

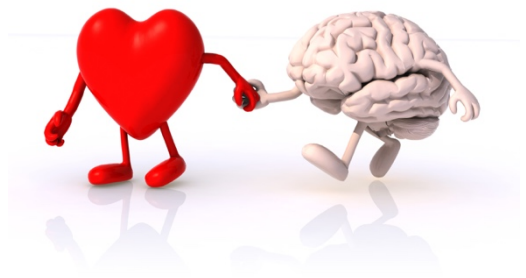
# Unity Center for YOUniversal Prosperity™

*Walking the spiritual path on practical, positive, prosperous feet*

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## Health Hors d' Oeuvres



*The Health Matters teachings we share are about physical, mental, emotional and spiritual health. They include: relationship health, self-care health, work-related health, dietary health, news cycle health, and social media health.*

- ☯ Use both integrative medicine and traditional medical modalities to ensure your health and well-being. At this point in our human evolution, there are benefits in using both medicinal methodologies.
- ☯ Nothing tastes as good as health feels. Did we say *nothing*?
- ☯ Realize that fear, anger, resentment, worry, greed, bearing false witness, hurtful prejudice, guilt and unforgiveness have absolutely no nutritional value.
- ☯ Understand that our YOUniversal physical health is largely determined by mind over molecules.
- ☯ Our subconscious is like our house basement. It warehouses our tendency to store old, repressed life patterns, belief systems, and warped perspectives that can weigh us down if we continue to allow them to inhibit us and squelch our potential. A cluttered and messy basement (our subconscious) symbolizes our need to rid ourselves of stagnant and debilitating emotions, habits, and false assumptions that keep our potential buried and our waking life burdened with defense mechanisms.
- ☯ It should come as no surprise that error thoughts are mental contaminants. They surface from a consciousness addicted to things that aren't good for you or your soul.
- ☯ Do you realize that blood cells that rush to a wound site and treat the wound are wonderful paramedics. Recognize that your body has its own paramedics and pharmacy, which on occasion, can use an assist from traditional and integrative medicine.

- ☯ We refer to each of our incarnated physical bodies as the somatic vehicles, taxis, and limousines that we inhabit on our way toward enlightenment. Our physical bodies are the price we pay for another skin school experience.
- ☯ The bacteria in your gut (gut microbiota) are incredibly important for your over-all health. Consume probiotic foods like: yogurt, sauerkraut, tempeh, kombucha, pickled cucumbers, sourdough bread, olives and bananas. You may want to add probiotic supplements as well.
- ☯ As spiritual beings in human form we can choose wholeness instead of negation, faith instead of fear, confidence instead of confusion, victory instead of victimhood, health instead of illness.
- ☯ When we cultivate healthy higher consciousness perspective by paying attention to high spiritual teachings and making them practical, we tap into the Extraordinary Us, our Indwelling I Am Nature, our Global Omnipresent Divinity which transforms our human personality into its higher, more spiritual essence.
- ☯ You don't have to suffer from what research calls 'news cycle fatigue.' Studies show that 65-68% of people watching local and national news get upset, irritated, angry, exhausted, and even traumatized from what they see and hear. **We don't want you to suffer from what we call PTNCD (Post Traumatic News Cycle Discomfort).** Adopt the practice of detoxing yourself from most of the news coverage by limiting the time you spend watching it! Watch just enough to stay informed without exposing yourself to undue negativity. Put time limits on your exposure just like you put portion limits on the amount of food you eat at mealtime!
- ☯ Recognize that what follows 'I am' follows you.
- ☯ A genuinely fulfilling and lasting love relationship is available to all of us – if we raise our consciousness above the din of disbelief, above the feeling that it can't happen to us, above the doubt that we can ever experience such a love.
- ☯ It doesn't take much of a leap in awareness to realize your 'cellular family' is composed of highly conscious biocellular beings that respond to your thoughts, emotions and behavior. Have no doubt that your 'cellular community' can be your *wellthy* BFF.
- ☯ Know that to believe in incurable dis-eases is to retail biological suicide. The truth is there are no incurable dis-eases or illnesses, because your body's cellular architecture is underwritten with health and wholeness. It's just that humankind hasn't discovered the cure yet for a specific dis-ease.



- ☯ Longevity researchers have discovered what they call ‘blue zones’ (human longevity areas across the globe) where people live long and healthy lives. The lifestyle habits are the same in all of these zones: moderate, daily exercise; sense of life purpose; reduced stress; moderate caloric intake; plant-based diet; moderate alcohol intake (especially wine); close family ties; and a spiritual more than perspective.
- ☯ Recognize that not taking time for healthy eating today may mean having to make time for illness later.
- ☯ You say *tomato*, we say to-**mah**-to. Tomatoes are superstars in the fruit and veggie pantheon. Tomatoes contain lycopene, a powerful cancer fighter. They’re also rich in vitamin C. The good news is that cooked tomatoes don’t lose their nutritious value.
- ☯ Social media involvement doesn’t have to create ‘Facebook envy’ or ‘Twitter anxiety’ or ‘App disasters.’ It’s an information and people connection platform that can be either healthy or unhealthy. Make a selfcare decision. Make it a point to engage in healthy exposures.
- ☯ Give zero credibility to stale religious teachings that are based on fear, guilt and shame and someone’s world view that’s based on resentment, unforgiveness and hatred. Neuroscientists tell us that stressful teachings and personal condemnations like these force you to live in the amygdala, the area in your brain that’s responsible for your *fight, flight and freeze responses*, which can be hazards to your health. Instead, pay attention to views that champion positivity, open-mindedness and optimism, which characterize your neocortex, which is the seat of higher conscious thoughts and functioning that lead to over-all health and wellbeing. By the way, your vagus nerve (located just below the brain stem and running down the parasympathetic nervous system), along with its neuropeptide partner, oxytocin, is responsible for the *calm-and-connect response* that’s every bit as ingrained evolutionarily as your *fight-flight and freeze response*.
- ☯ Here are seven love relationship ‘vocabularies’ that deepen our soulmate intimacy: sincere compliments, mutual encouragement, quality time together, just because gifts, sharing responsibilities, loving and respectful physical contact, and compatibility based on shared curiosity so you grow together and not apart.
- ☯ Lower your risk for health complications by sitting for shorter periods of time. Stand and stretch and/or walk around a bit every 30-45 minutes. It gets the blood circulating so you can continue to enjoy circulating with family and friends.
- ☯ Found your relationship on unequivocal unconditional love, indisputable mutual respect and trust, loving memories, romantic moments, laughter and joy, playfulness, respecting your differences, making each other a priority, saying “I love you” every day, and many other soulmate intimacies.



- ☯ There's some variance in the number of physical senses that neuroscientists say we humans have, but there's complete agreement that it's many more than the proverbial five physical senses (*sight, sound, taste, smell, and touch*). Here are some of the other 25+ 'basic' physical senses we have other than the proverbial five listed above: pressure, sensing time, vibration, pain, skin stretching, textural changes, sense of direction, balance, and so on. We share this with you to show how much more there is to us than meets the eye, ear, nose and throat! Our health depends on all of these physical senses.
  - ☯ For some people a balanced diet is a beer in one hand and a pizza in the other.
  - ☯ Has it occurred to you that when you take care of your good habits, they'll take care of you?
  - ☯ Yawn your way to enlightenment! We're serious. Yawning doesn't just relax you - it quickly brings you into a heightened state of awareness. Recent brain-scan studies have shown that yawning evokes a unique neural activity in an area of the brain called the precuneus, a tiny structure hidden within the folds of the parietal lobe. Neuroscientists tell us that the precuneus plays a central role in consciousness, self-reflection, and memory retrieval. Yawning also cools the brain. So, yawn your way to your over-all health, well-being and enlightenment.
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- ☯ Suffering is human spiritual unfoldment calibrated to its lowest possible setting. That means the misalignment between our Human Nature and our Divine Nature is what causes suffering. It's the pain and discomfort we experience by not being consciously one with our Higher Self and staying in integrity with our Soul Signature.
  - ☯ Realize that processed foods generally extend both their shelf life and your waistline.
  - ☯ Realize that it's the voltage of our faith, or the amperage of our lack of faith, that makes us or breaks us when it comes to our sustained health and wellness.
  - ☯ One of the best ways to consistently spend your income wisely is the kind of food and drink you place inside your month.
  - ☯ Take the following vaccinations – spiritual vaccinations that is! Spiritual vaccinations immunize you from the perceived limitations associated with daily living. Spiritual vaccinations include:
    - affirmative prayers, meditation sessions, positive affirmations, sacred rituals, hugs, spiritual visualizations, metaphysical study, going to spiritual conferences and retreats, healing sessions, forgiveness, sabbaticals, random acts of kindness, burning bowl celebrations, communing with nature, dancing, walking, jogging, philanthropy, silent relaxation, and taking 365 vacations every year, to name a few.

Use all of the inoculations listed above to reinforce your spiritual work. These are all excellent inoculations that'll keep you healthy.

- ☯ Don't smoke if you haven't started. And if you smoke already, do everything in your power to kick the habit. In addition to the well-known risks of heart disease and cancer, orthopedic surgeons tell us that smoking accelerates bone density loss and constricts blood flow. Where there's nicotine smoke there's unhealthy fire!
- ☯ Recognize that sedentary physical habits lead to sluggish mental habits that inevitably block enlightened thought.
- ☯ Malware, MetaSpiritually speaking, is false teachings, anti-Christed perspectives, and error-prone tendencies that negatively affect our health and well-being. (In IT language, malware is short for 'malicious software.' It's software employed to disrupt computer operation, gather sensitive information, or gain access to private computer systems).
- ☯ Realize that what you eat directly affects your Y☯ Universal health and over-all *wellth*. A whole-foods, plant-based diet, low-to-no animal protein (5% or less), harmful fats, sugar, and refined carbs is a good lifestyle diet. Too much animal protein significantly decreases blood flow to your brain and heart, and limits the oxygen you need for mental clarity and higher thought. Also, from a physiological health standpoint, a diet high in animal proteins increases the production of debilitating interleukins like IGF-1 which promote chronic inflammations that cause most of our serious illnesses.
- ☯ Affirm confidently: I now transcend all beliefs, patterns, and forms of illness and disease.
- ☯ Help your brain's neuroplasticity. Researchers have coined the term 'neurobics' for tasks which activate the brain's own biochemical pathways and to bring new pathways online that can help to strengthen and preserve brain circuits. For example, brush your teeth with your 'other' hand, take a new route to work, or choose your clothes based on sense of touch rather than sight. Of course, we believe MetaSpiritually interpreting religious scriptures is neurobic too.
- ☯ Some human souls experience a cacophony of jobs and occupations or actual 'callings.' Others graft themselves onto one line of work. Both routes can be spiritual practices. Healthy soul growth comes when there's congruence between who you are and what you do for a living. For some, work itself becomes a sort of morphine. For many, the asphyxia of suffocating work strangles their creativity and self-expression, and steals their health and happiness. Ask yourself: Is it just a way to make ends meet, or is it something more? Is what I do a good match between what I do at work and my skills, talents and values? Does my work sap me or give me energy? Is my work in sync with what I feel a strong inner urge to do as my 'soul' work? Do I see the work I do as a reflection – and particularly an expression - of the choices I've made? Is it connected to me at a soul level? Do I see it as my evolving spirituality made visible?



## *Affirmation for Health and Wholeness*

I have now transcended all patterns of illness and pain.  
I'm free and healthy! My mind and body now manifest Divine  
perfection. I love and accept my body completely!  
I am good to my body, and my body is good to me. I give  
thanks for ever-increasing health, beauty and vitality.  
I am a radiant expression of God!



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