

## Trilogy of Life

The trilogy of Body, Mind and Spirit is like a three legged stool. Each leg of the stool must be the exact length, for balance to take place. If one leg becomes shorter the cup will tip and the contents will spill over the side.

So, it goes with us as individuals. If we spend excessive time on the Body, then we must borrow a little time from the Mind and Spirit in order to accomplish that task.

Our lives then become **Un-Balanced. Out of Sync.**

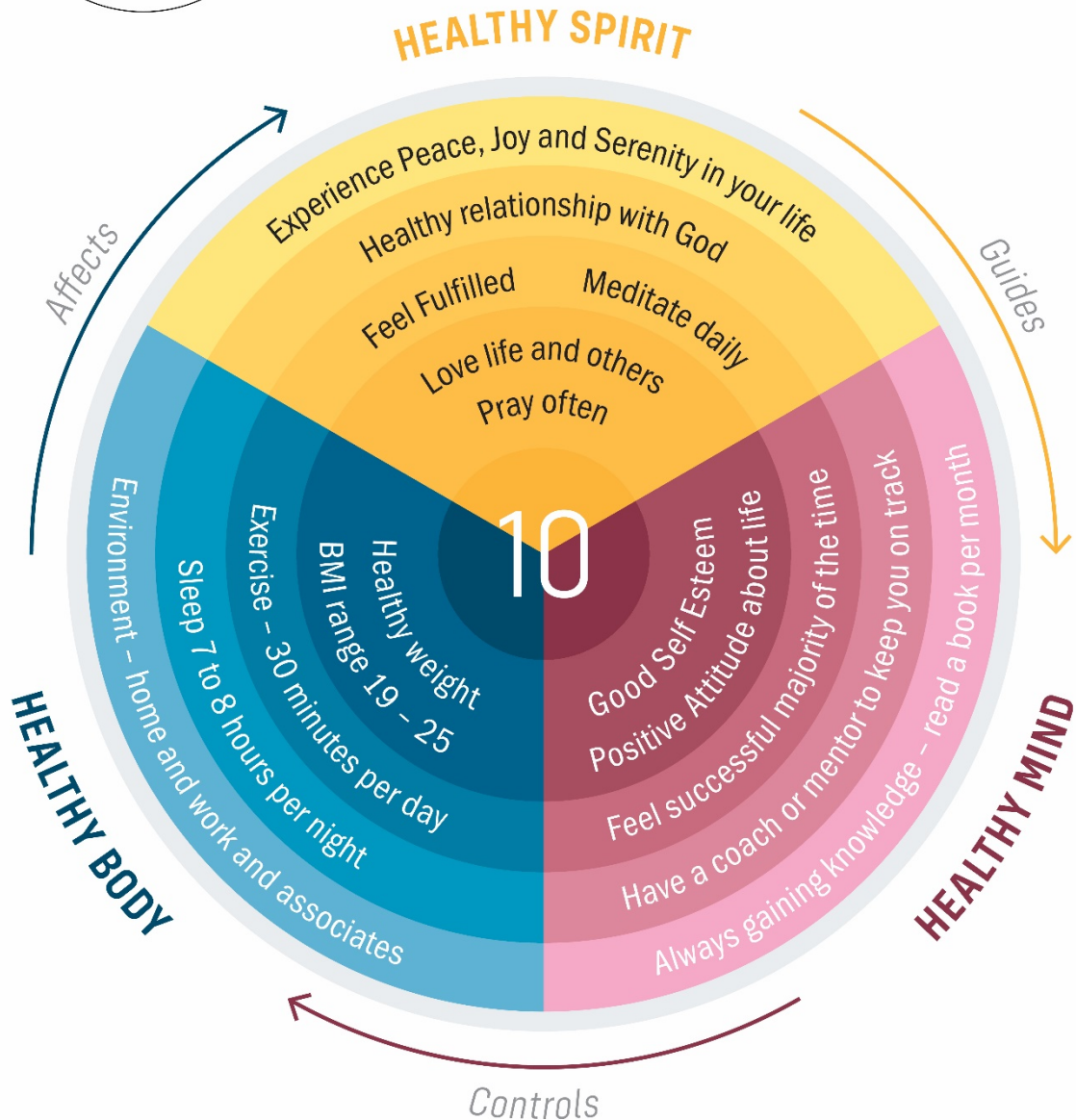


Do you have a solid base under you (Body, Mind and Spirit) or are you living life on a TILT, a little lopsided?

**Together (with Balance in my LIFE) i Can!**

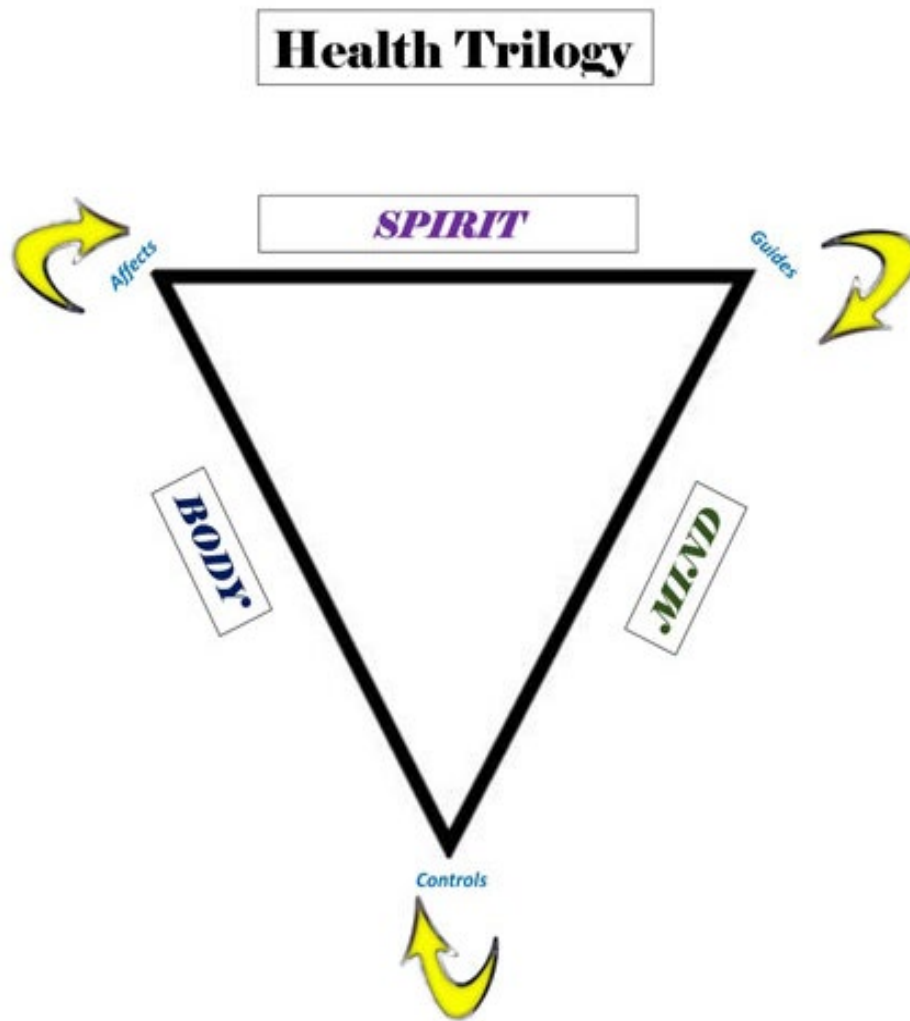


# Trilogy of Life



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As a Certified Health Coach and a Holistic Health Practitioner I can assist in bringing balance back into people's lives.



***Trilogy of Life – (for man)  
How it applies to our lives!***

It can be described as The ***Law of Trinity*** – The ***Law of Life*** – in order to be perfected it is required that the Spirit – Mind – Body – be in harmonious balance within our being. – where each one-third of the triangle must be equal in order for synchronicity and harmony to exist. Perfecting one side of the Trinity at the expense of any other side will add discord into one's life.

## Thoughts about Trinity

The **Law of Trinity** – Where three components come together and are seen as one. When we observe a human being, we see the physical side, understand that there is a mental side controlling the body and an invisible soul / energy / spirit part that transcends death. Since energy can neither be created nor destroyed, it must move to a place that we don't understand or comprehend. The law of Trinity maintains that for perfect harmony and synergy there must be a balance between the time and energy spent on the body – mind – spirit. We could view those sides as an equilateral triangle.

Defining the **spiritual aspect** of your life: Free-will choice between God and self. Are you (self) in charge or is God in charge or do you worship something other than God?

Reading the Bible, meditating, praying, worshiping, helps but it doesn't balance the scale, until you surrender your life to Him and work on establishing an ongoing relationship with Him.

Are the books you're reading, the thoughts you're thinking, and the acts you're performing, leading you closer to God or away from him?

**Spirituality**: are you a bond-slave to God, submissive to Him or do you attempt to run your own life the way you see fit?

Are the **physical exercises** you are now doing contributing to **your physical well-being**? If you are using them for weight loss, please stop. If you are using them to enhance your weight-loss program and using **exercise to gain bodily fitness** please continue.

Is the **knowledge** you are gaining enhancing your **mental abilities**, stabilizing your **emotional life**, and allowing you to **overcome old disabling habits**?

From a mental, emotional standpoint, **do you have complete serenity and joy** in your life? Are you totally **free from worry and fear**? Can you say, "I have no committee chatting away in my mind?"

When someone says I cheated on my diet, (Or anything for that matter) what they are really saying is I made a **Slight Error in Judgment** and here is my excuse, reason, they then pretend that there **aren't any consequences**, from that cheating. That attitude needs to be addressed and acknowledged and hopefully changed.

What they are really “not” saying is:

"I'd rather be fat and accept the risks that go with it, than follow a plan that will allow me to lose weight."

"I'd rather be sick and lethargic than follow a plan that will allow me to become fit."

"I'd rather be lackadaisical and lazy rather than gain the knowledge I need to pass the test."

Cheating always comes back to bite the person who cheats!

Karma – what comes around goes around.

The Bible said it first (BSIF) "as ye sow, so shall ye reap." Galatians 6:7

If they were being totally honest, with themselves, they would admit that they made a mistake and make plans so it wouldn't happen a second time.

The Together i Can philosophy suggests that everyone needs guidance, needs reassurance, needs someone to hold the mirror, so that they can actually see their true authentic self?

When something is no longer working in our lives, when the results contradict what we actually desire, **change** is required.

When we move from resistance of an ideal, to **acceptance**, it requires change to take place.

Normally that **change must happen** on a **physical, mental and spiritual** levels for it to become a **new lifestyle** and a **permanent positive habit**.

Free health coaching is available! Start losing weight in the next few days.

A Fat Burning Zone – generally takes 2 to 3 days to reach.

Call 619 316-6900 – email Michael at: [mm@tic.zone](mailto:mm@tic.zone)

OR

Visit our website: [www. TogetheriCan.com](http://www.TogetheriCan.com)

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