



Mind, Body, Spirit Integration

Bridging between mind, body and spirit

According to Jewish Kabbalistic belief, human beings exist in four worlds that help and assist us to integrate and unify the existence of our authentic being. These four worlds are often perceived as simultaneously existing dimensions of our reality. They are the bridge between the skies and the earth, between spirit and matter. They are not four separate realms but a deeply interconnected and intertwined matrix of our reality. We need to be present in these four worlds so that we may integrate and unify the existence of our authentic being. Any type of action in one of these realms resonates and has immense impact on the three other worlds. Within these four worlds the following basic and primal elements can be found:

1. The four directions - north, south, east and west.
2. The four elements- air, water, earth, fire
3. The four drives that a human body needs - food, sleep, water, and caring touch.
4. The four primary energetic intelligences: cognitive, emotional, bodily, and spiritual.

Kabbalistic scholars believe that the disunity of these four distinct worlds is in essence the source of individual disharmony. Healing, or tikkun, involves the integration and unification of these unique qualities of our authentic beings. Through the sacred act of inter-inclusion - the recognition of how everything is included in every part of our being - individuals can achieve a sense of wholeness and completeness. By bridging between our mind, body, spirit and energy forces we can create a state of self-integration in which we learn how to fully embody the different dimensions of our authentic being. In doing so, we realign and strengthen our basic foundation of existence and create a harmonious balance from within, which allows the energetic flow of life, movement, and motion to emerge. If we tend to become overly dependent on one of these dimensions of our world, or if we disconnect or dissociate from one of these dimensions we will inevitably fall into a state of imbalance and experience a deep sense of incongruity. This state of being evokes stress, disease and an overall sense of futility. The physical, emotional, intellectual and spiritual qualities of our authentic beings must support and balance each other, so that we may become the whole vessels of light, love, truth and integrity that the Divine intended for us to be.

In many indigenous traditions 'four' symbolizes wholeness and completeness. In psychological astrology the four elements are seen as the basic building blocks of material structures, for each element is seen as a basic form of energy or conscious awareness. According to Native American tradition the number four corresponds with the four directions and the four winds, and the four seasons. According to Jewish spirituality four is an important symbol of wholeness, particularly in the Passover Seder. Emancipating themselves year after year from the enslavement of the Egyptian Pharaoh, the Jewish people reenact this tale of Exodus through rituals and storytelling. The



Passover Haggadah is composed of the rituals of drinking four cups of wine, the asking of the four questions and the re-account of the four sons.

We live in a society that often alludes to fragmentation and particularization, to hierarchy and patronizing. And for those of us who have been wounded by these acts of injustice we share an inner yearning to make our shattered souls feel more whole and unified. Therefore, the overall purpose of interlinking these four worlds is to reveal the concept of Divine wholeness from its opposite. In other words, to teach us that within the Oneness of the Divine, the opposing contradictions of the four worlds can be integrated. We exist both as body and as spirit. Yet while these qualities are deeply interconnected, we need to learn how to safely hold and contain the opposite and contradictory forces that each of these qualities endow. We need to recreate a dynamic balance of the opposing tendencies that exist within each of us, so that we may reach the sacred place of wholeness and unity of the Divine. For it is here where our authentic beings thrive.