



obvious to me that there are here a whole set of correspondences for spiritually-living things. And I am going to give you the basic Spiritual Biology lesson.

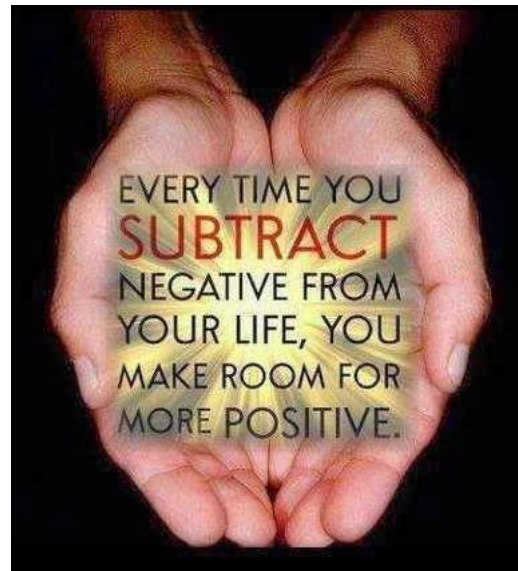
**Movement:** I would equate spiritual movement with freedom and choice. You could argue that moving means progressing and regenerating, and that's fine, but our fourth requirement is Growth which seems to me to be on that idea. So, freedom. This is absolutely one of our human being spiritual gifts from the Divine, to feel free, be free and experience our life as though it is entirely our very own, but hopefully come to understand that all life is from the source, God, divine inflowing.



Being free, and also having a mind to reason and think things, means that we can make choices and decide that "this" is right and "this" is wrong; that while I fancy doing this, I shouldn't. Movement - even in nature - is a kind of roaming, or with plants a wafting or turning as the sun moves - all full of good correspondences. Movement also means we can get to where we really want to go to. Spiritually, that's our core love or ruling love, Swedenborg says.

**Respiration:** Respiration is taking in from the air what we need and giving out what we don't need. Oxygen vs Carbon Dioxide. Respiration is constant, so spiritually it seems to be meaning our mind

thinking and dealing with things, our endless inner dialogue. We take in the thoughts and ideas we need and they enliven (oxygenate) our 'blood', and we release and give out thoughts and ideas which look untrue, not good, trivial, boring, unacceptable.



But we should note that these throw-outs come from within us and we're dispatching our own stuff, not what we breathed in. That helps us realise and accept we're not perfect.

**Sensitivity:** Sensitivity to external stimuli like light, heat, danger, poison etc. Even the very word sensitivity seems to mean spiritual, doesn't it? A sensitive person, not a brazen say anything person. The area which I would spiritually equate with sensitivity to external stimuli is reaction and intuition to what we find going on around us. Here's a few examples and you'll have yours. Friends talking about things you feel they shouldn't be sharing. What do you do? Someone who you simply know is lying. What do you do? When someone tells you that the world is too awful for there to be a God.

Part of sensitivity is self-protection, survival. That can be necessary, but also