



Body and Soul

Another way of looking at yourself...

Diane Holliday © 2006 (Rev 1 2014)

THE STORY OF BODY

We all have a body, perfect in the eyes of those who love you but imperfect to us as we look in a mirror. Some people have bodies that are very different from others, disabilities that show. Others may have disabilities that do not show. But in order to be alive and awake to life we need our body, we have not yet reached the science fiction realms of 'The Daleks', who are just a brain in a tin box!

We need to keep our body in good repair; did you know that the largest organ of a human being is the skin? Have you thanked your body, especially your heart, just for keeping going?

Our body's need for water is greater than anything else, then food, good food. The functions of each organ and the brain are linked as we whole beings are linked. Linked to each other; the poor, the rich, to black, yellow and white.

Your body is there to preserve and keep your mind and spirit or soul together and ready.

Ready for what? Ready for helping, caring and loving.

Your body represents the 'you' that people can see and touch. You care for your body by giving it nourishing food and drink to keep it and your mind healthy.

When your body or your mind ceases to be healthy you have a disease, you are not at ease and you are therefore, ill. To get back your ease you have to consider how you got to this point. Apart from accidents, most illness happens for a reason. When did this illness start, were there any 'triggers' that you can remember?

This is a long and complicated thought process and for some people also emotionally disturbing.

When we were born, 99% of us were perfect; then life takes a hold. Stresses and hard work can make a body weak and vulnerable. So for the rest of lives we decline do we?

Not necessarily; we are told that we can live longer and live better than ever before. The average life expectancy is rising all the time, children born today can expect to live until they are one hundred and have a good quality of life to boot.

How do you look forward to ageing, with a light heart or dread? What will you do as you age? Will you give and love, or take and be miserable?

Give your body a chance by good nourishment and work on your personal and spiritual development.

There is never a day that you are not learning, even or especially, from mistakes so don't take yourself too seriously and remember that every moment is a chance to change.

THE STORY OF SOUL

What is my soul, where is my soul?

This is whatever you consider to be the inner part of you that holds the eternal loves and joys, depressions and hates. On referring to God, this entity is what you consider to be the higher power in your knowledge and existence. It could be Mother Earth, The Universe or the God of all religions and of none.

What we are all looking for is LOVE, HAPPINESS, and PEACE. Love is the beginning and the end; love will bring you the others.

It can be hard to love. We have hard questions that need to be answered. Why did my child die? Why does my Mother have cancer? Why did the love of my life walk out on me? Why was I made redundant?

These are the lessons of life.

God's answers can be obvious in some cases and very hard to understand in others. Your child died because his life was not ready for him.

Accept that all the bad things that have happened to us are lessons and sometimes we have to learn them many times before it sinks in.

My personal experiences it quite revealing and is like many others. I had worked in accounts offices for many years and I considered that I was very good at my job. Nevertheless, I had been made redundant twice, booted out of my own business by my own Board of Directors and had two or three other very difficult relationships with men in the workplace. None of these conflicts were of my making you understand, well not deliberately. On reflection I now realise that I was in the wrong job doing the wrong thing for my personal growth and development. God really did try to tell me; I was just not listening.

Difficult dealings with people, whether they are family, friends or just people we meet are all there to teach us the lessons of life.

Work on thankfulness for the now, not wishing for things, only loving what you have and the people who are around you.

Look at the world around you and consider this. Is this good; is the sky blue and the trees green? Can you hear the birds sing or see them fly?

Consider the good in everyone; look for the positive in every situation. Try caring for people you dislike, smile at passers by. Laugh when you don't feel like it. Cry when a friend cries, feel their burden – then help them to lighten it.

Make a difference in your own world and this difference will extend to the universe. This is the Care of the Soul

THE STORY OF BODY AND SOUL

Many moons ago in China there lived a Merchant called Mr Loo. One morning he woke up feeling rather under the weather.

"Call my physician" he puffed.

And in due course Mr Chin the local doctor arrived.

"Good morning Mr Loo, what seems to be the matter with you", he asked of the Merchant.

"I am not well, you are my doctor and you must keep me well or I will stop paying you".

In those days, it was normal in China to have a doctor who you paid very week to keep you well, when you fell ill you would stop paying until the doctor made you better again.

"Ah, now then" said Mr Chin. "Let me look at your tongue, Ah – now let me feel your pulse, Ah!", Mr Chin looked puzzled.

"Have you eaten or drunk anything that you would not normally have?" he asked.

"No, I have been at home working on a problem" Mr Loo replied.

"Ah, Ah, Ah," sighed Mr Chin thoughtfully. "Tell me about your problem".

Mr Loo then recounted his tale of woe. He had got a special deal and purchased some fine silk worms from a new supplier. They were very cheap and he knew he could sell to the silk makers for a lot more than usual, so he bought many more than he knew he could sell and though he would find a new market from those that were left. Then when he took delivery and paid his contact, the silk worms were starting to die. By the time he had found his prospective buyer they were all dead.

"All that money, now I have very little left" he moaned to Mr Chin.

"Now I know what is wrong with you Mr Loo", the physician replied.

"You have upset the balance and harmony in your body because you were greedy – selling at a profit is not the problem but selling at too much profit is bad. Greed reaps its own reward – you are not ill, you must make amends and your heart will be full again and your soul revitalised".

"Why did the silk worms die, Mr Chin?" asked Mr Loo.

"Because you forgot to feed them?" queried Mr Chin.

"Why did no one want the extra silk worms?" asked Mr Loo.

"Because you were cheating and they could tell", said Mr Chin.

This story illustrates how close body and soul are, they are one.

When you have an illness or are under stress, you must look at the causes of the imbalance in your life. Disease is just that, dis – ease. Your body is out of sorts with your soul, heart or your mind. This does not include pain and illness brought about by accidents but there are well-documented stories of people who have lost limbs but still feel them there and feel pain in them. So what is that all about?

The mind is capable of understanding more than the obvious. Think wider, think longer, and think stronger and your life will be enhanced by the understanding.

Give Thanks

*When you arise in the morning, give thanks for the morning light,
for your life and strength.*

Give thanks for your food and the joy of living.

If you see no reason for giving thanks, the fault lies in yourself.

Tecumseh

I hope this short article helps you seek further into the realms of spirituality, your own source and where you need to change to find peace.

Peace is there, in your own heart and SOUL, but can only be found when the BODY is doing the right thing. Your peace comes from giving peace and love.

When I love enough, all will be well.

I am here to facilitate your journey, which of course is my journey.....!

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