

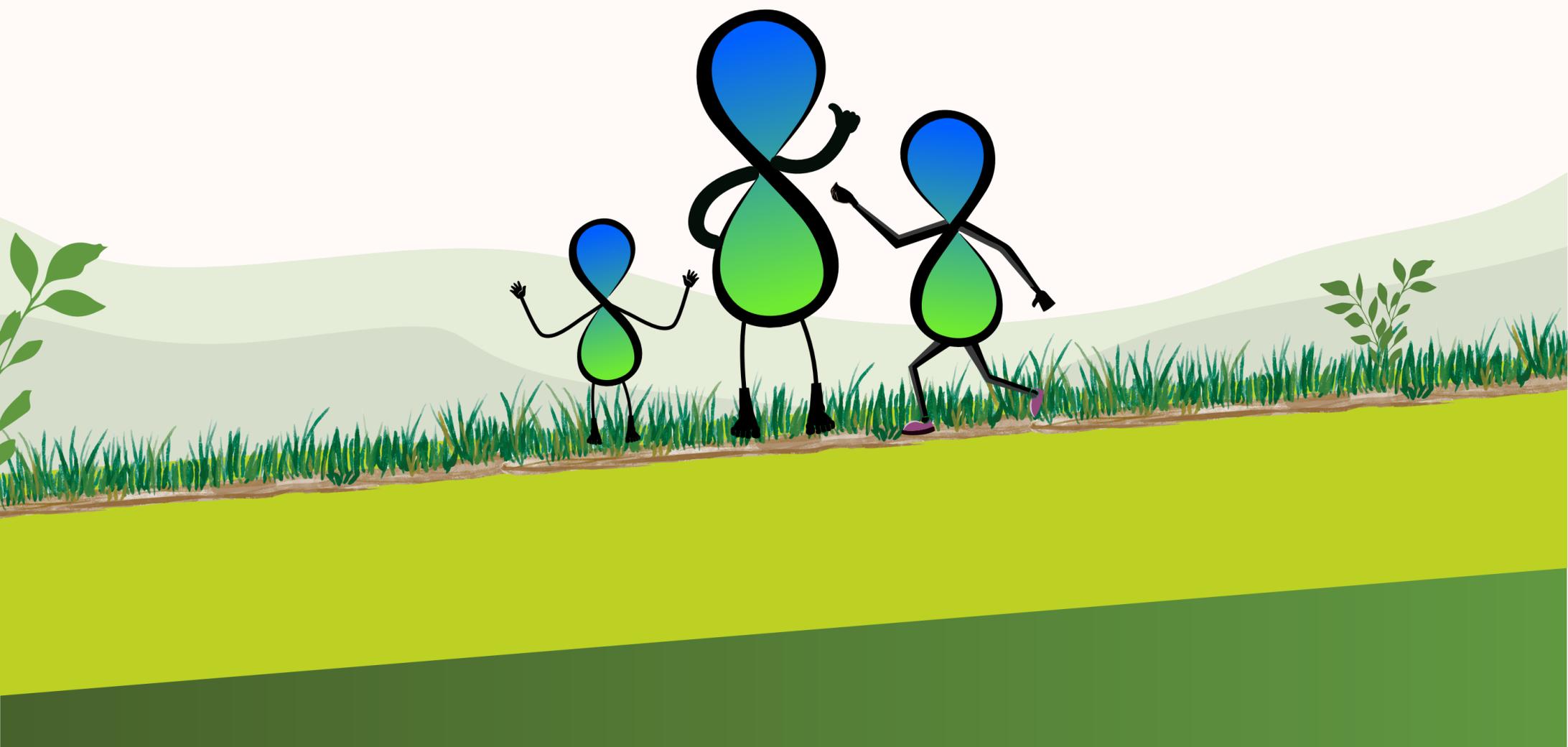
LIVING WHOLE ONLINE
Health & Healing Courses

start LIVING WHOLE

Mind

Body

Spirit



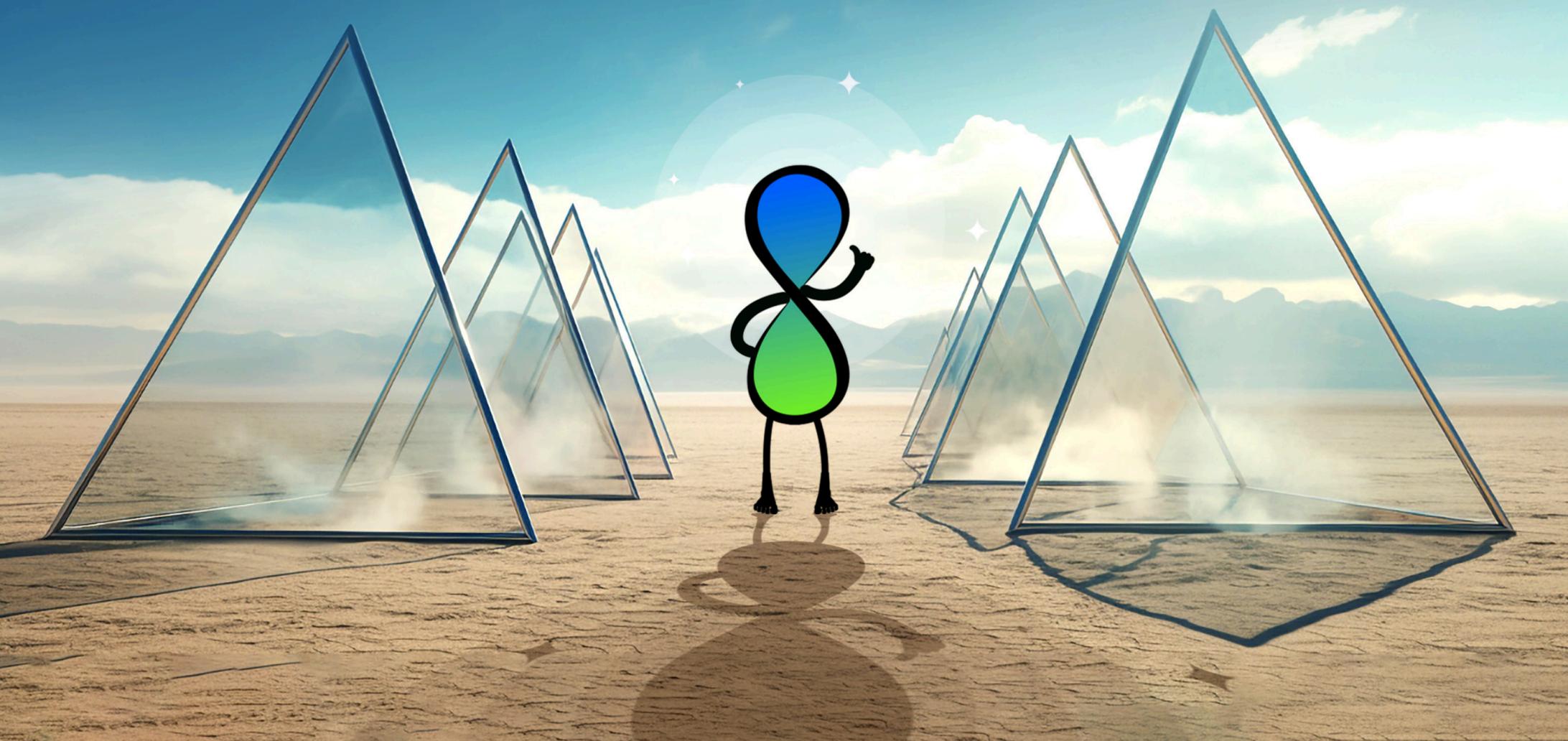


Living Whole Online

A space created for your healing.
A community rooted in compassion.
A gentle invitation to return to yourself,
body, mind, & spirit.



LIVING WHOLE ONLINE
Health & Healing Courses



**Place your left thumb
into your right palm
& hold it with gentle,
firm pressure.**



**Keep holding
your thumb
as you read on...**

By joining the Living Whole Online community, you have already taken your first step, because Whole Health is about taking action.

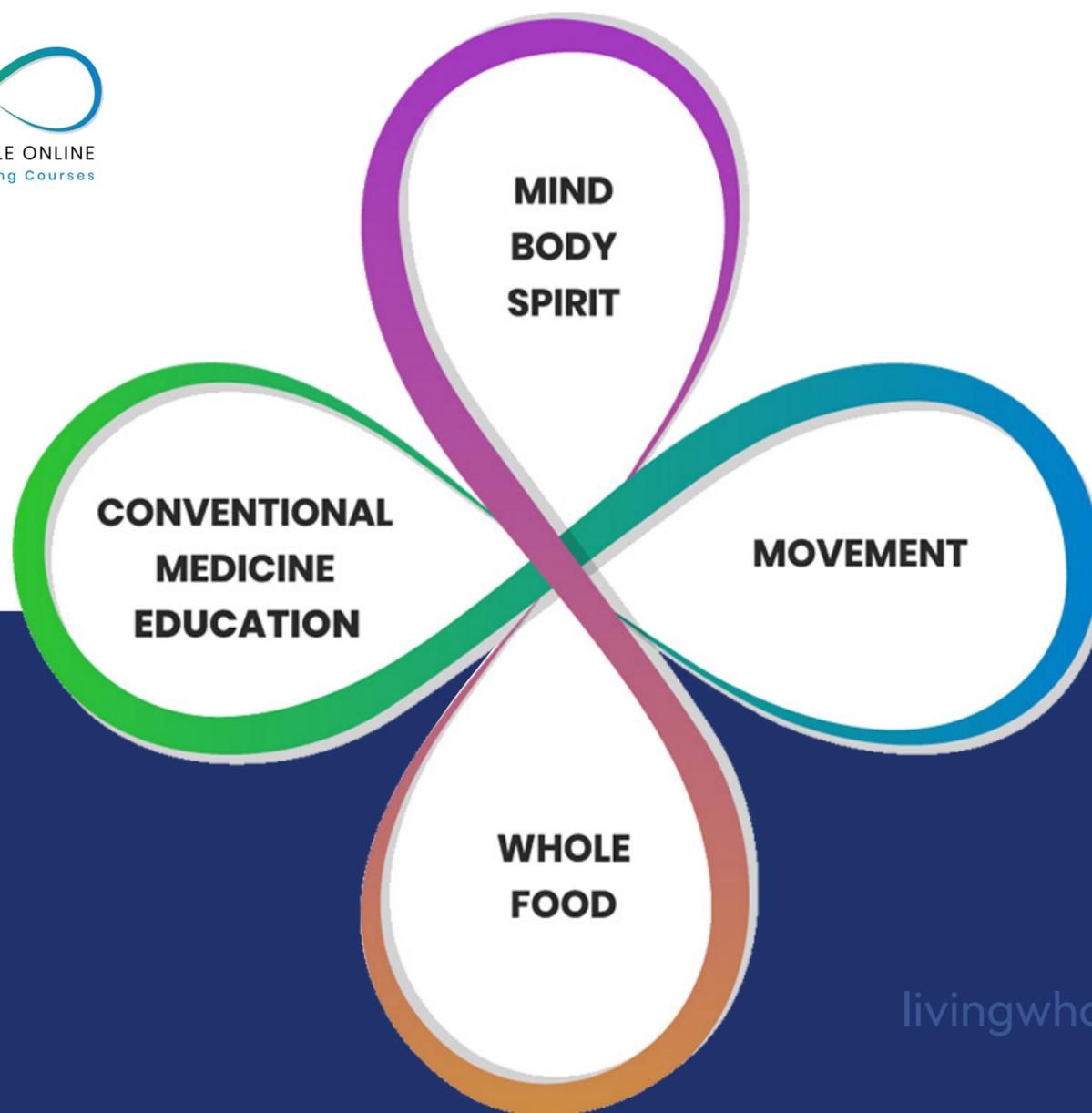
Taking action requires energy. Your hands strike a match and the spark catches fire. You hold the flame close to the wood in your fireplace and the cold room fills with crackling energy that warms your home.

Right now, your hands are already moving energy in your body, through an ancient Asian practice called Jin Shin Jyutsu.

To help you, our experts in Whole Health employ the best in conventional medicine, nutritious food, movement practices, and mind/body/spirit disciplines.



When you bring together the powerful forces of food, movement and mind/body/spirit disciplines, you Start Living Whole – harnessing these essential elements of Whole Health to balance your body, emotions, mind & spirit.



Conventional medicine has an important role in health care, so our team includes medical doctors. Medicine cures many infectious diseases, treats acute conditions and offers useful diagnostic tools.

The other three essential elements of Whole Health – **food, movement and mind/body/spirit disciplines**—are areas in which you can take control of your health, and the more you do, the less likely you will need the services of conventional medicine.





Living Whole Online is a collaborative **global community** dedicated to advancing Whole Health. With deep expertise across the fields of conventional medicine, nutrition, movement and mind/body/spirit disciplines, **we help you bring into your daily life a sustainable and individualized program to optimize your health and well-being.**



Improve Your Health



Become a role model, coach and mentor to help those you care about



Build your inner strength to help you deal with life's stresses



Renew your relationships with yourself & others

We curate from among the vast array of **self-help and wellness practices** & offer those we feel are worthy of your consideration.

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Start Whole Living



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by choosing one or more actions from each of the essential elements of Whole Health below and engaging in them every day for the next seven days.



Following this one-week experience, you may choose to:



- ✦ Join us in a Living Whole Online live session or workshop.
- ✦ Enroll in one of our Whole Health courses.
- ✦ Become an active member of the Living Whole Online community by reading, watching, commenting and sharing your experiences.
- ✦ Support our Whole Health projects.



There are **three essential elements** to the Start Living Whole program:



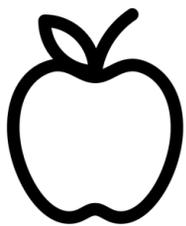
Mind/Body/Spirit

Move and clear your energy through the practice of Jin Shin Jyutsu and meditation. You have already begun to practice Jin Shin Jyutsu by engaging your two hands as you read this.



Movement

Exercise your body for at least 30 minutes a day with an activity or practice that you choose from among our suggestions.



Food

Eat more plant-based, whole foods and eliminate processed food from your diet.

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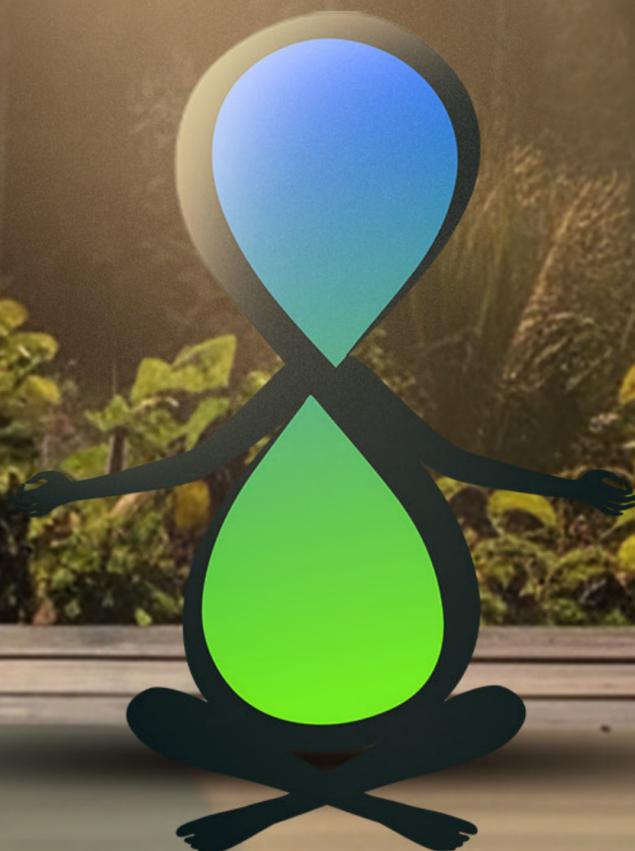
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When you **Start Living Whole**,
you will **experience transformation.**

Seven days after you begin,
you will **feel greater physical,**
emotional, mental
& **spiritual balance** and **health.**



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Breath and Jin Shin Jyutsu



Three-Part Breath:

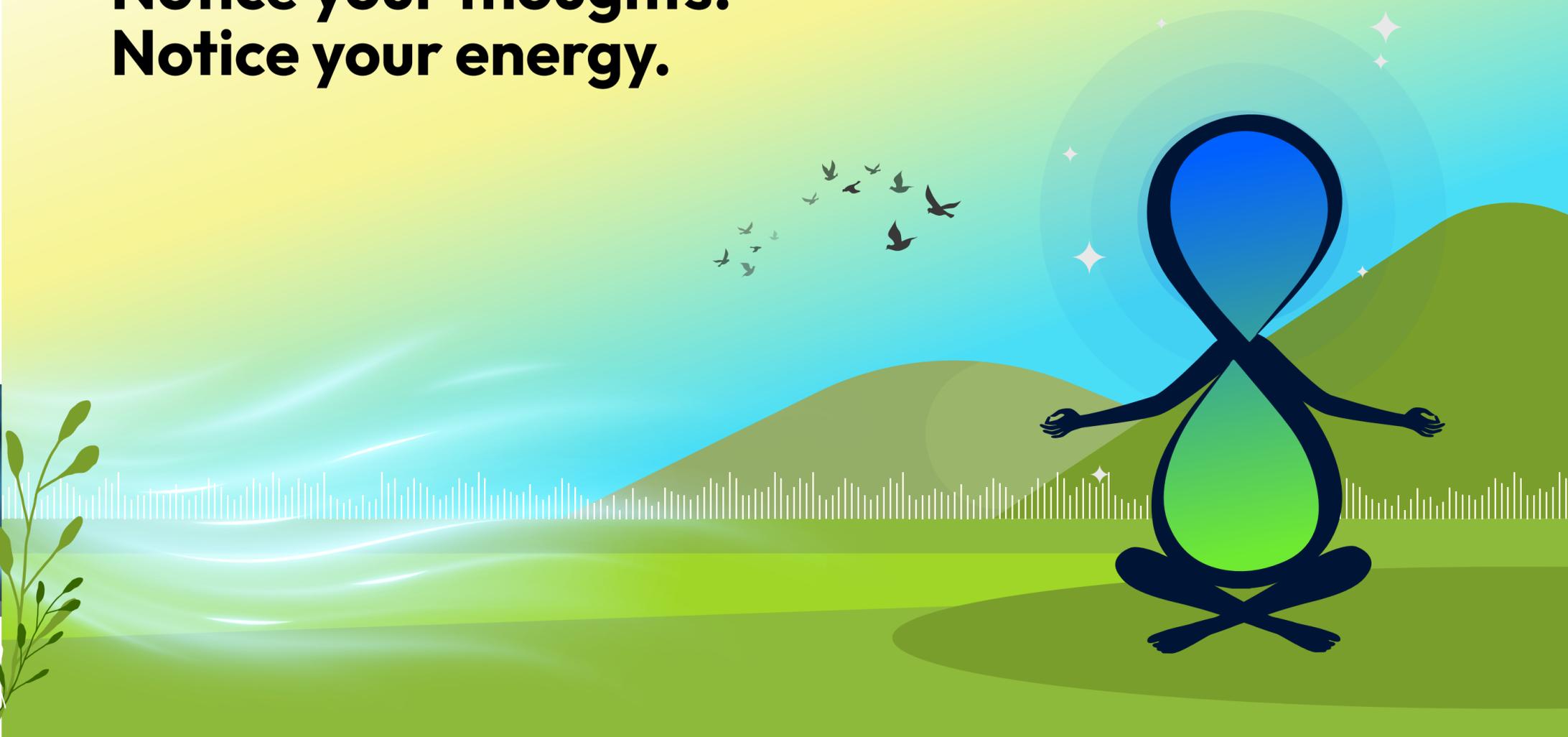
Place your right hand over your lower belly and your left hand over your heart. If you are sitting, feel your sitting bones on the surface that supports you. If you are standing, place your feet hips-distance apart.

Feel your feet being supported by the floor, and relax a bit deeper into that support. On your next inhale, fill your lower belly, then your ribs, then your upper chest, then fully exhale.

Repeat this three-part breath at your own pace.

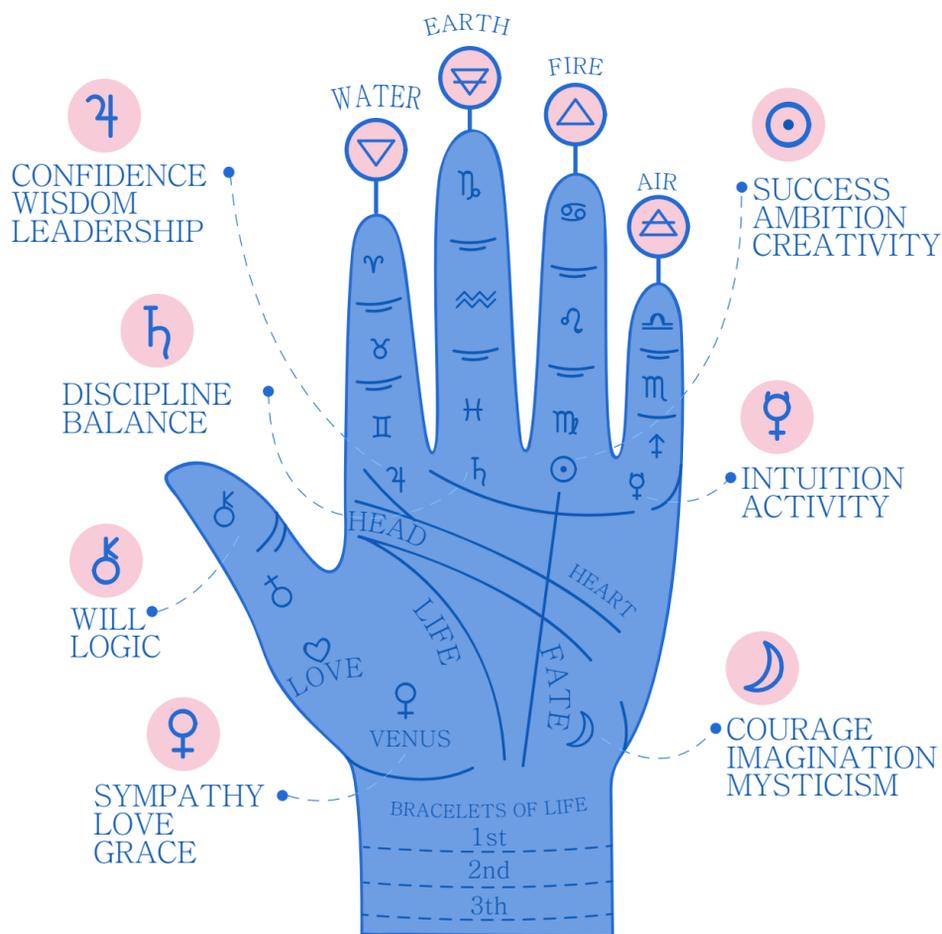
**Notice your body.
Notice your thoughts.
Notice your energy.**

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Jin Shin Jyutsu:

The finger holds that you have begun by holding your thumb connect to all of the body's energy pathways, which are called meridians. Right now, your left thumb is being held in the palm of your right hand. Once you have held the thumb for two minutes, move your index finger into the palm and free the thumb. Two minutes later, move your middle finger in and your index finger out, and so on.



When you finish with your pinky finger, gently press your right thumb into the center of your left palm and hold that for two minutes, then switch hands and repeat.

Continue your three-part breath.

At the moment, you are experiencing ways of moving energy through two mind/body/spirit disciplines: conscious attention to breath and Jin Shin Jyutsu. Jin Shin Jyutsu is an ancient Asian practice that balances your body's energy by using the fingers and hands to eliminate stress, create emotional equilibrium and relieve pain.

In any situation in which you are not otherwise using your hands, you may practice self-care Jin Shin Jyutsu by holding each of your fingers for a minute or two, or pressing into the center of your palm.

For more information about Jin Shin Jyutsu, a good introduction is included in our TL Series by Derek Notman.

Three-Part Breath:

Start your three-part breath as described above.

Notice your body.

Notice your thoughts.

Notice your energy.



Meditation:

Meditation is a predictable miracle. By turning your attention to a single point of focus, you bring yourself into the present moment and let distracting thoughts slide away. There are numerous studies that point to the benefits of this simple practice. It improves your attention, concentration and overall well-being and reduces your stress and anxiety.

Close your eyes. Imagine an emotion that makes you feel good. It can be love or kindness or compassion or gratitude or all of these emotions.

Allow this emotion or combination of emotions to radiate out from inside you. This is what it feels like to be free of fear, anger, hatred and resentment. This place of peace lives within you always and belongs to you. You can step into this place whenever you wish. It is yours, and no one can take it from you.

Now imagine the person or people you are trying to forgive. Imagine that you are their mother and they are like a tiny baby in your arms, before they hurt you, before they hurt anyone. See their goodness and humanity.

Can you bless them and wish them well? Can you send them compassion and kindness? Can you let them go?





Movement

Our bodies hold powerful wisdom and intelligence—from the precise communication of our nervous systems to the power of our muscles. Daily, conscious movement helps us connect to that power within us.

We all have different preferences and capabilities when it comes to movement. The important thing is to find an activity or practice that resonates for you and is practical for you to do daily.



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Qi gong is a powerful practice that is generally possible for most people and can be done almost anywhere once learned. Learning typically involves finding a local teacher or participating in a Living Whole Online session that offers an introduction to qi gong.

Whatever movement activity or practice you choose, it is important that you enjoy it and that it is easy to fit into your day without too much effort.

Sometimes even little hurdles can derail our best intentions to move our bodies every day.

If you find that adding movement into your day is too challenging, contact us and we will help you with your specific concerns.

Some suggestions include:



✦ **Take a yoga class**

✦ **Walk or hike for 30 minutes**

✦ **Work out in a gym**

✦ **Swim**

✦ **Garden**

✦ **Practice qi gong**

✦ **Take a tai chi class**





A predominantly **whole-food, plant-based diet is good for your individual health**, for the health of the Earth, for animal welfare and for alleviating world hunger.

For one week, try eliminating all processed foods from your diet.

A processed food is anything not made solely of whole-food ingredients your great-grandparents would recognize as food.

Increase your consumption of plant-based foods. You may find helpful guides, tips and recipes through [Living Whole Online](#).

Below are some recipes to get you started.

Congee

Congee is a grain-based, medicinal porridge served for centuries in traditional homes. It is easy, affordable and used to support good digestion. When incorporated regularly, it improves digestive function and stabilizes energy throughout the day.

Use a total of 1.5 cups of whole grains to 8 cups of water, with sea vegetables, dried fruit and spices.

Whole grains include rice, quinoa, amaranth, millet, buckwheat, steel-cut oats.

Sea vegetables include kombu and arame.

Dried fruits include prunes, apricots, dates and figs.

Spices include cinnamon, nutmeg, cloves, allspice and ginger.



Directions

Place your chosen combination of ingredients into your cooking vessel.

Crock pot method: Cook on low heat for 7–9 hours.

Stove top method: Simmer over very low heat until the water is absorbed by the grain (2–3 hours).

Serving Congee – Congee Sundae

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Like an ice cream sundae, the toppings make it special.

Nuts, seeds, dried fruits include almonds, apricots, brazil nuts, cashews, chia seeds, coconut, cranberries, pecans, pine nuts, pistachios, raisins, sesame seeds, sunflower seeds, walnuts.

Fresh fruits: Choose delicious in-season fruits and berries.

Milk: Choose nut- or grain-based milks such as almond, hemp, oat or rice (avoid added sweeteners and carrageenan).

Recipe: Gallo Pinto



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Ingredients:

Brown rice cooked with water and optional seaweed; quinoa mixed with amaranth; cooked black beans; cilantro; garlic; carrots; onion; green beans or kale; Lizano sauce or a similar homemade sauce.

Directions

Sauté carrots, green beans and onions in water.

Add garlic, cilantro and kale.

Add rice, quinoa and amaranth and mix until warm.

Add beans and some of the cooking liquid. Simmer for 10 minutes.

Serve with bottled or homemade sauce.

Costa Rican Sauce

Ingredients include chipotle pepper, vegetable broth, onion, carrot, agave syrup, lemon juice, vinegar, cumin, salt and molasses.

Blend all ingredients until smooth. Adjust chipotle for desired spiciness.

Sauce keeps in refrigerator for one to two weeks.



Lunch and Dinner

Lentil Soup with Aromatic Spices

Ingredients include: onions, carrots, garlic, cumin, cinnamon, cayenne, tomatoes, bay leaf, thyme, lentils, black pepper, white wine, vegetable broth, lemon juice and optional cilantro or parsley.

Instructions:

1. Sauté onion and carrots in water.
2. Add garlic and spices.
3. Add tomatoes and herbs.
4. Add lentils and pepper.
5. Add wine.
6. Add broth.
7. Bring to a boil, then simmer until lentils are soft but still hold their shape.
8. Remove bay leaves.
9. Add lemon juice.
10. Garnish if desired.



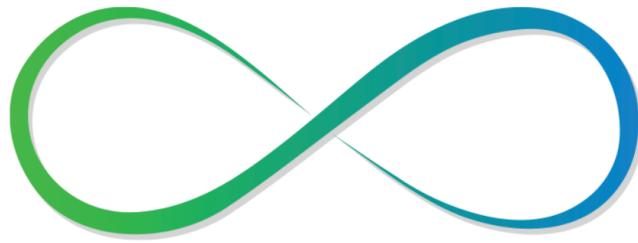
Millet Loaf

Ingredients include: vegetable broth, millet, onions, olive oil (optional), garlic, oregano or sage, basil or thyme, nutmeg, black pepper, tomato sauce, salt, ketchup (optional), dried or fresh basil.

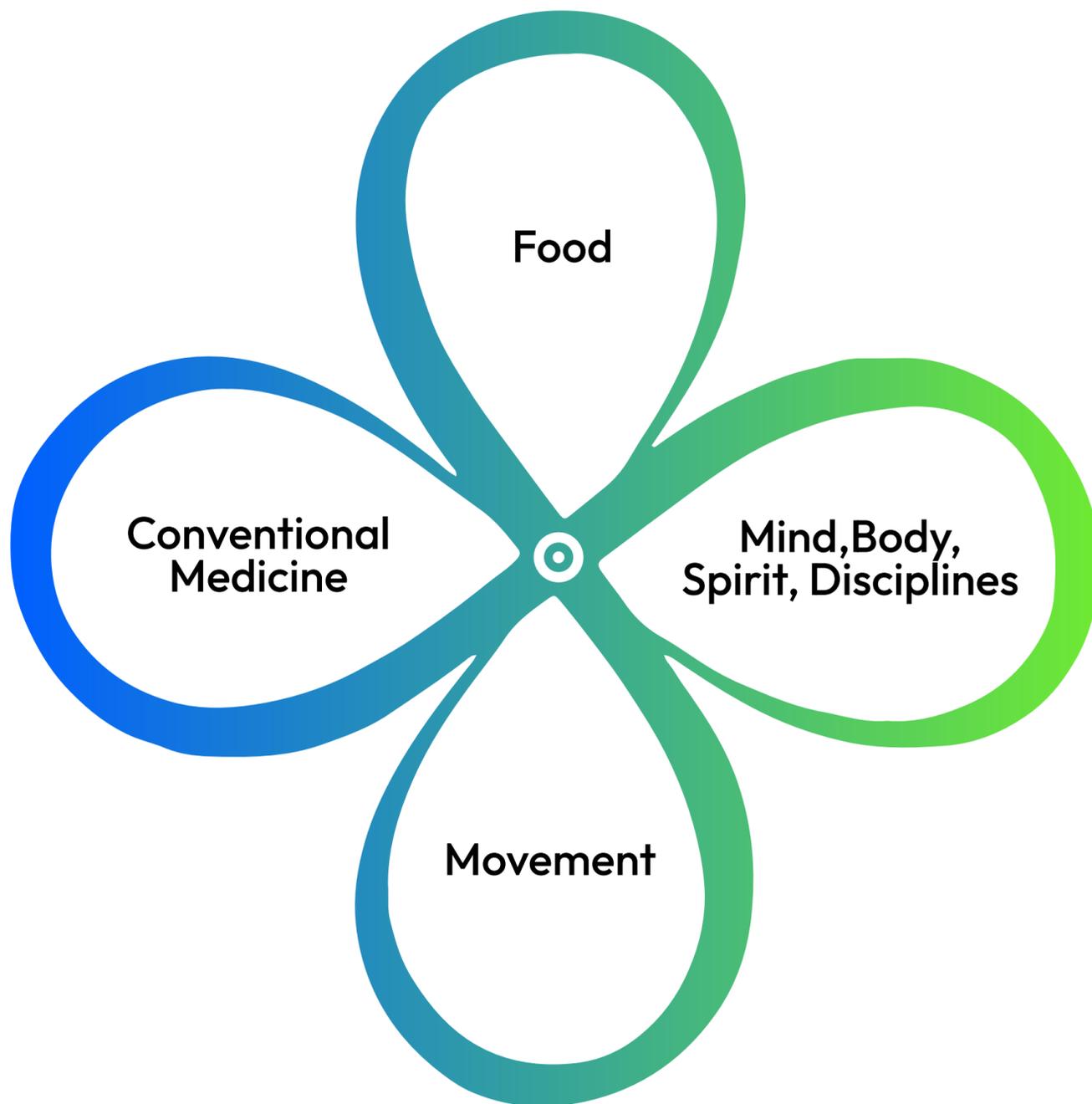
Instructions:

1. Preheat the oven to 350°F.
2. Cook millet in broth.
3. Sauté onions in water or olive oil.
4. Add garlic and herbs.
5. Add tomato sauce and millet. Season with salt.
6. Place mixture in a baking pan.
7. Top with tomato sauce and optional ketchup.
8. Sprinkle basil.
9. Bake for 30 minutes and let rest before slicing.
10. Serves 10–12.





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Connect with us

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