

# *The body is servant of the mind*

There is an elemental truth to which some may be blind;  
That is, every person's body is servant is to the mind.

A different diet will not help those wanting to change weight;  
Unless there is a mind change, for this controls our fate.

To change your lifestyle eating must first start with - desire,  
Control replaces craving, to healthy eating you'll aspire.

Disease and health like circumstance in thought are deeply rooted,  
So impure and malicious thoughts cause souls to be polluted;

Our bodies respond readily to thoughts which are impressed,  
Anxious stressful fearful thoughts will sickness manifest.

Purify the mind it will reflect upon the face;  
Pure happy thoughts build bodies full of vigour, full of grace

**- Maureen Boddy**

(dedicated to those struggling to change weight )