

∞ 140. Repent ∞

Repent, the spiritual definition of repent means, to change. i.e., To RETURN to one's original and natural condition of universal spiritual SELF-AWARENESS.

True repentance is becoming disassociated and unidentified with the physical body and brain which self creates the psychological-person-ality and its subject-object mental framework and foundation.

The practice of meditation is the ancient and natural way to return, resurrect, reestablish, and reconnect back to one's natural state and condition of eternal spirit.

KNOW THY SELF to be ETERNAL SPIRIT and not the physical body-mind.