

My Somerset Life

A diary by Brian Snellgrove

- My Somerset Life
- Diary Entries
- Writing a diary
- About, and User's Guide
- Creative Listening service
- Privacy Policy
- Contact
- Thoughts
 - Blood clots
 - Enlight and Godlight
 - Interacting with others + the disadvantage of being nice.
 - Is Jesus only our local hero?
 - Loneliness or enjoying your own company?
 - Mobile phones – neutrinos and everything
 - People of different nationalities – the myth of separation
 - Personal energy and life readings
 - Quantum Entanglement
 - Sanity and Insanity – where do we go when we die?
 - The Second Coming of Jesus – where is he?
 - The twisting of space and other matters
 - What is sin?
 - What is the brain?
 - What vibrations can improve our lives?
 - Will the truth survive?

Why do I bother listening to the 'News'? plus Ladybird Books Exhibition

Why do I bother to watch the news particularly in the morning? I'm getting sick of the repetition, the hypocrisy, the partial truths or the plain and simple lies and the sheer exhaustion of listening to people interrupting each other trying to score points. I have had enough. Instead, I have decided to start my day as from now with **Trans World Radio** which is a Christian broadcasting station based in America but with a satellite office here in the UK. There is an unfailing return to basics which I find more refreshing than swimming around in a sea of sewage.

The theme this morning was how to deal with a situation where doors are closed. They were saying that God will decide where is the best place for you. It's simple wanted to move East and spread the gospel about the Holy Spirit said to him no and he eventually went in a westerly direction where he enjoyed great success. It may be that what we think is good for us with higher eyes is not actually good or it could be premature so waiting on God is not a passive thing but a state of mind of trust. Sometimes we get an impulse to do something but we don't know why.

However, again talking about the news, I am sick and tired of the moribund nature of the House of Commons here in the United Kingdom. They are complaining that they feel threatened by the pro Palestinian protesters. What they are really saying is that their consciences have become deadened by vested interests and fear of going against the pack. Anyone who approves of this mass murder by the Israelis has compromised themselves I would almost say beyond recall. Just to remind people of what that term means.

Mass = a lot of people including men, women and children

Murder = causing the death of the above such as doctors, children, pregnant women, old people

Put the two words together and add the country and you get **Israel mass murderers**. Let that sink in.

Parliamentarians are too afraid to consider what the protesters are actually demanding which is that they take note of this calumny and do something about it. I see silence as constituting acceptance. As Neil Oliver said recently in a very fiery broadcast in the name of God go.

I attended yoga this morning, my fourth exposure to this after many years of hovering in the background while Françoise carried on going every week. I have to accept the fact that at my age, the body does not automatically take care of itself and I have to look after it and tend to it. In addition to this, if as we are promised by the good guys there are going to be energetic changes on the planet then we need to change within to respond to it and keep up with the flow.

I have had great stomach problems, as I have mentioned, I continue to believe it is not systemic but the result of eating the wrong food and yesterday I talked in my diary about bread. I'm even wondering if I should have any coffee at all. I'm going to have apple vinegar with mother every morning and try and avoid large meals. Yesterday evening my evening meal consisted of a piece of pork with mashed potatoes. There was zero effect on the stomach. YES!!! In contrast, once I ingest the wrong thing, I get bloating, acidity, and I have to take all sorts of nonsense medication in order to counteract it. This is not the sort of life I want to lead.



To Bath hospital for my regular 6 weekly eye injection. Each time I go I treat myself to two things, the very nice and inexpensive lunch, The one shown is Beef and Kidney pie, potatoes, apple and pear crumble was £7.50. It was home cooked and of very good quality.

The other treat is the continually changing art gallery works for which I think the hospital is very progressive in its attitudes. I don't know another hospital that does it on such a grand scale.

I turned up for my appointment one hour early but they don't seem to mind so I was seen for eye checking within 10 minutes, and 10 minutes after I went in for my intervention. I know the questions they are going to ask me so I reel them off in advance.

I'm going home by bus.

I have not had any extra medication.

My date of birth.

You are going to operate on my left eye.

I am sensitive to cheap perfume.

This saves time to there amusement and mind. Today I had my 57th eyelea injection. Privately each injection for this wet

macular condition would cost £1,515. Had I done so privately it would have cost me £86,355. I can truly say that I have got my money back for my NHS class 2 contributions over the years. People ask me if I can feel anything when people are injecting right into my eye. The answer is that they put in anaesthetic drops so I feel a slight prick in my eye and before I know about it it's over and they put a few more aesthetic drops in just for good measure and remove the plastic cover.

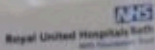
Off to look around the images. They change the exhibition material regularly. All works are for sale. If anyone has cause to visit the hospital (RUH Bath) then do a walk around.







ART AT THE HEART OF THE BATH



Jigantics: Giant Illuminated Flowers

A new instal of giant illuminated flowers and vibrant artworks are now on display in the central courtyard, creating a garden and park-like courtyard during December and January. The flowers have been generally donated on a by Ag and Liberty. Coaches of home based artist's studio Jigantics, working alongside Art at the Heart.

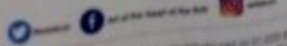
The Jigantics team is pleased to be able to share the flowers with everyone of the Bath. The artist flowers have always been symbols of thought, the flowers, wrapping, colorful and illuminations, is shared unspoken language. Through the giant illuminated flowers, they aim to create interventions in hospital spaces that change the viewers perspective and experience of their spaces, what creates feelings of awe, joy, warmth and unity between them, ultimately creating windows of shared and memorable happiness.

Jigantics are grateful to all those working in the Bath and wishing of the patient well and a Happy Christmas.

For more information about Jigantics go to www.jigantics.com



All of the Heart provides a well established award winning programme of Exhibitions and Participatory Projects of the Bath. All works are for sale with a 10% profit to the Bath, helping to improve the healing environment for everyone who uses the hospital.



For all enquiries contact art@bathart.org or 01225 322000
For further information about all of the Heart at the Bath contact 01225 322000 or www.bathart.org





Special Ladybird Book Exhibition

To the Victoria art gallery in Bath running until the 16th of April 2024 and well worth a visit. The title of the exhibition is 'the wonderful world of the ladybird book artists'. Wonderful it is, nostalgic it is. Website is here.

Ladybird - How it all began

The story of Ladybird began with a printing business called Wills & Hepworth in Loughborough. In the early 1900s they were also offering bookbinding and selling everything from artists' materials to fancy goods and ladies' handbags.

During World War One, Wills & Hepworth lost much of its core trade. Needing to diversify, they began to publish affordable children's books.

These were very different from the Ladybird books we now know - they were large books, crudely printed on cheap paper and with no logo. There was also no long-term plan - the books just kept the print works running at a difficult time, when other work was unavailable.

Then, in 1940, Wills & Hepworth advertised a new sort of children's book - the first classic *Ladybird: Bunnikin's Picnic Party*, illustrated (and originally written) by Anguline Macgregor.

War time shortages led to the ingenious creation of a complete mini book using just one sheet of carefully laid out paper and it was to provide the format for Ladybird books for the next 40 years. The books were an immediate success. However, throughout the 40s and 50s the company continued to see their core business as printing - mainly for the growing Midlands motor trade.



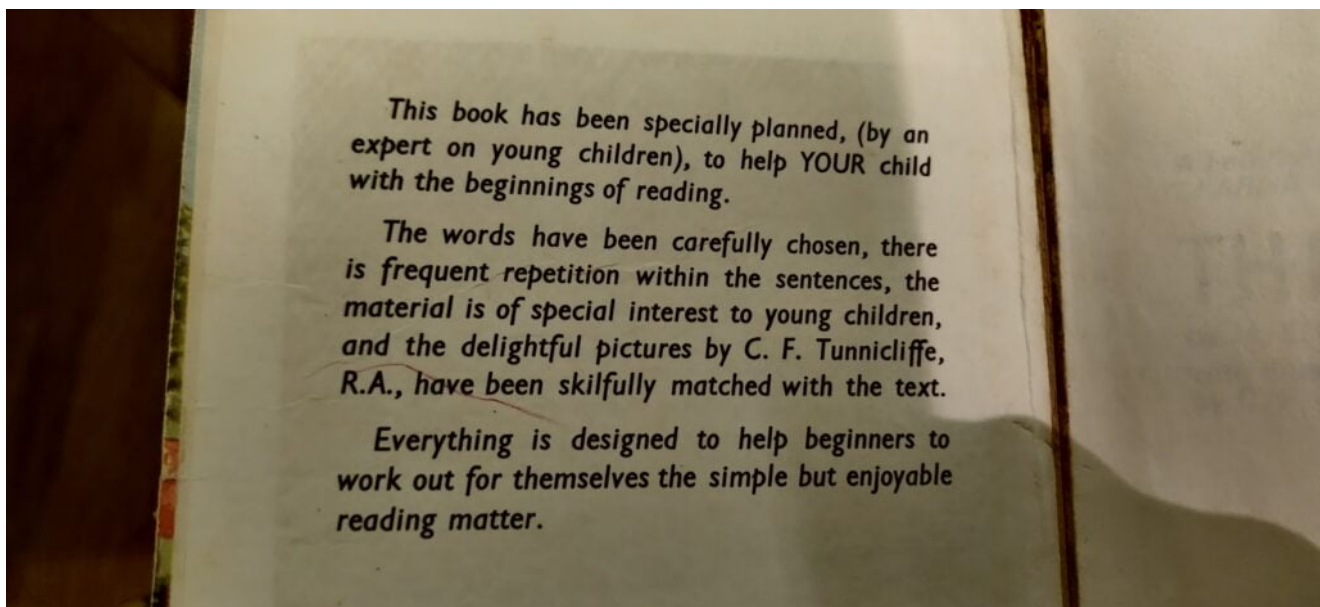
An early picture of the entrance to Angel Yard, the first home of Ladybird.



The first advertisement for the first 'classic' Ladybird book



There are hundreds of books in this series. The mission statement appears below.

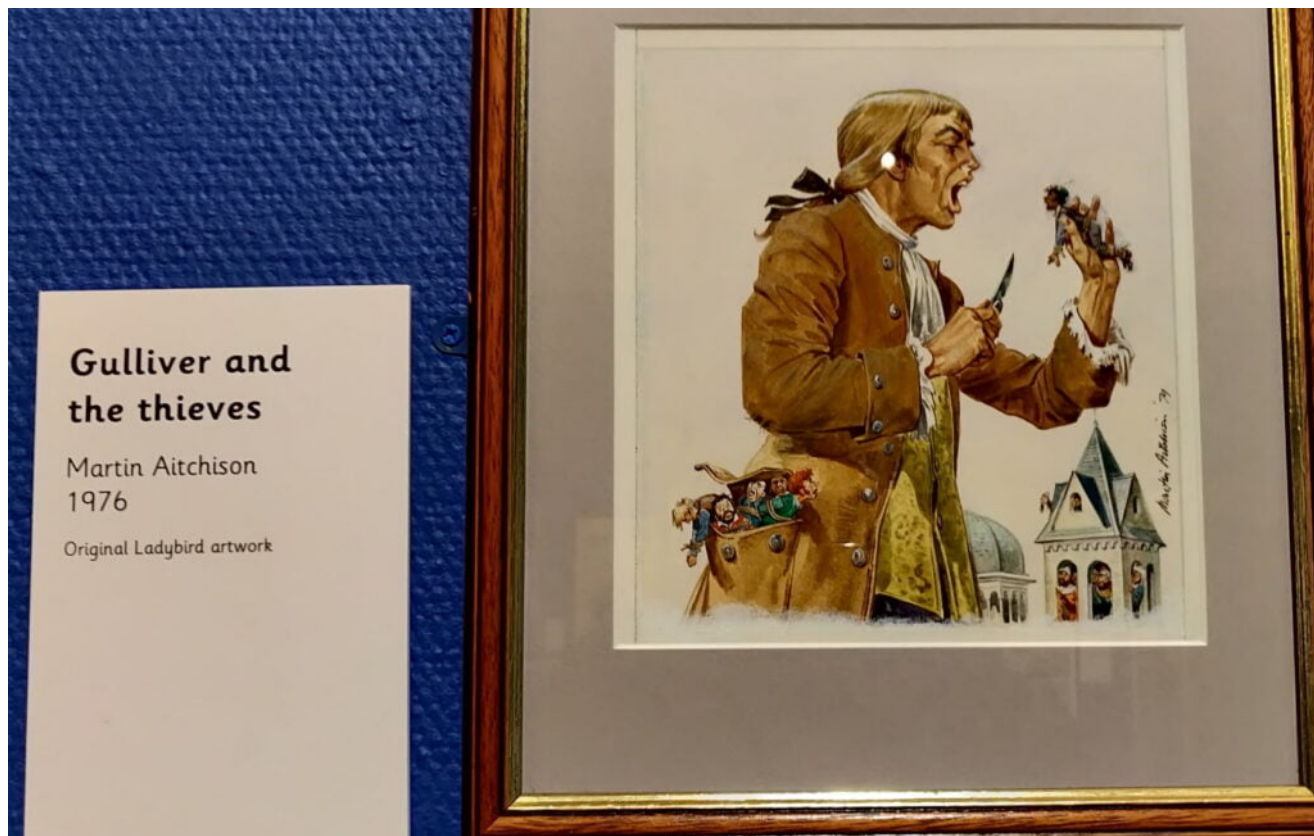




Francoise reading a selection of the books in an old fashioned caravan



A period image of the 1950's



Gulliver and the thieves

Martin Aitchison
1976

Original Ladybird artwork

-- VIDEO LIBRARY --

Drcartland.com Exclusive: Commercial Pilot reveals the truth behind Chemtrails [SUBS]

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**Public Service – the World
Health Organisation – spring
flowers**



Very nice to see such this camelia at this early windswept time of year. (in our garden)

My digestive problems continue. Yesterday I had a talk with my friend about bread. so as a result I decided to cut out all bread with the exception of baguettes. I shall also refrain from drinking wine, red, and also coffee. Strangely I can drink latte without any effect. Also I still tend to eat like a teenager and have far bigger portions than I really need so I'm trying to cut that down and this is most difficult I must admit.

So when I woke up this morning feeling not very well I decided to stay in bed which I did until midday. I have the luxury of not having to get up to perform a paid task. My body tells me that a malfunction in the digestive system affects my brain and my motivation. I am scheduled for a talk with my doctor on the phone in two weeks time but having to compress the conversation into five minutes is something which even I with my fast speaking and concise mind cannot do. I do have some sympathy for the doctors who must be presented with many problems that he or she cannot fix and having to say the right thing and make the right decisions in a few minutes and then on to the next one.

What did not help this morning was that I have was overwhelmed with screeds of new information. I opened a video on the Corbett Report that listed many new websites about fighting the World Health Organization's plans to control us all including a very attractive site called www.screwthewho.com consisting entirely of testaments from people warning and complaining. The WHO does affect us all whether you are interested in it or not, because this unelected organization will have the power to declare a pandemic, and order a lockdown, vaccines or flight restrictions without any scientific evidence just because they say so. This does not fill me with joy. This ruling will click in at the end of May this year 2024.

I find myself overwhelmed by the sheer amount of information available. I spoke to my good friend John and he said that if you look at details and variations there is a never ending source of information. For the most part he ignores articles of this nature and focuses on the principles behind them. I kind of knew that myself anyway but it is so good to hear it from someone else so I feel somewhat settled.

The principles include:

- # working together versus working in opposition,
 - # service vs. lust for profit and power
 - # others' needs vs. our own needs,
 - # the long term view vs. short term expediency.
 - # re service Jesus was the son of God so he should know a thing or two about human nature. He said that he came 'not to be served but to serve'. I wish public servants could follow the clue and actually serve the public. Until we realise that we are all one we will never move forward as a planet.
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Is bread poisonous? – captivating videos

Conversation with a dietician about bread

Me – Even at my senior age my interest in learning does not diminish, in fact it increases.

Friend – Me too, I am always very keen to learn more

Me yes it never ends you see that's the wonderful thing.

Friend – when we die we don't stop learning. There is no end to it.

Me – I'm really sad that I may have to give up eating bread. Because you see the the most beautifully attractive flour and you think gosh it's been you know prepared with loving hands but it just makes me sick.

Friend – I haven't eaten what for 30 of years, I am watching my twin sister and her health being destroyed by eating wheat. You have to realize that this is not the wheat we ate 30 years ago. Today this is a totally different product an even though there are ancient grains which are less bad for us, unfortunately they're being contaminated. You get drift from pesticides and you also get pollen drift.

Me – the only type of bread I can eat is baguettes.

Friend – it is different flour. A really good baguette is stale that night and you have to turn it into toast. In France they buy the baguettes every day from the baker and they don't have problems with wheat intolerance that we have. But the what we have here (UK) they add all kinds of s*** to add to its shelf-life and you can buy a loaf of bread in the supermarket that will last for two weeks. The reason it lasts for two weeks is that they put in various additives in to extend the shelf life and one of those additives is alpha

amylase which is the most potent asthma causing agent in industry. Imagine what it is doing to your gut.

Friend – Do you realise that the Roman Empire was founded on wheat addiction? Bread and circuses. They got people they would arrive bearing gifts they will provide wheat to everybody. They'd all become addicted to wheat and then they were clamoring for more. Wheat makes you compliant, it makes you dopey, it makes you stupid. The gluten molecule logs into your heroin receptors in your brain. Wheat is evil, wicked stuff.

Do you believe plants can feel?

How many of you remember Cleve Baxter in the 1960's and his experiments with plants? Brave people are now speaking out against the recent medical interventions but in history people who speak out with something new get routinely ridiculed and ignored. This short video will tell all and is one of my 'hits of the day' in my enormous self-imposed burden of keeping myself up to date with as many aspects of modern life as possible. You will see that plants if wired up react to our thoughts as well as our actions. Plants can react to the death of any living thing in their vicinity.

Six minute video here

Lovely brief videos with animals and children

Video 1 dogs and young child

A therapeutic session with a difference

It is always a privilege and the pleasure to have a session, a therapeutic session or any sort of session come to that with someone who is on your wavelengths. Such was the situation with Virginie, who is a French practitioner specializing in many things including sound healing, cranial Osteopathy, using the voice as a method for healing, she's pretty good.

Although I have only met her once before it's very nice to sit down like you were with an old friend, knowing that you can trust each other and say what you want without being dismissed on any level. When I meet the session I trust the process and never never make up my mind what I am going to say beforehand.

May I remind you for the 15th time, it is inspiration not expiration and you can lie on the powers that be to give you the guidance that you need to help the person in front of you. Sometimes I do not know what I'm going to say until I open my mouse and hey presto we have the answer and I say to myself, where did that come from? The answer is, it came from the universe where in all knowledge and wisdom resides.

So being on the same wavelength gives you a flying start, you almost know what the other person is going to say before they say it to, everything they say fits, there is no jumping over resistance, and time flies. In fact I think you go out of time a bit. At the end of the session we agreed to exchange treatments so I promise to give her a reading and remote appreciation of her situation. I like to do things instantly so here I sit at 7pm having done a good hour's worth of reading and had a reply furthermore. Parts of my mind goes back to a time when there was no separation so it doesn't

matter where in the World someone resides in terms of their physical body, I can reach them as if they were next door. I have always had this talent so really I think nothing of it.

Walking round Glastonbury

So, a good day, a balance of work and play. I love walking around Glastonbury at all times because there is always life there. Someone was giving out the February edition of The Light Paper (look it up). Someone else was selling lengths of beautiful wood. Someone else was campaigning for the relief in Palestine. In Glastonbury there is a very high degree of acceptance for all types of lifestyle. We went as we are won't to go to Burns the Bread in the High Street where I had my usual freshly prepared sausage roll, chocolate and chip muffin and a latte.

To all visitors: do not forget the Goddess Centre. Ask anyone where it is or of course the abbey and it's Gardens so the first time visitor could spend three to four hours there with no trouble at all and not spend a fortune.

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- [Contact](#)

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What I actually did today – VideoFest

This morning I went with Francoise to start the day by having breakfast at Wetherspoons. The mornings before 9:30 is blessed because there are very few people there, service is vast, and there is blessed silence so I can read my messages, drink my one or perhaps two cups of coffee if I feel like it and contemplate my day .I was having a discussion with my friend this morning about who to trust. He says that a couple of years ago he struck off his list of people to follow and he does not regret one of the strikings out.

The problem with human nature that it is still subject to flattery and hubris because it does not see that we are One

not only in terms of actions but in terms of consciousness. Everyone has their price or putting it another way, everyone has a weak point, reference the discussion on temptation that we had yesterday. With this in mind I am making a very short list of people I can always rely on and these are always people who are not funded by any government or international organization. I would say 9 out of 10 people in the public eye do not feature on my list. The list will appear shortly.

Video – I can teach anyone how to grow food (DIY) The Inspired channel with Jean Nolan and Marjorie Wildcraft 31:29

Video – mRNA Vaccines, Mask Mandates, and the COVID-19 Response (Paul Offit) a skeptics view 1:12:50

Video – SHOCKING: WOKE POLICE Harass PATRIOT waving Union Jack on Remembrance weekend 12:39

Video – Scott Ritter Sends Big Warning: Israel In Rafah 31:47

Video – The real history of Judeo-Christianity – subversion by the Roman empire. 44:04

Video – Ken Cowan plays Marcel Dupré (1886-1971): Variations sur un vieux Noël, Op. 20 at Rice University 11:18

Video – Near Death Experience: This Will Leave All Christians in Shock | Journey into the Spiritual Realm

Video – Something Very Strange Is Happening... Are They Trying To Tell Us Something?! Neil McRoy-Ward 16:55

I want to keep one step ahead of the opposition as I call them to avoid becoming afraid. The fuel of the evil ones that run this planet is provided by fear and hatred so guess what that is what they try to educe amongst us useless eaters. I hate to demarcate in this fashion but I have no choice because this is the fact.

What did I get out of the above videos? When I watch videos I like to keep a balanced view so you will see some to do with near-death experiences, some to do with growing your own food, and organ recital one of my favorite Pieces by Marcel Dupre, some talk on mask mandates. I do not expect to absorb and understand every element of every video. What I find is that

the truth that I need to hear jumps out at me without prior notice. In order to find the rose you have to put your hand through thorns. It is not always as extreme as this but not everything you learn is going to benefit you. The main thing is to look in the right direction and keep alert at all times.

While we were recycling some garden material this morning I saw a girl who had banana colored hair unloading various items. As I always do I commented on it and asked her jokingly if it glowed in the night and she assured me it did. She mentioned that she was an artist and this weekend and the early next week they were opening a artist center where people could experience all sorts of new skills such as pottery and painting. I have a chance to go along and meet a group of people who are full of enthusiasm and optimism and encourage them. It is a great privilege to do this. I hope I'm doing it for God and not for me. Had I not spoken out, I would have missed out on all this so you never know who you're going to meet or when and you never know what is going to happen as a result of the conversation.

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- [Privacy Policy](#)
- [Contact](#)

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- What is the brain?
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Our church service, the devil, and temptation



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e organized part of our church service this morning run by our two affable leaders. Their style is definitely impromptu,

'make it up as you go along', but it seems to work so who is complaining. One of the reasons I like this church is that you can go along without dressing up. I like to wear a hat or cap in my case so I do and no one even notices it

Today's Vineyard Church was unusual in that we combined two groups, one from Bath and our own home grown group. There were about 60 people in total plus numerous off-spring and I noticed a slight difference in wavelength from the Bath people who seem to be a tad more sophisticated and streetwise. I found the mixture of chemistry between the two groups very interesting and indeed refreshing.

There was a person who was in the main hall, crying, and being comforted by someone. I said that if you can't do it here in this church where can you do it. I said this is one of nature's ways of balancing the system and it is nothing to be ashamed of. In other words I totally accepted their condition and in fact encouraged her. We had a period of about 30 minutes when we engaged in singing and praising God. I don't do this very well so I normally sit it out but take part of the Spirit of it nevertheless.

The children went to play in the main hall while we had an address from one of the leaders of the local vineyard group and he spoke about the Sermon on the Mount, including '*let your life so shine before men, that they may see your good works and glorify your father which is in heaven*' Matthew 5:16 King James. This tells me that we should not fall into the normal British habit of apologizing for anything and everything. The use of the word 'let' is interesting. It means allow. Be joyful in the Lord.

The preface to this text is '*you are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick and it gives the light until all that are in the house*'. We are not what we think we are or even what we say about who we

actually are and we should be re-radiators of God who made us.

One of the participants had a birthday and we all sang Happy Birthday to her. In our group I asked her how she was going to celebrate and she said that she was going to play a board game. This sounded a bit understated to me so I encouraged her to say how she was going to celebrate especially and I didn't get a response.

In our little prayer group was a man whose father-in-law cancer, prognosis uncertain. He also had recently received an extra demand for his rent where he and his wife were residing. No wonder they asked for prayer. When we walk around the streets a person may look perfectly ordinary and yet they are carrying a great burden from day to day and if they are snappy or short with us we should take that into consideration.

We discussed the general question of spreading the gospel and inviting others to share the faith. I emphasized that the responsibility for this did not lie with one person, having said that it may take seven mentions of a topic before people become interested in it and said that if you were number one, you would get abuse, if you were third in the queue, you would get mild interest but if you were the seventh and someone was converted is was not solely due to your own words but the words of those that preceded you so hubris is not in order.

The Universality of thought

To continue on religious thinking. Universal thoughts and truth can be found everywhere.

Christianity says that **God Is Love.**

Buddha said **what you think you become. What you feel, you attract, what you imagine, you create.**

Christianity also says **you are the culmination of your thoughts.**

Also ' **as a man thinketh so is he** (Proverbs 23.7)

Also ' **as you sow, so shall you reap**

Shakespeare said **there's nothing good or bad but thinking makes it so**

and also from Hamlet. Claudius says 'My words fly up, my thoughts remain below; words without thought never to heaven go



Satan and Temptation

This word Satan must strike fear into the hearts of most sentient people . It is the proper name of the supreme evil spirit and great adversary of humanity in Christian terms anyway . A satanist is one who is a disciple of this and in case you wondered satanophobia is excessive fear of the devil, a morbid dread of Satan.

In Jewish belief, it is an angel always commanded by God to tempt humans to sin, to accuse the sinners, and carry out God's punishment. (This seems to be a rather unloving Old Testament fire and brimstone rendition. Not sure if this is the genuine Jesus version. Ed.)

What do the great writers say about Satan

Satan, the leader or dictator of devils, is the opposite not of God but of Michael (who succeeded satan himself when he fell but that story is complicated) C.S Lewis

But who prays for Satan? Who, in 18 centuries, has had the

common humanity to pray for the one sinner that needed it most? Mark Twain

I do not fear Satan half as much as I fear those who fear him . Saint Theresa of Avila.

God's truth judges created things out of love, and Satan's truth judges them out of envy and hatred . Dietrich Bonhoeffer

God of The Creator, Satan is the counterfeiter Edwin Lewis Cole

Satan is wiser now than before, and tempts by making rich instead of poor Alexander Pope

If Satan wasn't around, churches would go out of business Marilyn Manson

The word comes from the Hebrew Satan "an adversary, one who plots against another", literally, one whose throws something across the path of another. In biblical sources the Hebrew term the 'satan' describes an adversarial role. It is not the name of a particular character. Although Hebrew storytellers as early as the sixth century B.C.E. occasionally introduced a supernatural character whom they called the satan, what they meant was any one of the angels sent by God for the specific purpose of blocking or obstructing human activity.

According to the speaker in the reference video on this website, The word Satan has two meanings. One of them is deceiver and manipulator; the other one is inner temptation which I think is really interesting because our inner self is our own temptation. It is very convenient to externalize and imagine some evil force with horns trying to seduce us but is it accurate . Our own unfulfilled needs may be the culprit.

So how do we tell if an impulse is an external beckoning from evil? What is external and what is internal? Does it come from an energy or thought field which is universal or does it come

from within our own subconscious and we are just externalizing it for convenience? That is my thought of the week to ponder on

The origin of the word 'Temptation'



We could argue that our entire existence is a temptation of the physical form. So to be free of the temptation of the physical form is to evolve beyond it, to go past it as all great masters do such as Jesus Buddha Baba Ji and other luminaries. . They have 'released' the temptation. They have no temptation to inappropriate physical actions. They even get to the point where they don't even have attachment to the body which some would say is the ultimate release.

c. 1200, temptacioun, "act of enticing someone to sin," also "an experience or state of being tempted," from Old French temptacion (12c., Modern French tentation) and directly from Latin temptationem (nominative temptatio), noun of action from past-participle stem of temptare "to feel, try out" (see tempt). The meaning "that which tempts a person (to sin)" is from c. 1500.

The ever resourceful Oscar Wilde said that **the only way to get rid of temptation is to yield to it.** I can resist everything except temptation". This may not be a very good route.

Other quotes include

"every moment of resistance to temptation is a victory"
Frederick William Faber

' lead me not into temptation, I can find the way myself'
Rita Mai Brown

” we usually know what we can do, but temptation shows us who we are’ Thomas a Kempis

Good discussion point – how do we minimize temptation in other words being tempted to do acts that we know deep down are not in our best interests. Is it due to insecurity? Is it due to lack of knowledge? Is it due to impatience?

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Next Level Soul podcast. BRACE YOURSELF: Jesus’ TRUE Teachings! It’ll Give You GOOSEBUMPS! | John Davis

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