

*Health = Self-regulation = homeostasis = rebalance = compassion = healing  
= human design embodiment = shadow to gift to siddhi = strong back/ soft  
front self-love = open to new experience but grounded knowing and  
embodying yourself = ultimate health = seven-seals engagement =  
embodying archetypes and galactic design = highest resonance = full flow =  
completing soul journey = becoming a light being = heaven on earth = NEW  
EARTH*

It's reasonable to say most of us have been on a Journey of self-discovery and self-improvement from releasing Physical density, etheric surgeries, self-love Practices, Positive affirmations, embracing compassion, healing our wounds, expressions of gratitude and transmuting everything to love ... we now have to keep improving to achieve our higher and highest frequencies possible, and be in an amazing Place to embody the transition to 5D light bodies, and embody our true higher selves.

We must aspire to good health. So, what is 'good health'. It isn't just feeling good we want to be grrrrreat... so we need to supercharge our healing. We all know our own bodies are the best self-healing, rebalancing organisms ever! . The most important modality for healing and health is your inner vitality or life force. You need to look after yourself from within before you can express yourself without. By allowing all your atoms to be balanced, fully vital and resonating at the highest frequencies you need to fully optimising and achieve maximum energy efficiency so you have enough energy to express ALL the love, compassion and joy in life.

Unfortunately, we have lived in a society where health has become reactive not proactive. We all know prevention is better than cure but this isn't the current norm. We aren't just aiming for a lifestyle without dis-ease, we really should want healthy light bodies and enlightenment. We need a balanced and expansive approach to health even more than before. No one modality will do, we need all areas maximised. We must consider all aspects of ourselves including our spiritual/emotional, biochemical/nutritional and physical body. So, we want to embody an ultimately balanced and efficient 'active' state of being for all our subtle bodies: physical, astral, mental, causal, buddhic, atmic and monadic bodies..

In the new Paradigm we don't want to be aging we want to be actually evolving... we want to be like a free-flowing bundles of energy, like a river in full flow with no barriers, boulders or even pebbles, at whatever depth, speed and fluidity resonated with you at any one time, so we can be in full unadulterated flow. Your flow.

This Journey isn't always easier and sometimes it's good to ask for help and external advice whether it's from a health professional, or from family and friends, but like all advice listen and only take what resonates with you. Trust yourself. We do sometimes need to be challenged to think outside the box and to keep growing. A therapist may have more knowledge or balanced view on a subject, and more experience of the overall process, and may give you another angle on an issue you hadn't yet considered. They can also give you personal support, guidance and advice. We all sometimes need a little help from a friend. However, you must own and embody your healing process in order to maximise and maintain your own health. Let your inner voice direct you to the right person at right time.

Like all growth and development, it does take dedication and discipline with the purest intentions. Then the rewards will most definitely outweigh the effort. We know physically smiling makes us feel good, but it does take more energy and effort to smile than frown.

In the natural horse world one of the well-used sayings is: focus leads to feel which improves timing to achieve balance... balance plus energy leads to resonance. Therefore, we have to put in some focus and energy, to find our feel, to time the most efficient input and output, to achieve the ultimate balance of 'health', so you feel at ease with yourself and your surroundings, and ultimately enjoy the Journey.

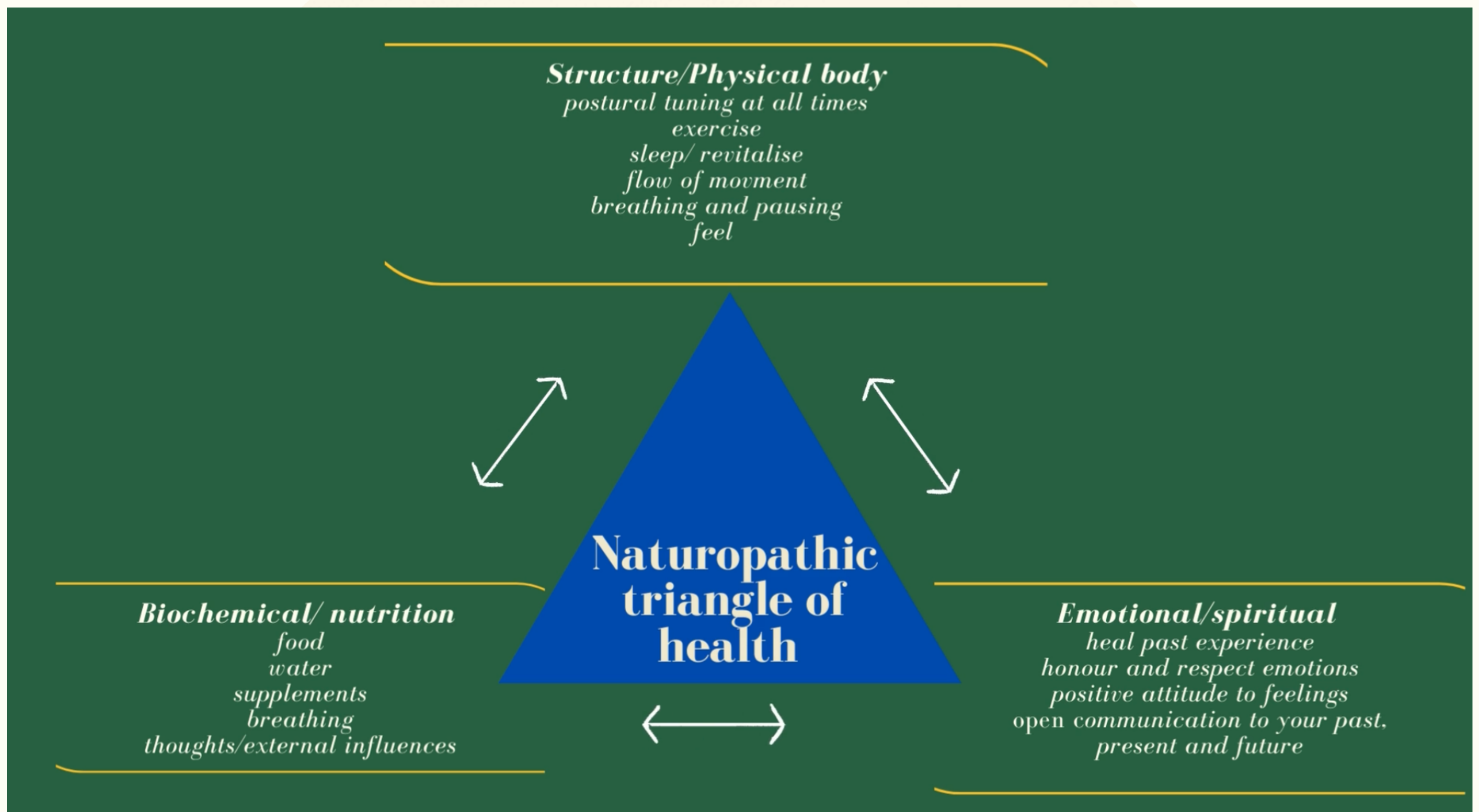
Knowing your human design of who you are, and more importantly who you are not, is also another key on this Journey. You need to know, and manage the situation, if you are closely involved in someone else's life and responding to someone else's energy whether it's in a community or family unit you are ideally still aiming to love YOUR life and YOUR design, whilst respecting, acknowledging and enhancing others. Richard Rudd recently gave an amazing insight into rewilding a garden: he said ideally release control of growth and enjoy the process of rewilding, only removing the potentially damaging weeds, ultimately finding a new harmony and balance in the disorder. We need to be fit and healthy enough to release control and find what wonderful new things can grow in New Earth.

Gene keys are also a useful resource to embody our gifts, whilst also acknowledging our shadows to find the gifts and ultimately hope we resonate with our Siddhis. It is important to know and love yourself to be in rhythm with yourself before you can be in rhythm with your surroundings and environment.

So, one way if to contemPlate health is by referring to the

## Naturopathic Triangle of Healing. (natures cure)

In which each condition, body Part, organ or atom has to be addressed from three different energy fields: Emotional, Biochemical and Structural.





## Emotional/ Inner/Spiritual energy

Emotions are Physiological states and are generated subconsciously. Usually, they are responses to certain external or internal events/stimuli such as a Physical event, a social interaction, remembering or imagining an event, talking or thinking or Physically re-enacting a Past emotional experience. There are our internal communicators.

These are different to feelings that are subjective experiences of emotions and are driven by conscious thoughts and reflections. This means that we can have emotions without having feelings, however, we simply cannot have feelings without having emotions. Obviously, feelings can help us recognise unhealthy emotions and teach us when and how express them in more healthy and appropriate ways.

What actually makes us emotional, however, varies Person to Person based on our shared evolution, cultural influences, and unique Personal experiences. So, even though we can't choose our emotions we can choose how we feel about them, through emotional awareness. We need to use these insights to help heal ourselves and our Past lives so we desensitise some these emotion and express others in a more thoughtful and constructive ways.

We need to acknowledge and honour our emotions to be able to live in Peace. If this resonate with you One of the daily affirmations can be 'I am comfortable with all my emotions. I honour and express my emotions in appropriate ways. I feel Peace.'

Various other techniques that can help with this include NLP/ mindset tools ([5dJourney.org](http://5dJourney.org)), cold showers have been shown to help mood, HeartsPeak (subconscious transmutation), and of course meditating or contemplating, and ultimately checking in with your higher self and asking for guidance.

## Biochemical energy

This explores the chemical processes within and related to living organisms. Our cells and atoms are constantly in homeostasis: chemically rebalancing, and we if don't have their nutritional requirements they can falter, and even damage the system. Food, breathing, fluids, thoughts and others influence/auras are all fuel to our internal ecosystem. We all know what nutritional vitality goes in influences our vitality and therefore what is able to come out. Here's some suggestions:

1. Eat good quality (avoid chemical input from pesticides, preservatives and flavour enhancers) vital varied food in moderation. Ideally only what you require, just enough for your current daily need, that are appropriate for YOUR environment and body type. Ideally home grown with love, organic, avoiding anything processed particularly GM. It's worth noting there are currently massive issues in our current food production and food storage. If home grown isn't possible then eat the best food/organic you can afford in moderation. It can cost more to eat this way but you will need less good quality food because it has a higher nutritional value.
2. There are many diet styles. It is generally agreed we want to avoid excessive and processed carbohydrates and/or sugars and dairy, therefore it's best to focus on green carbohydrates (vegetables) with reasonably healthy fats (omega 3 mostly such as fish, nuts, flaxseed, hemp seed, chia seed, and avoiding omega 6: saturated fat, trans-fat and hydrogenated oils). It is also important to have some good protein source - AKA the paleo keto diet. Another suggestion is to try to fast/significantly reduce calories a couple of days a week.
3. Heal and love your gut and the food you eat NOW. Many 3D people have gut issues, some without even knowing it, such as IBS (irritable bowel disease), leaky gut, food intolerances etc. Our digestive system is a vital part of immune system and self-regulation. The gut is also equivalent to our third brain. It has as many neurons as the brain and spinal cord. It needs to be nurtured by being proactive not reactive!
4. Give your body the best chance to take the nutrients from the food you eat. Relax, bless your food and digestive system, chew well and eat with joy. Pause and breathe between mouthfuls, and don't overload your system. This puts your body in the most relaxed/parasympathetic state for the body to do its important job of digestion, which will help you get the best out of the food you eat. It takes 20 minutes to digest food so don't wait to feel full to stop eating.
5. Allow for seasonal changes in what you buy and consume. Check in, ask what your body needs and is appropriate in that moment. Like all bad habits eating certain food, drugs and drinks can become habitual, and even addictive, often leading to a hidden problem.
6. Keep hydrated with vital fluids. Currently water quality varies a lot but do what you can with good filtration, copper vessels, blessing the water and using GANs to purify water. Be aware and respectful of excessive coffee, tea and alcohol as they all make the body's filtration system work a little harder. Avoid all processed drinks and carbonated drinks at all costs!
7. Keep supplementation to a need only basis. I don't suggest taking supplements regularly as it makes the system lazy, but at present we sometimes need a boost. Check in before buying and taking supplements, particularly iodine, vitamin C, vitamin D, vitamin B especially B12 and trace minerals.
8. Sprouted seeds are an amazing natural nutritional supplement as they have high nutritional particularly for hormone support.
9. Other natural supplementation can include pre and probiotics: fermented food, apple cider vinegar with the mother, unpasteurised sauerkraut, kefir, kombucha, kimchi, chlorella. Also GANs/plasma water, colloids, turmeric/curcumin, coconut oil, fulvic acid, zeolite powder, garlic, ginger, herbs, spices.
10. Only use chemical drugs if you have to! Try to address the underlying issues and if need be try alternatives such as herbs, Bach flowers etc first. Most drugs are like a 'slap in the face' for the body and it appears many pharmaceutical drugs suppress the system rather than enhance. Also be aware of the modern chemicals in your environment such as perfumes, cleaning products, toiletries particularly shampoo, deodorants, wet wipes, cooking with plastic tubs etc.
11. Nasal breathing techniques (breathing in through your nose) has been shown to chemically relax and engage our diaphragm. If you breathe in through your nose and out through your mouth it slows your system down which helps to pause and engage our parasympathetic system to aid relaxation which helps us thrive. Another technique for engaging your diaphragm in stressful situations, and encourage deep breathing, is breathing into a cupped hand or reaching your arms over head. If you want to build energy and drive your system breathe in through your nose and out through your nose. This engages the sympathetic system.
12. Knowing your human design and what type of food, eating style and amount suit us best can be helpful. (Interestingly I don't get on well with fasting and my human design shows I need to eat regularly to feed my brain!)
13. As mentioned above muscle testing/asking for what food, nutrition or supplement you need at any time of each day can also be done for our animal friends.

# Structural energy

This is the nuts and bolts of the body but unlike a car it is like a super intelligent computer, it does what you tell it to with the added ability to autocorrect and self-heal. The body knows! We actually have a massive buffer zone in our system before we feel pain, which can just be the tip of an iceberg. A lot goes on unknown to us but that's where the good stuff happens. Don't wait until pain appears to act. Look for blocks/imbalance/lack of flow/rhythm and old injury compensations. It is important to keep your body fit enough to do what it has to. Plus a little for buffer, so you 'feel' good doing it. The physical body needs to be used with respect and not taken for granted, overused or abused. Unfortunately, it isn't complicated and a few basic changes can make a big difference. Balanced posture can also improve and streamline everything including emotional state of mind, breathing mechanics, digestion efficiency and intuition.

Posture is an upright stance in balance with gravity, nature and its surrounding. We then need to add breathing to keep us light and organised from the inside out. Like anything balanced you need a good stable foundation and good building block. These need the building blocks: breathing, nutrition, movement and fitness, mindfulness and proprioception (joint feedback).

Unfortunately, we do need to be stationary or 'static' to do many 'chores'. During those times we are still influenced by gravity and external forces so our muscles are not able to 'park' or switch off they are continually functioning. Our bodies are having to constantly rebalance to keep us in the desired position/posture, it's easy to lose flow, and even stop breathing. Therefore, it's important to be aware and think about how you can maximise efficiency for that desired posture in every moment every day, not just during higher levels of exercise such as the gym, to avoid overuse/postural fatigue. Set yourself up for a job, be mindful, avoid prolonged positions/repetitive activity (more than 20 minutes), move with flow and relaxation, and breathe throughout.

The only time we relax all our muscles is in deep relaxation and sleep.

One of the best examples of good posture is if you think of an athlete, martial artist or dancer they are upright, balanced and energetic. They stand with a stable engaged base (legs, buttock) and light free and balanced upper body for dexterity. It is also vitally important to stand well before exercising, including simply going for a walk, to give us a good chance of exercising or walking well. See below for more details on standing.

One of the most challenging positions to maintain in this world is sitting. The bottom line is we really aren't designed to sit in chairs so sitting balanced is physically and mentally tiring. Studies have shown that we can only sit well for twenty minutes. Like standing well sitting well should be balanced, upright, and ultimately if you take the chair away would you fall over! We need to keep our energy up to maintain balance and defy the gravitational pull, and avoid collapsing/slouching. So, you need to be mindful of this and reset or get up regularly.

It is important to make your desk/working setup and surrounding particularly your chair and/or desk setup work for you, and ideally you don't stay there too long/move regularly, at least every hour. See below for more details advice on sitting.

It's worth noting that sitting on your sitting bones, or ischial tuberosities, allows the forces such as body weight (posture vs gravity) to pass through your skeleton. The bones are stronger and more tensile than the soft tissues which could stretch and deform. To find your sitting bones when you are standing stick your bottom out backwards like you are going to sit down lightly, squat or go to the toilet standing up, then lower your bottom down to sit. Alternatively, when sitting push your bottom back in the chair, ideally so your body and thighs are at 90 degrees, then lift/part your buttock cheeks and you should be able to feel your sitting bones. Then make sure your feet are flat on the floor about hip width apart and line your thighs up; you may have to adjust the chair or get a foot stool to do this. Then take a deep breath in to lift your chest and relax shoulders, and the rest of you. If you are balanced you should be able to move freely and breathe easily. Never sit with your legs crossed.

Often, whatever you spend most of your life time doing becomes your body's default habits. In this modern world we spend a lot of time sitting often in unsupportive chairs and even less supportive sofas. This influences your body's patterns and therefore how you 'do' everything else. In other words, if you lean left at your desk, you probably lean left on the sofa, in the car, eating your dinner and even how you prefer to sleep. It becomes normal, so you and your mind doesn't notice it until your body complains and even says it can't do it anymore. Eventually your soft tissues fatigue and bony changes can occur (arthritis) we get started getting pain and or stiffness.

The best sitting and standing positions should be upright, energetic and balanced like a trained pianist or a horse rider. In other words, we should be in a state of 'active neutral'. You're not 'doing' anything but you are still active! Otherwise, you will slouch and then gravity wins! Interestingly the most natural sitting/resting positions are what we call archetypal postures like the Indian squat, the African long sit, the Japanese high kneel, the Buddha cross leg. Our body's fascial system is more suited to these positions. These are great for kids but for many adults these can be quite challenging as they aren't part of our modern lives and we aren't used to it. It is worth trying to build up time in these positions. Another good practice is to regularly try a semi squat, so you learn to bend well. For standing I often recommend standing on a wobble cushion to practice your balance, maybe when you are doing your mirror affirmations or brushing your teeth.

Ultimately, our bodies need to move. Movement is life. If you don't move you die. But movement should be easy, light, enjoyable and in the highest resonance. Fitness should be increased gradually and maintained permanently. Maximum movement and energy efficiency is not only important to heal all aspects of ourselves but to continuously raise our frequencies, and encourage others how to do the same. It's also worth noting that as we age in the 3D world, we often use our bodies and exercise less and inevitably make our outer world smaller; children live and regularly engage in a 360-degree world. It is worth regularly engaging in exercise for your whole body to keep all movement patterns accessible, functional and healthy otherwise we can limit our movement potential. This lack of movement often drives the aging process.

The extreme of physical rebalancing is surgery. This rarely cures problems but can help extreme or chronic pain patterns, however it does further damage tissues but take away the integrity of an area and potentially increase the aging process.

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**Good Breathing techniques** links the emotional, structure, biochemical factors. It helps to manage energetic flow from emotional response, it chemically relaxes the body by breathing in through the nose and physical helps rebalance us in time and space – also rebalances flow.

Nasal breathing techniques (breathing in through you nose) has been shown to chemically relax and engage our diaphragm. If you breathe in through your nose and out through your mouth it slows your system down which helps to pause and engage our parasympathetic system to aid relaxation which helps us thrive. Another technique for engaging your diaphragm in stressful situations, and encourage deep breathing, is breathing into a cupped hand or reaching your arms over head. If you want to build energy and drive your system breathe in through your nose and out through your nose. This engages the sympathetic system.

At present sleep routines are useful, however this may well change as we ascend. At present, in 3D, it is thought to flow with daylight hours but least try and wind down/avoid blue light/screen around by 9pm, start a sleep routine but 9.30pm and asleep by 10am to have a few hours before midnight. Then up early 6-8am ideally. If recovering from illness sleeping until 9am can be restorative.

Health is something fascinating area, and really is about continually learning about yourself and your bodies needs. Even now we know a lot but we don't know everything. By putting in effort with some knowledge, positive intension and loving heart and discipline to be loving, fair and reasonable with yourself we should all thrive, and reciprocally encourage others to do the same. Who knows where we will go with health in the future, particularly with GANS, plasma and physical, emotional and chemical access to higher frequencies and light. For now let's start to honour ourselves in the present. You need all the vitality and life force to heal and resonate at higher levels vitality! The universe of energy is open to us. Let's do our best to be ready for it!

Good Health involves a good bit of self-discipline, a lot of self-love and getting in tune with YOUR pattern, frequency and rhythm of YOUR life.

If nothing else lastly remember the key ingredients of health by GLOVE; standing for gratitude, love, organic, varied, exercise

Sending love and light to you all!

## *Additional Information*

### Postural patterns; sitting and standing

Who knows what wonderful changes will occur for sitting, driving, sleeping etc but for now here are a few 3D pointers. We currently need static innominate objects like chairs, desk, cars to work for us. I would love in the future if these become more dynamic because we are all different shapes and sizes with different leg lengths and body heights. And I believe we even vary shape and size from morning to evening, on different days of the year let alone lifetime! My visual dream would be to have dynamic furniture so that they actively fit you and you don't have to try and fit into it!

#### Guidelines for standing;

- Have your feet hip width apart; so, your right foot is supporting your right shoulder and your left foot is supporting your left shoulder.
- Soften, not bend, your knee; this activates your legs.
- Keep your weight even and in your buttocks. Ultimately, we are aiming to be centred with a low centre of gravity, therefore have most weight should be behind your hip and in your buttocks/ glutei, like a webble wobble. (our two strongest senses we have are vision and touch. It can be hard to look at ourselves even in a mirror but you can always put your hands on yourself, front to back, and left to right. Start to get a feel of where your balance or weight is. This is usually where you feel heaviest)
- Then take a deep breath in to lift your chest and relax your shoulders with the out breath.
- If you are balanced and comfortable you should be able to continue to breath easily.
- If you are unsure about a balanced position, ask yourself how stable are you if someone was to push/tackle you would you be able to manage it?
- If you feel you have your standing balance is fairly well sorted you can challenge yourself but standing on an uneven surface like a soft yoga block, wobble cushion and or BOSU. Then you challenge your balance by lifting and moving your arms, adding weights and try even unpredictable balance games like someone throwing you a ball. It all helps your balance which helps your overall physical fitness and posture, and it will make standing still much easier because your body just knows.

#### Specific sitting/desk advice;

- Most average desk is designed for those about 5'7" or 173cm so ·If you are 5'6"/ 170 cm or below you need a foot stool.
- Between 5'8"/ 176cm and 6'/182 you can sometimes get away with just raising your mouse, keyboard and screen (use a book or ream of paper)
- If you are 6'/182 cm, and above YOU HAVE GOT TO RAISE YOUR CHAIR and YOUR DESK UP! Otherwise, you will be slouching and storing up problems for later! If you lower the chair, you lose all your leg and foot support and your body still collapses.

## *Additional Information*

### Other positional advice

Sofa;

If you are tall then sofas rarely support your legs so try to find something like a bean bag or low foot stool to take the weight of your legs. Again, if you are shorter, you usually need a foot stool.

Reclining chairs

are a reasonable compromise but again you need to find your sitting bones and get your thighs lined up to avoid leaning/collapsing to one side.

·'Gaming' sitting position can be useful for active relaxation, such as using a bean bag to support long legs.

Sleep;

·Ideally lying balance, relax and supportive.

·Do not lie on your front (it puts the body in a fixed torsion position - and you will get to an age you can't do it any more). If you were sleeping on the ground, you would lie face down

·Either lie on your back or balanced on your side with full body contact, from your armpit to your hips and bend knee. Ladies may need to stretch their hip away to allow for their waist.

Try not to roll forward on your side; once you go into sleep you can collapse forward and shut down your breathing, digestive system, let alone the physical torsion pattern etc.

·A small pillow should be sufficient but this can depend on your shoulder/chest width.

·Beds should be not too soft or firm, supportive and not suffocating your tissues.

·If you need more support sidelying, you can have a pillow between your knee.

Car;

When getting into the car 'square up' so you are sitting straight, find your sitting bones, support your thighs then straighten them in line with your hips. Adjust your car seat position to fit you as well as possible; To do this firstly adjust the seat angle to support under your thighs, then adjust the distance of the seat from the pedals, so you can reach them comfortably, then adjust everything else. This is best done when you are still in your active neutral. Most modern car seats are very adjustable so on a longer journey change the seat position little and often but only when it is safe to do so.

·Avoid sitting with crossed legs it sets and eventually fixes torsion patterns.



