

16. S Sulphur (3.16)

The Joyously Loving Friend-to-All

- Physically-embodied Spiritual Love.**

Row 3. 3rd (Solar Plexus) Chakra: Self-Identity.

Column 16. Stage 16: Chaos; Formlessness; Freedom.

Lesson: Your body is the physical temple for your spirit. Love and honor your body. Then let this Love flow from your Heart to everyone around you. Express Spiritual Love through your physical body—for yourself, for other people, and for the world.

Gift: **Sulphur**, the person who expresses Joyous Spiritual Love through their body, represents our ability to express Spiritual Love through our physical body. **Sulphur**'s gift is the ability to express joyful heartfelt love for our embodied selves in a warm-hearted, caring, non-judgmental way, seeing beyond the physical form to the Spirit within each of us. This is expressed in the Hindu tradition by “Namaste—the God in me greets the God in you.”

Sulphur's gift may be expressed either through completely non-judgmental, non-possessive joyful physical sexuality; or through celibacy, so that sexual attachment and emotional possessiveness do not impede our ability to love everyone as a brother or sister. **Sulphur**'s gift was expressed by St. Francis of Assisi, who encouraged his followers to serve in the world, by joyfully caring for those who suffer physically, such as those who are ill or in poverty. In fact, Francis loved not only human beings, but also blessed the animals, and even referred to the heavenly bodies as “Brother Sun and Sister Moon.”

Sulphur's gift of joyous Love extends not only to others, but also to oneself. It is expressed in statements like “Your body is the temple of your soul,” and “Cleanliness is next to Godliness,” which remind us to love and take good care of our physical beings because we are embodied spiritual beings, and we need to love all of ourselves. People with **Sulphur**'s gift like to wear clothing that is simple but attractive, and are always neat and clean. **Sulphur**'s gift allows us to express Spiritual Love for everyone through our physical body—including love for oneself!

- “I joyously express spiritual Love through my physical body; each person I meet is a friend with whom I share this Love.”
- “I can express joyous spiritual love through my physical body.”
- “Beneath the physical surface, I see the spiritual reality.”
- “I appreciate myself fully, and I fully appreciate others.”

Imbalances (Problems and Recommendations):

■ You may believe that Spirit and matter (or that your spirit and your body) are two separate, even opposite realms. Your desire for “spiritual purity” may be so strong that the physical realm feels repugnant, even “dirty” to you. But the fact is that each of us is a Spirit in physical form. In order to fully express your spiritual side, you need to connect to the physical realm, and honor Spirit by appreciating its expression physically—in our bodies—both in other people, and in yourself. You can begin by lovingly honoring people's physical needs—including your own physical needs.

■ You may have become too focused on the physical realm, and as a result, your life may feel empty or meaningless. Remember that we are both Spirit and matter, and that Spirit can be expressed in the physical realm, through our bodies. By treating your own and other people's bodies with Love and respect, you can awaken a deeper spiritual awareness in your life.

■ You may be feeling jealous because someone with whom you have a deep connection is expressing affection and caring for other people, in addition to their Love for you. Remember—there is plenty of Love to go around. We can love someone deeply, and we can also share the Love in our Heart with other people. The more Love we express, the more Love grows. So don't worry!—just let Love flow, and feel it filling your life.