

Modern Wholistic/Holistic Practitioners The Gift of Harmony



When I began working in the Wholistic Field over 20 years ago, there was an aura of voodoo around anything that smacked of Natural Health. For the past 12 years the world has been reconciling the entry into the 21st Century and the myriad of prophecies and world changing beliefs that have accompanied our journey into this century

The world is changing...WE are changing. We are no longer content to believe that we have no control over the outcome of our health and heart's desire. Rather, we have been exposed to "The Secret" and Manifestation concepts that open our ability to see and understand the internal energy and power that can be accessed by the conscious mind. We are more aware of the pulse of the world that surrounds us as technology moves our understanding and we raise our awareness of the earth's rhythms surrounding our existence.

Modern Humankind is entering the Era of Awareness. We can feel the energy shifting and get caught up in the frenetic buzzing of energy waves around us. Time seems to move faster and the ability to cope becomes more difficult as the vibrations become finer and finer. Now, more than ever, we need to anchor our being in the earth's vibration and our own physical presence. To be fully aware and experience life as it should be, we need to be grounded!

Grounding lies in ancient traditions, where humankind was deeply rooted in the earth and her powers. As we have steadily moved forward towards the cosmos and technological expansion, many have lost touch with the balance that the earth affords our solid being. Essentially splitting apart

our ethereal and corporeal energies creating chaos for our Physical, Spiritual and Mental Being. The result is imbalance that leads to illness in the body and disharmony of the mind. Our sense of peace and self struggles to come together and we are left in a state of disconnection and disruption.

The modern pioneers of Wholistic/Holistic Medicine recognized the need for the "old ways" to be reborn for modern man. We are children of technology. We value 'knowing' rather than 'believing', and therefore expect to have science validate the existence of things. Allopathic Medicine filled in the scientific treatment of the body, but fell desperately short in dealing with the mind and spirit, which are best served energetically. The pioneers of Wholistic/Holistic Medicine saw a need to bring the ancient ways to a modern technological society. **They began to bring us methods that combine energy and structure** to work with the full being and the rhythmic nature of Humankind.

The modern Holistic Health Practitioner incorporates Earth Energy with Science and Technology to bring harmony to the 3 aspects of being. MIND, BODY and SPIRIT are fused in multifaceted treatments that incorporate breath, touch, and vibration. Many societies already benefit greatly from the union of Allopathic and Traditional Medicine, each having its own nature of healing and strengthening the entire being. Volumes of studies now exist to support the union of science and nature

in healing, and the acceptance of Holistic Medicine is becoming mainstream. Holistic Practices are quickly becoming the roots of our grounding in the 21st Century. They also continue to manifest a stronger, healthier balance between mind, body and spirit, as they take root in the fabric of health and healing for modern humankind. It all starts with the **Three Aspects of Being**, Body Mind and Spirit.

The Body is addressed with Oriental Bodywork such as Acupressure or Shiatsu. These forms are based in Chinese Medicine or Japanese NeuroMuscular Point work, which allow us to reach the energy of the physical being through openings that relate to areas of the deeper anatomical and physiological systems.

The Non-Physical is addressed through Energy Medicine, which uses the ancient Chakra system to access the emotional, mental and spiritual being, by balancing the life force energies known as Prana, Qi, and Spirit. Subsequently, **Iridology uses 'the windows to the soul'** (the eyes), **to see deeper into all three** and determine the state of the tissues and the being in order to balance the life energies and the lifestyle.

Holistic Health brings together the ability to sense, touch and see the whole person and to balance the physical, mental and spiritual being through touch, diet, and lifestyle practices. It's exciting, it's important and it's changing the world!

If training to be a Certified Holistic Health Practitioner appeals to you, the CHHP™ program teaches you the "Three Aspects of Being" and more. 250-723-3307 or www.windsonghealing.com

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