

Intro: Health of the Whole

Part 1

Intro: Health of the Whole

- In our current understanding of life, we equate health on an individual basis. The individual makes the decision to be healthy. These choices are thought to affect that individual independent of the whole (everything else).
- However, recent observations of healthy cultures have confirmed a perspective that I have been forming since 2012.
- I intend to formulate a sound, health-driven perspective that will help each of us to see that our choices not only affect our individual health but the health of the whole.

Intro: Health of the Whole

- This information will help you conclude that we are all part of something bigger — a more significant, spiritual entity in which we all inhabit.
- This notion may sound like science fiction. Please keep an open mind as this concept is in direct controversy to how science currently defines our environment and health.
- Every component of this presentation will focus on improved individual health. The twist is that it will come from a perspective that is founded on what's best for the whole.
- This information has the potential to help every one of us experience a longer, more purpose- driven life with better quality, consistency, and efficiency.

Intro: Health of the Whole

- The idea that a higher power exists is not a new concept.
- The scientific community has identified clues that our existence can be linked to a sequence or pattern that can be found in everything that exists.
- This sequence is the mathematical component of nature and is easiest to observe in plants.
- This pattern repeats itself and can be tied back to the foundational blocks of every great civilization ever formed.

Intro: Health of the Whole

- Before we get to the metaphysical/spiritual components, let's focus on the idea of the self and the whole. We'll start small and expand from there.
- Let's think about the body. Your body is at peak health, or efficiency, when all components within are working together in harmony.
- In the body, we can start at the cellular component and work our way up. Each cell in the body has a purpose and function. Even though each cell comprises different tissues, organs, and systems, they each have a shared goal in the overall efficiency of the body.

Intro: Health of the Whole

- To be healthy, all cells within the body must organize and work together.
- Cells do not make individual decisions about what is best for the cell. They work together for what is best for the body.
- The individual cells cannot have optimal efficiency if the body they comprise is in an inefficient state.
- We classify and define inefficiency in our body as “disease.”

Intro: Health of the Whole

- Now, let's scale up a level from cells organized in the body to individuals organized in a community. In this example, set aside the complexities of modern priorities and monetary influences. Let's imagine an optimal community.
- A community will be at peak health, or efficiency, when every member is working together to exist in harmony and improve the health of the community.
- This concept reflects teamwork - and as we all know, there is no "I" in team. The merits of working as individuals to provide for the whole has proven to have the most potential for positive outcomes regarding family, business, sports, etc.

Intro: Health of the Whole

- A community is only as healthy as the people that inhabit that community.
- A country is only as healthy as the communities who live and function within that country.
- A continent is only as healthy as the countries that comprise that continent.
- A planet is only as healthy as the continents and the ecosystems in which they influence.

Intro: Health of the Whole

- So far, you can see that the information discussed is not new or different from arguments or concepts developed in the past.
- I personally never believed in an organizing power (God, the universe, etc.) until roughly seven years ago.
- I was the individual who would disrupt and complicate any attempt to validate the existence of an organizing power due to lack of proof.
- So, where is the proof?



Where is the proof?

- In the last decade, we have identified multiple cultures of people who were living longer and healthier lives.
- The areas identified were named “Blue Zones” and were extensively observed.
- The similarities between these cultures help reveal what has been right in front of us all along.



Blue Zones Research

- Blue Zones are the vision of Dan Buettner who, along with Michel Poulain, identified four of the five Blue Zones hotspots. This discovery has led and aggregated the research to determine each hotspot's common denominators, which has been featured in the New York Times bestselling book "The Blue Zones" and featured on the cover of National Geographic multiple times.
- Pes, Poulain, and Buettner are Blue Zones' co-founders and continue their collaboration to identify, certify, and learn more from Blue Zones hotspots around the world.

Blue Zones Conclusions

POWER 9[®]

Nine healthy lifestyle habits shared by people who've lived the longest.



Blue Zones Conclusions

1. Move Naturally

The world's longest-lived people don't pump iron, run marathons, or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens, do manual labor, and don't have mechanical conveniences for house and yard work.

Blue Zones Conclusions

2. Purpose

The Okinawans call it “Ikigai” and the Nicoyans call it “plan de vida” which both represent “why I wake up in the morning.” Knowing your sense of purpose is worth up to seven years of extra life expectancy.

Blue Zones Conclusions

3. Down Shift

Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, which is associated with every major age-related disease. What the world's longest-lived people have that we do not are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap, and Sardinians do happy hour.

Blue Zones Conclusions

4. 80% Rule

“Hara Hachi Bu” – the Okinawan, 2500-year old Confucian mantra reminds individuals before each meal to stop eating when their stomachs are 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining. People in the Blue Zones consume their smallest meal in the late afternoon or early evening. After this meal, they do not eat anymore for the rest of the day.

Blue Zones Conclusions

5. Plant Slant

Beans, including fava, black, soy, and lentils, are the cornerstone of most centenarian diets. Meat, mostly pork, is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of a deck of cards.

Blue Zones Conclusions

6. Wine @ 5

People in all Blue Zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink one-two glasses per day (preferably Sardinian Cannonau wine), with friends or with food. And no, you can't save up all week and have 14 drinks on a Saturday night.

Blue Zones Conclusions

7. Belong

All but five of the 263 centenarians interviewed belonged to some faith-based community.

Denomination does not seem to matter. Research shows that attending faith-based services at least four times per month will add 4-14 years of life expectancy.

Blue Zones Conclusions

8. Loved Ones First

Successful centenarians in the Blue Zones put their families first. This idea means keeping aging parents and grandparents nearby or in the home (lowering disease and mortality rates of children in the home too). They commit to a life partner (which can add up to three years of life expectancy) and invest in their children with time and love (who will be more likely to care for their parents when the time comes).

Blue Zones Conclusions

9. Right Tribe

The world's longest-lived people chose, or were born into, social circles that supported healthy behaviors. Okinawans created “moais” – groups of five friends that committed to each other for life. Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are all contagious. Therefore, the social networks of long-lived people have favorably shaped their overall health behaviors.

What Blue Zones Helped Uncover

- The Blue Zones highlight cultures who have chosen to live for something bigger than the self. Their choices, such as practicing better health coupled with a sense of eternal purpose, positively influence their life. They value family and community. Their choices, when compared to the rest of the world, are less self-based.
- These observations concluded that a less self-based approach is healthier than a more self-based approach.
- This understanding gives birth to a whole new perspective.

What Blue Zones Helped Uncover

- When the Blue Zones data first surfaced, I was not surprised to discover cultures that valued family and relationship lived longer.
- The Blue Zones Organization focused on teaching the nine healthy lifestyle habits. They hoped that sharing the common denominators would inspire change and improve lifestyles across the globe.
- Yet, the organization soon realized that Blue Zones have different values that guide their lifestyle choices- values that our culture could not understand.
- We cannot understand it because we were not born into it. The Blue Zones concept is in direct controversy to how we are raised and taught to live.

Confirming my Hypothesis

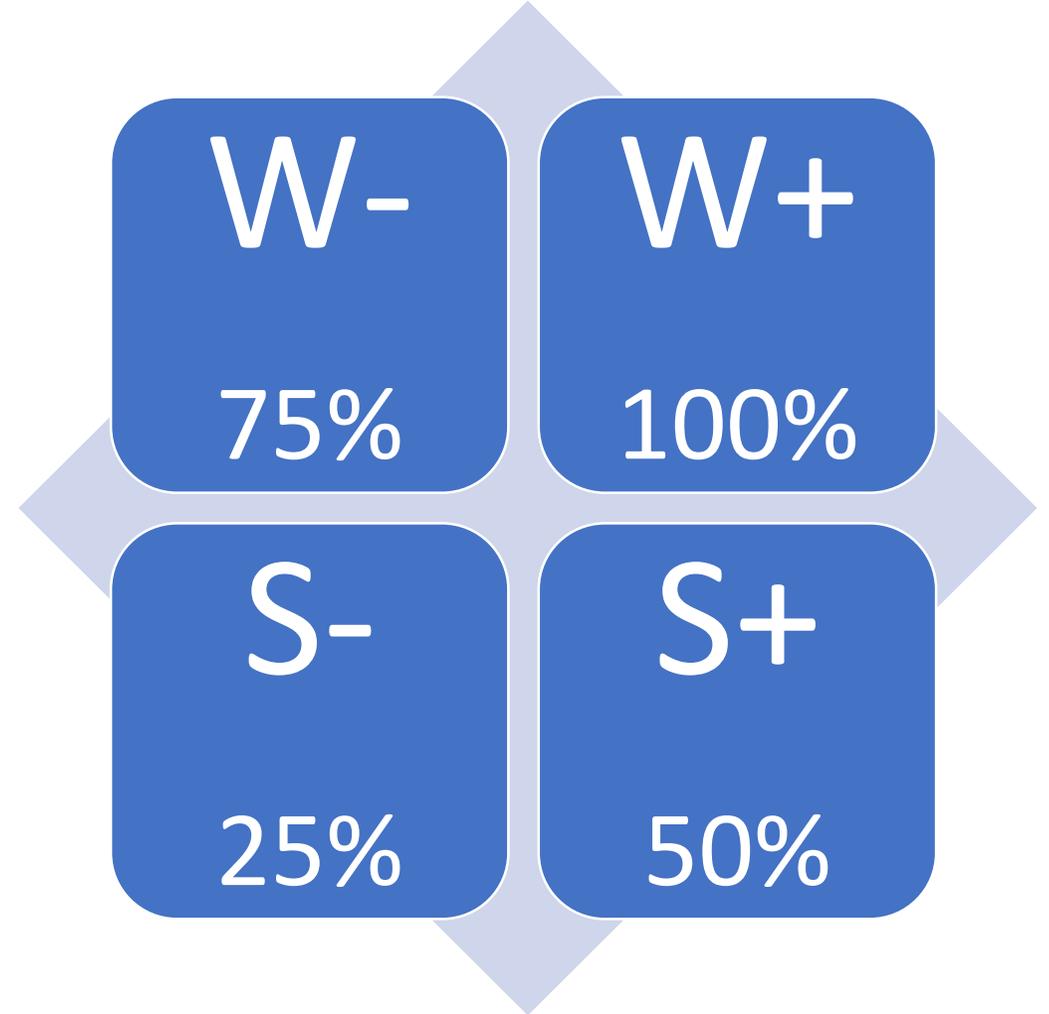
- For me, this was the ultimate validation. Finally, a healthy culture was observed! You see, in my clinical experience, I was only being exposed to unhealthy individuals with a physical inefficiency.
- As I got to know and understand my clients, I could see that their stress and life situations directly correlated to self-driven intentions. These intentions would create conflict in their relationships. This conflict created an emotional inefficiency that mirrored their physical inefficiency.
- Over the last seven years, I have refined this message. In the beginning, I would hint and tip toe around an emotional-based explanation to the physical condition that brought that client to me.
- This uphill struggle was fueled by my clients' self-based pursuit of happiness coupled with their desire to fix everything with a physical solution. This struggle was my inspiration. Ultimately, it helped me understand what a whole-based solution looks like and how to accurately explain it.

What is a Whole-Based Solution?

- To understand the whole, we must contrast it with the self.
- The best way to understand this is to apply it through the concept of free will.
- If you contrast self-choice with whole-choice, you will realize that there are only two choices any of us can make: self or whole.
- Your sense of meaning and purpose is based on which one you chose. This choice creates the reality that the individual experiences as well as what others will be forced to endure.

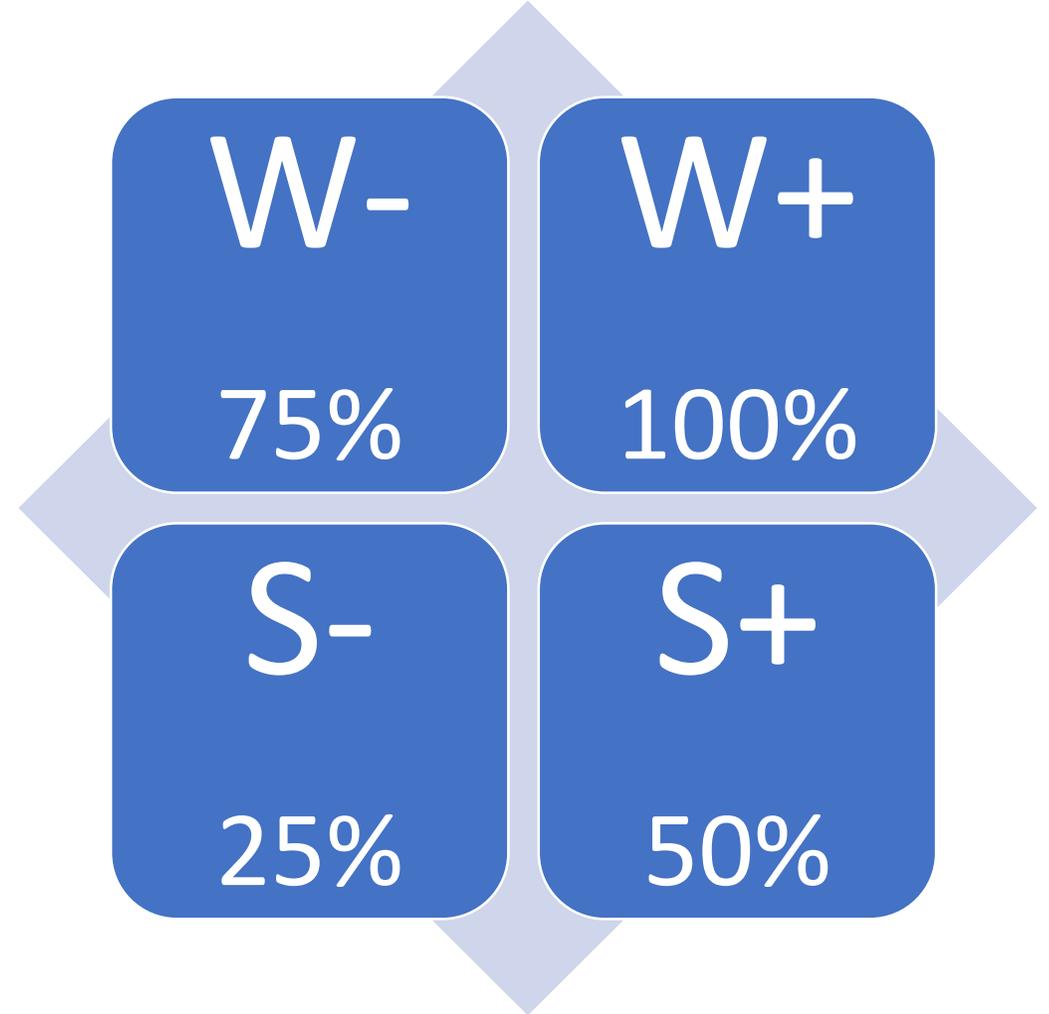
Two Choices: Self or Whole

- These choices gave birth to what I call Life². This square allows us to see how our choices to live affect our health within this entity.
- The intention to exist is either:
 - S = Self
 - W = Whole
- The perspective to exist is either:
 - (Negative)
 - + (Positive)



Two Choices: Self or Whole

- Two contrasting realities exist: a self-reality and a whole-reality.
- This simple square allows us to see that there is another choice.
- This whole-based choice has the potential to create an optimal state of health.



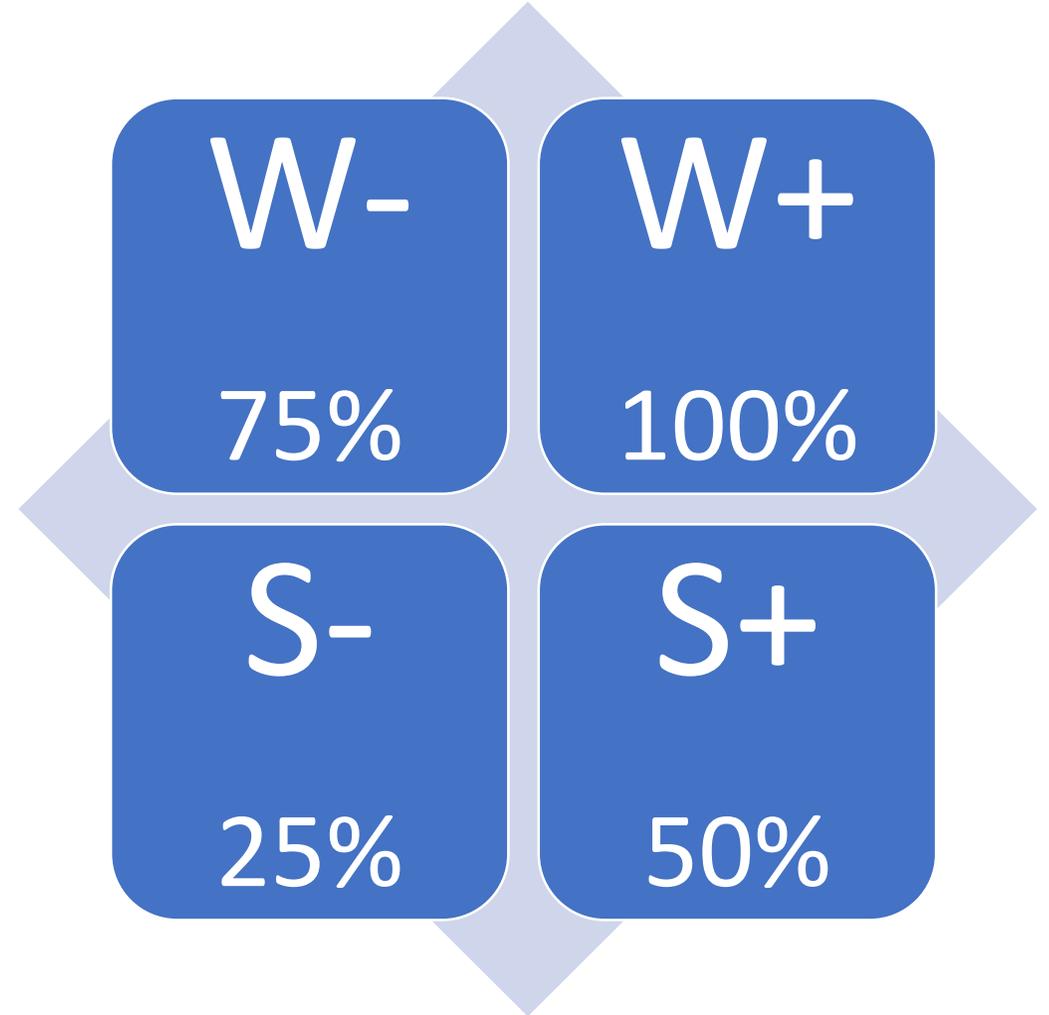
Self-Based Intention

- If you live from a self-based intention, it will seem that nothing consistently stays on plan. Your sense of purpose comes and goes.
- Competing self-intentions create conflict in both our body and our shared environment.
- Life² explains why science has endured such difficulties in describing how to optimize individual health.



Whole-Based Intention

- If you live from a whole-based intention, you share a common perspective and purpose that aligns all actions and is 100 % efficient.
- The way to optimal efficiency is the golden rule: Treat our neighbors and environment as we would want to be treated. This concept also includes treating our body as a temple.



Whole-Based Intention

- A whole-based intention requires a belief that we are part of a larger organism.
- This larger organism's functional blueprint is mirrored in our physical body.
- Our physical body depends on a whole-based synchronized function and communication for optimal health.
- This spiritual organism that we live within depends on the whole-based synchronized intentions for optimal health.

Whole-Based Intention

- Any individual who concludes that they already believe in a spiritual power (God, the universe, etc.), please continue reading.
- This information is based on individual health as well as collective health. I have no bias for any one concept or religion. I believe all ideologies that support a spiritual organism can be used as a common foundation from which to build.
- I am not asking you to renounce your beliefs. I believe this information will confirm and strengthen your beliefs and help guide your future actions.

Whole-Based Intention

- If we live within this spiritual organism, we can conclude that everything must be a part of it - the planet, oceans, continents, and so on.
- We can also conclude that these parts of the organism had to be created before we could live within the creation.
- With this shared understanding, our environment was created to support us.
- This part of the spiritual organism must be present and optimal for carbon-based life to thrive.

Whole-Based Intention

- Ten years ago, it would have been a challenge convincing society that our environment was unhealthy or that it was more important than our desires.
- Unfortunately, our environment is over-stressed. Only a small minority would attempt an argument that we haven't negatively influenced our environment in every component of its overall being.
- From a whole-based perspective, our environment must be our number one priority.

Whole-Based Intention

- If the environment is not the number one priority when you make an individual choice, you are not part of a whole-based solution.
- Whole-based intention looks like this:
 - 1st: Environment (water, air, plants, etc.)
 - 2nd: Individual desire
- The self-based purpose is any perceived order other than putting the environment first.
- From individuals, we created the family, the community, and the country at the expense of our environment.
- Any order where the individual or the creation of that individual is more important than the environment conflicts with Life².

Whole-Based Intention

- Life² mandates equality between individuals.
- Yes, the environment comes first, but at no point can one individual's desire put any other individual at a disadvantage.
- This is the golden rule. Any individual that convinces themselves otherwise disrupts the balance of the system.
- This message should be our #1 priority. For this to change, everyone must be made aware of this whole-based reality and the choice to embrace it.
- Yes, we eat and sleep, but when we are awake and functioning, we need to be focused on this concept. To rebalance the system, every future action taken must abide by Life².

Conclusions

- The way we treat each other based on intentions for self-discovery and self-satisfaction are the root cause behind our poor individual health, community health, and planetary health.
- We are on the opposite extreme of optimal. Our current self-based reality is not even sustainable.
- It has progressed to the point that the dysfunction surrounding us clearly indicates that something must change.

Conclusions

- Our self-intentions have created inefficiency in the overall function of life. That inefficiency is the construct of what we believe to be our mortality.
- Understanding this allows you to see that our collective individual choices create the reality we share. The dysfunction in our health and environment is proportional to our choices to exist as the self.

Conclusions

- We have all been born into self-based perspectives.
- As we pass these perspectives on to our offspring, they are amplified, and our children continue where we left off.
- We are modeling and teaching these self-destructive intentions.
- As we act on these intentions, we compromise our health and increase the prevalence of chronic diseases crippling our current existence.
- Disease is on the rise and our physical solutions cannot create optimal health. At best, they prolong our suffering. The cure to illness is embedded in the intentions to act on what's best for everyone.

Conclusions

- Our self-based choices have disrupted the balance of life.
- They are 50% efficient at best.
- Once we collectively accept this truth, we can start to reshape our inefficient world with a whole-based solution.
- Business cannot go on as usual. It would be self-defeating and utterly inefficient. Our current business model is destroying our planet and environment. It functions solely from a self-based perspective.

Conclusions

- Our self-based perspectives have led us on a wild goose chase for answers to a riddle that cannot be unlocked without a whole-based understanding.
- Knowing and understanding the whole-based truth allows us to use our fear of poor environmental and physical health as a catalyst for change.
- Knowledge of this truth creates a purpose that is everlasting. It will challenge everyone equally on a journey to live for something bigger than the self.
- Whole-based understanding is the cure to disease.

The Whole Way

- This concept is simple but will require a new order of importance in how you spend your time and energy.
- If you continue to choose actions that serve the self, you create a disadvantage for yourself and all others.
- If you accept that we are all part of a whole, you can start to see a different path: a common path that supports your personal truths and guides you towards a greater sense of purpose, health, and well-being.

The Whole Way

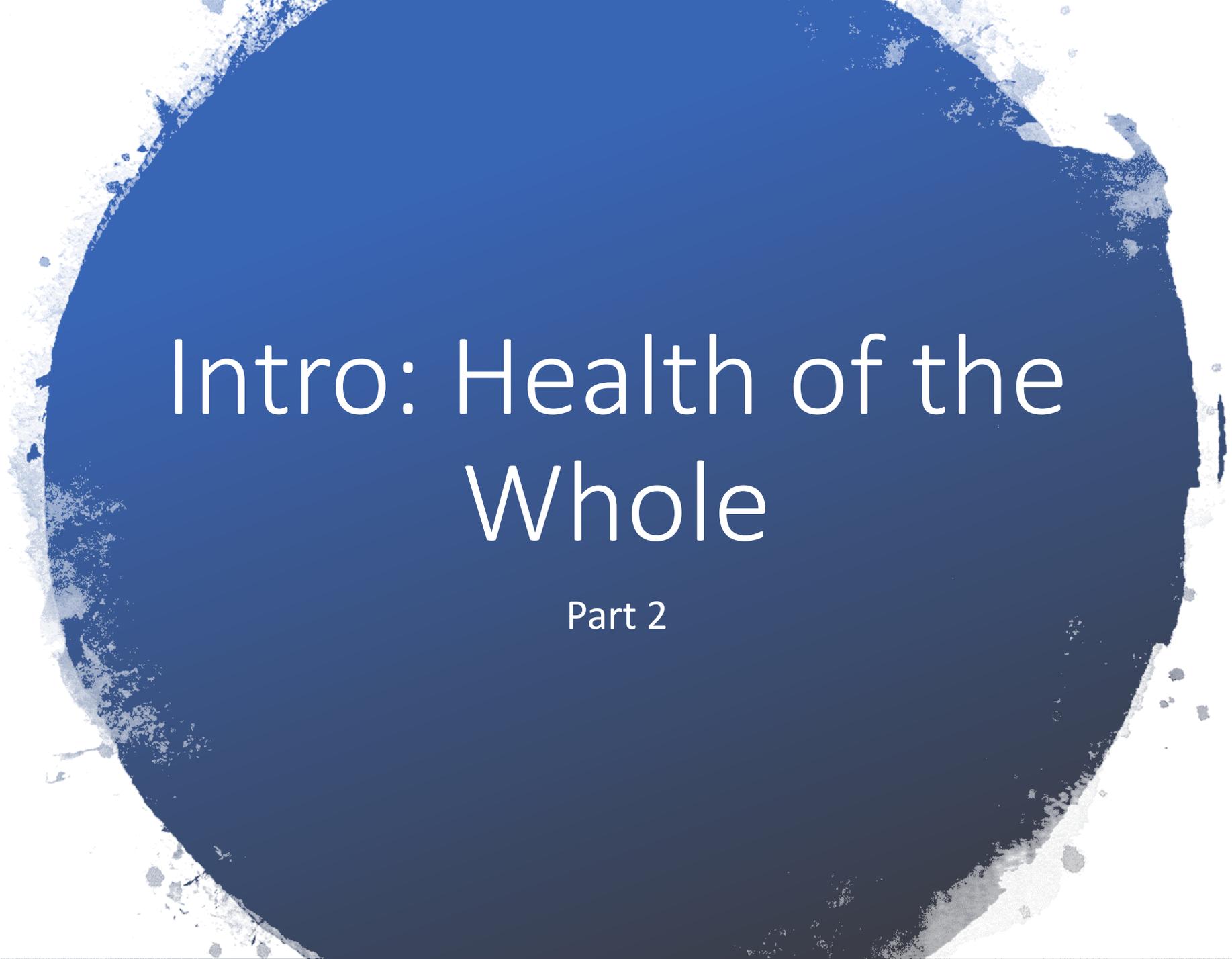
- In the short term, it will look crazy. People will have to decide for themselves what order of importance has influenced their life. For optimal health, the organism must be our primary purpose that drives our individual intentions.
- Balance in relationships between each other and our planet will need to become the catalyst to transform the world around us.
- We will need people to help create new ways to use existing resources for the improvement of everyone (the whole) with the ultimate destination not sustainable, but with optimal function.

How to Proceed

- Every individual must be made aware of this truth.
- Each intention has an equal share in the balance of life. One individual intention cannot save us. It will require a collective majority aligning their intentions to a whole-based solution.
- I would encourage everyone to start small and get bigger. Focus on individual, partnerships and family first.
- Once the message has gotten to EVERYONE, we will determine the next most efficient action to restore balance to an optimal state.

Please Take Time to Digest This

- Life² does not create, disprove, or align with any religion, belief, philosophy or ideology. Instead, it merely connects them around a common foundation. This common foundation is anchored in optimal individual, collective, and environmental health.
- In part 2 of the presentation, Life² allows us to see how our spiritual and physical identities are fused. This fusion creates a biofeedback system that is meant to teach us as we interact with it.
- This information will seem impossible to anyone who rejects the idea that we are part of creation. Regardless of your beliefs, stick around. This information is designed to help everyone.



Intro: Health of the Whole

Part 2

Life² Explained

- To understand Life², we will break down each of the four perspectives.
- If you can understand how these four perspectives weave together within this spiritual organism, the meaning behind physical life will become clear.
- Please keep an open mind and aim to connect this information with what you have already been told and experienced.
- Remember, this is about personal understanding. That understanding influences your intention. That intention determines your health.
- This information is designed to explain how this spiritual organism works and how our choices influence it/us.

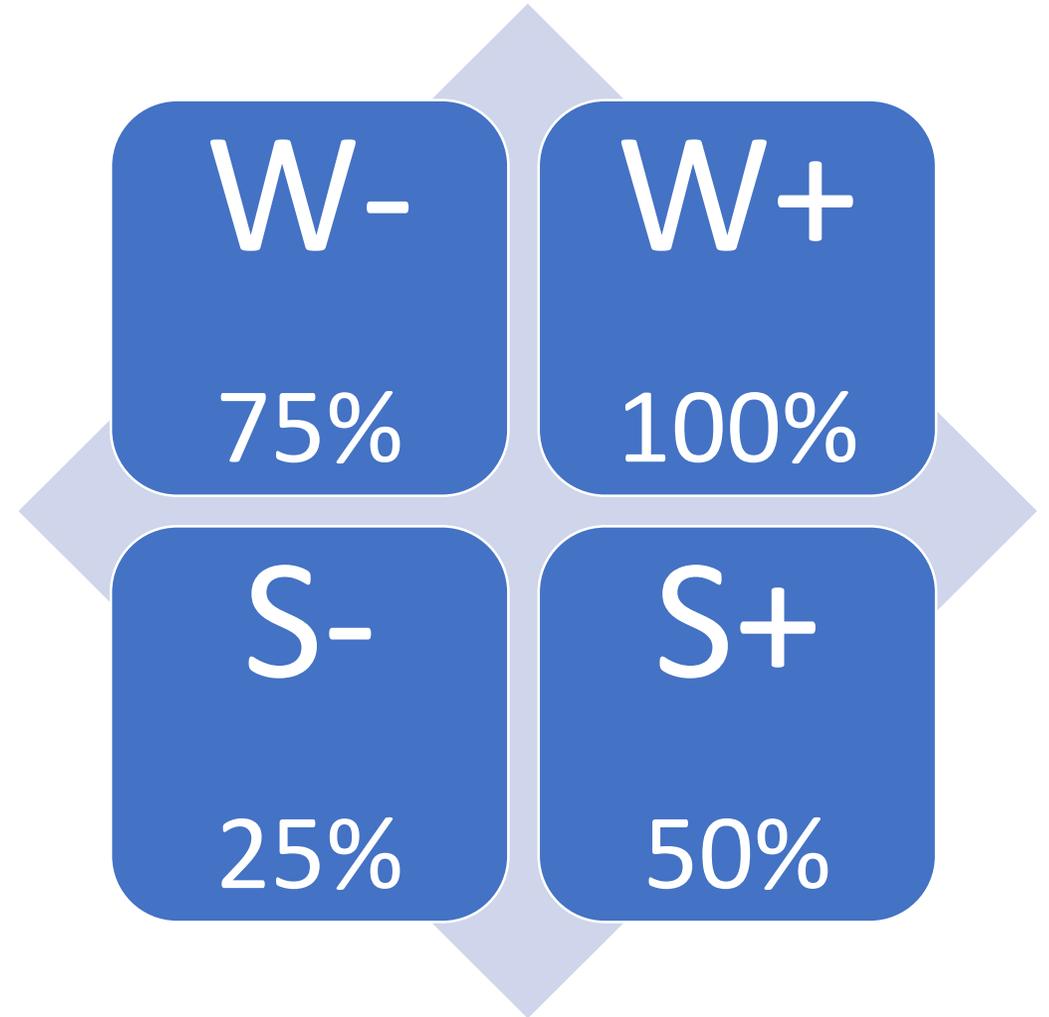
Life² Explained

The top section of the square is the whole-side of this spiritual organism.

- (W-) and (W+) = the physical manifestation of all that exists everywhere, including S- and S+.

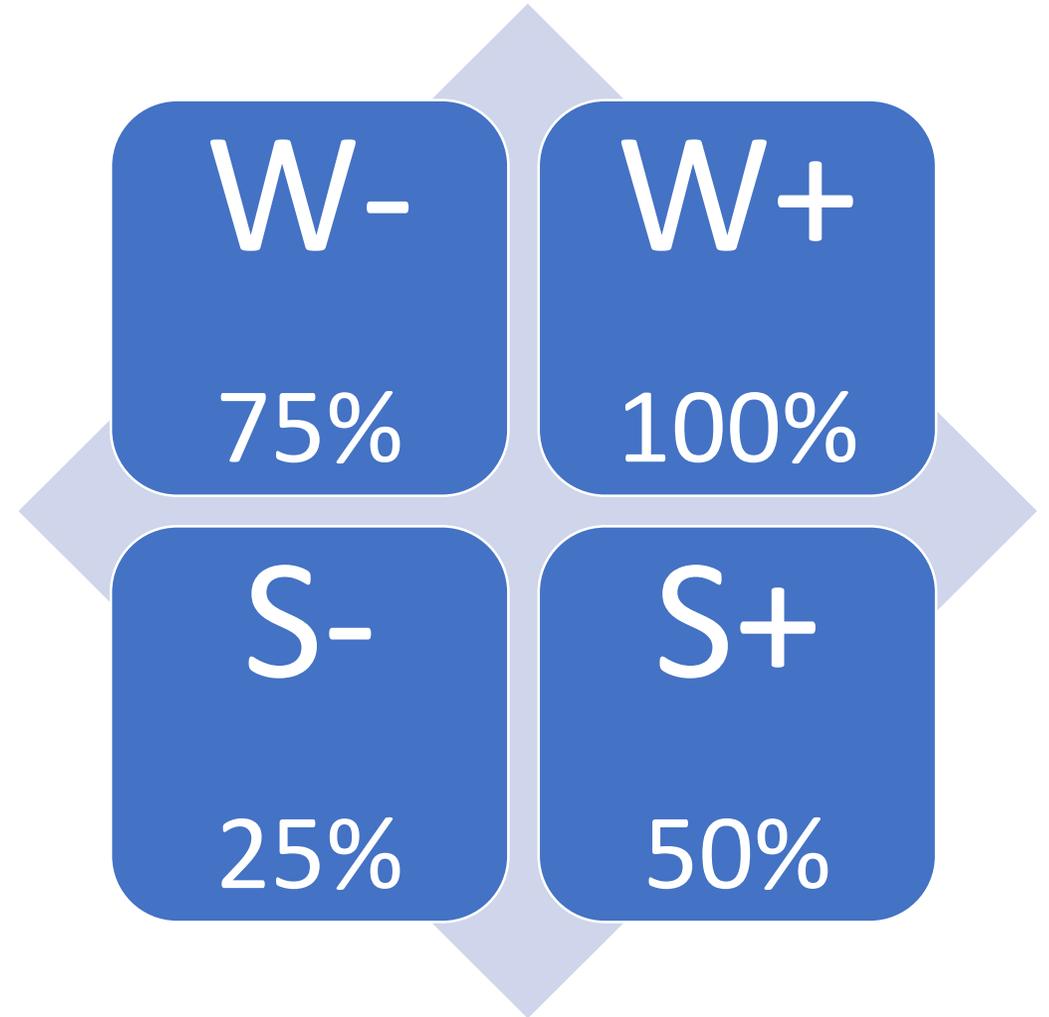
The bottom section of the square is the individual, or self-side, of this spiritual organism.

- (S-) and (S+) = the self-perspective (mind and physical body) with which we are born.



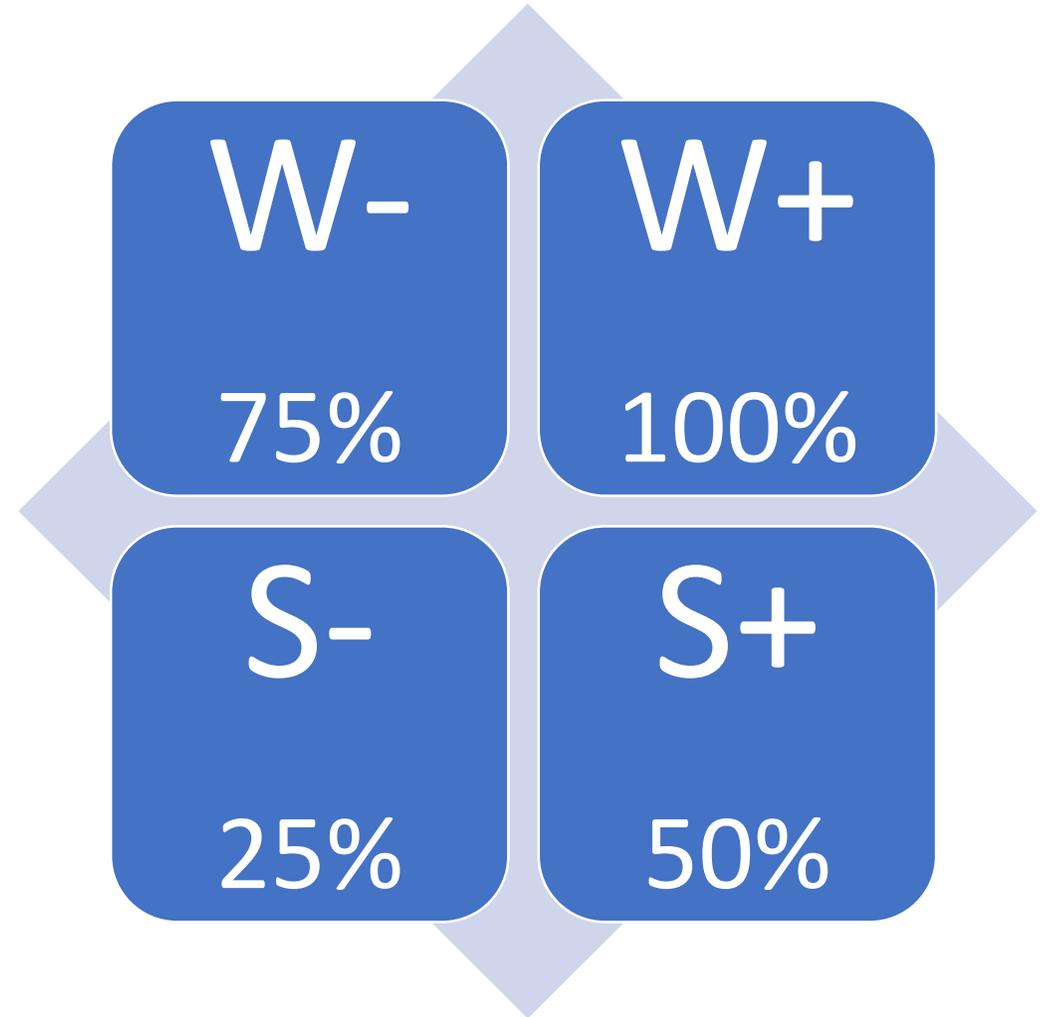
Life² Explained

- I realize the conceptual hurdle one must overcome to understand that W- and W+ combine to form everything.
- From a scientific point of view, think of them as matter.
- From a spiritual perspective, think of them as our parents.
- We have a spiritual mother and father, but how can we conclude that from this square?



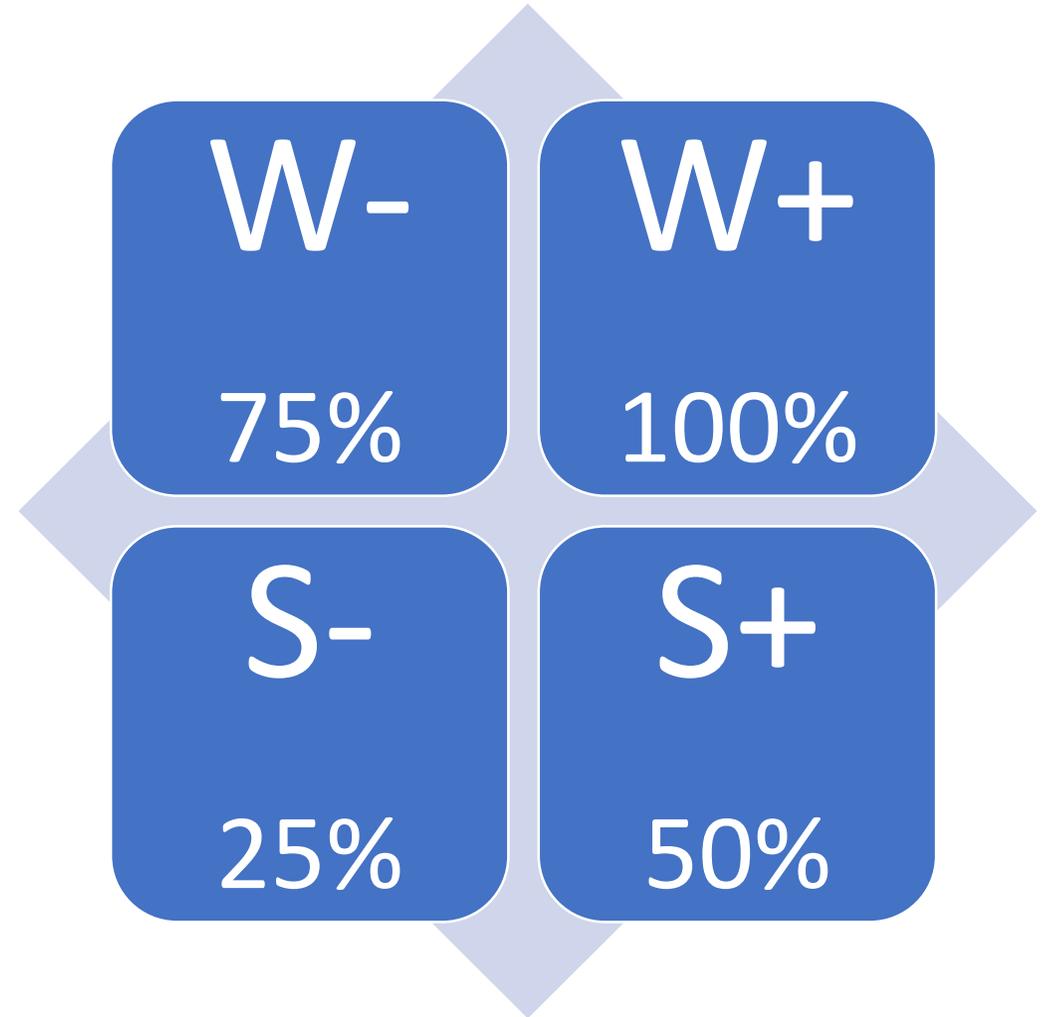
Life² Explained

- First, let's discuss the (–) and (+).
 - subtracts or takes
 - + adds or gives
- The – and + correlate with masculine and feminine. So, which is which?
- Science has recently discovered that women are the only carriers to pass mitochondrial DNA to the embryo- the DNA which gives (+) cellular life.
- This data would conclude that:
 - W+ correlates to feminine.
 - W- correlates to masculine.



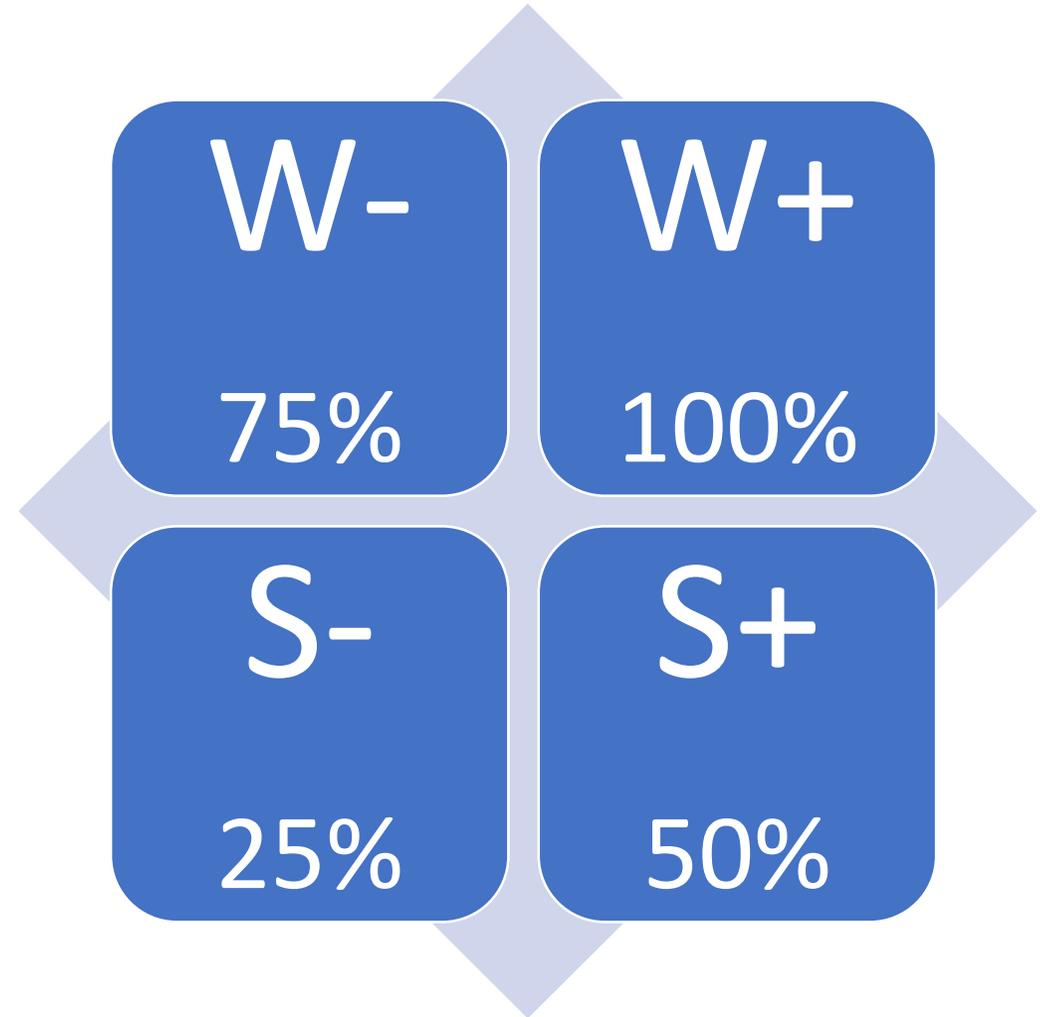
Life² Explained

- On the individual side of the organism, we have (S-) and (S+).
- Let's assume that again:
 - masculine
 - + feminine
- This order is confirmed when we compare lifespan data.
- Women outlive men exclusively:
 - (S-) = 25% efficient
 - (S+) = 50% efficient



Life² Explained

- For simplicity, think of (S-) & (S+) as the genetic code responsible for our male and female reproductive organs and hormones.
- This genetic code creates the programmed intentions in which males and females are born.
- Neurobiologically, testosterone in men primes the seeking-appetitive-lust and anger-rage pathway.
- Neurobiologically, estrogen in women primes the fear-of-separation pathway and contributes to social-bonding and parental desire.



Life² Explained

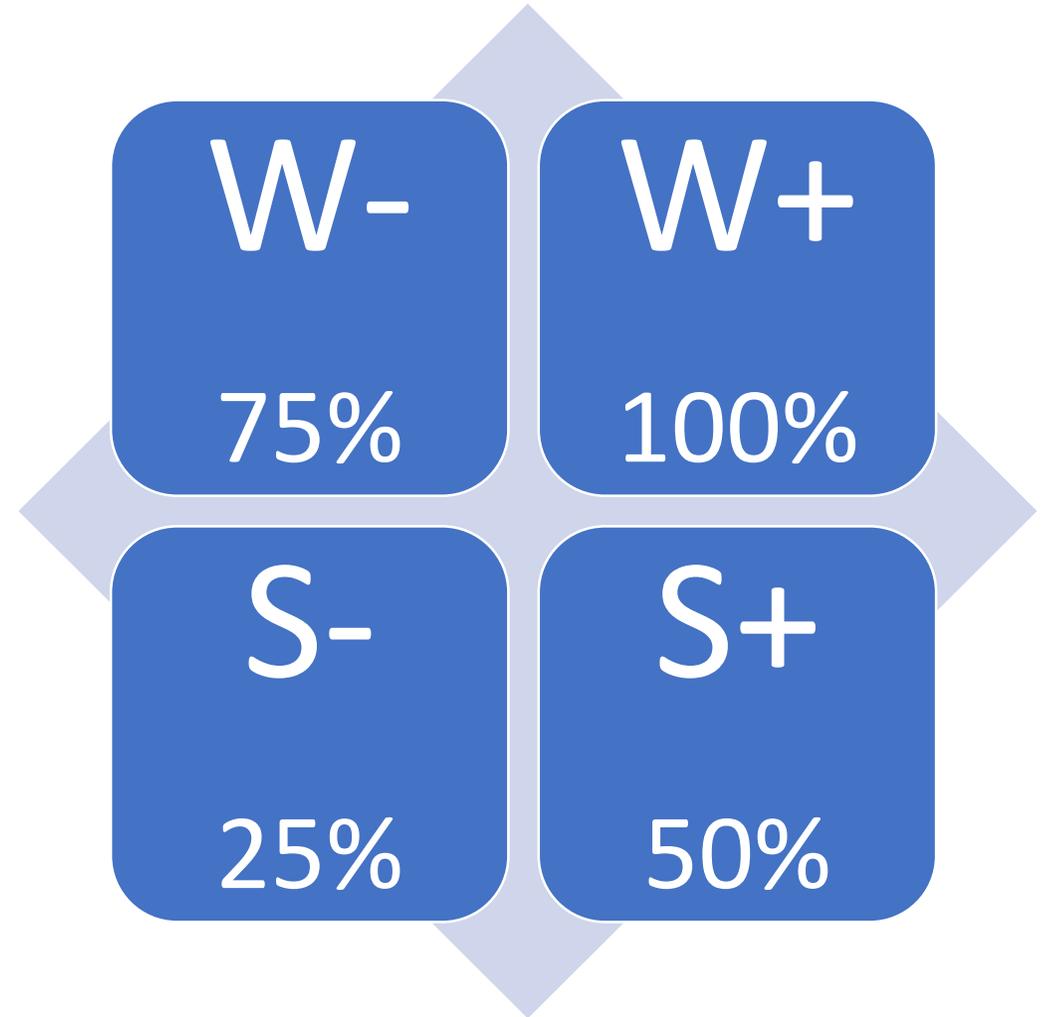
- Our genetic design influences our perception. This influence creates a bias.
- It is possible for men to act more like women and women to act more like men- but for that to happen, they must override their genetic predisposition.
- This whole idea is the point. A whole-based understanding will enable men and women to overcome the bias in our genetic design.

Life² Explained

- Life² Validates Equality
- In most cultures and theologies, women have been excluded or discriminated against based on their genetic design.
- It turns out that women have the advantage of being born with a perspective that is much more efficient than their male counterparts.
- Women and men are equally important in the function of this organism.
- Women and men have the same potential to choose a whole-based perspective. However, men have a more significant contrast to overcome.

Life² Explained.

- Now, let's combine these four perspectives inside this spiritual organism.
 - (W+) = Mother
 - (W-) = Father
 - (S+) = Daughter
 - (S-) = Son
- These components form the spiritual family that connects us all.



Life² Explained

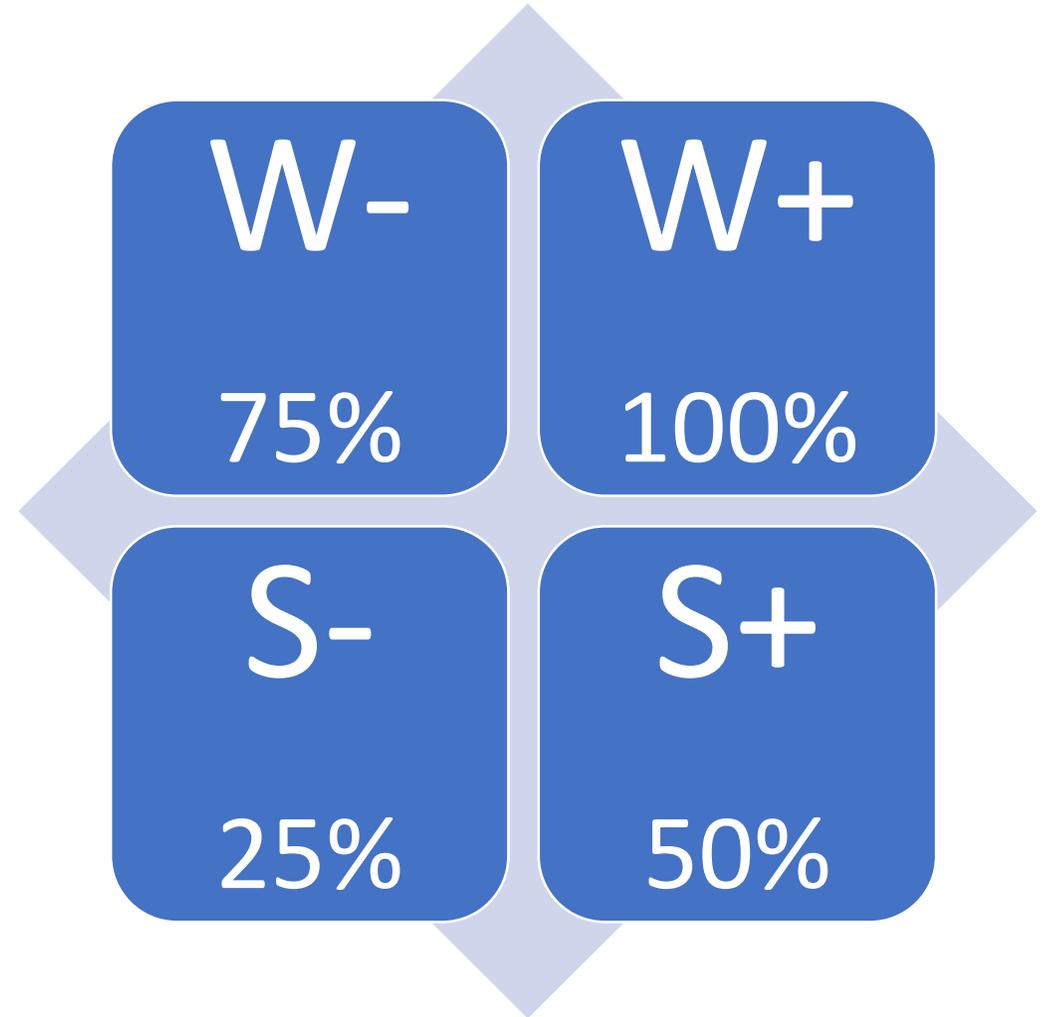
- These four perspectives interconnect. Their interaction explains how this spiritual organism functions.
- When we understand its functional blueprint, we can conclude that all is going to plan.
- This organism allows us to create the problem. The more inefficient our physical world functions because of this problem, the more pressure we feel to solve it.
- Our perceived problem creates the solution. Our solution creates a greater understanding.

Life² Explained

- These next slides will expand on how the spirit works through our physical reality to help transform our intentions.
- We have all experienced what we believe to be miracles or improbable events that can disrupt or simplify our lives.
- These supernatural experiences are part of the design and cannot be proven or disproven- only experienced.
- They are helpful hints and nudges designed to enrich our experience with the hope that we will conclude there is more to life than just the self.

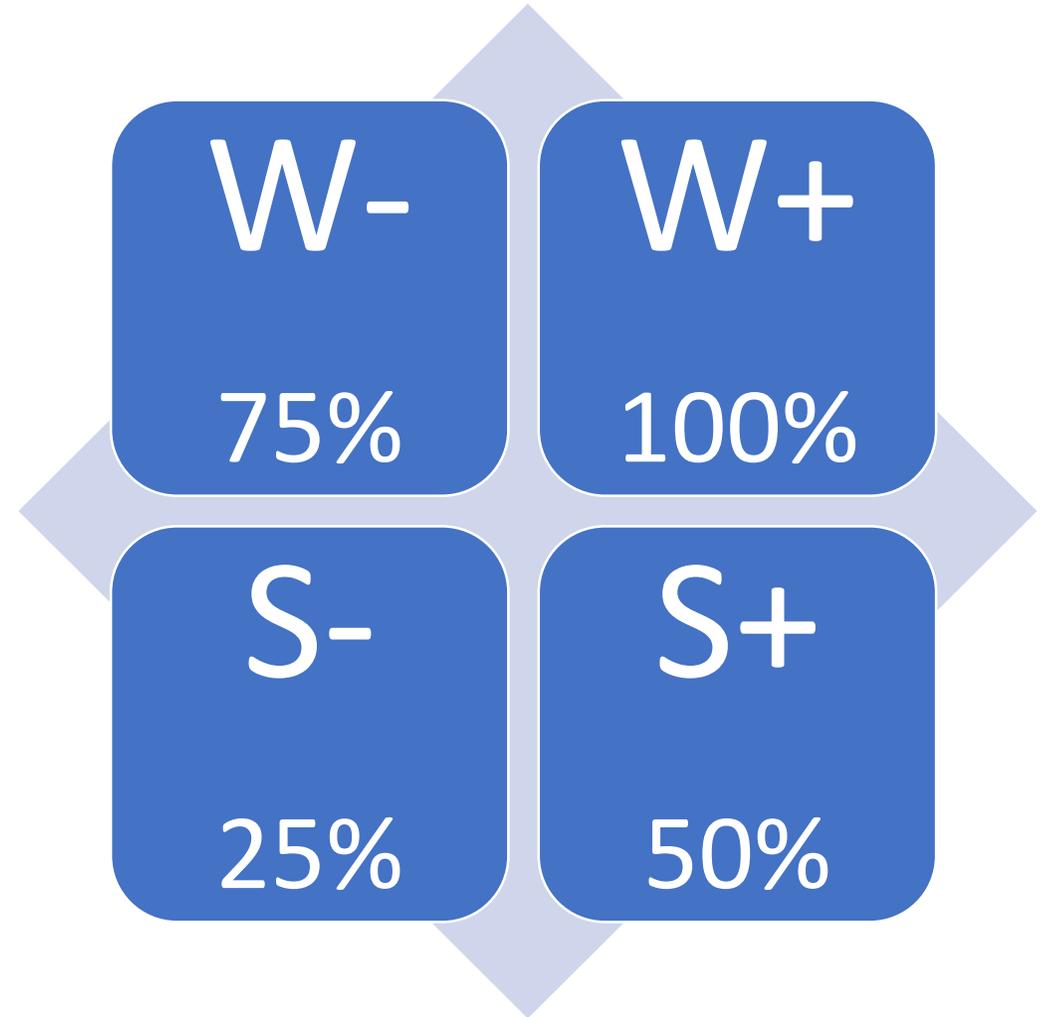
Life² Explains W-

- What is the role of our spiritual father (W-)?
- (-) Correlates to take. What is he taking?
- Our spiritual father (W-) functions to take our attention away from self.
- He creates and connects events that disrupt our self-intentions.



Life² Explains W-

- The father is 75% efficient because his whole-based plan conflicts with our self-based plan.
- He is the hand of the spirit. He helps guide individuals back to the whole.



The simplistic explanation of our spiritual father (W-)

- Our spiritual father has a role that is similar to our physical father.
- In many households, the father fulfills the disciplinary function.
- Children often conduct themselves in ways that are counterproductive to the structure of their family.
- The father is then forced to influence his children's behavior.

The simplistic explanation of our spiritual father (W-)

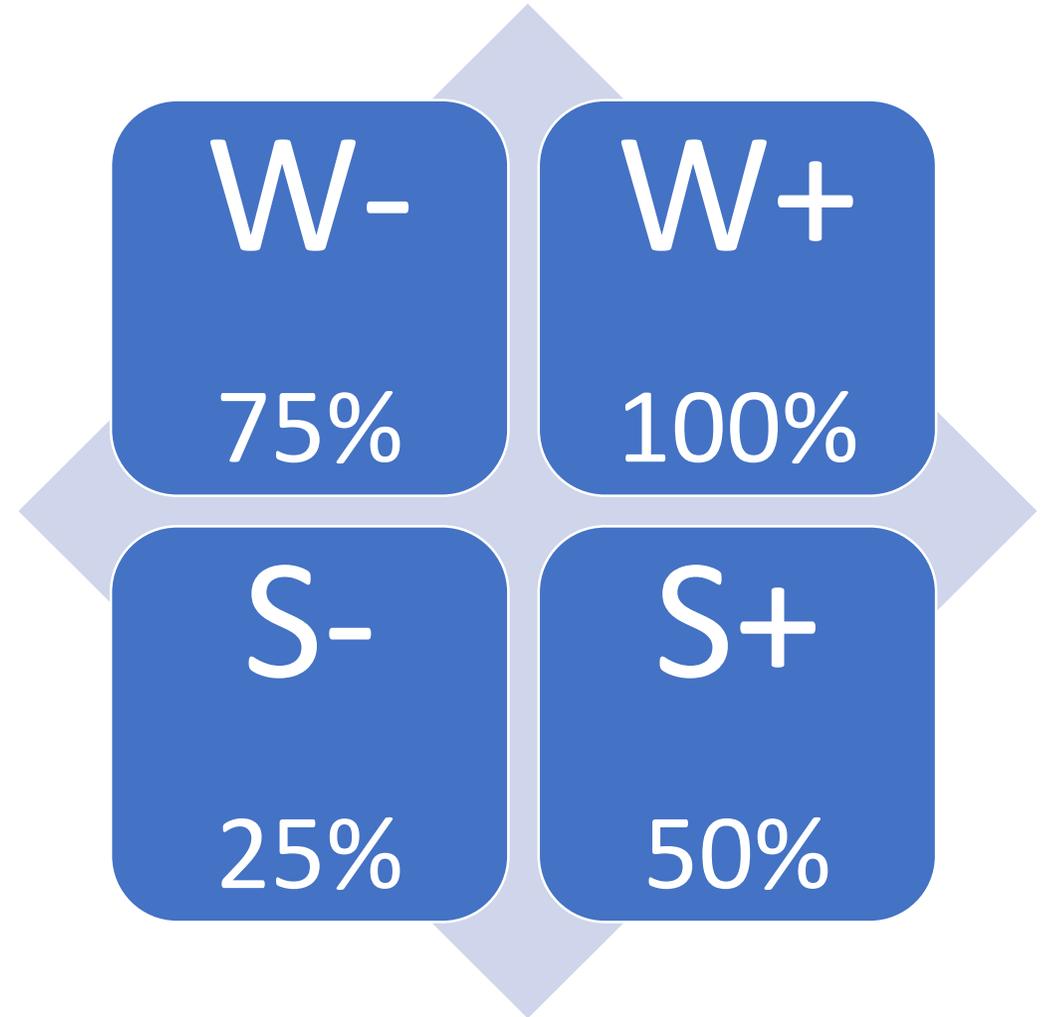
- Our spiritual father creates and organizes events to reconnect us.
- He has the biggest and most complicated job.
- Our self-intentions force us to compete with one another.
- That competition creates separation and chaos.
- The father's job is to try to organize that chaos and reconnect our intentions.

The simplistic explanation of our spiritual father (W-)

- His role is like a movie that connects multiple storylines that progress simultaneously.
- Everyone's self-perspective would be a storyline.
- Even though they are separate and different, the spiritual father arranges interactions between them.
- For example, a natural disaster will connect many storylines. This connection forces individual realities to endure together and affect one another.

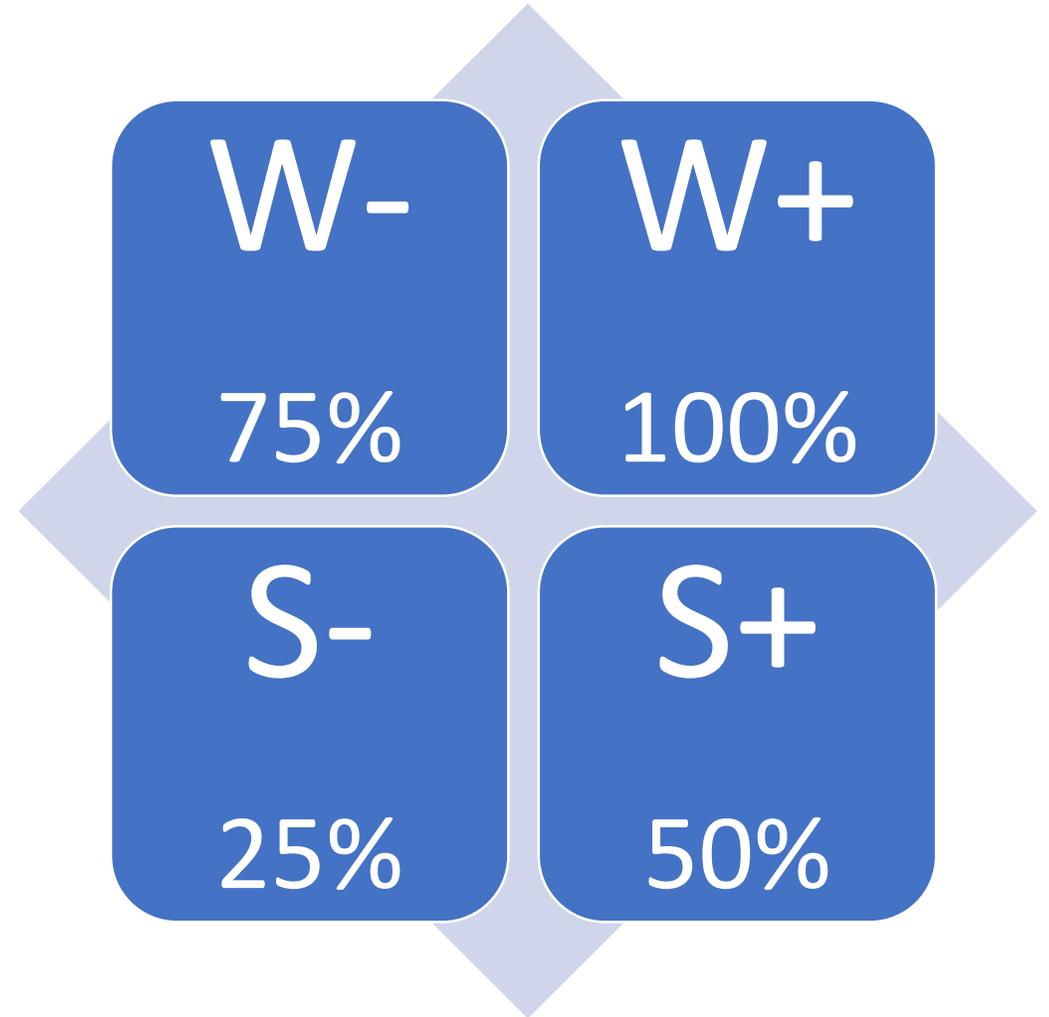
Life² Explains W+

- What is the role of our spiritual mother (W+)?
- (+) correlates to give. What is she giving?
- Our spiritual mother (W+) gives us a physical existence.



Life² Explains W+

- Our spiritual mother is 100% efficient.
- Not only does she give us everything, but she allows us the free will to choose how to use it.
- She is the heart of the spirit.
- (W+) = Unconditional Love.



The simplistic explanation of our spiritual mother (W+)

- Our spiritual mother functions on grace. She allows us to create anything we desire.
- She gives selflessly and asks for nothing in return. She knows that our choices coupled with our spiritual father's guidance will reconnect us.
- From an individual perspective, it looks and feels like she may not exist.
- She does not influence or bias any individual choice (–) or (+).
- She understands that experiences shape our perspective and allow us free will.
- This understanding is similar to our physical mothers' design. She is more likely to love and accept her children, no matter what their circumstance.

Our Spiritual Parents (W-, W+)

- How is it possible that our spiritual parents are everything?
Let's revisit + (give) and - (take).
- W+ (spiritual mother) creates all non-living and living things that give life.
 - Non-living example: The element air gives life to all carbon-based organisms.
 - Living example: A plant gives its life to extend the lives of all other living things.
- W- (spiritual father) creates all non-living and living things that take life.
 - Non-living example: The element fire takes life.
 - Living example: A carnivore takes life to extend its own.
- Our ecosystem is designed on this perfect balance of give (W+) and take (W-).
This balance creates order, diversity, and equality.

Our Spiritual Parents (W-, W+)

- Our spiritual parents depend on one another to keep balance.
- The mother could not exist without the father and vice versa.
- Our spiritual parents are also dependent on human influence. We are different than all other species on this planet. We have been given free will and organized conscious thought. Our thoughts create knowledge.
- Our knowledge has given us the power to influence this ecosystem.
- We created our responsibility as caretakers of this ecosystem when we used our knowledge to manipulate it.
- Human influence has disrupted this organism's natural state of balance. We must take responsibility for our past self-based intentions. All future actions must align with a whole-based solution to repair this imbalance.

Life² is a Biofeedback System

- We live inside the physical manifestation of our spiritual parents; they are our ecosystem.
- That ecosystem is formed and regulated by four elements:
- Air, Fire, Water, Earth
- Our five senses interpret these elements.
- The relationship between the elements (shared ecosystem) and our individual senses create a biofeedback system.
- This system creates two feedback loops. One loop correlates to individual health, and the other to collective health.

Life² is a Biofeedback System

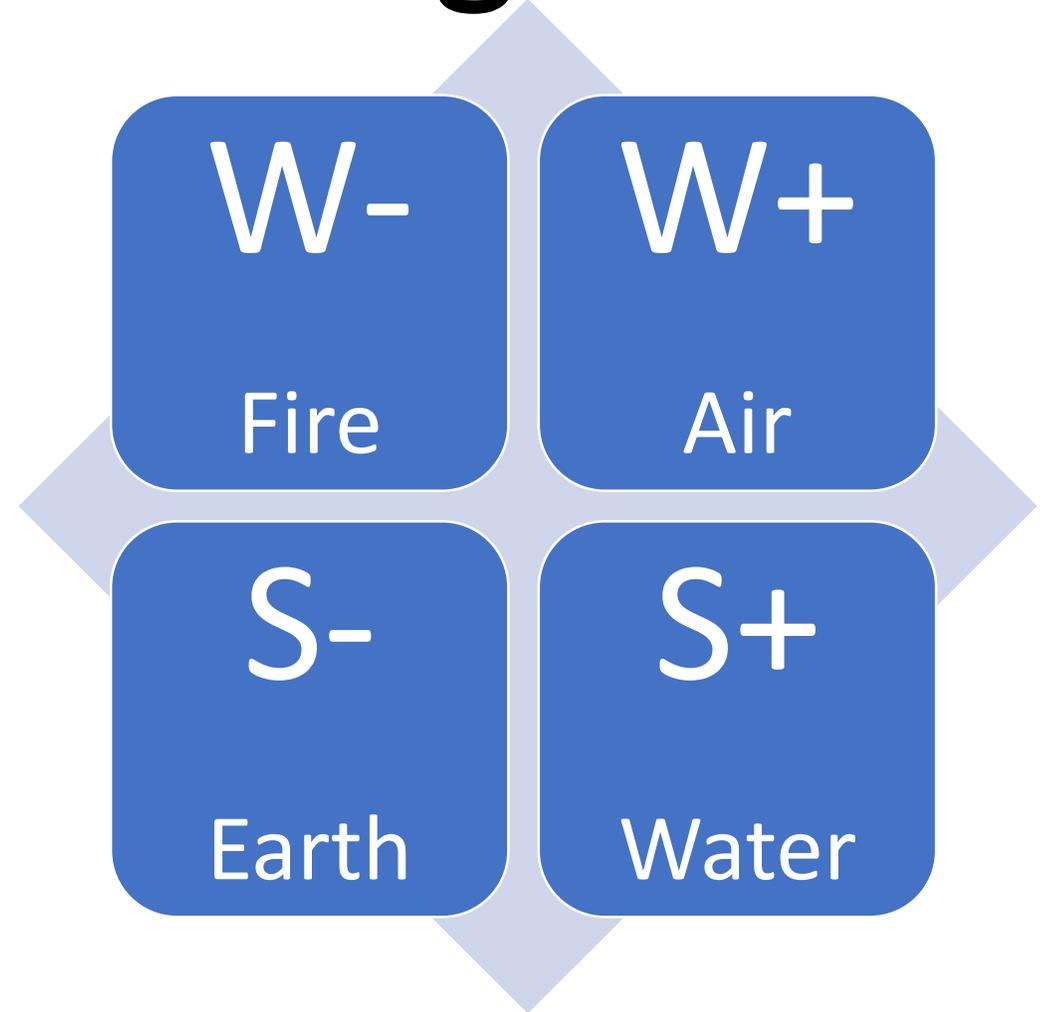
- How is this Biofeedback System Formed?
- Our individual senses create a bridge within our mind to a common shared reality (W-, W+).
- Think of it as virtual reality gaming. In VR, you use goggles and headphones to see and hear within a shared program.
- This idea is the same concept, except we are born within this spiritual program.
- Our senses are the hardware that helps us interpret and navigate as we co-exist within this shared reality.

Life² is a Biofeedback System

- To better understand this biofeedback system, we need to discuss the spiritual origin of the elements that create and balance our shared environment.
- Then, we will discuss the spiritual origin of the senses and how they are designed to guide us within this environment.
- Finally, we will integrate them so that you can see how our spiritual and physical identities create the mind, body, and spirit connection.

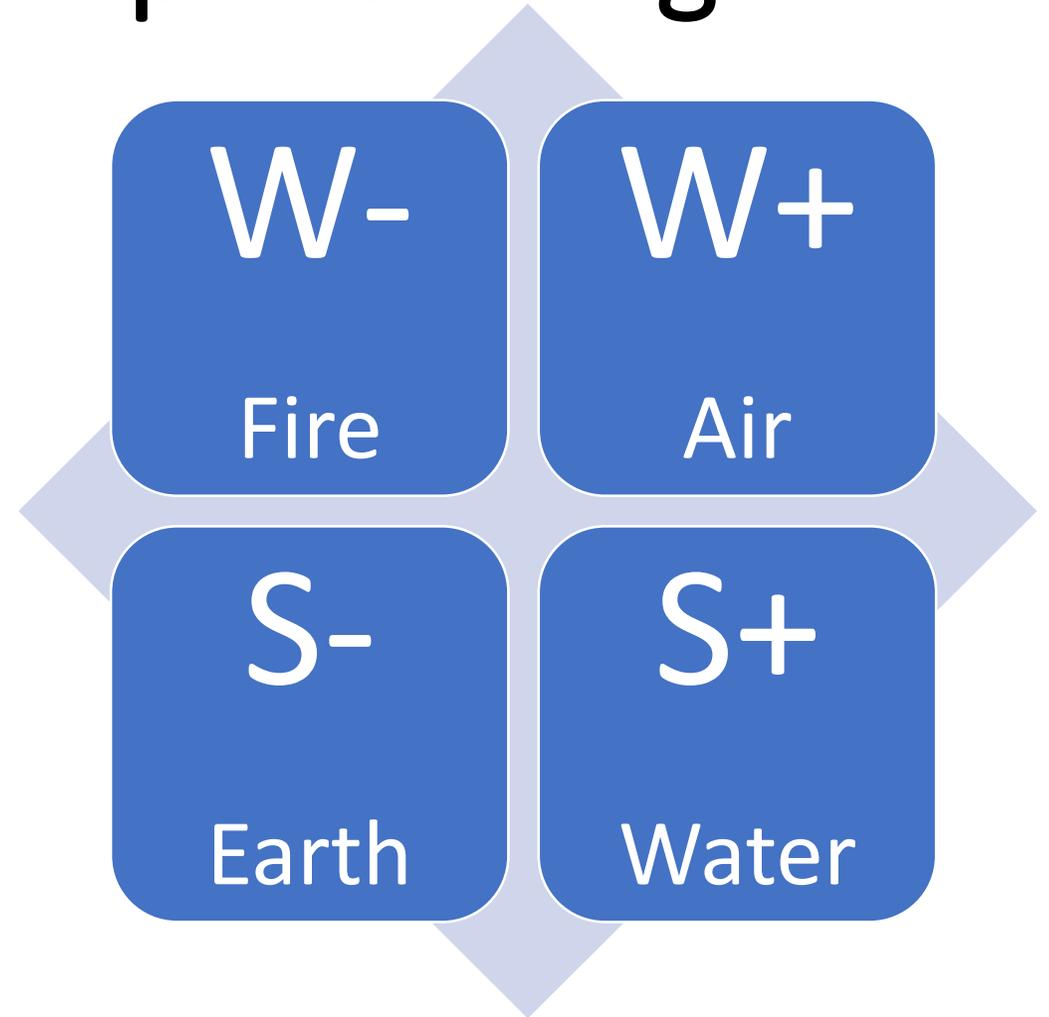
Elements Concerning Life²

- Air, Fire, Water, Earth
- Absent of human interference, these four elements interact and create a natural state of balance.
- Each element pairs with a spiritual perspective.
- They all complement one another in a give and take relationship.



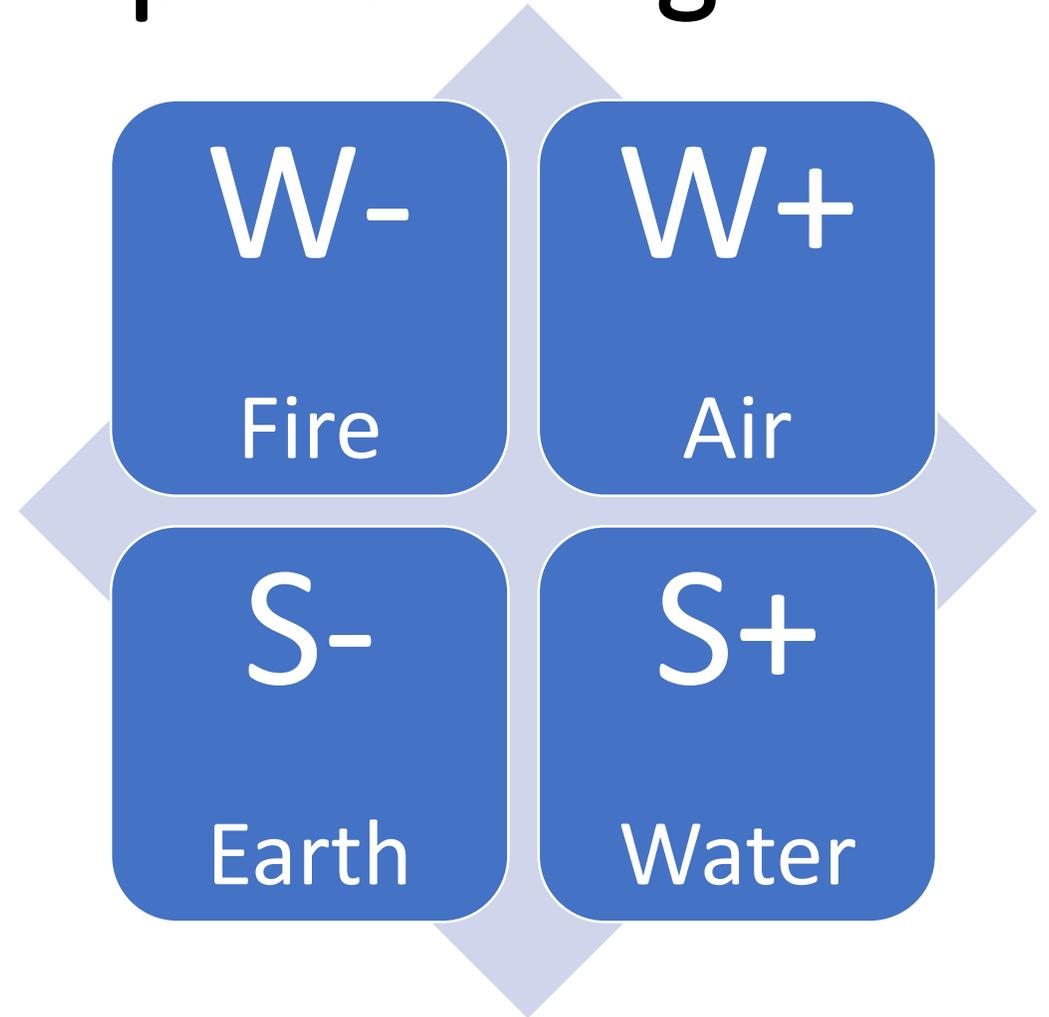
The Whole Side of the Spiritual Organism

- Which element correlates to W+ (give)?
 - Air gives to all elements.
- Which element correlates to W- (take)?
 - Fire takes from all elements.
- Air and Fire require one another for balance.



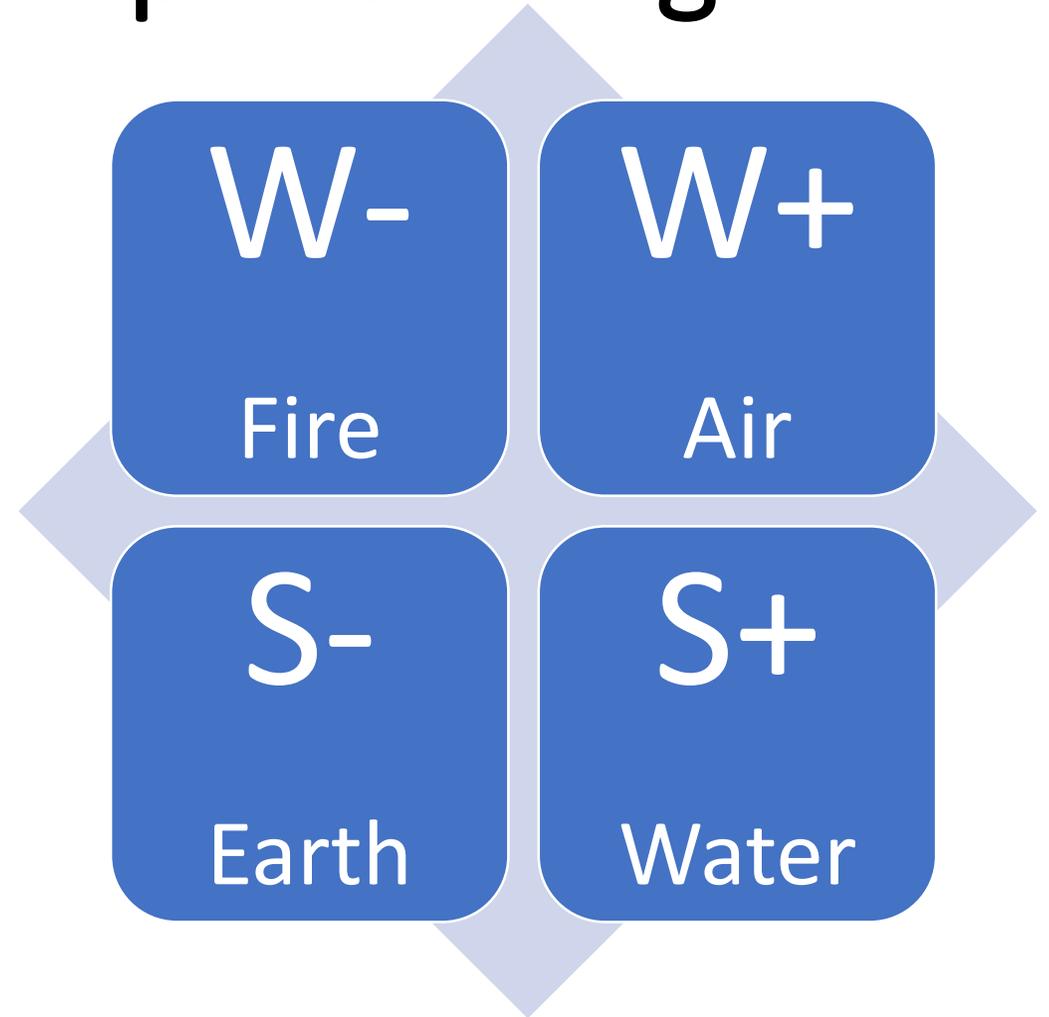
The Whole Side of the Spiritual Organism

- Air correlates to W+ because it gives life.
- Air is a requirement for all carbon-based lifeforms.
- Air is everywhere and positively affects all other elements.
- Air is the most essential ingredient in the balance of life.



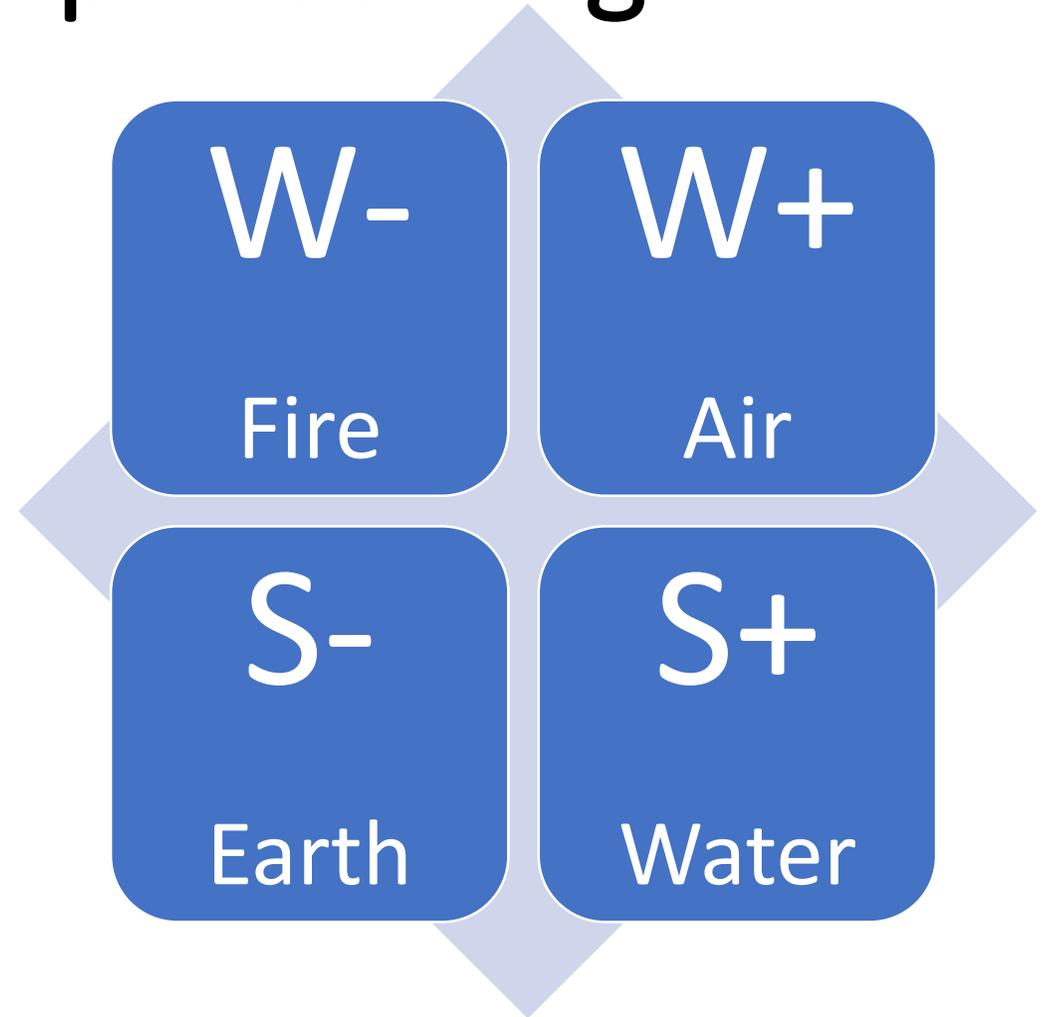
The Whole Side of the Spiritual Organism

- Fire correlates to W- because it takes life.
- Fire is used to renew Earth and start fresh again.
- It requires Air and conflicts with Water and Earth.
- Fire is required to keep the balance between self and whole intentions.
- Fire creates heat and evaporation. This balance moves the Air and Water, influencing climate and weather.



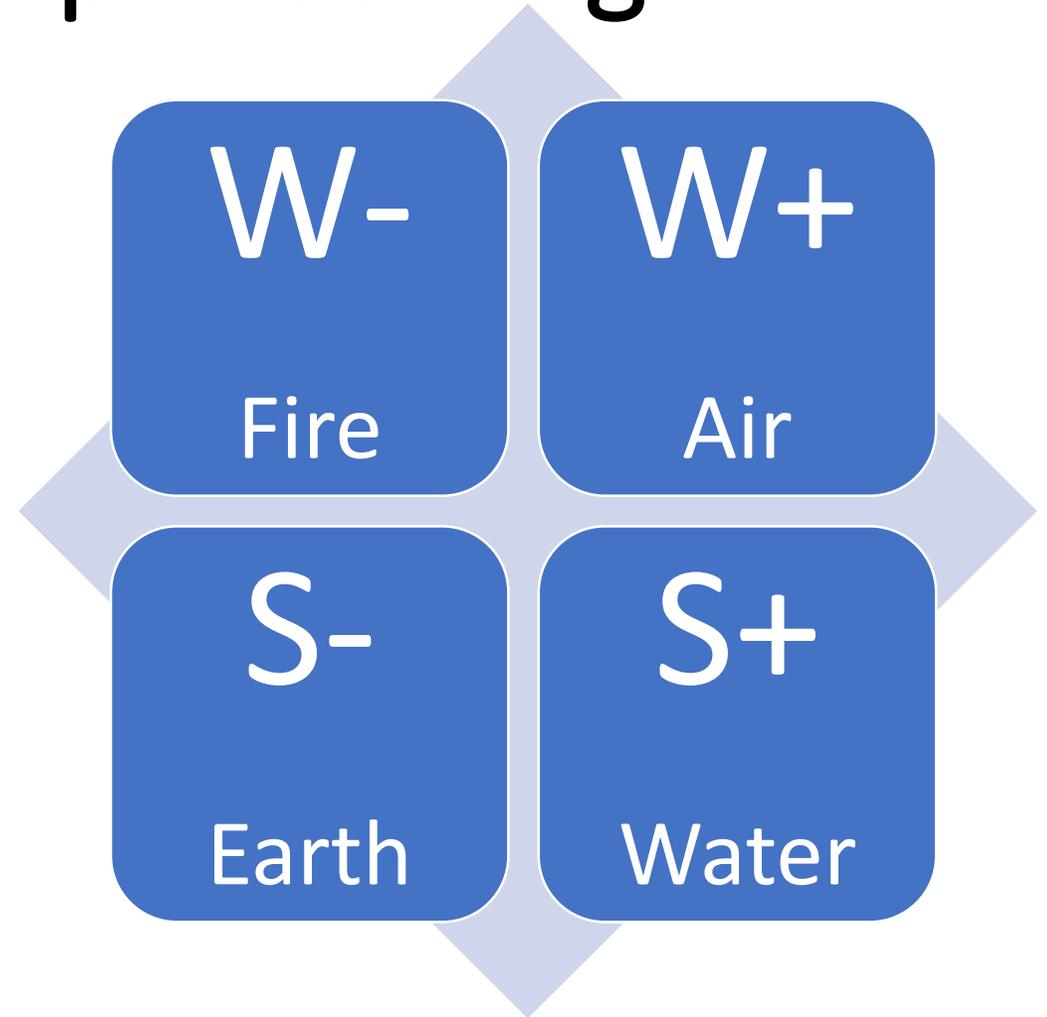
The Self-Side of the Spiritual Organism

- Which element correlates to S+ (give)?
 - Water gives to Earth.
- Which element correlates to S- (take)?
 - Earth takes from Water.
- Earth and Water require one another for balance.



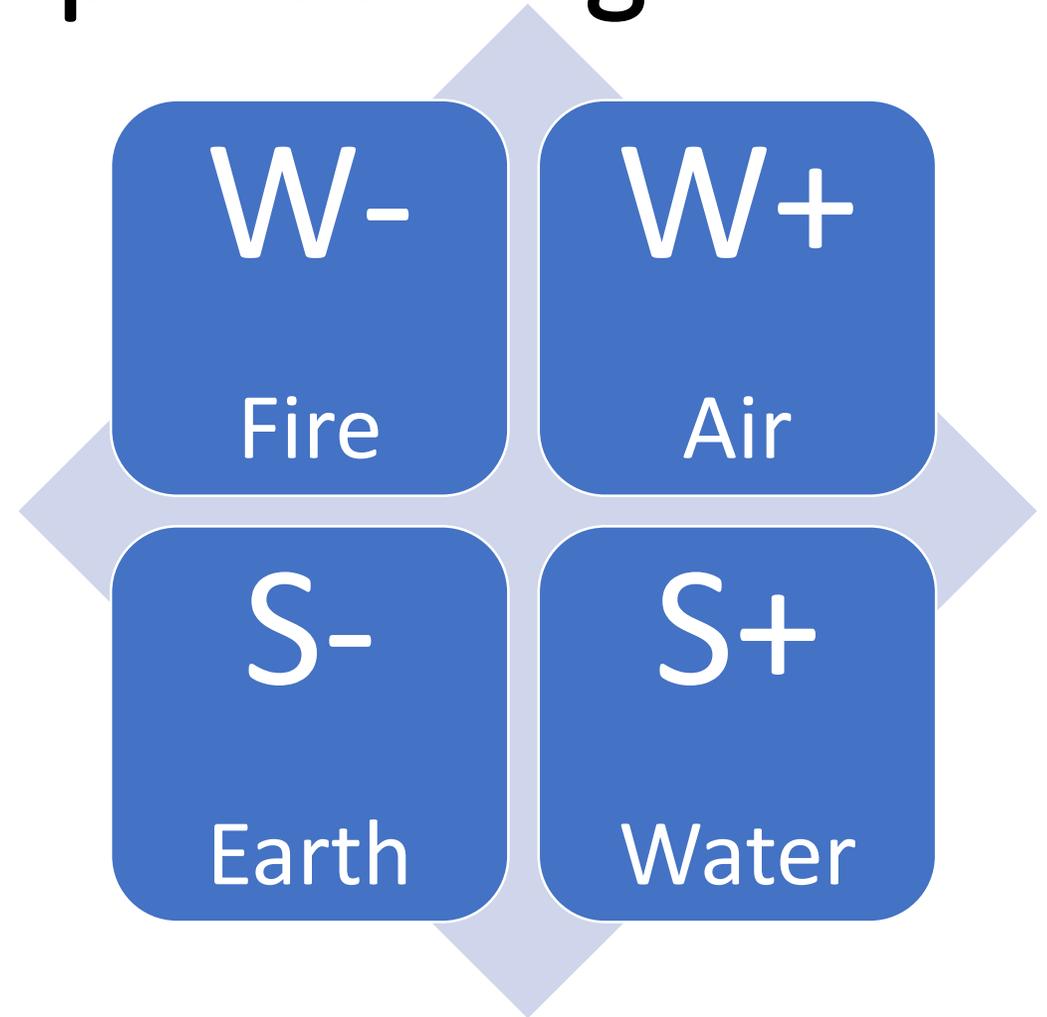
The Self-Side of the Spiritual Organism

- Water and Earth are self-elements because they depend on the whole-elements.
- Neither could support life without Air.
- Fire controls both.
- However, Water can support life without Earth. (Oceans)
- Earth cannot sustain life without Water.



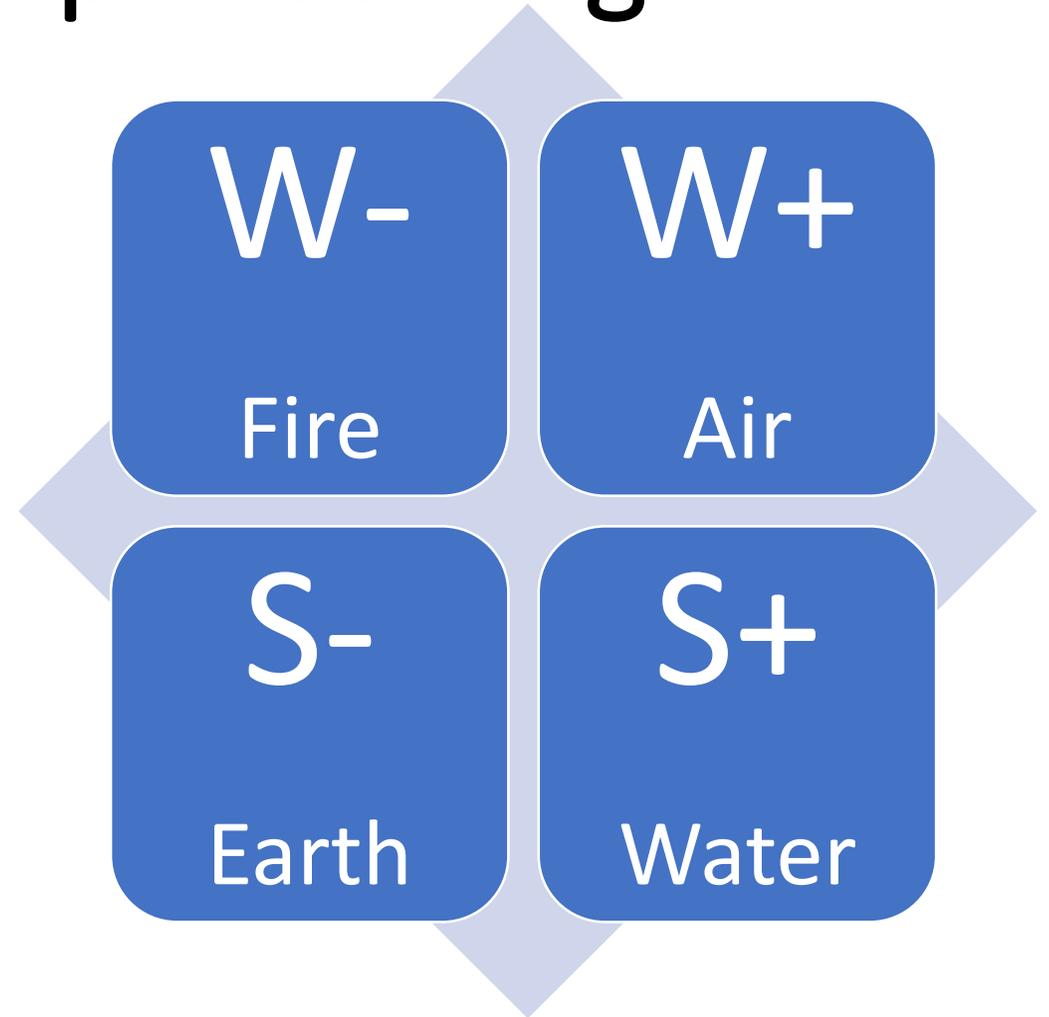
The Self-Side of the Spiritual Organism

- Water correlates to S+ because it gives life.
- Our physical body is roughly 70% water.
- Ironically, about 70% percent of Earth is covered by Water.
- Water is dependent on Air, controlled by Fire, and requires Earth to hold it.



The Self-Side of the Spiritual Organism

- Earth would correlate to S- because it takes life.
- Earth is the most dependent element.
- It requires Air, Fire, and Water to support life.
- However, its physical presence is necessary.
- It is the blank canvas needed before the other elements can combine to inspire life.



Conclusions on Elements

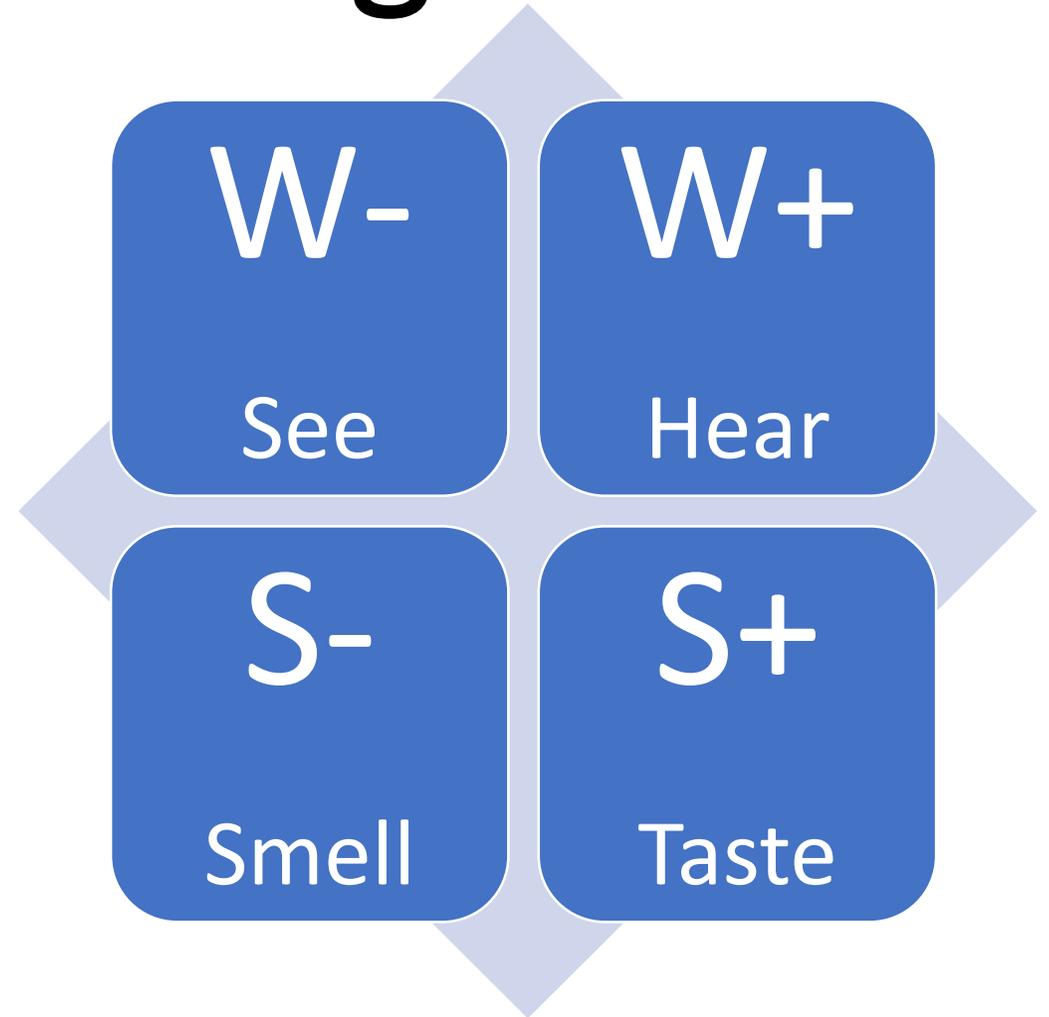
- The elements create a give and take system of balance.
- Air and Fire are whole-based elements and regulate the self-based elements.
- Water and Earth are self-based elements and depend on Air and Fire to support and sustain carbon-based life.
- The elements create and balance the physical reality that all individuals share.

Spiritual Origin of our Senses

- Our senses were designed to help us navigate within this whole-based organism (W-, W+).
- We are part of the whole. Our senses are whole-based in design. They are hardwired into our physical bodies.
- Our whole-based spiritual hardware cannot be removed or modified. Free will allows us to create the software (thoughts/intentions) that will interface with this hardware.
- Our self-based software needs a whole-based update. With this update, our system can finally reach optimal function.

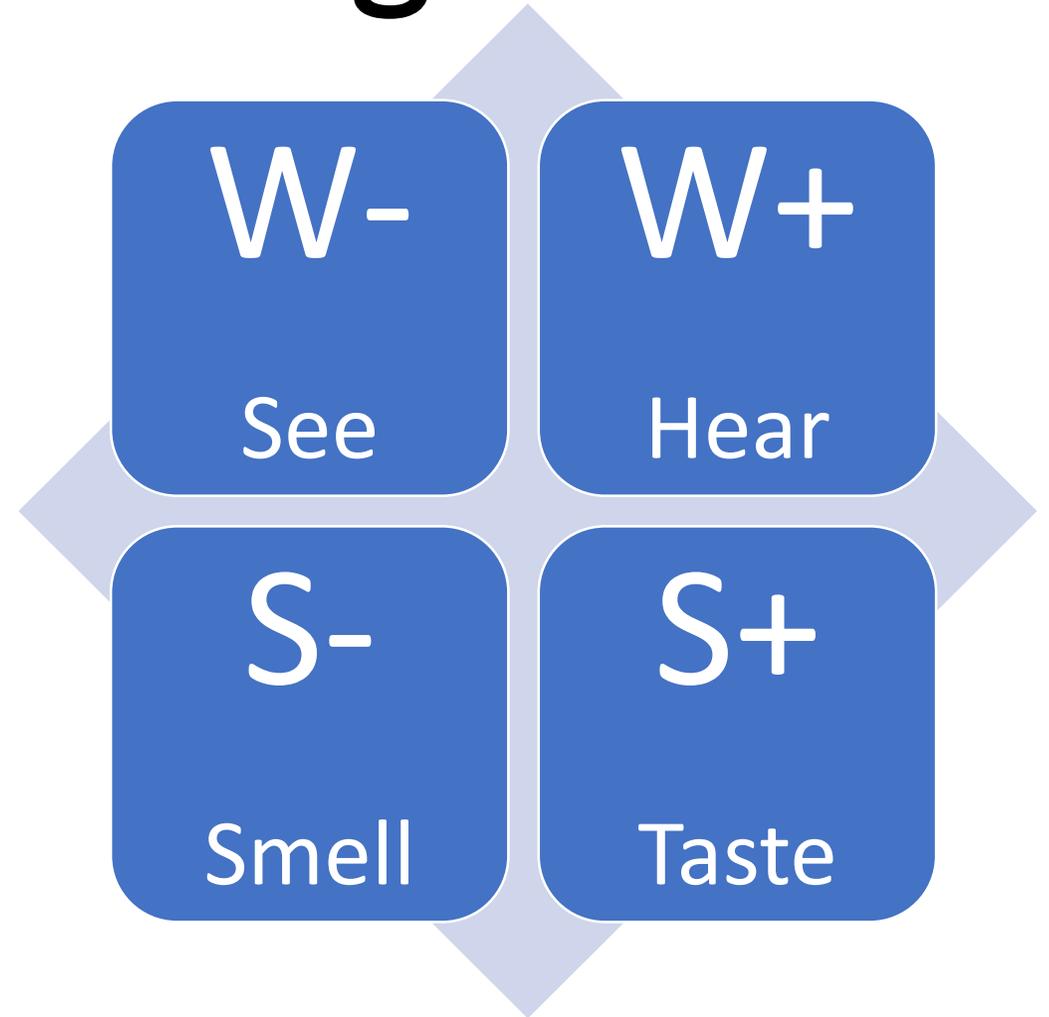
Senses Concerning Life²

- Hear, See, Taste, Smell & Touch
- Let's break each sense down based on the concept of give and take.
- Four of our senses allow us to take in experience.
- One of our senses allows us to both give and take in experience.
- This concept is vital to understand and will be discussed in detail.



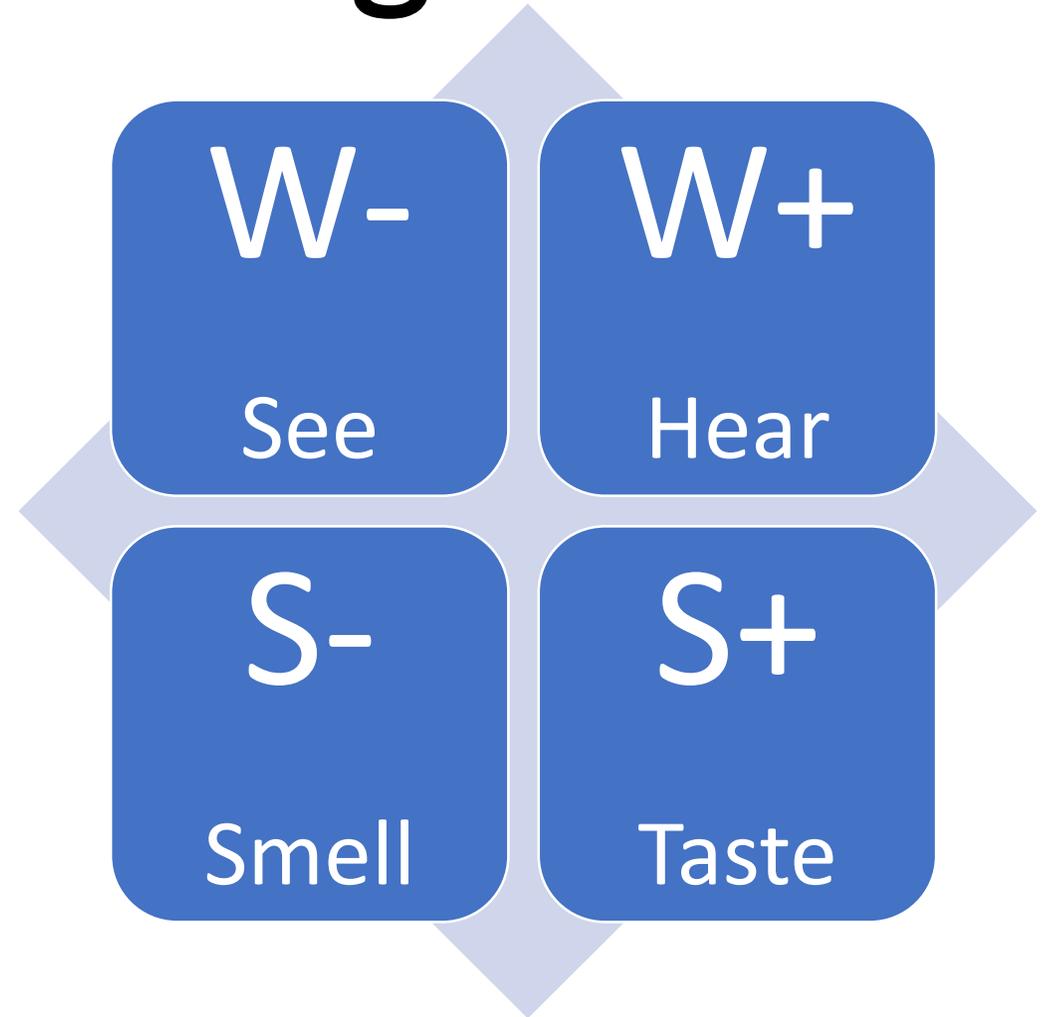
Senses Concerning Life²

- W+ would correlate to Hearing.
- Think of the sound created as we take a breath. As we respire, we move air in and out of our lungs. You can hear the wind that gives us life.
- When the wind blows, we hear the air move.
- Think of the Mother as the sound of life. When we take our last breath, we become silent.



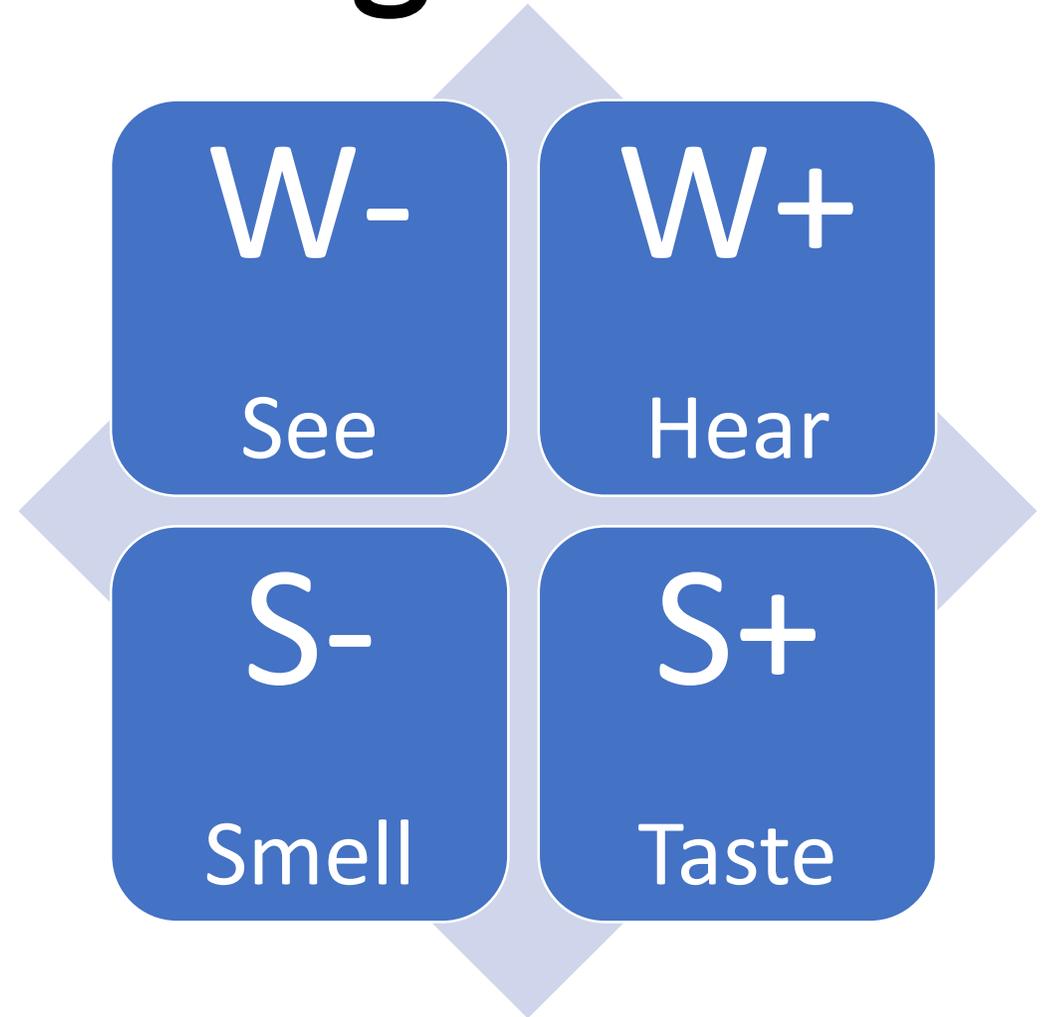
Senses Concerning Life²

- W- would correlate to sight.
- We can see the fire (conflict) our father creates.
- The father helps us to see the destruction in self-intentions.
- Our father creates and connects experiences with the hope that we will see the whole.



Senses Concerning Life²

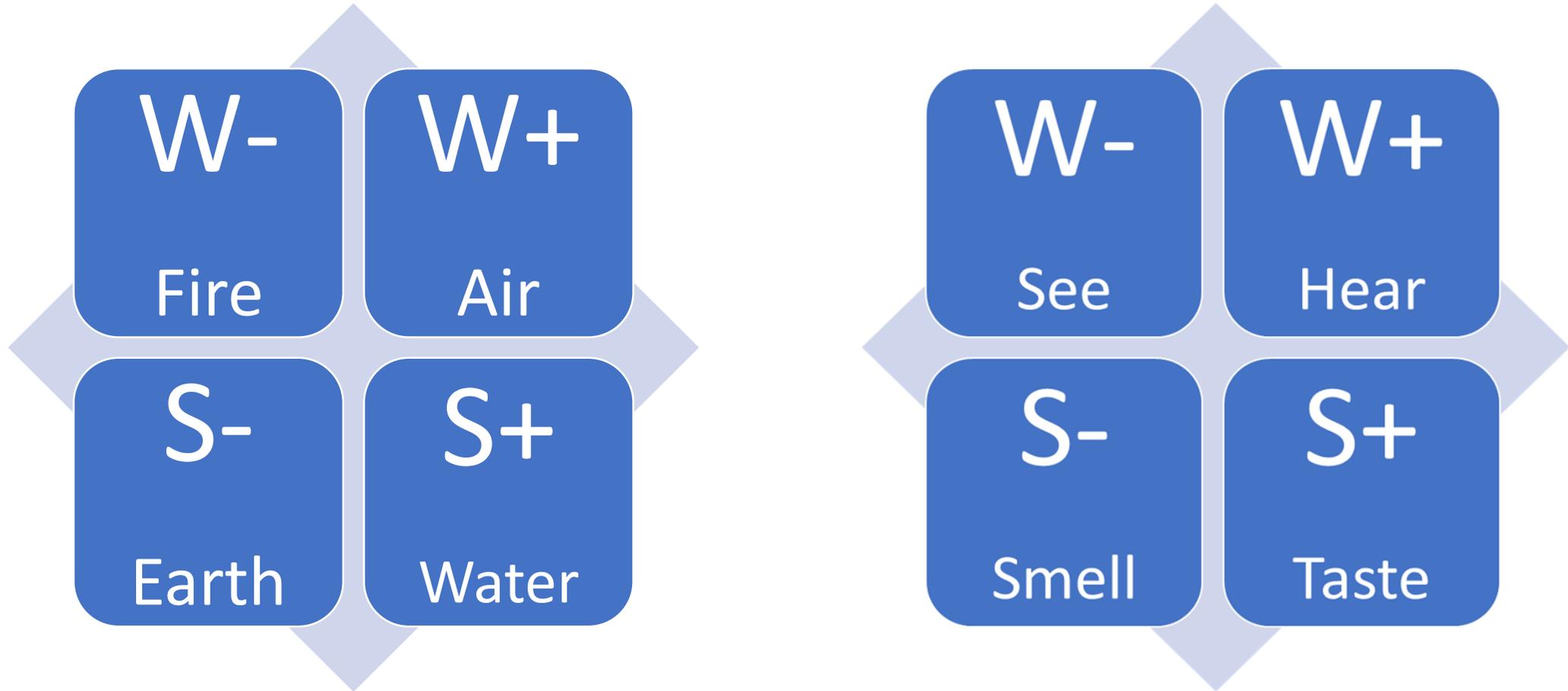
- S+ would correlate to Taste.
- S- would correlate to Smell.
- Just like Earth and Water, Smell and Taste complement one another.
- Neither would complete the experience without the other.
- They allow us to take in our surroundings and can influence us in our self-desire.



Senses Concerning Life²

- Touch is the only sense that can give or take.
- Touch can be used in combination with any other sense.
- Touch creates a bridge that connects our physical body (S-) & (S+) to our spiritual body (W-) & (W+).
- This bridge allows us to feel and interpret emotional stimuli.
- It allows negative or positive emotional stimuli to cross into our physical body and promote or demote function.

With a side by side comparison, you can observe how each element and sense correlate and complement each other.



Elements and Senses Balanced

- Each mind thinks separately; however, our whole-based senses within our physical body (S-, S+) connect each of us simultaneously to our shared environment / spiritual body (W-, W+).
- This coupling in our mind connects the body to the spirit.
- This connection creates both an individual and collective biofeedback system designed to teach us as we interact within.
- For example, we manufacture plastic and pollute our environment. We could smell (S-) and taste (S+) the pollution as we produced it, but because of the convenience plastic has created, we decided to ignore our senses.

Elements and Senses Balanced

- Our plastic epidemic has grown so far out of control that we finally see (W-), the absolute destruction affecting our communities and oceans. The long-term effect of ignoring our senses has created a plastic island floating in the Great Pacific twice the size of Texas.
- Even if we pick every piece of plastic out of the water, where do we put it? The best long-term solution is to merely stop using it.
- This is just one example of how our senses allow us to interpret our individual and collective actions affecting the health of our ecosystem. I believe that most of us would listen to our senses and instincts. Unfortunately, we have been convinced by a minority that our senses are wrong.

Elements and Senses Balanced

- Our senses are supposed to be the foundation of our moral compass. We either ignore or embrace our senses as we determine how to interact with one another.
- Our moral compass has been affected by our current reality. Look at the individuals, businesses, movies, games, etc. that we endorse and in which we allow our children to engage. We take scenarios and experiences that are self-based and highlight them as though they were whole-based.
- The more we encourage self-desire, the more we desensitize our moral compass.
- Our moral compass is in desperate need of re-calibration.

Emotions (spiritual awareness)

- Our whole-based senses are designed to help guide our mind. Our mind then decides on the best course of action. The results of that decision create an emotional influence that affects our physical body.
- For example, let's look at a scenario that would deliver a similar emotional experience to any individual who participated.
- Imagine two rooms of people. One is close friends and people who have common interests and ideas. The other room is full of people you would choose to avoid and may even find offensive.
- Now imagine how it would feel to spend 30 minutes in each of these rooms.

Emotions (spiritual awareness)

- In one room, you will be comfortable and confident and most likely enjoy the experience.
- In the other room, it may be awkward, tense, and stressful.
- From a whole-perspective, neither experience should cause stress.
- However, our self-perspective convinces us to avoid certain people depending on how they look, what they say, or even how they smell.
- Self-desire can manipulate our mind and convince us to ignore our whole-based design.

Emotions (spiritual awareness)

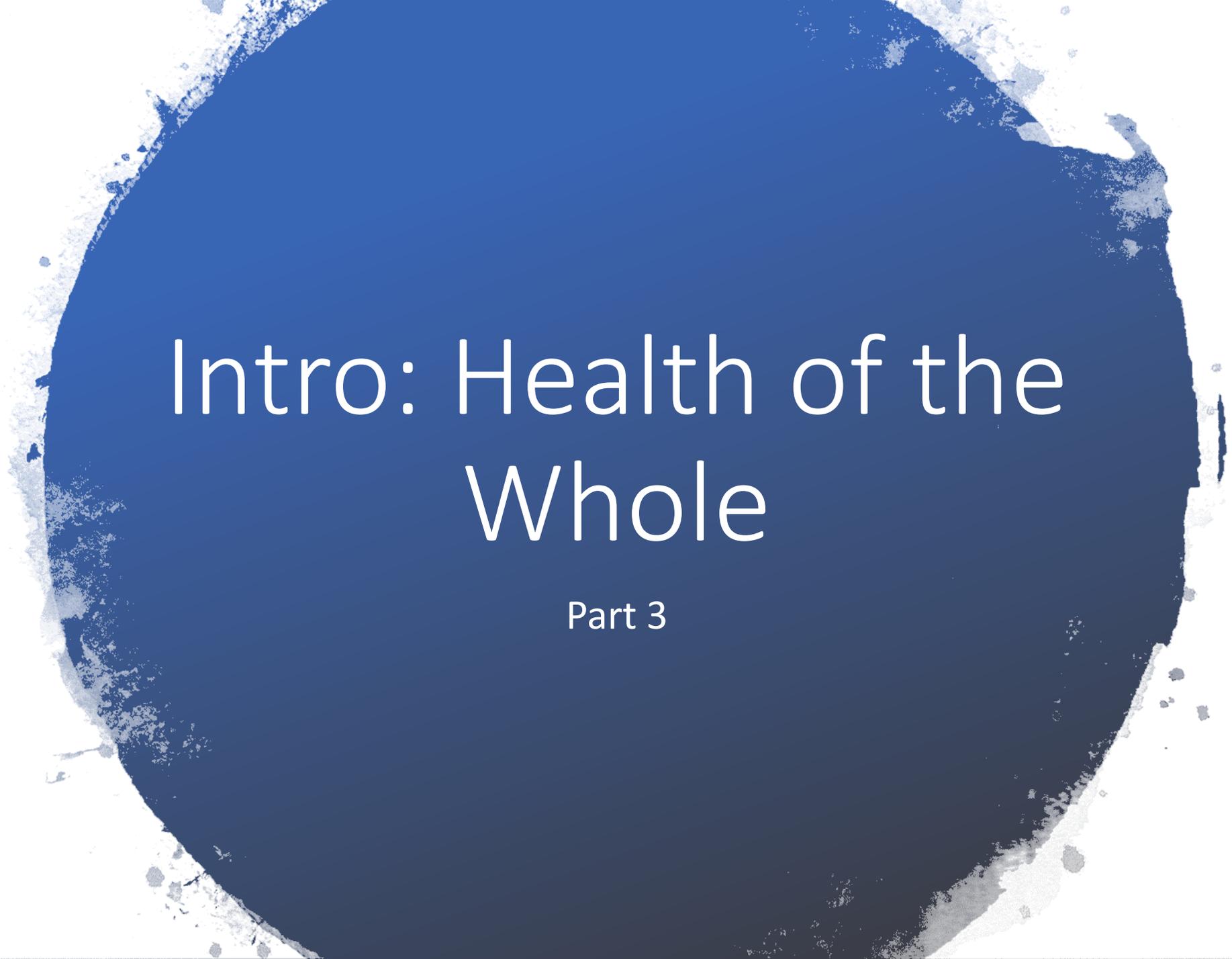
- When we ignore our whole-based design to serve our self-based desires, this creates conflict within our physical body.
- This conflict (stress) creates a physical effect in our muscular tissue.
- The muscles tighten and cause an increase in pressure on the surrounding tissues. This pressure restricts optimal blood flow.
- If we live an entire lifetime guided by self-based intentions, imagine the cumulative disadvantage that we create for our body.
- This concept is a simplistic example. Plenty of other factors besides muscle tension and blood flow are affected, but you get the point. An accumulation of choices determines the fate of our body.

Conclusions

- Our whole-based design is in conflict with our self-based intentions.
- Our senses couple with our mind and allow each of us the free will to act independently.
- The actions that we take define our intentions (the way we think):
 - whole-based
 - self-based
- If we act on whole-based intentions, our emotional state promotes an optimal physical environment.
- If we act on self-based intentions, our emotional state demotes an optimal physical environment.

Conclusions

- Sounds simple and straightforward, right? Just act on the golden rule and enjoy whole-based physical function.
- The whole-based function would double the efficiency of our current self-based model.
- We have discovered the fountain of youth.
- However, there is a catch: it doesn't work independently. It requires everyone aligning their actions together.
- Just because you treat someone whole-based does not require them to do the same. That individual's interaction and intention are just as significant as yours. You depend on them and them on you.



Intro: Health of the Whole

Part 3

Introduction of the 5th Element

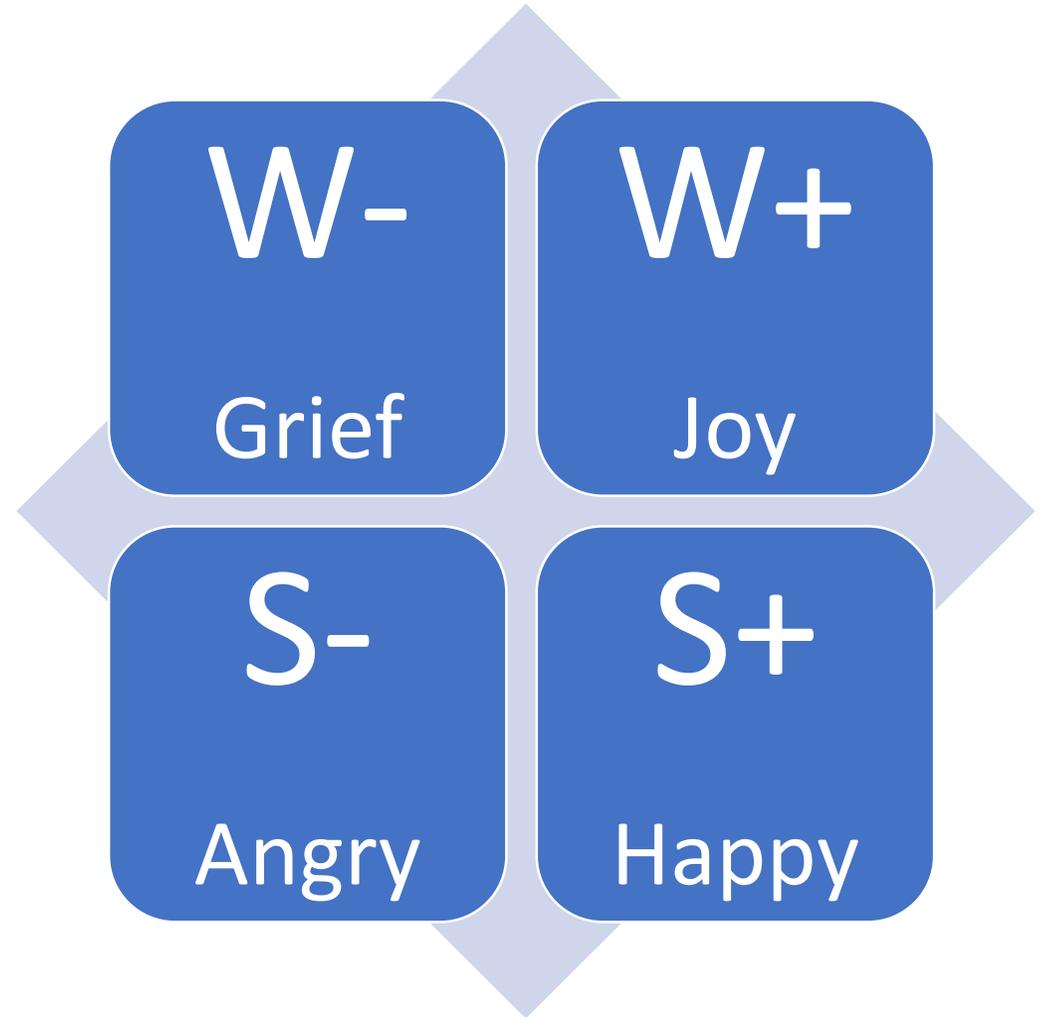
- This spiritual organism is our ecosystem. It is kept in balance by the four elements that we can perceive and the one that we cannot.
- The 5th element is the binary spiritual function of the feminine and masculine.
- Think of the physical manifestation (four elements) of our shared reality as the flesh of the spiritual body. Think of the binary parental function as the valve that gives or takes blood from that flesh.
- Our spiritual parents give us a physical existence (flesh). Within that existence, they function to support and guide us. However, it is our choices that determine the give/take flow of the spiritual blood that nourishes the flesh in which we possess.

5th Element / Emotional Experiences

- The binary functions of our spiritual parents are not bound to the physical reality that we observe.
- Our self-based understanding is what limits us from experiencing the full potential of their parenting.
- In a self-based reality, the mother gives and makes us happy. The father takes and makes us angry.
- This give and take relationship creates our emotional experiences.

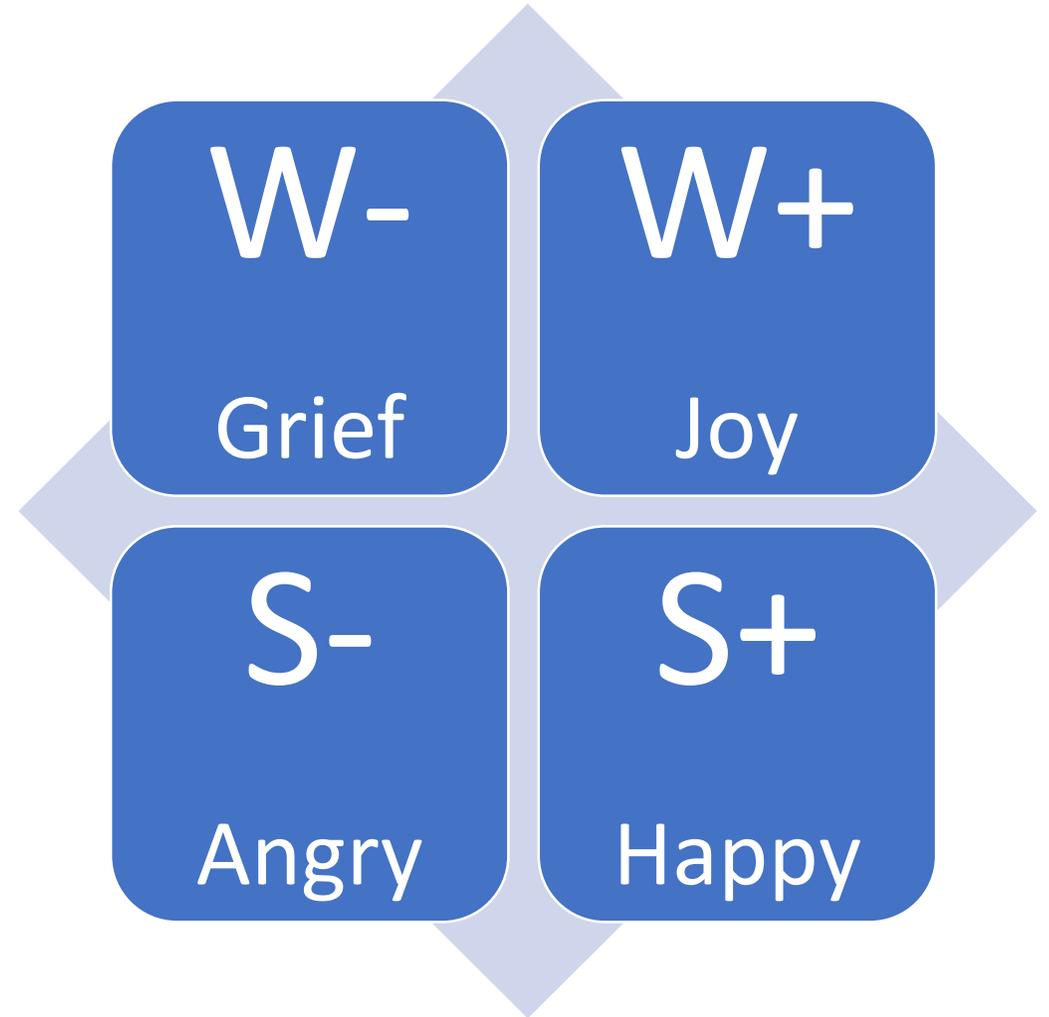
Self-Based Emotions

- In a self-based understanding, our primary emotions are anger and happiness.
- These emotions are momentary and depend on their respective outcomes.
- In a self-based reality, we would logically conclude that our life's purpose should make us happy.



Self-Based Emotions

- In the short-term, the pursuit of happiness will appear to work, but in the long-term, it will seed our misery.
- Self-desire creates conflict and competition. With more and more competitors, the mother is unable to give equally.
- This competition creates an imbalance that separates individuals within the whole.



Self-Based Emotions

- Our collective self-based intentions create an imbalance that puts our spiritual mother, and all the individuals she supports, at a disadvantage.
- When our mother is taken advantage of, the father creates and connects events to rebalance the system.
- Our father is forced to reprimand our self-destructive behaviors.
- For example, extreme temperature change and stronger and more frequent natural events are stern warnings from our spiritual father.

Self Vs. Whole Emotions

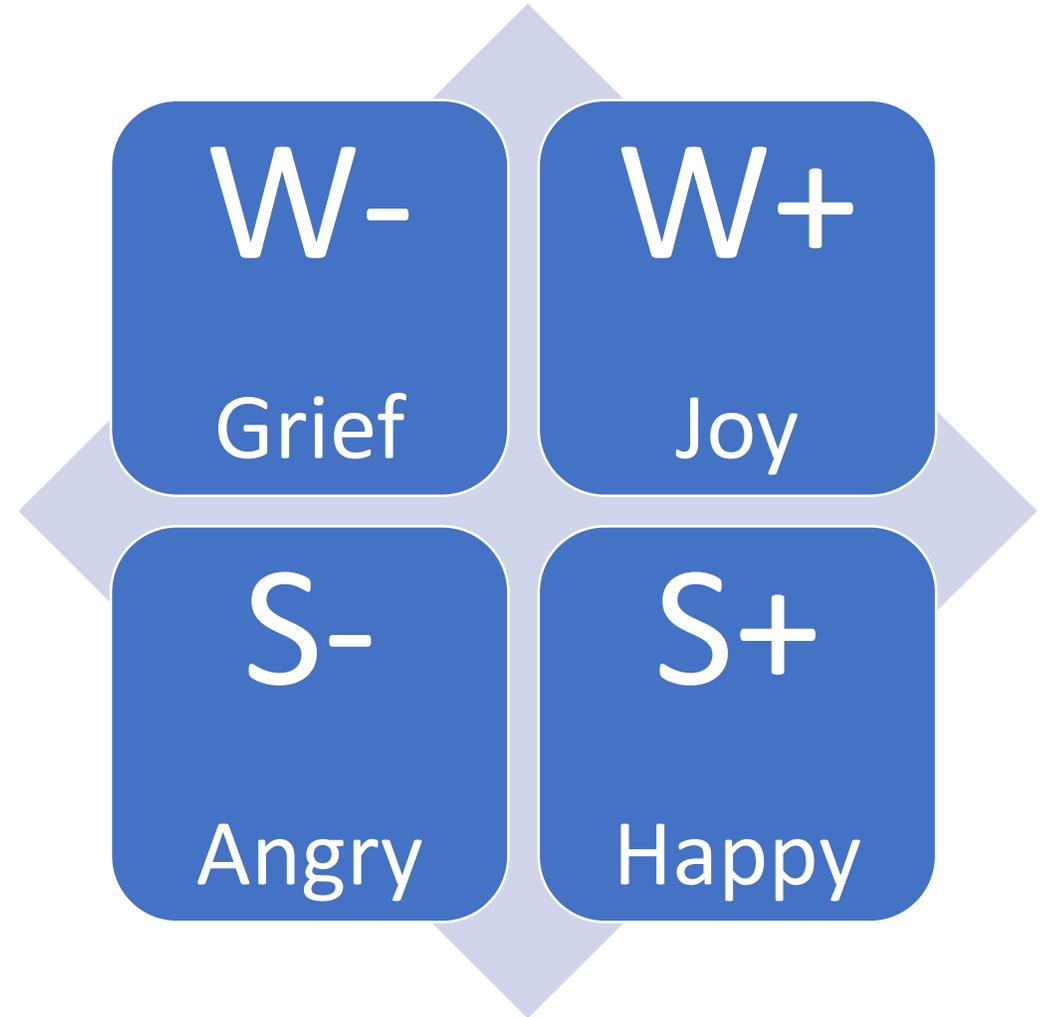
- From a self-based understanding, we would argue that the spirit does not exist and that there is no correlation between our intentions and any events that follow.
- From a whole-based understanding, we would know that our choices created this. We are to blame, not the father.
- We force the father's hand.
- If we can understand and accept this, we could work with our parents instead of against them.

Self-Based Emotions

- In a self-based reality, our spiritual father has the dominant parental role. He is forced to create conflict towards our self-desire. This conflict seeds anger. Anger convinces us to overcome any hurdle to be happy again.
- This vicious cycle does not become self-evident until the contrast becomes grossly exaggerated.
- This is our current reality. We have finally created enough self-desire to see that our individual and collective choices are literally killing us and our environment.

Whole-Based Emotions

- Let's imagine a whole-based reality. In this reality, our spiritual mother would have the dominant parental role. She would give us anything- if it equally serves the whole.
- In the short-term, this may require some self-sacrifice and discomfort. In the long-term, this would create a utopia for all individuals to share.
- The primary emotions in a whole-based understanding would be grief and joy.



Self Vs. Whole Emotions

- How is grief different than anger?
- Anger is reactionary. The angry party only sees the negative consequences and is unable to see any positive benefit.
- Grief is a loss with understanding. For example, a natural disaster causes the tragic death of a family member. As an individual, we cannot know why it happened. We can only understand that it was part of the plan.
- Yes, we miss our family member, but we trust that the spirit has all our best interests in mind. That family member was part of an experience designed to expand awareness and focus intentions.

Self Vs. Whole Emotions

- How is Joy Different than Happiness?
- Our continued attempts at happiness create a competitive reality that will never let us experience the long-term stability of joy.
- Joy is the understanding that all your efforts will eventually pay off and that any self-sacrifice will be equally rewarded. You don't have the fear that it won't work out. You know that patience and consistency will eventually deliver whole-based stability (joy).

Self Vs. Whole Emotions

- It is essential to understand the difference between self and whole emotions.
- **Self-emotions** will promote a constant fluctuation in mood.
- They are dependent on our self-based intentions.
- Self-based intentions are anchored in short-term.
- **Whole emotions** will promote stabilization in one's mood.
- They help liberate us from bias and worry.
- Whole emotions are anchored in the long-term.

Self Vs. Whole Emotions

- Self-based emotions create an inefficient state within the body. As we continuously fluctuate between happy and angry states, our body becomes exhausted (stressed).
- Both our physical and mental health are adversely affected.
- Because the root cause is not fully understood, we attempt to suppress our body's senses. According to the CDC, 76.2% of healthcare visits involve drug therapy.
- The most commonly prescribed are analgesics/painkillers for physical pain and antidepressants for mental illness. These statistics also noted the use of antihyperlipidemic drugs.

Self Vs. Whole Emotions

- Over a lifetime, self-based emotions accumulate. The cumulative damage progresses, accelerating the aging process and increasing the probability for disease.
- What I am saying is that we cause our diseases.
- Disease has always existed, but only because of our self-based intentions and the stress they create.
- Whole-based understanding has the potential to redefine LIFE.

Mind, Body, and Spirit Blueprint

- Our depth of understanding self vs. whole directly correlates to our state of health.
- Individual understanding is part of a collective influence that contributes to the overall understanding.
- The collective understanding correlates to the maximal health potential of the whole (individuals and environment).
- For optimal function, this spiritual organism requires equality. It is perfect in design and cannot be manipulated long-term. We must evolve into a whole-based understanding, or the destruction of our self-intentions will consume us.

Mind, Body, and Spirit Blueprint

- The elements of our shared reality allow each of us to integrate our emotions (spiritual identity) with our senses (physical identity). This dynamic relationship creates the mind, body, and spirit blueprint.
- This bridge between our physical and spiritual identities occurs in our minds.
- Our individual mind is guided by free will. Unfortunately, free will is often manipulated by our self-based perspective (genetic/hormonal influence).

Please visit the Resources Link @ HealthReconnected.com to view the Mind, Body, Spirit Blueprint Video.

Fire (W-)

Air (W+)

Earth (S-)

Water (S+)

W-

W+

(Touch) Bridge to Spirit

W-Grief

Joy W+

Mind

S-Anger

Happy S+

(Emotions) Bridge to Body

S-

S+

See (W-)

Hear (W+)

Smell (S-)

Taste (S+)

HealthReconnected.com

- Additional information supporting on the Health of the Whole can be found at HealthReconnected.com
- This site combines spiritual wisdom with conventional knowledge.