

Wellness Education and Emerging Opportunities: An Overview

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Abstract: *To have a fulfilling life is a universal human search. With wellness education, there is no search and research for the student. He empowers with capacity to receive the life energy of nature fully and feel exuberant joy, increasing limitlessly. Thus reflecting the nature of nature is the purpose of wellness education. As a child, we all have experienced and expressed this spark. To kindle this spark is the purpose of this education. Wellness education recognizes that human body is a fully self-sufficient organism that is self-directing, self-constructing, self-preserving and self-leading, like all other organisms from amoeba to zebra. Mineral kingdoms, vegetable kingdom and animal kingdom, all have a way of living. Human body is a reflection of this.*

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Divine wisdom of Oneness is Wellness; Nature reflects the wisdom this oneness, this wellness, with its renewable energy, from the elements known and unknown to us. Nature is available to us, externally, as a teacher, as a guide, as a master and as a family which we aspire for. It represents the complete security we crave, without fear. Nature lives life fully. This fearlessness is a sign of wellness, by which we can have a sigh of relief!

“When you function in Love, your inside craves your outside. When you function in fear, you’re outside craves your inside.”- Dorivalo Melchizede K

Wellness is optimum health=Energy=Emotion=Energy in motion. Fear and emotions are two quite different things, even though they are both energy in motion. Sadness, anger, depression, loneliness, hatred, greed, envy and frustration are fear emotions. They are external to your being. They are simply fear, NOT REAL!

Love, Joy, happiness, inspiration, adoration and grace are emotions reflecting nature, harmony and are very healing.

Living from love is Wellness, living from care for others is Wellness, caring for you with the feeling of community and nature is Wellness. Wellness is

a vibrant process in which we are responsible for and in charge of our life and well-being. Wellness represents a Higher Degree of Health, than Merely the Absence of Illness. It is the process of making pro-active choices and engaging in behaviors which allow one to achieve a balance in one’s life. Wellness and happiness are two sides of life. Wellness is an ongoing journey, in the pursuit of optimal and perfect health, covering physical, emotional, spiritual, financial, social, cultural and intellectual environment. These dimensions compliment and interact with each other. The strength in one area of Wellness will be reflected in the other realm, like a cycle wheel, all the spooks having dimensions are functional are functioning at optimal level, life rolls along smoothly.

Wellness is a dynamic process. Wellness involves taking good care of ourselves using our minds constructively, expressing our emotions effectively, being creatively involved by those around us and being concerned about our responsibilities towards everything.

Why Wellness Education and only Wellness Education? “The real disease is fear, throw the fear away and the disease will go.” Mother Pondicherry. Fear is a phenomenon of

unconsciousness. It is a kind of anguish that comes from ignorance and lack of trust in nature's way.

Mother of all worries is Fear. Fear is false evidence, appearing Real, an excessive concern about one's security. An uneasy feeling created by unknown future is translated into fear, guilt, shame, apathy, grief and anger. Of course, fear of real danger if healthy you become pro-active and protected. Fear of enemies of old age, or death or rejection, a multitude of social causes is crippling. Today their fears have become motivators of all actions. Most people's driving force is fear. This has become an official tool for control by agencies. They bring rules and regulations and thus give food for media and advertisers to play to fear to increase market shares. The proliferation of fear is as limitless as the human imagination. If your focus is fear, the endless worrisome events of the world feed it. It creates a chronically high stress level. Joy goes out of your life. Your job is a joy out of our body. It is the only contagious germ that is real.

Fear has become a dominant social trend. Fear limits growth of the personality and leads to inhibition. To conquer one's own fear, we seek leaders which lead to losing one's power. You are trapped in a vicious circle: Abandonment, low self-esteem and low self-worth. Lack of trust is the effect of fear. Everything you know corresponds to a belief you are holding. Only through wellness Education, it is possible to create Wellness Revolution in the world. World saw industrial revolution, personal computer revolution and internet revolution. Today, it is witnessing Wellness revolution. "Wellness Revolutions put together" P.I. Peter. World Wellness Women's Congress.

Today's education is creating knowledge based on information. Instead of individual taking charge of themselves, institutions are in charge to tell us how to breathe and what to eat. Illness is the result of not allowing nature to flow, creating space for it to grow within the body. The validation can only be through experiences. Through Wellness Education, this will change. The individual will be able to express and experience life as it is, without fear.

Information through Wellness education is the key to open the heavy door of fear. Thus the individual has a way to change. Let's look into what will change.

What will change?

The change is from ambition to aspiration, from competition to co-ordination and co-operation. Amoeba aspired and became the foundation for you i.e. evolution, ordinary stone aspired and became a gem. Reptiles aspired and became birds. Monkey is your fore-father. Accept changes in built.

Cultivate a culture of spontaneous trust in nature. Trust the knowing one feels very often. As a child we always knew "oh! What a joy it was." You will accept it is possible now. In the name of prevention, pro-active and practical, you are where you are and you will change the direction. You will go back to intuition. You will understand the wellness way. You will accept nature does not perceive anything as young or old. From a simple idea, the thought forms a thought revolution called wellness. Since wellness is for everyone, Wellness revolution is for everyone. You will reject all new concepts and theories. You will accept growth is progress and is inbuilt. Your genetic blue print knows how to take life forward and it never makes a mistake. The greatest change is change of direction from care, fear to faith, thus, bringing a balance between thinking and feeling, a culture of balance. "Life is about changes, life itself is permanent". Forgiveness comes naturally breaking all blockages. You will realize you come from love and live life unconditionally.

Professional Opportunities

The study of revelation of health which will lead to Wellness revolution, prepares students for a health career, through a series of lessons. This educational course is developed for the betterment of everything, including humanity. A way to live rightfully without fighting for rights.

This course opens opportunities to participate in almost any role that meets with one's qualifications. There is a new Health field, now, emerging. We will emphasize and re-emphasize

that this is not an opportunity to treat any disease- not to make a healer or a treator in any way. Nevertheless, as a professional Health practitioner, opportunities are available in presenting Health workshops, eco-food demonstrations, lectures, discussions, athletics activities, organic food festival, organic food outlets, directing everyone to ecological products etc. in short, you will become a door to the good life to all.

You will be highly rewarded monetarily in your practice. The beauty is you will save tremendous amount of money for all. Not only will you guide everyone to superb them to enormous saving emotionally and financially through inexpensive much improved living practices. Gratitude will flow from everyone to everyone when one is happy, that is life. Tremendous opportunity to start recovery centers where practicing health care system is visible. You are your own advertiser because it is so visible. Thus the Wellness Education is in action.

Experience is tough master which gives examinations first and then the lessons. Life is a journey in relationship, which starts from you to the body, family, community and nature. Great opportunity is to live. Wellness education is itself an opportunity to live!

What are the Steps to be taken?

- Understand the purpose is to take responsibility for Health, just like we take responsibility for wealth. Wealth follows health, not the other way. The purpose is to educate people about different aspects of wellness who will in turn empower the people around them, to live a life of wellness. In short, to create wellness to the members of communities.
- All programmes need to be focused only on wellness and wellness concepts. There are enough and more contents and courses available in the area of illness. We will be the creator of wellness education- a domain which is not existing and not available to people.
- To make people aware that people are suffering from illness and are living life

based on fear. Fear of illness attracts more and more illness to them and to the society. Germs and viruses are the results of our living style. Hereditary is a misunderstood concept. Understanding this is the focus.

- To create awareness about wellness, this allows a person to make informed choices to live a life of health and wellness.
- To inform, wellness involves small changes in daily life and life style. It allows every individual to make conscious and informed choice and to take action which takes the concept of wellness to its ultimate meaning of wholeness and balance. It empowers every individual by providing them power and responsibility which in turn shift the focus from illness to wellness.
- It is our birthright to stay healthy and experience wellness and wellbeing in everyday living.
- To inform, universe wants every living being to live and grow well.
- The ignorance of this basic truth is leading people to illness.
- All which surround us, such as light, warmth and energy the innumerable variety of shapes, colors, sizes, flavours, sense and taste are real. All these are progressing internally. It is impossible to repeat, duplicate, standardize nature. Our life force comes from this and we need to take direction from that. The solar system and the inter-relations, the earth, the mountains, the life force, the vital energy permeating the earth, nothing have been created by human thought, nothing have been shaped by human hands. *Living with Humility.*
- This nature this force of oneness that itself generated self-growing, self-flowing, self-sustainable which is sensitive, has a rhythmic energy. That is life in action. An unbelievable unique energy which moves and creates everything including your health, we are part of this energy that is oneness and wholeness. Living in Gratitude.

- Wellness Education establishes the world of wellness creating a feeling of wellness for everyone.

What are the Wellness World and What Happens There?

- In this world of wellness, everyone is happy, healthy and wealthy. Everyone is experiencing wellbeing and celebrating living.
- Unconditional love is flowing everywhere. Everyone is telling each other I love you. Peace, love and Harmony are the bases of daily living.
- People celebrate their ability to protect, to nurture to care, to uplift, and respond with courage, trust, kindness, faith and gratitude! All decisions and actions are for the protection of nature and humanity.
- Food selection is from Nature, consuming fruits, vegetables, nuts, Herbs and Spices according to the season, Region, Culture and helping and enhancing everyone's healing powers. They know the relationship between food, ecology, ethics and empowerment. Self-care is the norm.
- Production methods are always for enhancing Nature's capacity to give. Natural living, Natural farming and Natural habitat, are its visible symbols, Recycling is the way, and this world flourishes.
- Disease is not feared or ignored, but acknowledged as a signal for cleansing and restoring inner vitality. All diseases are seen as symbols, as lessons for deepening our understanding of Body wisdom and Nature's inherent intelligence- at work, in action!
- Trusting the Body and giving our body wisdom, the chance to create wellness is an art they have mastered- there is no dependence on short term cures and quick fixes. Thus self-care becomes Health care! Earth care is the focus. "Take care of Nature" is the principle, every one follows. Truly, Nature and her creations grow as partners, sustaining and healing all.

- Birth and death are celebrated. Death is accepted as a renewal of life. This wisdom shines upper most in this world of wellness. "They will is being done" is the spirit in all circumstances. This is collectively expressed and sustained. This culture becomes a part of wellness living.
- Every one grows with trust. Mutual dependency is worshipped and respected. Nature is admired for being an example. It respects this giving, this spontaneity, this tolerance this kindness, this respect for freedom! In this world, not only do we live for our The rhythm of Nature flows for creating energy, time and space! Everything you created-dance, drama, music, science, philosophy, can flourish here. Creativity flourishes! Everyone knows the truth "we are made for this World". All are equal. self, we also live for everything else in the universe.
- They realize that the intuitive mind is the master a sacred gift and the rational mind it's the servant. World of wellness honors the master, the intuitive mind and not the servant.
- The nature of nature beams in them. Their face is full of smile and joy. They live in gratitude. Every breath is a sign of complete satisfaction knowing that their breath is their Energy, their protection.
- Every member, their family, their community and their environment, are reflections of an ever flowing energy-the life force! They live as though they exist only for the good of everyone and everything else. There is always a feeling of oneness in the family. The path is clear, this is through Co- operation, Collaboration and Co-ordination "One is for all and all are for one". Is its sign-post.
- They love others beyond imagination. They achieve this by remembering "the first breath I took taught me to love and care", thus bringing Love, Peace and Harmony.

Conclusion

Wellness education contains the philosophy of the ages concerning life, health, nutrition etc. we all know mind is naturally creative. It is ever thinking.

It builds upon its predominant impression. Thus our personal environment is largely the result of our predominant mental attitudes. No individual can express the power he/she doesn't possess. Before we can control our external conditions and our affairs of life we must achieve mastery on our own powers. Mind and life need unceasing freedom for growth. This education will stimulate this natural growth.

The present paper is an attempt to take into account wellness education and emerging opportunities and will try exploring its various aspects. Wellness Education is the door for everything possible, beyond human imagination. It is about how to merge with the opportunities the creator has given. Use it, to know the power! Allow Love Energy to merge in every action and feel and see the emerging opportunities. Wellness Education is the education for creating peaceful and harmonious opportunities.

It is not a doctor, healer, a drug, a formula, a diet chart, some peculiar exercise or bath that we need now. We need to know what causes our discomfort and then we need now. We need to know what causes our discomfort and then we can become our own master and live in freedom.

Wellness Education will open the door to:

- All are one
- Honour one other
- Honour oneself
- Love is divine power
- Surrender personal will to divine will
- Seek only the truth
- Live in the present moment
- Wellness means living with nature's Wisdom

Finally, live with gratitude, thanks for everything, is the most powerful prayer. We have magical and miraculous powers within us. The wellness education will open. The wellness world starts from you. The abilities are given by the source The Creator.

Wellness Education is the door for everything possible beyond human imagination. It is about how to merge with the opportunities the creator has given. Use it, to know the power! Allow Love

Energy to merge in every action and feel, and see the emerging opportunities.

Love Peace and Harmony

Self-Care is Health Care is Earth Care.
