

Strengthening Your Mind Through Your Body

The mind and body are inextricably linked to each other. Our thoughts impact our body in many ways, but in particular negative thinking has been proven to actually lower the immune system; literally we can think ourselves sick. That's the power of the mind and one aspect of its wide scope, and there is no doubt of the mind's influence over the body. But the flip side of this is we can also use our bodies to influence our minds: we have an ally in our consciousness expansion efforts and it is very powerful indeed.

Your body

The body has its own language and both consciously and subconsciously we read it off others all the time. If I asked you to describe a negative person in terms of how they looked you would most likely say that they would have their head down, their shoulders down, their eyes down, they would walk slower and when they talked their voice would also sound down. By contrast a positive person would typically have their head up, their shoulders back, they would make eye contact and walk with purpose to name but a few characteristics.

How then, do we use the body to assist in the evolution of consciousness and also help with our mindset in our day to day lives? We use it in positive and strong ways. We walk tall, we talk with passion and confidence, we look people in the eye, we have our head and shoulders back and we make strong gestures. If you feel yourself exhibiting negative or dejected body language make a conscious effort to change it. The message and support this provides to our mind is incredibly powerful. It creates a fusing and a same direction connection between mind and body needed for continuing evolution and expansion. Sometimes it is easier to make that physical change than it is initially to make the mental change, and the adjustment of your physical stance will support and aid the adjustment in thinking.

Try it in front of a mirror. Stand strongly with you head up and shoulders back and look yourself in the eye and try and feel weak and hopeless. Similarly try standing in a weak position with shoulders hunched forward and head down and try and feel positive. It's noticeably difficult to create that mismatch isn't it?

So often things are simple but not easy, and this is also the case with some of the techniques suggested in The Upward Spiral Project. However like any new activity, it's a case of practise and a willingness to persevere. With practise and perseverance comes expanded awareness, and with expanded awareness comes the ability to consciously monitor, correct and direct our thinking, and that's when the magic of creation happens and consciousness is expanding.

Your words

Our words have a massive impact on both mind and body. We have the choice of words, and there are weak words which will weaken us, and there are strong words that will strengthen us. It the difference between:

"I'm trying to give up smoking" and "I don't smoke"

The first one has a feeling of uncertainty and weakness, whereas the second feels committed, strong, empowering and certain. The one that you choose as a smoker wanting to quit would have an immense influence on your outcome through impacting on both mind and body. The more congruence and alignment you can get between your thoughts, words and physical body the more strength, momentum and power you gain in your expansion and evolution.

Take three minutes a day and imagine how your life will benefit from the ideas and techniques outlined in this series of articles. See in your mind's eye how you would be and feel, how you would interact with life and how you would live when you evolve your current paradigms and thinking.

When you 'upwardly' think, feel, see, talk, move and act in alignment, you are evolving and expanding your conscious and creating your reality in ways that lift and expand the entire universe.

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