

## To love your body is to love your mind, to love your mind is to love God

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This quote from Aboji that I recently read during Hoon Dok Hae, made me really think: "To love your body is to love your mind, to love your mind is to love God".



Usually we heard True Father always emphasized that we must be stern in regard of our body. Which of course is directed towards the simple fact that at no time our body should control our mind. Because it would constitute the reversal of dominion of mind and body unity.

However on the other hand as Jesus said our body is a "Holy Temple of God", hence truly sacred. In this sense it is quite important to love our body, centered on God.

Actually Aboji's quote to love our body is to love our mind and to love our mind is to love God, is rather very profound. It signifies the restoration of our True Self, which means the inner and outer Self.

As my husband is traveling for a week, I find myself in a situation, to just take care of myself. Usually I don't like to cook for myself.

However thinking of Aboji's words I thought to really, try to prepare very nice meals for myself, And it was an obvious uplifting experience for my whole being. By nurturing both our body and soul (mind) we become stronger, and more ready to fulfill our responsibilities.

I strongly believe that by taking care of our self in a True way, we will discover that in deed our body is a Holy Temple of God. Just like our whole being. As we strengthen our Inner and Outer Self, we dwell within harmony and can spread this Harmony around us and to others. "Aju"