worship; the taking care of the Temple of the Spirit. The body is a sacred vehicle given to you on this plane to manifest the God-forces in this plane. It is given that you should care for it in a proper and worshipful manner. Now see this in this manner, that the body ever would be kept clean, would be fed properly, would be exercised properly. It is not thine own, it belongs to God, the God-force that would manifest through you. See the self in this manner, and seek to manifest in this manner.

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