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Healthy Living – Body, soul and spirit!

By Donna-Rae Cartwright

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Healthy Living

A healthy lifestyle is holistic. You cannot look at just the physical side of healthy living and negate our responsibility to nurture the spiritual side, and vice versa.

God created us as physical and spiritual beings. He created us as physical when He made us from the dust of the earth and gave us bodies, breathing life into us. He created us as mortal, finite beings – but He also created us as spiritual beings, to live or die eternally.

So because God created us to live in tension with ourselves, balancing the spiritual and the physical, healthy living is to look after both areas of our life, to live a holistic lifestyle.

More often than not we hear teaching on the nurturing of our spiritual lives, discipleship - what it means to live a truly Christian life as a disciple of Jesus, and so on, but not very often do we hear teaching on looking after our physical bodies.

It is my belief that if we take just as much care of our physical bodies - the way we dress, the way we eat, exercise and rest - as we do of our spiritual state, we will set a precedent amongst non-believers. They will see Christ in the way we live our lives.

So that is what this article is about - the physical side of healthy living, looking after our bodies. However please realise that although this is what I am focusing on, I am in no way ignoring the spiritual.

Some time ago, I felt challenged to a healthy lifestyle. A scripture He gave me was Hebrews 3:4-11. I know you have probably only ever heard this passage in the context of spiritual rest, but there are a few key principles that I want to draw out in regards to healthy living.

"(For every house is built by someone; but the builder of all things is God.) Now Moses was faithful in all God's house as a servant, to testify to the things that would be spoken later. Christ, however, was

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faithful over God's house as a Son, and we are His house if we hold firm the confidence and the pride that belong to Hope.

Therefore, as the Holy Spirit says:

"Today, if you hear His voice, do not harden your hearts as in the rebellion, as on the day of testing in the wilderness, where your ancestors put me to the test, though they had seen my works for forty years. Therefore I was angry with that generation, and I said, 'They always go astray in their hearts, and they have not known my ways.' As in my anger I swore, 'They shall not enter my rest.'" (NRSV)

Principle 1: DO NOT STRIVE (v4)

God is the builder, not us. He is the one who makes everything happen. Striving doesn't help anyone - or anything - least of all you. Life, the ministry etc, doesn't depend on us. God is more concerned

about us than He is about the work. He has many vessels through which He can work. It is folly to think that we are the only person who can do the task.

DO NOT STRIVE. IT DOES NOT DEPEND ON US. GOD IS THE BUILDER.

Principle 2: WE ARE THE HOUSE OF GOD (v6)

Our bodies are the temple of the Holy Spirit. We need to take care of them. If we don't we will not be good for anything because we will run ourselves into the ground. We need to respect God by taking care of the body He has given us by: –

- EATING HEALTHILY
- EXERCISE regularly
- Getting enough REST

Principle 3: A HARDENED HEART IS THE SAME AS REBELLION (v8, 9)

We need to be good stewards of what God has given us - including our bodies. If we disregard this, we are hardening our hearts towards God, and what He has shown us, and that is the same as rebellion. If we test God in this, we will suffer. God has created a cause-and-effect world, establishments that He has put into place and He will not override them. If we do not look after our bodies, we will reap the effects of that, for example, sickness, burnout and disease.

Principle 4: GOD HAS PROVIDED THE KNOW-HOW TO OBEY HIM (v10)

God has given us the knowledge - through the Bible and science and, believe it or not, common sense - to know what we should and shouldn't eat. We also know how regularly to exercise, and we can definitely tell when we need to rest. All we have to do is listen to our bodies.

I read this book "What the Bible Says About Healthy Living" by Rex Russell MD. He studied what the Bible says about food, what science says about food and what he has seen himself, for example when patients are told to follow a specific diet in order to get well again.

His conclusion was simple: –

Principle 1: Eat only what God intended us to eat

Principle 2: Eat it only in the form he intended it to be eaten

Principle 3: Fast regularly

Amazingly, scientific research (independent of himself) gave evidence to support why God told the Israelites not to eat certain foods and why they should eat others. (I highly recommend this book. It can be bought on Amazon.)

So we have no excuse. God has given us the knowledge we need, but it is our responsibility to put it into practice.

Principle 5: REST

God didn't only intend for us to experience spiritual rest. He is a holistic God. He intended for us to experience rest physically, emotionally and spiritually. If we look after our bodies, and get the rest we need - however much that might be - we will be able to more fully enter the rest that God intended for us. We won't get as sick as often, we won't get as tired and we won't get as stressed - the result – we will be much more rested and able to cope with the stresses of living life.

We have a holistic God who is concerned with our physical and emotional being as well as the spiritual. He created all of us - and said, "It was good!" So work with Him on this. He didn't create our bodies to be a hindrance to us. He created them for our enjoyment as well as for us to know what our limitations are so that we can more fully enjoy and experience a supernatural God.

God knows your body best. Ask Him to show you how much rest you need, what is okay to eat and in what proportions and how much to exercise and even what exercise. He will help you - He helped me.

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Donna-Rae is a missionary, a Zimbabwean and a world traveller who lives in Scotland, read more about her on her website at www.god-life.com

Suicide Is The Cause Of All Death

By Roy E. Klienwachter

Before life, the soul chooses what it wants to experience in the physical world. It chooses its parents, the time and place of birth and it chooses the circumstances time and place of death. The soul does not come blindly to this life. It has chosen parents and time of birth to best facilitate what it wants to experience.

After birth the soul gives up control of its circumstances to the will of the ego. The ego is given unconditional freedom to choose the direction of the body in this world. Much like a captain has freedom to choose the course of a ship during a voyage, with a final destination in mind. The better the communication between the captain and the ship's owner as to how and where the ship will end up, the more likely that the ship will reach its destination with little difficulty.

However if the captain is not in contact with his resources for weather conditions, if he does not refer to his compass and navigational equipment, he can be in for a long, rough ride. During the voyage, the captain will make many decisions that will affect the overall comfort and ease of the journey. It is the

owner however that will determine where the ship finally ends up and when it has taken its last voyage.

The soul is the owner of the body. The soul was created by the mind, so in fact all there really is, is the mind—the creator of all that is. The triune of mind, soul and body is really an illusion—there is only mind. The mind uses an aspect of itself, the soul to give energy to a physical body to experience another aspect of physical life.

It is the mind that determines birth and death. When the mind no longer wishes to experience this particular physical life cycle, the soul leaves the body and it dies. This is done in complete agreement with all aspects of this life form—mind, body and spirit.

All deaths are suicide in that they are not accidents, they are intentional. No one can stop the transformation of the ego back to its source once the soul has decided to leave the body. The mechanics of the body may continue, either artificially or in a coma, but the spirit has moved on. The death of the body may not be permanent. After experiencing physical death, the soul may decide to return to the body and continue life for its own purposes. The reasons for this shift in experience may not be entirely known to the ego. But his/her consciousness may have some remembrance of the transformation.

Those that have experienced near death experiences do not experience their lives the same afterwards. There appears to be a change in the way the soul wishes to experience life in this particular body. The captain as it were, is given different orders and a new heading.

Life is intentional and so is death. Suicide is never by accident—it is well thought out. Death is a transformation from one body to the next for reasons only known to the soul and in a few cases for those that have achieved a higher level of communication with their spirit. Suicide is not a tragic event when viewed from a position of greater awareness and unconditional love. When the body leaves the struggle and lets go, it is the most wonderful sense of freedom that you can imagine. In my own life I have experienced this freedom at the moment of letting go in a drowning incident

.
My compassion goes out to the survivors left behind, but never to the one departed.

Roy E. Klienwachter is a resident of British Columbia, Canada. A published author, a student of NLP, ordained minister, New Age Light Worker, Teacher and Phenomenologist. Roy's books and articles are thought provoking, and designed to empower your imagination, and take you to places you would never have thought about.

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