

Workout for the soul

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WE WORK out physically, we also do mental exercises, so how about some push-ups for our soul too? All we need are some unadulterated moments to spend every day in our soul gym. By simply closing our eyes, meditating and focusing on our breath, we can get transmitted to a different world—a world where our mind is still and our soul is empowered.

It is ironic that we have always been taught that a healthy mind resides in a healthy body and a healthy body in a healthy mind. It almost seems to imply that these are the only two important elements and the soul doesn't even exist.

On the contrary, an empowered soul will automatically have a healthy body and a stable mind—a mind that is strong but doesn't keep throwing tantrums, a mind that is sharp but doesn't play games constantly, a mind that is focused but doesn't monopolise the body and the soul.

An empowered soul also helps to harmonise the relationship between the body and the mind. Our body too has its own intrinsic wisdom. As we tend to ignore our soul, our mind keeps getting

stronger. The sound of our mind becomes so deafening that we almost begin to identify ourselves with it.

No wonder then that the timeless wisdom of our body and the soul remains unheard and unutilised, trapped in the constant chatter of our mind or confined to faint whispers.

Our mind has created a make-believe world around us, a sort of comfort zone that we have got addicted to. We hold on to it with all our strength. Because we get so accustomed to it in this insecure world, we even start feeling secure in it. Secure in our insecurities? That's the best way we can describe this hallucination called life. Our mind becomes our master and we its humble servants.

Instead, what if we could identify ourselves with our soul? The soul which is the same in all of us, which stands for oneness? We would then discover the real reason for which we are here on earth: to prepare for the final spiritual aptitude test rather than the numerous mental aptitude tests we have created for ourselves.

One wishes the process of enriching the soul had begun the day we first opened our eyes to this world. But then it is never too late to initiate ourselves into this journey of empowerment. As for the method, there's no lack of guidance, is there?

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