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The Glory Of Physical And Mental Health



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Table of Contents

Page No.

Introduction	3
The Relationship Between Physical, Mental & Spiritual Health	4
4 Golden Rules For A Healthy Lifestyle	7
Afterwords	8
Author's Box	9

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Introduction

The mystery of Physical, spiritual and **Mental Health** remains



unsolved and also the question of which between the spiritual, mental and **Physical Health** is more important and should be more emphasized. The reality is mental and spiritual healths of a person are

interlinked and parts of the same whole entity.

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The Relationship Between Physical, Mental & Spiritual

Human beings have this preconceived notion of segregating between the mental, physical, and spiritual fragments integrating the living entity as a whole. The present epoch of the nominal ideas and concepts discourage us to realize the power of convergence of the different fragments of the whole body. For the present world

- the body is meant for physical activity,
- mind for the process of thinking and analyzing,
- emotions for expressing
- and spiritual side is for the purification of the soul.

But the concept of health, as described in the oldest and the most authentic source, the Vedas, has a well defined and comprehensive meaning all together.

The ancient philosophy describes the concept of health, physical conditions and well being as a string of connected functions.

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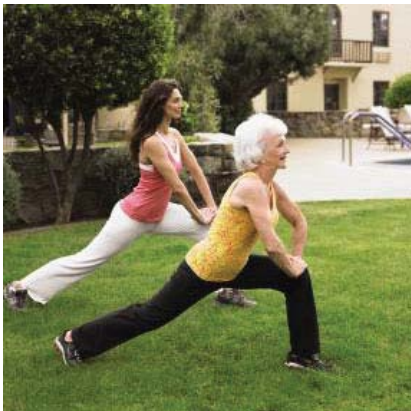
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For the present world



The body is meant
for physical activity



Mind for the process of thinking

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For the present world



Emotions for expressions
of our sensations



spiritual side for purification
of soul

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4 Golden Rules For A Healthy Lifestyle

- *Physical Life:* The **Physical Health** though has a huge scope to contemplate on, the main focus is on the healthy and hygienic life styles which lead to solve various health problems and thereby giving the mental, spiritual and emotional zones a fair opportunity to grow and mature at their best.
- *Mental Life:* The emotions play a great role and thereby decide different motivations, impetus; goals which shape one's mental and spiritual stimulus for a greater impact on the physical well being of a person. In the case of mind, the raw information, when polished into knowledge and ultimate wisdom, helps a person for the rejuvenation and development of body and soul.

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Afterwords:

The primary element of thoughts processing and emanating inside one's mind leave deep impressions on our behavioral pattern, the elongated effect of which can be traced out through the physical conditions and well being.

This concisely means that mind has a greater role to play with the physical conditions of the body. The basics of the healthy well beings spring from a free mind and soul. The suppressed feelings held back emotions and bottled up feeling are the key to all malady and bodily ailments.

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Author's box:

Suranjana Banerjee has a deep interest in the realms of spirituality. A lot of her writings are about finding the relationship between physical, Mental and **Spiritual Health**. Her discussions can be found in

http://www.mysticboard.com/mystic_health_care

Share your comments at www.mysticboard.com



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