

Meditation and the benefits for Body and Soul

by Lisa Dunsdon

Have you ever wondered what the connection between your body, soul and spirit are? Some describe the soul as a definition of the mind. Does your soul and therefore mind continue after the body has long gone? That is the question for all, and we often all speculate about this.

Some think the Spirit is the Soul, the spirit can be best described as a universal essence, as in the essence of all beings. All beings can share a common spirit or universal essence however your soul is your individual connection within the universe and your mind is the steering mechanism at your disposal in this lifetime. It's your mind/soul that may inhabit a new form after you are gone, your spirit will always remain the same. You know when someone uses the term "he has the spirit of a wild horse", the spirit is the universal essence shared by other creatures whereas the soul is you, lead by the mind and conscious thought to produce your reality. The Spirit has three parts 1) conscience 2) intuition and 3) communication with the spiritual world. The mind and Soul also have three parts 1) emotion 2) thought and 3) decision making ability or will power. The mind however, is affected by life experiences and develops perceptions of this lifetime that make us behave in certain ways and may not necessarily be beneficial to our soul. The mind is therefore an important factor in the general wellbeing of your soul and has to be trained to cut through it's conditioning.

So if we chose the path of getting with our spirit, higher conscience or real self, how do we control the mind which makes all our decisions based on a perceived reality? This is where meditation has become a proven vehicle to help still the mind and help us find our true nature.

If your going to embark on a journey of discovering your 'true self' your going to be doing a lot of sitting and contemplating, and if you are doing this for an extended amount of time you need a strong body to carry you forward. The last thing you want is to be distracted by your "mind" constantly reminding you that your back hurts, or your hungry, or you've got to empty your bladder. Finding a physical outlet to build this strength and system of health or diet to support it is often a minefield of it's own. This is where some eastern cultures have a lot they can teach the west. Yoga, Tai Chi, Martial Arts were all developed by eastern cultures as a means to strengthen the body and maintain optimum health. In doing so, the mind is free from distraction of physical ailments and can focus on the cultivation 'true self' and a healthy body, soul and spirit.

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