

Digestion - Our elimination system is just as important as our intake system

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We are well aware of what happens when we don't eat, and how long we can last if we don't eat, drink or breathe. We can go without eating for weeks and we're still alive. If we don't drink water for three days we're in danger of dying. Breathing, it's a matter of minutes before we lose consciousness and die.

The same applies to letting our waste products out. It's a less popular subject, but we need to poop, pee and breathe out to be healthy and alive. If we don't poop, within a week or two we are in dangerous shape. If our bowel is completely blocked, it is an emergency. If we can't urinate, it's a matter of hours before it becomes an emergency, and it must be unblocked. Also, if our kidneys can't filter waste material from our blood, we are sick within days and can die if it goes on for a week or more. If we can't breathe out the carbon dioxide our body produces, we are in trouble within minutes.

So our elimination system is just as important as our intake system.

The word toxin and detoxification is often used, as these are elements we can't use, however, these same elements are nourishment for our counterpart beings. It becomes a problem when we hold on to them. Plants think our 'bad breath' is fresh air. And plants and beetles rejoice to receive our dung.

Like the physical process of digestion, there is a spiritual one as well. We take in experiences, teachings of various kinds, interactions of all kinds. Some leave us with spiritual indigestion, they sit there like a lump and we can't break it down, can't deal with it. It just sits there and can affect our whole being, our whole life. To be healthy we have to be able to break it down, chew it up, find the part we can use for nourishment and eliminate the rest. It's not a fun process, but boy do I feel better afterwards.

We have a spiritual elimination system as well. We need tears on a regular basis, we need to be able to let go of our negative elements, of course always in the right place. Just as we pee and poop in certain places, for our negative elements we need the right place to let them go where they won't harm others, but actually become useful nourishment.

Blow it out, get it out of our system. It's certainly not fun, but it's so good for us.

Emotional constipation is just as real as physical constipation. One elder sister used that term to describe my condition when I was on MFT, and it made a lot of sense. I was not letting any emotions out, and as a result I was pretty slugged up and not responsive. Just talking everything out with someone I felt safe with gave me such a sense of liberation, a weight off my shoulders.

While the bowel puts waste out directly, the kidneys filter our blood and keep it clean, then mix the waste with water to make our pee. Spiritually, we need a filtration system as well for all the stuff that's circulating within us. The Divine Principle gives us a spiritual filter to sift out fallen nature and separate it from original nature. We need to know what to keep and what to throw out.

We can also use the Divine Principle as a b.s. filter for what we take in, to separate emotion and thinking that takes us down a negative path, and identify emotion and thinking that lifts us up. That's another article.

Ps: the more I learn about myself, the more I'm convinced that our emotional experiences color and guide our thinking. It's certainly true for me.

What do you think?