

# Divining the Body

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## DISCUSSION QUESTIONS

- \* How might your life have been different if you had been raised to think of your body as completely beautiful and perfect, just as it is?
  
- \* When you think of your body as the temple of the Divine, as the vehicle through which the Creator manifests love in the world, how does it feel?
  
- \* If you could change one thing about your body, what would you change and what might this change bring about in your life?
  
- \* Who has given you the best advice about your physical being and what was that advice?
  
- \* Group activity: Have half the group close their eyes and do this exercise while the other half watches. Then switch parts and have the first half watch. Have everyone get relaxed and then ask them to put their hands on the places on their bodies where their thoughts are. Where their joy is. Where their disappointment is. Where their anger is. Where their confidence is. Where their fear is. Where their silence is. Notice what happens.
  
- \* Tell the story of how you felt about your body when you were ten. When you were twenty. When you were forty or fifty.
  
- \* As a temple of the Holy Spirit, how do you fulfill your mission?