



Unity: Mind, Body & Soul

BY MIMI LOVE

What is unity to you?

Unity to me is making sure your mind, body and soul are one. Many people experience a loss of connective-ness between 1, 2 or even 3 of these aspects.

Why is everything segmented?

Our priority is making sure we have unity of one's self. How can we expect to bring unity into everyday life if we are fractured? Humpty Dumpty couldn't get all the king's men, to put him back together again! If our soul is shattered from our mind and body, it can lead to discontent, unhappiness, depression and illness. We need help to understand where and when the fractures occurred, so that we can start the healing process.

Are you ready to face your truth, as this journey is not for the faint-hearted?

It requires courage and strength to recognise and take responsibility for our actions, or we cannot change our perceptions. This change opens up a new road on our journey to connect you as a whole – a holy energetic being. Once we are whole then, we can be unified with others – family, friends and relationships.

Relationships fail as one person thinks they can change the other partner once they are together. You have to be willing to see that unity requires compromise from both parties. As our mind, body and soul's journey expands we all develop at different levels or stay stagnant if we are not in unity with ourselves.

Energetic beings are souls in harmony with their mind and body which are trying to follow their true path in life in a positive manner. This path requires dedication, fortitude and most of all faith. Faith to believe that anything is possible, if you just believe!

What do you believe in?

Do you lack faith in yourself?

Everyone's journey can be delayed if you choose a scenic path instead of the direct route. We are all human and we all make choices daily that can set us in motion.

Find out who you are, and who you want to be, and make sure your soul sings along in harmony. Harmony and happiness comes from within. Change what you can and accept what you can't and you are well on your way to becoming an energetic being.

An energetic being's harmony can be sensed when you feel at peace around them, and at the same time their energy draws you to them.

As more souls find unity, then more people can unite in common goals on our planet Earth and its inhabitants to find peace and harmony.



Mimi Love specialises in a unique blend of therapies to match your vibrations and your individualised journey. Come and visit 'Blue Earth', located on the South Coast of NSW specialising in professional courses, alternative therapies and workshops for your Mind, Body & Soul. Blue Earth is an eco-friendly property and retreat.

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