

Cleanliness

is next to

Godliness

AN INTRODUCTION TO SPIRITUAL HYGIENE

Rosemary Morgan

THAT VICTORIAN PRECEPT “cleanliness is next to godliness” was still quoted in my family when I was a child. I agreed: anyone who washed thoroughly in the winter when the bathroom was freezing had to be very holy. Now I see a deeper truth: that purifying ourselves on every level is an integral part of our spiritual journey as we travel not through space or time but through the constraints and blockages of all our illusions towards the realisation of our own divinity and inter-connectedness.

One of the most dangerous of these illusions is that if we are spiritual we don't need to bother about anything else. Taken to extremes this produces the megalomaniac guru who believes he is doing the highest spiritual work but who is in fact overshadowed by all the evil that he has attracted to himself by his failure to purify himself.

The national healing organisations have been aware for some time that the average working life of a healer is quite short, and that healers have a higher incidence of heart attacks than normal. Why? Because most healers have not been taught how to take care of themselves. Healing energy cannot flow freely through a body that is full of toxins and emotional and mental resistances, so it goes where it can, thus placing an unnecessary strain on individual organs in the body.

So what can we do? The planet is awash with pollution, electro-magnetic disturbance and negative thought forms, but don't despair, the cavalry is on its way in the form of new energies, even if their first effect is bringing unfinished

business to the surface. We can make a start with our immediate environment, making it a support rather than a handicap.

Spring clean the house, throw out everything you will never use, wear or read again, open the windows and let fresh air blow through. Paint the walls in uplifting colours. Check the house for geopathic stress*; research in Austria and Germany has shown a high correlation between geopathic stress and chronic illness, notably cancer. If you work in an office, be aware of sick building syndrome and make sure your management is also aware of the cumulative effect of fluorescent lighting, low frequency radiation and sealed windows. Get out into a park at lunchtime. Put a cactus between you and your computer screen. Don't come home and flop in front of a television screen!

Take care of your body as if it were your car and you knew it had to last you for life. Your body is the chemical factory for your growth. Unprocessed organic food, pure water, vitamin and mineral supplements, deep breathing, exercise and improving muscle tone, and relaxation and fun are all invaluable. Many of the chronic diseases of old age can be avoided or alleviated by a healthy regime, no matter what your age when you begin.

We all have a lot to deal with emotionally — even if we deny it! — and probably need help at some stage from a counsellor who accepts the existence of the invisible world, someone trained in psychosynthesis for instance. Or try a heart awakening session. We may be loth to seek help unless our life is falling apart — a spiritual

**Geopathic stress is energy that seeps through the Earth's crust and follows the lines of least resistance. It is part of Universal Energy, neither good nor bad, but can be disturbed by underground water and construction work, thus creating imbalance.*

emergency — but any unresolved issues will not only influence our thoughts and actions from the unconscious, they provide “hooks” for other people to upset us or to which negative energies can attach themselves.

We may pride ourselves on our independent thinking and right outlook, failing totally to see that we are the product of the society in which we were born, of our parents, teachers and friends, the books and newspapers we have read, the television, radio and advertising, and our own unconscious processes. If you are reading this you have probably already discarded a vast amount of this excess baggage, but you may still be harbouring negative thoughts unawares, seeing certain world problems as insoluble or placing limits on your own potential. Let go of judgement — the most divisive and separative of thoughts — and be careful then not to judge those who haven't. . . .

Spiritually we need to pray, meditate, connect to the light, give thanks and love God. You know this. Connecting to the light when we wake up and before we fall asleep is very important, not only for our spiritual growth but also for our protection. There are many ways of doing this — choose one and do it regularly.

Please consider, do you really love God? Or is God, the One, the Source, the ‘I Am’ still out there somewhere? If so there may be a parental or authority figure issue in our lives we haven't dealt with. Meanwhile let us start by finding something to love in every person we meet. As we recognise the divinity in each one, realisation of God's love begins to grow and we can open our hearts to Him and to pure joy.

Thus we cleanse and purify ourselves and our environment, but what about the people we live with? We may be feeling fine, then a partner or child comes home trailing clouds of exasperation, anxiety or bad temper and we are overwhelmed, our mood has changed and we feel drained.

If the other person is open to the suggestion, you could ask him or her to let go of the negativity consciously — asking for it to be taken away and transmuted — before entering the house. If not, you will have to take protective measures: light a candle, play sacred or classical music, put calming cleansing oils in a diffuser,

stand bowls of water around. Especially you can visualise the house full of light. Use blue to calm and green to hold your space. Wrap yourself closely in bands of brilliant white light, leaving a little gap above your head.

If things are difficult visualise a thick piece of plate glass between you and the other person. You can ask your Higher Self to communicate with the other person's Higher Self. You don't have to take on negativity which is not yours. Withdraw temporarily — nicely, without blame or judgment. With a little practice these methods do help. If they don't work in a particular situation it may indicate that an issue of your own needs attention.

Our aura is our protective field, hence the great importance of regularly strengthening it and keeping it clean and clear. One good exercise for doing this is Lilla Bek's cleansing breath in which you breathe up the back of the body from the feet to the head and down the front seven times, each breath sweeping a little further from the body. Then repeat, imagining the breath moving up the right-hand side of the body and down the left in the same way. On the out-breath, let go of tension, stress and toxins. Repeat, visualising the colours of the rainbow, starting with red next to the body.

We are not immune just because we are on a spiritual journey. Once we are illumined and radiating the light constantly we are safe, but we would be foolish to imagine we have reached that stage yet. When we first “wake up” we become open and very vulnerable, picking up the negativity from others like psychic vacuum cleaners and wondering why we feel terrible.

This is the time to take the utmost care of ourselves, avoiding crowded places (and if we cannot, closing our chakras and wearing dark blue), choosing carefully who we spend time with, and cleansing and clearing ourselves and our environment in every way we know. We can also use the subtle power of flower remedies, and essential oils and essences from Aura Soma and Second Aid. With time we will become stronger, channelling more light, able to cope. Until then, find your own balance among all these precepts and take the greatest care of yourself, please, for your own sake, and for all that you care for and believe in.