

Our Physical Body

The first part of our multi-being that people most often acknowledge is the physical body. It is easy to relate to the physical, it is ever before us. We can hear it, feel it, see it, taste it and smell it. We consciously and subconsciously acknowledge it every day. It demands the greatest attention, at least so we think.

We wake up, go through our day and end it, with a plethora of physical feelings such as hunger, thirst, pain, etc. Each and every time we have a physical sensation there is the desire to satisfy it. However, most folks are way out of balance and when they satisfy a need such as thirst, it is often done with harmful drinks. The same goes for the food we consume.

Our body has no problem telling us when it wants to eat or drink, needs sleep, feels good or bad, etc. This is a natural process. However, when we are 'out of Right Relationship', the messages are compromised. Our minds are hearing from a body that is out of sync with its more pure form. Therefore, its message is flawed.

We have all heard how important it is to get proper rest, eat nutritious food and to drink plenty of good water. When we do, our bodies change for the better. However, many of us find reasons why we cannot do this; hectic lifestyles, money, availability, etc. Yet, our body continues to tell us it is thirsty, tired and hungry. It is a continuous circle.

If we did want to change, how do we know what to do? The answer to this question starts by first knowing how we are made. When we know how our body is made, we can then make the necessary lifestyle changes. Once we find out about our biological makeup, we can begin to institute a lifestyle that is in rhythm with our constitution and commence to walk the path of 'Right Relationship.' Please see [MBQ Introduction](#).

NOTE: The physical body is affected by many things, not just the physical actions we go through. It is as much affected by mental and spiritual events. They are all connected, one no more important than the other.

Please Read:

[Our Being](#)

[Our Mental Body](#)

[Our Vital Body](#)

[Our Soul Body](#)

