



Body, Mind and Spirit Integration for Healing

Patricia Faust, MGS

patricia@myboomerbrain.com

(513) 382-3947



Retrospect / Perspectives

- ▶ Thoughts, feelings, beliefs, and attitudes positively or negatively affect how our body works
- ▶ 17th century – Western world – mind and body – two distinct parts
- ▶ This perspective advanced traditional medical models
- ▶ Thinking has come full circle
- ▶ There is a powerful mind-body connection through which the emotional, social, spiritual, and behavioral factors can directly affect our health



Mind, Body, Spirit Definitions

- A Healthy MIND
- The tool you use to create, manifest your reality
- Intentionally direct your consciousness onto thought forms
- EGO – lives in the mind
 - Purpose – integrate you into this reality
 - Make it feel more real so that your Soul can experience itself here
- Most people operate from the EGO

Mind, Body, Spirit Definitions

- ▶ A Healthy BODY
- ▶ The BODY is more like a hologram
- ▶ It is affected by SPIRIT and MIND
- ▶ The more life force energy you have flowing in – the healthier your body will be.
- ▶ The more you cut off the energy by way of consistent negative thoughts and emotional patterns – the less vibrant the body



Mind, Body, Spirit Definitions

- The SOUL
- Often mentioned in the body-mind-spirit connection
- The Soul is who you are at your very core
- It is the larger part of you
- It is the storehouse of everything you have ever been, are now, and ever will be
- It is the I AM



Mind, Body, Spirit Definitions

- A Healthy SPIRIT
- If the SOUL is like the computer, the SPIRIT is the WIFI
- Your SPIRIT is what's broadcasting you into the BODY
- It is your Energy/Chi





How Are the Mind, Body and Spirit Interrelated?

- ▶ Mind affects flow of Spirit which affects the Body
- ▶ Our Mind: choose either bad-feeling or good-feeling thoughts in any moment
- ▶ Thoughts create a corresponding emotion -> creates a higher or lower vibration
 - ▶ Vibration higher -> mind and body are in harmony
 - ▶ Vibration lower-> mind and body are out of balance and body begins to show signs of energy disruption

How Are the Mind, Body and Spirit Interrelated?

- All dis-ease is **energetic**
- No symptom, no matter how small, *is a fluke*
- No dis-ease, no matter how big, *is incurable*
- It is a matter of energy flow
 - It is either being allowed or disallowed by your thoughts and your emotions



How Is the Mind Different from the Brain?

- Difference in function
- Mental states can be fully conscious or unconscious
- Every mental state has a physiology associated with it

 BRAIN	 MIND
BRAIN is physical organ of the body.	MIND is metaphysical.
BRAIN has shape & size.	MIND has no shape & size.
BRAIN has weight.	MIND is weightless.
BRAIN can be touched.	MIND can not be touched.
BRAIN is hardware.	MIND is software.



What Is the Difference Between Mind and Spirit?

► **MIND**

- The MIND is the magnetic field that is connected to the Universal Mind
- It does not think thoughts but can pull them down from the field and choose to use them or not.

► **SPIRIT**

- The energetic waves and vibration that brings life into your body
- It is your essence, and is fed by vibrational thoughts and feelings
- Your SPIRIT is joyful, loving, and appreciating
- When you are open -> SPIRIT flows
- When you are closed off with bad-feeling emotional thought patterns -> you don't allow the flow to happen

How Does Mind, Body, and Spirit Connect to Overall Wellness

- Mind and Wellness
- Your mind, specifically your brain – controls much of what your body does throughout the day
- Your mind plays a role in your everyday health
 - Emotions
 - Cognition
 - Social Relationships



How Does Mind, Body, and Spirit Connect to Overall Wellness

- ▶ Body and Wellness
- ▶ Body considered to be one of most notorious elements of wellness
- ▶ Body or physical aspect can be a major player in your life
 - ▶ Health
 - ▶ Physical Activity
 - ▶ Sleep
 - ▶ Healthy Eating



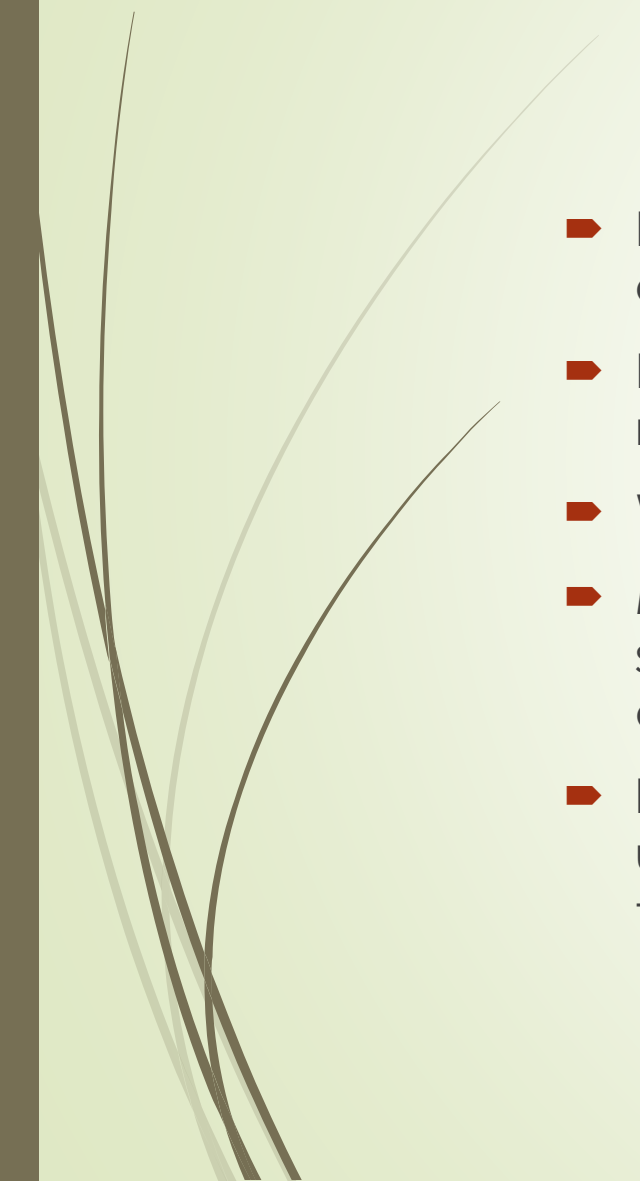
How Does Mind, Body, and Spirit Connect to Overall Wellness

- Spirit and Wellness
- Represents 'hope' from within
 - Religion
 - Meditation
 - Belonging





Mind – Body Medicine

- ▶ Emotional, spiritual, and behavioral factors can directly impact health outcomes
 - ▶ Beliefs you hold about yourself and your world, your emotions, your memories, and your habits can influence mental and physical health
 - ▶ What you believe can lead to disease
 - ▶ Mind-Body connection – the way you think and feel, as well as the deep-seated belief patterns you hold can all contribute to the development of disease
 - ▶ If you do not explore and deal with painful emotions, they can create an underlying sense of anxiety, depression, or anger that can physically disrupt the body's natural ability to heal itself
- 

Mind – Body Therapies

- Mind body connection is complex – requires a combination of physical, spiritual, and emotional approaches
- Use the Body to affect the Mind – yoga, tai-chi, qigong, and some dances
- Mind-Body and Body-Mind therapies are interrelated – the body affects the mind, which in turn impacts the body





List of Therapies

- ▶ Patient support groups
 - ▶ Cognitive behavioral therapy
 - ▶ Meditation
 - ▶ Prayer
 - ▶ Creative art therapies
 - ▶ Yoga
 - ▶ Biofeedback
 - ▶ Tai-Chi
 - ▶ Qigong
 - ▶ Relaxation
 - ▶ Hypnosis
 - ▶ Guided imagery
- 



Conclusion

When we realize the power and awe-inspiring truth about ourselves, think about all the possibilities that begin to unfold. Think about the fear that begins to melt away, the feelings of joy, love, and wonder that we begin to realize are always flowing to us.

All you need to do is remember that your thoughts are how you create reality, your emotions let you know if your thoughts are helping, or hindering you, and that all energy disruptions can be easily fixed.

(How to Heal the Mind, Body, Spirit Connection, Feb. 11, 2020, Jessica Dimas)



References

Between the Bridges Healing Center. What does “mind body and spirit” truly mean? Retrieved from <https://www.bridgeshealingcenter.com/what-does-mind-body-and-spirit-truly-mean/>

Dimas, J. (February 11, 2020). How to heal the mind body spirit connection. Retrieved from <https://jessicadimas.com/mind-body-spirit/>

Mind/Body Connection: How Your Emotions Affect Your Health. Retrieved from <https://familydoctor.org/mindbody-connection-how-your-emotions-affect-your-health/>

NIH Medline Plus. (Winter, 2008). The Mind-body connection: emotions and health. Retrieved <https://medlineplus.gov/magazine/issues/winter08/articles/winter08pg4.html>



References



University of Minnesota. What is the mind-body connection? Retrieved from <https://www.takingcharge.csh.umn.edu/what-is-the-mind-body-connection>

Waseem 6DegreesMarketing. (September 12, 2021). The art of integrating mind, body, and spirit. Retrieved from <https://livewellhealthclubs.com.au/the-art-of-integrating-mind-body-spirit/>

Weinberg, J. Mind-body connection: understanding the psycho-emotional roots of disease. Retrieved from <http://www.chopra.com/articles/mind-body-connection-understanding-the-psycho-emotional-roots-of-disease>



Link:

<https://virtualbrainhealthcenter.com/brain-week-2022/>



A WEEK-LONG CELEBRATION OF THE BRAIN

**Brain Awareness
Week 2022**

March 14-20, 2022

THANK YOU

Patricia Faust, MGS

Gerontologist/ Brain Aging/
Brain Health Specialist

513-382-3947

pcfaust@gmail.com

www.myboomerbrain.com

