



ENLIGHTENMENT



HEALTH & WELLNESS BLOG

We have crossed over from the eighth month, the month of new beginnings, into the 9th month! September is the month of birthing, impartation, and release! For this month's health and wellness blog, I'll begin by asking you the following questions: "What are you giving life to this month? Are you willing to give birth to a new you: body, mind, and spirit? Or, do you need to be enlightened?"

If you desire to lose weight, get off your medication, lower your blood pressure, lower your blood sugar, feel better, or whatever it is you desire from a wellness perspective, you cannot continue to think the same way and do the same things you've been doing! That's the definition of insanity!

If you desire to see and be the change you've prayed for, then you must do the work! Faith without works is dead! A transformation must occur from within and it begins with a renewed mind! You can have an awareness of, and know that you need to do x, y, z in order to see your health improve, but until you've been enlightened, your body, mind, and spirit will remain out of alignment! Therefore, you will continue to see and do what you've always done.

Your body is the temple of the Holy Spirit (if, indeed, the Holy Spirit lives within you). Each one of us is responsible for how we care for our temple. We have to lay the foundation! We've got to start somewhere! Where do you see yourself in three months? Six months? A year from now? Do you still see yourself trying to lose weight? Trying to get off the gazillion medications that you're currently on? Will you still be wanting to feel better so you can run around with your children and/or grandchildren? Still trying to do x, y, z?

So again, I ask the question: Are you willing to give birth to a new you: body, mind, and spirit? We are holistic beings and all three of these components are interconnected. An imbalance in one component creates disharmony in all three! Or, do you need to be enlightened? Pray and think on these things.

Respectfully submitted by:
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