

Physical and Mental Toxins

In each and every man is a certain amount of polluting toxin. Some is inherent and some acquired after birth. – The Three Great Disasters and the Three Lesser Disasters. HT

Much of the sickness and suffering that we experience occurs as a result of toxins that have accumulated in our bodies throughout our lives. The food we eat is full of chemicals from pesticides, artificial flavorings, and preservatives. Meat and dairy products are often loaded with hormones and antibiotics. We are surrounded by air and water pollution, not to mention electromagnetic pollution and other types of harmful radiations. Fumes from cleaning fluids and chemical gasses released from new carpeting and furniture pollute indoor air. Personal hygiene products and cosmetics also contain poisonous chemicals that soak into our skin. Dental fillings contain mercury and other heavy metals that slowly seep into our body. In our modern world, it is hard to escape this constant onslaught of physical toxins. Most of these physical toxins fall into one of three main categories: heavy metals, molds and yeasts, and man made chemicals, although some can also come from radiation, plants, insects or parasites. In addition to this, some toxins can be inherited directly from our parents or from the genetic inheritance of our ancestors.

As well as environmental pollution, we can also suffer from autotoxemia, the self-poisoning that occurs as a result of poor digestion caused by systemic yeast or parasites or from the malfunctioning of the liver or kidneys, the two organs responsible for removing toxins from the blood stream. When toxins are not adequately filtered by the kidneys or broken down by the liver, they begin to accumulate in those organs, as well as in the blood, the lymph glands, the joints, around the nerves, and in other sensitive areas of the body.

Subtler than physical toxins are the mental toxins that cloud our judgment and cause stress and emotional suffering. We live in a virtual sea of negative thought forms generated by all of humanity. This combination of negative thoughts and feelings engulfs the environment, easily disturbing our peace of mind. When anger and hostility are directed towards us, they can sometimes be just as damaging to our health as the effects of physical toxins. More significantly, we also generate our own internal toxins from the negative thoughts and feelings that we hold within our hearts. Actions that hurt others, whether deliberate or through neglect, can generate some of the strongest and most enduring toxins by leaving negative impressions deep within our soul. All toxins leave their mark in the spiritual world, thus causing determine negative outcomes in the physical world.

Our physical body is a living canvas on which we paint our thoughts and emotions. Every thought we hold manifests as a chemical messenger, telling the body what to do, when to do it, and to what degree. Anxiety causes the heart to pump faster, the adrenal glands to work overtime, and the brainwaves to speed up. Anger causes the lungs to constrict, the muscles to tighten, and the blood to flow to the surface of the skin. Sorrow depletes vital energy, slows down the metabolism, and makes the breath heavy. These types of thoughts and feelings also disrupt the hormonal balance within the brain and the internal organs, which tends to exacerbate the misery still further.

Negative thoughts are self-perpetuating. They paint a dark picture of the world, and then we respond to this dark picture by becoming even more negative. Each reinforces the other. That is why it is hard to change a bad mood once it has taken hold of us.

If a person thinks evil thoughts and performs evil actions, the clouding of his spiritual body increases accordingly. Resentment, hate, jealousy, and other such feelings form cloudiness, and when they are transmitted to a person they increase the clouding of his spirit. – *Spiritual Radiations and the Aura. HT*

According to Meishusama, all suffering ultimately originates in the spiritual world. To a large extent, our lives are the result of thoughts and feelings generated now or in the past, either by ourselves or by others. Selfishness, animosity, judgment, envy, despair, lust, greed—these all leave negative impressions in the spiritual world that eventually generate corresponding conditions in the outer world. These negative impressions Meishusama called “spiritual clouds.” The collective thoughts and actions of large societies and entire countries generate spiritual clouds as well, which can result in such catastrophic incidents as earthquakes, floods, economic crisis, wars, and plagues.

Sufferings of society such as the havoc of storms, natural calamities, earthquakes and riots are all methods of purification similar to individual sickness. The most considerable suffering is, of course, that brought about by war, and it must be obvious that the only way to prevent this kind of disaster is to clear away the clouds from the souls of mankind—all the individuals who make up society. – *A Third World War Can Be Avoided. HT*

All living things, including vegetables and insects, emit invisible energy fields called auras that, according to many experts, vibrate at various rates of speed. These fields of energy surround the human body and reflect both a person’s spiritual and physical condition. The auras of human beings vibrate much faster than do those of less evolved creatures, and even amongst humans the range of vibration can vary tremendously from one person to the next. Although most people do not see auras, we can all sense them to some extent if we try, especially when in close proximity to others. Auras can vary in size, brightness, and color depending upon a person’s internal condition. A small, cloudy aura reveals an unhappy or sick individual, whereas a large, bright aura reveals a happy or healthy individual. Someone who is spiritually advanced will especially have a large, bright aura. Meishusama writes, “A normal person's aura is one or two inches in thickness, a virtuous man's is two or three feet, and a saint's is infinite. In contrast, the aura around a sinful and clouded spirit is thin and feeble.” (*An Examination of Miracles. HT*)

The more we can eliminate physical toxins from our bodies and mental and emotional toxins from our minds, the quicker we can regain our health and happiness. The spiritual healing practice of Jyorei (explained later) is very helpful for this purpose. Also, exhibiting kind and loving behavior towards others while maintaining a happy and positive disposition brightens the aura and also enhances the cellular activity within our physical body. In fact, there is always a biochemical response within our body from every

thought and emotion we hold. Recent discoveries in microbiology and mind/body medicine are beginning to confirm these and other psychosomatic connections.

Most noteworthy are the recent discoveries by cellular biologist Dr. Bruce Lipton, demonstrating that the cellular membrane is intelligent and aware, and is the active agent responsible for programming the DNA. According to Dr. Lipton, our genetic conditioning is not fixed but is constantly responding and adapting to our thoughts as well as to conditions in the outer environment. For instance, he points out that stress causes blood to leave the internal organs of the body and to rush to the outer muscles in a “fight or flight syndrome.” Peaceful and loving thoughts, on the other hand, induce the blood to nourish the inner organs, allowing the body to regulate and repair itself.