

**BODY MIND SPIRIT.** While we are on our quest for happiness we shall strive for balance between the three entities that constitute our persona, our character and the public image we present to the world. **B**ody is the physical part of us that requires constant maintenance, alignment and adjustment\*; the kind we provide with living a healthy life, as we exercise, eat well, consume no drugs ... and alcohol only moderately, if at all. **M**ind is the entity that runs our lives; it makes the executive decisions that impact us on every level ... personally, professionally, publicly. We require a healthy mind to function smoothly ... without breakdown or depression. **S**pirit is the seat of our spirituality; here we address the 'bigger picture', the aspects of our existence beyond the running of our daily lives. Our spirituality is the bedrock of our morality and righteousness ... it informs our ethics.

*\*Our bodies are best treated professionally for health and longevity; to that end my sons run [unitygym.com](http://unitygym.com) and I have my own exercises at [cabu.info/do-not-skip-exercising.aspx](http://cabu.info/do-not-skip-exercising.aspx)*

*see also* ETHICS, MIND I, II, SOUL MIND BODY  
SPIRITUAL, SPIRITUALITY