

THE WELLNESS KAPSULE

“The 7th Pillar of Wellness” – Dr. Ron Kapp

We all know the 6 primary Wellness Pillars of Diet, Exercise, Sleep, Stress Reduction, Toxin Avoidance, & Social Interaction. These are the centenarian habits that many people around the world follow. These are also the same elements for optimal human performance in both mind and body. However, there is another element that most people ignore and it may be the most important of all. This is the **7th Pillar of Wellness**. It is the practice of **Spirit**. You know the old saying: **Mind, Body, & Spirit**.

Historically, most cultures around the globe have equated this **Spiritual Element** as something akin and directly related to “religion.” In fact, the diversity of religions around the world is really a thing of beauty and has been a primary focus of humanity for thousands of years. The frailty of mankind, with all our faults and imperfections, led to the intellectual belief in some form of ‘supreme being’ which has provided great comfort throughout the ages. This over-riding powerful *supreme being* has been given many names by many different cultures. However, the essence of all is basically the same thing – **man is limited and finite; the supreme being is all powerful and infinite**. Even an atheist, having no belief in any supreme beings, has the same exact underlying belief system of an infinite cosmos that was birthed from the *Big Bang*. In the end, it’s all the same.

No matter your personal belief system, the wellness implications are profound. Man is a *Mind, Body, Spirit* creation. Physicians often ignore the spiritual. Governments separate Church from State. The scientific community has little understanding and even less empirical evidence of our spiritual domain and our ability for *transformation-within*.

The conservative and often closed-minded medical profession have little need for the spiritual. That is, until the shadow-of-death peeks from their surgical mask and then they call in the shaman (priest, heavenly father, or some other form of

religious figure) to offer solace and comfort to the sick & dying. And that is a grave mistake (*pun intended*). All should have mobilized spiritual powers long ago.

Albert Einstein theorized that man is spiritual. $E = mc^2$, his famous equation, proves that man is really “**condensed light.**” In fact, all matter is composed of energy that is related to the speed of light, a *frequency of energy* far beyond our personal comprehension. Man’s technology has begun to harness this energy as we better understand nuclear power, quantum physics, and even allosteric modulation for epigenetic pharmaceutical therapy.

Our broadened knowledge base and shifting beliefs of health & wellness has discovered the paradigm of **Energy Healing**. This modality of wellness takes many forms and has a plethora of monikers, but it all boils down to one fact. **Energy Healing** has a foundation on the ***spiritual nature of man***, that we are beings of light and perhaps even have a soul that lives after death.

Man is entering a brave and exciting new world of wellness. Many are discovering the nexus of conscious belief with our hidden subconscious powers. Shamans and faith healers around the world have been doing this for ages. Einstein believed in the power of faith, the need for a spiritual foundation, and in the energetic basic of life itself.

Modern man is now entering the ***era-of-spirituality***. The spirit that resides within man is the same spirit that created the cosmos. This powerful energy force takes many forms and can be harnessed for healing & optimal wellness. Such practices as psychoanalysis, hypnotherapy, yoga, hilot, energy and frequency balancing, psychic mediums, angel reading and more – many now understand the **power-within**. These must become the **7th Pillar of Wellness**. This healing force may be the most powerful of all in man’s evolutionary journey to a *new dimension of existence* - *from the conscious to the subconscious*.

With warm regards, The Awakening Team