

Good afternoon everyone. Welcome to the **Mission of Maitreya's** Feast of Tabernacle celebrations.

Let us take a moment, close our eyes and observe the silence. Let us bring God's energy among us and have a wonderful lecture on exercise and exercising from knowledge. All thanks to God for His Guidance.

The lecture will have four sections

1-The prerequisites of spiritual life

2- Exercising for physical health

3-Spiritualizing exercise, exercising from knowledge.

4-Conclusion and Suggestions.

1-THE PREREQUISITES OF SPIRITUAL LIFE

<1>The prerequisites of spiritual life are physical health, mental equilibrium (simple life), and spiritual cleanliness (spiritual environment).

A. <2>Physical health is possible only when a person lives in an environment where the seven basic necessities for a strong physical body are provided:

(1) Fresh Air, which is the #1 "must." It is the most essential physical necessity. Even the greatest yogis cannot live without prana which can be found in clean fresh air.

(2) Sunshine, the second "must" in order to gain the freshest life energies from the sun and build strong bones and a healthy physical body.

(3) Good food, sentient, fresh, and balanced food to be used by the body to create strong cells. The sun also helps food to be digested properly. Food is the most beneficial when it is cooked with a joyful group and is eaten with the same joy by the group.

(4) Pure water, which not only gives much prana to the person, but also provides the essential fluid and moisture for the body, many essential minerals, and prevents many diseases.

(5) Good rest, especially when done in fresh air will provide happiness, joy, and contentment, which all are very necessary for good health.

(6) Exercise and Inner-size, to stimulate the circulation and provide the body and brain with more blood, ease the work of the heart, and provide relaxation and health and also Inner-size (yoga postures, which mostly work on the glands and Spirit rather than the muscles).

(7) Concentration and the use of the power of the mind, this will help a person to use his/her healing power and provide this power more easily for physical stability and health.

B. <3>Mental equilibrium: To acquire a simple life to prevent the disturbance of the mind (but not so simple that the person becomes a burden on society). <4>Simple life does not mean escapism <5>but avoiding those activities which provide much stress with no beneficial results to the person or others, such as games (when they become a show, instead of for health purposes), luxury, too much attachment to the external world, drugs, drinking, smoking, thinking too much about the opposite sex, putting material gain prior to spiritual progress, etc.

C. <6>Spiritual cleanliness: In addition to physical and mental cleanliness, a person has to strive to be spiritually clean. As the body becomes dirty in a few days, the mental aspects of the human also become soiled. Actually the mind becomes soiled much faster than the body, and even faster than the mind is the spirit that becomes unclean (through the mind). <7>So we can see how important these things are: the environment we live in, the materials we read, the shows we see, or the people we have as our companions. They all affect our mental and spiritual cleanliness. <8>A spiritual person not only tries to avoid crudifying environments but eventually he also should be able to stay in the equilibrium of his mind even in the middle of the worst environment. Otherwise (if he does not become that strong), he will leave the society and go off to the mountains or fall into the grip of Maya as he loses his Soul in it.

<http://www.maitreya.org/FILES/THOTH/ESSAYS1.HTM/Essays1-4.html>

2-EXERCISING FOR PHYSICAL HEALTH!

Physical exercise is identified as any bodily activity that enhances or maintains physical fitness and overall health or wellness. Usually it is performed for strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance and for enjoyment.

Categories of physical exercise

*** Strength training**

Strength training is the use of resistance to muscular contraction to build the strength, anaerobic endurance, and size of skeletal muscles. There are many different methods of strength training, the most common being the use of gravity or elastic/hydraulic forces to oppose muscle contraction. Training commonly uses the technique of progressively increasing the force output of the muscle through incremental increases of weight, elastic tension or other resistance, and uses a variety of exercises and types of equipment to target specific muscle groups. Strength training is primarily an anaerobic activity, although some proponents have adapted it to provide the benefits of aerobic exercise through circuit training.

*** Agility training**

Agility is the ability to change the body's position efficiently, and requires the integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength, endurance and stamina.

In defining exercise categories sometimes the terms 'dynamic' and 'static' are used. 'Dynamic' exercises such as steady running, tend to produce a lowering of the diastolic (which is the period of time when the heart fills with blood after systole) blood pressure during exercise, due to the improved blood flow.

Conversely, static exercise (such as weight-lifting) can cause the systolic (which is the phase of the cardiac cycle where pressure is being generated within the chambers of the heart driving blood flow) pressure to rise significantly (during the exercise).

Exercises can generally be executed under three forms:

- * Flexibility exercises, such as stretching, improve the range of motion of muscles and joints.

- * Aerobic exercises, such as cycling, swimming, walking, skipping rope, rowing, running, hiking or playing tennis, focus on increasing cardiovascular endurance.

- * Anaerobic exercises, such as weight training, functional training or sprinting, increase short-term muscle strength.

A good mix of strength and agility training exercises is Pilates System because it focuses the mind with proper breathing and teaches awareness of one's own body and movements. Pilates can serve as a good base to strengthen the muscles and prepare the body for more aerobic exercises and yoga innercises.

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates a gymnast born in Germany of partly Greek ancestry.

Pilates called his method Contrology because he believed his method uses the mind to control the muscles. The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

He designed a system of exercises during the First World War with the proposal to improve the rehabilitation program for the many returning veterans. Joseph Pilates believed that mental and physical health are inter-related. He recommended a few precise movements emphasizing control and form to aid injured soldiers in regaining their health by strengthening, stretching, and stabilizing key muscles. Pilates created "The Pilates Principles" to condition the entire body: proper alignment, centering, concentration, control, precision, breathing, and flowing movement.

As the years have marched on, now the method 'is no longer confined to the traditional Pilates studio and can now be found in gyms and physiotherapy rooms .

Use and apparatus

The original Pilates repertoire was 34 exercises done on the floor on a padded mat (matwork)[1], but Joseph Pilates later invented several pieces of apparatus, each with its own repertoire of

exercises. Most of the repertoire done on the various pieces of Pilates apparatus is resistance training since it makes use of springs to provide additional resistance. Using springs results in "progressive resistance", meaning the resistance increases as the spring is stretched.

The most common piece of apparatus is the Reformer, but other apparatus used in a modern Pilates studio includes the Cadillac (also called the Trapeze Table), the Wunda Chair, and the Ladder Barrel. Lesser used apparatus includes the Spine Corrector (Step Barrel), the Guillotine Tower, the Arm Chair, the Ped-a-Pul (Pedi-Pole), and the Foot Corrector.

There are also many props used in Pilates including the Magic Circle, small weighted balls, foam rollers, large exercise balls, rotating disks, and resistance bands.

Whether using the additional resistance of springs on Pilates apparatus, or the constant resistance of gravity in mat work, the Pilates repertoire builds strength, develops proper alignment and posture, and increases flexibility.

The use of Pilates will provide the best results if undertaken under guidance of a fully trained expert. Proper use of specially designed Pilates programs for pregnant during pregnancy can be a highly valuable and beneficial form of exercise as well.

3-SPIRITUALIZING EXERCISE, EXERCISING FROM KNOWLADGE

Maitreya has revealed in His Teachings that everything can be of three kinds. So this is true for exercise as well.

In the Teachings it is stated that: all things in this universe depend on time, place, and person (persons) involved. In any situation, the action or decision can be from ignorance (irrelevant to that situation), from passion (being for selfish gain), or from knowledge (relevant, correct, and Divine).

So we should exercise from knowledge.

We have to follow the middle path. In this middle path there is a balance between the physical, mental and spiritual plane. To emphasize any plane over the others brings disharmony. To be attached to the physical world draws you to the Maya. To neglect the external world will bring misery, disease and suffering. To emphasize the mental ability results in believing that you can solve all problems with the intellect or mental powers. To neglect this part will result in being simple-minded and not able to intellectually understand our world.

This is also true for spiritual endeavors. To meditate and/or pray alone will result in a person falling back on himself or herself. Meditation and prayer should guide us to Divine action(s).

Only the middle path, a balance between these three spheres, brings harmony to our lives and others.

<http://www.maitreya.org/files/Keys/KEYS5.html>

An essay from the Thus Speaks Maitreya series on these topics:

Paravipras Are Developed Physically, Mentally and Spiritually

Paravipras take care of their physical bodies, not that they just look good or anything like that, but they are strong, they are healthy, and they can do the Will of God. Mentally they progress, with intellectual understanding, reading, thinking, and being in touch with the current events of the earth and the universe. And spiritually they meditate, they discern, they understand God, and they try to understand the reality behind the spiritual aspect of the universe.

For example, they can look at the mountains and they see how wonderfully God created a way of irrigation. The mountains and the snow are not only something to be appreciated as, “Oh, they are wonderful, beautiful, the big snow-capped mountains. What a wonderful sight!” They also realize that God froze the water and put it at the top of the mountains, and then it melts little by little and sends the water to the valley to irrigate the land. They say, “Wow, what an Engineer! What a wonderful Mind behind this universe!”

See, even God is an intellectual Being. He has such a nice Intellect. He sat there and intelligently analyzed, “How can we irrigate this earth in a better way?” He created the mountains and put the snow at the top.

They look at the birth of a child and see a miracle, the hand of God. They look at another person and see their eyes, their hands, their feet, their bodies – those things cannot be by chance. There is a wonderful Engineer sitting behind all this.

They meditate in themselves and see the Spirit in themselves moving. What is a person without the Spirit? It is an inanimate

thing, it falls, it can do nothing by itself. It just stays there, we call it dead.

The moment it is dead, what happens? God has created bacteria to make it spoil and decompose to finer elements. Then He used the earth and made those elements to create something more complex, and on and on.

They can see again, that there is some Great Mind behind it all, and even the germs and destructive elements in the universe are not bad. They break the more complex elements into the more simple elements so He can use them again and again in the universe.

They can see that everything in the universe is good because God created them so that these things happen and the universe would be self-sustaining.

So Paravipras can spiritually and intellectually understand the hand of God in the universe, and they can say, "Yes, God exists. God is there. The Spirit is there."

Such people can even give intellectual reasons for the existence of God! Independent thinking does not mean to create chaos, or to be weird. It is the ability to search and come up with the truth behind any situation based on the facts and evidence that support them. But, of course, The Grace of God is the highest teacher.

We need a good strong physical body in order to manifest God. Manifesting God in a higher level takes a lot of energy. It is easier not to be in touch with the Spirit and the higher level of the Spirit.

Probably the people who get in touch with God do not live as long as the people who are not connected to God, because the people who are connected to God are letting a higher energy go through the same wire.

Our bodies are just like a wire. If the wire is supposed to take 100 volts, and you let it take 220 volts, what is going to happen? That wire is going to be used faster than if it is supposed to have 100 volts and we let it only take 60 volts. 60 volts does not bother that wire too much.

Spiritual people who are connected to God have to take care of their physical bodies in even a greater level. And they are more sensitive too. If the food is not good, it bothers them more than the people who do not know their bodies. That is why we meditate, we rest on Saturdays (the Sabbath), we fast, we eat good food from the vegetable garden that we have, and we do yoga and meditation.

All these things are to keep the body strong to bring a greater wire for God so we can let His Spirit come through us.

So, Paravipras have strong bodies, physically they are strong, mentally they keep themselves alert, and spiritually they are in touch, because physically, mentally, and spiritually all have to progress together.

There should be a balance between the three. If there is not, again you become an unbalanced person. It is possible to be physically strong, but mentally weak, like the people who go and pump in the gyms all the time because they want to get big muscles, large bodies, etc. But spiritually they may be very weak.

If you just do sports, sports, sports, you become physically strong, but your mind and your spirit become completely forgotten. You become a very aggressive person. You forget to be centered, to be calm, to be strong in the spirit too. In that level of society, aggression and having mental power, or physical power, becomes more important. So people become very aggressive toward one another. They become rude.

The people who go to the library all the time and never take care of their bodies, never go in the sun, or never go to the mountains to receive fresh air, become “bookworms.” They physically and spiritually become weak.

A person who meditates all the time and does not take care of his body, and physically and mentally is not strong, still is unbalanced.

So a Paravipra is balanced physically, mentally, and spiritually and also has other qualities. They are the people who look at everything in a balanced way.

This is the time to remember that The Goal Of The Life Is To Be(come) Divine. You are not here to be anything else but Divine. Who is Divine? A Divine human is the person who meditates, directs his energy toward creation of the Communities of Light, sacrifices for them, becomes submissive, becomes a universalist, and becomes a Paravipra.

That is the goal. Anything else is secondary. If you are a Paravipra gymnast, great! If you are a Paravipra skier, great! If you are a Paravipra volleyball player, or lawyer, or doctor, or

whatever you are, that is great. Then you really do not compete with anyone. Your goal is to know God and reach God, and you bring God even to gymnastics. You bring Heart to gymnastics.

You are a competitor, but you do not create hate toward one another. After a competition you might even hug each other, pat one another on the back and say, "Good job. How did you do it?" You work with one another, help one another out, and become excellent in what you do.

So we can see, the first step is to become Divine. After you reach that point, you can do whatever. Nothing is bad. Gymnastics is not bad. Volleyball is not bad. Being intellectual is not bad. Being physically strong is not bad. Being spiritually strong is not bad.

But the greatest, of course, are the people who are well-rounded. They are physically strong, mentally alert, and spiritually aware. Then they become Paravipras.

That is a very hard path, isn't it? Not really, if it becomes your second nature.

<http://www.maitreya.org/FILES/Thus%20Speaks%20M/Paravipras%20%28Elects%29/developed.htm>

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4-CONCLUSION AND SUGGESTIONS

In conclusion the prerequisites of spiritual life are physical health, mental equilibrium (simple life), and spiritual cleanliness (spiritual environment). Physical health is possible only when a person lives in an environment where the seven basic necessities for a strong physical body are provided which are Fresh Air, Sunshine, Good food, Pure water, Good rest, Exercise and Inner-size, Concentration and the use of the power of the mind.

Therefore a Paravipra will follow the EDP and help in creating an environment where all needs to have a spiritual life can be met. A Paravipra will know himself and exercise from knowledge in a Divine Way, as physical health is one of the prerequisites of spiritual life and exercising is necessary for good physical health.

A Paravipra will use both Anaerobic, and Aerobic exercises in strength and agility training as much as necessary, from knowledge, balanced with yoga, meditation and prayer.

Exercises such as mat work pilates and pilates with equipment can be used to properly strengthen the inner, weak muscles, rehabilitate the body structure and concentrate the mind and prepare the self for yoga innercises. These exercises can be balanced with more aerobic exercises such as swimming, running, playing sports etc. without putting unnecessary pressure on the self. It is what we do and how we do it that defines us. *“You know them (the Elects) by their fruits (Actions).”*

And use the gained strength in helping the establishing the Communities of Light and establishing the Kingdom.

All thanks to God for providing us with all the necessary information and knowledge to be(come) Divine in every aspect of our lives. Thanks God for the Eternal Divine Path, **The Greatest Sign, Maitreya** and the **Mission**.

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Praise be to Thee, O Hidden and Manifested ONE. Praise be to Thy Glory, to Thy Might, to Thy Power, and to Thy Great Skill.

O Lord, to Thee all greatness, power, beauty, and perfection belongs. Thou art ALL.

Give us, O Lord, a steadfast heart, which no unworthy affection may drag downwards; give us an unconquered will, which no tribulation can wear out; give us an upright mind, which no unworthy purpose may tempt aside. Unto Thee we surrender.

<http://www.maitreya.org/FILES/THOTH/ESSAYS3.HTM/Essays3-7.html#PRAYER>