

Aligning body, mind and spirit for optimum health and vitality

by Debbie Craig

When thinking about health and wellness, people often reflect on their physical body, weight, fitness, energy levels and any physical discomfort or dis-ease. These are important components of health, but are often the outcomes at the tail end of a series of interconnected experiences, beliefs, thoughts, feelings and decisions that we make in the course of our daily lives.

When I think about health and wellness, I think not only about being healthy and well, but about the feeling that I ultimately experience. The feeling I am really after is VITALITY. Vitality is for me having a sense of unlimited energy. It is being able to hike up a mountain, jump on the trampoline with my nieces and connect intimately and spontaneously with my husband at the end of full day. It is the ability to breathe deeply and laugh with ease and with joy that comes effortlessly from within.

In order to harness and utilise our life force energy which is available to us in every moment of every day, we need to be aware of and create alignment in all major aspects of our being – at a mental, emotional, physical and spiritual level.

The way we think affects our vitality

Every thought is creative energy which sends out an electric magnetic frequency or a vibration that impacts every cell of our bodies and of those around us. Thoughts either lift our spirits or drop us into the molasses of negativity. Positive, constructive thinking about ourselves and our world vibrate at a higher, lighter frequency, which raise the energy in our cells. Negative, destructive thoughts vibrate at a heavier, lower frequency and drain our energy. It sounds pretty simple to just change our thinking, but many of our thought patterns are programmed from a young age, and are running automatically at a subconscious level.

Tip: learn to access your subconscious and become aware of your deeper thought patterns and programs that may be undermining your conscious positive thinking and confidence, and affecting your health and energy. Learn to quieten the mind through quiet time, meditation or prayer to reach the Alpha brainwave state where you can reprogram your mind with more empowering thoughts, beliefs and visions about yourself, your health and your place in the world.

The way we feel affects our vitality

Emotions also carry with them an electro-magnetic vibration, although at a much stronger and more intense level than thoughts. **E-motion = energy in motion.** The energy is released through chemical reactions sending signals to the brain that something is not right, and something has to change. We “feel” anger if a boundary is crossed and we need to say no and stand up for ourselves. We feel “fear” if we need to ready ourselves to fight or take flight. We “feel” bad when we have done something wrong, leading us to adapt our behaviour for better results next time. Once the change is made or the action taken, the emotion recedes and our endocrine system becomes neutral once again. Unfortunately our society has labelled these emotions “bad” or “painful” and so instead of allowing ourselves to feel the emotion and work with it to make changes, we make every effort to avoid the feeling. We repress these “negative” emotions, such as rage, resentment or guilt that emit heavy, low vibrations, sometimes for years, using enormous amounts of energy to keep them down, even when they are triggered over and over again in difficult situations. This impacts the health of our cells and leads to all kinds of physical symptoms and chronic disease.

Tip: learn to become emotionally intelligent and “read” emotions as signals for change and growth instead of labelling them as “good” or “bad”. Learn to really “feel” the emotions as they come up (or as close as possible to the event as we can) instead of repressing them. It’s the emotion that can give you the energy to make the change required. This could be a change in interpretation, belief or a physical action. Repressed emotions can be released and healed through talking about them, finding the gift in the experience and forgiving all involved including yourself. Once the energy is transformed through change, we can then move on with more useful and empowering emotions which generate positive energy such as happiness, joy, passion and enthusiasm.

The way we treat our physical bodies affects our vitality

The fundamental building blocks to physical health are breathing deeply, sleeping soundly, eating for energy, exercising regularly and finding creative ways to manage our stress. The way we think and feel about our bodies, our energy and our health however, also affects our physical bodies. Our metabolism and weight is affected by our beliefs and feelings about ourselves and our bodies. Our ability to manage and reduce stress is affected by our perceived ability to cope

with the perceived demands and expectations of others. Our sleeping, breathing and eating is affected by our emotional state and our stuck emotions can affect our body's response to exercise causing more or less pain and injury.

Tip: *Learn to “listen” and respond to your body's messages which usually come in the form of discomfort (or if not listened to, in the form of pain). If your neck gets stiff or sore sitting at the computer, take a break and stretch. If you get stomach pains, change the way you eat. The longer we ignore our body's pain messages, the more intense or serious they become, until we end up with chronic illnesses like migraine headaches, irritable bowel syndrome and arthritis, which are much more difficult and take much more time to heal. Read Louise Hay's book, *Heal Your Life*, which will help you identify your body's message, and also the underlying mental and emotional contributors to the symptoms and how to shift them.*

The way we connect with our spiritual selves and our purpose affects our vitality

When we are out of alignment with what we are really passionate about and are just ‘doing a job’ for survival, our spirit loses energy and vitality. When we are doing something we love, our energy is limitless and time and physical comforts cease to matter. Taking time to connect with our spiritual source of unconditional love, acceptance and guidance helps us to recharge our spirit for expression into the world in our own wonderfully unique way.

Tip: *make time each week for connecting with your spiritual source and for doing things that give life a sense of meaning and contribution. This can be as simple as walking in nature, playing with your children or listening to a friend in need. You can also create more meaning through doing special projects at work or in your community, assisting people with a similar passion or vision to yours or planning to start a small business in the area of your passion.*

When we are doing what we love and making a difference, when we are consciously choosing and using empowering thoughts and feelings, when we listen to and respond to our body's messages, our energy flows through all our centres and expands to fill us with more than we need, and so we can give to others as well. This is true health, wellness, and REAL VITALITY.

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