

A Healthy Mind in a Healthy Body

Do you feel overwhelmed at times (or even most of the time)? Does it seem as if the pace of life is accelerating at an ever increasing rate? Do you take the time to take care of yourself? If the answer to the first two questions is “Yes!” and the answer to the third is “No!” then we need to talk.

Taking care of our physical, mental, and emotional health is critical. Doing all we can to maintain radiant health is one way we honor our Truth; we are Divine Beings of Light and Love and one with God.

Now in one sense, we can affirm that as we are One with God, we therefore perfect just as we are. And that is true. But as we have chosen to experience our divinity in human form, it should follow that we should have the best human experience that we possibly can.

Physical activity is essential to physical health. Whether it is something as simple as walking a mile or two each day, doing yoga or tai-chi, or something as full-blown as working out at a gym with a personal trainer or training for a marathon, our bodies appreciate physical activity.

But today I want to focus on **mental well-being**. Modern science is finally confirming what wisdom teachers throughout the ages have always known: our human experience is created in our mind and our mind is not limited to our physical brain, but is actually connected to All That Is. In other words, we are what we think.

But most of what we think is hidden from our conscious mind. As Hamlet laments, “Ay, there’s the rub.” So if so much of our life is created and defined by our unconscious mind, what is one to do?

The good news is that **our unconscious mind, because it sees the big picture, wants what is best for us.** It just doesn’t always understand what that is. We are programmed from at least our human birth (some think even before) to view the world in a certain way and react accordingly. Some of this is in our best interest for our age and stage, but if we cling to programming that was appropriate when we were a child (“stay in the yard”) we will have a very limited life experience.

Fortunately, it is possible to move beyond the limited vision of our conscious mind, access the unconscious, and effect positive change by reprogramming and connecting to the One Power and One Presence that expresses as Love.

One of the best ways to do this is through meditation. A **meditation practice can lead us back to Source**, expand our awareness, and facilitate a shift in the limiting stories we tell ourselves. There are numerous types of meditation, such as Transcendental Meditation, Heart Rhythm Meditation, Kundalini Meditation, Guided Visualization, Qi Gong, Mindfulness Meditation, etc.

If you don't already have a meditation practice, I encourage you to **find one you enjoy** and begin to find balance, health, and wholeness in your life and in your connection to God.