



Natural Movement Centre
Integration and balance through movement

The Mind/Body Relationship

Wiring the brain negative to positive from the outside to the inside

The popular concept of the Mind/Body relationship suggests that the mind is in control of how the body performs in the interactive world controlled by time and defined by space. It has been suggested by many an expert that if you focus your mind with positive thinking (that is based on using the 'right' words) you can achieve great success in whatever you would choose to create in life. According to the popular scenario, the use of the mind as the controlling factor is entirely based on the outcome of any desired experience, not on the journey of creating the opportunity to have an interactive physical experience in time and space in order to develop your consciousness.

The very suggestion that the mind is powerful and that you can focus it to get the desired outcome you want is an illusion, for it can never be successful 100% of the time. The mind is supposedly used to think and speak the right 'words' to achieve the outcome that would show the person that the mind is powerful, therefore 'I', the person, has the ability to create whatever he or she wants, anytime.

The way the mind is used is based on words that are either positive (they are good) or negative (they are bad). The words are polarized, thereby creating success or failure in whatever one chooses to do. Each person, starting from birth and throughout their life journey, is encouraged to conform to the ideas of those who guide them in their physical experiences and verbal use of words in daily life.

The person doing the guiding uses words to control the movements of the one being guided. The words being used by the guide are based on judgements and comparisons of the spontaneous creative physical movements and/or use of the right and wrong words of the one being guided. The purpose of the guide using words to control the physical and mental movements of the one being guided, is to have the one being guided conform to their way of thinking. The guide's desire

to control the physical and mental movements of the one being guided is based entirely on the outcome of the experience that the guide controls - not the co-creation of the spontaneous interactive experience.

The guide is using words to control both the journey, and the outcome, of the one being guided. Every time the guide loses control of either the physical movements or the use of the polarized words of the one being guided, they blame the one being guided. The guide then tells the one being guided that he or she is not doing it correctly, or that his or her behavior is not acceptable. The guide stops the guided from achieving his or her desired outcome. This sets up a polarized struggle within the thinking process of the one being guided. The one being guided takes on and imprints the guide's outcome-oriented interactive behavior and the guide's positive and negative use of words to achieve the desired outcome.

Once the one being guided takes on, imprints, and conforms to the guide's control of their physical movements and use of right and wrong words (to control and improve their attitude and performance), he or she will be at the affect of all movements that the guide creates and controls through the use of polarized words.

The guide will want to take credit for the successes of the one being guided if the outcome is positive. This can make the guide more important in the guide's interactive world. The guide will blame the one being guided if the outcome ends in failure. The guide will not take credit for failure, for that would make him not a good guide.

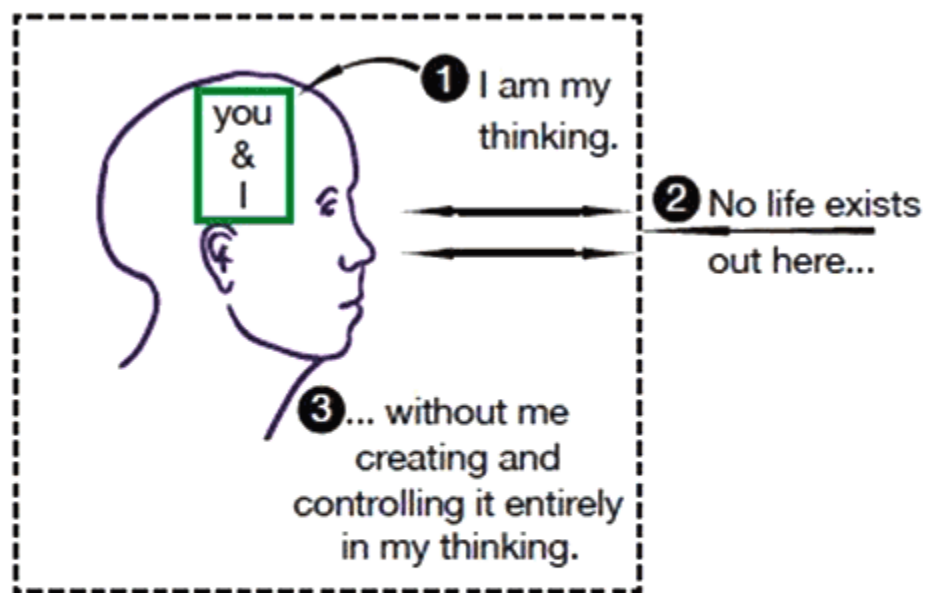
In the creative description above, the mind of the guide is the controller and the body of the one being guided is the tool to achieve the outcome the guide's mind wants to create in order to show that it is in control of all movements. The guide's polarized word-based mind uses the body of the one being guided to develop itself as an entity that is separate from, but in complete control of, the physical body of the one being guided and all of its movements, internally and externally.

The guide's judgment-and-comparison oriented mind always needs a connection to a physical body outside of itself in time and space, in order to feed itself the

information that makes it the authority on all the movements of the person who is being guided.

The mind/body scenario (polarized word-based mind) can never be real, simply because it was not active when the physical body arrived at its birth into time and space. The illusionary mind/body relationship has been systematically developed through ongoing physical experiences that have been controlled by the guide/parent. In the mind/body scenario the guide and the guided would be living entirely in their thinking, and their thinking naturally becomes the dysfunctional reference point for their identity.

THE ILLUSIONARY OUTER WORLD



If I see that any other life form is in my life for me to create and control, then I am living entirely in my thinking, and my thinking has become the dysfunctional reference point for my identity.