

# **Atmosphere for Holistic Health**

Good health does not refer to just the absence of pain or disease, but harmony of body, mind and spirit. It involves a right relationship with God. Only a holistic approach to health and well-being can provide lasting solution to human sickness.

## ***Relaxation***

The first step towards healing is to relax. Modern people do not even know what it means to relax, being so used to tension and anxiety. We need to learn to be still and be conscious of our bodies. Learn how your body works or responds to the environment and internal stress.

## ***Quietness***

Healing requires quietness to listen to oneself and to God. The practitioner should seek to lead the sick to silence, so that they can learn to observe the rhythm of their body in response to the inner voice of their spirit.

## ***Awareness***

Awareness means being ready to acknowledge our fear of change; being in touch with what we are feeling at every moment and being conscious that our thoughts affect us, and other people more than we imagine.

## ***Forgiveness***

Forgiveness is essential to sustainable health. To forgive is to be free. To refuse to forgive is to live in bondage. When you forgive, you are not doing God a favour, or doing your offender a favour; you are doing yourself a favour. You forgive so that you can be free. Many people are sick because they refuse to forgive. Forgiveness brings healing

## ***Prayer and Faith***

For the Christian, we have a great resource in prayer. God desires us to be well and has made incredible provision in the person of His Son Jesus to heal the sick. Faith in the sacrifice of Christ and faith in the truth of His word and promises produces healing. Prayer is itself therapeutic and helps to connect our spirit to divine provisions.