

Physical Health

Health is the state wherein all cells are functioning optimally. – Raymond Francis, D.Sc, M.Sc, R.N.C. (Chemist, Registered Nutritional Consultant and Naturopathic Physician)

To be healthy is to have abundant inner strength and power. It is to feel vital and alive, and be full of energy and enthusiasm. Good health is a condition in which all the various systems within the body, such as the respiratory system, nervous system, immune system, cardiovascular system, skeletal system, and digestive system, function optimally, and work in harmony with each other. On a psychological level, this means a state of mental peace and emotional balance. We exist on many levels: structural, chemical, electrical, emotional, mental, and spiritual. Health is a condition of the whole person, not just one level, part or system of the body. The Buddha said, “To keep the body in good health is a duty . . . Otherwise we shall not be able to keep our mind strong and clear.”

According to Meishusama, health is the result of a physical body that is free of toxicity and injury, and a spiritual body that is free of spiritual clouds and is full of spiritual Light.

Doctor Raymond Francis explains the practical effects of health on the cellular level: “When your cells are functioning as they should, you have ample adaptive capacity to thrive in our constantly changing environment without ill effects. With properly functioning cells, you have strong resilience to various kinds of stress—physical, chemical, biological, and emotional. You have the ability to make daily repairs to your cells, the ability to build healthy new ones, and the ability to efficiently remove pathogenic microorganisms and toxins from your body. You become an optimally balanced organism, with integrated mental and physical equilibrium. Perhaps most important is that achieving good cellular health gives our society the ability to produce healthy offspring.” *(Never Be Sick Again)*

When we live in harmony with nature, including both the internal terrain of our bodies and the external terrain of the world, we enjoy abundant health and happiness. Unfortunately, the societies we live in are out of touch with nature, and hence create unbalanced lifestyles and toxic environments. Even the remedies that society promotes for its problems are unbalanced and toxic, which leads to still more problems. All of this poses great challenges for those of us who seek to avoid sickness and misery.

If we examine the way in which people enter the abnormal state of sickness, what do we find? The reason for them entering this state is, above all, that they go against nature. True medical treatment consists of perceiving this anti-natural condition, correcting it and restoring the person to his or her normal and natural state. – *The Truth about Health, God’s Way to Health. HT*

Despite the industrial world’s many advances in safety, sanitation, food productivity and health care, statistics reveal that most of the population suffers from a variety of health problems. Obesity, diabetes, cancer, heart disease, arthritis, mental disorders, and many other health problems continue on the rise to epidemic proportions.

In fact, many primitive societies—those that have managed to avoid excess exposure to modern civilization—tend to enjoy far greater health and vitality than those living in technologically advanced countries. Their lives tend to be simple and free of inordinate stress. They live close to nature, and maintain strong ties with their fellow family members and local communities. Their food is fresh, organic, and locally grown, and their air, water, and land are clean and free of pollution. Most get plenty of exercise and sunlight.

As we get further removed from nature, our health and vitality tend to decline.

The truth is that man is born to be sound and healthy.

– *The Truth about Health, God's*

Way to Health. HT

Accidents and Spiritual Clouds

Man is purged of his spiritual clouding by suffering. – An Evil Person is a Sick Person. HT

Sickness can also be caused by injuries or from exposure to harmful chemicals in our environment. These externally caused illnesses are also forms of purification. Our spiritual clouds may have drawn these experiences to us in order to help facilitate a particular purification. Thus, from Meishusama's perspective, events are not interpreted as resulting from chance or coincidence, but rather, are understood to have their origins in the spiritual world. *Outer events are the secondary effects of pre-existing inner conditions that were generated in the past.*

To be cheated and suffer a loss, to suffer damage by fire, to be injured or robbed, to encounter family bereavement, to suffer business setbacks or failure, to lack money or fall deeply in debt, to argue with your wife or husband, to be alienated from your parents or children, to be on bad terms with relatives or friends—these are all without exception examples of this process of purification. As there is no way other than suffering to remove clouding from the soul, suffering cannot be avoided as long as such clouding exists. – *You Are Free to Make Your Own Destiny. HT*