

OUR EXISTENCE ON EARTH

OUR BODIES

Without water there is no life.

Approximately 71% of the earth's surface is covered in water, and as products of the earth, similarly, our bodies are mostly comprised of water with estimates from various sources citing between 60–72% as the firm numbers. Various organs and bones having differing levels of water. The rest of our bodies are comprised of the elements of earth (12%), air (6%), fire (4%), space (6%.) What makes this important is that water has memory, it carries, vibration and has its own frequency and wavelength.



PHOTO BY BRIGHT MOKOME

In both eastern and western esoteric traditions, we are not limited to the physical body. If we were to delve into the realms of philosophy and other spiritual ideas and realms of existence we would find that each of us has many subtle bodies. in fact, there are varying numbers of subtle bodies depending on the tradition (i.e. theosophy, Vedanta, etc.) with the smallest number at 3 and going upwards.

Then there are guru's who talk about how there is no such thing as body, that we are not the body, because our bodies are transient on this plane of existence and we're a greater self, etc. But for our gratitude practice, we're not going to delve into the depths of philosophy. Still, we're also not going to limit the discussion of the body to only the physical body. Because we're more than that.

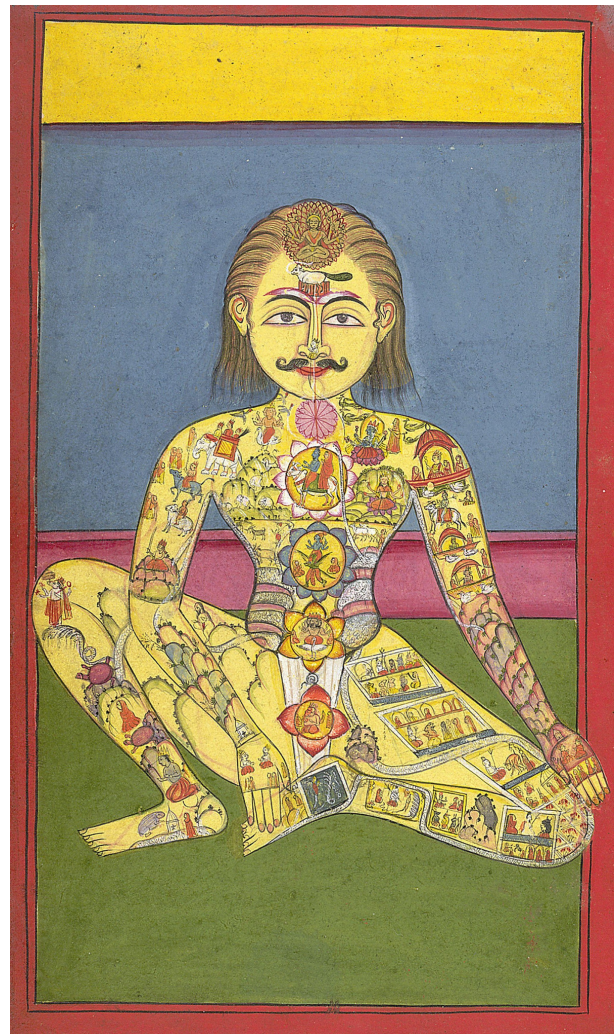
Our bodies are amazing receivers of information that provide us with the gift of life and experience. As carriers of information, they have their own frequencies and wavelengths. I don't mean all of us as separate individuals but all of our bodies (at least the primary ones on the material plane) that are aspects of our being.

OUR BODIES: PHYSICAL, EMOTIONAL, MENTAL & SPIRITUAL

Our four bodies are vibrational fields of energy that affect each other directly and indirectly. They are the physical, emotional, mental and spiritual bodies. All are interconnected, bodies within our bodies. There really is no hierarchy here, all are equally important. When we neglect one the others suffer. For practical purposes, we're going to focus on the first three bodies mentioned below since they are the most often referred to and all of them have needs, wants and desires, and are sometimes in conflict with one another -

PHYSICAL (ANATOMY)

Food & water feed and inform the physical body. This is also the body of the senses that although restricted and limited allow us to experience life. 80 percent of the information we receive comes through our eyes. Our brains act as receivers of electrical impulses that come from light energy to create images - our ears, tongues, etc. receiving data through varying physiological processes. There are spectrums of energy with sound, light, etc. and we only can access small portions of them.



"The body is a multilingual being. It speaks through its color and its temperature, the flush of recognition, the glow of love, the ash of pain, the heat of arousal, the coldness of non-conviction. . . . It speaks through the leaping of the heart, the falling of the spirits, the pit at the center, and rising hope." - Clarissa Pinkola Estés

EMOTIONAL (FEELING)

Every emotion that we have ever experienced resides in the emotional body. The feeling body that acts as a bridge between your physical self and our thinking self. In fact, your physical being is highly influenced by this body. The emotional body can enrich our experiences in joy or sorrow and at their best can reflect your thoughts that reflect your sense of self (identity.) Yet it happens sometimes that the emotions take on a life of their own and seek to run your life instead of being controlled by your thoughts. When they take a hold of us and we can chase a feeling trying to replicate an intense feeling or experience which can turn into an addiction to drugs, to love, to sex, etc. This pursuit is like chasing ghosts.

"Feelings are just visitors, let them come and go." - Mooji

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MENTAL (MIND)

The mental body is often divided into 2 parts, the lower mental bodies and higher mental bodies, where one is limited and wants to protect us (ego), whilst the other is unlimited (divine mind). This is the place of thoughts and beliefs. Logically, we know that our senses are limited but we don't always think of this when we're assessing a situation.

"When you stand with your two feet on the ground, you will always keep your balance." - Lao Tzu

SPIRITUAL (ASTRAL)

Some traditions consider the spiritual body the bridge between the physical and spiritual planes.

Nurturing all aspects of our being is important. Focusing only on one will create an imbalance. We want to be in harmony and appreciate our true selves.

Without the breath, there is no life and without a body, we're up shit's creek without a paddle. Thinking about both life and the death of the body can be the inspiration to live fully and in gratitude.



PHOTO BY PATRICK NEUFELDER

FURTHER READING

theosophywales.com/seven_bodies_of_man__a_brie.htm
en.wikipedia.org/wiki/George_Gurdjieff
soulmerging.com/article/3237-the-four-bodies-of-existence

"I think that life would suddenly seem wonderful to us if we were threatened to die as you say. Just think of how many projects, travels, love affairs, studies, it-our life-hides from us, made invisible by our laziness which, certain of a future, delays them incessantly.

'But let all this threaten to become impossible forever, how beautiful it would become again! Ah! If only the cataclysm doesn't happen this time, we won't miss visiting the new galleries of the Louvre, throwing ourselves at the feet of Miss X, making a trip to India.

'The cataclysm doesn't happen, we don't do any of it because we find ourselves back in the heart of normal life, where negligence deadens desire. And yet we shouldn't have needed the cataclysm to love life today. It would have been enough to think that we are humans and that death may come this evening.' — Marcel Proust