

ABOUT AWARENESS IN BODY – MIND - SOUL

How do we increase awareness about what we need,
so that we can live a life in vital balance, fulfillment and joy?

We say that we are spiritual beings – manifested and manifesting in this realm.
We say that we want to love ourselves and each other.
What does this mean for us individually and collectively – and how do we do this?

Do we walk through the day with a bounce in our step, with a clear mind,
with passion and purpose and with lightness in our heart?
We are the ones who can adjust the Matrix -
we can focus on choices available,
rather than focus on circumstances beyond our reach.

We have choices to enhance the quality of our lives.
It is a matter of exercising this freedom of choice:

For the Body:

We choose the food we eat, and the food we take into our body will become the building blocks for
our always renewing biochemical structure, we become -
and then are - what we eat.
What are our food choices, what are the qualities we would like to take into our physical body?

For the Mind:

We think a thought first and then we may or may not voice it or act on it,
but the thought process alone makes it already part of our mental fabric,
of our mental body.
We shape our mental reality through our thoughts.
What if we could disengage from thought patterns that do not serve us anymore?

For the Soul:

We feel emotions and these naturally tend to emote outward from within us.
Whatever we feel, we feel it first before it becomes outward expression.
It has already been part of our emotional “Gestalt”, our emotional body.
What if we could disentangle from emotions that keep us in a state of imbalance?

We can invest in change, and the change starts with us.
We can explore new tools and techniques and also get advice from professionals.
It is up to us to make this an investment worthy its making.

Are we not worthy of discovering how to improve this life's experience?

We individually and collectively can raise the awareness about ourselves and our world!

So here a few suggestions how we can raise awareness in body, mind and soul:

We can choose clean, possibly organic food, to nourish us, according to what our body requires, which is different for everyone and it has to do with body composition, age, hereditary influences and lifestyle.

We can drink plenty pure water.

We can use plants and minerals that nature so abundantly gifts us for strengthening and balancing.

We can allow ourselves to sleep more hours than anybody ever told us to.

We can open ourselves towards moments of silence and meditative awareness, in all phases of our life.

We can celebrate life through moving the body with yoga, dance, gentle sports and exercise, or simply with a quiet walk in the early hours of the day.

We can consciously invite more laughter, curiosity, humor, acceptance in our life.

We can become aware of the sound of music weaving through all, yes, this may "just" be the sound of crickets composing a song at dusk.

To address our individual physical requirements we could learn how to listen to our bodies.

To be in touch with our mental abilities we might want to explore deeper what we are capable of.

To be attuned to our emotional state, we may wish to look at the emotional fabric we call our own.

Through the help of another, who knows to hold up the mirror and not fog up the image, in presentness and compassion, we may see what we could not see before.

Our very existence on this planet seems to confirm that we are entitled to broaden our understanding about ourselves and to embrace what we discover.

We can encourage each other to do this.

(chapter from: "Quantum Level Transformation – The Handbook", Tools, Techniques and Meditations for Awareness and Vital Balance. A Transformational Journey of Discovery)