

Daniel's reflection for week beginning Sunday, 22nd April 2018

Healthy mind, healthy body

It is said that most people become their thoughts. They do not have thoughts and feelings; the thoughts and feelings have them! It is always a struggle to protect and nourish your essential and True Self. If you do not live life, life will live you. For instance there may have been occasions when you felt ignored, wronged, personally humiliated. How did you react? Did you impulsively panic, jumping to seriously wrong conclusions about yourself? How long did it take you to get over it? It is vitally important to take time and space before responding. So often it turns out that you have completely misread the situation. And then, later, a perfectly acceptable solution or explanation is offered. In your haste, anxiety, uncertainty and insecurity you drew your misleading conclusions too soon.

'A healthy mind in a healthy body.' As with everything worth achieving, there must be a complete commitment to the cause. In minding your mind you must also mind your heart and body. All parts of you interact with every other part. The way you think is affected by the way you eat, what you read, how you exercise, your alcohol consumption, the attention you pay to your breathing, your sleeping, the amount and content of TV you watch every evening, and how mindful you are in your choice of relationships. Without serious attention to these central lifestyle habits you can forget about any progress in the pattern of your thinking. Abundant information about how deeply these positive habits contribute to your mental hygiene is readily available.

(The Healing Habit p100,110)