

## Writing in the Mind Body Spirit Genre.

The primary aim of literature in this genre is in assisting in the education and further enlightenment of humanity. The genre will encompass a holistic approach in viewing the universe, and includes any work that is describing or teaching the essential unity and interconnectedness of all things.

The main requirement is that the work expounds a holistic view of the universe. The Mind Body Spirit genre is literature that is in complete opposition to the idea of separation. For example, one might consider a work on a specific health issue to be separate – it will not usually include a spiritual dimension. Similarly, any works written as though the mind somehow stands alone do not fit the holistic vision. All works in the Mind Body Spirit genre incorporate the fundamental teaching that everything in the multi-verse is interconnected and in relationship with all else.

Mind Body Spirit literature may encompass a wide range of beliefs. Often the genre will explore higher consciousness, expanded awareness and enlightenment. Subjects that fall into this genre might include mysticism, spirituality, religion, alternative healing, metaphysics, quantum physics, meditation, holistic personal development, and theosophy.

As with any subject, one must be well versed in the material in order to write well in this genre. In addition, it is important that the manuscript or book assists in educating, further enlightening, or expanding awareness. Ideally, the material should be thoroughly researched, and present current themes and ideas in a new and innovative way.

The awards are open to works in both fiction and non-fiction. It is fair to say that non-fiction in this genre is more popular, and easier to be published, than fiction.

Many Mind Body Spirit authors write in non-fiction as they wish to share their discoveries, experiences, knowledge and wisdom with others.