



Babyboomers Optimum Health Series

Part 1- The Spirit

Another new year. Still making resolutions? How about a resolution to improve the quality of your life, permanently? Can you give 10 minutes of your time, over the next several months, to lengthening and improving the quality of your life?

Since life seems to be going by faster now and our bodies don't work as well anymore, maybe a sensible resolution is to deal with those nagging health issues, especially since from this point on they not only affect the quality of your life but can dramatically shorten it. Sadly, more and more of our generation are becoming greatly debilitated or are dying prematurely from ailments that are very controllable, if we only knew how.

Are you trying to find a way to get high blood pressure under control, or diabetes, or chronic fatigue or one of a myriad of other onset dis-eases that are plaguing our generation in mind numbing numbers? Are you just trying to permanently lose weight?

Since your time is valuable I'm creating a series of short articles to as simply – and completely as possible – take you through the steps to regain and maintain an optimum level of health and vitality, to give you the best possible quality of life.

Consider this my gift to you, sharing with you the invaluable knowledge necessary for you to understand and actually take control of your body and consequently your health. So let's begin.

The first thing to remember is that anything that is affecting you today is the result of some kind of imbalance you have created in your body. I have said this before but it's worth repeating: You are comprised of spirit – mind – body. Your body is the scorecard in this spirit – mind balance equation; it graphically reveals how well you are balanced. The degree to which your body is not working optimally is directly related to the degree you are out of balance.

Minor aches and pains, minor out of balance; major maladies – up to and including cancers, major out of balance.

So the first and most important thing you need to recognize is that your body is an amazingly complex chemical process that functions optimally when it is balanced. To grasp the staggering number of events happening in your body at any given second is to unequivocally understand one very important thing, actually the most important thing; that you did not evolve from some primordial slime in a random series of coincidences.

Hopefully, the following scant overview should confirm this to you. Your body is composed of many trillions (yes, with a T) of cells receiving and sending tens of

thousands of electro-chemical signals every second. Signals that deal with; protection, repair, maintenance and growth; and all as a part of the normal function of your body. These are all controlled by your immune system, a complex series of chemical responses designed to protect your body from toxins, defined here as anything not conducive to the healthy functioning of your body.

Why is it so important to know how your body functions, to recognize and accept that you were created not evolved? Because, if you are in denial of this fundamental and critical understanding; you are in denial of a fundamental and intimate part of your essential make-up; your spirit. If you do not believe that you were deliberately and lovingly created by a being of superior intelligence, referred to throughout the ages as God, then you are most probably in denial of your spirit, its origin and its effect on your body.

To be in denial of your spirit is to negate the most powerful positive (alkaline) force affecting your body, which will invariably create a serious out of balance condition, which will invariably lead to very detrimental physiological conditions.

For those of you who have not heard one of my discussions and are becoming uncomfortable with this, let me inject something here; a brief definition of both spirit and religion. Spirit is an essential and integral part of your being; it is your direct connection to God; your direct connection to the eternal truths; to all love, all good, all hope and all wisdom; it is unconditional and unwavering. Religion, on the other hand is the product of the mind, it's man's attempt at controlling or manipulating that spirit. It is the structure and rules that man has made to organize, direct and nurture that spiritual part of us; it is conditional and changes continuously. Sadly, as our human history graphically shows us, it's had colossal triumphs and miserable failures, so much so that merely discussing this topic makes people uncomfortable.

Simply put the spirit deals with truth and the mind deals with facts. Therein lies the eternal struggle and should point out the need for balance. . (The founders knew this and were very careful to say in the Declaration of Independence . . . "*We hold these truths to be self evident . . .*" not facts to be self evident because they were talking about the eternal truths that guided their lives.)

Also; spirit is internal, religion is external to your being. Nothing can tamper with or control your spirit without your knowledge or consent. Religion, on the other hand, is externally controlled and altered without your knowledge and consent



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Please recognize that being uncomfortable is a sign that you fear something. Recognize also that fear is only resident in the mind. Fear is created in the mind as a survival tool. When our minds cannot grasp something we fear it. In our highly and overly intellectual society (in other words – our highly unbalanced society) we have created the false premise that we can and should understand everything around us. That creates a lot of fear because most of us don't. We have become overly mind-focused and consequently very fearful and unbalanced.

You don't and actually can't fully understand your spirit or God, none of us can. That is what the word faith means. Faith is to believe in something that you don't necessarily understand or see. The best and simplest analogy I can think of is the wind. Have you ever seen the wind? You've seen what it can do, but have you ever actually seen it? Yet you believe it exists, don't you? (If you deny this I may not be able to help you help yourself.)

So believe that the spirit is an integral part of you, the best part of you; the part of you that can tap into the best there is - at anytime, in anyplace, under any circumstance. Not only acknowledge your spirit - nourish it, just the way you nourish your body; because nourishing your spirit *is* nourishing your body. That will not only make you healthy but it will keep you healthy.

OK, that's enough for now.

Just coming to terms with this fundamental aspect is the most important step in taking control of your health. Take some time to digest this. If you are not already, become comfortable with the idea that you did not randomly evolve but were very specially and lovingly created, with very defined talents and abilities; that you were created to know and experience health and happiness; that by accepting how you came to be and your uniqueness, you can achieve not only health and happiness but peace as well.

How? Just accept it. Believe it - on faith. It's not complicated. Don't let your mind complicate this. When you do accept it, it will resonate within you, you can feel it. It will feel good, in an indescribable way. There, you're starting to get healthier already.

My hope and prayer is that 2004 will be the beginning of a journey that will bring you true understanding, health and peace; a deep abiding peace that will invigorate not only you but also those around you.

A note from the author, Gerry Coté

Humbly composed by my own hand, for the benefit of the Spiritual Renaissance mission to further the essential work of Spirit, Mind, Body balance. I ask that any use or reproduction of this work be properly credited and be accompanied by this statement and web address.

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Gerard Coté www.renaissance2000.org

I am not a licensed medical doctor; these are solely my opinions: they reflect my extensive study of natural healing methods, spiritual reflection and my passion for assisting others in finding health and peace. They are seeded in my conviction that natural science and SMB balance will create physiological health. This overview is published to show that understandable, effective, natural treatment exists. For information regarding any of the topics listed, please contact me via e-mail. May you choose good health and peace!
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