

The Mind, Body, Spirit Connection

Presentation by Jennifer Echert, ND

The term Mind/Body/Spirit Connection is now a widely accepted way of saying that we understand there is more to us and our health than our physical bodies and that it is somehow all interrelated. That we are seeking wholeness. But for many it remains a nebulous concept, its meaning and how to realize it not fully understood.

In my practice as a traditionally trained Naturopathic Doctor, I hold the philosophy that treatment of disease consist of more than the use of medicines, that instead a fourfold path to healing addressing the four bodies of human beings be taken. When these four bodies are in harmony then a person can enjoy good health. These four interlocking bodies are the Physical Body, the Life-Force Body, the Emotional Body, and the Mental Body. Each of these represents one aspect of our total being.

The **Physical Body** is the matter of which our bodies are composed of. The health of this body is dependent on a wholesome diet consisting of nutrient dense foods and food-based sources of nutrients.

The **Life-Force Body** is within the etheric realm and is what enlivens the Physical Body. It is a measurable electromagnetic field that organizes the physical substance. Holistic therapies, including herbs and homeopathic remedies work within this body.

The **Emotional Body** is the dwelling place of the soul. It is affected by our relationships with others. Movement and exercises such as T'ai Chi and dancing, preferably done outdoors enhance the well-being of this body.

The **Mental Body** is the realm of the ego, or spirit. While emotions stem from the soul, our perception of them and how they are used is governed by this body. Focused thinking about our lives and discovering our purpose enhances this body.

In order to achieve overall health we must seek healing and balance within each of these bodies. Right diet for the Physical Body, holistic therapies for the Life-Force Body, movement and exercise for the Emotional Body, and activity that moves the human spirit forward in its evolution for the Mental Body.

A helpful tool to gauging your balance within these bodies is the “**Holistic Health Wheel**”

Spirituality: Life's meaning, our purpose and belief system

1. **Water/food:** Nourishment for physical body
2. **Rest:** adequate sleep, alone or quiet time. Appreciation of nature's beauty. Aromatic baths, massage, yoga
3. **Environment:** clean air, plants and gardens, lighting

4. **Movement:** Dance, yoga, gardening, walking; all forms of exercise, preferably outdoors
5. **Supportive Relationships:** Community, family
6. **Community Work:** Personal contribution to human kind, volunteerism

Consider four questions for each area:

1. What are you doing in this area of your life? What actions are you taking?
2. How are you doing it? What is your attitude, your style? Are you driving yourself, filled with anxiety, constantly proving yourself? Or are you acting in this area with confidence, charity, hope and trust? Are you optimistic or pessimistic?
3. What are your ends, goals, or purposes in this area? What values do you believe each area creates and sustains?
4. How do you see yourself progressing in each area? How is your growth, maturity, independence of self and feeling of community in relation to each area?

In closing I'd like to encourage each of you to seek out to renew your commitment to the health and balance of your body, mind and spirit. Learn wellness practices for self-care and awaken your own healing light and enjoy real whole health.

Yours in Health,

Jennifer Echert, ND