

Inner Healing Academy

Courses, Books, Coaching



Newsletter: September 2023: # 25

We are growing

It's been great to see the momentum growing at the Academy. More and more want to know the way to true health and wellness. They are fed up with the old way of drugs and vaccines. People are recognizing that true health does not come from a pill or a syringe.

We are constantly expanding our offerings to support you on your journey to true health. Our range of services includes books, courses, and a one-on-one coaching program to assist you with establishing a meditation practice and improving your diet.

Videos

One way in which we have been growing is via our video podcast. You'll find us on Youtube.

We have some very interesting podcasts with visionaries and leaders on health and spirituality. You might like to check out this podcast with Dr Will Tuttle, author of the best-selling book, The World Peace Diet - click here:

[**How Food Affects Our Mood**](#)

Facebook Group

If you haven't already joined our Facebook group, please do so as we want to make it a great place to meet with like-minded people. We share health related issues and natural remedies and give lots of encouragement on your health and wellness journey.

Meditation Monday

Meditation Monday is held every Monday at 11am (Pacific time), 7pm (UK time) 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 well being.

If you would like to join us, please complete the contact form; click here: [**MEDITATION**](#)

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[Our 'Go Vegan Successfully' course helps you make the switch to a plant-based diet](#)



[Immerse yourself in the silence with this Silent Meditation session](#)

Health defined

It is necessary to define 'health' because most people consider being able to physically go about your daily business and being free of overt disease to be the definition of good health. However, true health is much more than this. In fact the word 'health' derives from the old English 'hælp' meaning 'wholeness, being whole, sound or well'. It's interesting to note that the word 'holy' appeared around the thirteenth century with the Old English word 'hālig' which is derived from 'hāl' meaning health, happiness and wholeness. So true health has the meaning of being fully whole and holy. This would mean being perfectly balanced in mind, soul and body. It would mean being full of energy and vitality, with a zest for living and a peace of mind and joy that flows permanently from within, unshaken by outside events. When we consider health in the true meaning of the word, it is evident that not many are experiencing it.

An article from The Pan African Medical Journal states that for many years the definition of 'health' has remained unchanged as a narrow concept, encompassing physical well-being solely from a medical context. The authors suggest redefining health as: 'a satisfactory and acceptable state of physical (biological), mental (intellectual), emotional (psychological), economic (financial) and social (societal) well-being'. This state would result in maximum productivity, positive contributions and make existence in the world relevant. It's the state of having the overall physical, mental, emotional, and social abilities to add values not just to one's self but to society, resulting in the development of a sustainable world where things work, people live in harmony and community existence is enhanced.

Dorland's Medical Dictionary states that true health is a state of optimal physical, mental and social well-being - not merely the absence of disease. So health is not only how you feel but also how well you function in every day life, and your general overall performance as a human being in the larger society.

