

Health

Holistic energy, attentive to love, trust and humanity.

Health is healing, acknowledging God as He relates to us as spiritual beings.

Health is knowledge of self and the ability to relate effectively with others.

Health is unity, peace, love and community.

Health is critical, mental, physical, and spiritual, being mindful that support and recovery are continual.

Health is freedom from all forms of bondage, bad health, anxiety and depression.

Health is restorative; it strengthens personal accountability so one can make a living amends.

Health is all of this and more.

By Jamon Carr