

Fall 2022

The Mind vs The Body

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Recommended Citation

Parikh, Sarthak (2022) "The Mind vs The Body," *be Still*: Vol. 6, Article 8.

Available at: <https://nsuworks.nova.edu/bestill/vol6/iss1/8>

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THE MIND

VS

THE BODY

POET

SARTHAK PARIKH



The Mind

The entity of our soul.
A series of thoughts.
Determining character,
personality, and existence.
It is the consciousness that
allows experience.
Maturing overtime
a mixture of rational and
emotional thought.
The harbor of greed and
humility.

The Body

The envelope of our humanity.
Our organic appearance.
Defining our athletic abilities.
The physical manifestation of
our being.
Wrinkling with time.
A combination of lineage and
grace.
The canvas for aesthetics and
expression.
A duality in constant conflict.

A Perfect Balance

The mind the artist.
The body the aesthetic.
One without the other
is action without passion
dancing in unison.
These entities coexist
in a world uncertain.
It is the determinate of person.

Sarthak Parikh is a fourth-year medical student passionate about the arts in medicine. He spends much of his time dancing and writing poetry. He is a proponent of art in medicine and encourages everyone to explore the artistic side of their personality.

ABOUT THE POET

