

## What is this body for?

What would it be like to age 80 years in 39 seconds. We'll look at this video.

4 weeks ago a baby girl, Heidi, entered into our family.

In that 4 weeks, she has rapidly grown and change.

I took a few years ago, like you, was a young baby, and as time passes, we grow up, our body changes.

Indeed our bodies are forever changing. Scientific research tells us that cells are being reproduced and replaced all the time.

So for example the skin replaces itself every month, the stomach lining every 5 days, the liver every 6 weeks and the skeleton every 3 months. By the end of each year 98% of the atoms in the body will have been exchanged for new ones.

In considering the question 'What am I?' the question, which arises, is

'Am I this physical body or is there more to me than just body?'

So I invite you to a simple exercise.

Observe and watch your hand.

And now consider the question, who is observing the hand?

Likewise observe your arms, your feet, your legs your shoulders, your head, your eyes, your thoughts, your feelings.

Now who or what is observing?

Am I what I observe or am I the observer?

This simple practice of observation is a philosophical practice to help us discriminate between our body and who I am, between the essential and non-essential, between the eternal from the transitory.

In normal everyday life we are normally obsessed with our body, with the pleasures it craves and the pain it feels.

To help us see that we are more than just our body, there is a simple practice.

I am not this body, it is an instrument for my use.

So the challenge for this week is to ask yourself the question:

Am I am this body or is it an instrument for my use?