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Spirit and Blood

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Spirit and Blood

Our lives depend upon the presence and action of blood within us. In a continuing process, our bodies create new blood from the water we drink, replacing that which becomes worn out while removing unhealthy substances from our internal organs. By pressing lightly on an artery, we can count the number of beats per minute that our hearts make, as it moves blood through every part of our body, from fingertips to toes, and even to our nose. Blood is essential for life. Many of us have donated blood from our continually replenishing supply to help those who, in special circumstances need more than their own bodies can furnish.

Most of the time we do not think about the life-sustaining properties of blood constantly moving about within us, until we sustain a minor cut, and need to stop the flow. We take blood for granted since it is with us all day, every day, and does the unseen and unattended maintenance that we might only read about occasionally when the state of our blood circulation becomes an issue.

Blood provides a good analogy for our spirituality. We need to regularly “drink” from spiritual sources, or we grow weak in spirit, and then become ill, from the unchecked stresses of negative thoughts, the misunderstandings that arise from lack of reflection, and the unhealed hurts that we receive from words and actions opposed to us and to our values. The daily flow of giving and receiving love is what keeps us healthy. We need meaningful work, and we need rest and recreation, but without freely participating in some of the extensive varieties of love available to us, we live a less than full life.

Some say that they love their work, pets, hobbies, or any number of things; and a major part of healthy living is comprised of the satisfaction we receive, from caring for things. But love is not limited to what we do or have; love at its fullest is participation with other persons, including God. The principle loves of our lives are with persons, whether or not they are continuously present with us. Our relationships of love with persons are to some degree contained, perhaps implicitly and unconsciously, in the things we love.

For the sake of our health, we wisely seek pure, clean water to drink, not anything less. The best “spiritual water” we can drink has its source in relationships with persons where mutual respect and honesty are present. Rather than drink water from any source at all, we make conscious selections. As for love, we might find that all we need comes through our normal, daily activities, but we can also make deliberate healthy choices:

setting aside some quality time to converse with someone we know or taking time to pray by listening as well as talking and asking.

“Spirit and blood” describe us: not just physical beings, and not spirit only. For us to live as humans, blood in our bodies and love in our hearts make for life to the fullest.