

Purity

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Friday, 31 December 2010 11:14 - Last Updated Friday, 31 December 2010 11:31

I am enjoying the responses to "One Word" that are beginning to trickle in. One of my friends/fans in Australia writes: "CLEAN. Clean body, clean mind, clean house!"

I ran across this excerpt when I was choosing a random card from Sandi Greenberg's "No Place Like Om Inspirational Card Deck";

"Everything in your life has an effect upon you: what you eat, hear, see, think, the people with whom you socialize. A clear indication of this is to be aware of how you feel after eating certain foods, listening to certain music, watching specific television programs or being in a person's company.

One effective yardstick is to ask yourself: How is this serving me? Is this disturbing my peace and stillness or increasing my sense of well-being and happiness? See your choices in terms of nourishment vs toxicity for your body, your mind, and your spirit. Purity and cleanliness.

CLEAN. Kinda resonates, doesn't it?