

## SPIRIT, MIND, BODY AND ENVIRONMENT

If you have understood and taken up the challenge of the spirit-mind-body plan, then you will probably already have begun to appreciate the importance of environment in that equation. The environment is where the spirit-mind-body plan is acted out. Before we explore further the importance of environment, let's underline the significance of the other three. The spirit, as you know, refers to the essence of who you are, it refers to living a life of value, meaning and purpose. In order to achieve that you need to be true to yourself because if you are not, there will be a 'hole in your soul' through which your power will be lost. **Where there is any contradiction or incongruity in your life, your spirit in particular will pay the price. It is extremely difficult to live a life of value, meaning and purpose when the bitter taste of hypocrisy is resonating in the mind.** It's also important in terms of the spirit to be doing something that makes you feel good to be alive. Altruism is important in this regard, to be doing things that uplift and empower others really makes a difference to how you feel, **so be as selfless and humble as you can.** Whatever plan you formulate, bear these two things in mind because where they exist, a connection to that which is good, that which is divine, is easily and naturally established.

To make the best use of the power house of the mind, the arena of miracles and wonders, you need to have positive focuses; ambitions that are challenging yet realistic, founded on good motives and aspirations consistent with your spiritual outlook. **To achieve this you need to surround yourself with activities that will help you to cultivate the right thoughts so you can channel your mental energies towards these positive focuses.** In order to help you in your endeavour it's important to foster the right relationships, relationships with those who are mentally and spiritually uplifting and who are also endeavouring to find the way back to themselves, back to their truths. Your plan also needs to be emotionally intelligent because as wonderful as the mind is, it's important that you steer a course that's not overly driven by your emotions or dominated by your intellect, as there will be times when one needs to drive the process more than the other and the more integrated your life becomes, the more you intuitively know when that time is.

The body in many ways is the easiest to understand although not necessarily any easier to bring under your command. **The primary thing to remember with your physical health is to restore balance by removing waste;** you must relentlessly pursue those things that detoxify the system, which is why water is critical in this process. Also consider food, nutrition, exercise, rest, enjoyment and relaxation and form a plan that integrates all of these.

This brings us back to environment. Environment, first of all, relates to you creating a sanctuary. If the physical space in which you live does not have all the conditions conducive to your spiritual and emotional growth then your personal progress will be severely hampered. It's very difficult to grow in terms of spirit, mind and body in an environment that opposes one or other of these elements. **The environment is like the soil in which the other 3 grow, therefore if the conditions are not right in your environment, all 3 will struggle to bear good fruit.** Your environment needs to be a space that when you walk into it, lifts you, inspires you, holds and cares for you. It reminds you of who you are and where you are going. If your environment is not doing this then something is wrong and you need to consider what needs to change. Anything in your personal space that has no purpose, is surplus to your needs and is therefore an enemy to your growth, so you need to remove it. Create a space that is aesthetically pleasing, spiritually uplifting, a place that you want to be in, which actually promotes your growth. Do not underestimate how important the place in which you live and sleep are on your journey towards optimal health. Do what you can to create the conditions in your environment so that your spirit, mind and body plan can meet all your needs.