

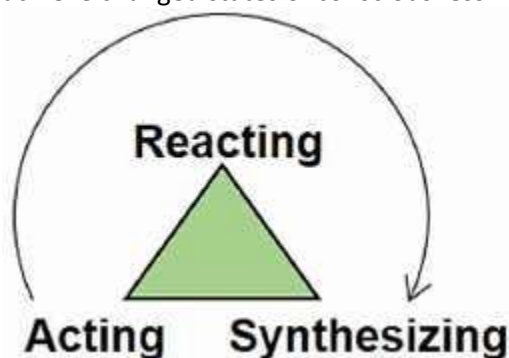
UNITY OF BODY, MIND, AND SOUL

If we are focused in the physicality, then we are primarily experiential learners. We are holistic beings, and our heart and mind are an integrated, biological, and complex part of the embodied human system. There is a brain/heart-mind/soul continuum, which brings to mind and to soul the potential for an existential state of learning while focused in the physical/etheric reality. Our existential state of creating, imagining, experiencing, and learning can fully engage our creative imagination while simultaneously engaging our higher mental faculties. In essence, through existential experiencing we are creating asymmetry, becoming the mirror of our soul. As above, so below. As we move into a Quantum frame of reference, recognizing that energy and matter are indefinite and that thought affects energy, more and more individuals are realizing that the limitations and boundaries we create close us off from fields of possibilities.

Our soul is spiritual and the eternal part of us. Our soul is the source of consciousness and life in our body. Our mind is the part of the subtle body which is the seat of desires and emotions and our heart is, biologically speaking, a physical organ in the body, where the soul connection is located. Our heart has two connotations, one is the biological connotation and the other is the emotional connotation. Our mind is not the source of emotions. Our soul is the source of emotions. It is the unity of heart, mind, and soul that truly makes us the spiritual eternal. It works from within outward, expanding in the unity of heart and mind through the revelation of fullness of what we truly become.

If an individual's heart and mind are earthly bound, they will continually fight for the things of this physical world and in so doing, cause discord with others. If an individual's mind is spiritually bound, they will fight for unity. Their eternal mindset will enable them to give up their Earthly physical rights and serve all. Unity of Heart, mind, and soul Self-Awareness, otherwise known as unity of heart, mind, and soul, involves developing all of the components of oneself in order to better the whole person.

The conscious mind divided is distracted and disharmonious. It is through balance that we are able to reach our full potential and live as our best and highest self. Neither the heart, mind, nor soul can reach full aptitude if they do not work cohesively. This means you will have to train your mind and heart to achieve changed states of consciousness in order to obtain spiritual benefits.



Our cyclical process of determination in who we are, affects both our heart and mind, which eventually creates the soul of who we are. Unified, we change the cyclical process to a quantum energy of synchronicities, singularities and understanding.

Our Spiritual health is more than a set of beliefs. It involves identifying our purpose and direction, recognizing what brings us joy and understanding how to find true balance and contentment in our lives. We can't achieve spiritual health without uniting heart, mind, and soul.

The Science of the Three Brains

The link between mind, body and soul is a scientific fact. We have three separate neural pathway networks, leading to the mind, the gut (our physical being) and the heart. These have been dubbed the three brains, all capable of controlling how we feel and how we react.

It's vital to nurture each 'brain' to ensure optimal wellbeing. We need to look after our mental health to maintain focus and clarity of the mind. It's important to develop positive relationships and genuine connection to nourish our spiritual and emotional health. Not to mention the need to monitor what we put into our body and how we use it to ensure physical wellbeing.

It's a delicate balance. If our physical health is sound but our mental or spiritual wellbeing is not, our physical health will eventually be impacted by the effects of reduced motivation, low morale, decreased satisfaction and lack of purpose. Likewise, poor physical health affects our personal satisfaction, contentment and mental state.

This is why it's vital to understand the importance of mind, body and soul and unite them in ways to improve and maintain spirituality and wellbeing.

When we do not have unity then there are detrimental effects. It is necessary for us to learn to live in harmony with nature, people and our surroundings on the outside. But in order to do this, one must create harmony in the thoughts, beliefs, actions and speech on the inside. Harmony is the music of Divine. Symphony is created only when there is union with Divine. Unity represents strength, dissension represents weakness. One must consciously establish unity, since a soul is already a part of Supreme Soul. Unity just needs to be invoked.

Spirituality entails a view of existence that extends beyond the physical and material realms. It entails being aware of your lifespan's constraints as well as the reason for which you are living. Being aware of who you are and your purpose in life is a big part of spirituality. Attaining this knowledge about yourself can give you a good deal of inner peace and sanctity. One of the classic symbols in many spiritual processes is the blue flame. So let's look at what does a blue flame mean spiritually.

The Blue Flame is a great source of all power and energy. The forces of power, strength, as well as, protection manifested, are some core attributes of the Blue Flame.

Physically, a blue flame on a natural gas burner shows that the air-fuel ratio is right and that there is enough oxygen for full combustion at the burner. A blue flame indicates that all the fuel is completely burnt, releasing carbon dioxide, water, and heat in the correct amount. This state of balance can be represented metaphorically with the help of a blue flame as well.

To completely understand what a blue flame means spiritually, we need to understand what flames and fire represent. Fire has numerous meanings for different individuals, civilizations, and cultures. It is acknowledged as a cleanser, a destroyer, and the creative force of life, energy, and change. It symbolizes the great dual powers of enlightenment and illumination, from destruction to renewal, to spirituality from

damnation. Fire is considered to be the element of creation, destruction, and transformation. Our passions, conviction, zeal, inventiveness, and motivation are all represented by fire.

We often associate the color red with heat, but it is when a flame turns blue/white that it has reached its hottest temperature. Similarly, the blue flame can represent very intense emotions spiritually. It might indicate that you're ready to take the next step in your life or that you're ready to let go of old habits. It could also show you that you are ready to close the door on a period of your life and to open the door to a new path. The blue flame is the revelation and wisdom that will flow through you to give you spiritual sight.

When you call for the blue flame, it sets up a polarity between the nucleus of the atom and the white fire core of the flame. The nucleus, being from matter, assumes the negative pole and the white fire core of the blue flame, being Spirit, assumes the positive pole. This interaction sets up an oscillation, a vibration that dislodges the density.

On contact with the blue flame, this dense substance is cleansed, purified, and restored to its native purity. The electrons begin to move freely again, and raise our whole vibration and our energy level.

This is your vow.....**Center in Your Heart and Visualize the blue flame.**Repeat after me:

I Am a being of blue fire, I AM the purity Source desires. Earth is a planet of blue fire and flame, and by this gift my heart will serve Source by my spiritual name.

I AM the blue flame

In action in me now

I AM the blue flame

To light alone I bow

I AM the blue flame

In mighty cosmic power

I AM the light of Source

Shining this very hour

I AM the blue flame

Blazing like a sun

I AM Source's sacred power

Freeing myself in this hour

Blessing: I give you the energy of the I AM THAT I AM for you are qualified now with the blue flame and by this action, I give you the Trinity within your heart, which is Source's gift to you in the endowment of your hearts threefold flame.

