

Mind/Body/Soul

Mind/Body/Soul – remarks I gave at Inter-regional Sports Tournament 2000 Sept. 3, 2000

“We hear so much about mind/body/soul these days. In fact it has become one of the most hip things to talk about. We even have TV commercials selling products by making us aware of yoga and meditation; some of it very tongue in cheek. The media often reflects dominant cultural thinking.

We have been very successful at treating illness and feeding ourselves, but we are starved for spiritual growth. We are beginning to understand that we are more than our physical body. We have a mind that is connected to that body and we have something even greater than our mind/body and this is the part of us that we cannot see, hear or touch. Yet it provides the essence of who we are as human beings. The great truth is that our minds and bodies are connected. Our thoughts control what goes on in our bodies. Our bodies affect what goes on in our minds. And when we neglect our souls, our minds and bodies become sick. When we only take care of our physical body, our minds become lazy. And when we take care of only our minds, our bodies, become soft and flabby and we may lose the use of it. There is a great deal of difference between knowing something in our heads and knowing something in our hearts.

To win, whether you are running a race, going to school, working at a career, you must do more than simply take care of your physical body. You must fill your mind with positive thoughts and take care of your soul, which is to pay attention to what has heart and meaning.

Our society’s greatest malady, implicated in all our troubles, is “loss of soul.” When soul is neglected, it doesn’t just go away; it appears symptomatically in obsessions, addictions, violence and loss of meaning. Soul is revealed in attachment, love and community. Fulfilling work, rewarding relationships, personal power and relief from symptoms are all gifts of the soul. More and more, people seek something outside themselves or deep within them to provide for them what attention to the body or mind cannot provide. It provides them with meaning and direction and purpose.

Here are 13 ways to keep your mind/body/soul in balance.

1. Keep your life in balance. Avoid obsessing over a situation or person.
2. Take care of your body by feeding it the proper nutrition, getting proper rest and exercising moderately. When you are young, you think that your body and mind will last forever. But the day may come when you can’t walk as fast or it hurts to bend over to pick something up, or you can’t remember some simple name or where you put something.
3. Be positive in your thoughts. Avoid self-deprecating thoughts or hatred towards other. Hatred violates our souls, depletes our energy and disintegrates our minds.
4. Read and question to keep your mind sharp. Always learn and educate yourselves. Remember that life is essentially a learning process. We go through phases of difficult change as well as peace
5. Remember that in every situation, challenge and relationship there is a message worth learning and teaching to others.

6. Remember that change is constant. Learn to go with the flow of change rather than trying to stop it.
7. Be consistent. Live what you believe.
8. Nothing is impossible and there is always something that can be done about a situation.
9. Positive energy works more effectively than negative energy in every situation. You can catch more flies with honey than you do with vinegar.
10. Live in the present moment and practice forgiveness of others.
11. Practice active daily gratitude. Avoid focusing on what you are missing.
12. Remember, we're all in this together, no one is going to get our alive, and so we might as well help each other as much as we can.
13. No two people in the world are alike. That means that each of us has something unique and extraordinary to give to the world. Your life is about finding out what that is and giving it way to those who most need it."

Using Your Brain for a Change by Richard Bandler © 1985

"How many of you have ever thought about something that hadn't even happened yet, and felt bad about it ahead of time? Why wait? You may as well start feeling bad now, right? And then it didn't actually happen, after all. But you didn't miss out on that experience, did you?"

That ability can also work the other way. Some of you have better vacations before you actually go, then you get disappointed when you arrive. Disappointment requires adequate planning. Did you ever think about how much trouble you have to go to in order to be disappointed? You really have to plan thoroughly for it. The more planning, the more disappointment. Some people go to the movies and then say, "It's just not as good as I thought it was going to be." This makes me wonder, if they had such a good movie inside their heads, why did they go the theater? Why go sit in a room with sticky floors and uncomfortable seats to watch a movie, and then say, "I can do better than that in my head, and I didn't even have the screen play."

This is the kind of thing that happens if you let your brain run wild. People spend more time leaning how to use a food processor than they do leaning how to use their brains....

When I first started teaching, some people got the idea that NLP would help people program other people's minds to control them and make them less human. They seemed to have the idea that deliberately changing a person would somehow reduce that person's humanity. Most people are quite willing to change themselves deliberately with antibiotics and cosmetics, but behavior seems different. I've never understood how changing someone and making them happier turns them into less of a human being. But I *have* noticed how many people are very good at making their husbands or wives or children—or even total strangers—feel bad, just by "being themselves." I sometimes ask people, "Why be your *real* self when you can be something really worthwhile?" I want to introduce you to some of the infinite possibilities for leaning and changing that are available to you if you start using your brain deliberately."