

Supporting Your Wellness and the Wellness of the World

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It starts with staying true to ourselves and being in alignment with nature.

We must always retain the power of choice to direct our wellbeing and how we care for our own bodies.

We should be able to choose the way our societies function, not by rules and regulations that ignore our presence – our feelings, opinions, and preferences.

We have become contaminated by the unhealthy control and power of agencies, agendas and propaganda that discriminates, divides and turns us against one another, saying one thing is better than another.

We have our own self-governing, self-regulating mechanism which is our source connection with nature's laws – don't destroy nature, don't kill and tell the truth!

Our bodies are always signalling and informing us as to how well we are living in accordance to our true nature, which is pure love.

Pure love conditions and optimizes our biology and it is our true source of immunity.

Clean food, nutrition, environment and lifestyle of course plays it's part but this requires us to reverse the corruption of our food chain, the poisoning of our water supply and its ill effects on our intestines and minds.

If we can move forward together in agreement with nature, standing strong and not falling prey to external suggestions that lack integrity, nurturing what is right and dispensing with what is wrong, then wellness can return as our natural, more comfortable state of being.