

## CHAPTER 11

## YOU'RE SOAKING IT UP

**“Good health is not just about maintaining the body.**

It is about maintaining health of the mind and spirit also; all-important aspects that make up the person. An imbalance in one area, affects the other, therefore, one cannot hope to achieve peak physical condition if the mind and spirit are not equally cared for.”

23.06.04

For many years we have evaluated the state of our health in accordance with the manifestation of physical symptoms. If we feel good – we say we are well; and if we have an illness – we say we are unwell. There is more to a person’s wellbeing than just their state of health. As *Spirit* has said, all aspects of ourselves need to be looked after with equal attention – body, mind (including emotions) and spirit. Traditionally, however, we have focused on the body, less on the mind, and even less on the spirit. And in placing most of our attention on our physical health, have we really got it right?

Let’s look at the human body. Many of us view it as a tangible entity, filled with organs, tissues, blood, bones, etc. We recognise that it has the ability to follow our commands such as ‘lift that,’ ‘make a cup of tea,’ as well as perform bodily functions automatically, such as regulate hormones, make the heart beat, expand the lungs etc. Within this machine we have a mind – which can make decisions and reason; we have physical senses – which help us to relate to our environment; and we have inner emotions – that cause us to like/dislike our experiences. This, in rudimentary form, is how we see the human being.