

HOW DO WE VITALIZE OURSELVES?

What to do about health care, now there's an ongoing quandary. With the financial limitations of the everyone-for-themselves paradigm, the questions that are now asked by our society are, "How can we pay for health coverage?" and "How can we cut back what health services are covered so that the government, businesses, families, and individuals can afford to have coverage?" These are very limiting questions and have caused much suffering on the part of people who need cared for physically, mentally, and emotionally. Again, using money as an excuse for not providing needed services just means that we continue to have an illusion control us. Besides, I think we all deserve far more than just basic services. I think that every one of us deserves the opportunity for maximum health on all levels, and that means the mental and emotional levels as well as the physical. Thus, we ask the question, "How can we vitalize ourselves?" which is to say, how can we have the most vibrant lives and vitality that we can possibly have? We have the manpower and the resources to provide excellent holistic health coverage for everyone, and, in cooperative Communities, we can demonstrate this reality.

The preventative approach to health is now at the leading edge of medicine. The old model was to approach health in a piecemeal fashion and go to doctors to fix the pieces instead of looking at the big picture of what may truly be causing our dis-ease. The Community will provide a full array of optional workshops, classes, and individual consultation on this preventative approach—i.e., proper breathing, nutrition, developing inner knowing on how to take care of oneself, keeping clear and balanced with ourselves and each other, the importance of and opportunities for exercise and fun, etc.

The Community will therefore be an observational haven for researchers looking at the impact of proper foods, emotional health, belonging rather than isolation and alienation, a joyful approach to life, a nurturing family/support system, etc. Seldom before has there been the opportunity to study the effects that a vastly different lifestyle has on health. The Community will truly be a living laboratory for preventative medicine. Its lifestyle will be contrasted against our current model of waking up to go someplace to be unhappy while being on the treadmill earning money based on ticks of the clock. We can't wait to leave so we can commute home, try to recover, and get ready to do it again tomorrow. Imagine instead being able to get great exercise everyday in fresh air, eat the most nutritional food, and even get regular massages—all at no cost. We all deserve them in a Highest Good For All Community.

Writing about their Sirius Community, McLaughlin and Davidson said, "Because we eat home-grown organic foods and use self-help, holistic health practices, we have very minimal medical

bills compared to the average American.”⁵⁰ If most of us had to choose between health and money, we’d choose health because the wealth of feeling healthy and being able to have fun with a healthy body is more than money can buy. Living and playing in natural surroundings with great people will be very vitalizing to the health of the Community residents. Being intimately involved with the Community, people will be able to live much longer and healthier lives. The process of living will be very stimulating as opposed to the isolation and alienation that most older people (as well as people of all ages) now experience.

From our Community Planet description:
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If we look at our well-being in a holistic way, we see that health services in our Community involve much more than medical services. We have chosen the word “vitalize” in order to consider the area of health in the broadest sense. For instance, in preventing and treating “dis-ease,” it is just as important to treat the causes on the emotional, mental, and spiritual levels as it is to treat the physical symptoms. In our Community we will continually focus on peace and harmony both within ourselves and with each other. In addition, on the physical level, we will treat our bodies to the finest available air, water, and food and will create time in our daily lives for exercise, fun and inner attunement. We also will have a fully equipped healthcare center that not only treats people for specific complaints but also focuses on preventative medicine and healthcare education. (Imagine the incredible support system for health and vitality that will be available in this Community.)

ESSENCES: How do we vitalize ourselves?

- By respecting the body.
- By stimulating the body, emotions, mind, and spirit to create the energy and enthusiasm for greater growth and health.
- By vitalizing ourselves in a holistic way.
- By clearing imbalances and disharmony on all levels. (Our mental and emotional states have more to do with health than almost anything we do on the physical.)
- By providing loving support for ourselves and each other.
- By emphasizing positiveness in our thoughts and feelings.
- By working with the Light in all we do.

GUIDELINES:

- The Community has a Health Center which coordinates the health services of the Community members.
- * Health services are also available for paying nonresidents. (In fact, people may visit the Community to gain their health and vitality.)
- * Community members have group insurance for medical costs at outside facilities.

- * The Health Center treats the whole person by combining modern Western medical technology with non-traditional practices in a spiritual perspective. (Treating the whole person.)
- * The Health Center focuses on a preventative approach to health including:
 - ** Educational workshops on personal growth and development.
 - ** Regular holistic check-ups for residents.
 - ** Training on body awareness.
 - ** Proper breathing techniques.
 - ** Sharing practical health tools.
 - ** Nutritional consultations.
 - ** The development of individual inner knowing and individual responsibility on how to take care of oneself.
 - We will consume the purest, freshest, and highest quality food and water that is possible.
- We recognize the importance of exercise and fun in vitalizing ourselves. (I can't stress enough the importance of the Fun Factor to our well-being.) We will build recreation and pleasure into our daily lives through:
 - * Walking on the earth and natural pathways.
 - * Organized and individual recreational activities available daily.
 - * Looking at "work" as a form of both fun and exercise.
- We utilize the environment for self-nurturing through the healing qualities of:
 - * Beauty in our field of vision and in our surroundings. (When I recently moved from Los Angeles to Santa Barbara, I noticed how much more peace was available just through the beauty of trees.)
 - * Pollution-free surroundings.
 - * Working and eating in attunement with the seasonal cycles. (This idea of eating whatever we want whenever we want—like melons in January—is not in harmony with both our bodies and our the planet's environment. Let's get back to enjoying the seasons and what they each uniquely have to offer.)
- We recognize the importance of balancing ourselves mentally, emotionally, and spiritually by:
 - * Loving ourselves and each other.
 - * Speaking kind words to each other.
 - * Keeping clear and balanced with ourselves and with one another.
 - * Encouraging individual responsibility to health.
 - * Using the hubs as support systems.
 - * Having time built into our daily lives for individual spiritual

attunement.

- * Keeping spiritual attunement as a priority in our daily lives. (For example, researchers have thoroughly proven the tremendous value of meditation to health.)

- * Having a retreat area available.

- * Allowing no smoking or recreational drugs within our Community.

From the above description, I hope you get the picture that we can have vitality in our lives. We need to realize that we don't have to live with all the stress and the environmental and chemical threats that currently have such a tremendous effect on our wellbeing. In fact, if we're not experiencing joy and pleasure and growth in our lives, we really need to address that. When we do, we find that the key is how we choose to live together on this planet.