

# Holistic Health

A RICHNESS OF CHOICE

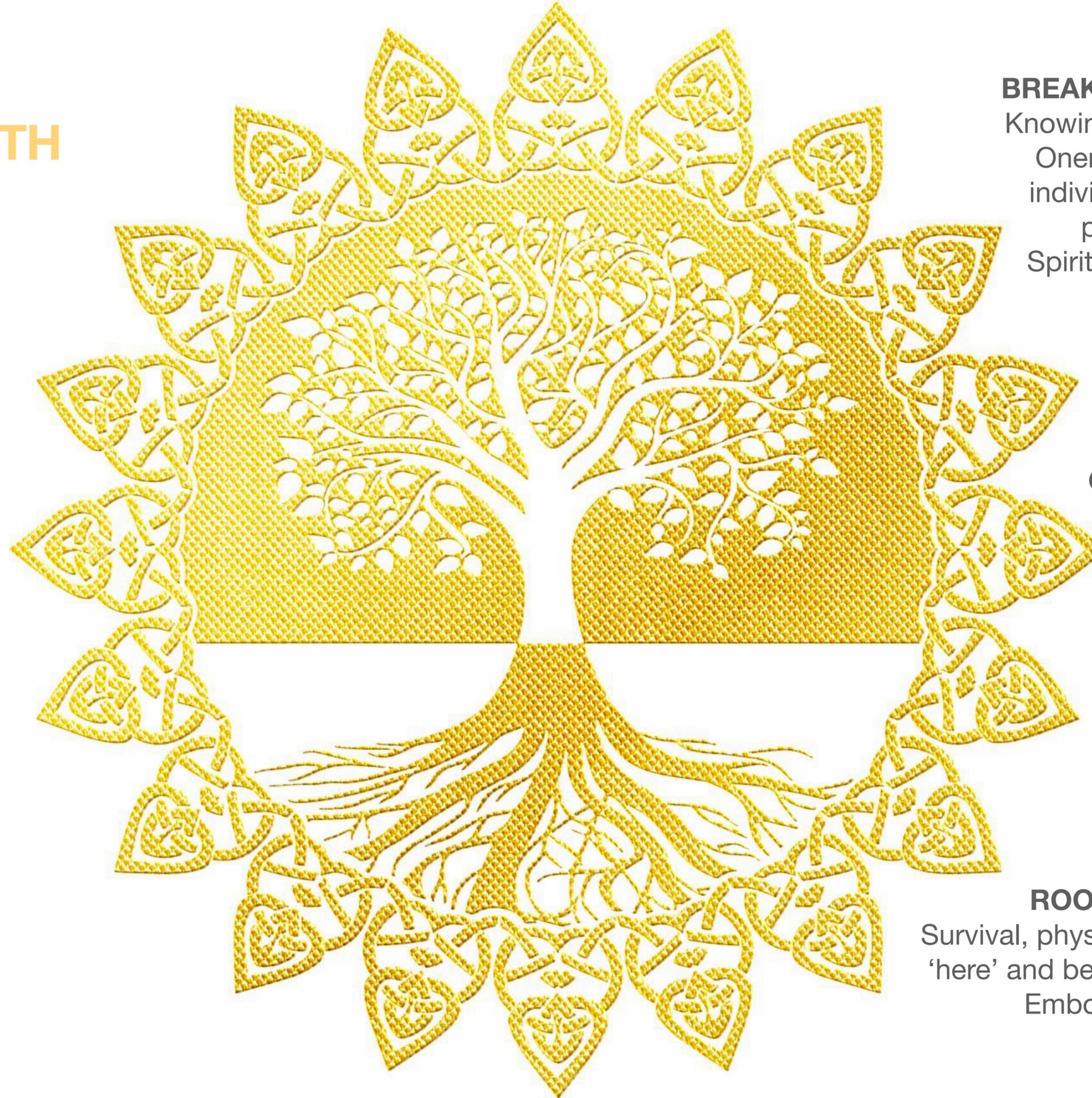


The English word 'health' **derives from the Old English** **and** is related to 'whole', to something being 'sound and well' - 'a thing that is complete in itself'.

But it also means '*holy and sacred*'.

# STAGES OF GROWTH AND EVOLUTION

*It is in our  
nature to grow  
and evolve and  
become . . .*



## **BREAKING THROUGH**

Knowing oneself as the  
Oneness - beyond  
individual need and  
preference:  
Spiritual Realisation

## **GROWING IN STATURE**

Becoming an individual,  
learning who you are,  
become defined and  
unique: Individuating

## **ROOTING**

Survival, physicality, getting  
'here' and being safe here:  
Embodying



*Being is a thing that takes time . . .*

ERICH FROMM

**Every culture since time began has recognised this journey.  
Around the world, from very different understandings and in response to  
very different needs, medicines and therapies have been created to help,  
tend, support and alleviate. And they are still being created.  
Some focus on one area above others. Others will attend the whole being.**

**OUT THERE IN THE WORLD THERE IS A MEDICINE FOR EVERY STAGE OF  
YOUR EVOLUTION, EVERY LEVEL OF YOUR BEING & EVERY SITUATION YOU  
WILL EVER FIND YOURSELF IN.**

**There is a richness of choice.  
How do we choose well?**

# WAYS WE CAN IMPACT OUR HEALTH

## MECHANICAL / PHYSICAL INTERVENTIONS

Food, exercise, sleep, rest, sex, physical environment/context.

Medical drugs, surgery, supplements, weight loss and restriction diets, recreational drugs and stimulants.

Osteopathy, physiotherapy, massage.

## ENERGETIC / HOLISTIC SUPPORT

All whole body therapies: TCM, acupuncture, shiatsu, homeopathy, craniosacral therapy, Bowen technique, herbal treatments, whole food nourishment.

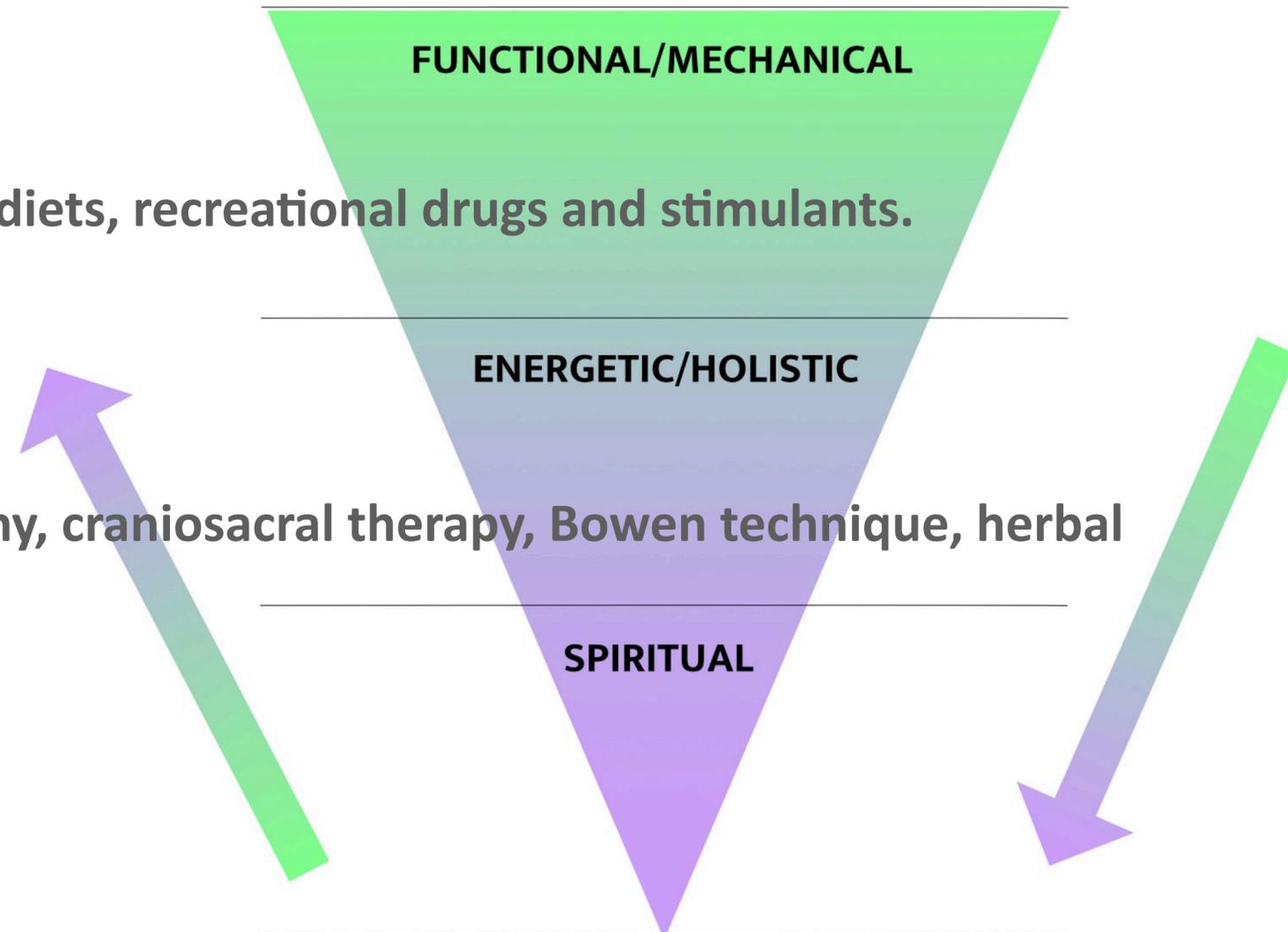
All whole body exercise systems: Yoga, T'ai Chi, Qigong, Dance.

## SPIRITUAL SUPPORT:

Religious / spiritual practices, sacred ceremony, meditation.

Art and creative expression, journalling, poetry, music.

Hands-on healing, flower essences, communion with another in presence for healing and support.



**AT DIFFERENT TIMES - DIFFERENT PARTS OF OUR BEING WILL  
NEED ATTENTION AS WE TAKE THIS JOURNEY.**

We will not always need the same type of medicine.  
We need to recognise what is our Good Medicine  
now.

Physical hunger needs physical food.  
Physical malnourishment may need carefully tailored  
physical food + education + remedies to support and  
strengthen the body where it has grown weak and is  
struggling + emotional /spiritual support as the  
person recovers.

We can have prejudices about certain types of  
medicine.

**THE MEDICINE IS NOT THE THING. THE RESONANCE AND  
APPROPRIATENESS OF IT TO OUR DEEPER NEEDS IS.**

(Sarah's story)



## GOOD MEDICINE

*That which feels resonant, helpful, inclusive of our wholeness and most relaxing for us at this time.*

*An intervention, path or action that brings us back home to ourselves and empowers and supports us in deep and sustaining ways.*

OUR 'HEALTH SENSE' IS OUR ABILITY TO LISTEN IN TO OURSELVES AND SENSE WHAT WORKS FOR US - AND TO HELP ANOTHER TO DO THIS FOR THEMSELVES.