

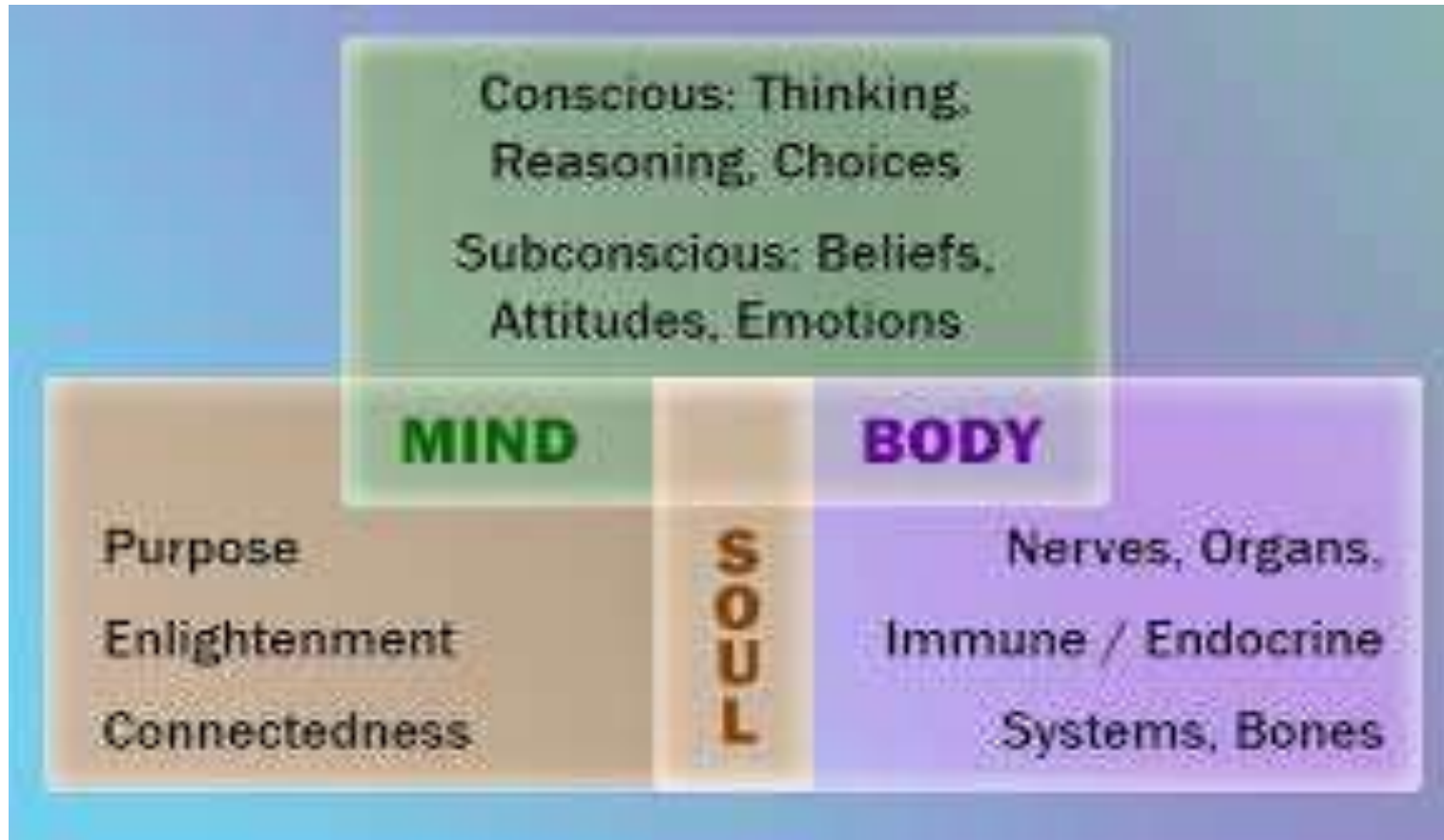
**BODY &**

**SOUL**

# Meditate & Relax



# Body, Mind and Soul



# Watch for the special moments

- We can see that there are many beautiful moments but because we are busy with our lives and our thoughts we miss or do not appreciate them.
- Even that awareness can help us to open our eyes a little to the blessings around us.

# Play, Laughter and Joy



“The body heals with play,  
the mind heals with laughter  
and the spirit heals with joy.”

Proverb



# Watch for the special moments

- Take a break every now and then so that we can refresh ourselves and see our world with new eyes and appreciation.
- Changing our habits can also help us discover new things and add a bit of adventure and vitality.
- Living in the here and now eliminates our worries about the future and helps us appreciate the beautiful world and people around us.

# How to catch the beautiful moments

- There are many beautiful moments in our lives, many we see and many we miss.
- They occur regularly as we go through life, when we meet people, visit places or become aware of things.
- How many lovely moments have we had today? Think about it for a minute... and count them.

# Be yourself!

## Things To Think About

- 1. The mind , body and soul are one united front without all three you are lost!**
- 2. Be yourself, one of a kind there are enough posers out there! but only one of you!**
- 3. no regrets only lessons**
- 4. weakness is the devils play ground!**
- 5. stay strong and remember #1**



# How many did you count?

- If we only have a few or none at all, why is that?
- Is it our attitude or is our life without beauty?
- Are we blind to these moments or
- Are we going through a bleak time in our life?

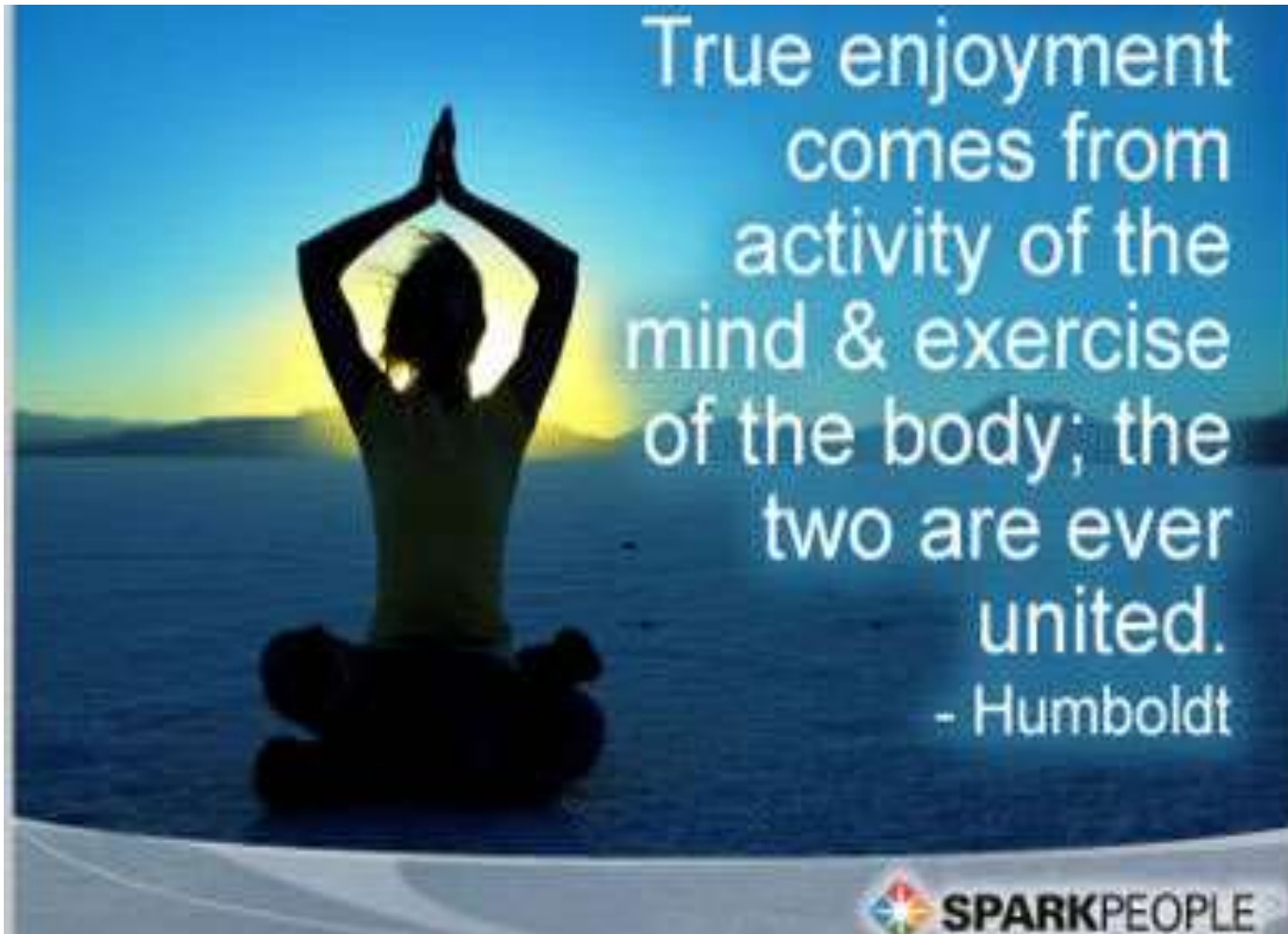
# Why do we miss them?

- If we are walking through a pleasant place and we are preoccupied by our thoughts, we won't see the beautiful landscape around us. Our focus is somewhere else.
- We are not focused on where we are now. Within ourselves we can be in a dark place. We no longer see the light or the good things in life.

# Beautiful Moments - With other Souls

- Meeting a friend
- Touching someone or being touched in a loving way.
- A knowing look from someone
- A loving look from a pet or animal
- A meal with a friend
- The warm greeting of a friend
- A good game of sport
- A new born child
- Seeing a couple share a kiss
- Children playing

# Exercise of the mind & body



# In Nature

- Watching a beautiful sunset or sunrise.
- A beautiful flower
- A beautiful garden
- A natural scene in a valley or mountain
- A walk by the sea
- A flock of birds flying through the sky
- A rainbow
- A warm fire on a cold night
- A cool breeze on a hot day

# In Life

- A cup of something hot on a cold winter's day
- A cool drink on a summer's day
- A piece of art, drawing, photography or sculpture
- A song or piece of music
- A poem, a well written article or book
- A scene or object which gives us a feeling of satisfaction
- A building or structure which has been crafted well
- The courage to do something new

# It is a Continuous Process

Stress Happiness Life Feelings Diet  
Activity Vital Care Energy Peace  
Performance Rest Positive Chi  
Meditation **BODY** **SOUL** Fit  
Quality **MIND** **SPIRIT** Wellness  
Emotional Physical Sleep  
Harmony Lifestyle Therapy  
Training Health Mental Feelings  
Balance Exercise Attitude Clean

# This list can go on and on.....

- We could have the whole list of wonderful things happening to us but if we are not aware of them we lose these beautiful moments. How do we catch these moments or become aware of them?



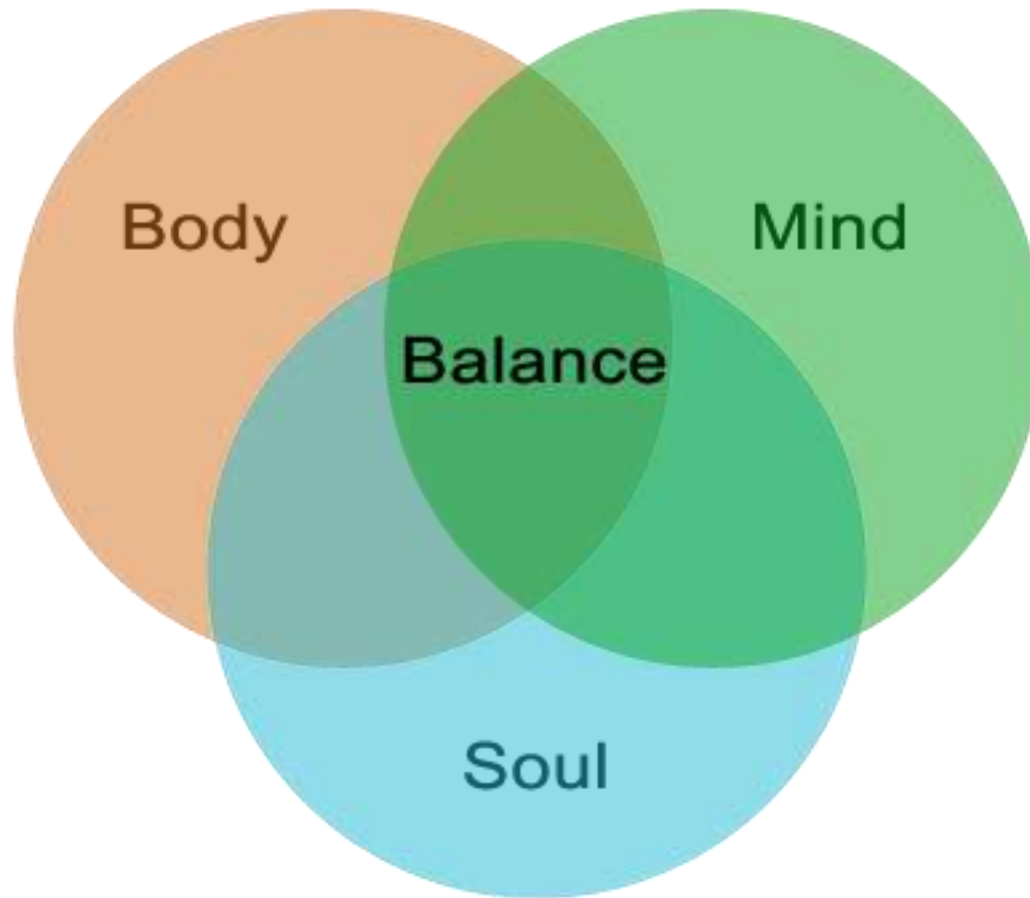
# Change our habits

- Do something unusual or unexpected.
- Take a different route to work.
- Choose a new food to eat.
- Try a different approach to the things we do in life.

# Change brings new things!

- In making these changes we may discover something beautiful or valuable.
- We are also exploring our new world, going beyond the usual borders we set ourselves.
- These changes add an excitement, and a sense of adventure to our lives.

# Equilibrium



# Take out time

- To appreciate the beautiful things in our lives we have to take time each day to appreciate them. If we take ten to twenty minutes a day to look over what happened, who we met, what we did and look for the blessings, the lessons and the beauty.

# Focus on the current living

- When we focus on where we are at this moment we are able to see what is around us, what is happening, the good and the bad. If our thoughts are on what could happen or the worry of our problems, we are not focused on this moment, we are focused on some possibilities in the future. As such we are not in reality so we miss a lot of what is happening in our lives here and now.

# Try to “live” in the moment

- When we are living in the moment, reacting to things as they arise we see things anew. We see the blessings, the gifts and the things we love. We also see the things we dislike, the people who try our patience but who are teaching us something.
- WE NEED TO LEARN HOW TO “LIVE”

# Healthy Habits

## Healthy Habits for Mind, Body, Soul and Spirit

1. Eat Real Food
2. Move Your Body
3. Prioritize Sleep
4. Play Just for Fun
5. Learn Something New
6. Avoid the Negative
7. Focus on the Good & Positive
8. Retreat to Calm the Mind & Body
9. Pray Without Ceasing
10. Show Love to God, Others & Self

*Patricia Spauld.com*

# balance your mind, body, and spirit

- 1. Exercise** - Find an exercise you enjoy and start doing it regularly.
- 2. Be grateful** - Stop to think about the bad things good things/people you have going for you and [appreciate](#) them.
- 3. Get plenty of sleep** - [Sleep](#) is regenerative for your body. The more sleep you get the better you will perform the next day.



# Concentrate!



# Be natural!

- **4. Breathe deeply** - Whenever you think about it stop and take a [deep breath](#). Over time this will become a healthy habit.
- **5. Install a shower filter** - Chlorine is a poison. You don't want to inhale it or absorb it through your skin while showering.
- **6. Ground yourself** - Literally. Plant your [bare feet](#) on the earth as often as possible.

# Be with the Nature!



# Eating-Yoga-Smiling

- **7. Eat organic** - Chemicals are killing pests on the crops. They are not good for you either.
- **8. Do more yoga** - Great for the body and mind. Mind Body Green readers know the importance of this.
- **9. Smile more** - It feels great when you really smile and laugh

# Concentrate!



# Spend time meaningfully

- **10. Spend more time with loved ones** - In our busy lives we need to make time for the people who matter to us most.
- **11. Live your passion** - Do more of what you love.
- **12. Meditate** - Set some time aside each day to rest your mind.

# Move towards light!

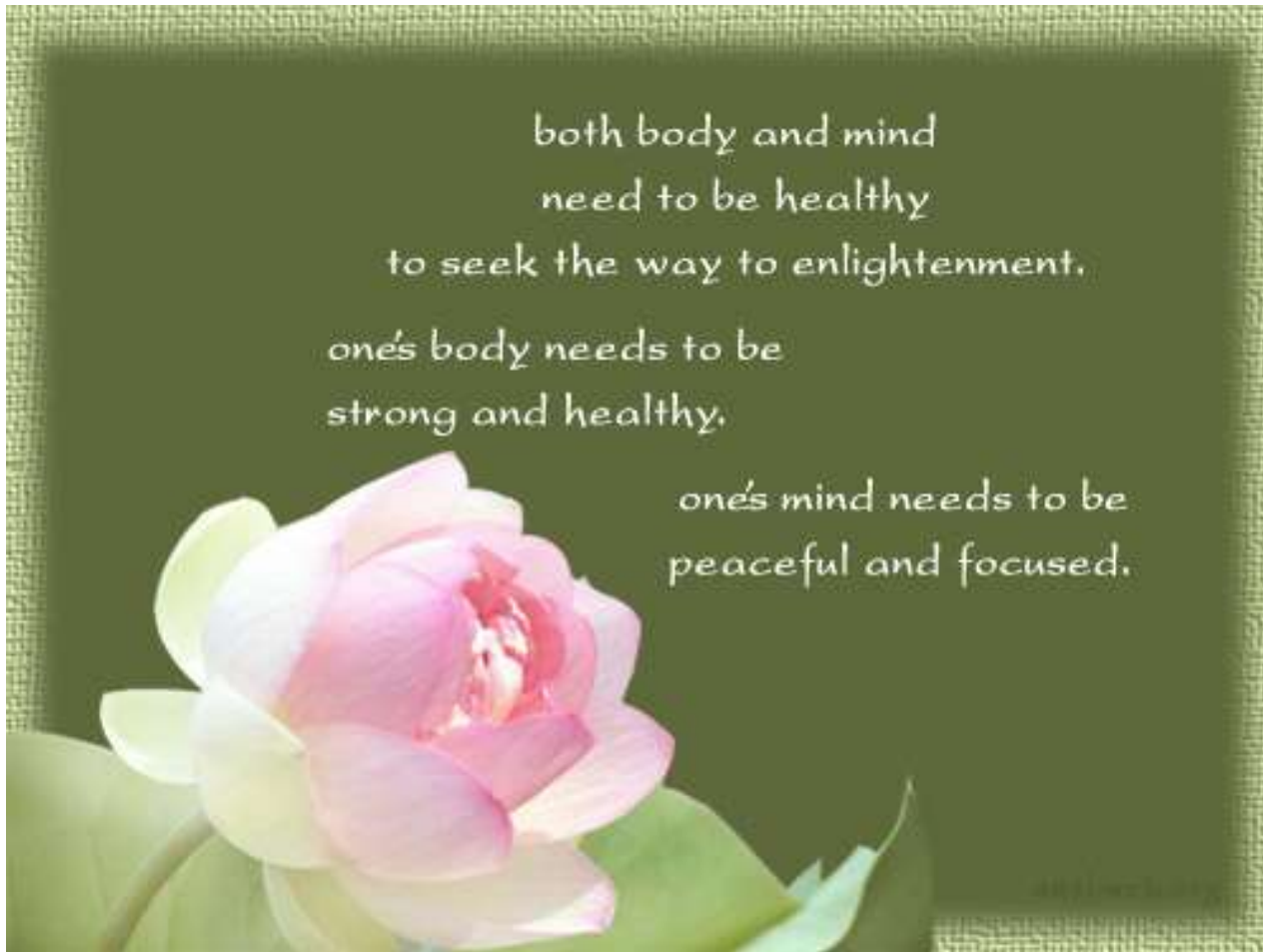


# Take care!

- **13. Drink clean water** - Get a filtration system for your drinking water. Fluoride is not good for your body.
- **14. Get outdoors more** - Go for a hike and enjoy [nature](#).
- **15. Eat plenty of greens** - Dark leafy greens are rich in vitamins, minerals and chlorophyll. They help alkalize the body.



# Healthy Body and Mind!

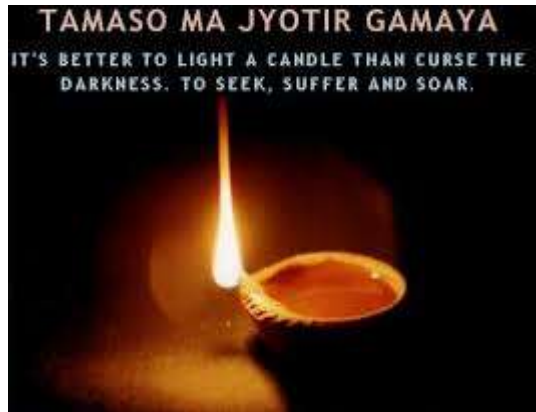


both body and mind  
need to be healthy  
to seek the way to enlightenment.

one's body needs to be  
strong and healthy.

one's mind needs to be  
peaceful and focused.

# Tamaso ma Jyotir gamaya!



THANKS & WARMEST REGARDS

- Wishing you love and beautiful moments throughout your life.

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