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FAMILY COUNSELING  
INDIVIDUAL COUNSELING

### Maintaining your Mind/Body Vehicle

If you have an automobile, you understand that vehicle maintenance is vital. If you maintain your vehicle properly, it can serve you reliably and well. If you don't maintain it properly, it is almost sure to let you down. Your car comes with gauges to provide needed feedback. The feedback system includes a fuel gauge, a temperature gauge, an odometer, an electrical gauge and an oil pressure gauge. Ignore these gauges and you will not be happy with the result.

You own another vehicle that is even more important to you than your car. This vehicle is your mind/body. You received it in an infantile state and "grew it" to what you have today. You can replace your car any time you want but you only get one mind/body in a lifetime. You can do without some of the parts and some of the parts are repairable or even replaceable. Just as with your car, there are mechanics you can consult (health care specialists) to diagnose problems and offer solutions.

Your mind/body vehicle has a feedback system. Your mind/body will tell you if it needs fuel or rest or water or if it gets overheated. It even has automatic systems to assist you, such as a blood flow regulator, a temperature and oxygen flow regulator. None of us were issued exactly the same vehicle. Some of us got very sturdy vehicles that seem designed for labor and others of us got rather sensitive vehicles that are more suited for care giving or artistic expression. You might say that some of us got racecars, some got pick up trucks and some got limousines. Human nature being what it is, few of us seem totally satisfied with the body we received.

Getting to know the needs of our personal mind/body vehicle can be the first step to enjoying the time we have on earth. You could go to a bookstore and get a book or a tape on how to begin loving and caring for your mind/body vehicle. If you have further questions, a mental health care person may be able to act as your mind/body consultant to help keep your vehicle running smoothly.

Poor mind/body vehicle maintenance can be the result of an inadequate understanding of vehicle maintenance principles. If we were raised in a family that didn't understand and teach healthy mind/body maintenance, it is likely that we didn't learn proper maintenance. Who would we learn it from? Such maintenance isn't taught in our schools. If you haven't sought out books on mind/body maintenance or a health care specialist, how could you know?

There is a story in my family of origin about my sister who had borrowed the family car for a trip when she was about seventeen or eighteen years old. A red light came on the dashboard while she was traveling but she didn't know what it signified. So she drove on home. After arriving, she asked our parents what that light was for. It turned out to be the oil pressure light and it indicated a serious problem. Having driven for some distance with inadequate oil, the engine was ruined and my folks were required to pay for a new engine. That was the consequence of not understanding vehicle maintenance.