

Healthy Wealthy and Wise

What is your wealth? Are you connected with community, friends, family? What are your true values?

Perhaps you are rich in friends, wealthy in choosing to commune lovingly with others or perhaps your wealth demonstrates in caring for animals or nature. I am sure you feel connection and protection within at least one way of connecting with The Other.

As I age, I become more aware of the value of self-care. Within the limits of finances and time, I am choosing to connect more fully with healers and physicians, be they energetic practitioners or doctors. My parents used to joke that "it's all maintenance now!" when this subject found its way into our conversations. I observed them practicing what they preached by listening to advice from their doctors of choice and modifying their diets to complement their aging bodies.

Daddy passed away at age 92. That morning he had gone to his Pilates class then enjoyed a nice lunch with family at his fav restaurant, The Highlands Grill. He transitioned that night in his own bed, next to his wife of 65 years.

I was blessed to learn from my parents the value of attending to the daily practical disciplines of self-care. Did they do everything perfectly? Of course not, none of us do. But they were conscious and grounded enough to do the best they could, continually learning and modifying what they ate and how they lived.

Wholesome. Have you heard that word lately? I have not, but love adding it to my vision of mind, body and spiritual care. Wholesome means doing what benefits the whole of us, what allows free flow of light, love and power through our body and mind. Granted, it seems to be an aspiring goal rather than a 24/7 way of life, but wholesomeness is more than oat cereal for breakfast.

How can we manifest our own vision of wholesome health? We learn from others but must write our own script. I find that when I sit quietly, ask for guidance and then actually try to listen, I am usually pleased to hear that still small voice probing my humanity.

And then there is wisdom. What is it actually? Intelligence adds to it, but loving awareness seems to feed it with continuity. When we probe the depths of experience, wisdom flows to the surface not as a volcano but as a blessed spring. Wisdom is quiet, comforting and births from accepting what is truth. Wisdom is usually gleaned from others as we share values that melt the edges our trials. It is the dessert after the unsatisfying meal.

Do you feel healthy, wealthy and wise? Do you connect with maybe one of that triune value? What can you do to add volume to your soul song, to improve yourself care? It may not be as hard as you think. Higher Power is the wellspring of continual wisdom and wholesomeness. My prayer for you is that your journey be blessed with good choices. May you be healthy, wealthy and wise!