

# THE BODY-MIND CONNECTION

Lynn Waldrop



*“To keep the body in good health is a duty . . . otherwise we shall not be able to keep our mind strong and clear.” —Buddha*

There are so many modalities around today, and some of them tell you to get rid of the mind while others absolutely revere it—what if neither was a truth? If the point is for us to be in oneness, with no separation, then why would we separate our mind from our beings, our bodies or anything else? And on the other hand, why would the mind be the one thing that rules us? For me life is literally finding a way of NO separation to anything—my mind, other people, or my body or even all the bodies that comprise us. (So many like to separate them into the etheric, ketheric, metetheric, astral, spiritual, emotional— what if even that was a way to separate us from ourselves?)