

# Commentary: Nourish Your Mind, Body, and Spirit

- Michael H. Samuelson

*"You must hear the bird's song without attempting to render it into nouns and verbs."*

- Ralph Waldo Emerson

*"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts."*

- Thich Nhat Hanh

*"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly."*

- The Buddha (Hindu Prince Gautama Siddhartha)

Beyond survival, you want to live a life of **thrival**, while encouraging others to do likewise. Here's what you need to do:

- Stimulate your mind with life-long learning that includes art, literature, music, history, philosophy, and the acquisition of new skills.
- Take care of your body by living a life with no tobacco, little or no alcohol, plenty of rest, good nutrition, manageable stress, low body fat, muscle flexibility, and physical activity that is both aerobic and anaerobic.
- Develop your spiritual being through worship, exploration, and wonder of forces more powerful, compassionate, awesome, forgiving, and knowledgeable than anything you can possibly experience in the physical world.

Simple, right? That depends. Only you can determine whether life is easy, challenging, or impossible. And, guess what? No matter what you believe, you are correct. Remember, it's your container and you get to fill it.