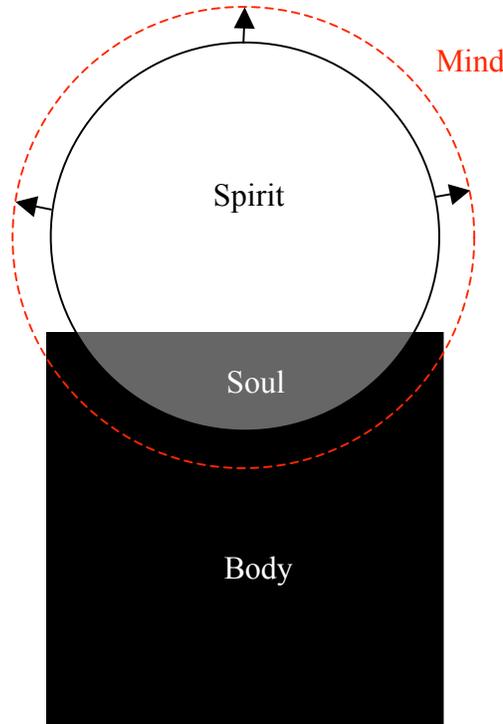


## Differentiating body, mind, spirit and soul.

In modern new-age expressions there is much confusion as to what these above expressions mean and how they integrate. The original meaning found within Classic text, becomes very much skewed by current trends, when it is passed down, just as in the game of Chinese whispers. Beware of using words without deeply understanding their etymology!

The diagram below gives a general idea of these various expressions: -

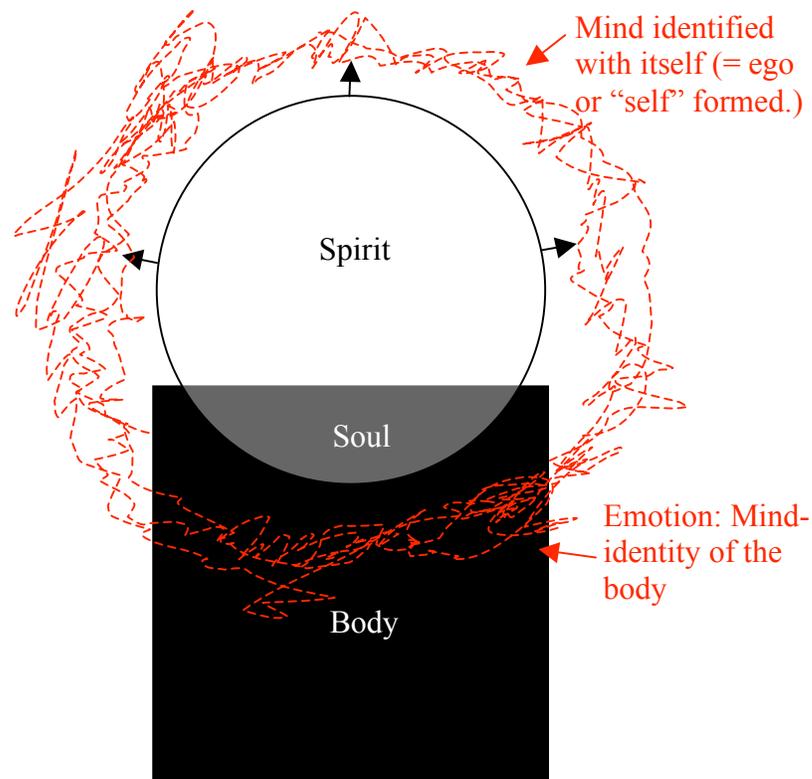


The body relates to the physical form, which is represented here as the square. Its energy is from below, coming upwards. The spirit is the circle- here it is above, moving downwards. The mind is a product of the Spirit. The Soul is the expression of united body-spirit; mind is additional.

The main problem concerns transfixed ideas about mind. Often western people, who don't like to involve themselves in ideas associated with spirits, defer to the safer and more brain associated "mind" concept. But in the Classical literature, things are very different. The Mind is very much a product or expression of the spirit, in what is called the "higher" functions of language and various forms of communicative expression, as well as memory and analytical thought and imagination; all of these are secondary expressions. Primary to this or as the root of the mind, is the Spirit, which in this case is the ethereal aspect of personality, which comes through the communicative expression but is also the sense of a person, their energetic "way" and vibration. This too will be infused by the

vessel of the body which anchors and is the physical expression of the manifestation of the unity of bodyspirit. It is denser and heavier but has no life or movement without the spark that is spirit. The Soul too, is often confusingly used. People will use the terms *soul* and *spirit* interchangeably but the soul has a kind of density or a unity with form. The soul could be used therefore to describe the whole being, all together, but it tends to have a more physical associated meaning.

It is important however that, although we are differentiating meaning here, these things are never ever found separately. There is no separate spirit and separate body or separate soul. They all come about together and are simply different degrees of yin yang or density. Mind can fluctuate. It can be sometimes on, sometimes off, but in dis-ease it is disordered like a thick cloud of rampant energy: -



This situation of warped mind is dis-ease, and as a result, body-spirit takes care of itself so to speak, but mind is the surface expression, which is taking over the process and becoming exaggerated and over powering. This resists the natural expression of bodyspirit in a mental-emotional continuum of the imagined “separate self”. In medicine it is this that we are concerned with. Medicine traces and follows the nature that is body-spirit or soul, to reconnect with mind and draw it to stillness. This is the foundation of medicine, no matter which tool you use, in practice.

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