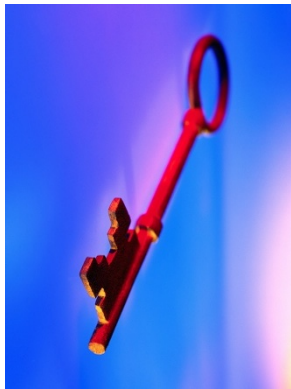


Ensure Your Health

Restorative Bodywork Solutions, LLC

Authority



Each generation since the 1960's has been composed of individuals that the parents complained had a need to not rely on the given authority of that time. Each choosing to be their own authority on all types of subject

Economics

Tied with this change in authority has been a sway from world economics to economics of the individual households as being the crux of what is meant by economic reasonability. However,

including health and self-educating themselves on such subjects as nutrition, specific health maladies and the viewed reasonable assertion of viable solutions.

The old habit of submission to authority has been dissolving creating more regulations and needs for autonomy for the individual being buffered against the old establishment of doctrines.

People seem to

the green movements and global warming issues have questioned this distortion that has appeared because of the suffering of few in deprivation can now be the suffering of all.

wish to think on their own rather than just obey orders without question.

In doing so, there has been more time allotted by the individual for reflection in some form to include meditation as being a new adopted practice.

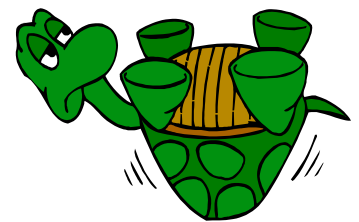
This crisis of mistrust has set in motion the need for new ideas of ethics and a revival of standards that has yet to be completed.

Slowly these aspects of relationships is evolving from ego only into the idea of responsibility.

And with that responsibility has come purpose.

Keys to Successful Living

- *Stay in Touch with your Values*
- *Journal Daily*
- *Meditate*
- *Set Priorities*
- *Balance your Life*





Suffering and Stress

The way we use our bodies, think and breathe plays a major role in suffering and stress.

We tend to understand life through the thinking of opposites which happened when we created the idea of language and communications. When we take this and define the world, we create contentions at every turn and un-

rest. There is either opposition or validation.

The idea of desire alone can create a multitude of stresses because this can create a lack of realizing what we do have because of this oppositional thinking. We then distort and misrepresent who or what we meet and thus suffer.

This can become a cycle of living and many unknowingly own this as their very existence.

When we are at peace and not attached to the concepts of winning or losing, our bodies relax, our breathing is deeper and our thinking is more clear—intuitive thinking/action and living in calmness.

“ We can discover this meaning of life in three ways:

1) By doing a deed:

2) By experiencing a value;

and

3) By suffering.

—Victor Frankl

Value

Several issues ago, one of the articles was about health and what does it feel like.

One way to approach this mystery can be through the idea of value—feeling valued.

When you feel good and possess the feeling of value, you make empowered choices which takes

care of your basic needs and with these being done comes more feelings of empowerment.

When you stay conscious of your intrinsic value , you are careful about doing things good for you.

Enjoyment encroaches on the

concept of value, because empowerment brings joy and other important positive views of yourself.

There is less stress and more openness, expectations of good, and being well.

HEALTH TO YOU!

As the Planet Changes, So Do We

The planet takes care of itself without an obligation to take care of human beings.

With this constant flux of changes comes a witnessing of what it takes to stay in sync with your health, the chance to observe your contribution to these changes including the choice to not do anything.

We have the knowledge of how many species including dinosaurs do not exist because of planet changes. We

have the unique opportunity to ensure that our existence as human beings can perpetuate with adding wisdom to any future decisions.

Arguing about whether global warming is a reality is getting unfocused on what it takes to ensure your life and the lives of others.

If your life expectancy was averaged at 500 years, then you would probably be a lot more involved in ensur-

ing your existence and health in the future.

Take hold of what is necessary to ensure not only the survival of yourself, but the survival of the tribe of man.

Or are you just going to be the participant in existence for now—knowing that all that you and others have done in the past with the idea of hope was in vain?

Feel the wind of passion and let it inspire your soul.



“Did St. Francis really preach to the birds?

Whatever for?

If he really liked birds he would have done better to preach to the cats.

—Rebecca West

The Call of Religion

There has been a call for religion in our country to prevent social disintegration. Religion has been historically relied on to promote standards and evolve society. One of the other aspects of religion deals with the insecurity of the future

and fear of death or the unknown. Individual religions can't be disproved because they can't be proven, however, each wants to provide sanctuary.

Democracy has been given the responsibility of social issues, hence, the established

churches have become incapable of providing the sense of peaceful sanctuary. So, the call to religion has been largely unheeded.

It seems the personal mystic experience has evolved as the new concept — spirituality.

Restorative Bodywork Solutions, LLC

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WE'RE ON THE WEB!!

WWW.RESTOREBODYWORK.COM

What's Your Story?

Does it fill in the back-ground of why you are the way you are?

Is it the miserable tale of a difficult childhood, death of or cheating spouse, failed business or addiction that you wrap around you like a threadbare cloth to protect you?

What would you tell

someone if it outlived it's purpose?

How about a story of the future—promise, commitment, passion, and potential?

What is the plot? Who are the fascinating new characters? Is there mystery and intrigue?

Let others rise up with a standing ovation in



**your starring role of the performance —
—**

THIS IS MY LIFE.