

THE MIND, BODY, SPIRIT CONNECTION



A SHORT GUIDE TO LIFE

KEYS TO A HEALTHY AND HAPPY LIFE

- We all need our minds to be clear of anxiety and worry
- We all need to feel well, fit and healthy
- We all need love in our lives and the ability to understand the value of compassion

We all need to know that we are part of an amazing world and in this booklet, I will teach you how to achieve this and find happiness.

What do you think being spiritual is? You may be put off with pictures of people doing Yoga, the strange positions, the praying hands, and spiritual chants. Well so am I...though I do some yoga every morning to strengthen and stretch my body.

Making yourself happy, as only you can do this, is not about punishing the body, or overtly 'being spiritual' it is all about knowledge of self.

Self is the whole, the wholeness of being, mind, body, and spirit. We are all totally connected in the thing we call ME or I.

I am one with spirit BECAUSE I have a mind and a body.

Being a Spiritual being is not a religion, though it can be part of one. Spirit is the essence of life, the knowing, the presence of something higher than us, we can call it God, we could call it anything. Many of my contemporaries' call spirit Mother Earth or Universal Energy. I tend to go with the latter as I am working in the field of Energy Medicine and healing.

We have a body in which we live out our lives, and a mind that constructs what we feel and believe in. In fact, we are all in one, Mind, Body and Spirit.

This little booklet will explain how you can reach a better quality of life and share in my wisdom and teachings. So now you know why we have mind, body and spirit we can continue.

I am not saying it's an easy journey, but it is so worthwhile. Working through these pages you find things you already know and have forgotten, things you may never have heard of and lessons on how to move onward.

THE MIND

We have a brain which we will call our MIND, this lump of tissues and nerves in our head retains our learning, manages our feelings and emotions, creates stress, fear and anxiety...and can create havoc with our sleep!

It also harbours feelings of love, compassion and gratitude....and it's these emotions we need to cultivate.

We have a body, this is not an option, without our body, we cannot function. So, to keep our body fit and well is part of the process of being whole.

We start with emotions:

We all have emotions but there are subtle differences between men and women's emotions, though this is not the place to go into such detail.

- We feel pain, emotional pain
- We feel grief, emotional grief
- But most of all we feel love

Love is the right of everyone, we all have the ability to give, share and experience this most empowering emotion but so many times it is squashed down in favour of conflict, worry, work, domination and authority.

Love is not sex, that is attraction and need. Love is giving oneself in service to another without subjugation. We are still US even when in a relationship, never lose sight of SELF

We feel our emotions in the solar plexus, and it hurts. Grief and fear are the most painful, but when we feel joy and happiness there is no pain, just a feeling of euphoria.

When we are emotionally grown up and mature, we deal with life and death as it comes. We hope that death only comes first for us, when we lose our parents, hopefully only to old age, and that is often tempered by the birth of a child into the family. We have the maturity to see that death is balanced by birth and is inevitable.

Emotional immaturity shows up, not as tears as one may expect but in anger or fear, sometimes both. The years one has lived has little to do with this state of being, we only learn and build coping mechanisms by trial and error.

In which case we have to be engaged in our emotions, question why and stop them from overwhelming us. We live life through our emotions not because of them.

The importance of awareness cannot be stressed more strongly: when we are aware that emotions trigger us to feel something or do something, then take note. This is the point at which we can change that feeling

Some situations that create emotional stress and some ideas on how to change those thoughts:

School - When we are at school, we were too young to cope with negative comments bandied about by our teachers and even other children. We often would hear words directed at us; you are 'no good' or 'stupid' and from children remarks like 'you are fat', or 'you are freaky'. These words produce emotional turmoil in our little bodies and minds that can be reawakened in later life, with painful consequences.

Change that to THAT WAS THEN AND THIS IS NOW AND I AM JUST FINE

Friendships - Friends can be amazing and our solace and rock when we are in need, but there are occasions when we are let down. Negative comments behind our back, gossip and Chinese whispers, conspiracy and intrigue that makes us feel worthless.

Change that to THAT WAS THEN AND THIS IS NOW AND I AM THROUGH THAT, I HAVE NEW FRIENDS WHO SUPPORT ME

Body Image - If we are worried about how we look, our body image for instance, or our hair, or for men, lack of it, we can find our focus is on that which is negative rather than being happy with how we are.

Change that to THAT WAS THEN AND THIS IS NOW AND MY BODY IS MINE, NOT YOURS TO COMMENT ON

Work – Our jobs or careers also can create emotional pain. We may feel stuck, with no possibility of upward mobility. We may actually have grown to hate what we do but have little power to make changes. If we have a mortgage or rent to pay, children to bring up, the bills come in every month and to make ends meet working harder seem to be the only option.

Change that to THAT WAS THEN AND THIS IS NOW AND I WORK TOWARDS LOVING WHAT I DO

Partners – Married or not, partners verbal abuse or worse can happen, there is no such thing as a perfect partner, though some seem to think that there is. We share our lives with a person because we love them, or did love them, but all relationships have to be worked on....never expect magic.

Change that to THAT WAS THEN AND THIS IS NOW AND I AM WORKING TO MAKE LIFE BETTER FOR US BOTH

Children – When a baby arrives in a family, most times, despite the pressures, they are welcome, but only when both parties wanted it in the first place. An unwanted baby will create years of anxiety and inner anger, not the elation that one would normally expect.

Change that to THAT WAS THEN AND THIS IS NOW AND I AM ACCEPTING MY THOUGHTS AND TIME WILL CHANGE EVERYTHING

Rejection – We all feel rejected at times, however good we are at work, in our relationships, or hover close we are to friends, sometimes we will be rejected. It is not our fault unless, of course, we have given cause by our bad behaviour. This is something to think about.

Change that to THAT WAS THEN AND THIS IS NOW AND WHAT OTHER PEOPLE THINK ABOUT ME OR SAY ABOUT ME IS NONE OF MY BUSINESS

Many things will trigger emotions within us, our minds play tricks, stop us from sleeping, create over-thinking and constant worry.

All these are the emotions of STRESS, and stress kills, so better to find a way around this lot...

The way to stop that is here.... find your emotional maturity

Emotional maturity is not a gift, nor is it a God-given right, it takes work.

Remember that positive thinking will create less stress, negative thinking creates more stress.

Thoughts and beliefs:

Did you know that you can create a happier life just by your thoughts?

Well, try this....if you don't like what you doing try seeing it as an adventure, make every moment count, be the best at your job that you can possibly be. Think yourself into a happy state of mind.

Within a very short space of time, this thinking will deliver rewards, you will start to enjoy (if not love) your job because the satisfaction of doing it well will have created a positive thought pattern. Positive thoughts create A HIGH VIBRATION....and until you get this, just believe right now that it is possible.

If you believe you can or believe you can't...you are right!

When you have a belief that confirms your position in society, or you have an allegiance to a religion, you are part of a community of people who are like-minded. That does not make them right or better than another group of people.

There is no right...

Using a positive thought...I can, I am able to do this, I am strong, I am capable, I am happy, will always be better than stress incurring negativity.

TAKE AWAY – You are the only one controlling your thoughts.

THE BODY

If we fail to take care of our body, where are we going to live?

There are so many ways we abuse our body, it would be a large book to go through it all.....so right now we must concentrate on making our body better, more resilient and healthy.

Water is essential for life; without it, we die.

Food is the essence of life; without it, we die.

Simple stuff, but after water what do we eat for good health, I will tell you a secret, very little.

The less we eat the better we will become, I am not suggesting we starve, but eating only twice a day and having less on the plate will bring more good health to your body. You can verify all of this using Mr Google. Look up intermittent fasting, and calorie restriction.

If this seems a step too far, then consider changing your eating pattern over time, less junk food, less white bread and pastries, and less alcohol. Change to more fresh vegetables and whole grains. Small changes will help and make long term goals more achievable.

Then, of course, exercise; without movement our bodies age and stiffen. Our joints start off flexible. Watch young children and see how they can move. We were like that once, so what is it that makes us less able to move like that? Lack of use, that is why. The exceptions are people who are injured or have some other issues.

TAKE AWAY – You are the only one putting food in your mouth or moving (not moving) your body.

SPIRIT

In this section I will talk about your soul, this is not mentioned much in everyday life but for many who are on the spiritual path, or journey or whatever you want to call it, the soul's journey is paramount.

This is the spiritual aspect of your life; it is life, just as the Mind and Body are your life.

Becoming aware of how you are, who you are, and what you are are the first steps to self-knowledge, and that leads on to self-confidence and self-love.

Finding your Souls Purpose

The purpose of your soul is not of matter, but of thought and mind, it is not seen or touched by the human hand, it is ethereal. You, like everyone was born to fill out a life of many purposes, we have roles that change continually from the minute we are born until we pass on.

Though we all have a purpose in life, we have differences and each of us is perfect at the time and unique. There are no wrong choices, for the soul is eternal and we may have many attempts to discover its real mission here, with many lives, lived and still to come.

Everything is a vibration, everything is energy; there is nothing on this earth that did not come from this earth, we are no different from the flora and fauna and other beings. Souls that have ascended have been through all of this angst and searching and have retained a divine spark that makes them angelic.... yes, we do have angels that care for us.

We are always guided by the highest creative intelligence in the Universe, so if when we listen carefully, take note and do the action, we simply cannot fail. We have individual ways of creating happiness and that state of bliss that we crave. We are here to celebrate this life and test out the most creative and amazing ways to reach the Divine life within us, not just to exist until we pass on, there is more to life than temporary gratification.

By finding your soul purpose you become aligned to your higher self, your creativity, it will expand your heart and mind and open you to experience the being that you truly are. You are able to manifest anything you want and draw it towards you when you find the right vibration. I use the words 'higher self' which can be interpreted as God, Universal Energy or whatever you feel comfortable with as before.

The ability to manifest what you require, not just want, is the most wonderful experience you can achieve. The Law of Attraction tells us that we get what we think about, but there is more to that as I am sure you will know. We have to be in the right vibration, we have to know that our request is right for everyone it may affect, we have to know that, once asked for, to know it will happen and let the thought go.

Finding your soul purpose is not magic but it is magical and taken in small steps you will come to the realisation that you can live out your dreams.

I will be doing an online course covering this with much more detail and practical steps to achieve understanding soon.

PUTTING IT ALL TOGETHER

Our intention for a happy life can be mapped out in three simple steps.

- Keep our mind free from stress
- Keep our body in good condition
- Keep our spirits high

Remember the work is not easy but it can be done, it only takes small changes to see results so start now.

Consider your thoughts, they create emotions, good and bad.

Make up your mind to think positively and reduce negativity.

Look at what you are eating and drinking, find out about whole foods and the benefits they bring.

Take a walk rather than a drive.

Look at the sky, the trees, listen to the birds.....ditch that phone for at least some part of the day,

Add to your notebook anything that makes you happy, draw pictures, take photographs of nature, spend time with small children, they know how to have fun.

Check out the moon cycles, be aware.... awareness is a fundamental part of personal growth.

Remember that you will die, but not just yet, so make the most of what you have, gratitude is a high vibration and will make you happy

There is much to learn, I have been learning now for nearly 50 years since I first thought deeply about this subject, Mind Body and Spirit and its connections to me and my life.

For it is only one subject but with many parts and many roads to get there.

There are many ways to work with me, learn from me and even have 1:1 sessions for personal help and support.

Join my email list <https://www.dianeholliday.co.uk/home>

Join my Facebook group Wisdom Shared

<https://www.facebook.com/groups/493874002051250>

Contact me for a chat <https://www.dianeholliday.co.uk/contact-eft-expert>

There will be more pieces of interest, articles and postings for ongoing learning both on Facebook and online courses.

Take this life with gratitude, give back with compassion and most of all love what you are, a blessed and amazing creation with the potential to make this a better world for all.....



Diane K Holliday
Life Coaching with Wisdom & Integrity

Top Quality Confidential Coaching to get you through the changes you need, to achieve wellness in mind, body and spirit.

Tel: (44) 01273 640895/07989 078556
My web site diane@dianeholliday.co.uk