

## The testimony of life in us

In the Bible man is referred to as the image of God.

*"So God created man in his own image, in the image of God created he him." (1Mo 1.27)*

Not everyone can recognize and accept this high ideal for himself and his fellowmen. Injuries and insults are the result of this lack of appreciation. Many people are so tangled up in their selfishness, that they hardly find time to consciously recognize this high value.

The material man seeks his fortune in the exterior and experiences fear, suffering and dissatisfaction through worldly bonds. Why is that so? Caused by the multitude of worldly perceptions and bonds the restless spirit tends to develop new desires constantly and continues thus for a lifetime.

Augustine says:

*"Our hearts are restless until they rest in you, O Lord."*

Who or what can calm the mind?

The spiritual seeker turns his attention inside to reduce the many mundane impressions and wishes. His endeavor is contemplating the nature of God. Here, the mind finds peace and contentment.

God is love and life. To recognize and experience this reality will require constant awareness of the divine presence. As I am willing to align my attention to the vitality of my humanity, I will be able to consciously consider, to sense and experience every single part of my body. I will experience my body, my mind and my soul. This living experience gives me assurance: "God is alive in me".

I am a part of this vitality, alive in and with God. I am a witness of this life inside of me and in everything that surrounds me.

How wonderful and precious is my life in the here and now. Every little cell in my body gives testimony of the vitality and truth of God. The idea that God is with me and I am with God, will quieten the restless spirit, which used to strive for worldly gain, in God's calm and loving heart. Here we will find his peace.

May we understand by the example of our own aliveness, that God is alive and working in all beings. May our spirit be focussed on the life of God inside of us, experiencing unity and peace in God's loving heart.

*"Now may the God of peace sanctify you through and through, and keep your spirit and soul and body to be preserved blameless at the coming of our Lord Jesus Christ." (Thessalonians 5:23)*

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