

“Holistic Living”; Q&A with Rev. Jeremy Wood

Q: What is Holism?

A: “Holism is a universal, spiritual concept fathered by Dr. Edgar Cayce that is focused in positivity, divinity and directing those seeking optimum wellness via self-care and the integration of the body, mind and spirit.”

Q: How does one live “Holistically”?

A: “Living in a holistic manner has spiritual, mental and physical components and those realms are held to the individual experience. When one lives in a positive and progressive manner, continually seeking to find the most fulfilling life one may attain, they are mentally tuning in. The spiritual and physical actions of prayer, meditation, yoga, mindfulness, exercise, and self-care help one make use of their current skills and abilities while progressing to their next level.”

Q: How can “Holistic Living” help me?

A: “Holistic living leads you on a path of wellness via self-care and living by the universal energy ever present in nature. By choosing to embark in Holistic Living, potential chemicals, toxins and carcinogenic products are removed from the daily environment, such as processed and genetically modified foods, toxic cleaning and hygiene products, pharmacy drugs and negative thinking. By choosing to seek resources to make your own products for physical, mental and spiritual wellness, you will also be able to save time and money by sharing your newly acquired resources across many areas of your daily life, pocketing medical co-pays generally resulting in over-the-counter (OTC) recommendations or saving and investing prescription and OTC ‘medicine’ costs.”

Q: What is Reiki Healing and how does it fit into Holistic Living?

A: Reiki is an ancient healing practice started in Japan. Said to channel universal life force energy through the practitioner, hands are laid on or over the body’s energy planes, meridians and chakras for cleansing and balancing purposes of the body, mind and spirit. Increased vitality and vigor, deep states of physical and mental relaxation, inner peace and acceptance have all been noted by clients during and after Reiki healing sessions.

Q: What is Thai Massage and how does it fit into Holistic Living?

A: Originating in Thailand, this form of Holistic bodywork is rooted in Eastern traditions of Indian and Chinese healing arts. With a mix of myofascial restoration, joint mobilization, energy balancing and meditative breathing techniques, Thai massage has been spoken to enact naturally occurring balancing mechanisms within the body to minimize migraines, rejuvenate the immune system, improve circulation, reduce inflammation, balance energy systems. The yoga postures and movements assist the body in relaxation while releasing stress and tension in a guided fashion to deepen your independent studies and practice.”