

Wellness

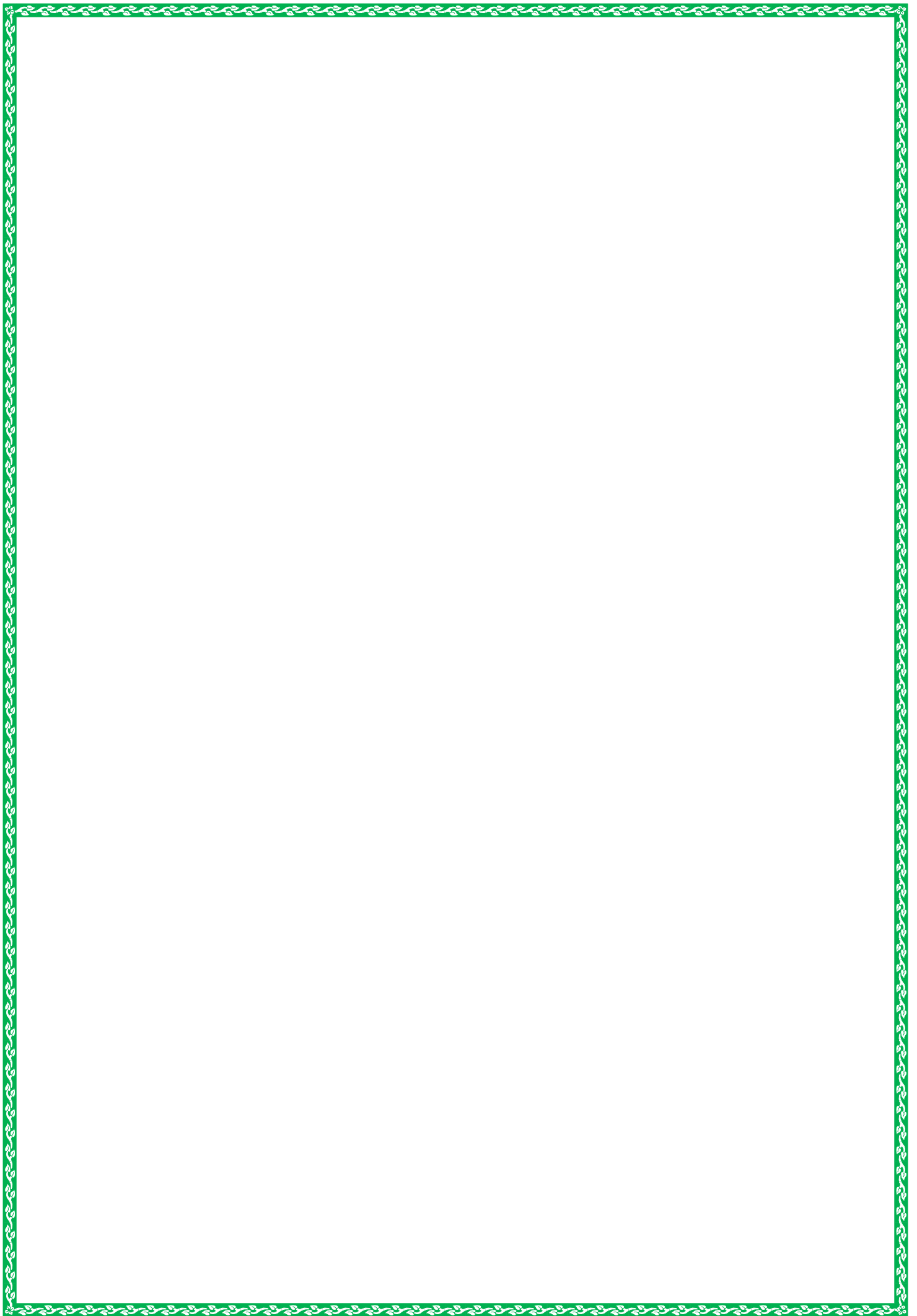
**A Holistic Journey To
Ultimate Wellbeing**

**Proactive Self Care For The Complete
Wellbeing Of Your Mind, Body, Spirit And Life**

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WHAT IS WELLNESS?

The official dictionary definition of wellness is...

The quality or state of being healthy in body and mind especially as the result of a deliberate effort

The World Health Organization defines wellness as...

"A state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity"

Wellness then is absolutely something that is within our control.

This bodes well for us in daily life, because regardless of our current state, whether we consider ourselves to be well or unwell, we can know that it is possible to either develop wellness in our life or maintain our current state of wellness through deliberate effort.



The road to wellness should be custom designed to suit individual needs! Whether you are doing really well in all dimensions of life and self and simply need to tweak here and there, or you are struggling, and seeking more in-depth help with particular issues.

Wellness is a very personal journey!

How it is reached involves multiple dimensions of our selves. Add to that, the desirable tools, a conscious initiative, and much-needed support and you will quickly find yourself making permanent changes on the road to a better you.

This report will cover every aspect of wellness to firmly understand the important process of developing it and maintaining it in our outlook on life and in our every day actions as well as the personal choices we make.

Those who consider themselves to be unwell will learn various strategies of both physical and mental means to help encourage greater wellness for the body, mind, and spirit.

The goal is to gain greater insight into the natural processes involved in bringing this state about, so that you can learn how to effectively manage wellness to the point where it is consciously cultivated, instead of spontaneously produced.

DIMENSIONS OF WELLNESS

There are several different dimensions of wellness that encompass the whole person and various elements in his or her life.

Physical Wellness

What is it? Body wellness refers to the wellness of the physical human body.

When you generally feel good and healthy and without aches and pains, your body could be said to be in a state of wellness.

Physical wellness also includes maintaining a healthy weight and general fitness. A healthy weight is critical for overall physical health and in the prevention of various chronic disease.

However, true wellness is bigger than that. It is not merely about preventing disease, but more about how well you feel in your every day life, and your performance on a day-to-day basis.

In this regard, we can agree that a healthy weight supports a much better quality of life than when overweight or obese.



Moreover, someone who can easily lug their groceries into the house without huffing and puffing and straining their back is more well than someone who cannot.

Additionally, we can agree that someone who can climb stairs without feeling exhausted is more well than the person who cannot.

Having a high level of energy to face the day and perform at peak levels is another example of physical wellness.

Those who are plagued by stress that causes aches, pains, headaches, and insomnia will suffer in their every day performance and quality of life, undermining a state of wellness.

How about if you suffer from a chronic medical condition, can you still achieve a state of wellness?

It depends on what you are doing about it. As we understand from the definition of wellness we can see that wellness is not just about being well at that moment, it is about taking steps, making a deliberate effort to induce wellness.

So, just because your body is sick, or in pain, you can still be in a state of wellness if your outlook and your actions are promoting the improvement of your current state and quality of life. For example, if you are unwell you can take steps to get well. You can ensure that your body is getting enough nutrients and vitamins to promote recovery. You can do gentle forms of exercise like yoga or stretching to help alleviate the aches and pains. You could take medicines to help fight the illness that is consuming you.

Wellness places importance on promoting a way of thinking that will once again bring it about when it is temporarily lost or despite of roadblocks that may prevent it.

Key Considerations

- Knowing the importance of physical activity
- Choosing to eat a healthy diet
- Taking steps to ensure quality sleep
- Respecting and taking care of your body
- Making healthy choices regarding sexuality, drugs and drinking
- Carefully considering what you put inside your body
- Listening to the body and learning to identify its needs

Mental Wellness

Having the strength of mind to encourage and support wellness is another very important aspect of understanding and mastering wellness.

If our body is well, but our mind is not, eventually when our bodies will fall victim to 'un-wellness' again, and our minds will do nothing to bring us back to the point of being well.

If we can develop wellness in our minds, we can cover both bases of mental *and* physical wellness.

However, mental wellness doesn't just mean understanding how to make the body well. It also means developing a way of thinking that allows us to feel well mentally.

This means that we don't experience negative and detrimental thoughts that bring about the experience of negative emotions within our minds and bodies.

A mind that is unwell will regularly experience bouts of depression, confusion, worry, fear, aggression, anxiety, lack of focus, lack of willpower and lack of consistency

VERSUS

A mind that is secure in wellness will experience bouts of clarity, firm understanding, motivation, acceptance, mental strength, confidence and most important inner peace and calm.

When we experience mental 'un-wellness' we must come to understand exactly what form of thinking has brought about our mental anguish and set about undoing this, by encouraging a mindset that works as a cure to that anguish.



Key Considerations

- Promoting creative abilities
- Finding ways to expand our own personal skills
- Having a strong curiosity and a desire to learn
- Being inspired by new ideas and sharing them with others
- Discovering challenges, rising above barriers and utilizing strategies
- Being able to engage in lucid, clear thinking
- The ability to think independently
- The ability to think critically
- Maintaining a healthy level of mental fitness and practicing preventive measures against depression, anxiety and other mental health disorders
- Having optimal focus, concentration and memory

Emotional Wellness

Emotional wellness is very closely linked to mind wellness. This is because we experience emotions after thoughts occur in the brain. Our emotions are the end result of a particular train of thought.

Though some people experience great emotions in a fraction of a second wherein they might think that they didn't even have time to think, in actual fact the emotional response has occurred due to massive amounts of focus on that particular topic or subject in the past. This has the effect of anchoring that emotional response to stimuli that sets off the emotion.

Fortunately though, and from the viewpoint of holistic wellness, this is something that can be overcome, and even encouraged in certain areas to develop *more positive* emotional responses. This is the 'deliberate effort' part of emotional wellness.



We can use specific forms of meditation and self-hypnosis to re-program the brain to experience greater degrees of happiness, inner peace and compassion. By doing this, we are actually encouraging our brains to experience these positive emotions more often than any negative ones.

By controlling our thoughts in times of stress or anguish, we learn that it is actually ourselves that allow the emotions to arise in the first place.

- ✓ Rather than letting our emotions being our master, we become the master of our emotions, and from here, we can choose to feel whatever we want to feel and when we want to feel it.

At the same time, we can undo the effects of any negative emotions by catching them in the instant they arise and replace them with an opposite positive emotion. This makes our bodies feel better too because they experience an influx of chemicals that make us feel better instead of worse, leading to... you guessed it, greater wellness.

By mastering emotional wellness, we allow ourselves to feel greater balance in our bodies *and* our minds.

Key Considerations For Emotional Wellness

- The ability to identify and express emotions and feelings
- Having a profound sense of self-awareness and self-acceptance
- Effectively engaging in relationships, including family, romantic and work
- General attitudes towards self
- Confidence and self-control
- Healthy level of self-esteem and self-respect
- Being open to identifying and dealing with your own flaws and character defects
- Appropriate coping skills to respond resiliently to emotional states
- Remaining calm and centered
- Understanding how your thoughts, behavior and feelings affect yourself and others around you

- Being responsible for your own actions
- Developing as a person and evolving in your personal growth

Wellness Of The Spirit

Spiritual wellness occurs when our actions, thoughts, and emotions are in a state of balance. When we can cultivate a mindset and way of life that promotes peace, harmony and a balanced development in all areas, our spirit resonates with a state of contentment and we experience this as spiritual wellness.

When we are out of sync with the needs of our spirit, we experience great amounts of stress, frustration, confusion, and negative emotion.



However, when we have learned to stay quietly aware of the subtle requests that our spirit puts forward, and we respond accordingly, we can keep an ever watchful eye over the proceedings of the spirit and ensure that it gets just the right amount of focus and attention that it needs.

The most important thing to recognize when considering the wellness of our spirit is whether or not we are experiencing great amounts of negativity in our life.

This does not refer to people in the external world, our spirit is well, and truly aware of the negative appointments to which most people hold their minds to, what this actually refers to is our own self-being.

- Do we experience many negative emotional states?
- Are our thoughts consumed by worries and fears?
- Are we angry or harboring frustration that is not dealt with?
- Do we feel oppressed or depressed?

When considering our spiritual wellness we must be completely honest with ourselves.

- Do we genuinely feel satisfied and happy with our life, with our thoughts and emotions, with our ability and capacity for living?

If the answer to any of these questions is no, then we must inquire into ourselves and dedicate time and energy to rectifying that which has not found the right balance.

Key Considerations

- Seeking meaning, value and purpose in your life
- Encouraging personal faith while incorporating a set of personal values and beliefs that define who you are and your place in your community
- Achieving a healthy level of satisfaction and happiness in your life
- Having a zest for life and living
- Living by your personal set of morals and values
- Living each day to its fullest
- Inner peace and calm
- Seeking out that which brings the most personal satisfaction and fulfillment
- Learning to stay in the moment
- Learning gratitude
- Learning and appreciating who you really are
- Practicing introspection and self-awareness
- Feeling connected to the universe

Social Wellness

The social dimension of wellness plays a critical role in achieving the highest level of wellbeing possible. Social wellness refers to human connections that facilitate a sense of belonging with other humans. Relationships play a key role in how we feel and how we perceive our existence.

Key Considerations

- Developing a sense of connection, belonging and support
- Promoting a healthy environment and effective communication skills among community members
- Being there for others and letting them take care of you
- Basing relationships on commitment, trust, honesty and respect
- Having a supportive circle around you
- Being there for the people you care about, as they are there for you
- Finding a balance between your desires on a personal level and meeting the needs of your community
- Contributing to the well-being of the community that facilitates a sense of personal growth and value



Environmental Wellness

Refers to the wellness of the world, the planet, and your role in it.

- Having respect for nature's creations and the beauty and balance of nature.
- Maintaining a way of life that benefits from this balance and diminishes harm to the environment
- Taking part in socially responsible activities to protect the environment
- Protecting yourself from environmental hazards

Financial Wellness

Financial worries are one of the greatest contributors to stress on a societal level. To achieve a state of holistic wellness, this dimension is of utmost importance because it has a profound effect on your mind, physical health, spirit, and subsequently your quality of life. A CNN survey found that a majority of people attributed financial difficulties as their greatest source of stress.

Learning how to successfully manage financial expenses, and avoid financial stress, which is a common source of anxiety, fear and stress are both key aspects to consider on your road to wellness.

Key Considerations

- Learning to successfully manage financial expenses
- Doing everything possible to avoid financial stress
- Taking time to plan and budget
- Making any necessary changes whenever possible to improve financial situations
- Accepting your financial limitations and living within your means

Occupational Wellness

When you consider the fact that most people spend 40 hours or more of their lives each week at work, it makes sense that being happy and satisfied with our occupational situation is very important.

Occupational wellness refers to creating a healthy balance between work and leisure time.

It also entails managing workplace stress, and forming healthy relationships with co-workers.



Another important aspect of occupational wellness involves identifying your true calling and exploring various career options to find the right fit.

Key Considerations

- Being satisfied with the work you do
- Reaching a harmonious fit between who you are and what you're called to do
- Taking steps to make changes or improvements in career choices as needed
- Maintaining a balance between work, home and play
- Managing work related stress
- Ensuring a healthy work environment that is in line with your values
- Maintaining healthy relationships with co-workers

Quality Of Life Wellness

One of the things that help us to develop wellness is paying attention to our quality of life.

Quality of life refers to the level of complete balance that we do or do not have in all areas of life

If our quality of life is low, we feel depressed, or suppressed or oppressed. On the other hand, when our quality of life is high, we then feel that we can do anything, and we are happy and content with the way our life is going.

Quality of life is something that can be improved but first we must identify any areas of our life that we feel are lacking.

This has a lot to do with spiritual wellness because by taking care of our spiritual needs we feel a great sense of contentment, even if our external circumstances would appear to be in a state of discord, meaning the world and people around us.

- **Quality of life is also greatly affected by our emotional, physical, relationship, and occupational wellness.**

By investigating all the areas of wellness and ensuring that everything receives a fair amount of attention, we improve our quality of life and our capacity for developing the things that need to be improved or enhanced.

Ultimately, this includes, home, work, and play. By this we are referring to what you do for a living on a daily basis, the environment you actually live in and spend most of your time in and the things you do when you have time for yourself.

By ensuring that all of these areas are conducive towards either the maintenance or the development of wellness, then you are fully working towards having the highest quality of life that you possibly can.



8 KEY CHARACTERISTICS OF WELLNESS

In order to begin the journey towards wellness, it is important to understand all of its components to gain further insight that can support ultimate wellbeing.

MULTIDIMENSIONAL

You may have already gathered that there are many things to consider in achieving a state of wellness. It requires that we learn to observe every area of our life and honestly note the things that *do not* support and encourage wellness.

Since we ourselves are multidimensional, then attaining true wellness must also be a multidimensional pursuit. As humans, we must be parents, friends, colleagues, associates, siblings, bosses, employees, teachers, students.

In regards to wellness, we must learn to incorporate all of these areas along with the physical body, our mental makeup, and our spiritual awareness.

All of these areas must be conducive to maintaining or developing wellness if we are ever going to truly experience the great satisfaction that comes from its attainment.



If we allow there to be a lack in one of these areas then our wellness cannot be complete and it will become tainted by negativity, self-centeredness, or self-destructiveness. Sometimes this will come from an external source that we allow to influence us.

Sometimes it will come from our place of work when we experience too much pressure or even fear and it can also come from our friends and family as we progress into the heart of wellness, if those people are too consumed by negative and destructive ways.

We must learn to recognize when this is the case and work earnestly towards bringing about the necessary changes, even when it seems extremely difficult.

When considering wellness, take into account your multidimensional life. Consider all areas of your daily existence, everything that you do or intend to do, every relationship that you are a part of, every minute that you spend awake.

Your entire being must come to the point of cultivating wellness if you ever want to truly make it a part of what and who you are.

PERSONAL RESPONSIBILITY

There is no one alive in the world today that can inspire complete wellness in your life. There are people who can point out the means to cultivate wellness, who can introduce you to the knowledge and techniques for doing so, but ultimately it is 100% your own responsibility to enhance the levels of wellness in your life.

It is you who must inspire all the dimensions of wellness including that within your body, mind, and spirit. It is you who must organize your life in a way that encourages wellness in all areas.

Hypothetically, if it were someone else's responsibility then your ability to cultivate wellness would be dictated by that persons' behavior and availability. Even if this were possible, which it isn't, it would not serve our ultimate aim of becoming aware of our own capacity and ability to cultivate wellness for ourselves.



- By accepting personal responsibility, we are keeping our power well within our own domain. This means that we can cultivate wellness to any degree that we see fit.
- We personally ensure that our daily life is ordered and regulated towards the development of wellness and we learn that in reality, we are the only ones responsible for this.
- By learning to look at our life, from our own point of view, considering what needs to be changed, what needs further encouragement, what works and doesn't work *for us*, we develop an awareness of our own personal abilities, strengths and weaknesses.

When we approach wellness from this angle, we show ourselves that we truly do have the power to be independent, confident, and effective at enhancing positive changes in our life.

In the world of wellness cultivation, there is no greater power than realizing that the ability to inspire and encourage wellness comes down to your own levels of determination, willpower, and dedication.

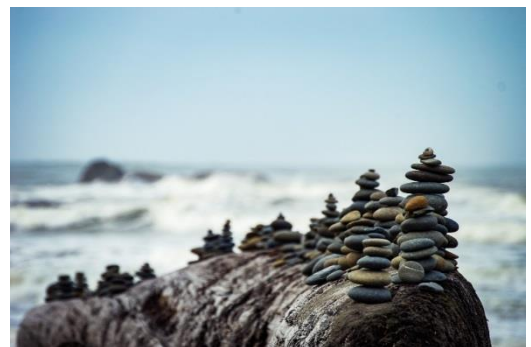
HOLISTIC

In our approach to wellness we must take into consideration everything that wellness covers, this being everything physical, mental and spiritual.

Holism refers to the entire person and all the elements that make up his or her life, and self. Each element is one part of a whole, and when one part is amiss, it effects all the other parts.

By covering all the bases, we can ensure that wellness is properly cultivated in all areas of our life.

- **Physically we must ensure that we are taking care of our bodies.** We do this by providing it with a good diet to ensure our nutrient and vitamin intake is at a maximum level. We must also ensure that we are getting enough physical exercise and spending the right amount of time outdoors.



Physical exercise helps to improve the basic and essential functions of the body such as blood flow, blood pressure, bone, tendon and muscle flexibility and strength and helps to keep aches and pains at bay. Spending time outdoors gives us room to breathe and lets the body be invigorated by natural sunlight. Feeling the wind on our skin and listening to the sounds of nature has the effect of giving our minds a break from the daily stresses and pressures of life.

- **Mentally we must learn to keep a watchful eye over our thoughts and emotions.** By concentrating our thoughts on positive means to achieve wellness we can guide

ourselves into attaining greater clarity and control regarding our mental state. For thousands of years people have used mantras, meditation and various forms of self-hypnosis to consciously influence their own thought patterns. Doing this makes it very clear that we are the ones who are in control of how we think and feel internally.

Strengthening this type of mental conditioning for some time, we gain the ability to remain calm and collected in any circumstances and under any level of pressure.

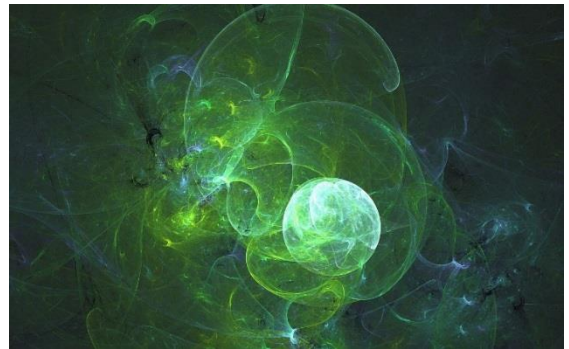
- **Spiritual wellness comes about when all the areas of our life become balanced.** When we give ourselves the right kind of positive attention and when we refrain from destructive and self-centered thoughts and behaviors, our spirit graces us with an overwhelming sense of peace, purpose and contentment.

This is the ultimate aim of cultivating wellness in our everyday life and it is also the reason why, once wellness is experienced it must be maintained daily.

DYNAMIC AND CHANGES OVER TIME

Wellness is not static and does not occur in a vacuum. At times, we may achieve a high level of wellness in some forms, while others may suffer. Additionally, our wellness needs can change over time and we must learn to adapt to these needs.

Sometimes our minds become disturbed by circumstances and people and other times we feel completely calm and at peace with everyone and everything, it is important for us to understand this dynamic nature of wellness.



- **When we come to recognize an 'un-wellness' in our life, even if it is concerning an area that we previously experienced wellness in, we can make a decision to apply effort in that particular area.**

The dynamic nature of wellness requires that we must do our best to apply our cultivation to all the necessary areas in a balanced manner.

What works for your cultivation today may not work for your cultivation tomorrow. Your mind will change, your circumstances will change, and in turn, your cultivation of wellness will be subject to changes. Additionally, when one area has developed a sense of wellness you can change your focus and apply it to other areas.

Even though wellness is dynamic the essence remains the same; cultivating holistic wellness in any and all areas of your life, as best you are possibly able, balancing your time and focus among the areas that are most lacking.

As one area begins to feel whole, alter your focus to another area.

Constantly working in this way will allow you to develop a balanced approach to something that is inherently unbalanced and ever changing, yourself.

AN INDIVIDUAL EXPERIENCE BUT ALSO INFLUENCED BY ENVIRONMENT AND SOCIETY

It should be obvious by now that wellness is something that requires your own personal attention and effort. By focusing your attention on yourself, your daily activities and your physical, mental, financial and spiritual wellbeing you can encourage or maintain the development of wellness in any areas of your life.

Even though it is absolutely vital that our own personal energy is put into the process, we can also begin to look at the environment we live in and the society of which we are a part.

By molding and shaping our environment, we can enhance our cultivation by ensuring that the places that we spend time in are conducive to our goals.



If our environments are not in tune with our goal of cultivating wellness then we will face a constant battle of trying to attain an inner state of cultivation while our external world opposes it.

The same goes for our society, though that is something that is mostly beyond our control. We cannot dictate the behaviors of society, but what we can dictate is the amount of influence we allow it to have on us and the amount of time we spend being an active part of it.

Eventually, as our cultivation develops a strong foundation we each become a tool for encouraging positive changes in society, because people external to us begin to recognize, consciously and unconsciously, the level of wellness that we have managed to inspire in our own lives. This has the effect of inspiring others to investigate the same aims.

Considering our environment and society, we can further enhance our ability to cultivate wellness. Consider what is working towards wellness and inspire more of that and at the

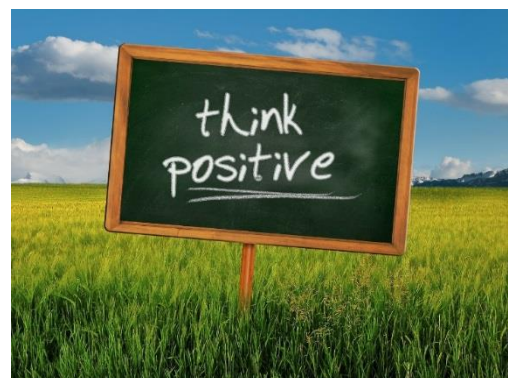
same time consider what is working against wellness and do your best to remove the influence that it has over your life.

POSITIVE AND AFFIRMING

Inspiring and cultivating wellness has the effect of moving us forward, towards our goals. It confirms and affirms our inner strength and capacity to change our lives for the better.

It positively improves our physical, mental, and spiritual health *and* strength and it takes us constantly to higher realms of being than those that we have had access to before. This is what 'wellness is positive and affirming' means.

When our minds and lives are left to state of non-awareness, meaning left without having added any effort to inspire, to cultivate or to improve, we feel that everything is beyond our control, we have either good luck or bad luck and that there is nothing that can be done about it.



Each day we wake up and we either feel good or we feel bad, things happening in the world around and to us either inspires positive thoughts and emotions or negative thoughts and emotions. In most cases, this is not a very nice place to be.

We feel dictated by the world, and the majority of the world being self-centered and without inspiration, we feel a great lack or void somewhere within our life.

On the other hand, when we take personal responsibility for our thoughts, actions and emotions, when we positively affirm and encourage a mindset of inspiration, creativity, cultivation and positive expression we feel that inside we are boundless and without limitation.

We begin to understand that our own spirit is infinite and that it only requires a little attention and cultivation to realize the endless potential that each of us harbors within ourselves.

SEEKING AND ACHIEVING VITALITY

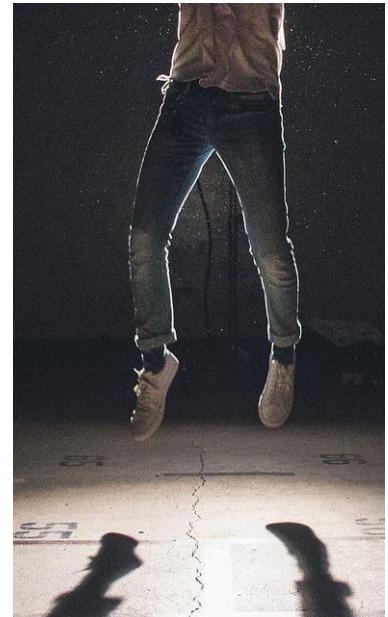
The wellness outlook seeks more than just disease prevention or our general health in the moment.

Vitality is something that is a natural side effect of spiritual cultivation. It comes along with bringing our attention back into the body and the breath and by learning to observe the physical needs of the body and by governing the placement of our mind and attention.

Our vitality suffers when our thoughts are left unguarded and when our emotions are left to spiral out of control, being dictated by our external world and the people and situations that we encounter.

By vitality, we are referring to our levels of energy, our overall wellbeing, and health.

- When our vitality is high are able to sustain wellness is in all areas of our life.
- When our vitality is low, we feel as though everything is a challenge and that our bodies and minds are in disorder, perhaps suffering from low energy levels or ill health.



To inspire greater personal vitality we can learn to look at the needs of the body, our energy levels, and the amount of time we spend resting and recuperating from daily stresses and demands.

By governing these things, ensuring that our bodies receive good levels of nutrition and water, by ensuring that we give our minds time to rest without being concerned by our external world and other people, by taking time out to be still within our hearts and minds we can allow our vitality to replenish.

Ancient practices like meditation, yoga, and chi-gung are vitality enhancing practices that have been used by people for thousands of years for exactly this purpose.

SELF-CARE IS AT THE CORE OF WELLNESS

In order to produce and encourage wellness it is required of us that we learn to observe and take care of ourselves.

Think about this for a moment, without a profound motivation in caring for yourself, wellness is not likely to happen on any dimension.

This means that we learn to focus on our life and remove any negative influences and energetic drains to the best of our ability.



In realizing that wellness is brought about by our own focus, consistency, and persistent determination to inspire positivity within our own bodies and minds, we are entering into the realm of 'true-self-care'. This is what lies at the very heart of our wellness cultivation.

By keeping ourselves focused on our own lives, our own thoughts, behaviors and actions in the world, we learn to effectively govern ourselves and ensure that a high level of care is being inspired for our own benefit.

Cultivating wellness has an effect similar to that of throwing a stone into a pond. When we first act consciously to bring about wellness this is like throwing the stone into the pond and as it hits the surface ripples are sent out in all directions. Every act of wellness that we inspire within ourselves is another stone. Eventually those ripples hit the sides of the pond and begin to flow back towards the center.

As they return to the center we experience this is actually feeling well, content, and happy in the present moment. This would be seen to be the result of our past actions of cultivating wellness, the act of throwing the stone.

In this way, we can understand that wellness is something that personally and independently affects *ourselves*, and it is *ourselves* who are responsible for the throwing of the stones. The more we throw, the greater effect we have on our overall wellness.

All of this comes down to our *own self*; *our own* personal wellness is the result of *our own* personal actions.

This is what ‘true-self-care’ means.

Ultimately, it is our own self that requires our attention...

Ultimately, it is our own self that will need to take action...

Ultimately, it is our own self that will experience the benefits.

WHAT IS HOLISM AND HOLISTIC WELLNESS

Essentially holism is a way of thinking that takes into account that something cannot exist independently of the whole.

When considering a single thing, holism requires that we take into account the big picture and the relationship 'that single thing' has to the whole.

For example, when considering wellness we must take into account the entire scope and range of our lives, physically, mentally, spiritually, personally, environmentally, planetarily and also universally.

This means that we must look at our life from birth up until the present moment, the people around us, and the state of the world at the present time and if taking wellness to the ultimate level we must consider our position and place in the universe and even life itself.

This is the largest scale of wellness that we can possibly consider. Holistic wellness takes into account all of these things.

It encourages and supports the development of wellness within and throughout all of these areas of our life. It would be a mistake for us to think that wellness only meant our physical health, or even our mental health alone.

When we can see the interconnectedness of our own personal state of wellness to the state of wellness of the entire human race for example, we can gain deeper insight into the causes of 'un-wellness' that we all face as a single consciousness.

By approaching wellness from this perspective, we are better able to encourage it in our everyday life.



We learn that true wellness requires a holistic approach in order for its foundation to become a solid, unshakeable part of our own foundation for living and as a result, the strength we gain from wellness cultivation becomes something that once achieved, once crystallized, we never ever lose.

This is and must be our ultimate aim.

STEPS TO WELLNESS

As we have already considered, wellness is multidimensional and so if we are going to incorporate its cultivation into our lives we must know the ins and outs of this 'multidimensional-ness'.

When we consider our own lives, we can see that we exist as multidimensional beings. We have a physical body, we have the capacity to think and hold mental states and emotions, we live in a world inhabited by others, some of us have specific responsibilities like raising children or owning a business, and each of us is a unique part of the grand picture of life itself. Our wellness then, must take into account all of these things.

- **Physically we must take care of our body, providing it the right kind of nutrition to support wellness.** At the same time, we must ensure that we receive enough regular exercise to promote good physical health, agility, and flexibility.
- **Mentally we must learn to control our thoughts and emotions so that we can encourage wellness and positivity and remove negativity and 'un-wellness'.** We can do this by learning age old techniques of meditation, yoga, chi gung and even tai chi. These practices help to alleviate the constant thinking that most of us have to endure, and allow the stress, concern and worry of pent-up thoughts and emotions to dissipate, thereby enhancing our mental wellness and our inner peace.
- **Financially we aim to create a life of comfort, or deal with the discomforts that may cause us stress.**
- **Spiritually we can learn to live in harmony with ourselves and with others.** By practicing patience, compassion, understanding and wisdom in our life we can learn to let things be as they are, to remain calm and centered in our everyday lives. And by reflecting on deep questions about who we really are and what we really want from life, we can learn to recognize the yearning that our spirit has to be free of suffering, worry and concern, and instead to feel free and aware of what is the right way of life for us personally.



NUTRITION

Nutrition is extremely important for developing wellness because it is the main resource for accessing vitality that the body uses.

Ultimately, our food intake has the power to either enhance our lives, or slowly deconstruct our lives. If we leave our nutritional intake outside of our cultivation, the body suffers because it does not receive the building blocks that it needs to produce and maintain physical wellness.



We can surmise that wellness means thoughtful consideration as to what you put inside your body

- Food is the number one means of improving health and wellbeing, and this does not just apply to the physical body but also to the mind. The brain itself needs to receive the right nutrition in order to function properly and if left uncultivated, suffers from the same lack and exhaustion that the rest of the body does.
- Each person will require the essential forms of nutrition but each person will require a different focus on exactly which nutritional focus they should implement. Everyone lives different lifestyles and this must be taken into account when we consider what kind of nutrition is right for us. People who exercise on a regular basis require higher levels of food intake, people who work in demanding physical jobs require the same.
- Other people whose job is equally demanding but more focus is put on thinking and problem solving, or talking about and explaining things will require a different approach to their own levels of nutrition, in order to maximize the energy levels and functions of the brain.

The only way to thoroughly understand your own requirements concerning nutrition is through trial and error and your own exploration. Figure out what works for you, taking into account your lifestyle, body type and personal goals.

EXERCISING THE PHYSICAL, MENTAL & SPIRITUAL

Since we have come to understand wellness as a holistic endeavor, let us look at developing a way of covering all the bases.

Physically we must take into account the body and its needs.

We can practice good diet, physical exercise, yoga, massage, stretching, personal hygiene, and even martial arts. All of these things are tools for promoting and enhancing the overall wellbeing of the physical body.

Mentally we are considering our thoughts, emotions, and mindset.

By practicing such disciplines as...

- Meditation
- Chi gung
- Tai chi
- Self-hypnosis
- Affirmations
- Conscious relaxation



...we are inspiring our minds to have a break from habitual and stressful thought patterns, and at the same time, we can cultivate a positive and focused mindset that enhances positive thoughts and emotions.

This has the effect of actually making our brain work towards specific goals and objectives and allows us to use certain strategies to create balance when our minds have been overactive or put under stress.

Spiritually we are considering ourselves completely, looking at the bigger picture of our whole life alongside the rest of humanity.

Spiritual practices are such things as...

- Developing loving kindness
- Selflessness
- Inquiring into questions about the nature of the universe and reality
- Promoting greater peace and harmony in ourselves and in the world
- Ending suffering for those who are experiencing great degrees of stress and struggle

Ultimately, once we have learned how to control our own lives to the point where we promote greater wellness, peace, and harmony, we can then learn to inspire the same in the world around us.

When we can do this in a balanced manner, we are able to constantly work towards enhancing the quality of life for ourselves and for the rest of humanity, without getting too overwhelmed.

This may take years to fully cultivate but is well worth the time and effort.

SELF-CARE

Wellness ultimately always comes down to self-care...

- Are you really taking care of yourself?
- Are all your needs met?
- Are your desires being fulfilled?
- Do you feel content, happy and balanced in your life and within yourself?
- Are all of the areas of your life receiving enough attention so as to allow wellness to develop fully and in a balanced manner?

When we can understand that our cultivation of wellness only requires that we place our attention on ourselves, in order to ascertain what is lacking, we can remove the pressure that we feel to fix everybody else's life, or to help other people without ever giving time to ourselves.

That is what self-care actually means.

Though we also consider helping others to find wellness a part of our own cultivation, ultimately, the only thing we can do for others is help them to understand how their own wellness is their own responsibility and no-one else's.



If we allowed other people to fix our problems, or force us to develop wellness, the moment that person left our life for whatever reason, our wellness would leave right along with them. This obviously serves no purpose other than removing our own responsibility and personal power, which would serve contrary to our goals.

Ultimate wellness means taking care of yourself. If everybody can take their own wellness into their own hands, we will have universal wellness on all accounts, an obviously beneficial situation for society as a whole.

How you take care of yourself requires thoughtful consideration and evaluation of where care is lacking, it is a personal assessment that should be honest and thorough.

- Are you managing stress?
- Are your emotional needs being met?
- Do you get enough “me” and relaxation time?
- Is your physical body at its best level of fitness?
- Are your relationships supportive and nurturing?
- Do you wake each morning feeling fulfilled and looking forward to the day?
- Are financial concerns causing you undue stress?
- Do you hate your job, and dread each morning having to face another day at work?
- Are your miserable much of the day?
- Is negative thinking affecting your happiness and that of those around you?

BALANCE IN LIFE

Balance comes to us when we can learn to incorporate a holistic approach to wellness. This means that we have learned to pay attention to our bodies and minds and have uncovered any areas of our life that have been lacking cultivation.

In order to do this we must be completely honest with ourselves. When we can do this, and when we can pay special attention to the areas that need more focus, we are encouraging our life to become more balanced.



When balance is achieved, we feel as though our life is full of possibilities and it becomes a joy to wake up in the morning and tackle our goals, objectives and whatever else life brings head on.

Balance in life is achieved when we are able to fully, freely, and harmoniously organize every area of our life, including our work, our own personal home, and our rest time, by incorporating the various requirements of physical, mental, and spiritual cultivation, for enhancing, developing, and maintaining wellness.

In order to do this we must slow down and focus our minds on the objective of uncovering any imbalances, so that we can put programs, strategies, activities, and exercises in place that put greater emphasis on those areas.

By working in this way, one-step at a time, we encourage every area of our life to reach an equal playing field, rather than some areas receiving more attention than others do.

This is called achieving balance in life.

BALANCE IN BODY

Balance in body occurs when our thoughts, emotions, and actions are cultivated through our own positive influence.

When the chemicals in our brain and body have been consciously influenced through various forms of physical and mental exercise we begin to feel inspired and full of life and energy, because our bodies receive positive influence from our own actions.

By encouraging physical exercise, thought control and self-control, we learn that it is possible to influence ourselves in a way that actually inspires and maintains positivity.

Just like the ripples caused in a pond by throwing a stone into its center, our bodies feel the reverberations of all the effort and positive suggestions and influence that we have consciously applied, and we experience this on a personal level as having greater balance.



This is something that takes willpower, determination, and consistency to initially encourage, and later continue to develop and maintain. Since our bodies are the prime vehicle through which we experience life and all its glory, it is an important primary focus for us to begin our cultivation of holistic wellness.

The first things to consider are our physical health and level of fitness, along with our mental states and emotions. If our bodies are obviously unwell or unfit then we should be focusing on developing good nutrition and a regime of regular gentle exercise.

If our mental states are often negative or in a state of depression, or if we regularly experience fits of negative emotions like anger or anxiety, then we should begin to investigate meditation and other forms of thought control to help bring about the positive changes that will inspire wellness.

By working in this way, we develop a 'cure-all' approach to every ailment that we currently harbor. Eventually we eradicate them from our lives and experience complete balance of body and mind.

ACHIEVING VITALITY INSTEAD OF TARGETING DISEASE PREVENTION

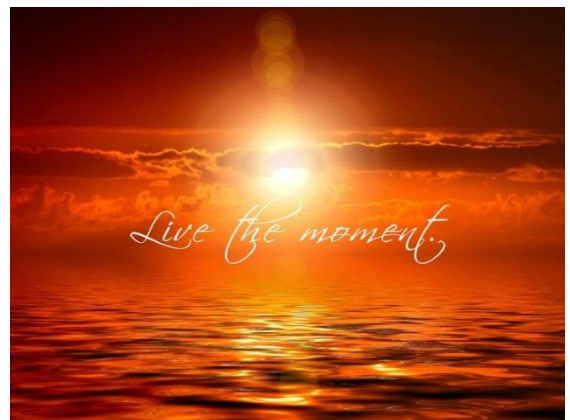
Consider your perspective when it comes to your health...

Are you aiming to achieve a greater state of vitality and wellness to improve each present day or are you simply trying to prevent some possible future medical condition, such as heart disease?

The difference between the two goals is marked!

The first supports and promotes your wellbeing and quality of life in the here and the now, while...

The latter is simply targeting to prevent something that may or may not happen in the future, and which may result in you getting there while kicking and screaming.



Wellness means feeling good today, which ensures a brighter tomorrow

It is possible to practice a way of life that is not conducive towards disease development. This means that the way we live our lives each day encourages the body and mind to function in a way that has the prime focus of enhancing their ability to prevent and fight off disease.

Since diseases can come in both physical and mental forms, meaning we can experience disease of the body and disease of the mind, we must learn to look at actions and ways of living that promote greater health and wellness in both these areas.

By encouraging good diet and a high level of nutrition, we can ensure that our bodies receive enough of what they need to prevent and fight off disease. By practicing regular exercise, we

can help the body to stay active, which promotes greater blood flow and improves the levels of positive chemicals in the brain. This affects both the body and the mind in a way that helps us to feel happier and more positive in general and at the same time it maximizes the body's defense when it comes to preventing illness.

All of the above supports a natural motivation towards greater health with positive reinforcement that we can appreciate today, in the here and the now.

Methods of preventing disease of the mind come from being able to control the thoughts and keep at bay any negative and destructive thought patterns. If left unchecked these negative forms of thinking can lead to further diseases *in the body* and so this is an extremely important thing to consider when developing our holistic approach to wellness.

If we can learn to control the thoughts and emotions and inspire only the positive, allowing the negative to fade away, we can promote the natural disease fighting abilities of our bodies and minds.

LONG TERM GAINS OVER QUICK FIXES

Holistic wellness is and must be a long-term endeavor.

Since we want to achieve wellness in the long term for ourselves, we must develop an approach that is also focused on achieving wellness for the rest of our life, as opposed to thinking only about the coming weeks and months.

If our wellness lifestyle is something that is going to truly affect us physically, mentally and spiritually in a positive way, then it would make sense to us to not just practice it in the short term, but to learn how to practice it every day with the intention of *never* going back to a lifestyle that promotes 'un-wellness'.

Once we achieve wellness, even if we only have small glimpse into what it feels like to have balance, this usually has the effect of securing our effort in place.

What this means is that, when we feel really good because of our deliberate effort in achieving wellness, we suddenly realize that it is something that *we can* continue to promote for the rest of our lives.



Since it makes us feel so good, why wouldn't we want to continue doing it?

As long as we understand that cultivating wellness is not a quick fix issue, and take into account the long term aims and goals of wellness, naturally we will be inspired to look at the big picture of our entire life from now into the future.

On the other hand, if we are only working towards wellness as a quick fix solution to our problems, then we will only experience minor and short-term benefits.

People who practice for the short term tend to give up and stop cultivating the moment they begin to feel more positive but this has the effect of letting the wellness deflate and become uninspired, which inevitably leads back towards 'un-wellness'.

Take into account, and practice for the long-term big picture of holistic wellness for the rest of your life and your foundation will become solid and unshakeable.

THE WELLNESS OF THE WORLD

The world around us can really benefit from holistic wellness cultivation. However, we must take into account that everyone is on their own path and has the right to practice whatever kind of lifestyle they choose.

Many people who decide to cultivate wellness become sidetracked by the ways of the world, meaning that they recognize the amount of stress, trauma, violence and other negative behaviors and expressions of the world, and they decide that they want to change it for everyone. However, this is not the correct approach the cultivating wellness in the world.

If we try to inspire people, or if we try to change the world, without invitation, we are actually fighting against the ways of the world.



By cultivating our own personal life and focusing on ourselves, we cultivate wellness from our own personal point of view. In time, through our efforts we realize that this is absolutely *not* something that is easily achieved, as it requires us to keep a constant watch over our mind and our actions, so as not to allow a single shred of negativity to develop.

In regards to the world, most people are so in tune with that negativity that they would actually fight against you to maintain their negative state of mind and way of life.

However, as we focus on ourselves through our own cultivation, a small handful of people that we encounter personally throughout our journey *will* resonate with the path of wellness cultivation. It is those people who we can inspire and help towards encouraging a more positive and inspired way of life.

Practicing in this way allows us to not become sidetracked and yet still help *some* people of the world to develop wellness. Eventually those people each encounter a small handful of people too and so it has a 'domino effect'.

This is how to truly develop wellness in the world. Any other way is forgetting that the majority of the world at the moment thrives off of negativity and 'un-wellness' and to attempt to change that fact would be to try and fight against the nature of reality, an obviously pointless thing to attempt to do.

PERSONAL FULFILLMENT

Personal fulfillment is a great term to use when considering wellness cultivation.

- We are attempting to personally fill ourselves up with all the positive influence that we can handle.
- We are working towards our own personal health, wellbeing, and happiness.
- By filling our lives, bodies, and minds with healthy, positive information, and by giving ourselves only healthy and positive fuel we are encouraging nothing but the growth of wellness in our everyday lives.



This is personal fulfillment to the highest degree.

By taking into account your own personal states of physical, mental and spiritual wellbeing you can create an approach to wellness that is completely your own.

By doing this you will uncover every area of your life that is lacking and you will ensure that you give yourself exactly what you need to achieve complete personal fulfillment.

This approach to wellness cultivation can be considered to be both a science and an art.

- The personal aspect falls in tune with the artistic side of wellness cultivation. This is what allows you to have your own expression regarding what you are going to do to inspire wellness.
- Personally, you will have to focus on specific areas regarding what *you* need to cultivate, and at the same time, you will be able to choose *your own personal methods* of doing that, exactly which techniques or disciplines you will investigate to cause the positive change.
- The scientific aspect of wellness is covered by the fact that this entire process of cultivation can be repeated for anyone and everyone who has the necessary levels of commitment and determination. This something that can be laid out as a step-by-step formula or approach and it is this way that wellness cultivation reflects the methods of science.

By focusing on your own personal fulfillment, you are sure to be working towards the achievement of everything you could possibly want from life and from within yourself, including, good health, prosperity, and happiness.

HAPPINESS, POSITIVITY & OPTIMISM

Three words lie at the heart of wellness cultivation...Happiness, Positivity and Optimism

They are the foundation on which every technique, every method of inspiration is built.

Taking these words with you as a personal mantra is a way of reminding yourself of all that you need to cultivate in your every waking moment, Happiness, Positivity, and Optimism.



If you genuinely and sincerely consider these three words all day long, in every thought that you have, in every decision that you make, in every goal that you choose to work towards, you

will ensure that everything that happens in and around you is working towards the development of wellness to some small or great degree.

When you can completely crystallize this mindset, so that anything and everything that enters your life and mind is governed and influenced by these three words then you will have completely mastered the ability to cultivate and inspire wellness, not just in yourself but also in anyone that you encounter in the world.

When you know the inherent power that this produces within you, you will feel like absolutely nothing is beyond your reach and you will be able to face the pressures and stresses of the world to a much, much higher degree than you ever could before.

‘Happiness, Positivity, and Optimism’, use this as a personal mantra and encourage it to take root in your very heart and soul. This is the essence is wellness cultivation.

ENVIRONMENT AND CREATING A SANCTUARY

It is possible to develop for yourself, and for the world, an environment that completely supports the cultivation of wellness in your everyday life.

These places can be considered as sanctuaries from the world, because as the world is consumed by darkness, negativity and 'un-wellness', your own personal sanctuary will stand as a bright light in that abyss, as a place where both you *and the rest of the world* can find the positive influence that is required for true wellness cultivation.



By ensuring that everything around you has the right focus of cultivation, you are guaranteeing that you will receive nothing but the right kind of suggestions that lead towards greater health, wellbeing, and happiness.

- Your own home or private workspace should be the prime focus of your attention regarding developing this kind of sanctuary. You cannot control anything that is beyond your own personal reach but these two places are well within your sphere of influence.

When you have uncovered the areas of your life that require positive attention and influence you can build a center of cultivation in your home and workplace, so that everywhere you look, sit or stand in those environments you are reminded of your specific goals and objectives. These are tools that help to develop those specific areas.

By building yourself a sanctuary that is specifically tailored to your personal wellness cultivation, you are ensuring that you are receiving the highest levels of positive influence to achieve this goal.

When the time comes for you to help and inspire others, you will have a private training center to bring them into which will also give them access to the same tools and techniques of influence that *you* have.

ARE YOU PROACTIVE IN YOUR OWN WELLNESS?

You must decide to be the sole person responsible for your own personal wellness. When you genuinely accept responsibility, you are telling yourself that it is you who must put in the effort if the necessary changes are ever going to be able to manifest.

You must take charge and push yourself into ALL the areas of study and practice that will cause your wellness to be enhanced. This is you, being proactive.

By taking into consideration each day, what you can do to be proactive, to bring about some small amount of positive inspiration, you are forging for yourself a life that will grow, develop, and cultivate wellness.

This is all you can really do and at the same time, it is all you are required to do, to secure a solid foundation in wellness cultivation.

Being proactive can be understood as being 'positively active' in every area, that concerns your cultivation of wellness.

As long as you are being honest with yourself and putting in as much effort as you can at each step of the way, you are sure to place yourself firmly within the grip of positive wellness cultivation.



True wellness comes from a...

"PERSPECTIVE OF CHOICE"

Versus a

"HAVE TO MINDSET"

In order to be truly well, there must be a genuine desire to be so, and choosing to do so, mainly because it is a proactive and a deliberate effort.

As with anything else, achieving something requires some type of motivation that drives the necessary changes.

The motivation behind achieving the greatest level of wellness possible is the genuine desire to do so. This is a much more positive mindset than simply “having to” do it because it is advised for better health or any other reason.

The payoffs in wellness are plentiful and setting your mind to chase them simply because you want to improve your quality of life and general wellbeing is all the encouragement you need to get started.

THE ROLE OF HOLISTIC MEDICINE AND HOLISTIC IN ACHIEVING WELLNESS

Holistic medicine takes into account the big picture, whereas what most people consider medicine only takes into account the physical symptoms, usually leaving out the mind and the spirit.

Holistic doctors will work with you to ensure that your entire physical, mental, and spiritual being is taken into account when you are experiencing illness or disease.

This can greatly benefit your wellness cultivation but you must take into account that holistic medicine is not designed to be a quick fix.

The approach of holistic medicine is configured to completely remove your ailments at the spiritual level, which has a 'domino effect' of removing it at the mental and physical levels, but in reality this takes time and effort on your part.



A holistic doctor will not just fix the problem for you, they will introduce you to various forms of medication specific to your ailment, and then they will help you work through and understand the underlying cause of what has brought about that specific ailment or illness within your mind and spirit.

If you can commit yourself to working through completely to the cause of your issue, then you work on resolving it and removing it completely from your life, to the point where you won't have to go back to the doctor again.

Using this within your wellness cultivation is a good strategy if you have tried everything you can for yourself and need some outside help to point you in the right direction.

Be careful not to become *completely* reliant on anyone else in your cultivation though. The whole point is for you to realize that it is you who has the power to develop wellness for yourself, and you *will* find that many of your problems can be worked through by yourself.

Use holistic doctors and holistic medicine as a last resort if you have found it difficult to fix your own problems through your own personal observation and internal reflection.

HOW TO DEFINE WELLNESS SUCCESS

Wellness success can be easily defined, but only if you have the ability to be completely honest with yourself. If you are not completely honest with yourself then your apparent success will always be tainted by an underlying issue that you have refused to admit and address.

However, if you can be completely honest with yourself all you have to do is ask yourself the following question:

- Am I completely happy with my life, my mindset, and myself or is there something else I need to work on?

If you are completely happy then your wellness cultivation has obviously brought you to a great place, but if there is still some area to work on then you know that your wellness cultivation still has room for improvement.

Regarding your specific issues, you can gauge yourself by choosing something to work on and then doing so.



Having worked on that specific problem, once you reach a place of happiness and contentment regarding it, you can see that your wellness cultivation has achieved success in that area.

Your wellness cultivation achieves *complete success* when you genuinely realize that you have the power to achieve whatever you want in life and when you also genuinely feel happy and content with where you are in your life, which includes, work, relationships, and health.

This does not bring you to a place where your wellness cultivation stops though, rather it brings you to a place where your ability to cultivate wellness has become so refined that you are committed to the process of cultivation for the rest of your life, because you have experienced first-hand the positive effects that it has had on you.

This is true wellness success.

FINAL THOUGHTS

By now, you will have come to understand exactly what wellness is and how it is important to cultivate it in your every waking moment.

Our journey to ultimate wellbeing has brought us to a place where we realize that wellness is not something that we attain and then stop cultivating but rather it is something that we attain when we fully accept and realize that ultimate wellbeing must be constantly watched over, and nurtured within the dynamic nature of our human life, body, mind and spirit.



Your needs in wellness are your own, as wellness is truly an individual experience. It is really up to you to evaluate and ascertain which dimensions of your own wellness need work and the specific goals that need to be set and achieved.

Remember that the ways of the world are, for the most part negative and destructive. Don't let other people bring you down and ignore the doubting minds of those who try to oppose your cultivation.

To listen to them for a second would be to play into the hands of all that has caused you worry and concern in the past.



Ultimate wellbeing is a private and personal endeavor and that is all you, or anyone else ever needs to know.

In essence, holistic wellness is an ambitious journey to find your own unique path to ultimate wellbeing and happiness through a journey of self-discovery that will support you in reaching your full potential and the highest possible level of quality of life.

By attaining ultimate wellbeing, we are allowing ourselves to express our full capacity as human beings, and we are choosing to walk as warriors of light and positive influence through a world that is consumed by darkness and negativity.

In reality, there is no greater cause than this.

There is no greater function to have on this planet earth than as a human being dedicated to bringing about as much personal positive change as we can genuinely produce in one lifetime.

There is no higher purpose than committing ourselves to the eternal goal of realizing our own ultimate wellbeing.

Best wishes in your wellness journey!