

Welcome to the World of Wellness



Visualise Your World of Wellness

- ❁ In this world of wellness, everyone is happy, healthy and wealthy. Everyone is experiencing wellbeing and celebrating living.
- ❁ Unconditional love is flowing everywhere. Everyone is telling each other I Love You. Peace, Love and Harmony are the basis of daily living.
- ❁ People celebrate their ability to protect, to nurture, to care, to uplift, and respond with courage, trust, kindness, faith and gratitude! All decisions and actions are for the protection of Nature and humanity.
- ❁ Food selection is from Nature, consuming Fruits, Vegetables, Nuts, Herbs and Spices according to the Season, Region, Culture and helping and enhancing everyone's healing powers. They know the relationship between food, ecology, ethics, and empowerment. Self Care is the norm.

- ❁ Production methods are always for enhancing Nature's capacity to give. Natural living, Natural farming, and Natural habitat, are its visible symbols. Recycling is the way this world flourishes.
- ❁ Dis-ease is not feared or ignored, but acknowledged as a signal for cleansing and inner vitality. All dis-eases are seen as symbols, as lessons for deepening our understanding of Body wisdom and Nature's inherent intelligence – at work, in action!
- ❁ Trusting the Body and giving our Body Wisdom, the chance to create Wellness is an art they have mastered - There is no dependence on short term cures and quick fixes. Thus Self Care becomes Health Care! Earth Care is the focus. "Take care of Nature" is the principle, every one follows. Truly, Nature and her creations grow as partners, sustaining and healing all.
- ❁ Birth and death are celebrated. Death is accepted as a renewal of life.. This wisdom shines upper- most in this World of Wellness. "Thy will is being done" is the spirit in all circumstances. This is collectively expressed and sustained. This culture becomes a part of Wellness Living.
- ❁ Their song is "You have the power; I have the power! Together we protect and heal everyone". They function

through the heart because they feel in them the flow of the universe.

- ❁ World of Wellness acts on certainty. All actions are based on a deep reverence for life. It organizes the world around it and conforms with the natural order of things. These are the Natural Laws that pervade through all life. In this all are participants, and co-creators. All share their ability to co-ordinate everything. In this participatory method there is no control. No authority. No institutions. No discrimination. No domination.
- ❁ The rhythm of Nature flows for creating energy, time and space! Everything you created- dance, drama, music, science, philosophy, can flourish here. Creativity flourishes! Every one knows the truth “We are made for this World”.. All are equal. Every one grows with trust. Mutual dependency is worshipped and respected. Nature is admired for being an example. It respects this giving, this spontaneity, this tolerance, this kindness, this respect for freedom! In this world, not only do we live for ourself, we also live for everything else in the universe.
- ❁ They realize that the intuitive mind is the master - a sacred gift and the rational mind its the servant. World of wellness honors the master the intuitive mind and not the servant.

- ❁ They live this life as though everything is a miracle! They live life through inspiration, intuition, hunches, and coincidences; knowing these are guidelines to live Wellness. The nature of Nature beams in them. Their face is full of smile and joy. They live in gratitude. Every breath is a sign of complete satisfaction, knowing that their Breath is their Energy, their protection.
- ❁ Every member, their family, their community, their environment, is a reflection of an ever flowing energy-the life force ! They live as though they exist only for the good of everyone and everything else. There is always a feeling of oneness in the family. The path is clear; This is through Co-operation, Collaboration and Co-ordination “One is for all and all is for One”, is its sign-post.
- ❁ They love others beyond imagination. This they achieve by remembering “the first breath I took taught me to love and care”. Thus bringing Peace, Love, and Harmony.
- ❁ Come, the World of Wellness is yours.
- ❁ The door is open. Why search for a key !

Why Visualize A World of Wellness ?

Good Question! Everything starts from awareness. This gives us the power to change. Change to the maximum potential which has been given to us through nature by universal energy.

- ❁ What is the quality of life today ?
- ❁ Are we in charge of ourselves ?
- ❁ Are we responsible for ourself ?
- ❁ Do we have the power to participate, as co creators ?
- ❁ Do we function with certainty through our experience ?
- ❁ Are we given the space, time & energy to use our ability to coordinate everything, to live in peace & joy in every moment ?
- ❁ Is there a feeling of discrimination or domination ?

The choice is ours to create the world we want.

The first step = visualization

Institutions are in charge of us from birth to death. All our actions for wellness are justified by institutional knowledge be it physical, emotional, financial, political. This results in different 'isms', thus dividing the real world from the universe of oneness. Our power to protect, nurture, care, uplift and share through our experience are influenced, shaped and controlled by expert knowledge from institutions.

The result is nature is not part of our awareness, lives or systems! Nature is our slave to adjust and obey! Our power to give love and harmony to our body and ourselves, our family, our community is not from the wisdom of nature or its rhythm.

Institutions are built and run through force, rules, systems, 'isms' creating different countries and culture. Thus we feel the struggle, suffocation, and a conflict between what we have to do and what we are capable of doing. Our role has become to take the weight of the institution. We move without realising the connection we have with nature. We have forgotten the connection we have with the sky, earth, air, water and the invisible, powerful energy that are guiding us. All our actions are disconnecting this powerful web of life. The emotional security of love and harmony which is the basis of all creation is turned into fear which is the basis of all worries. No wonder we search personally for this peace and look for its answers through institutions.

We want peace and address war. We want security so we organise the defence for everything. We want health and look for prescription. We want long life and look for short time fixes. We need to ask and answer where is our security ? At what cost are we getting this security. Is it temporary or forever ? Are we spiritual or religious ?

Both spirituality and scientific integrity will take you to oneness. We need solutions. Which world will you choose ???

A caring world or curing world? A faithful world or fateful world, a wellness world or illness world? Natural world or institutional world ? Is there a balance ?

The answer is yes.

Nature has shaped us for ages where wealth resulted in more health and wealth. Institutions are promising that they will better our health and life. Even so at what cost ?

Natural systems are one for all and all for one. Are we in this system ? Finally to declare with love, peace, harmony the responsibility to walk the path of the wellness and to reach the goal of oneness with gratitude, humility, integrity and power, let us put the power of visualisation in everyone's hand and in everyone's mind.

**With Peace, Love, Harmony from the
World of Wellness .**