



Mastering the Art of Living MetaSpiritually!
How to Achieve Health & Well-Beingness



What truly makes people happy & affects their health?
 What truly makes **YOU** happy & affects **YOUR** health?


How can we cultivate greater well-beingness in ourselves?
 How can **YOU** cultivate greater well-beingness in **YOURSELF**?

What are the effects of certain thoughts and actions on our physical, emotional, and mental health?
 What are the effects of **YOUR** thoughts and actions on **YOUR** physical, emotional, and mental health?



DID YOU KNOW ??

The first 4 letters in the word
HEALTH
 are
HEAL



Spiritual Medicine

Forgiveness, visiting someone in the hospital, showing compassion, showing mercy, affirming someone's health and wellbeing, meditating on world peace, mindfulness, magical walking, quitting a bad habit, helping a friend move, sending someone a smile, giving people compliments, being compassionate, donating to a good cause, offering acts of kindness, sharing spiritual teachings, lending a sympathetic ear, being kind to yourself, meditating in a variety of ways ... etc.


are all forms of spiritual medicine.



Talk to Your Cellular Family

Within your cellular genealogy is your wholing genie-ology! Experience your awesome wholeness, wholesomeness, and holiness that come from the reciprocity between 'Self to Cell' and 'Cell to Self.'

(Rev. Dr. Bill Holton)



The Rejuvenating Power of *Rest*

Rest allows your body to rejuvenate!

Listen to your body. It'll let you know when you need more rest and relaxation, in addition to robust exercise.

TAKE CARE OF YOUR BODY!

It's the most important place you have to live in skin school.



But Wait!

There's More!



Laugh!

- Hobbies
- Journal
- EXERCISE**
- Sleep
- Get Some Sun
- Build Your Social Network

Eliminate bad habits

- Smoking/alcohol/drugs
- Regrets/negativity/worry
- Etc., etc, etc,

Spiritual Practices

- Forgiveness
- Gratitude

Meditation!
