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The Buddhist tradition
regards the body and
the mind as being
mutually dependent.
The body or physical
form (called Rūpa) is

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considered as one of
the five skandha, the
five interdependent
components that
constitute an
individual.

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Our bodies — the
physical, biological
parts of us — and our
minds — the thinking,

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conscious aspects
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have a complicated, tangled relationship. Which one primarily defines you or your self? Are you a body with a mind or a mind with a body?

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riding a horse,
dancing a waltz,
empathizing with a
friend, raising
children, or coping
with stress.

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The Body Has A Mind

Your body has a mind

of its own. You know

it's true. You can

sense it, even though

it may be hard to

articulate. You know

that your body is more

than a vehicle for your

brain to cruise around

in, but how deeply are

mind and body truly

interwoven? Answers

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can be found in the
emerging science of
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A widespread belief
throughout Western
history has been that
our minds are
separate from, and
superior to, our
bodies. The mind has
been viewed as the
exalted seat of
reason, identity, and...

What Is the Mind? |

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We are a living soul
(the part that makes
choices, mind, will,
emotions, etc) , We
have a spiritual nature
, we have a body. But
we are only one
person. Just as God
is one being, not
three.

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that the nervous
system is an

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works by translating
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mind or a mind with a
body? - TED-Ed

connected with the

relationship between

the mind and the body

and how mental

processes and

physical processes

affect each other: Tai

chi is a mind-body

practice that seeks to

relax the body and

mind. Mind-body

techniques such as

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relaxation, exercise
and mindfulness are
associated with
improved immune
function.

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illusion of the self isn't
that there is no such
thing as you. Nor
does the illusion of
free will mean that
you cannot make
choices.

Humans have three
parts: Body, Soul, and
Spirit

One open question
regarding the nature
of the mind is the

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mind-body problem,
which investigates the
relation of the mind to
the physical brain and
nervous system.

Older viewpoints
included dualism and
idealism, which
considered the mind
somehow non-
physical.

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of Its Own will help
you bring some
fascinating
information to bear on
those concepts and
many others. Not only
is this book thought-
provoking, but it helps
explain thought itself.
How you perceive
reality may not be as
straightforward as you

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once thought. Or still
think, depending on
your body maps.
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Blakeslee and
Matthew Blakeslee
have a gift for making
the most arcane
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fascinating and fun.

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our basic
assumptions about
who we are-and what
our body is.

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