**Mind, Body, and Spirit**

What does our Mind, our Body and our Spirit mean? I always heard those terms used.

The mind is what we use to **“Think”** about things.

The Body is what we use to **“Do”** things.

The Spirit is what we use to **“Experience”** things.

With those three elements, we can walk (with our body) to the mailbox and pick up our mail (doing things) and chose that whatever we read in the letter will be and (experience) that will lift up our spirit or let us down.

We go through our days able to choose and make decisions based on the effects of our mind, body and spirit.

Some people dedicate much of their time building their bodies. Other people spend much of their time building their minds. While many spend much of their time devoted to the spirit.

All of these efforts should bring balance to the three elements. “There is a time and a place for everything” was a quote that I was taught.

When I was younger, I remember running around and playing outside with my brothers. In doing that, we were building our bodies, while jumping and playing. We would try to catch butterflies and look at them to see how they grew. In doing that, we were building our minds by being curious. Finally, we would lie down in the grass and look up at the sky to share our appreciation for our being here and being together. In doing that, we were honoring our spirit.

As little children, balance may come naturally. Their inner voices guide them to run, jump, play, read, pray, and so on.

When we become adults, we have to choose our time wisely, in order to maintain a balance between the three elements of our souls.

Take a moment in time to stop. Look up, look down, look inward and a moment of peace will come upon you. Enjoy the moment. Take in the moment. Relax in the moment and watch the cares of your life, slip away for a moment.

Although, we are no longer small children, we still have the ability to remember those times, when taking a moment for ourselves to STOP, and see the truth that surrounds us. Nature, the sky above, the small creatures that live near us and the air that we use to breath with, all are gifts for us to find peace in.

**ENJOY…**