



## THE MIRACLE OF WHOLENESS

**A significant key to physical health and total wellbeing involves the cultivation of wholeness. The most profound and powerful wholeness arises from a comprehensive wholeness - that includes physical, mental, emotional, relational, financial and existential wholeness.**

### Physical Wholeness

Physical wholeness involves cellular vitality and systemic balance. The cells, atoms, organs, systems, and channels of your body synergistically function in mutual support, balance and coherence. With wholeness, no one part or system of the body has to persistently deplete or imbalance another part to survive. Stress reactions have shifted into a homeostasis, based on a restorative and rejuvenating relaxation response. The body functions from an abundance of freely flowing energy, governed by its innate intelligence, natural harmony, and self-replenishing wholeness.

### Mental Wholeness

Mental wholeness involves freedom from habitual reactive thoughts, and from needless mind chatter. In a fragmented state of thought, the mind controls you; in wholeness you control or govern the mind. Thus, in true wholeness of mind, you have the balance, wisdom and calm to choose, guide and direct thought. Negative thoughts are consciously recognized and patiently released. As positive, life-supportive thoughts become habitual, this creates a life of kindness, ease, and good fortune that naturally supports physical health.

### Emotional Wholeness

Emotional wholeness involves a balanced integration of emotions. Feelings are owned, welcomed, and processed - with neither suppression nor engulfment. Emotions are simply allowed to flow through - just as you would observe pure white clouds that effortlessly pass through the bright blue sky.

In emotional fragmentation outside persons and factors determine and control happiness. In emotional wholeness, inner happiness arises naturally, and holds steady regardless of the ups and downs of external forces.

### **Relational Wholeness**

Relational wholeness involves harmony in relationships. In fragmented relationships, mis-communications lead to blame, withdrawal and disconnection. This creates stress in the physical body, and if unresolved can inhibit growth. Wholeness in relationships calls for a shift from the blame-anger-victim triangle to the responsibility-compassion-connection dynamic. Relationship wholeness begins with your own sense of self-love, self-worth and self-compassion. Then this self-honoring naturally extends to those around you. These foundations of kindness result in deep fulfillment and energizing interactions. The joy of healthy connections, brings great ease, vitality and strength to your physical being.

### **Financial Wholeness**

Financial wholeness arises when you shift from survival-mode into wellbeing as a way of life. In fragmentation, a pervading sense of fear and lack creates a perpetual physical stress response. In wholeness, an inner happiness and enthusiasm, plus a physical balance and vitality, naturally generates productive service. This creative service opens doors of generation of revenue and greater cultivation of new skills. Thus, service, physical vitality, positive connecting and abundance all become mutually nourishing, replenishing and empowering.

### **Existential Wholeness**

Existential wholeness involves a sense of value, worth and connection with life and your essential life purpose. In fragmentation, a vague sense of meaninglessness arises, accompanied by a devaluing of self and others. This may sabotage your body's capacity to heal and thrive. In existential wholeness, you experience a depth of self-actualization, growth and awareness. There is a sense of integrity, discovery, expansion and joy to your life. You feel connected to a greater, grander plan as you embrace the mystery of life, and the increased capacity to express love. Your body comes alive as you feel a zest and gratitude for each new day.

Wishing You Health, Happiness, and Wholeness,

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