

Our Mental Body

‘To know of the mind’ and ‘to know the mind’ are two very different things. The former acknowledges its existence, while the latter understands how it works and how it affects our being. To understand something means that we have a comprehension of it, to grasp it. Through understanding of the mind, we better grasp its affect upon our ‘Human Being.’

There are structures to everything. These forms are a type of outline of the ‘thing’ in which they surround. This shape is a manifestation and witness to its validity. The structure is the house in which the part dwells. Put another way, the mind is encased within a structure.

The mental body is one of the many bodies that compose the ‘Human Being.’ It does not simply live and die, as many believe. Rather, it is a part of our being, one that carries a parcel of the soul complex. It is capable of many things, however, it can easily become out of balance.

The mind is a powerful ‘being’ unto itself. It has a direction that it seeks to go, with or, without the rest of the general body. Our mind is capable of influencing our entire lives. In fact, in most cases it does. Without us even knowing it, the mind easily assumes control of our everyday lives and the decisions we make.

Now, you might ask, is there anything wrong with engaging our mental capacities? The simple answer is, of course not. However, there is much more to it than processing information. The mind, just like the body, easily gets ‘out of Right Relationship.’ When this happens it naturally creates a mental imbalance that affects the entire body complex.

The mental being is affected by the physical, mental and vital. All of these directly affect our mental stability. Within each ring the physical, mental and vital forces are at play. So, a mental operation or, action, is not just a thought that dissipates. Rather, it is a force that affects us physically, mentally, vitally and spiritually.

Our mental must be focused in the right direction in order to maintain ‘Right Relationship.’

Please read:

[Our Being](#)

[Our Physical Body](#)

[Our Vital Body](#)

[Our Soul Body](#)