

### **A healthy spirituality is the foundation of good health!**

Could our inner spiritual life have any influence on our health? Are those who feel a deep connection to God more capable of healing, happiness, and sanity? Are there spiritual beings of higher intelligence in this vast universe? Do they take any notice of us?, care for us, safely reveal truths and guide us towards advanced spiritual living? Presuming there are such intelligences and they do care about us, what would and could they safely reveal to us and do for us? There is an exciting book that claims to introduce us to this very spiritual family. It is The Urantia Book. In the language of this universe “Urantia” is the name of our planet and we are one of trillions of inhabited worlds. On this planet we have a division of angels concerned with advancing the health of the planet.

In order to implement the divine plan of creation, God created time, space, and the material universes. He populated it with countless numbers of beings, the vast majority of which are spirit and semi-spirit beings who are not visible to us. “Your planet is a member of an enormous cosmos; you belong to a well-nigh infinite family of worlds, but your sphere is just as precisely administered and just as lovingly fostered as if it were the only inhabited world in all existence.” (P183:1) We, as individuals are lovingly guided through this life and beyond as we develop a philosophy of living that is in harmony with the higher spiritual patterns set forth by universal laws.

The Urantia Book discusses a variety of topics from a thorough depiction of the nature of God, the creation of this universe, and the history of our planet. It discusses in great detail the evolution of the God concept on this planet and the formation of our current religious doctrines. It includes figures like, Adam and Eve, Melchizedek, the 12 Apostles. Topics include evolution, genetics, history, astronomy, science, astronomy and microbiology, which help us understand how to lead healthier lives. “Consciousness gently rests on the (healthy) chemical electrical mechanisms of the body and delicately touches the lower levels of superconscious mind”.

Healthy living is also discussed because the body is the (reflection) seat of the soul. “Religious experience is markedly influenced by physical health, inherited temperament, and social environment.” The authors say “It is to the mind of perfect poise, housed in a body of clean habits, stabilized neural energies, and balanced chemical function--when the physical, mental, and spiritual powers are in triune harmony of development--that a maximum of light and truth can be imparted with a minimum of temporal danger or risk to the real welfare of such a being.” Truly it is important for us to feel in harmony with the universe we live in and to work with(our spiritual family) powers-that-be; to support and nurture our healthy bodies and souls.

The spiritual authors tell us that this book has been given to this planet to uplift our current theological ideas, beliefs, and ideals at a time of difficult transition, when we desperately need it. We are on the “brink of an enthralling epoch of human and social readjustment”. They reveal our loving spiritual family, our connection to Divine Source within, and our ultimate destiny as personalities and as a planetary race. The writers are wise, empathetic teachers and speak lovingly to each of our hearts through our Spirit of Truth.

The Urantia Book states that “All physical poisons greatly retard the efforts of the Divine Self (Adjuster) to exalt the material mind, while the mental poisons of fear, anger, envy, jealousy, suspicion, and intolerance likewise tremendously interfere with the spiritual progress of the evolving soul.” So it is important for us to feel a unity with this (outpoured) INNER Spirit of Divinity). (Because) When relationship with Our Divine Spirit is consciously experienced in human life it is a tonic for health, a stimulus for mind, and an unfailing energy for the soul.

an honest (earnest) searching mind will discover that there are far too many substantial, true and original concepts in the Urantia Papers for them to be brushed off as a mystical fabrication. As one applies these teachings to their lives, one realizes a new sense of cosmic perspective, a brilliant adventurous eternal destiny, the realization that he or she is truly a child of the Creator, infused with a pure spirit of God, and loved beyond measure. This is invigorating and liberating for the mind and soul. Health attends upon this positive kind of revelation. A new enthusiasm for living attends upon the realization that you really are connected to the universe spiritual family in a profound way.

They remind us that [91:6.2](#) Prayer has turned many an irritable and complaining invalid into a paragon of patience and made him an inspiration to all other human sufferers. [91:6.3](#) No matter how difficult it may be to reconcile the scientific doubtings regarding the efficacy of prayer ????

The book was put into print in 1955. Many reading groups have been formed to study the papers.

There is a new group of Urantia Book readers that meet at 6:30 on Thursday night the Unity Church of Temecula Valley. **41743 Enterprise Cir. No.**, Temecula, CA (951) 541-6343  
Everyone is welcome!

One realizes that not even a group of geniuses could have compiled such a stupendous and inspiring manuscript.