

Inner Healing Academy

Courses & Coaching



Newsletter: September 2021: Issue 1

First Newsletter

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're excited to be sending out our very first newsletter. We plan to keep you in touch with our latest endeavours to serve you better. We are constantly expanding our offerings to support you on your journey to true health.

Video Channels

One way in which we have been growing is via our video channels. You'll find us on Youtube, Brand New Tube, Bitchute and Odysee.

There are some very interesting podcasts with visionaries and leaders on health and spirituality on Youtube.

Many are concerned about the current push to mandate the Covid 'vaccines'. You will find all our vaccine related presentations on Brand New Tube.

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.



Our 'Go Vegan Successfully' course helps you make the switch to a plant-based diet



For vaccine related presentations see Dr Kim Benson's channel on Brand New Tube



GO DAIRY FREE
& Thrive

Find our ebook on Amazon 'Go Dairy Free & Thrive'



Immerse yourself in the silence with this Silent Meditation session

www.innerhealingacademy.com

email: ihacademy@yahoo.com

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) wellbeing." 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.

It's heartening to note that in the past few years the World Health Organization (WHO) has defined health as a "state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Perhaps this is indicative of a change in perception as we begin to remember the true meaning of health.

