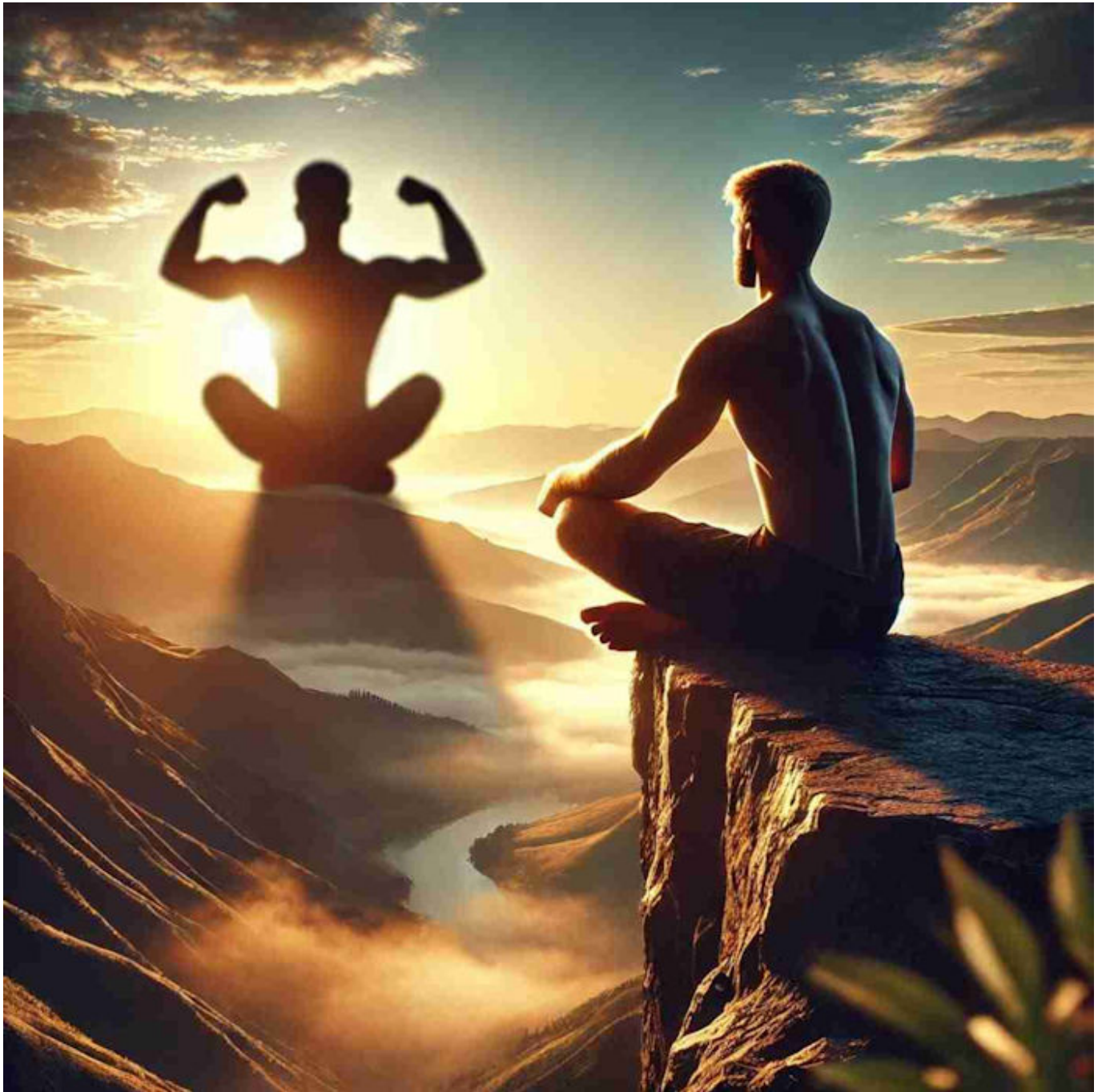


Rejoice in Your Strength



“Rejoice, O man, in your body strength and cleanliness, and be not ashamed of your nature. Live in peace and contentment, for cakes of flour and water eaten with a contented heart serve the body better than fine meats eaten with strife and enmity.

“Do not accustom yourself to lying in bed, while the dawn is

breaking in beauty, for no man is wholesome unless he has knowledge of the dawn.

“Remember that the call of the food table exceeds the needs of

the body.

“Do not weary yourself concerning the affairs of the day, nor be over anxious about your household and estate. Things happen; disaster or power come according to the dispensations of God. Follow your inclinations, and if your plans go awry, continue in peace. Do your best, and be content

that you can do no more.

“Let your heart be quiet within your body, and your body will not be unhealthy. It is the guest chamber of the soul; let the soul not abide in squalor.

“God ordained the Law and laws, which govern the conduct of man and laws, which govern the ways of nature. Unnatural deeds bring

unnatural afflictions in their train, and unnatural thoughts precede unnatural

ills.”

The Kolbrin Bible (MPR:17:13-18)

Rejoice in Your Strength and Cleanliness

It is true that we should rejoice in our strength. This doesn't mean being muscular, although that is a good thing as well. It means strength in making wise decisions and avoiding temptation. As for cleanliness, this refers to internal cleanliness rather than external.

Live in Peace

It is important to live in peace. The quote implies that it means peace with yourself and your condition rather than the opposite of war, although both types of peace are important. It is true that your food will digest better when you are contented, even food as simple as bread and water.

Up at Dawn

The quote says we should not be lying in bed when the sun is rising. We in Cosolargy know this is true. You cannot do solar techniques if you don't get up for sunrise. It is recommended that you do techniques within one hour after sunrise. The only exception being when you do your sun-gazing at sunset. We do need knowledge of the dawn, as the quote says. Mainly, knowledge of the spiritual side of the sun.

Call of Food

The quote says that the call of the food table exceeds the needs of the body. This means that we should not overeat. It also means that we should not eat the wrong things. That means we shouldn't eat red meat such as beef and pork. It is fine to eat fowl and fish, but if you choose to be a vegetarian, that is even better. We should also avoid junk food and overly processed food.

Do Your Best

Both in physical and spiritual endeavors, it is important that we do our best. This does not mean that we need to be better than others, but we do need to continually improve, especially in spiritual development.

Let Your Heart Be Quiet

This means that we should avoid such things as anger and jealousy. If we don't like a persons behavior, we can be upset with the behavior without being angry with the person. We

should also understand that jealousy harms us, not the other person.

God Ordained the Law

I have covered this subject before. There are three levels of law: God's, natures, and Mans. We must understand that God's law is above all other law. Man should not make laws that oppose those of God or nature. Unfortunately, many of Man's laws do oppose God's or natures, but that is starting to change as we are learning the folly of believing we are above the laws of God or nature.