

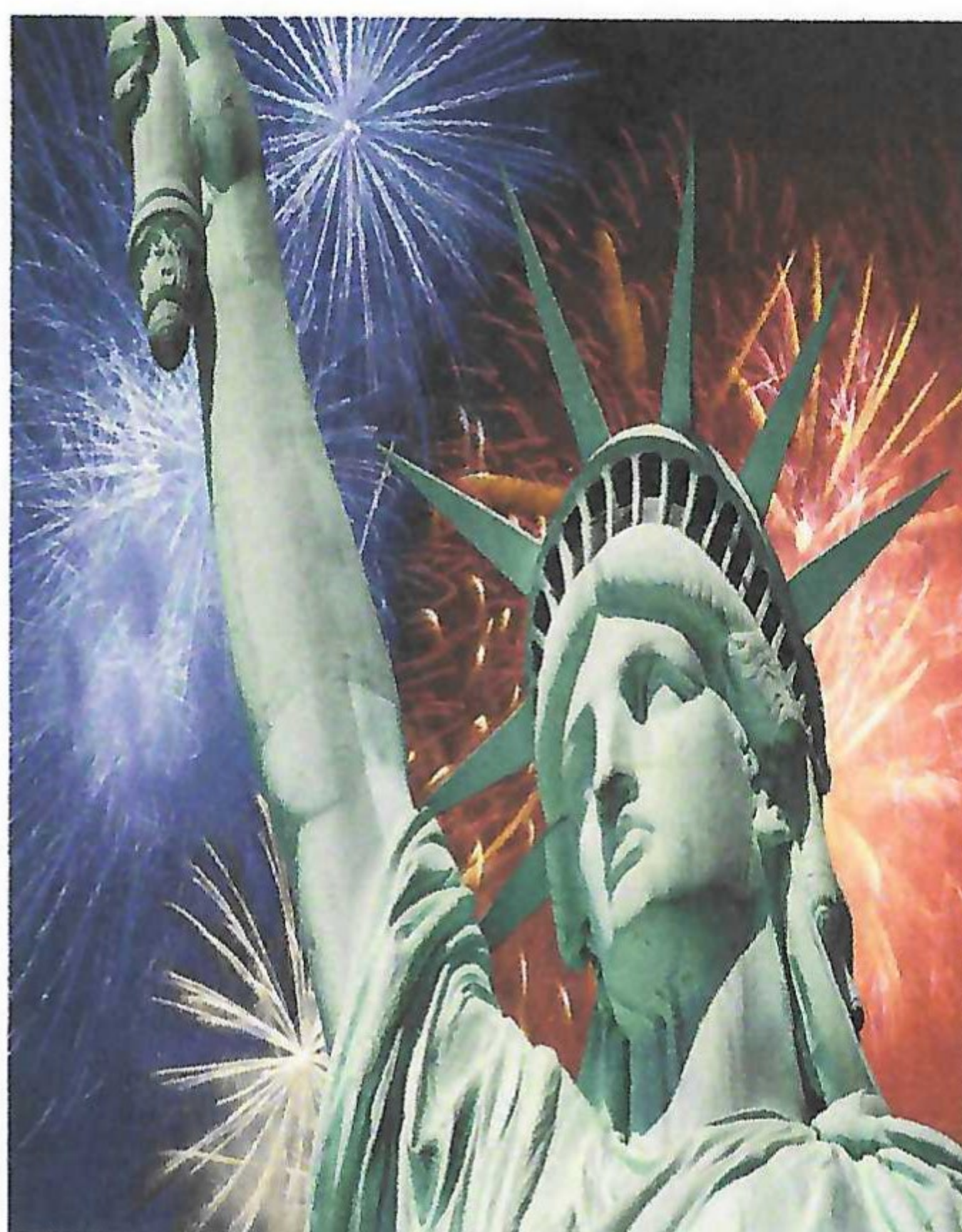
SAGE-ING AGE-ING NEWSLETTER

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Wellness

Human beings have enormous potential for high-level wellness and for a balanced integration of mind, body and spirit. We must understand that wellness requires us to become more conscious of how we live in these bodies we inhabit and call home. When we accept our embodiment and act in ways that allow the body and mind to function as an integral unit, the energy of life flows freely. When the components are perceived separately and we are in conflict with our body, the energy of life becomes clogged with disease. Utilizing body-mind practices such as yoga and tai chi helps strengthen the connection between body, mind and spirit. If we listen to and honor the body's infinite wisdom, it will guide us to physical, mental, emotional and spiritual well-being.

Give This A Try! Get yourself a small hourglass filled with sand. Place it where you can see it. Turn it over once a day. Watch how fast the grains of sand flow. Those are the minutes of your life. Live them. Pave with them. Be good to yourself. Take care of yourself on all levels!



Happy the Nation whose God is the Lord, the people chosen as His very own. From Heaven the Lord looks down and observes the whole human race...Psalm 33

Our country may now be facing some hard times. With this we agree. But we'll survive, ride out the Pandemic storm, and good times once again will see.

We've been through recession, depression, and we survived them all. We fought in wars on foreign lands and our freedom did not fall. Through much turmoil and adversity and come what will or may, one can be certain America will not fall by the way. Have a Happy 4th of July Day!

Editor

Jane Zoltek, *ssj-tosf*

Music, Medicine for Body, Mind & Soul

"There's nothing better than music as a means for the upliftment of the soul," wrote Sufi master Hazrat Inayat Khan. Music is the quintessential stimulus, calming fears, bringing dormant emotions to the surface, inspiring passion of thought and deed, evoking healing power, and prompting tears that cleanse the soul. Through various clinical and scientific studies researchers have learned that music penetrates the electromagnetic field surrounding the body (the aura), that the body can differentiate between beneficial and detrimental sound vibrations, and that our health can be affected positively or negatively by the music we hear. Music can open you to the joy of all that's transcendent, sacred and ever-present in the midst of the disharmonies and challenges of our modern era.

***Only about 30% of the characteristics of aging are genetically determined. The other 70% are linked to life-style. People who lead active lives and eat healthy diets age better than those who are sedentary and not concerned about diet. *John Rowe*

Eat Well to Stay Well

Good food choices can reduce cancer risk. Fruits and vegetables taste great. They're low in calories and fat, and it's easy to eat more of them. There are other things that make them special, too. Research suggests that people who eat diets with plenty of fruits and vegetables may have lower risks for some cancers than people who eat few of these foods. The fiber, vitamins or other components in fruits and vegetables may be responsible for this protective effect. Fruits and vegetables are also good sources of many nutrients.

Eat a variety of vitamin-rich foods, including fruits and vegetables, rather than relying on vitamin and mineral supplements to help protect yourself from sickness.

THE SUN provides the basis for all life on earth! The sun gives strength for plants to store energy in the form of fats and carbohydrates, thus providing food for all life. The full spectrum of light makes for harmony and balance. It heals the blues, helps the body assimilate calcium, contributes to making hemoglobin, enhances circulation and respiration. It is the center of the solar system and by the power of gravity it holds every planet in its orbit. Yet that sun can ripen a bunch of grapes as though that were all it had to do. Use it wisely.

STIR YOUR SPIRIT. IGNITE YOUR MIND. EMPOWER YOUR BODY.

THE MIND: Our cells are shaped, supervised and instructed by energy fields determined by our total lifestyle and influenced by our thoughts, emotions, and numerous other subtle energy fields coming from other persons from the cosmos. Thoughts and emotions act as trigger mechanisms for complex chemical changes resulting in weakening or blocking of the natural defenses of our body. To live in harmony and peace with our body and mind we must maintain positive, open, loving and compassionate attunement with all human beings, animals and our environment. *The outcome of life depends on the nature of our thoughts.*

SLEEP/REST: nature's great restorer! The process of detoxification and restoration of nerve energy takes place during deep, non-drugged sleep than during the day. This process, in which both the body and the brain participate, restores and energizes us so as to continue life. It is the fasting process-physical, psychological and physiological rest. To restore your health, prolong this period of rest.

If one desires a change, one must be that change before that change can take place. (Gita Bellin)

TAKE A WALK TODAY...

Studies show that walking has the same benefits as running. It just takes longer to go the same distance.

The point is that by getting outside, moving the body, taking in fresh air, getting a new perspective, pushing oneself a bit...changes begin to happen...subtly at first.

With regular walking of even a mile a day, the body grows stronger and the spirits reach higher. Don't wait until tomorrow! Take a walk today.

*Happiness and depression are both feelings, like joy and anger. It's not feelings that give us problems. It's what we do with them that makes the difference!

*The Sufis advise us to speak only after our words have managed to pass through three gates. At the first gate, we ask ourselves, "Are these words true?" If so, we let them pass on; if not, they go back. At the second gate we ask, "Are they necessary?" At the last gate, we ask, "Are they kind?" *Eknach Easwaran*

*Develop a deeper friendship with great music, and you will see many areas of your life begin to open. *Steve Halpern*