

How to bring the mind, body and soul together

It sounds like New Age nonsense at first to some people, but the truth is that if you want to perform at your best – you need an alignment with who you are. That means the three components of your “mind, body and soul” need to be working together in harmony to deliver what you want from life.

If they're not, then they are working against each other and thus, against you. You don't want that, do you? You want to be a winner. So, let's look at how you can get all 3 fighting your corner for you – so that life becomes easier all around.

It should come as no surprise that each of our techniques is an exercise of sorts. You can't condition your mind, body or soul without giving them a bit of a workout.

Reclaiming Your Mind

Your mind can be your greatest ally and your worst enemy. If you've ever thought, “I can't do that!” when it's abundantly clear that you could, if you wanted, do that – that's your mind pulling off some self-sabotage.

I like to help people rewrite their negative beliefs into positive ones. This can easily help train your mind to be on your side, but another good solution is meditation. Meditation is proven to improve memory, mood, your immune system, creativity, sleep and more. That is scientifically proven, so you know you can trust it.

Combine this with good reading habits – the more you learn, the more you grow, the sharper your mind becomes – and your own your way to owning the world.

Reclaiming Your Body

Your body may be your temple but all too many of us seem to neglect our temples in the rush of the modern world. Yet, if you feel healthy and fit – you'll have more energy, focus and concentration to tackle the challenges ahead.

Make time to eat well and to exercise. That is – a low carbohydrate diet with a healthy plant-based component and 45 minutes of exercise a day. That doesn't need to be rigorous exercise – walking is more than good enough to get started with. Don't make yourself ill by trying too much at once. Build up to a healthy routine.

Reclaiming Your Soul

I feel that the soul is the balance of mind and body. It's the place where the real you resides and which often gets trapped behind the demands of others. When you begin to clear your mind and feed it and take care of your body – your soul tends to follow.

However, if you'd like to give yourself a little boost in the soul department there are two things I can think of that help nearly immediately:

1. Get outside and spend some time in nature. Study after study shows that being in nature makes us happier, it boosts our immune system and makes us far better prepared to cope with the hard times of modern life. Human beings are well-evolved apes and the ape in us all misses the woods, trees and grasslands. Indulge that part of you.

2. Be kind to other people. Seriously, act in kindness towards others at all times and very soon, the world will start to act more kindly toward you. You have to be sincere, you can't fake this but if you do it right, your soul will sing.

Bringing your soul, mind and body into balance isn't as hard as you might think. Taking care of the little details can help you take care of the big picture too. All truly successful people know this.

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