

# Body, Mind, Soul

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## Beyond the Mind

The fundamental understanding is that life is the embodiment of the consciousness of the soul. Life is a physical manifestation of consciousness. At the very least, we must understand that we are not our bodies. Many people may experience this realization—that “I am not my body.” But the most difficult thing to understand is that “I am not my mind.” It is not so easy to differentiate between consciousness and the mind.

If you look at what you do on a daily basis, perhaps you can see that around 70% of the things you do are for mind. Most people identify themselves with their mind. So the question is, How do you differentiate between yourself and your mind?

The answer is meditation. But what is meditation? People use the term “meditation” for different things. Some people call concentration meditation, others call visualization meditation. But we must understand that all these actions—thinking, analyzing, speculating, meditating, focusing—are functions of the mind. Even imagining or visualizing is a function of the mind.

Most of the time, when you think you’re doing meditation, you’re actually engaging the mind. It’s very difficult to stop thinking, and that is the purpose of yoga, right? The definition of yoga is to stop the fluctuations of the mind. This is a big step, recognizing that the mind is the greatest obstacle.

In one of the ancient scriptures, the mind is compared to a very toxic snake. Desire, wanting, eagerness, and even curiosity form the length of this snake. The head of the snake is false identity—false identification with the self and misunderstanding of things. For example, if I think I am a great doctor, that’s the biggest disaster. If I think I own this land, it’s the most foolish statement.

This earth was here long before there was life, and it will remain long after all life is gone. We are here for only a fraction of a second in the timeline of existence. We have no real control over what happens. To say, “I own this land,” or “I cure this disease,” is ignorance.

Healing is not within our control. The team and infrastructure can only provide the space and opportunity for healing to manifest. Who heals the wound? The body does, not us. Every disease is a part of the body's self-defense mechanism. For example, inflammation is a healing process—a basic defense mechanism in all vertebrates. Without inflammation, like in immunodeficiency conditions such as AIDS, the body loses its ability to fight and heal.

Coughing, vomiting, diarrhea, fever—none of these are diseases; they are reactions of the body to an attack, whether physical, chemical, biological, emotional, or spiritual. If you start crying, no one can stop you but yourself. Understanding these things is already a big step toward enlightenment.

We are here to understand that I am not my body, I am not my mind. I am my consciousness. And disease is not my enemy; it is my own attempt to defend myself from something that has gone wrong. The mind, however, can be our greatest enemy. Desire, craving, and false identification are its biggest traps. To fool you is the basic nature of the mind.

This is the first step in understanding, and it's important to recognize this early in the journey. Otherwise, you are caught in a big drama.

