

I am not my body!



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"How am I gonna make enough money?" "How will I find love?" "How will my body be healed?" "How will I survive?" - who does not know such fears, thoughts from own experience of difficult, challenging situations.

Dr. Roberto Assagioli was an Italian psychiatrist who throughout his life strove to combine an analytical-materialistic view of man with a humanistic-spiritual one. I encountered his teachings early on in my own personal development. Later, during my training in Transformational kKnesiology, I learned a central attitude as a practical tool.

"I am not my body, I have a body. I support and care for it as a precious tool to make experiences in this world". However, it is quite a challenge not to identify with the body when, for example, we are in pain or ill. I would simply like to recall the many examples in which people have not lost their inner strength, their joy in life despite the most difficult physical complaints. Stephen Hawking is an extreme example of this. So, it depends on me to concentrate on my actual being. Observing yourself is the key.

I am soul, consciousness, spirit or whatever you may call it.

How are you doing with your body-consciousness? I am looking forward to your comments and inputs.

I wish you an inspiring week.

Light & Love

Wolfgang

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