

TOBACCO SMOKING IS NOT FOR ADEPTS

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There are many reasons why tobacco smoking and the use of other drugs are detrimental to those with spiritual aspirations of becoming an adept, for the participation in such pastimes can seriously affect the physical, mental and spiritual bodies and the effect of this practice can still affect one even after they have departed from the physical realms.

Firstly smoking can be considered a slow form of suicide where one is actually involved in destroying their own life. Smoking will pollute the tabernacle (physical body) and medical statistics show that it can produce various lung diseases and disorders, heart troubles, eye problems and digestive upsets just to name a few.

To be a successful adept one must have a good physical body for it is this that houses the spirit. Wanton acts of self destruction that will shorten the life span are a sin against the Creator with whom all adepts are trying to commune. He (the Creator) could say to all smokers who seek him out, "Be gone, you come to me with filthy hands, a smoke ridden body and you are now a nicotine slave and not a master of your own will. The fag dictates your actions as you crave for the next drag, spit and a cough.' All smokers are entrapped and 'Old Nick' is sure happy about this because you are under control. As long as the cigarette controls your life you are not your own master but a slave to a slow death programme.

If the Lord God has allotted us each a set period of time in each incarnation to fulfill our destiny and expiate our karma, we can be seriously prejudicing our life span by this form of self abuse. He has given us three score years and ten. While we do our best to shorten this period thereby limiting our chances of total fulfillment through attunement with the Higher Self. Such action that would bring about an early death could mean that one would have to suffer another incarnation in order to complete what has been missed through a premature demise. We get enough attack and abuse from other facets of our environment over which we have no control without attacking ourselves as well. When this happens it means that no one is on our side, not even us.

However one looks at it smoking is an act of total selfishness. As well as polluting and destroying our own body and soul, it also affects the environment of everyone else, especially those who do not smoke. Worse still are the parents and adults who smoke in the presence of little children., As well as setting them a bad example, it infuses their lungs with filthy air, the nicotine intake overstimulating the adrenal glands as well. Other people can suffer from our bad habits, truly a selfish and thoughtless act. Is this one befitting a true spiritual searcher?

The act of smoking can also cause long term genetic defects that may be passed down for several generations to other innocents who have to suffer from the sins of their parents. When a person smokes they are inhaling hot air filled with carbon monoxide, a deadly poison. The air intake is labelled as being pos-ion and very deleterious to human tissue over a long period of time. Death does not sever one from the craving for nicotine for those who die with the habit crave away in the spirit realm. This can make the spirit-soul into an earth-bound entity. It also ossifies the human aura, which makes separation of the body, spirit and soul a very slow process as we move off to meet our Creator..

To be successful in spiritual studies and growth one must be able to be free from any form of enslavement and have a strong sense of self discipline. One cannot contemplate properly and try to tune into the higher self when one suffers from the constant nagging of the flesh that desires to satiate some particular appetite. Of course these cravings can come in many forms, such as alcohol, drugs such as marijuana, even the sexual appetite may need satisfying. These desires may become a thorn in the flesh that diverts the mind from the quest to contact the cosmic consciousness. From this we realise that all habits and weaknesses of the human nature must be under total control if one hopes to succeed in this spiritual venture.

There are some false gurus who claim they need their drugs as it opens the mind and expands the consciousness. All that drugs do is open up the passageway to the Lower Self and the animal part of Man. One may see part of the invisible world that is better avoided. Many of the old prophets who brought us thoughts from God spent long periods of time fasting and setting themselves apart from the world and all its temptations before they attempted to commune with the realms of the transcendental for information. Meat, wine and sex were all forbidden during these contemplative periods. Many lived only on water for days on end until they had mastered the cravings of the flesh. That is what happened before Christ started His ministry, for He went into the wilderness for 40 days and fasted just to become one in spirit with His Father, Jehovah.

In the Bible we read about John the Baptist who walked throughout the land, baptizing all and sundry and living on locusts and honey. This diet, though not appealing to most, would be energy producing with a high protein content and plenty of carbohydrates. Whether this was ever supplemented with anything else we will never know. We do get some idea from this to what lengths these ancients went to come to an 'at-one-ment' with the Master.

Perhaps now one can see the reason for the strict rituals to which one needed to adhere to become an initiate in some group or lodge that help one with spiritual pursuits. There is a vital need during this type of growth to be able to separate oneself from the immediate 'needs of the flesh' Discipline, logic and reason must prevail continually in the minds and heart of the prospective adept.

One major sin with smoking is the millions of dollars that are wasted in resources, for while one country smokes themselves to death and place huge burdens on their own society with medical expenses, another neighbouring country cannot even afford the price of a meal and are dying of starvation while valuable resources go up in smoke. Would Jesus Christ look down and condone these actions, children dying while others gratify their cravings of self-indulgence? Tobacco tycoons grow fat with their profits while the skin falls off the bones of the sick and dying.

So to all smokers, next time you light up that fag, just stop for a moment and try to visualize just what your act of selfish depravity is doing to your own body and to the bodies of others around you. You are killing yourselves, and maybe your children will be able to say to their friends, 'I never really knew my parents for they died by poisoning before I was old enough to share some of their life with them.'

Be courageous. Stop now.

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