

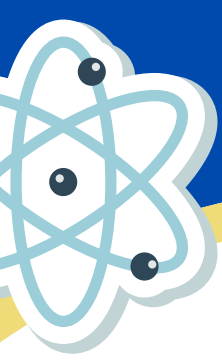

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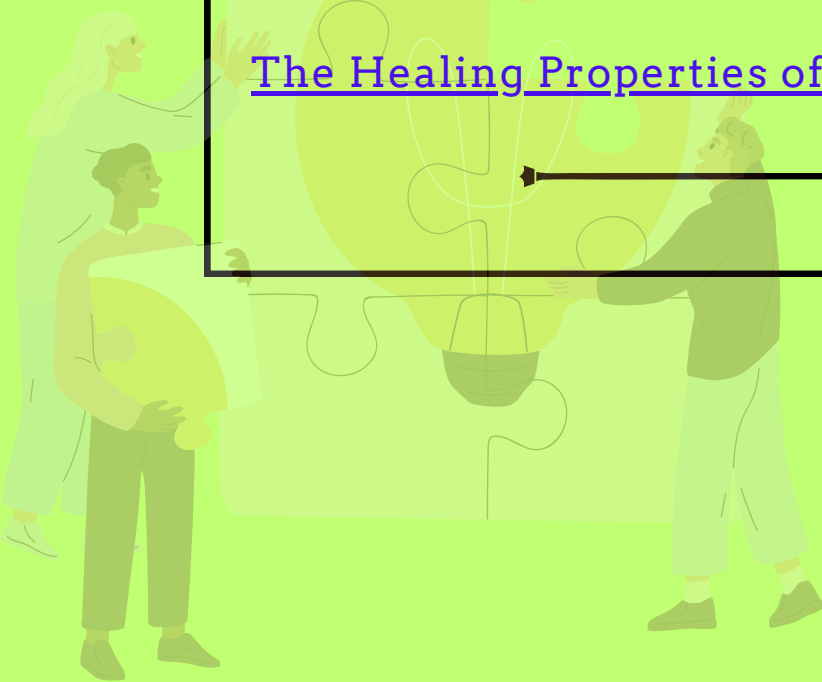
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THE HOLISTIC LIVING

By Emily Jothee Mathai

Holistic living simply means caring for all parts of our body, be it mind, body, or soul. In our busy day-to-day lives, we often have no time to look into our overall self, which is very important for our overall well-being. Concerns crop up only when we encounter some health issues. We then rush to get the necessary help to combat the disturbance that has affected our daily lives. Once battled, we blissfully revert to the normal routine. This way of living is unhealthy and results in many health issues in the future.



In holistic living, we observe the three parts of ourselves: mind, body, and soul. All three elements are connected. Often, we tend to exert our body to complete an important task. As a result, we don't get proper sleep (body) as we are anxious (mind) of the pending work. We then practice withdrawal syndrome from family and friends (soul) to accomplish unaccomplished tasks.

It is important to recognise the connectivity between the mind, body, and soul. A healthy mind leads to a healthy body; a healthy body leads to a healthy soul. It only works unilaterally and not bilaterally.



Ultimately the mind, which constitutes the conscious and subconscious mind, plays a crucial role in maintaining a healthy well-being. Psychologists say that the subconscious mind which consists of beliefs, perspectives, expectations, and fears, controls 95 percent of how humankind behave, react, and perceive things in our surroundings. Therefore, training our subconscious mind towards healthy living is the key to a healthy body and soul.

These are some of the ways towards maintaining a healthy subconscious mind:

- Surround yourself with positive supportive people!
- Meditation – visualizing the past pain and releasing it.
- Self-hypnosis



Generally, everyone is unique in their own way, and they deal with matters around them, be it work, studies, family, entertainment, illnesses, finances differently. Therefore, we cannot compare someone to another by issuing statements like – “Why did you do it that way? It should have been done this way”. The reality is, everyone is different, and they handle matters differently. As long as the mind, body and soul are balanced, it leads to the well-being of a person. So, what are we waiting for? Practice holistic living with a positive mind.

