

# Physical Body: Your Temple for the Soul

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Many times, the enemy ilk religions rant and rave on how the physical body is the temple of the Soul and how it must be kept pure. Aside from everything else, this concept is extremely infested. On top of this, they push the term right down to sexuality terms, where being pure sexually is simply their own distorted sense of 'pure'- all this mighty super info, coming from fat asses and skinny boned cracks, who rape kids because they suppress sexual desires.

Physical and psychological health are one. Soul is sick, body is sick and vice versa.

The Physical body is very important and it's one of our most basic aspects of existing. It must be treated right. Your physical body has many cells and is a piece of art, seen from an occult standby. It's important to treat it right. Your body has its own awareness, each and every cell has its own awareness and its own mechanisms. It's very important for your own wellbeing. So, here are some general rules for your physical wellbeing. Working to improve your body, your body image, your health and everything, pays off everywhere in your life.

It's to be kept in mind increasing bioelectricity has many ways of going on about it and each exercise helps differently in regards to bioelectricity. It's like a muscle. A muscle has explosiveness, endurance, maximum power output, agility and many other things. It's the same thing with your body. It's also to be noted that its widely known that exercise helps your genes and improves on everything. There is no excuse of being a couch potato, when with just 30 minutes a day you can increase everything. Go on with your pace and keep building up.

Exercise. This one is easy. You need to exercise. Depending on what is the ideal for yourself.

Cardio, which is important in increasing circulation and aids in the heart's health. Which is very important. Having a better circulatory system on the body, [blood circulation] will intensively help your Soul and its circulatory system. In the blood there is everything, nutrients and everything. This will help your brain too since the blood flow will be better and all your organs, your arteries, will empower your lungs. I think that's enough though there is far more. Forms of Cardio are running, on varying intensity.

Weightlifting. This is extremely important. Muscles are ruled by the Solar Plexus Chakra. Weightlifting will increase your confidence by increasing your hormones and this will not only aid in your confidence, but you will in time look to yourself through a different eye. When you see your body evolving and seeing that it has extreme capability, you will love yourself even more. This helps physically, more physical power equals more spiritual power. People who practice forms of exercise have more powerful bioelectric fields. It will give you an aura of power and combined with cardiovascular exercise, will

definitely aid you a lot. This will too make you more brave, competitive, powerful and even help your magick, because your confidence will be increased. The hormones weightlifting increases empower the Soul, since chakras correspond to glands.

Regular meditation. This is point 1. Meditation exercises the brain, which is extremely important. The brain is a center for all your mental capability. Meditation aids not only in the Soul but in the body too. This is the meaning of the Grail of Satan, by increasing your bioelectricity, your health and your body will start to be healthy and in a magickal way, things will happen better in the deeper levels of your being.

Brain Exercise. This is another way. It's called the physical way. Learning, understanding, math, science, chemistry. One must not leave the brain stagnate, it has a need to work on these, as much as it has a need to work on meditation. This is the left side of the brain and it must be taken good care of; this will make you more intelligent and help you more, in your logic part.

Hatha and Kundalini yoga. These are very important both for bioelectricity and your circulation. People are too sick because they are inflexible. This has both a spiritual and physical explanation. Physically this means the blood is not moving freely within the body. Spiritually the spiritual energy is either stuck or doesn't circulate in the right way, creating a lot of problems.

Diet. This is probably the most important of all the above. Eating is very important. You need to lack no vitamins, lack no minerals. Lacking vitamins and anything else your body requires, sets the brain for unpleasant happenings. Especially if you meditate, your body needs to be nutritioned good. It undergoes change and tries to repair itself, so you should better provide it good food. You eat what you desire, but bear in mind the widely known standards. Staying away from alcohol and tobacco, as alcohol fucks up the liver and the brain and tobacco blocks the lungs, the center of the all vital breath... Would be the best to see this for your own self. This is not to tell anyone to change their habits, it's for anyone to be aware that they need to take good care of their body and that it will in turn please them with better lives. If you feel it would be right, taking a herbal vitamin supply, eating a balanced diet, these all will help your brain. The enemy has not not eating as a reason for the cattle. If you do not eat right your system is not working right either and your abilities get a detriment. You see all these fat jews and fat enemy priests how they preach fasting and some shit. Not eating right makes someone weaker than a properly nutritioned person. Hydrating yourself is very important.

Taking care of yourself. Get this new haircut you want. Get these clothes you want. Get these pimples out of your skin or whatever you do not like. Fight to change yourself and make yourself perfect. Become the aesthetic perfect, as you see it. Constantly fight for it. Nothing is better in boosting your confidence and ability to deal with the world than this. You need to fight to become perfect and if you let a day and didn't give a fight, you're not living life to the fullest. Living life to the fullest isn't about going out with friends and getting wasted, doing drugs, smoking and endless partying under bob marley's banner. It's about becoming. If you do not push yourself you will never understand that you're limitless. Realizing this and you will realize how deep a Human being is, you will love yourself, like nobody else could love you. If you have selfhate symptoms this might be your body saying: "Hey there you motherfucker! I need some good food! I need some exercise! I need better health and some love!". Love your body and it will love you back. Looking at the mirror and seeing a being of infinite capability and feeling all your cells are

happy, working nice, being calm and without anxiety, is a great thing.

Sex. Have it as you want, how you want, with whom you want, as you see fit. It really aids in your psychological and physical health.

So, in closing, you don't have to be a diet and physical wellbeing freak, but generally do what's best for you. You need to arrange everything in your age, your ability and bear in mind any problems you might have and deal with them.

Go ahead and become the best you can become. If you lack anything, do magick to acquire it. Become the greatest you. That's your purpose in Satanism. To constantly increase your being, as nature intended for us and all other animals on the Earth.

HAIL SATAN!!!!!!!

-High Priest Hooded Cobra 666

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