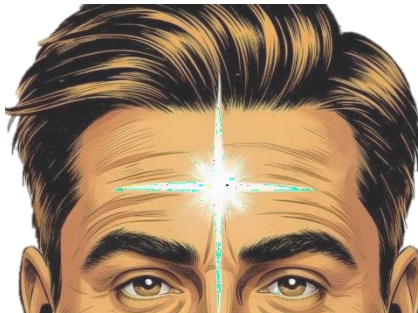
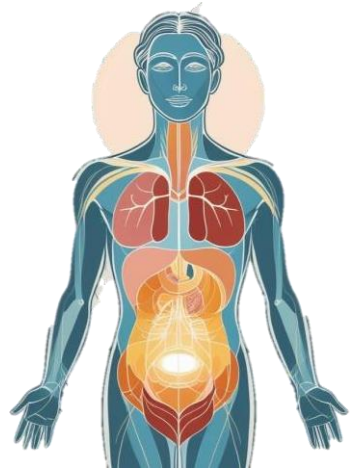




A Guide to Healing the Mind, Body and Soul





The Mind, Body and Soul

The mind, body, and soul are interconnected entities within our body; they are the three sources that maintain human life and keep us alive.

The most vital entity is the soul, as without the soul, there is no human life. The mind and body can remain intact, but our source of life is our soul.

How one should use their Mind, Body and Soul

When faced with any problem or situation....

1) SOUL

The soul makes the decision. It should always be the most positive outcome, not affecting or harming any human, animal or nature.



2) MIND

The mind, using its intellect, figures out how to execute a plan according to the soul's decision.



3) BODY

The body acts according to the direction of the mind, thus performing an action/deed.



THE MIND

Our feelings shape our lives, and the mind is the conductor of those feelings.

The mind absorbs our surroundings and interactions through our five senses, forming our perceptions. Some of these feelings are positive, while others are negative.

The mind's purpose is to assist the soul. While the soul determines what is right for a given situation, the mind decides how to act and communicates this to the body. The mind should be used for positive actions and outcomes, rather than for harming the feelings of any human or animal.

Overusing the mind with negative thoughts and excessive overthinking can result in stress, anxiety, or depression. Negative thoughts and intense emotions like hatred, jealousy, greed, lust, anger, and attachment can be toxic, negatively impacting our bodies. The mind and body are interconnected; thus, when negativity takes hold, it can manifest as illnesses and infections. When a person can manage their feelings, they will have a healthy mind, which leads to a healthy body. By regulating emotions and focusing on the positive, individuals can maintain balance in their lives, promoting both mental well-being and physical health. This balance ultimately supports overall wellness.

To overcome mental health challenges or negative thoughts, it is essential to maintain a balanced and positive mindset. This can be achieved by consistently engaging in positive actions, such as selfless service (seva), and by nurturing positive thoughts. Meditation also serves as an effective method for slowing down the mind.



THE BODY

The human body is the carrier for the mind and soul.

The body serves as our primary means of action and movement. Our actions are a copy of the thoughts in our minds.

From a spiritual perspective, the human body consists of five fundamental elements: Fire, Water, Earth, Air, and Ether. Scientifically, these elements are known as our Skeletal, Respiratory, Digestive, Circulatory, and Nervous systems.

The purpose of the human body as a vehicle is to assist nature by physically or emotionally assisting other humans and animals. While the mind is responsible for determining how we can help others, it is the body that physically enacts this assistance.

The human body is a temporary vessel that we are entrusted to care for until our souls pass on. Therefore, it is important to nourish the body with a balanced diet, maintain grooming, get enough sleep and avoid any form of substance or drug abuse that will harm the body. A healthy body is integral to having a healthy mind.



THE SOUL

The soul is an energy belonging to the ultimate universal energy source and is the very essence of life in all beings.

Signifying the highest level of consciousness, when the soul awakens with the direction of a Guru (spiritual teacher), individuals discover their true purpose and harmonise with nature. The soul, which also belongs to nature, acts as a moral compass, guiding us through ethical dilemmas and decisions.

The soul resides in the pineal gland, also known as the 'third eye'. In contrast to the mind and body, the soul is unrestricted in its capacity for growth, especially when guided by a spiritual teacher. Thus, finding such a teacher is crucial for connecting with one's soul and grasping one's life's purpose.

The soul is a positive entity and our battery for life; therefore, the soul requires positive energy to function to its highest potential. Our good deeds and positive actions are the source of empowering the soul. Being nice, honest, loving and selfless are some qualities that one can train through selfless service (seva) to resonate with one's soul.

For true spiritual advancement, engaging in selfless service is one of the highest virtues, benefiting not just others but yourself as well. This practice can be performed anywhere, fueled by a heart full of love and generosity. Prayer is a powerful method for seeking guidance in moments of uncertainty. Additionally, reciting mantras internally to evoke positive qualities and regularly self-reflecting on one's actions can be transformative and a step closer to understanding oneself.



HIMGIRI EDUCATION

About

Himgiri Global Institute of Nature and Mankind was established in the 1970s in India and has since expanded to over 100 locations worldwide. In a world of 8 billion people, everyone encounters daily challenges and often struggles with how to address them. The founder, Guruji, envisioned an education that would empower individuals to lead positive lives through the teachings of the Himgiri course.

The Himgiri course is a powerful tool for healing the mind, body, and soul. It serves as a solid foundation, equipping you with a positive mindset that enables you to tackle life's challenges with confidence and resilience.

Ready to start your journey of self-healing and healing others?

Register for our free Himgiri course today. For more details or to sign up, please visit the link below or scan the QR code:

www.himgiri.co.uk



Alternatively, you can subscribe to our social media and YouTube channels below for regular updates on research, education, healing and events.

Follow us on:



@HimgiriUK