

Our Being

We are made of concentric rings, a circle, within a circle, within a circle. At each level, the causal, subtle and physical, there is a physical, mental and a vital or, dynamic nature. In each ring there is interplay between the physical, mental and dynamic forces. They react to and are affected by each other; this is the natural course of things.

The human existence is one of multiple existences; all operating in the same moment of time and on different planes or, rings. These existences we refer to as parts or, beings and together they complete the whole. When we consider that we have a body, mind, soul, spiritual influence, etc., it is easy to see the existences of beings, all operating simultaneously. Without them we would not exist.

Most of humanity has a tendency to separate the individual parts, seeing them as exclusive to the whole and therefore distinct from one another. This line of thinking individualizes the component parts to such a degree, we fail to see just how connected they are and the affect they have on one another. This leads to a more allopathic approach to body, mind and spiritual wellbeing. This is the opposite of 'Right Relationship.'

The purest form of the human experience is much like the multi-verse, it is a vast space, full of potential. It is a complex network of rings that is limitless, a boundless form. Yet, the many parts often are at odds with one another, pulling in opposite directions. This leads to an imbalance that can manifest in numerous areas and in various forms. It is what we refer to as 'out of Right Relationship.'

We have all had the experience where our mind says one thing and our heart another. How many times have we ignored our intuition, the gut, and went with our mind and its logical reasoning, only to realize we made a mistake? This is proof of the multiple parts that make up our 'Human Being.' The more out of balance we become, the more the individual parts work against one another.

The idea is to be 'in Right Relationship.' This is the place where our body, mind and soul are working together and connected to the spiritual influence that is the animating force, the breath, Önd. We should seek to find the balance in our life. 'Right Relationship' is limitless; Medicine Bag Project is the approach to getting there.

Please Read:

[Our Physical Body](#)

[Our Mental Body](#)

[Our Vital Body](#)

[Our Soul Body](#)

