

Circulating File

Importance of the Well-Rounded Life

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Importance of the Well-Rounded Life Circulating File

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The Importance of the Well-Rounded Life

[2597-2, Male 60, 12/10/28]

All work and no play is as bad as all play with no work.

[257-60, Male 37, Sales Manager, 9/4/30]

In the first considerations, the body should be mindful of the physical forces of the body, that the body may keep a well-rounded, even balance. Do not allow anxiety, nor those conditions that bring success or distraughtness, to force the physical activities to such an extent as to BRING an UNBALANCED condition in the physical system; for, a body (physical) to function under stress is to break down either the mental or the physical RESULT; for upon the mental is builded that which makes for success, either in development of one's own soul forces or for that which manifests in the personality as the material things of this earth's experience.

[5663-1, Female 36, 3/30/32]

. . . with a well rounded activity, in so much for the mental body, so much for the social body, so much for the spiritual indulgences in those of meditation and prayer, so much for the exercising of the talents - either in writing or drawing, or picturizations, we will find the body will find for self, for others, that that makes for a well rounded life, that will become more and more worth while in this experience.

[2597-2, Male 60, 12/10/28]

Mentally and physically there should be relaxation for the body for the best mental, physical and material development. (By material it is meant successful management, profit, money returns and general advancement). For while the body is good in many ways there is too much strain, strength and vitality lost in continually strengthening the mental attitude at the expense of the better self. It is best then that cognizance, or attention, be taken of those conditions.

[1638-1, Male 2 weeks, 7/13/38]

Knowing these, then there should be the training, the suggestions to keep all such equally balanced. For there must be perfect coordination in body, in mind, in purpose, in spirit; if there are to be the greater abilities, the greater accomplishments, mentally, materially, physically, in the experience of an entity.

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[1094-1, Male 18, High School Athlete, 1/4/36]

Keep and make a balance in self, as indicated. Not only for that pertaining to the physical and mental, but that purposefulness for which the activities may be; and knowing for what expression there is that purposefulness in thine own spiritual self.

For Mind is the Builder; but unless it be founded in that influence not made by might and power, but by the spirit of truth, of justice, of hope, of patience, of understanding, it may become a stumblingblock to the individual.

[1158-38, Female 54, 6/16/44]

(Q) Have you other suggestions for serene balanced living?

(A) Keep that attitude which has been maintained. First study to show thyself approved unto God; that is, the consciousness of thine own self; being in attune with and directed by and towards and through the activities of the Creative Forces. These form for the body the better background for every activity.

[349-6, Female 25, Secretary, 3/22/29]

Remember there has been given a law concerning how such days should be spent. [Ex. 31:13--17] Then know that love is law, and that law is that which may bring about the most necessary things in the mental, physical, and spiritual life of a body; for God will not be mocked by man's nor woman's, own insignificant ideas of self's importance as to laws concerning the mental, or the physical, or the spiritual being. These have been set in, "Remember the Sabbath to keep it holy." [Ex. 20:8] Then ONE day must be kept in that way that will feed the mental and SPIRITUAL life of a body.

All work and no play will destroy the best of abilities. Yet these have been set in the manner as is outlined in the SPIRIT of "Remember to keep the day holy." The life must be a well balanced life, not lopsided in any manner, to bring contentment - not necessarily be satisfied, for that is to become stagnant; but to find self in whatever position self occupies, force self to be CONTENT but NOT satisfied, knowing that the applications of the spiritual, mental, and physical laws are but the pattern one of another, and in so setting self in this direction all must be working in coordination and cooperation, even as any well balanced business institution. For, in whatever form of life's endeavors one may find self, whether that of the note book, selling shoestrings or stocks and bonds, or building bridges, the manifestations of self are within that three-fold law as one, that the mental, the physical and the spiritual must be kept and must be fed in the way and manner as to bring contentment, not necessarily satisfaction, or satisfied - for satisfaction is as a grudge, and is breeding contempt of self and of others for self.

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[1670-1, Male 53, Osteopath, 8/26/38]

But keep balanced - keep coordinated. Know that there are material laws, there are mental laws, there are spiritual laws. And just as it is necessary for the body to coordinate - mentally, physically and spiritually - so must the rules or the laws coordinate and cooperate.

Then study to show thyself approved - a workman not ashamed; rightly divining the words of truth, keeping self unspotted from the world - or from questionings of thine own conscience. And ye will find ye will go a long way, finding harmony and happiness as ye create and bring it about in the bodily activities of others.

[1537-1, Male 38, District Manager, 2/18/38]

For this entity should comprehend and KNOW, and NEVER forget, that life and its experiences are only what one puts into same! And unless the activities, the thoughts are CONTINUOUSLY constructive, and the experience well-balanced, the entity CANNOT, WILL not fulfill the purpose for which it came into the present experience....

Call on Him while He may be found. For His promises are sure, and though ye may be afar "If ye call, I will Hear!" This does not portend to become as one long-faced, not enjoying the fruits of thy labors nor the associations of friends; but keeping all in the channel and way of truth and justice and mercy; showing thyself WORTHY of the trust He has put in thy hands.

[451-2, Female 23, Designer, 11/5/31]

. . . He wept with those who wept, and REJOICED with those that did rejoice. He joined in with those that made merry, partaking of those things that made merry for the material BODY, yet when sorrow and those things that made afraid came into the experience of others, so He ALSO joined with them - but giving life TO EVERY condition. So, in common parlance, in thine associations BE "the life of the party!" In the home, BE the life of the home. In thine going ins and coming outs, let those be done in a way and manner that those who know thee take knowledge that it REFLECTS that which is LIFE, LOVE, and UNDERSTANDING!

[2322-2, Male 31, 8/22/40]

(Q) Any other suggestions for the entity at this time? particularly as to his work?

(A) Analyze self and purposes in work, as in associations. Approach all not as a longfacedness or mien; and not alone in the spiritual sense but as a practical, daily living.

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[2062-1, Male 26, Assistant Manager, 12/13/39]

Remember that silence often is golden, and determine in self to better acquaint thine own understanding with ALL PHASES of whatever the problem or condition may be.

This is inclined to give the tendency to become too much of a one-track mind, or when a purpose is before the entity - as to the manner or the means of attaining same - if there is a conclusion drawn - others are not always, or other circumstance, or other conditions about the entity, given full or due consideration.

This finds expression in that which is oft called or termed a nervous disposition, a tendency to be erratic. This is more oft, as it grows upon a body, tended to be used as an excuse, - and such may undermine the abilities even of such an one as this entity, in accomplishing the good, or expanding or excelling in the manner it should.

Read more oft the law of love, that is a part of thy daily life. Grow in spiritual understanding, that thy mental and thy physical manifestations in thy relationships to others, and conditions, may be tempered with that mercy, that justice, that kindness, that patience, as ye would have thy Lord, thy God, thy Savior, have with thee....

Hence that injunction, - study more thoroughly. Delight in the law of the Lord; meditate in same day and night; and THEN in all phases of thy experience ye will be happy, harmonious, AND successful in every phase of thy relationships.

Remember, too, that as ye do it unto the least of thy acquaintances, thy associates, - yea, the casual passerby, - ye are doing it unto thy Lord, thy God.

[2136-1, Male 25, Teacher, 1/20/33]

Keep the self well-balanced. Keep the mental and spiritual coordinating, with the advancements that are to come in the material and the physical things of the experience.

. . . the ABILITIES of the entity from the experience [in Egypt, and Uranus] bring much that is often hidden within self; yet, as given, there will be found the experiences in the coming periods for the expression of same before groups, masses, classes. There will be then the greater necessity that self be kept well-balanced in that of the ideal that makes for the balancing of self in this material plane.

[3605-1, Male 31, Commercial Artist, 1/21/44]

First, analyze self. It is more necessary with this entity than ordinarily indicated, to set itself to the task; keeping all phases of its consciousness supplied with an activity. And in this manner may the entity keep from becoming (as few do) one-sided or overzealous of one phase without consideration for the other.

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[1789-7, Female 33, Artist, 11/24/39]

Then, these [interpretations] are given with that desire and purpose, and should be analyzed, studied by the entity. It is not that these should be studied or looked upon merely as a rule by which the entity would be governed, but rather as the sign or the indication of what fields of activity, what tenets are to be entertained and magnified in the experiences of the entity; that there may be kept the normal balance in physical, mental and spiritual relationships, - not only to the material environs but to those influences as may aid the entity to fill those places, those purposes for which it entered into material sojourn in this experience.

[3364-1, Male 42, 11/15/43]

Live and keep normal activities. Begin with the study of self - not anatomically but spiritually. And the greater spiritual lesson you may gain is in the 5th chapter of Matthew. Learn this by heart, then read the 14th chapter of John and the 12th chapter of Romans. Then live them! Live them in thy daily relationships to others. Know that these words are spoken to thee. Apply these with thy application of the mechanical and material things for the body.

[3478-2, Female 66, Homemaker, 12/22/43]

For he that contributes only to his own welfare soon finds little to work for. He that contributes only to the welfare of others soon finds too much of others and has lost the appreciation of self, or of its ideals....

Know that the power or strength for any influence as related to the help of others must come from the universal source and not from self alone. For the individual may sow the seed, the Infinite must give the increase - it must do the multiplying. Man can detract, but he can add little to God's purpose in the earth save through the grace and mercy of God Himself.

[257-254, Male 50, Sales Manager, 12/18/43]

(Q) Please give me an outline to follow for best business development with due consideration to my mental and spiritual development.

(A) . . . As indicated, there must be a budgeting of time. Take time to recuperate, physically, mentally and spiritually; not merely by outward saying. For, if these are not done for this entity, as well as any other entity, the entity becomes either self-centered or lopsided in his estimates or values in a material or life experience. Take time to be holy. Take time to pray. Take time to rest, to study, to be an associate with individuals, to have the proper associates. Take time to work, and work like the devil when you are working at it! But, as ye profess, keep HOLY in the service of God and man.

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[2801-1, Female 42, 7/24/24]

. . . we have in this entity one well rounded to a completion of the forces in the earth plane, for there is much spiritual understanding with the mental forces, and the entity needs only to keep all the forces well rounded in that straight and narrow way that leads to the perfect understanding.

[1158-11, Female 47, 11/19/37]

(Q) Any other advice for the body at this time?

(A) With that as has been seen or may be gained by the body, from the study of such as has been indicated here, keeping a normal balance in constructive thinking and application, we will keep the better efficiency in every way and manner.

[440-10, Male 23, 1/8/34]

For, as has been given for this body, if it will but turn and look within itself, physically, mentally, spiritually, the body is WELL balanced. Then don't get self out of balance by thinking wrong, acting wrong, doing wrong!

[1131-2, Male Adult, 10/29/32]

(Q) Please give specific advice as to the correct attitude, both mentally and spiritually, that the body should have in order to become physically fit to do its bit in the world.

(A) First, as indicated, as the body maketh those efforts to bring about normal, perfect health in the physical functionings of the body, KNOW that such is being done! See that being accomplished by the efforts, and by the activities of the body; not merely as rote.

In the mental attitudes of the body this same condition should prevail; that is, know in self mentally WHY such and such mental or physical activities are predominant in the actions of the body. In knowing these, there will be that basis for such that has its inception through the concepts of the body as to spirituality in the actions. These make for well-rounded conditions in the activity of a body. Do that.

[3392-1, Male 33, 12/9/43]

. . . get the physical balance as well as the purposes in the spiritual ideals of the entity.

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[2779-3, Male 12, 3/17/43]

(Q) What special difficulties should he be warned of?

(A) Putting proper emphasis on each phase of human and personal and physical relationships. All should be prompted by the desire to fulfill the purpose of a chosen ideal. Ideal spiritual or mental or physical; not one without the other, for the physical should be the result of the spiritual and mental coordinated by practical application in the material world.

Then the only thing to be warned of, - keep self well balanced.

[4084-1, Male 14, Student, 4/14/44]

(Q) Do I have mental-spiritual health?

(A) If there is the application of self to spiritual purposes, mental ideals, the result will be a balanced physical, mental and spiritual body. But the spiritual purposes must be centered in Creative Forces and not in the self or in that way of selfishness.

[2635-1, Female 21, Bank Clerk, 12/14/41]

Know, then, thine ideal, - spiritually, mentally, materially. Do not stress one more than another. For, the Lord thy God is one. So thy body, thy mind and thy soul are, before Him, as one.

[2030-1, Male 21, Plumber, 10/28/39]

Then, study to show thyself approved unto thy ideal.

What, then, IS thy ideal?

You find yourself a body, a mind, a soul; each with its attributes, manifesting in a material world. And you realize that the body, the mind and the soul are one, - and that confusion may cause detrimental influences to body, to mind or to soul.

Then, you must have your ideal as to spiritual values, as to spiritual imports in your experience. And know, - whatever may be your desire, it must have its inception in SPIRITUAL attitudes.

What, then, is your spiritual ideal?

In your mental body you find at times confusion, as indicated. But what is your mental ideal? One willing to pay the price in study, in application, that you may gain the proper concept not only of your relationships to spiritual forces from within and without, but your relationships with your fellow man in every phase of your experience?

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Then, your ideal is not what you may acquire by “Gimmie - Gimmie - Gimmie,” but “What may I do, what may I give, in my relationships to others to make that association the BEAUTIFUL EXPERIENCE,” for which ye long so always!

Then the ideal is, “What may I do or be to others, that they may be better, may have a greater concept of the purposes of life, by even being acquainted or associated with myself?”

This should be your ideal, in your material life.

It is not that the body is all of meat, nor all of position, nor all of that activity in a social manner, nor all of play or work, - but ALL of these enter into the experience. Just as the mental and spiritual body apply, or need, or rely upon the attributes of the phases of the whole, so is it necessary that there be the ideal in the material relationships. And these also must, as in mind, have a spiritual conception - if you would grow in grace, in knowledge, in understanding.

Then, as you find: If you would have friends, show yourself to be a friend to others. If you would have love in your life, it is necessary that you be LOVELY to others. If you would have that in your material experience to supply the physical needs of the body, the gratifying or satisfying or contenting of self in its relationships to material things, WORK in such a manner that others may be INSPIRED by that manner in which you conduct yourself.

Not as one afraid, - neither as one that is unmindful of the body needs or the body privileges. But abuse NOT your opportunities, if you would be the gainer in this experience....

Find thyself. For in the study of thyself is the greater study in which ye may find thy relationships with thy Creator.

Know that thine own temple has been within thine own body. For thy body is the temple of the living God. There He has promised to meet thee.

FIND first thy relationships with Him.

Formulating Policies for Balancing Life's Principles and Purposes

[342-1, Male 48, Executive, 1/24/33]

(Q) What things should I do or learn or become acquainted with that would make me more efficient for rendering the highest intelligent service in business, social life, home, and in all contacts with my fellow men?

(A) This is as has been outlined. Keep self well-balanced, and keep the body physically fit, the mental body alert, and the spiritual body - give it an opportunity to manifest!

[3624-1, Female 39, 1/31/44]

We would begin first, with the formulating of policies and attitudes for the balancing of the life principles and purposes. It is just as necessary that there be food for the spiritual and mental man as for the physical man - and this applies to self.

Take time first to be holy. Don't let a day go by without meditation and prayer for some definite purpose, and not for self, but that self may be the channel of help to someone else. For in helping others is the greater way to help self.

Do take plenty of time for rest. Do take time for plenty of definite labors. Working with the husband is very good, but here you often get cross and are in a manner closed from some associations and activities. But take time to work, to think, to make contacts for a social life and for recreation. This old adage might well apply: After breakfast, work a while, after lunch rest a while, after dinner walk a mile. This as a recreation may be a helpful, balanced experience for this life. As these purposes are set in motion, let it not be "Well, I'll do this sometime" but set all of these in motion for at least a week.

[257-60, Male 37, Sales Manager, 9/4/30]

. . . the body-mental should take time to make diversification of thought in MANY channels; not all business nor all play, but be rather one capable - by experience - to be conversant with things pertaining to all phases of experience; for remember, whether SELF holds a hobby or not, most of those whom the entity contacts do! To be interesting in or TO an individual, is to be interested in SOMETHING pertaining to their hobby, their individuality, their manifested personality. To interest one wholly in self is to defeat MANY of self's own purposes. Be able to meet every individual on his own ground, and in THIS manner the body will find that even physical rest is often attained by the change, or trend of thought.

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[4125-5, Female Adult, 12/22/32]

. . . the relationships in various associations and connections must be established on a basis that is not as of self, but as in accord with that as would be worshiped by self, in the God the body would worship. On THAT basis, then, ESTABLISH all relations; and go about in the activities, in the associations with others, in that that seemeth to self to bring nearer and nearer those forces that WOULD make for the better HARMONY in every direction. Not that the physical must be strained that material gains may come, but that the mental and spiritual balance is kept, that there may BE those that find within the activities of self that the self has, does remain in the presence of the Giver of good and perfect gifts, thus GLORIFYING Him in the daily life. Does it seem well that there should be some material activities, well. Does it seem well that for the time being there should be the rest, and those of the social and material relations established in such a way and manner that brings nearer and nearer the thought of the spiritual, well; but do not become the extremist in ANY direction.

[2691-1, Male 10, 2/25/42]

For, to become a good business individual, or a good social lion, or a wonderful spiritual egotist, is not enough. There must be a well-rounded balance, and moderation in all, with those considerations of the privileges as well as the duties of self and others in their relationships. These should be the manners in which the greater attainments may be had by an individual.

[416-4, Male 28, 7/12/34]

(Q) Any further advice for my better general welfare?

(A) Be consistent in all the activities. Do not overstrain, or try to test to see what might come; but rather live the normal life, not necessarily the dilatory - but the normal life.

And we will find that the individual who takes rather the course wherein the general activities are to keep the body mentally, physically and spiritually well-balanced, is the individual who brings the greater results in the experience of each body.

[1158-8, Female 47, 2/24/37]

For the whole of the experience of an individual entity in a material plane is the coordinating and cooperation of Creative Forces from without to the divine within, as to keeping an activity that may bring into manifestations health and happiness.

In the degrees that we make the application of self then in these directions, using that as we have in hand from day to day for such, we bring about those experiences for the greater development, the greater manifestations of an individual entity's activity at any given experience.

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[3474-1, Female 22, Secretary, 12/3/43]

While one must think highly of self do not be over-democratic; neither too self-sufficient. There is the medium ground on which all may meet. For God is not a respecter of persons as individuals sometimes are.

[849-18, Male 30, Writer, 6/26/37]

As most individuals find, the business of keeping well and physically fit is something to be worked at, as well as the mental and the activities in a commercial or a social order or manner....

First, then, take those precautions as respecting same. Take time to rest, to exercise, to keep in a physically fit condition.

[1925-2, Male 40, Banker, 3/17/31]

Much might be said respecting associations and relations as regarding home, business, health. These are one, when a purposeful life is planned by a body - for without a good physical being there are hindrances that make for a lacking in some degree. One is dependent upon the other, would a body - with the talents as possessed by THIS body - be used in the proper way and manner. To make a success in ANY direction at the expense of body, mind, home, OR relations with individuals, in [is] to be lacking in that which may prevent the REAL self from entering into that of a contentment that must be the desire of EVERY entity.

[1901-1, Male 38, Executive, 5/30/39]

But the entity should know there is more to life than to live, and a success must be one in which the entity may grow in understanding and in knowledge. It must be one in which grace and mercy and truth HAVE been and ARE the directing activities; else regrets, in the home, in the associations, may be the part of the entity's experience.

Keep self, then, well balanced. Budget thy time more.

It is true that one rarely succeeds who has many diversified interests, yet thy activities and the dividing of thy time should be diversified according to a definite undertaking in a specific direction, - that the choice of thy dealings with thy fellow man may be the more thoroughly understood from EVERY direction; and not merely diversified in the attempt to be a piddler in man undertakings.

For he that makes material gains at the expense of home or of opportunities and obligations with his own family does so to his own undoing.

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Then, be more democratic with those whom ye would aid. Not from a mercenary angle or viewpoint, or merely for policy, but that brotherly love may indeed be the factor that would PROMPT the entity to give consideration to the spiritual and physical needs of the lowliest one whom ye would aid.

[1647-1, Male 5 months, 7/27/38]

The material successes are not always real success; neither are those of such a nature as to not make the material life a practical experience a success.

Hence keep the entity through the formative years as one that would be well-balanced in the care of the physical body, the directing of the mental and spiritual mind, and that the soul is as much of the whole as the body or the mind.

[5615-1, Female 29, 1/8/30]

In the material conditions in life, consider first that as is necessary that the mental and the spiritual may have a place of manifesting; for the body physical is truly the temple of the soul, the dwelling place of the mind, of the mental body, through this material plane, and needs same for physical manifestation. Care FIRST and FOREMOST for these, finding in this development in self that to which the body mental, the body physical, may even worship.

[4374-1, Female 47, Stenographer/Clerk, 12/30/43]

Yet if the body becomes so health-conscious or so addicted to routines for this or that, it will be just as serious as if the body did little or nothing about it except try to carry on with its work.

Hence there is the need for the mental body, first, to keep itself well balanced. It is well and good to consider the material things and experiences, yet these should not be put first and foremost. Just as self and the physical conditions about the body should not be considered to the exclusion of other abilities, other duties and obligations that the body has and should have, and should assume - for many....

First, as indicated, change the general mental attitude. Adopt somebody who is a great deal less efficient than self and take care of them - as you would like them to take care of you! Do that consistently - not just outwardly - do it until you like it! For you don't like it at all in the present, but do it until you like it! so that you are their responsibility, they are your responsibility! A child, or an aged person.

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[5502-2, Female 47, 5/4/31]

In the mental conditions or the mental body and those of the material and the surrounding conditions of the body, the interests that are varied in things and peoples add much to the abilities as well as the mental and material balance to the body. For without those varied interests as are manifest, little might be accomplished in the way as the abilities lie.

[5481-1, Female 38, Widow, 4/16/30]

In the considerations of conditions physical, mental, financial, all should have their part and their consideration, and no one without regard the other; for life in its entirety through the physical manifestations of same requires that a normal, nominal, existence be made, that each phase of one's life, one's development, have its part, that one may be the well rounded, the well balanced individual in their application and in their relationships to others, to themselves, to associations, to individuals - and these, through the association or environment created for self or for others, have much to do with keeping the balance, that the life be well rounded, well lived.

In the first consideration, then, the physical body, or bodies, should have the proper attention - for through the body-physical in the material plane does the manifestations of the physical, the mental, the spiritual bodies make manifest as that as is gained or attained by a body, an entity, and IN this manner may the better manifestation OF self be expressed.

[2799-1, Female 40, Singer/Actress, 8/26/42]

The entity has abilities for any form of activity it may choose, whether of a political or a religious nature; as a lecturer, as a teacher, as a student or as a professor of any subjects it might choose. Through such the entity may make not only a success from the mental angle but from the material also.

Thus it behooves the entity in this particular period of expression to keep a well balanced self. Extremes, or the severity of the use of self, might be well at times; but it is well also to keep quiet.

[257-96, Male 39, Sales Manager, 11/24/32]

Be mindful that all which has been given thee, in the various approaches to that information which may be helpful, must be considered as one; for Life, Life's experiences are as a chain, and is no stronger or weaker than the weakest link. So, in the development for the mental, for the material, for the spiritual welfare, for those secular things of life, remember all depend one upon the other in this material plane. That one builds through their mental attitudes, their mental and physical activities towards the spiritual truths, deals with the spiritual life and is a portion of the physical and material.

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[1120-1, Male 29, 2/13/36]

Hence as the entity in its business, in its commercial and in its economic associations requires order, so may the entity find the greater abilities of self by making for self an ORDERLY life experience; by producing in its experience that which gives the opportunity for the development of each phase of the entity's own activities.

Hence a budgeting of its time. Not all to work, not all to play, not all to reading, not all to those things that would make for bodily development; but each phase of its life kept as a COORDINANT activity may bring about in the physical forces of the body not only a better reaction but may keep the mental and spiritual balance that makes for the experience being more and more worth while.

[257-205, Male 45, 2/17/39]

(Q) What will do most for the body to give it the mental freedom during the next six months?

(A) This depends upon what PHASE of the mental activities is to be considered, and from what judgement same would be taken. That which makes for the better constructive spiritual forces will make for a better BALANCING and releasing of the body, mentally, physically, spiritually, for better activity.

In the attitude, then, and the activities of the body, do not do or think that which is condemned by the consciousness of the body. This would be then in the attitude ever of constructive thinking and activity in all phases of the experience, to bring the better release, the better mental, physical and spiritual atmosphere for the body.

[4406-1, Male 18, 4/4/31]

In the mental attributes - take those of the physical, mental and spiritual, and keep the well-rounded forces for a fourfold life. Do not allow the MATERIAL things to outweigh the mental or the spiritual life - for to become lopsided in ANY direction is to make for discontent, and discouraging conditions as must sooner or later arise in each one's experience, but so attune the mental, the physical, that when the needs be for the responses of the spiritual from within their reaction will be as the bulwarks of life. Do not allow any discouraging forces and disorders in the lives of others, or loss of confidence in others, to disturb the equilibrium. Live not for self alone, but that the deeds of the body - the thoughts of the mind - the activities throughout - may be a full manifestation of THAT the body worships as its God, and let not thine mind be set upon high things - but he that would be the greatest among men would be the servant of all; for with th[e] developments must come those promises as have been made of old, seek first to make thine relations with thine Maker and all those things needed, all those necessary forces in life will be added in THEIR proper order.

The Interdependency of the Physical, Mental, and Spiritual

[1727-1, Male 31, Businessman, 9/3/30]

Build not a one-sided life, knowing that he that is well-grounded is as a tree planted by the waters of life, that that given out is as for the healings of many - whether in those of the mental forces or those of material gains of life; and let not thine physical endeavors be evil spoken of.

[2269-1, Female 31, Registered Nurse, 5/31/40]

Keep the feet on the ground. Study all phenomena, yes, - but let it express from within rather than so much from without.

[564-1, Female Adult, Homemaker, 5/30/34]

(Q) Please give any advice that would assist my mental equilibrium.

(A) Well that each body find and make for itself, and induce in self, this: Not as rote, but recognizing that the body-physical needs its own activity as to make for the better conditions of self; that the imaginative or mental body needs its stimuli as well. Then, make the activities in such a manner as to give a definite period to the various relationships necessary. As the body does this within itself, it is necessary that there be added such stimuli in food, such stimuli in physical activity at given periods, that the best may function. So with the mental body. Then, give self the OPPORTUNITY to function normally mentally, physically, spiritually. The SPIRIT will act, irrespective of what a body does with its physical or mental body - and it may make a very warped thing if you keep it under cover or expose it too much!

[1158-3, Female 46, 11/18/36]

. . . Hence the necessity of keeping the self so well-balanced mentally and spiritually. For are the spiritual forces of such import that they do not know by their very activity what to take from the system for that necessary physical force or better reaction through the system? Let it be a well-rounded activity, mentally, physically, spiritually.

There are three influences then in the system or in the body; the body-mental, the body-physical, the body-spiritual. They are ONE; yet they each in their own sphere of activity, own sphere of resistance, own sphere of weaknesses, must function and rely upon those activities to which the body-mental, the body-physical activities add TO the foods - not only bodily foods but the thinking foods, for the resuscitation and revivification for the activities.

Importance of the Well-Rounded Life Circulating File

[1755-3, Female 42, Saleswoman, 1/11/40]

The entity innately is sympathetic to psychic influences, or forces of the spiritual nature; yet oft reasons self out of those evidences that have been and are a part of the entity's experience at times.

Not that one should not be reasonable with self, and with what happens; yet one should realize that self is a part of the universal consciousness, and that the attunement of those influences or forces respecting, or that bespeak of the spiritual life, are as much of the awareness as the desire for food, or the desire for any condition that has even become as an appetite.

For, while emotions may override at times, just as overindulgences may bring habits or desires that with their full satiation bring disturbances, it is necessary that each soul, each entity, keep the well balance; that there may be the better manifestation of all phases of the experiences in relationships mentally, materially, - or with things and conditions.

As the records of each entity are made upon the skein of time and space, so, so may one in patience become aware of such relationships of the other side of that angle, or triangle. But if there is the disregard of all phases, these may become only disturbing forces in the experience of any entity, - and especially in this entity, who is oft called very "close" as to that it pronounces as to beliefs or faiths....

As to activities that are as the patterns, or the composite reactions from material sojourns and the astrological aspects, we find the abilities for the hearing of music and the setting of same to orderly activity becomes a part of the entity's experience, as well as the tendencies to overdo, to become overactive, when it becomes enwrapped in things, circumstances, conditions.

Well that the visions which arise from the latent and manifested urges be not overstressed, but stressed sufficient, as it were, to keep the mental and physical and spiritual body as one, or properly balanced in its relationships to all phases.

[3031-1, Male 40, Teacher, 6/6/43]

Still the entity's interest in phenomena, as indicated in urges latent and manifested from the Atlantean experiences, stands as the manifested personality of the present entity.

Hence the need, the necessity for the balance that will keep a continuity of purpose in the mental, in the spiritual, in the material things - as may be accomplished by the entity.

Importance of the Well-Rounded Life Circulating File

[5154-1, Male 42, Salesman, 4/24/44]

First we would give for the entity to study and to analyze itself in the light of that which is ideal, or that which is the ideal of the entity. Study to know the ideal spiritually, mentally and materially; not ideas, but the ideal. The judgment of an ideal is according to that by which ye may live, preach and die. Know, then, that the ideal is able to keep whatever may be committed unto it, in whatever might be the experience of the entity.

The interest of the entity in things occult may cause the entity at times to be misled - unless that ideal is first set in its judgments of what is spiritual and of the creative nature, and what is questioned of the ideas and their natures.

[1158-22, Female 49, 7/9/39]

(Q) How does one keep balance between physical, mental and emotional forces?

(A) As has been indicated, each of these responds to not only the environment but the hereditary influences that are both of the present, past and future. One grows in grace, in knowledge and in understanding. One keeps an even balance in the physical, the mental and the spiritual, by keeping each of these influences in proper relationships one to another.

There is not to be too much stress laid on the one OR the other, but their proper evaluation kept. It is then the ACTIVITY of same. Not that because you are in a world in which there are three-dimensional phases you do not become aware of the presence or activity of other dimensional forces, but if such are stressed it is often to the detriment of one or the other of the own dimensional influences or forces. Hence to keep the balance, work at it! in their proper relationship one to another.

Not that there are not periods when there will not be influences from without as well as from within that will cause emotional or mental and physical reactions that cause an awareness of disturbances, but keeping in attunement and in at-onement with the Creative Influences we become aware of those things necessary.

[1885-2, Male 32, Osteopath, 3/26/40]

For, as the extremes are so a portion of the entity's experience, know that all phases of human relationships, human endeavors, must be taken into consideration. And do not become the extremist, as any well-rounded individual may, by allowing self to be drawn off in some particular emotion, some particular activity.

For - body, mind, soul - body, mind, spirit - physical, mental, spiritual - these are phases of individual experience. They each have their duties, their obligations, their limitations, their abilities, their desires, their hopes. But WILL - Will - with the spiritual influence which is the birthright of every soul, combined with material activity - may bring into the experience of self, of others, the fulfilling of those obligations, of duties, of love, of hope, - yea, of fear, - and eternal life.

Importance of the Well-Rounded Life Circulating File

[2653-4, Male 21, 3/2/28]

(Q) What warnings should body have to make life successful?

(A) Use that thou hast in hand in applying self in that through those channels as has been outlined, and make the life ONE. Not that of any one-sided life, for the spiritual, the mental, the physical, must be as ONE, would the better development come for the body.

[5718-2, Male 49, 1/10/28]

In the influences that may be builded from that of Uranus, Neptune and Jupiter, we find then that all phases of occult, psychic, or of benevolent influences, are especially interesting to the mind of the entity. Keep self well balanced in will's application towards such, that there may not come unstableness in the application of the laws pertaining to occult science or occult-ism, psychic phenomena or psychic influence; for while these are the ruling powers in an entity's experience, these may be applied to one's own undoing unless kept in the way that the whole is viewed by any application, rather than a portion; for each individual, every entity, has its influence, and is the sum total of its experiences as reflected by ITS (the entity's) concept of the first cause. Get that!

[540-1, Female 30, Homemaker, 4/26/34]

These [astrological] influences also make for those periods when the entity in self feels very much elated by the activities, from seemingly unknown sources. Or, MOODS are as experiences - when there are those feelings or premonitions of impending influences in the experience. These as they are developed, or as their application is better understood, may be used as aids by the entity in helping others in their problems, in their understandings. Yet at times the entity feels that too much is known, for a correct balancing of that which is always held as the purpose of the entity in relationships to individuals. Hence it will ever be necessary in the experience that the entity, in its mental and physical activity, keep well balanced as to its purposes and desires in its activities, as to relationships with groups or individuals.

[1506-1, Female 39, Social Mentor Work, 1/3/38]

Hence that chosen to be given here is rather that which as we find may be applied in a constructive way and manner, if there will be held to that within self first as of not merely an idealistic nature from the mysterious or mystical side of the experiences, but rather that in which a normal balance is kept within the activities of the material and the mental and spiritual influences.

For while in a material world each soul, each entity is subject to the laws thereof; and only in compliance with those influences that become constructive not from the material standpoint alone but from the mental and spiritual forces also, creates that environ from the astrological and material sojourns that becomes as the hereditary influences in the experience.

Importance of the Well-Rounded Life Circulating File

[2776-1, Male 28, Army Private, 6/29/42]

Jupiter and Mercury are the greater influence, as also Neptune - which will have to do with much travel of the entity over water, in strange places and unusual circumstance. But the abilities that are latent and manifested will enable the entity to meet those problems as they arise in the experience; as may be indicated from the stresses that should be put in their correct places - in the spiritual life.

Not that this is to be stressed to that of excess, of course, of the mental and material (for they are one), yet the basis of all should arise from the spiritual.

[2467-1, Male 37, Leather Salesman, 8/14/29]

While, with the square of Jupiter, Venus and Uranus - as was experienced in the latter months of '25, these, as then, will bring changes in the affairs - socially, physically, and financially - yet there must be applied will's forces, as will keep one in attunement with self's own development, and development meaning in this sense, not necessarily first position or moneys, but rather the strength of character that builds that which brings the consciousness in self of that oneness of purpose that maketh ALL things in accord with the well rounded, useful life, that makes for many calling, and feeling, and knowing it has been not only an honor but a blessing to THEM to have known, to have met, to have been under the influence of the MAN, as a man, as well as the mental and spiritual man.

[137-4, Male 26, Stockbroker, 10/28/24]

One that with the physical in subjection tends to be mystic and visionary to others, and brings often at such times questions from those that would be closely associated with the body. Hence one that should give special attention to the physical body, that the indwelling of the forces manifested through the spirit, soul and body of the body, should be manifested well for the Maker's realm.

One that should understand much of the spiritual forces, that the physical may manifest the more perfect in the flesh.

[3403-1, Male 58, Insurance Broker, 12/10/43]

These become, then, a part of the entity's consciousness; as Jupiter, Mercury, Mars. All of these become a part of the experiences; in Jupiter the universal consciousness, the universal love; in Mars the anger, but tending to make for an overactive body, a very active body at the age and the experiences of the entity in the earth. These are well, provided the entity keeps that balance that is the prompting of the soul to the physical body, and with the mind ever determined to be what the divine would have the body to be.

Importance of the Well-Rounded Life Circulating File

[315-4, Male 27, Photographer, 6/18/34]

These may be seen by the entity's sojourn in Neptune's atmosphere, or Neptune's emanations as an atmosphere in the place for indwelling of souls in that environ; for here - as has been accredited, or is innately experienced in those that delve into same - is found the realm of, or key to, the mysteries of ages. But if the mysteries are taken as the basis alone, and not that which is practical in the experience of souls along the path of their development, this too - as it has in the experience of the entity becomes a stumblingblock. For in materiality it may be found that it may be used, has been used by many, for the accumulation of that which becomes filthy in its expression of those things that bring power, position; yea, even fame, from the ability of accumulating such in their experience. And is often that which is seen used by those that are termed as the users of wealth, moneys, estates, lands or - more direct - those that use same in political ways, or the powers such as ye see manifested in the dictators or rulers in the varied ways.

In that sojourn the entity gained much of that which is innate in the expression of self in the present, and is as a ruling factor; yet, lest these be weighed well with those other influences, both in the earth and in the astrological sojourns, they become as that which unbalances. And when the wheel of life, that is given to each soul, becomes lopsided or heavy through carnal or too great seeking into those things that are not to be used other than in the will and desire of the Creator, it makes for the lack of that called in the earth poise, or temperament, such as to be the better for an inner or soul development.

[303-32, Female 55, 4/11/42]

When there is the continued driving of the energies of the body, without the due consideration that there must be time for recuperative forces through those manners and channels indicated as better for the body, then who else may answer as to what is the condition of the body, and the manner in which ye oft abuse it?

To be sure, at times it is felt that circumstance, conditions, words of others, impel the body to go when there is not sufficient resistance. But there will be people working here when the body comes back again! What sort of a body will you take away? What sort of body will you bring back? It depends upon the purposes, the aims, the desires. Take time to recuperate.

There has been given that which is helpful, and the body responds - when it takes the time to do so. Read over again that as given, and follow closely; and there will be help.

[1770-7, Female 53, 10/28/42]

(Q) Any other suggestions?

(A) Keep the spiritual attitudes and attunements to the Creative Forces, to keep a normal balance through the body.

Importance of the Well-Rounded Life Circulating File

[957-1, Male 53, Philosophy Professor, 3/12/30]

(Q) Should I begin now systematically the Mystic Meditations and Exercises for the raising of the spiritual currents to the Pineal Gland?

(A) These have already begun. Keep thine self in well BALANCE, but continue in the studies that BRING to the self that REJUVENATION as is necessary for one to manifest and FULFIL within one given period that to which it may wholly accomplish.

[2450-1, Female 34, Psychic Painter, 2/13/41]

The entity has so seldom entered into the material plane that in the physical the entity oft lives in the realm that to many is unreal. Thus there are periods in which there must be a closer interpreting of those influences in the entity's experience, that all may be made practical in a material life.

From the long sojourns in the environ of Uranus, there are times when the entity appears to be contradictory in itself. When the entity is "cold" to a subject, it is very cold. When it is enthusiastic, it bubbles over. Hence this becomes a real problem in the entity making the present activities as a practical thing.

Know that when one lives in this consciousness one is oft judged by the material things, and it is necessary that these be correlated.

The intuitive forces cause the entity to so easily live or express - even in the physical, as in color or even in music - the harmonies not of a third dimensional nature. This is well, provided - by the attempt of others to influence the entity in this or that direction in the use of same - that the entity is not led to fool self or to misinterpret. For, the entity would never consciously mislead one, but at times unconsciously the entity is misled by the material-minded.

Hence the entity finds it oft a problem, or hard, to meet those conditions that arises in the material activities. While the abilities in given directions are beyond compare, the ability to interpret that symbolized to the entity - in its attempt to bring same into material activity - does not always coordinate that without so as to respond to that intended to be interpreted within the entity itself.

Then, in order to gain the more in the spiritual and mental developments in the material plane, it is necessary that definite stands be taken as to ideals and sources of those urges which arise in other dimensional consciousness of the entity.

[303-32, Female 55, 4/11/42]

As has been so oft indicated to man, throughout his search for God, take time to be holy. This may imply and does apply to the general physical health as well as to the general physical, mental and spiritual being. For, holiness is oneness of the mental, spiritual AND the material body.

Importance of the Well-Rounded Life Circulating File

[551-13, Male 36, 5/15/34]

(Q) How is my mental condition, and how can it be improved?

(A) The mental condition is in that state where a great deal of the temperamental and the nervous reactions are allowed by the self dwelling upon immediate surroundings. If the body will train or MAKE self, as it were, by sheer will force, to see conditions rather as the whole than as individual case or condition, there will be a much better reaction to the whole mental outlook.

Know that the circumstances or conditions through which the body may pass are or can be used by the body as a stepping-stone for the bettered conditions. For, there should be rather the attitude that, "If I myself keep my mind upon those things that have to deal with the spiritual aspects of a physical life, that find their expression in the reaction of individuals to individuals, then the growth of same is in the attitude I hold to my associations in each activity."

Be rather of the optimistic outlook, for there you may find that the growth of self is in keeping with how that expenditure of self is made in such directions.

Not to that of extravagance in ANY thought or activity; but that which is in keeping with those things that have oft been given; if ye would have friends, make self friendly with all thou mayest meet in EVERY WALK of life.

If thou wouldst have shown forth to thee that of brotherly love, then show same to thy friend, thy neighbor, thine enemy, thine stranger, that ye meet day by day.

Such will make for growth, for the attraction of the proper relationships in the experiences and affairs of ANY individual.

[442-2, Male 57, 1/17/34]

(Q) Are any physical, mental or spiritual conditions apparent in this body which need correction or purification for it to be in healthy and receptive condition as a constructive channel for development of the higher psychic faculties?

(A) The physical conditions, as indicated, need corrections, as to how they may be the more easily reached without causing strain to other portions of the body, with the nearer normal physical body the mental - as well as the spiritual forces have the better channel for their activity or manifestations. The mental body is well balanced, as has been indicated. The spiritual are ever ready for manifestation, when there is given the opportunity. Does the mental and the physical war with those of spiritual influences, they make contending forces within the body; thus affecting the body through the impulses of the whole body as a whole.

With the corrective forces, with keeping the body-physical and mental well balanced, there will be made for the better soul or spiritual development, and make life in its manifestations in the self more worth while.

Importance of the Well-Rounded Life Circulating File

[499-1, Female 22, 1/25/34]

(Q) How best may I arrange my life for greatest body efficiency?

(A) By keeping a normal balance between the physical and the mental activities of the body. Any physical body, mentally or materially, that makes for a strain in any one direction must eventually meet those conditions in the application of the abilities in self. Hence, keeping coordination - or taking time to play as well as to think, as to read - will make for the better conditions for a body, ESPECIALLY of one of such a temperament as is indicated from the activities of THIS body.

(Q) Will you please explain the cause of the terrific stomach disturbance last night?

(A) There was first a mental upset, as was indicated by the reactions in the body to certain conditions or influences about the body. With the reactions from those conditions indicated, these caused the less flow of the necessary gastric forces through the areas for the completion of the digestion before the food values passed into the duodenum and the first portions of digestion. Hence we had an intenseness that caused disorders and unpleasantness.

The correcting of these and keeping an even balance will prevent such reactions. Not that the body is not to be enthusiastic over this, that or the other as it chooses - but keep balanced.

[3652-1, Female 22, Statistician, 1/12/44]

Do not starve either of these phases of thy unfoldment, for all that is in mind and body first appears in spirit. Keep each, then, in its proper relation one to another, if the entity would contribute the more to the activities in the earth....

In applying self, know thy own weaknesses, as well as thy own virtues. Set them down in a row, not in the same row; but every few weeks rub out those that you have overcome or add those that you know you have taken on. This will help you keep that balance that is so unusual in the entity.

[2970-2, Female 49, 6/2/44]

(Q) Am I in any danger of mental unbalance due to too exclusive study or religion and philosophy?

(A) Do not study so much; though not any danger of unbalance in those directions. Don't study so much, but apply it. You'll get a lot more out of it and it'll do others more good too.

Importance of the Well-Rounded Life Circulating File

[1735-2, Male 14, Student, 10/16/30]

When the mental is attuned to those that become of a self-exaltation, of a self-aggrandizement of those forces as build for material, or those that build for the gratification of selfish - or of self's desire, irrespective of the other - these MUST become destructive in their final analysis....

In the flux, then, of life - keep thine paths in the way of sound judgment, as is reasoned with the love's influence in the experience of self.

[342-1, Male 48, Executive, 1/24/33]

(Q) Will I carry on two careers at one time?

(A) It isn't as careers; it is rather as a working together, a coordinating one with another. When they are made careers, then they usually become combative one to another - but should be coordinating influences. As the spiritual life of the individual, this may be termed one life while the material activities may be termed another. But, if they are not made to coordinate THROUGHOUT - and that preached in one direction and not lived in the activities, then - sooner or later - one or the other must bring destructive forces. Do not become a crank on any subject! Do not allow self to be led entirely astray, but keep self well-balanced in the material activities, the mental activities and mental abilities, acquainting self with what is GOING ON in the material world, the mental world, the social world, and using same - not altogether for self's AD-VAN-TAGE, but that the body may be, in its abilities in every sense, the better able to serve and manifest - through the activities of self - that it would worship in its inner shrine.

[3409-1, Male 26, Motion Picture Operator, 12/15/43]

And as He has given, "In all thy getting, my Son, get understanding." This is putting proper emphasis in the proper places, and do not become sidetracked by things that would pertain to material or spiritual alone, or things of the body or things of the heavenly force. For you grow to heaven, you don't go to heaven. It is within thine own conscience that ye grow there. For there first must come peace and harmony within thy purpose, thy ideal, thy hopes, thy desires. Thy wishes even must be in harmony with thy ideal if you would make the experience in the earth of value to thee.

Budget Your Time to Keep Well

[416-10, Male 30, Freight Agent/Telegrapher, 10/30/36]

Budget self. To budget self is well. For as has been indicated, as it is necessary for the preparation or the protection of the bodily forces to keep nominally and normally well-balanced, so it is necessary in the mental self to keep not cut off here, not cut off there. How would it be to have physical activities with one arm or one leg off, one eye out, or part of the mouth gone, or the like? It is the same in the mental self, in its application to material things. Keep well-balanced, and as has been indicated, hold to that in hand; then have those periods of recreation, mentally, physically - the application to the material things for the sustenance and for the maintaining of those attitudes, those aptitudes in relationships to the surroundings and that which supplies needs and the developments for self, and those periods when same would be applied to the advancement mentally, physically, spiritually.

[3420-1, Female 57, Writer, 12/17/43]

As indicated, the entity is very vivacious, very active. Thus the entity can also rest or relax, or be as lazy as the next. Not that extreme as from Uranus, but the mystic, the artistic temperament, as it were, runs its course and must be set again if it would manifest.

Then the more reason the entity should be very sure within self of its ideals - spiritual, mental, material. And most of all the entity should budget itself, its time. Recuperate in body, in mind, in purpose, in hopes. Then, so much time should be spent in work, in labor; so much time in recreation; yea, so much time in beautifying the body. As the entity may gather, as it analyzes the cycles of that implied and indicated as to the manner in which the entity thinks and acts, at least one week out of each month should be spent in beautifying, preserving, rectifying the body - if the body would keep young, in mind, in body, in purpose. This doesn't mean that the entity should spend a whole week at nothing else, choose three days out of some week in each month - not just three days in a month, but three days in some definite week each month - either the first, the second, the third or the fourth week of each month - and have the general hydrotherapy treatments, including massage, lights, and all the treatments that are in that nature of beautifying, and keeping the whole of the body-forces young.

One week each month is required for sterilizing the body functions. Then, is it a wonder that a week after such would be well for the beautifying, for the replenishing, for the supplying of the building forces for the body's activities? Supply the body mentally - so much reading should be done, so much recreation in music, so much in play and in those activities of others. For it is from the emotions of others rather than from things that the entity gains and adds to the abilities of self, or is able to draw upon its abilities to be helpful for others.

Importance of the Well-Rounded Life Circulating File

[1565-2, Male 29, Merchant, 1/15/30]

(Q) Advise regarding body's health, as to best manner to keep physically fit?

(A) Keep well! Keep in that of rather the position of not having to be cured OF, but rather that as PREVENTATIVE activities - physical and mental. The body very good in this respect, though the mental worries - while not overburdening - may give some distress in this line; from OTHERS more than from self; for the body is not prone to overtax self mentally - which is very good. Were most people to act in the same way they would all be better off! but in the activities that come with changes, do not overtax - physical OR mental. Rather study to show self approved unto God first. THEN add those of the MATERIAL things; for material blessings should be the OUTCOME of a life well lived, rather than that sought and "I'll be good after a while"!

[2533-3, Male 37, 5/26/42]

(Q) Give instructions whereby I will keep myself in good health through Mind-Power now latent in self.

(A) By keeping an equal balance in the physical, mental and spiritual aspects of the body-functioning. To be sure, it is necessary for normal physical functioning. It is necessary for normal physical reactions, or the exercise as well as relaxation in same. The same should apply also to the mental, and also to the spiritual aspects. For, they are one. But keep a normal balance, not being an extremist in any direction, - whether in diet, exercise, spirituality or morality, - but in all let there be a coordinant influence. For, every phase of the physical, mental and spiritual life is dependent upon the other. They are one, as the Father-God is one.

(Q) What exercises of mind and body are best to increase my energy and capacity for work?

(A) Keeping, as just indicated, an increase - or by learning something every day. This doesn't mean as knowledge alone, not to be applied, but APPLY that you know already!

[440-11, Male 23, Electrical Engineer, 1/9/34]

Hence using a cataloging, as it were. First making for self in all of its activities, certain periods for rest, for mental exertion, for mental activity, periods of recreation in the various characters and natures; in other words, budgeting the time, and yet making for advancement not as rote or as just plain routine - but SEE the value in self, in self's development, of so budgeting self and self's activities as to know that the best or the better balance may be kept within self in its advancement in every phase of its mental, physical or spiritual activity. Do not neglect one for another, but to be well balanced is only to be well equipped and doesn't mean movement or activity has begun. The knowledge of self, the knowledge of the various influences in the experience of self is only valuable or constructive when applied in the experience of self. Hence, get busy!

Set Definite Periods for Exercise

[4037-1, Male 36, 4/6/44]

Then live the normal life; that is, be oft in the open. The better exercise is walking.

[303-12, Female 49, 8/3/36]

After breakfast, as has been given oft through this channel, work a while; after lunch rest a while; after the dinner walk a mile!

[759-23, Male 14, 12/18/43]

As indicated, keep a well balanced, well rounded program. Don't become lopsided in any direction. Periods of exercise, and recreation, some social activities, also improvements in all of those activities as to associations. These would keep the body balanced in its growth and development....

(Q) How can he prepare himself to render a great service to God and know what is expected of him?

(A) Keeping well balanced and not becoming lopsided or self-centered in any manner.

[257-156, Male 42, Sales Manager, 9/27/35]

(Q) [257] has planned the day as follows –

(A) (Interrupting) This is very good. We would not alter or change, but be consistent with these and keep them in that routine. And NOT as rote, but let it become a portion of the EXPERIENCE to make for that as will build into the mental, the spiritual and material life those things that make life worth while. If they become rote only, then these will be found to be burdensome. If they become as a living experience, and - as it were - a game of life in gaining from each of the periods set aside for the various activities, then these become very much worth while....

(Q) In summing up the rounding out of this body's condition, will you please advise him on his physical also, and any other advice to allow him to recover his material balance and keep his health intact.

(A) These have been given for the body, and should be kept in a consistent manner. Just as indicated respecting the activities in the budgeting of the time, the same should be in the health and the whole for the activities and relationships in every way and manner. These should be kept as LIVING things, not as things just to be done to be got through with; but using each of same as a stepping-stone for improvements in the way of thinking, the manner of experience. And all of those things will come for the betterment.

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[2056-3, Male 14, 12/18/43]

Then the recreation:

Keep in those atmospheres of a creative influence, of that which is good, that which brings recreation or change of thought, change of activity of the body.

[759-23, Male 14, 12/18/43]

(Q) What is best program for his mental and spiritual development?

(A) A well balanced exercise physically and mentally; plenty of relaxation and plenty of work, physically and mentally.

[454-1, Female 40, 1/14/30]

Well, too, that the body take some DEFINITE exercise in the OPEN. This should be to keep the mental and the physical well balanced together.

In the mental body, this [is] creative in many respects, and in different channels. These should be developed, or magnified - for the development exists, but keep same well balanced in that the creative in the writing, the creative in expression, creative in the administering to the needs of others, should be in that form, in that manner, of the well ROUNDED life - and the experiences of same necessary for the full or the complete development and understanding of an individual making manifest in same how an individual may, or DOES, become one-sided by accentuation of faculties, talents, or what not - but that whether in music, in expression, in dramatic art, in painting, in sculpture, in that of the well-rounded athletic - it requires the knowledge, the understanding, the application, of [the fact] that life must be kept as a whole, that the understanding and viewpoint of individuals may be seen and understood, to be appreciative, effective, or sufficient.

In the spiritual life, keep close to that as has been accorded in the mental forces of the body - knowing that in the understanding of the relationships of the spiritual body there must be need of the mental and physical for its material manifestation; though, that - whatever there may be conceived by the mind of a body, it finds ITS replica in a material experience; for with the body, mind and spirit does one present itself WHOLLY acceptable UNTO the divine, WHATEVER that may be made in the terms of worshipfulness; for IN the spiritual one lives, moves, and has one's being - and the spirit is willing, and the flesh will follow, will the mental [if the mental will] build in that direction that they are KEPT in accord one with another.

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[1334-2, Male 42, Osteopath, 11/29/37]

As we find, as has been given here, there should not be an overtaxing of the body; and there should be periods of relaxation, as there must be in everyone's experience.

For the law of the Lord is perfect, and ye must rest one day THOROUGHLY throughout....

Then, as there are the activities through the metaphysical and psychological associations and activities, there will be allowed greater periods for discussions, greater periods for the body to react by the ABILITIES of the body in writing and the like. This will not only rest the body but will improve the capacities. For as is known by the body, to rest more is to change the way of thinking, to change the way of activity. Thus we find we will rest the body and yet make for greater recuperative forces and additions to the physical and mental and spiritual forces in every way and manner.

[1123-1, Male 12, 2/19/36]

(Q) What weaknesses should he overcome?

(A) As given; that of becoming too easily discouraged at times and too enthusiastic at others. Learn rather the evaluations of thy associations in EVERY walk of life, and their relationships as one to another.

For, as the physical body is but a temple, each portion must coordinate one with another for a perfect union or perfect unison of service or activity, so must the mental mind, the physical mind, the spiritual mind, coordinate as one with another. But learn their evaluations in thy experience.

[1158-22, Female 49, 7/9/39]

And as these are a portion, - or the body is the temple, then the activity of the glands, the organs, the mental attributes of the whole system CAN be, MUST be at an at-onement, or acting in at-onement to the better creative forces.

[3436-1, Male 45, 11/30/43]

... there should be a budgeting of the time. Take a definite period for recreation of the mind, in reading other than that in which the body is engaged daily; that is, when leaving the office leave the office there, not carrying it in your mind or worrying or becoming overanxious about same.

Also set a definite period for physical recreation. And in those periods of recreation or relaxation do have the regular exercise - as the massage and rubdown, following handball or such exercise that requires physical activity of the body. These will be extra good for the body. With such exercise have the relaxing period with the massage and the thorough rubdowns.

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[5256-1, Female 17, Student, 5/27/44]

Do these and you will find it will bring into the association and relationships, when you find yourself and thy ideal, that ability to appreciate nature, appreciate the outdoors. Do take hold on those things as golf, riding, swimming, tennis and those things in which not only self, and the opposite sex, but those of its own sex become a part of the association and companionships in a more social manner. Not that these are to be to the extent that you forget your ideals and purposes. What are your ideals? What manner should be the relationships between a man of twenty-one to twenty-five and yourself in the present? What are the ideals? In physical relationships, in mental relationships and in spiritual relationships?

Know that ye are in the earth as an opportunity for self, for social unfoldment and in the relationships with thy companions of both thine own sex and the opposite sex you should not be merely an idealist, but so live, not necessarily what is called a puritanic life but so live that others, all others would wish to be like [5256]. That is an ideal manner of conduct.

What is required in this? In self knowing thine own ideals, spiritually, mentally, materially, not merely as “I think this should be it, I think that would be wonderful, that this or that” but write them down on paper and see what they look like. You’ll be surprised how oft you can change them from one day to another.

Then, knowing the ideal, practice it. Don’t have an ideal and then not practice it in thy daily activities.

Keep a Well-Balanced Diet

[257-136, Male 41, Sales Manager, 8/15/34]

Keep an even, normal balance in diet of body, diet of mind, and the use and associations of same in every way; for as a man thinketh in his heart (not as he speaks, but as he thinketh in his heart) so is he. So, keep the body fit, keep the mind fit. Do not allow little antagonisms of body OR mind to undo that thou hast builded in thine experience.

[340-29, Female 46, 9/28/34]

There needs to be only those precautions, and not as rules or regulations that are to be so hidebound as to make for life itself to become a drudge rather than a pleasure! For, as has been indicated so oft, those that live rather what to many is rather the mediocre but never the extremes make life and its associations in the world better. Enjoy ENJOYMENT in the Lord, as He should be those things that create happiness and harmony and life - and only such can.

So, in the diets, in the activities, do those things that bring harmony, peace in the body.

When there are those desires or cravings, do not give WAY - but don't deny those things, for there are those elements within same where there are the demands for that necessary for creating the balance within the system. For it has been given oft, there is in a normal healthy individual (alive) EVERY ELEMENT that is known - or may be know - outside of that body! Hence for these to live in harmony it becomes necessary that an even balance be kept within and without. Just as when there are the atmospheric pressures upon a body, the body finds itself adjusting itself to the various changes. Whether the barometer is high or low, the body - while FEELING the effect, unless there be a deficiency in the activity of some organ - in a moment ADJUSTS itself to same! And this should be the same activity throughout the diets of a body. He that sets a rule must live and die by the rule! But he that makes the rule may use and apply those things within and without in such measures, such ways and manners, that will make for the creating of COORDINATION.

Do not be excessive in anything! Do not be ABNORMAL! LET'S BE NORMAL IN EVERYTHING!

[1158-17, Female 48, 6/10/38]

Keep a normal - NORMAL physical activity, as to diet, as to the health rules and regulations. All of these are better than all of those drawn from fanciful combinations that wreck portions of the body!

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[2185-4, Female 60, 11/29/43]

(Q) Is there any malignant growth in my body?

(A) Not in the present. There are conditions where plethora exists in pockets of the lymph circulation through portions of the body, but not of the malignant nature as yet - neither is it indicated that there would be, if there is persistence in following the suggestions outlined and not attempting serious diets or activities that cause such great strains on the body - as in fasting or in following certain diets for a long period of time. Keep well balanced in the diets.

[341-31, Male 23, 3/10/31]

There is also an unbalancing of the vitamins in the physical functioning of the body. There is the lack of elements that make for physical structural forces of body.

WHEN the MENTAL is used in such a manner, THIS partakes of a different condition than when the PHYSICAL forces are exercised in the body. It would be well for the body to so conduct, so arrange the activities of the body as to be better BALANCED as to the mental and the physical attributes of the body. Take more outdoor exercise, that - that brings into play the muscular forces of the body. It isn't that the mental should be numbed, or should be cut off from their operations or their activities - but make for a more evenly, more perfectly balanced body-physical AND mental. Know how to apply the rules of METAPHYSICAL operations to a corncob, or to a fence rail, or to a hammer, an axe, a walking cane, as well as the THEORIES of this, that, or other mind, that in nine cases in ten is seen to become a storehouse for mental deficiencies of PHYSICAL energies! Now get the difference! It is not mental unbalance, but a mental body may be so OVERUSED as to allow physical energies to become DETRIMENTAL forces IN A PHYSICAL BODY; for each energy MUST expend itself in SOME direction, even as a thought that takes form brings in to being a mental image. Is that image in the position of being a BUILDING force cooperative with the energies of the physical body? Or do they DESTROY some motive force in the physical without allowing an outlet for its activity?

Then, be a well-ROUNDED body. Take specific, DEFINITE exercises morning and evening. Make the body PHYSICALLY, as well as mentally, tired and those things that have been producing those conditions where sleep, inertia, poisons in system from non-eliminations, will disappear - and so will the body respond to the diets.

Now, in the matter of diets - ONE activity is necessary, if there is to be a mental diet - or if there is to be a diet for a well-rounded PHYSICALLY useful, MENTALLY useful, SPIRITUALLY useful body. But there is the lack of vitamins as B and C, in this body. One, the C, stamina for mental energies that are carried in the white tissue in nerve energy and plexus. B, as is of calcium, of silicon, of iron. These would be well-balanced, will those [if those will be taken] of the food values that carry same be taken, but UNLESS the activities physical for the body are such as to put same into ACTIVITY they become drosses and set THEMSELVES to become operative, irrespective of OTHER conditions. (This as aside, but as very well in keeping with the circumstances or

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conditions.) Vitamins in a body are elements that are combative with, or in opposition to, the various activities of a living organism, and may be termed - and well termed - as those of bacilli of any nature within a human or physical organism. That's what we are talking of, or dealing with in this body.

Now, when these are taken into the system, if they are NOT put to work by the ACTIVITIES of the SYSTEM - either physical or mental - they become DESTRUCTIVE tissue, for they AFFECT the plasm [plasma] of the blood supply or the emunctory and lymph which is another name for a portion of a blood supply in a system.

Then, in the meeting of the diet - be sure the activities, physically, and mentally, are in keeping with; and DO NOT DO these SPASMODICALLY, but BE consistent - for the physical body, the mental body, the spiritual body, is as "Grow in grace, in knowledge, in understanding." [2 Pet. 3:18]

That thou eatest, SEE it DOING that THOU would HAVE it do. Now there is often considered as to why do those of either the vegetable, mineral, or combination compounds, have different effects under different conditions? It is the CONSCIOUSNESS of the INDIVIDUAL BODY! Give one a dose of clear WATER, with the impression that it will act as salts - how often will it act in that manner?

Just as the impressions to the whole of the organism, for each cell of the blood stream, each corpuscle, is a whole UNIVERSE in itself. Do not eat like a canary and expect to do MANUAL labor. Do not eat like a rail splitter and expect to do the work of a mind reader or a university professor, but be CONSISTENT with those things that make for - even as the UNIVERSE is builded. In the layers of one is dependent upon the activity of another. One that fills the mind, the the very being, with an expectancy of God will see His movement, His manifestation, in the wind, the sun, the earth, the flowers, the inhabitant OF the earth; and so as is builded in the body, is it to gratify JUST an appetite, or is it taken to fulfill an office that WILL the better make, the better magnify, that the body, the mind, the soul, HAS chosen to stand FOR? and it will not matter so much what, where, or WHEN - but knowing THAT it is consistent with that - that is desired to be accomplished THROUGH that body!

As has been given of old, when the children of Israel stood with the [Dan. 1:5-8] sons of the heathen and all ate from the king's table, that which was taken that only exercised the imagination of the body in physical desires - as strong drink, strong meats, condiments that magnify desires within the body - this builded as Daniel well understood, not for GOD'S service - but he chose rather that the EVERYDAY, the common things would be given, that the bodies, the minds, might be a more perfect channel for the manifestations of GOD; for the forces of the Creator are in EVERY force that is made manifest IN the earth.

Few are able, even as the prophet of old, [I Kings 19:11-12] to see God in battle, in the shedding of blood, in the thunder, in the lightning, in the earthquake, in the various tumults in nature - but ALL may experience Him in the still small voice within! Do THOU likewise, and the body is the temple OF the living God, and is a REASONABLE service that we present same holy and acceptable unto Him. [Rom. 12:1]

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Just as great a sin to OVER eat as to over drink; to over THINK as to over act! IN that thou buildest, do even as He. Make thine body, thine MIND, ready for EVERY occasion that arises in the life. Think well on what was given, "WHY could not WE cast him out? Such is done only - ONLY - through fasting and prayer." [Luke 11:33] When thou prayest, enter into thine closet - that is, within self - not shutting oneself away from the world, but closing self to God's PRESENCE, and pray in secret and the reward will be in the open; for, as was given, "Men do not light a candle and put it under a bushel, but it is set - SET - on a hill, that it may give LIFE, light, unto all."

So, in conducting thine own life - make the physical corrections necessary, yes - but make also thy mind and thine body, thine going in and thine coming out, thine activities day by day, consistent WITH - and the reward will be - an exemplary life, a GOODLY body, an OPEN mind, a LOVING spirit!

Few may show forth that even felt in the heart with the liver bad, for twice does the blood pass through the liver to once in the heart. The liver is the clearing house both for that of the blood in and out of the heart and lungs. So in the conduct of the life, in the study, think twice before you speak once - for there's only ONE tongue but two eyes. There is only ONE heart but seven lobes in the liver; and in thine hands - use that thou hast, and thine eye will be SINGLE in service, thine tongue will be loosed in the right direction.

[773-21, Male 12, 12/18/43]

(Q) What exercise and diet would be best?

(A) This depends upon the habits and upon the location of the body. As there is the exercise, let there be also stimulation to the physical, mental and spiritual body; not as routine alone, but building for body and mind. And keep a well balanced diet, tending more towards the alkalines.

[2533-6, Male 37, Insurance Agent, 10/31/42]

Knowing the tendencies, supply in the vital energies that ye call the vitamins, or elements. For, remember, while we give many combinations, there are only four elements in your body, - water, salt, soda and iodine. These are the basic elements, they make all the rest! Each vitamin as a component part of an element is simply a combination of these other influences, given a name mostly for confusion to individuals, by those who would tell you what to do for a price!

In those activities, then, add - in the proper balance - that which will maintain this equilibrium. And if you set your life to be a hundred and twenty, you can live to be a hundred and twenty-one!

Coordinate the Eliminating Systems

[5712-1, Male 38, 8/19/26]

Keep the eliminations in the system (that is, through the intestinal tract) acting normally and properly, even though enemas and cleansing of the colon is resorted to - which is well for anyone to do, for through same many re-infections take place by overtaxing the system with drosses from fermentation as takes place in ascending or traverse [transverse] colon.

[5478-1, Female 2, 12/17/29]

Do not allow the intestines to become clogged. Do not produce an over excess of eliminations through these channels. RATHER bring and keep the near NORMAL coordination in the eliminating systems - alimentary canal, the kidneys, the liver, the respiratory [respiratory] system, and the respiratory portions of the body as thrown off through the skin itself; so, as much in the open air [as possible] is well, but not be a fanatic on ANY ONE of these. Rather expect a normalcy, and act in that direction!

[257-210, Male 46, 9/12/39]

As has so oft been indicated, well that the body regulate or budget its time for work, for relaxation, for recuperative forces mentally, physically AND materially, as well as those periods for activities in all of the spiritual foods, the physical foods, the mental foods that are a part of the experience.

Keep and take, consistently, sufficient of the hydrotherapy and the colonics to rid the system of the SOURCES of infection through the alimentary canal. As to how many, - until there is NO mucus shown in the stool at the time of the application. Then when there occurs again any of those indications of such a tiredness or fullness through the torso or the abdominal area, take them again.

Keep the system cleansed and we will find better conditions; or else, as has so oft been indicated.

[2653-3, Male 20, 4/27/27]

There is only that necessary, for the full physical normal condition, to keep the mind and the body active, and to keep the eliminations near normal. This is, as we find, necessary in EVERY physical being.

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[3352-1, Male 45, Banker, 11/5/43]

The sources or causes of these have not been entirely eradicated. Thus there has not been gained full control of the body-forces through the body.

We find that these arose as a result of what might be called occupational disturbances; not enough in the sun, not enough of hard work. Plenty of brain work, but the body is supposed to coordinate the spiritual, mental and physical. He who does not give recreation a place in his life, and the proper tone to each phase, - well, he just fools self and will some day - as in this body in the present - be paying the price. There must be a certain amount of recreation. There must be certain amounts of rest. These are physical, mental and spiritual necessities. Didn't God make man to sleep at least a third of his life? Then consider! This is what the Master meant when He said, "Consider the lilies of the field, how they grow." Do they grow all the while, bloom all the while, or look mighty messy and dirty at times? It is well for people, individuals, as this entity, to get their hands dirty in the dirt at times, and not be the white-collared man all the while! These are natural sources. From whence was man made? Don't be afraid to get a little dirt on you once in a while. You know you must eat a certain amount of dirt, else you'll never get well balanced. For this is that from which all conditions arise. For of dust man is made, and to dust he returns. Because he doesn't look dirty once in a while is no sign he isn't dirty in mind, if not in body, if not in spirit. For these are one, ever one.

Here we have had conditions where there is the neglect of eliminations. Neglect in taking sufficient exercise in the open. Then we had a plethoric condition existing in a portion of the colon and a prolapsus in other portions, so as to overtax and burden the heart and the area between the heart, the liver, lungs and kidneys. These have brought about disorders and disturbances....

But take time to add something to your mind mentally and spiritually. And take time to play a while with others. There are children growing. Have you added anything constructive to any child's life? You'll not be in heaven if you're not leaning on the arm of someone you have helped. You have little hope of getting there unless you do help someone else.

Do that and live a normal life, and you'll live a heap longer. Be worth a heap more than the position you occupy. For it is not what you do but what you really are that counts. This shines through - what you really are - much more than what you say. You can say No, or you can say Yes, but do you ask God to show partiality? Do You show partiality to others?

Relaxation Through Work and Play

[2345-2, Male 51, 9/13/40]

. . . take time to play as well as work!

[5616-1, Male Adult, 3/3/29]

. . . as is known to the body - all work and no play will eventually wear the physical, or so warp the MENTAL into those channels that the best may NOT be given, either in the mental way or in the physical, and the application of same then comes to naught....

To meet the needs of the conditions, and to bring about the more normal would be for the body to - in common parlance - take things, conditions, both mental and physical, in not quite such a high tension, or RELAX self more thoroughly. Not by sedatives, not by medicinal properties that would hinder some other functioning of the system. Rather by those of relaxations in the open, in the sunshine, in relaxation from mental worries, and of EXERCISE ESPECIALLY of that that would cause the nearer equalizing of the circulation, both nerve and blood supply, between the head and the trunk and the lower limbs; exercising then in the open, as in horseback riding, swimming, walking - ANY of these are well, and after such an exercise be thoroughly rubbed down, after taking a hot bath - preferably shower, and rubbed down thoroughly - especially along the cerebro-spinal system; OCCASIONALLY applying the vibratory forces of the Violet Ray over the system, with the gentle massage - as would be the Swedish massage, or those of that nature. In this way and manner may the body find the near normal forces for the physical functioning.

[3201-1, Male 37, 9/8/43]

(Q) Has he had too much nerve strain over pressure of business?

(A) Not enough relaxation. Not too much nerve strain, but not enough relaxation to keep an equal balance.

[528-13, Female 29, 12/11/37]

(Q) Has the work hurt the nervous condition?

(A) As indicated, there is too much work and too much worry to the amount of play and relaxation it's taken! Better divide it up!

Did you find the Master worked continually, or did He take time to play? and time to relax? He is a good example in EVERYONE'S life!

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[257-56, Male 36, Sales Manager, 3/2/30]

Work while working and play while playing, but do both!

[257-53, Male 36, Sales Manager, 12/29/29]

Then, play as well as work. Relax as well as keep taut. So, through the mental abilities of the body, be as appreciative of the finer things of life as of material success. Be as capable of appreciating the beggar with a God-given voice as would bring tears of appreciation of love of man for man or woman, or of the appreciation of the beauties in nature, as appreciative of the man with a million, able to wield a power and influence of a nature that shows and belies of self-aggrandizement of power. Be, through the mental abilities, so as to be appreciative of that in art, or beauty in a picture, or beauty in nature. Let these, as they did to thine own peoples - even thine prophet, thine servant David, as he declared in, "The glory of God is made manifest! - Even the heavens declare His glory, and the firmament showeth His handiwork"; for fame and fortune often take wings and fly away - but one appreciative of the beauties in nature, in the abilities of His handmaid in the might of Him that serves in song or dance, or the piper, these also declare His glory - and, as these may be appreciated, so may that as may be given in this world's goods, in power, in might, in moneys, in position - so one may know how, through what channel, one may serve.

Then, keeping the body in such an attunement, aids physically, mentally, and the growth to the soul becomes as one that has made peace with the Creator. These are but little things in the eyes of many. These, by their very foolishness to many, confound the wise. These but make that contentment that makes one seek and seek for knowledge of Him that gives the gifts IN life; for He be the God of the LIVING whom thou servest, and material things are but dead - and are dead WEIGHT when one has not attuned self to the beauties in every field that makes manifest. EVEN the toad is as beautiful in the sight of the Creator as the lily, and he that heedeth not the little things may not be master of the great things, for he that was capable of using the talents in the little way was made the ruler over GREAT cities.

Keep thine body fit. Keep thine mind attuned to beauty. Ready for questions.

(Q) What relaxation best for the body in addition to that given?

(A) Just that! Changing of the mental status is ever the builder, mental and physical. That as the mind dwells upon is builded. When one overtaxes one portion to the detriment of another, an UNBALANCING MUST ensue. Keep much in the manner as has been given, as regarding diet, exercise, work, perseverance. BE consistent in all thou doest, and when thou has conquered self thou mayest be able to govern another. He who approaches for mercy, grace and counsel, may not have aught against his brother, but must be able to appreciate and understand that he already has in hand.

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[3795-2, Female Adult, 9/8/31]

(Q) Regarding the physical condition, should body have more rest?

(A) Should have more REGULAR rest, and more regular activities - see?

[3666-1, Female 35, 2/22/44]

(Q) How may I best obtain mental relaxation in order to be of greater benefit to my children and my home?

(A) By relaxing! This should be a preparing of self for a physical relaxation and then physical stimuli. Have sufficient recreation and sufficient stimulation in recreation. This allows the body to react in a nearer normal manner.

[854-2, Female 24, Beautician, 5/13/35]

(Q) Is her work too hard for her?

(A) At times. Cannot work too hard and play too hard at the same time!

[954-4, Female 39, Writer, 7/27/37]

(Q) Am I endeavoring to spread myself too much and am I in consequence jeopardizing my personality and future because I am not alone enough?

(A) The endeavors should be, rather, set as to periods. There must be time alone, there must be time with thy Ideal. There must be periods of application.

Then, preferably, rather than curtailing the vast amount of aid brought to others, only budget thy time so that ye become not merely rote or in a routine but as step by step; one as aiding the other. For as the body-physical must be fed, so must the body-mental, so must the body-spiritual, so must the body-social, so must the body-constructive, so must the body-meditative, so must the body-planning.

[531-2, Male 36, Salesman, 4/25/34]

Hence the body here, [531], must gain this concept: WORK, yes - but learn to play just as hard as you work! Learn to relax. And when there are the periods of turning within self for the communication with the inner self, the greater strength - physically and mentally - may come, for the activities to make the material successes as well as the physical and spiritual, from such periods of communion with self. Take stock of self; take stock of self physically and mentally, and harken to those things that are GIVEN thee. For, every soul has its companionate force in readiness before the Throne. And as this soul and its body is in that position of being a "sensitive" to such activities within self, it would do well to harken to those voices from within.

(continued)

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But, as the conditions have been created in the body and the disturbances are a fact in those activities of the various organisms of the system, and there have been those heavinesses as indicated in the various organisms, what NOW is to be done about these conditions - that they also may be made to become aware of this necessity? For they have, as it were, wandered astray and begun an activity within themselves, as to attempt to adjust themselves with a deficiency of activity.

Seek out, then, an instrument of the curative forces known as the osteopath, that is capable - through the proper manipulations, using the structural portions of the body as the leverage - of stimulating the secretions through the various activities of glands and centers and ganglia along the system to bring about a coordination of the activities of the physical forces within the system itself. And we will find that with a few adjustments - fifteen in number, as we find, would be sufficient - a balance will be brought about that will be the more satisfactory; if the precautions are taken as to its attitude, as indicated, in allowing self to relax - and to play as hard through those periods of relaxations as it works in those hours of determination to forge ahead in a commercial or material world.

We find, too, that the activities should be governed by the proper association of diet; for that upon which the body feeds it becomes. If the body feeds itself upon those things that are of the luxuries, or those things that bespeak of luxury in wines or those things that are as delicacies that are expensive to the physical pocketbook, do they not also become expensive to the mental and spiritual body? For, like begets like! And these things must eventually have their effect upon the human system, physically, mentally, spiritually. But those things that bespeak rather of a normal, well-balanced life, normal, well-balanced experience of a physical body, CAN and do bring TO the physical reactions those things likened unto themselves; STABLE things, yet well-balanced in their relationships as to the necessary forces that are to be created in the system.

Also we will find these things will bring for those desires on the part of the body to budget its time, as it were, and to give to each element of its development those necessary periods of relaxation and recreation to keep a normal balance in its whole being.

Doing these things, as we find, will bring for this body, [531], in the present experience, a contentment. And contentment does not mean being satisfied; but know by the life the body lives, the things the body thinks it desires to do for those about the self that aid in its activity, it will bring those consciousnesses of a life worth while, an experience that can bring material and mental and SPIRITUAL comprehension and satisfaction.

[137-125, Male 31, Stockbroker, 11/15/29]

Rest, play, work and think. Keep self attuned to consciousness of life in its entirety.

Importance of the Well-Rounded Life Circulating File

Comments by Members Who Have Read the File on The Importance of the Well-Rounded Life

I have recently been changing my life – trying to bring more harmony and balance into it. In the past, I have emphasized work, study and “duty” while neglecting other facets. The readings helped me to realize the need for more fun and relaxation, as well as the need to give consideration to the physical body. B.N.