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Be mindful of the body

As the mind directly influences the body, so does the body affect the mind, implying that the relationship between the mind and body, including immunity, is a two-way street.

One must respect both their intellect and their body in order to achieve tranquility and experience total, unconditional love for themselves.

Being at peace, thinking kind and uplifting thoughts, forgiving, and accepting are essential for the mind.

Being healthy is crucial for the body, which involves eating the right foods, exercising regularly, getting enough sleep, and taking some time to unwind and meditate.

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