

# MENTAL PHYSICAL EMOTIONAL SPIRITUAL BALANCE

Getting it all Together



Wendy Landry

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## **Mental Emotional Physical Spiritual Balance: *Getting it all together***

By Wendy Landry

Every week there seems to be a new product, method or device that offers a miracle cure to all our problems. Some may produce favourable results for a short period of time but more often than not, the excitement and enthusiasm fades and the product is left on the shelf or promoted to a popular garage sale item. We tend to piece meal our approach to health and fitness rather than step back and view it in its totality. We are more than just that body and our body is affected by more than just the amount of exercise we do. We are spiritual beings in a human body with mental, emotional, physical and spiritual dimensions making up our sum total. True health and well-being is achieved only when we strive to consider every aspect of ourselves. Regularly checking in on ourselves prevents the danger of straying too far off balance. There have been many books written on the subjects of exercise, nutrition, mental and emotional health and feeding the soul. It is time to put some of the basics together so that we have a baseline to launch off from in whatever direction fills our need or interest.

### **Mental Balance**

As is discussed in my favourite topic *Brain on Ice*, the mind generates a lot of thoughts during the day. If left to its own

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devices, it can become like a runaway train with its constant output of “what if” and “remember the last time” scenarios. In the topic *Brain on Ice* we discussed various methods to put the brain in its place as servant and not master of our lives.

- Focus the brain by concentrating on deep breathing. This will give the brain a break and make the heart smile.
- Repeat positive affirmation throughout the day. Help counteract the mind’s negative thoughts and raise your vibration.
- Call on your angels of the highest light to bring you peace and harmony. Take a moment to feel it and enjoy an increased sense of lightness and wellbeing.
- Have mindful moments and focus on the sights, sounds, smells and tastes that you are experiencing at that moment. Focusing on the beauty and detail of a flower taps you into that sense of joy and wonder.
- Be a forever student and be always learning. Being curious and open to new concepts and trying new things allows for spiritual growth.

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- Find a passion and pursue it (writing, gardening, volunteering, music, painting, building etc.). Using your talents inspires yourself and others around you.
- Be conscious of what you feed your mind and its affects. Pollution in, pollution out.

#### **A breathing exercise to soothe the mind:**

Take a deep breath, keeping the shoulders down and focusing on the air entering through the nose or if you are more comfortable through the mouth for a slow count of four. Picture your stomach as a balloon and see it or feel it slowly inflating as you breathe in and then hold it there for a count of four. Exhale through the mouth for a count of four – pulling in your tummy as the balloon deflates –lightly close your lips together and allow the air to escape in a manner similar to that of air escaping from a runaway balloon. This time as you are breathing in mentally or out loud say “I am safe and I am at peace”. Hold for 4 counts and then breath out stating “I release all tension or worry”. Repeat as needed or as time will allow.

#### **Physical Balance**

- Eat colourful foods, whole foods. View food more as medicine then a means of pleasure. Without the proper fuel, the body falls apart. Whole foods are foods that look real

and involve very if any processing. If a package contains more than 3 ingredients, most of what you don't recognize, then it is too processed. Convenience has be replaced by nutrition. Listen to your body. What makes if feel good, what gives you the energy you need to carry out your day. If you can eat a ton of something, it is probably because it has no nutritional value and the body is left hungry at any amount. Try eating with a smaller plate of contrasting colour to that of the food (light food/dark plate) to fool the brain and body into feeling full on less.

- Sleep enough. Regular, routine sleep is essential for the body to repair, replenish and rejuvenate. Electronic devices, eating late, going to bed late are some sleep deprivors. Having a room that is dark, cool and quiet helps aid the sleep process. If you are waking up throughout the night or greeting the day tired – then delve into the subject of a good nice sleep a little closer.
- Move. The body is made to move. If it doesn't move enough during the day then muscles shrink, joints stiffen and aging speeds up. So get up from that desk every half an hour or so and move around. Take the stairs instead of the elevator. Due some mini exercises and stretches during the day. Find an exercise partner, join a class, download 10 minute exercise videos, move during commercials, get a dog etc.

The more variety of movements the better chance of keeping our muscles strong and balanced. Stretching, strengthening and aerobic activities nourish the physical body and increase the quality of life. A good strong physical structure is an important component of good emotional, mental and physical health.

### **Emotional Balance**

Emotions are energy in motion. In *Plugging into Energy*, another of my favourite topics, I discuss how we are all beings of vibrating energy and that there is a Life Force energy that runs through us and connects us with everything around us. There is a constant energy exchange occurring as we live out our day to day experiences. Our subtle energy centres or chakras are involved in this energy flow. Worries, fears and unhealthy lifestyles can cause blockages in these energy receptors and can lead to sickness and unbalance.

Some basics steps to encourage a healthy emotional balance:

- Call a friend. We are social animals and need to have someone to interact with.
- Do something kind every day. Best way to get your mind off yourself and your problems is to focus on helping someone else.

- Get the creative juices flowing. We are co-creators in this life and we fill alive, motivated, enthusiastic about life when we use the talents we have been given.
- Balance work, play, Self-care. We are not defined by our work nor should we be consumed by it. Playing and feeding our soul reminds us of the importance of being and not always doing.
- Pay attention to thoughts. Consciously monitor the brain and catch those negative thoughts as much as possible and turn them around. Thoughts are the starting point for creation. Make positivity your goal.
- Keep a gratitude journal. It is a great way to appreciate what you have and to turn negative thinking into gratefulness.
- Wear bright colours. Colours have energy and are associated with our energy centres or chakras. Wanting to feel more grounded or energetic, try wearing red.
- Listen to inspiring music or healing sounds. Everything is vibrating at different levels. By listening to uplifting music or

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music specially designed to heal energy or emotional blockages, a sense of relief is possible.

- Bless your food. This simple action can harmonize the food and make it more nutritional. Remember Dr. Emoto and his water crystal studies?
- Drink more water, bath in water, be near a body of water. Our bodies are made up of about 60% water. Water is cleansing, hydrating and powerful. Have you ever felt a wave of relaxation come over you as you stand looking out at a vast area of water?
- Make use of crystals, flower essences, essential oils. Crystals can store and amplify energy. They vary in vibration and properties. Flower essences and essential oils affect a variety of emotional needs.
- Yoga, acupuncture, reflexology, Tai Chi, Reiki, Massage are just a few practices that use the concept of working on energy blockages and encouraging good energy flow.
- Soak in sunshine and nature regularly. The health benefits of sun and nature on mood have been well documented and personally experienced.



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- Be in the moment. Worries and anxiety only survive when we are living in the past or focusing on the future. Relax and deal with what is in front of you.
- Wake up with a positive intention. Start your day in a positive note, expect it and watch it unfold.
- Focus on what you want and not what you don't have because what you do focus on attracts more of the same.
- Forgive. Holding grudges eats away at you. Learn from it and move on.
- Apply a light shield of protection during the day. Visualizing an egg shaped translucent shield white around you that prevents negativity from entering but allows love to radiate, helps to shield you from daily psychic attack.
- De-clutter, simplify, and prioritize. The more stuff we have, the more responsibility and burden of taking care of it results. What is important to you and prioritize. Doing and acquiring sometimes overshadows the importance of joyfully being.

The following is an exercise from ***Plugging into Energy*** to help cleanse and re-balance the chakras.

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Find a comfortable, quiet spot to sit or lie down. Place both hands one on top of the other on the root chakra (lower pelvic area).

With eyes closed and breathing normally, picture a clockwise revolving red ball. Now visualize a ruby red soft plush cloth wiping and polishing that red ball until it is shiny, translucent and spinning at a perfectly harmonious speed. Do you feel a warmth, a tingling, a prickly or cold feeling where the hands are situated? Do you see the colour red in your mind's eye? Don't panic if you do not. Just know that your Root Chakra is affected by your thought energy. Move your hands onto the Sacral Chakra located just below the navel. Using a bright orange cloth visualize polishing the rotating orange ball. Wipe it all around and polish it diligently until you feel that is clear and clean from debris and shining bright orange as it rotates clockwise at a steady, rhythmic and healthy pace.

Now place both hands on the Solar Plexus Chakra located midway between the sternum and the navel. The Solar Plexus Chakra will require a sunny yellow cloth to polish it up and restore it to its original vibrancy. Polish until it is sparkling and shiny as it rotates freely absorbing and releasing energy without obstruction.

Move your hands so that they are positioned one on top of the other on the centre of your chest. Now grab the emerald green coloured cloth and proceed to smooth and add lustre to the Heart Chakra.

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Place the hands on the throat area next and visualize a soft, luxurious sky blue fabric clearing away any throat blockages preventing you from speaking your truth. Feel the throat relax and open up during this cleaning process.

To focus on the Third Eye Chakra, place your hands over the area between your brows. Picture a deep plush purple cloth wiping away the illusions of life and revealing the true meaning of the universe and your role in it. The spinning purple ball is filled with clarity and transparency.

Finally, position your hands on top of your head. This is the Crown Chakra. It is the gateway for the Universal Life Force Energy and spiritual consciousness. When it is unblocked and strong, a higher level of self-awareness can be achieved. Use a imaginary brilliant white cloth or one in violet to restore the Crown Chakra's brilliance and health. Once it is clear and unblemished, place one hand on the top of your head and the other on your Root Chakra Picture energy running down your spine from your Crown Chakra to your Root Chakra and back again. Keep it going back and forth, reminding yourself that the chakras work together and influence one another. Only when they are all in balance can we experience the meaning of holistic health.

## **Spiritual Balance**

We are spirits or souls experiencing a human existence. Life's purpose is to use our talents, choices and free will to be the grandest version of ourselves. To use life's challenges to rediscover and to define who we are. When we pay attention to our heart and soul we get the best advice and we experience the greatest joy. The trick in this world of duality and materialism, is to not get caught up in empty distractions where happiness is but a fleeting feeling. Enjoy life and what it has to offer but don't look to possessions as your source of true happiness. Spirituality is your personal experience with Source, that Higher Power, God or whatever you choose to call it. Like drops of lake water, we are complete individuals but still a very important part of the whole. Ways to Nourish the Spirit often overlap with what has been previously mentioned under the mind, emotions and body. That is why it is important to look at health holistically.

- Be mindful, be present, be in the moment.
- Make your heart the master and the Mind the slave. Your heart not your mind houses your spirit.
- Use affirmations, meditation, prayer. Meditation allows you to tune in and prayer allows you to speak up.

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- Attend retreats, classes, workshops or read books. We never know all the answers nor should we ever stop searching.
- Listen to healing music and sound CD's including singing bowls, chanting, Tibetan drumming. Physical sensation, the emotional high and spiritual awakening are all possible through the vibrational resonance of song.
- Start and end each day connecting to spirit. Place both hands on your heart before you start and at the end of the day and breathe. State an intention, state 5 things you are grateful for, state an affirmation or just focus on the breathe.
- Call on angel assistance. Angels can help bring you some harmony or direction in a loving and non-judgemental way. They are always just a call away.
- Have a daily spiritual message pop up in your email. Get subscribed to a daily inspiration that you quickly read before you begin your work day and that helps to put things in perspective.
- The simple breath allows life force energy to flow through us, therefore take conscious breathes throughout the day. It is a quick fix to ease stress.

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- Think positive, speak positive, act positive. What you focus on, manifests.
- Visit museums, art galleries and other places of beauty. Beauty ignites the soul.
- Turn down the noise. Dare to spend some time unplugged and in your own company.
- Take time to play, laugh, be silly.
- Connect with your passion.
- Do something kind.
- Forgive yourself and others. Let go of blame, shame and betrayal.
- Listen to your gut. Exercise your intuition muscle.
- Get out in the sun and nature.
- Hug your pet or loved one.
- Speak truth with gentleness and love.

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- Don't make a living, make a life, and create joy.
- Helps others achieve what you want to achieve.

### **Example of a Visual meditation using Life Force Energy:**

Place the palm of one hand on the heart and the other on the lower pelvis or root chakra area. Set the intention to be filled with healing, Life Force Energy. Breathe in deeply a few times to calm, clear and centre. Now breathe normally. Visualize white purifying light coming into the body through the head and filling the heart. Then visualize as you breathe in and out, red grounding and energetic light coming up from the earth through your feet, up your legs to the heart. The white and red light mix together to form a warm and loving pink light. Picture that pink light radiating from your heart filling your whole body with peace, love and harmony. Then have more pink light flow out of the heart and encircle the outside of your body in a translucent egg shaped capsule. As you continue to breathe rhythmically and at a comfortable pace, visualize that shell continue to expand as far as you like encompasses everything in its path with love, peace and harmony. Refill your heart again and repeat the exercise or just focus on your breath and sense the energy flowing between the palms of your hands.

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There is no miracle cure, product or device that delivers total health. The secret lies in your hands and in the awareness that holistic health involves consciously and continually balancing and re-balancing the mental, emotional, physical and spiritual segments of your being. Today is a new day, centre your thoughts on total health, make small changes one step at a time and listen to and appreciate your body. Failing is a part of trying. Be okay with it, get back up again and re-evaluate your choices. There is no right or wrong – just what works best for you. How do you want to define yourself in this life. Holistic health makes it so much easier for your true loving Self to shine through. You are worth it and world is blessed by it.

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