

Mind, Body, and Spirit

When we think about ourselves, the first thought that comes to mind is how we perceive our appearance. I like this about my body, but I can't stand this about my body. The reason it becomes so prevalent to our attention, is because it's the part of us that can be seen, felt, and the appearance we present for all to see, including ourselves. Yet, the physical, or body part of us is just the house our real selves live in.

We are made from three parts that complete the whole of us, our mind(soul), body, and spirits. The three functioning together are who we are. We develop each of these areas as we progress through this existence. There are many different views of what exactly is the soul, mind, and spirit. And there is no shortage of opinions on the matter, but if we go to the Bible and search out the distinctions, we can still be left with questions. So, in saving us from an endless debate, in this publication we are stating that the soul is the immaterial essence of our being that contains our mind, will, and emotions. Our minds are the material part of us that project the soul's abilities.

In terms I can understand, the soul is the immaterial essence that contains emotions, feelings, and thoughts to name a few of its attributes. Our minds are the material, physical part of our being that express those attributes into our physical realm.

We have a body, we have a soul that allows to feel, think, emote with a mind that expresses those aspects. Now, on to the driving force that allows all this to happen, our spirits. I think it's important that we all understand, we are all spirits. When our creator created us, he created us in his image, which is a spirit. So, we are essentially a spirit, with a soul, which lives in a physical body. Our spirits are the life-giving essence, given to us by our creator that allow us to be alive. We can debate, argue, think and overthink what a spirit is or isn't, but in the end, we'd just be comparing apples to oranges, and we'd all probably be right in our summations. Think of it as a lamp sitting on the table stand. The lamp was designed for the purpose it was created for, but until you flip a switch and add the necessary power to it needed for it to function, it does nothing. Our spirits are the gift of life given to us by our creator that animates the body and allows it to function.

In conclusion, we are a complex being, created with three unique aspects working together to complete the whole. We need to understand this, for us to stay healthy in all areas of our being, not just physical, but mental, and spiritual as well. Many ailments we experience as humans can be attributed to one area of our being or the other. When our mental health is failing, we feel it throughout the whole. If our spiritual health is lacking, we can think and feel empty. Whatever the case may be, when we keep in mind the three part being that we are, we can diagnose what issue we may have to alleviate the problems.

We are a wonderfully crafted being, and it takes attention to all aspects of ourselves to attain and maintain a healthy balance in the whole. Just as we exercise the physical body to peak perfection, we need to be aware of the other aspects of our being so we can exercise those as well. It takes time and attention to learn what it means to exercise our mental and spiritual health, but ignoring it, which a lot of us do, is not the answer. Our mental and spiritual health are vital to who we are, and what we're becoming, and the first step in anything is becoming aware of it.

Just as focused as we can be about our physicality, it's time we shared our attention with our mentality, and spirituality. Search for healthy habits that work for you. Not imitation substitutes like alcohol and drugs, but real tangible solutions, like taking time to be with yourself doing what your passionate about. Taking time to study about our spiritual nature, and applying the lessons we learn to real life situations. All in all, we would be wise to be, or become aware of all three aspects of our humanity, so we can maintain our overall health. Be blessed in you life.