



HOW TO ATTAIN TRUE HEALTH

We are living in a time when **spiritual and scientific** information is merging and becoming one. The following is taken from a spiritual text and aligns perfectly with what we are discovering through quantum physics in the field of healing.

'Whilst you have drawn your life initially from the Divine Reality and It has given you being, you also draw your physical energy from your food and the digestive processes which manufacture enzymes to break down the food into a usable form which feeds the physical cells throughout your body and mind. **This is the life of the body.**

Many people live and die drawing exclusively on the energy derived from their physical processes. The type and amount of energy drawn from physical processes is **greatly affected** by the mental/electrical and emotional/magnetic fields of the living entity.

These **electrical and magnetic fields** surrounding every living thing from an amoeba to an elephant and human being, are the personal Life Force radiations from the soul, combined with the personal consciousness-awareness radiations of the entity's mental/electrical 'go-go' activity and its emotional/magnetic 'bonding-rejection' impulses.

These electrical/magnetic fields are profoundly affected by all the **thoughts and feelings** which pass through the minds and emotions of the entity. In turn, the fields profoundly affect the physical processes of the body itself. They raise or lower the health of the body according to the state of the personal consciousness – whether it is in harmony with the Life Force radiations of Divine Intelligence/Love or in conflict with them due to selfish ego drives.'

(Text reproduced from The Christ Letters, Letter 7.9)

To learn more watch the video:



How to attain
**TRUE
HEALTH**

Excerpt from Letter 7 of The Christ Letters

➤ WHY MEDITATE? ⇐

Meditation is able to create a deep state of peace and relaxation and helps to calm an overly-active or troubled mind. The mind-body-spirit connection fosters health and wholeness and numerous clinical studies have shown that it improves your physical and emotional wellbeing.

Meditation should be considered an essential life skill as it enhances all areas of your life. Once it becomes a habit, you will reap the benefits every day.

➤ BENEFITS OF SILENT MEDITATION ⇐

- ♥ It allows your meditation to intensify on a deep, inner, sacred level
- ♥ It provides an effective means to tune into your Source of Being and enhance the communication and guidance
- ♥ It provides the means to gain insight into the true nature of reality
- ♥ It enhances the connection with your True Self as opposed to your ego-driven self
- ♥ It fosters inner peace and calm with a clarity of purpose
- ♥ It enhances your physical and mental wellbeing



➤ INVITATION (Free event) ⇐ ♥🙏

Meditation Monday is held every Monday at 11am (Pacific Time zone) via Zoom.

The 30-minute session begins with relaxing breath work, followed by Prayer, Silent Meditation and Affirmation.

Meditation enables you to connect with your Source of power and fosters a deep state of peace and wellbeing.

If you would like to join us, please complete the contact form here:

[CLICK HERE FOR THE FORM](#)