



## Focus: Inner Redirection & Balance

# The Missing Piece Of The Puzzle For Inner Balance

The other day two clients said to me independently of each other: "Now I am getting some things clear!" They got the missing piece of the puzzle that they needed to find their inner balance and strength, to hold their energy and to grow beyond their minds.

What happened? They learned that they have more than one body and that their different bodies need food accordingly. But we usually don't learn anything about that in our society. Most of the time we are very much identified with the idea that we have a single body - namely the physical body - and that life is about knowing as much as possible and being smart in order to get a good job. But the fact that most people only focus on that results in more and more cases of psychosomatic illnesses, people being more and more overwhelmed at work and ultimately getting sick or breaking up relationships.

It is therefore crucial that we holistically remember that we are more than just our physical body and mind. We have other bodies and it helps to be clear about them. The number of bodies varies in different traditions and contexts. So let's start with the 4 crucial bodies and see how you can nourish each of these bodies to find your way back to inner balance and strength.

### The different bodies

#### 1. The physical body:

The physical body is obviously the best known body. Among other things, it has bones, muscles, tendons, cells, organs and 5 senses.

Nutrition for the physical body consists of healthy foods, fluids, air, and exercise.

The physical body can also - like each of the 4 bodies - feel pain or ecstasy. You experience physical pain e.g. when you hit yourself on the thumb with a hammer, when you feel sick or dizzy, the light is too bright or the music is too loud. Even if the food mentioned above mainly consists of unhealthy fast food or canteen food, you eat too much, only drink Coke or other soft drinks, breathe dirty air and only move from the couch to the kitchen or from the apartment to the car, then that is it for the physical body pain. Then you neglect it and withdraw your life energy on the physical level.

Physical ecstasy, however, includes e. g. mountaineering, dancing, yoga, singing, sex, enjoying a coffee or tea in the sun, etc.



## 2. The intellectual body:

The second body is the intellectual body. This is the mind with its thoughts, ideas, opinions and beliefs. This also needs food and can feel pain or ecstasy.

Intellectual nourishment consists among other things of books, knowledge, conversations, a visit to the theater or ideas and plans.

Intellectual pain occurs when you e.g. are confused, don't understand something, can't find your wallet, don't know what day it is, or just can't find a solution to a problem. Even if your intellectual nourishment consists of horror films, thriller books or conversations that constantly end in arduous discussions or arguments, then you are withdrawing your life energy on the intellectual level. Intellectual pain can also occur when you have obstructive beliefs such as "I'm not good enough", which will not let you go forward and keep you asking the question "How am I supposed to change my situation?"

Intellectual ecstasy, on the other hand, occurs e. g. when you have been wondering where your wallet is all the time and suddenly find it in the fridge with your purchases (or wherever), remember what day it is or find the solution to a problem.

## 3. The emotional body:

The emotional body is the emotional heart with its feelings. Let's start with the four basic feelings anger, sadness, joy and fear.

The food this body needs consists of sharing feelings clearly and authentically with someone, communicating honestly, and being heard.

Emotional pain occurs when you suppress, deny, or mix feelings and only feel a strange feelings knot in you that makes you immobile or depressed. Emotional pain also occurs when you have an old view of feelings that is not useful and that prevents you from using the feelings as an internal navigation system for your life and relationship. If the feelings therefore can't flow, you are emotionally stuck or numb. Then you may quickly be triggered again and again by other people or circumstances, so that old painful emotions flood you and make you immobile or get stuck in a victim role. In this way you lose more and more emotional life force.

On the other hand, you experience emotional ecstasy when you can dissolve old, emotional blockages, communicate your feelings unhindered and are heard, and use the energy and information that lies behind the four feelings clearly and responsibly.

## 4. The energetic body:

The fourth body is the so-called energetic body. It is our being that has presence and vision, as well as access to the imagination. The energetic body houses your inspiration and intuition. We usually know this body the least.

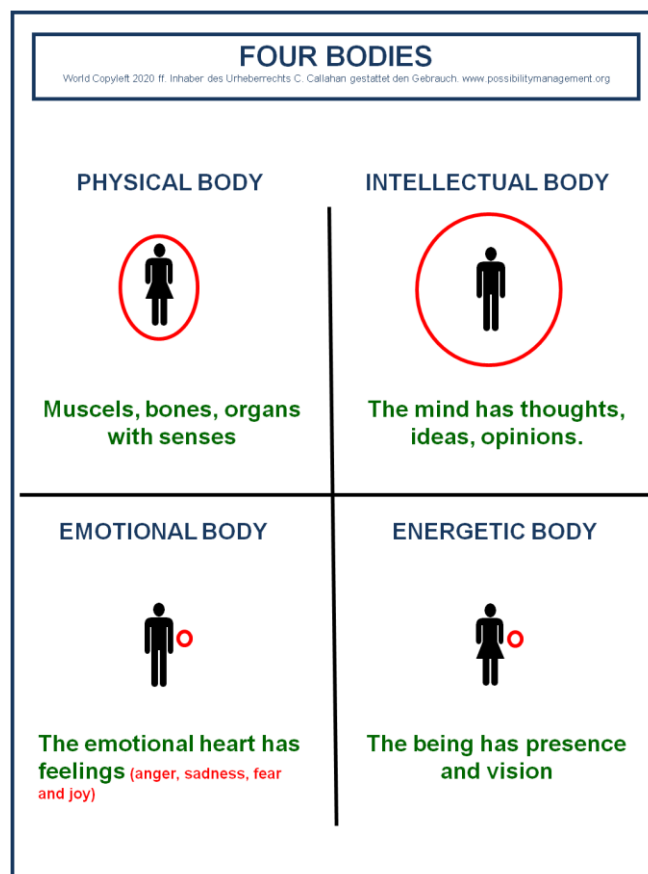


This body also needs food, which e. g. is to let your inspiration flow unhindered, to be in the presence of sacred artifacts or in particularly powerful places and to follow your impulses or meditate. A certain type of stress, in which you first commit to something before you know how to do it, also nourishes the energetic body.

Energetic pain occurs when you e.g. are not following your vocation. It also includes missing or demotivating leadership, lack of vision, existential fear, or the impression of being on the wrong path.

On the other hand, you experience energetic ecstasy, for example, when you follow your destiny, let your special qualities or principles work, are inspired, you are present and in contact with someone, or you are "in flow" with the universe. Even if you center yourself energetically and hold your personal, energetic space (without you having to know what that means now right now), you will experience how your energy rises immediately.

The two bodies that are usually least consciously nourished in our society are the emotional and energetic body. The intellectual body, on the other hand, is nourished the most, because a lot is about knowledge in modern society. You constantly get input in different places and through different media.





### **The interaction of the 4 bodies for inner balance**

In order to find inner balance and serenity, it is crucial that you consciously nourish all of your 4 bodies. Most people try to relax on vacation and "come back down" to find inner balance by allowing the physical and intellectual body to recover from work. However, this cannot permanently lead to inner balance. It's like fighting symptoms, but not dealing with the source of the symptoms. It won't have a long-term effect. Only when you bring all 4 bodies into balance can you find your way back to inner peace and strength.

The four named bodies are dependent on each other. For example, if you have a destructive belief like "I'm not good enough" (intellectual body), because of your upbringing or life experiences, then it will almost certainly lead to old emotions and unexpressed feelings (emotional body) coming up, pulling you down and not letting you live your destiny (energetic body). This might then lead to you being frustrated and eating chips on the couch and feeling tired (physical body).

Or another example: If you are in a relationship, your partner repeatedly triggers you through their behavior and you are inundated with old, unconscious emotions (emotional body), then you may be engaging in an exchange of blows with arguments (intellectual body) that destroys your sacred relational space and results in you being miles away from being inspired (energetic pain). After that, you may need a glass of wine or smoke cigarettes (physical pain) to calm yourself down.

There is of course also the reverse example:

Suppose you have a vision that inspires you (energetic body) and suddenly you have an ingenious plan on how you can realize the vision piece by piece (intellectual body). Then you will use the joy (emotional body) to take the necessary steps and e.g. B. pick up the phone to call someone or do something particular (physical body). Then you might even use all your feelings anger, joy, sadness, fear (emotional body) in order to go your way purposefully.

### **Experiment: bring your 4 bodies into balance**

To bring your 4 bodies into balance, 2 steps are necessary:

1. Detoxing the 4 bodies
2. Consciously nourishing the 4 bodies

Take a large piece of paper and make 4 columns - one column for each body. First, write down in which way you have caused pain to your 4 bodies unconsciously or consciously. Be radically honest. Examine in detail your lifestyle, your diet, your thoughts and beliefs, your relationship and your view of feelings. Write down everything that has poisoned your 4 bodies so far. Which destructive thoughts do you have, which unclear or mixed feelings and old emotions are in you? To what extent do you not pay attention to your physical body and eat too much, drink alcohol or do not move enough?





As soon as you have created the list, circle at least 2 points for each of the 4 bodies that you want to stop immediately.

Then begin to consciously nourish your 4 bodies. Remember that especially the emotional and energetic bodies are usually starved and in desperate need of food. On a new piece of paper with columns that stand for the 4 bodies, write in each column how exactly you will consciously nourish your 4 bodies over the next 3 months. Make a commitment with your 4 bodies to really comply. Possibly dissolve your old emotions in coaching or learn new skills there on the energetic level in order to keep your personal, energetic space. If you lack discipline, tell a friend about it and ask them to call you every week to ask how far you have managed to nourish your bodies and, if necessary, to kick your butt so that you can fulfill your obligation to bring your 4 bodies into balance. After a short time you will notice how you regain new strength and experience a new inner peace.

All the best,  
Nicola Neumann-Mangoldt