



~Wholistic Health~

This term may be simplistically defined as the interconnection of the physical, emotional, mental and spiritual.

Each are related to the elements of Earth, Water, Air and Fire:
cornerstones of Nature.

Within each of these aspects is natural law, principles in which we operate individually and interdependently.

This booklet is a brief introduction to wholistic practice and lifestyle.

May it inspire~

True Healing~

Writing of John Whitman Ray, N.D.

‘THE ONLY TRUE HEALING ON THE PHYSICAL BODY TAKES PLACE WHEN A CHANGE OF CONSCIOUSNESS OCCURS.

FOR A CHANGE OF CONSCIOUSNESS TO OCCUR IT IS NECESSARY TO VISUALIZE THE THOUGHTS (SENSORY EXPERIENCE), FEELINGS (EMOTIONS), AND WORD PATTERN (VERBAL AND INTERNAL), ON THE MENTAL LEVEL, THAT THEY MAY BE REEXPERIENCED AND RELEASED AS A PATTERN OF ENERGY THUS FREEING ONE’S SELF OF THE CONTINUATION OF SUPPRESSED THOUGHTS, FEELINGS, AND WORD THAT THE OUTER MANIFESTATION OF DISEASE MAY BE RELEASED THAT THE PERFECT PATTERN OF DNA MAY THEN BE MANIFEST.

AN UNDERSTANDING OF THE ABOVE LAW MUST BE UNDERSTOOD AND APPLIED THAT YOU MAY FREE YOURSELF OF BONDAGE OF YOUR OWN CREATION.

ALL BODY BALANCING TECHNIQUES WHICH DO NOT EMBODY THE ABOVE INFORMATION ARE TEMPORARY IN THEIR EFFECTS AT BEST AND DO NOT BRING ABOUT TRUE HEALING. TO MOVE BEYOND MERE BALANCING AND INTO ACTUAL REGENERATION, WE MUST EFFECT A CHANGE OF CONSCIOUSNESS.

THE SOURCE OF ALL DISEASE (WHICH IS AFTER ALL OUR OWN INNER CREATIVE ESSENCE OF THOUGHT FEELING AND WORD) MUST BE REEXPERIENCED ON THE MENTAL LEVEL THAT THE PHYSICAL BONDAGE VIA OUR SELF IMPOSED REACTIVE MECHANISMS MAY THEN DROP AWAY.

SUCH IS THE PATH TO ASCENSION.

Water~

NUMBER ONE Physical Priority for good health~

Quality spring water is alive, (distilled is dead). Spring water is less contaminated by agriculture and waste run off, determined by location and the depth of extraction from the earth. Drinking $\frac{1}{2}$ the body's weight in ounces each day is minimum hydration.

150 lbs. = 75 oz. of water-

Take care to compensate for the dehydrating effects of caffeine, alcohol, exercise etc.~

Suggested Reading~

The Bodies Many Cries For Water

by Batmangheldj ~

Nutrition~

How We Heal by Doug Morrison is an excellent resource in regards to nutrition, Body Electronics and more.

Suffice to say that all we ingest in food and drink is reflective in our health.

Basic Supplements for Nutritional Revitalization~

Enzymes~

Food becomes denatured by cooking, processing, pasteurization, etc., which is to say certain enzymes are destroyed. This happens at approximately 107 degrees and higher. Enzymes are necessary for digestion and assimilation of nutrients.

Supplementing enzymes is VERY important to assist in easing the digestive and hormonal stress we put upon the body, particularly the pancreas thus all endocrine activity.

Superfood Enzymes~ taken before meals~

Lymphatic Enzymes~ between meals and at bedtime to break up long standing congestion. IMPORTANT!.

Colloidal Minerals~ Liquid and Caps

Minerals are particularly important to provide electrical catalyst to all bodily function and cell activity.

Due to mineral deficiencies in farmed soil worldwide, supplementation is now required in a chelated colloidal source.

www.enzymesinternational.com

Probiotics~

Supplementing ‘good’ bacteria brings natural balance to the gastrointestinal tract where nutrients are absorbed and utilized. When stool and flatulence have no foul odour the balance is present, and then may be easily maintained with daily supplementation. Capsules with high bacterial count to begin (50 billion) assists to get the gut back in balance. Kombucha, Grainfield’s Liquid and fermented foods. Note- most commercial yogurts have high sugar content, which feeds the ‘bad’ bacteria.

Essential Fatty Acids~

Omega 3/6/9

Fat the body requires for good health. Oils to be taken with food for proper assimilation.

Organic flax oil, unrefined coconut oil, avocado and butter to name a few.

Oxygen~

Find a good source of liquid aerobic oxygen.

Salt~

Good quality SALT is imperative to good health.

Bolivian Rose from the Andes Mountains and Hawaiian salts are the best I've found for high mineral content, low sodium chloride and purity from chemical contamination.

Exercise~

Staying supple and strong through swimming, biking, dancing, Hatha Yoga... whatever is enjoyable. A little exercise every day goes a long way.

Detoxification~

Salt/baking soda baths with Basil Oil, and the occasional sweat. Making sure you're mineralized and hydrated.

Fasting~ A one day fast on watermelon or celery juice is great to detox and alkalize in combination with a detox bath and LOTS of water to flush toxins.

Fasting from hard to digest foods such as wheat, corn, dairy, meat, eggs, sugar etc. gives the digestive energy time to rest which allows the body to cleanse more easily.

Some other physical aspects to consider~

Silver amalgam (mercury) dental filling removal.

Fluoride is a chemical poison. Note that charcoal filters and most filtration systems do not remove fluoride.

NO aspartame or splenda as they are chemical poisons.

NO GMO (genetically modified organism). AVOID by eating organic food grown with heirloom seed.

Avoid high fructose corn syrup~ GMO corn as well as GMO sugar beet that are added as sweeteners (fast food and drive through coffee).

Eat ORGANIC!

Use natural cleaning products.

Use natural hygiene products. Avoid sulphates.

Use glass ~ avoid plastics!

Cook in ceramic or glass.

No teflon No microwave.

Limit cell phone use~

Be aware of location of high EMF's in your home such as 'smart meters', computers etc., and sleep and work as far away as possible.

NO cell phone in bed, in pockets etc.

Addictions~ A big topic!

There are layers to our addictive behaviors. Addiction has emotional/mental and physical/ biochemical aspects. All addictive behavior is multifaceted, embracing and transmuting emotion is necessary to the dissolving of addictions.

Addiction to substances such as alcohol, tobacco, recreational drugs & hard core drugs has its roots in the avoidance of emotionality/ resistance. Willingness to feel is the first component to changing any habit or behavior.

Self-honesty combined with willingness to change are stepping stones to gently releasing addictive behaviors.

I like Gabor Mate's book on the topic- In The Realm Of Hungry Ghosts

Suggested Reading~

How We Heal by Douglas Morrison

Autobiography of a Yogi~

by Paramahansa Yogananda

The Holy Science~

by Sri Yuktेशwar

The Body Electronics Experience with Illia- found as a free download on

www.wholehealthcentre.com

BE STILL & BREATHE

Being still may be the most important physical activity we choose. Sitting in stillness with spine straight, with NO voluntarily MOVEMENT while breathing deep and even without pause allows emotion to surface at which time one may then choose to transmute in love, forgiveness and gratitude.

Physical Breathing Exercises~ Pranayama~

Three part breath~

Sit comfortably with the spine held straight. Through the nostrils breathe deeply into the abdomen, filling the lungs from the bottom up until at full capacity. Let the belly

expand. Exhale evenly, through the nostrils from the top down pulling the abdomen in tightly at the end of the exhale. Do not pause between inhalations and exhalations.....a smooth and steady flow. Begin with about 10 minutes, twice daily increasing each day. This will strengthen the entire body, especially the spine....where the flow of cerebral spinal fluid effects the entire system.

Alternate nostril breathing~

Rest thumbs on either side of nostrils, with the third fingers touching slightly at top of head. Press right thumb on nostril and breathe deeply and evenly through left nostril while counting to 12.

Press thumbs on both nostrils and hold breath while counting to 12.

Release thumb from right nostril and exhale evenly while counting to 12, pull abdomen in at the end of the exhale. Do not pause at end of exhalation, go directly into inhalation. Inhale through right nostril to 12.

Press right thumb, hold breath to a count of 12, release left thumb and exhale from left nostril. Breathe in left nostril at a count of 12.

Twelve rounds practiced twice daily. Count one round each time you inhale from right nostril. At the end of the twelfth inhalation through right nostril, release pressure on both nostrils and exhale completely through both nostrils. Breathe deeply through both nostrils, exhaling completely, 12 times.

When our nutrition is working to revitalize, adding conscious breathing practices both physical and pranic (subtle energy) brings further energy to the cells. Conscious physical breathing opens the pranic channels.



Sexual Energy

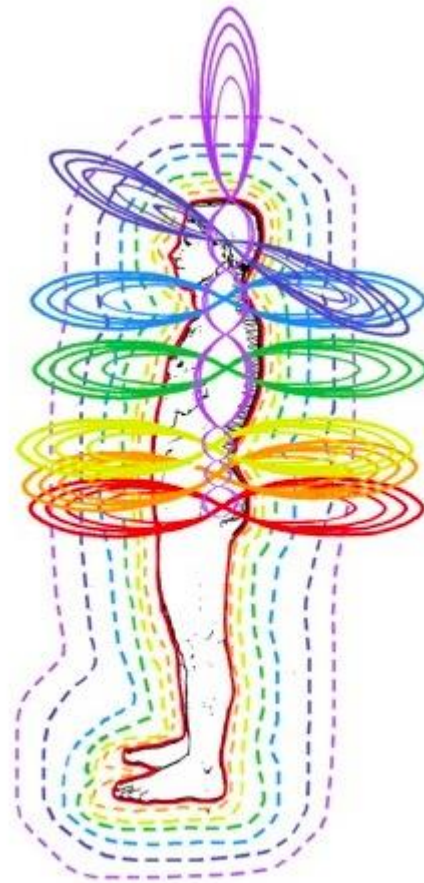
Sexual Electricity fuels, connects and revitalizes on cellular and energetic levels. We relate sexually from emotional resonance. Moving this resonance emotionally upscale, ensures more loving harmonious experience, on all levels.

The flow of sexual energy in the body is usually upward. We experience the height of the flow according to the clarity of energetic pathways. As this energy continues to flow, we feel whatever is present to be released.

Sharing with another the sexual flow increases the creative potential in relation to the conscious resonance.



Emotion~
Doorways to Conscious Awareness
And Change



CHAKRAS and EMOTION

Level 7~ Red~ Subconscious- Sex/Gonads

Level 6~ Orange~ Apathy- Spleen

Level 5~ Yellow~ Grief- Pancreas

Level 4~ Green~ Fear- Heart/Thymus

Level 3~ Blue~ Anger- Thyroid

Level 2~ Indigo~ Pain- Pituitary

Level 1~ Violet~ Enthusiasm- Pineal

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**ALL levels of emotionality exist within each CENTER!**

**7X7 Levels= 49**

**This understanding is given from Tibetan Wisdom.**

## **Emotional Qualities & Expressions~**

**Level 7~ Unconscious~ Little to no awareness.**

**Black and White, Right/Wrong ~Good/Evil , All OR Nothing~**

**Energies clear (recycle) and movement upscale within the emotional body occurs, in the presence of love, forgiveness and gratitude. Gonads are activated and sexual energy awareness increases. The awareness of emotion increases exponentially with upscale movement toward level 1 (bottom up).**

**Practiced physical principles support emotional opening such as stillness, breath and nutrition.**

**Lymphatic enzymes are especially important as one moves upscale out of unconsciousness, as they assist in the processing of hormonal spikes.**

**Level 6~ Apathy~ the feeling of ‘who cares’- socialization without responsibility.**

**Level 5~ Grief~ the feeling of loss/victimization~ ‘why me’.**

**Social activism.**

**Level 4~ Fear~ Becoming aware of choice. Fight or flight response.**

**Security mindedness.**

Level 3~ Anger~ My way~ Specific visual memory.

Level 2~ Emotional Pain~ Seeing/feeling multidimensional viewpoints.

Level 1~ Enthusiasm ~ feeling love~ accessible at all 7 levels, with the power to transmute all emotionality beneath it.

## Healing Crisis

What is termed 'healing crisis', is the 'upscale' movement of consciousness. Within the wholistic bodies as physical, emotional, mental and spiritual. Bring the physical awareness into the emotional body, emotional awareness into the mental, mental into the spiritual- ENCOMPASSMENT~

"A healing crisis will occur only when an individual is ready both physiologically and psychologically. The basic foundation for healing crisis is nutritional preparedness. A healing crisis (cure) will begin from within out, in reverse order chronologically as to how the symptoms have appeared, tempered by the intensity of the experience. The individual will have the opportunity to re-experience (and release) each trauma, both physiological and psychological, beginning with the trauma of least severity (whatever we are ready and willing to process in that moment of time). It must be recognized that traumas involving emotions, which include all traumas, will be released in order beginning with unconsciousness, then apathy, grief, fear, anger,

pain and eventually enthusiasm (love), in conjunction with the appropriate word patterns for each emotion and thought patterns (sensory memory) which are accessible at each level. Unconditional love and unconditional forgiveness are the keys to apply to transmute any resistance at any level once these resistances are brought to view through the application of the Laws of Love, Light and Perfection.”

John Whitman Ray

## Emotional Transmutation~

### Laws of LOVE, FORGIVENESS and GRATITUDE

Applied enthusiasm is feeling love, while feeling any other emotion. Feel WHAT you feel WITH Love~ Principle of transmutation. EXAMPLE~ Feeling anger and loving how it feels. Willingness to intensify.

All seven emotional levels exist within each endocrine gland/ Chakra,  $7 \times 7 = 49$ . Increase in awareness of love is realized as movement upscale occurs. This is experienced by willingly feeling and enthusiastically encompassing all feeling with the active energy of Forgiveness and Love. (Yang/ action). When emotion flows without resistance (judgement) energy moves naturally, harmoniously condenses and aligns. Individual creativity is expressed and morphogenetically resonates throughout consciousness at the enthusiastic level of the emotion where one is at

present. As we traverse the emotional body, from a position of increasing awareness, we keep vigilant watch on our reactivity. Be aware of the temptation to project or involve others, particularly when another is the trigger for the emotional response. Be in gratitude for the other (this takes practice!). We choose individually every experience in life, consciously or unconsciously and everything in between. All physical sensation and emotion felt with Forgiveness Love and Gratitude allow for increased flow of energy.

Thus healing occurs.

**Body Electronics 101~**  
**Sustained Acupressure~**  
**Catalyst for consciousness change**

Applying sustained acupressure sequentially assists to release the stored memory, emotion and words held that are the inner essence (Yang) to all outward manifestation (Yin).

Being perfectly still and breathing deep and even, without pause, are physical disciplines along with the intense willingness to feel that will allow for further application of transmutation.

The resistance/ judgement of physical and emotional experience (consciously or unconsciously) gradually open to our awareness for our edification.

If we cannot love what we feel....too painful...etc., then see how we **REALLY** feel about it, and **LOVE THAT**.

For example, we may feel disappointed we are feeling angry, so feel how much you can love feeling disappointed. This is called the resistance to the resistance. Finding the emotional quality held within the physical sensation leads to the awareness of what requires release.

Forgiveness is the bridge to Love.

Emotion moves into conscious awareness from the bottom up, take whatever you get and work with that...not 'trying' to make it something else. Conscious awareness increases as we move upscale. Memory (past and future) is seen ever more clearly as the emotional body is transmuted.

When all three creative aspects of memory (created thought patterns), word, and emotion are present, hold them simultaneously while encompassing in Love Forgiveness and Gratitude.

**This Is Transmutation.**

When we find ourselves in emotional reactivity in daily life, have compassion for self, forgiveness for self, Love for self, then extend that to **ALL**.

Judgement cannot exist in the presence of love, forgiveness and gratitude.



~Kahlil Gibran

**Mental/Spiritual Transmutation  
Laws of Light 101~**

**Willingness to see, hear and feel whatever comes into awareness is fundamental to the process. Thought results in memory. Memory exists in the everpresent now, everywhere everywhen. Memory is always accompanied with sound/words and emotion. One does not exist without the others. This is the way of creation. When we transmute these creations with love we release the energy held, which then**

recycles back in to the void, the unlimited Source.

Everything is energy, everything. Again, if love cannot be accessed feel forgiveness. Bridge the gap to Love.

Eventually as we traverse the scale of emotion, AS the mental body is accessed through the level of Pain~

When pain is accessed to some degree of enthusiasm, we access the mental body at that level of progression. At this level we SEE both sides of a duality, upon which we then have access to the

The Violet Fire (Flame). When focus/encompassment is maintained duality is brought back into a natural harmony. This is not an intellectual process, this is an intense experiential undertaking.

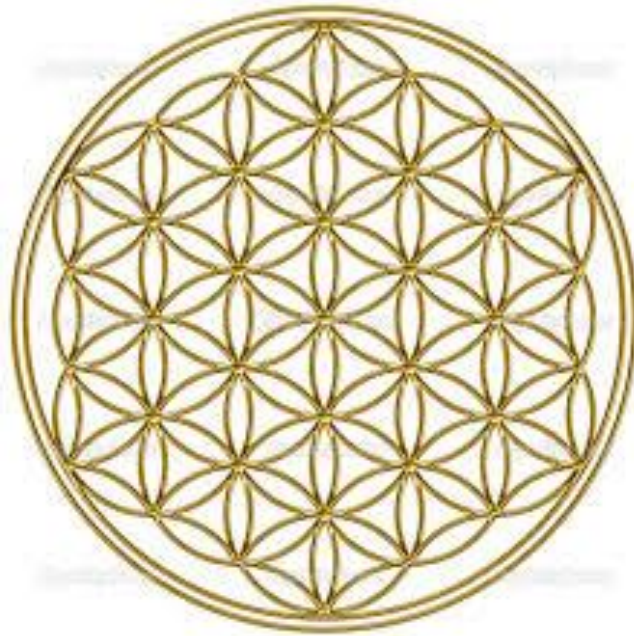
Feel ~See~ Hold~ Intensify the Violet Fire while simultaneously holding the duality. Encompassment.

The transmutation process is simple yet takes extreme focus and ever increasing willingness. Holding the new awareness requires focus in Love. Your environment may offer opportunities to practice holding the new awareness/love. When emotion is felt and loving awareness becomes more and more acute, the calcium shield around the pineal beings to dissolve allowing the natural flow of telepathy, clairvoyance (seeing with inner vision), clairaudience (inner sound), clairsentience (inner knowing) as the transmitters connected with the pineal are revitalized.

## **SELF MEDICATING- SOOTHING-**

**The brain prefers to be comfortable.**

**Belief systems offer this comfort, as does suppressive drugs, excess food, excess exercise, caffeine, sugar etc. When clearing patterns which include beliefs be aware of the brains reactive pattern to create new belief to replace the old, or indulge in a suppressive substance in an effort to be in comfort. As we navigate the emotional/mental body we see change in all aspects of life, as life rearranges itself accordingly.**



## **Anishinabe Herbal Detoxification~ known as Essiac~**

**This formula of bark, root, and herb was freely given, upon request by an Anishinabe Medicine**

**man to a nurse in Ottawa Canada. Her name was Rene Caisse. She did so out of concern for the cancer patients in her care. This took place in the 1930's.**

### **Blend: Organic Herb-Bark-Root**

**1 part sheep sorrel (fine)**

**1 part burdock root (powdered)**

**1 part slippery elm bark (powdered)**

**1/2 part turkey rhubarb root (powdered)**

### **Prepare**

**1/2 cup of herb to 11 cups spring water**

**Bring to boil, simmer gently for 20 minutes, stirring often. Strain~**

**Use mixture again adding 8 cups water, bring to a boil, simmer gently for 20 to 30 minutes. Cleansing!**

**Drink sufficient Spring Water to flush the system~**

**A Writing on Meditation~ by Paramahansa Yogananda**



**Author of Autobiography of a Yogi**

**“Most of us are looking outside of ourselves for fulfillment. We are living in a world**

that conditions us to believe that outer attainments can give us what we want. Yet again and again our experiences show us that nothing external can completely fulfill the deep longing within for “something more.”

Most of the time, however, we find ourselves striving toward that which always seems to lie just beyond our reach. We are caught up in doing rather than being, in action rather than awareness. It is hard for us to picture a state of complete calmness and repose in which thoughts and feelings cease to dance in perpetual motion. Yet it is through such a state of quietude that we can touch a level of joy and understanding impossible to achieve otherwise.

It is said in the Bible: “Be still and know that I am God.” In these few words lies the key to the science of Yoga. This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing what we really are.

Ordinarily our awareness and energies are directed outward, to the things of this world, which we perceive through the limited instruments of our five senses. Because human reason has to rely upon the partial and often deceptive data supplied by the physical senses, we must learn to tap deeper and more subtle levels of awareness if we would solve the enigmas of life.

Yoga is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing

Truth.

By practicing the step-by-step methods of Yoga taking nothing for granted on emotional grounds or through blind faith we come to know our oneness with the Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own Self.

In past centuries many of the higher techniques of Yoga were little understood or practiced, owing to mankind's limited knowledge of the forces that run the universe. But today scientific investigation is rapidly changing the way we view ourselves and the world. The traditional materialistic conception of life has vanished with the discovery that matter and energy are essentially one: every existing substance can be reduced to a pattern or form of energy, which interacts and interconnects with other forms.

Some of today's most celebrated physicists go a step further, identifying consciousness as the fundamental ground of all being. Thus modern science is confirming the ancient principles of Yoga, which proclaim that unity pervades the universe.

The word yoga itself means “union”: of the individual consciousness with the Universal Consciousness or Spirit. Though many people think of yoga only as physical exercises — the asanas or postures that have gained widespread popularity in recent decades — these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.”

## **Illia's Brief Bio~**

**Interest in wholistic life and consciousness was inspired and encouraged by Illia's maternal Grandmother. Her name was Velma~ The following are some of Illia's trainings and certifications in over thirty years of study and practice in the healing arts.**

**Body Electronics Instructor-2003 Certified by Dr. Douglas Morrison**

**[www.body-electronics.ca](http://www.body-electronics.ca)**

**Awakening the Illuminated Heart- 2011- Certified by Drunvalo Melchizedek**

**Kriya and Bhakti Yoga- Concentrated Study and Practice- 1988-1997**

**Lineage of Mahavatar Babaji~**

**Illia is the mother of four grown children. She presently resides on Salt Spring Island, B.C. where she holds retreats, and a healing practice.**

**[www.wholehealthcentre.com](http://www.wholehealthcentre.com) for further information~**