

Wholesome Health: A Journey from Pain to Liberation (Paperback)



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(Rusty Hamill Sr.)*

WHOLESOME HEALTH: A JOURNEY FROM PAIN TO LIBERATION (PAPERBACK)



Wholesome Health, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Health is our birth right and Healing is the law of nature , Then why do we suffer? Ignorance towards the purpose of life and the short-cut approach towards health management are the two major causes. As a result, man is not able to attain a minimum level of good health. Having already suffered, it is now time to wake-up. Aging and death are natural, but untimely functional deterioration and crippling life is unnatural. Understanding multi-dimensional aspects of health and adopting the Holistic approach are of paramount importance. Sight is not the vision and Sea is not the Ocean. Similarly, being healthy is not enough to be Wholesome. Man is known through his physical body but the human in him exists as the emotional spiritual being. If a person with higher standards of health in physical, mental and the emotional dimensions, goes on exploring his spiritual potential, some day he is likely to experience the joy of being Wholesome. No soul prefers to choose sickness or miseries when she decides to join the planate earth. Rather, she selects the environment that can facilitate her to get free from the debts of her past. Then, there may be a time when the soul could say This birth I am here to sing, and cerebrate the song of Life. Yes, there may be a time to attain this dream, if you know how to live today and how to die now! Any tough situation in Life can be used as the milestone to progress on this path. The book Wholesome Heath - A journey from pain to liberation is about scientifically explained spirituality. This remains the only source book of primary readings introducing the concept of...



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