

The 15 Conditions of Ideal Health

It's 2017! Another year to cast off more illusions and make incremental progress towards salvation!

Um, no. How about the year to become fully alive and make a massive surge forward towards our ultimate goal of returning Home! That's better.

If this is the year that we are going to take a giant leap towards worldwide awakening, it also means that we have to be practical visionaries. That means that we need to take care of ourselves properly given the current conditions we live in, yet also see the direction we wish to move in. Being that we are still wearing the meatsuits of this dog-eat-dog vibration, we've got to treat these cadavers with loving attention. Okay, maybe I can start by referring to them in less morbid terms. Let me try once more: If we want to experience peace, joy, and power, we must treat our bodies with the utmost care and respect. Okay, let's get to it.

It is crucial to understand that a healthy body is dependent upon a healthy environment. We must also understand that we have a moral imperative to create good health for all beings, not just ourselves, so we must have the vision of what the ideal conditions and environment of vitality are.

The conditions for creating health must be universal, such that everyone on the planet has a realistic probability to feel healthy and happy. What follows are 15 of the key conditions necessary for one to feel alive, vital, and strong, starting with the most basic.

1. Fresh air. Seems like a no brainer, yet how easy it is to forget the most ubiquitous substance of our lives, air. Most of us live in cities which are heavily polluted by cars and industry, and maybe your neighbors burning the rubber coating off copper wire to earn a few pennies (or perhaps they are making pennies from the copper?). If you live in the country, you may have to contend with noxious chemicals from the farming industry. Whatever kind of pollution it is, it's nasty and really bad for us.

We also bring all kinds of toxic junk into our homes, like fire retardant furniture which make the air in our homes nasty as well. Ideally we would not live in such a polluted world, but given that we do, we should take as many fresh air breaks as we need to. Go take a walk in the woods, open your windows to allow new air into your home, take frequent breaks to go outside at work, and get as much of the transparent gold as you can.

2. Clean water. Perhaps the most important substance we consume is water. Our bodies are about 60% water, and are closer to 80% water at birth. Most people in the world drink tap water, which contains all kinds of disgusting chemicals and who-knows-what-else in it. Have you ever held up a glass of tap water to the light and seen all the junk floating around in there? Do you know how they recycle waste water? Perhaps ignorance is best if you are going to keep drinking tap water. At the minimum, buy a cheap filter, and if you have the means, get yourself a good filtration system. If you

live near a spring with potable water, load up on it, or get yourself some large polycarb jugs and refill them every week at the grocery store.

3.Sunlight. A recent article in the Tapioca Sun stated that exposure to your dermatologist is harmful to your health. It's the friggin' sun, it's in the sky. How bad can it be? Is it really that dangerous?

Come on. Are there any indiginous cultures that are afraid of sunlight? The sun actually heals many skin disorders, and is a critical component of our health and well-being. Our biology depends on getting direct sunlight. We should try to get some sun every day, workplaces should have big windows and allow 'sun breaks', and if you live in a cloudy place, soak it up when the sun does come out.

Obviously, you should not scorch yourself. It's the sun – get some!

4.Earth contact. Our bodies need to actually be in physical contact with the earth. Whether we are walking barefoot on the grass, sitting on a boulder by a stream, playing in the sand on a beach, or swimming in a lake, our bodies need to actually 'hug' the world. There are boatloads of free electrons on the ground and in water, and our bodies love to soak them in. Part of why gardening is so therapeutic for people is the actual contact with the plants and the ground. Hugging a tree is more than a hippy-dippy cliché – it's a great thing to do! Just be sure noone is looking.

5.Exertion. When we think of exercise, we typically think of a structured activity that we carve out of our day. In fact, we don't need 'exercise' per se, but physical exertion is mandatory. Exertion to the point of heavy breathing is specifically what is needed. If you sweat, even better. The toxic load of the body is dislodged and freed up through deep breathing, and then can be easily excreted. You can do push ups, run up a hillside, chop wood, whatever... As long as it gets you breathing hard. You can get proper exertion from some of the items further down this list, as you will see. Multiple times a day is best, and don't fool yourself into thinking that if you just take a few deep breaths you'll have checked this item off your list. Get moving!

6.Proper nutrition. While there are many different views on the best diet, what is generally agreed upon is that eating as much natural, organic, local, and humanely produced food is best. Ideally our diets should contain little or no highly processed foods, and high quantities of vegetables. Leafy greens in particular are one of the best things which is no surprise, since there are a lot of leaves out in nature – just ask a deer! You can get caught up in buying all kinds of supplements which may in fact be helpful or necessary, but start with a good natural diet and the other items on this list before going nuts with supplements. It can get very costly, especially if you not absorbing the nutrients and are just peeing most of them out!

7.Rest. This is the last of the 'physical' key conditions of optimal health. As we age, we come to realize just how important quality sleep is. It is a definite essential to our well-being. While there are all kinds of ideas on which hours you should be asleep, what is most important is just getting enough hours of sleep for you. If you get creative at 2am, maybe you can incorporate a siesta into your afternoon. Generally speaking, the middle of the day when the sun and temperatures are peaking is a

good time to relax, take a nap, and rejuvenate. Properly exerting ourselves improves the quality of our sleep, so don't expect good sleep if you are a couch potato.

8.Play. So now we get to have some fun. This may seem entirely optional, but don't pass it off as 'just kid stuff'. Play is not an option! You must play lest the demons of boredom begin to fester in all nooks and crannies of your life! Whether you get goofy with your dog for a few minutes, have an old-fashioned game of 'catch', joke around with a cashier, or smash a pinata, it matters not. Embrace your spirit and become playful. There is no way we are going to see a positive transformation in our world come from a bunch of serious dummies in suits and ties. It will come from you in your clown suit, riding a bicycle with a giant front wheel while a monkey dances on your head. Okay, that, minus the clown suit, bicycle, and monkey.

9.Singing. According to an angel interviewed on Fox News, everyone in Heaven sings, and sings beautifully! We all know Fox News has never lied. Singing is fundamental to who you are as a soul. Being fundamental, that means as a fully expressed soul you should have the natural inclination to sing spontaneously every day. It is unnatural, and may we go so far as to say 'weird' not to be able to sing. Truly, that is like not being able to breathe. It's stupid weird, yet oh so 'normal' to humans. If you're not used to singing, odds are you're going to sound pretty bad, but you ain't gonna get better from checking on your financial portfolio. Sing, damnit! That's an order!

10.Dancing. What better means of exertion are there other than dancing? Probably none. It is the best because the body gets to do whatever-the-hell-it-wants, and it is absolutely amazing catharsis. Every culture in the world has some form of dance because the need for pure physical expression is inherent in us, as souls. At the very least, do a little dance in your kitchen while your smoothie is blending or while your coffee is brewing. As you dance more and as you get to enjoy it more, you look less and less stupid while you're dancing, and eventually you won't even care if you look stupid or not, in which case, you probably will look pretty darn good. Bonus points if you dance in public and get some weird looks!

11.Laughing. Oh, so much fun we're having now! Have you any idea just how much fun God wants you to have? Let's see, is laughing optional? If you've really got it together, you would find such a question hilarious! When was the last time you laughed so hard that you literally had to roll on the floor? When was the last time you almost peed your pants from laughing? When was the last time you were afraid you would get kicked out of church for laughing in the pews? If you go a single day without laughing, actually laughing hysterically, don't fault yourself for it, but do know that something is wrong. Watch a funny movie, youtube your favorite comedian, come up with a jingle, even fart in public if you need to! Laugh, damnit! That's an odor!

12.Experiencing beauty. The soul feels peaceful when it experiences beauty, such that immersing ourselves in beautiful experiences can be restorative and rejuvenating. Beauty can be found in the most unlikely times and places, and we can train ourselves to become more 'beauty conscious' such

that we see beauty more often. Perhaps you could look at an old brick wall and see beauty, or find beauty in the sloppy art of toddlers. It need not be a Beethoven symphony or a Thomas Cole painting.

Often times what strikes us as most beautiful is unexpected, like that street trumpet player, or those flowering vines creeping up a garage in an alley. To stimulate your beauty glands, seek it out. Go on walks in your favorite neighborhoods, go visit local gardens (of course, stopping to smell the flowers), or go to an obscure festival in the countryside. Make it a must.

13.Catharsis. Roughly, this means 'speaking your truth'. It means speaking factually, openly, and honestly. The idea of 'better out than in' applies perfectly. Our thoughts can drive us crazy if we don't share them. In a sane world, we would all be able to express ourselves and be truly heard by others every day. We would not allow unpleasant feelings and emotions to snowball until they became physical ailments or resulted in catastrophic decisions. In a sane world, we would find it normal to express ourselves candidly with complete 'strangers'. Obviously, we ain't there yet. To flex your catharsis muscles, start little by little. For example, if you don't agree with someone, don't show approval. If you are upset, let others know. If you are grateful, allow others to hear it and offer a compliment if it is genuine. Loosen that verbal sphincter a little.

14.Creation. As children of God, we have the same creative impulse as our Creator. If we don't create, we cannot feel aligned with our purpose. In Heaven, we would not have to do anything other than 'just be' as we would be naturally creative, but just in case you didn't notice, we ain't in Heaven.

This means that we must be actively involved in some kind of goal, mission, or endeavor, ideally aimed at improving the human condition. The ultimate goal is to create a utopian civilization, but on a personal level, we have to choose concrete goals to pursue, understanding them to be within the larger context of creating a better and brighter world. Fortunately, we can do 'small things' like paint fences, plant flowers, visit retirement homes, or play drums in parks to positively influence humanity, but a haphazard seat-of-the-pants approach is generally ineffective. Meet with others to discuss concrete goals you would like to pursue, or if you already know what you need to do, get busy. Above all, be persistent.

15.Contact. The concept of earth contact has already been discussed, but the word 'contact' by itself refers to physical contact with animals, specifically the human variety. Physical contact with dogs and cats is fantastic and is undeniably helpful and sometimes necessary, but human contact is not even close to being optional. It is a necessity, and an extreme necessity for much of the world's population. We can survive without being touched and touching others, but we cannot thrive. If you had what you thought of as a manipulative mother who wanted you to hug her seven times a day, she was much wiser than you knew her to be. It is an established fact that physical contact with others is one of the most essential keys to happiness, and it cannot be overlooked. This is the most difficult of all needs to meet if you are not already living a life where it is present for you, nor can you 'force' contact, meaning that contact has to be mutually genuine and loving for it to be fulfilling. It is, therefore, harder to offer

any sage advice on this one. So for now if you need contact, pet, hug, or cuddle with dogs, cats, and other animals, as they are incapable of duplicity.

Keep in mind that these conditions would be easily met in a world of sanity, so hold the vision of a brighter world in mind. We can create a brighter reality if we envision it, and then act in accord with our vision. What we can be sure of is that reality will not remain static, and that it must change. Given this fact, it is our responsibility to shape our world in ways which are favorable to all sentient beings.

Taking the best possible care of our physical vehicle allows us to function at our highest potential, such that we can bring goodness to a world which is in such dire need.

Let 2017 be the year of optimal health, by first and foremost understanding that relationships are our greatest resource, and that by consciously creating mutually supportive relationships, our basic needs and key conditions of health can be met with far greater ease. Now git movin'!