



# Merely the Package

BY JACK NOBLE

*“We are spiritual beings  
having a human experience.”  
—Anonymous*

At our birth we were given a body, in which to house our spiritual essence. The “real” person—with all the hopes, the dreams, the fears, the thoughts and expectations, all that goes into making us the unique person we are—is stored inside this body— this package, if you will. And though we are traveling through our life together, “we” and our body will always remain two separate and distinct entities.

Our bodies are important gifts that serve as a buffer between ourselves and the outside world. It is the mechanism that transports us through this wonderful gift we call life. Our bodies also act as the teacher of some of the essential and fundamental lessons about what it means to be human. If we are open to the lessons of life that our bodies provide for us, we begin to pickup important pieces of wisdom and grace that will serve as guides along the path of our spiritual development. Our bodies provide us with the basic knowledge and understanding we need to be grounded beings who are able to move along in our life journey.

This body—this package—we are given at birth is ours for the duration. Love it or hate it, for better or worse, it is the only body we will ever have. It is with us from our first breath until the final beat of our heart. Since there is no return or exchange policy, it is absolutely essential we learn to make friends with our bodies and that we transform them into beloved partners and lifelong allies. Our relationship with our body is the most fundamental and important relationship we will ever possess. It becomes the blueprint from which all other relationships are built.

Some of us see our bodies as a kind of custom designed house, ideally suited for our spirit. Others of us feel our bodies are not well-matched to

our essence, thus trapping us in an ill-fitting suit of clothes. Some have a strong connection to their body and have an easy and satisfying bond with it. On the other hand there are those who are uncomfortable with their body and feel that they would like it to be different—thinner, taller, stronger, healthier, more attractive, less clumsy. Then yet there are some who feel alienated from their bodies believing that there had been some sort of mistake when their body-assignments were handed out. Regardless, what we may feel or think about our bodies, they are ours and the relationship we establish with them will have a great deal to do with the quality of our other relationships.

The challenge? Let's make peace with our body, so that it can effectively serve its purpose and share its valuable lessons - acceptance, self-esteem, respect and pleasure. In so doing we just may more enjoy our journey toward spiritual maturity.

