

## MIND SENSE

When the mind is calm and stable, the vitality of life circulates harmoniously throughout the body. If the body is nourished and protected by this circulation of vitality, how can it possibly become ill?

-Yellow Emperor's Classic of Internal Medicine (220bc)

Although time-honoured traditions like traditional Chinese medicine (TCM) and Indian ayurveda offer comprehensive guidelines on achieving mind-body health and well-being, few practices exist that focus exclusively on spiritual health. This may be due to the fact that, unlike body and mind, spirit is not measurable and cannot be studied in isolation. Lives today are so busy, there are more things to do, more goals to achieve, more money to earn and more rewards to reap. However, in spite of this materialistic growth, people are increasingly recognizing the downside and realizing that we are losing sight of who we really are. Each of us has the answers within; it's simply a matter of listening to them and acting on what they tell us. It can be as simple as finding the right key, and spiritually uplifting therapies such as yoga, t'ai chi and meditation help us experience this connection.

Many spas are now reflecting this heightened awareness of spiritual matters by offering an increasing range of programmes based on energy balance and improved self-awareness to help achieve inner calm and a more settled mind. It is the teachings and tenets of Buddhism that form the backbone of many of these programmes. They can be detected by, for example, the mere presence of lotus flowers, of calming rituals such as footbaths, and most notably by the practice of yoga, t'ai chi, qi gong, pranayama and meditation, which are fundamental to all mind and spirit wellness philosophies.

As more and more Western medical practitioners embrace the world of wellness, they too appreciate that listening to the voice within may be the answer to many of today's health crises. This is preventive medicine at its best and the heart of TCM and ayurvedic philosophies. Spiritual health means learning to trust our inner voice, recognizing and experiencing our innate potential and enhancing our spiritual potential—all essential components of daily lives that can easily be adopted, adapted and practised. With this self-realization comes a confidence, not easily destroyed.



The perfect spot for some quiet contemplation is a peaceful place where you won't be interrupted.  
OPPOSITE: The most effective time to practise yoga is as the sun is rising, the body is awakened, ready for the day ahead.