



Our Bodies: The Only Way to God

The Joseph Diele

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Our bodies are the way we both receive and share life. All life is experienced through our bodies. The experiences we have of the Divine are all experienced through our bodies. We cannot have any experience without our bodies. Our bodies are the receptors of all experience. For those who know and follow a particular spiritual path however one experiences God it must happen through our bodies. One cannot have an experience of God without the body. The body we have puts us in touch with ourselves, our psyche, our soul, one another, the earth and God. This book affirms the centrality and the beauty of the human body as well as reminding us that the body is the place of encounter with God. The body is the temple of God. God dwells in human bodies. If the body is the way we touch the divine and the divine touches us then it is the necessary place where we pray. The book focuses on the five bodily senses as the place of encounter with God and there are spiritual exercises associated with each sense as a place of prayerful encounter. Joseph Diele

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