



Four Purifications, by Peace Pilgrim

Then I discovered that there were some purifications required of me. The first one is such a simple thing: it is purification of the body. This has to do with your physical living habits. Do you eat sensibly, eating to live? I actually know people who live to eat. And do you know when to stop eating? That is a very important thing to know. Do you have sensible sleeping habits? I try to get to bed early and have plenty of hours of sleep. Do you get plenty of fresh air, sunshine, exercise and contact with nature? The second purification I cannot stress too much because it is purification of thought. If you realized how powerful your thoughts are you would never think a negative thought. They can be a powerful influence for good when they're on the positive side, and they can and do make you physically ill when they're on the negative side. [...] They aren't hurting anyone but you. It is said that hate injures the hater, not the hated. It isn't enough just to do right things and say right things, you must also think right things before your life can come into harmony. The third purification is purification of desire. What are the things you desire? Do you desire new clothing, or pleasures, or new household furnishings, or a new car? You can come to the point of oneness of desire just to know and do your part in the Life Pattern. When you think about it, is there anything else as really important to desire? There is one more purification, and that is purification of motive. What is your motive for whatever you may be doing? If it is pure greed or self-seeking or the wish for self-glorification, I would say, don't do that thing. Don't do anything you would do with such a motive. But it isn't that easy because we tend to do things with very mixed motives, good and bad motives all mixed together. Here's a man in the business world: his motives may not be the highest, but mixed in with them are motives of caring for his family and perhaps doing some good in his community. Mixed motives! Your motives, if you are to find inner peace, must be an outgoing motive - it must be service. It must be giving, not getting. --Peace Pilgrim