

## Bringing Body, Mind And Soul Together - Tips To Help

Passion is what brings your mind, body and soul together. There are many ways to go about finding and living out your passions. Stop and think about the things that help fire your passion. For some it is a daily meditation or prayer, a particular diet or just a good book. These are some things that help people find the balance they seek. The idea of balance is an interesting one since it evokes different feelings. Passion is described by some as the same energy you feel when your soul is moved. Most people however, leave out the concept of the soul. Not surprisingly, this eastern mentality is not widely understood by those in the west. When I say passion, I do not mean sexual passion. This is about spiritual passion. For me it's taking a yoga class. It allows me to be present and teaches me patience and acceptance. At the same time, I gain strength and flexibility with each asana, or posture. It allows for time to take a deep breath and relax. Passion is different things to many people. Here are five tips to help you decide: 1: Do your future goals inspire passion? Do they incorporate body, mind, and spirit? Making money is good, however, the process through which you make money should be what causes the passion. The journey is what makes the goal sweeter. A better choice would be something more esoteric, less mundane than money. 2: Remember your accomplishments. It's best not to get down on yourself for every little mistake. By remembering how much good you do is one of the best ways to nurture your body, mind, and spirit. Continually beating yourself up is the fastest way to crush your soul. Eventually, the mind will dominate the body and you will get sick as a result. 3: Create happiness scenes. You can do this by meditating on a safe and happy place that you can create or a real place that you have been to or plan to go to sometime. When things in your life get tense, as they inevitably will, go to your safe place and meditate for a few moments. 4: Look forward to something. Having something to look forward to, like a trip or maybe just the weekend, helps tremendously. Downtime nurtures the body, mind and soul. Finding a new place to go can be exhilarating. Perhaps you can plan a weekend getaway to someplace you've always wanted to go. It might even help to go alone. This way there will be no interruptions and no one else to worry about. 5: Practice affirmations. Find one that will alleviate your stress and practice it. Pick three affirmations and say them out loud to yourself in the mirror everyday. This works! Just as I mentioned briefly in point number 2, if you continually tell yourself the same message over and over the mind eventually believes it. It will become true. Three simple affirmations to get you started with are: I am always safe and secure. The universe provides everything I need. My income is ever increasing.

## About the Author

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