

The Dawn of Understanding

by Judith Waller, "The Soul Connector"

One of my favourite quotes comes from the great alchemist known as Hermes Trismegistus:

*"As above, so below;
as within, so without;
as the Universe, so the soul."*

There are many layers of meaning to these words, touching on the profound relationship between duality and oneness, and the inner and outer worlds. In this article, I will share an experience with you that, in an unexpected way, deepened my understanding of the essential truth contained within these words. I also offer some strategies to enhance understanding of your own inner and outer worlds – the connection between mind and body...

A TRUTH IS REVEALED...

Here's the scenario... I am halfway through an intensive ten-day retreat, fully immersed in the process and meditating morning, noon and night. There's a big hill in the centre of the rural property where the retreat is being held, with a great view of the surrounding countryside. The weather every day is beautiful, so I decide to get up early the next morning in order to climb to the top of the hill and watch the sun rise. This means getting up at 5.00am so I can be there by 6.00am – somewhat of a challenge for me, *not* being a morning person!

Nonetheless, I do manage to get up and wend my way to the top of the hill in the near-dark and stand there gazing out at the impressive view, eagerly anticipating that fabulous moment when the sun bursts over the horizon. And I stand there waiting... and waiting... and waiting... but the moment never comes. All I see is a gradual, and very unspectacular, lightening of the grey pre-dawn light – it seems that I have chosen the one morning in which the sun is completely hidden by cloud cover!

Well I am pretty unhappy about this, let me tell you. I'm standing there feeling totally ripped off, after my virtuous effort of getting up so early and labouring up the steep hill, in expectation of some great transcendental moment. "This is *crap!*" I think to myself, and silently fume for a while. Then a voice booms in my head in reply:

"Just because you can't see it, doesn't mean it isn't happening."

At that, I can't help but burst out laughing. Sometimes the messages of guidance that come through are NOT very subtle! So then I stand there for a while longer, looking out at the grey, overcast sky, and laughing away to myself. This is a message I've received loud and clear!

Because, of course, this was about much more than the sunrise. Just as the sun comes up, whether you see it or not, so too the universe is always working away behind the scenes – it simply may not be in ways which are visible to you.

I think there's something in this for all of us. It's easy to forget that there is such a thing as Divine process and timing, because this doesn't always coincide with how and when we *want* things to happen! There's an oft-used saying: "I'll believe it when I see it." But the reverse is actually true. In order to manifest on the Earth plane (i.e. to be seen), a thing must first be created in the mind (i.e. you must generate belief in it).

Remember that there is always beauty to appreciate in the world – even on a dull, grey day. And the universe is always supporting you in manifesting your heart's desires, in a myriad of mysterious ways. As above, so below...

THE MIND–BODY CONNECTION...

Just as earth and sky exist as two aspects of the whole, so the mind and body are inextricably linked. But the connection between your body and your mind isn't one of "mind over matter", as you might think. It's far more helpful to conceptualise your mind and body as a dynamic duo who work *together* to achieve what you want, rather than treating them as two separate entities in some kind of power struggle with one another.

There is a constant flow of energy and information moving backwards and forwards between your mind and body. Your thoughts affect how you feel, and how you hold and move your body affects your state of mind. The impact can be instantaneous. Try this for yourself: take a moment to think of your favourite food. Imagine as vividly as you can the look, the aroma, the taste of it... Mmmm... yum... Now, check how your body has responded. You've probably started salivating; maybe your tummy is even rumbling! That's the power of the mind–body connection.

Equally, physical action impacts directly on your emotions. Try this: walk around with your shoulders hunched over, your head sagging forward on your neck, your feet dragging on the floor... Doesn't feel very good, does it? Now lift your head up, straighten your spine and your entire body. Feel how your mood immediately lifts along with this movement. Now, smile! Feel how you're creating positive energy that is radiating through your entire body and notice how your mood improves even more.

Simply becoming more aware of this connection between your mind and body enables you to better look after your wellbeing. You can keep an eye out for clues as to when you're beginning to feel tired or down and take action to support yourself, such as by altering your posture, taking a few deep breaths, or getting up and taking a break, before you become completely stressed or exhausted.

For example, when you're getting stressed, where do you feel this in your body? We're all different, but a lot of people feel tightening in the neck and shoulders – the whole area can feel like it's locked up. So, when you know this about yourself, you can spot the early warning signs. If you wake up in the morning with a stiff neck, pay attention! Where are the areas of stress in your life? Take some time to centre yourself and prepare for the day. A simple physical action like doing some deep breathing can improve your mental state, making you better able to manage whatever comes your way as the day unfolds.

Explore where and how your body responds to different positive or negative emotional states, so you can become more aware about what is going on for you internally: stress, anger, frustration, impatience, happiness, joy, calm, confidence, and so on. Begin to tune into your inner world like this and you will help your mind–body team work together in greater harmony as you interact with the outer world...

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