



## Trusting the Body, Resting the Spirit: A Holistic Journey to True Health

We are all bio-individuals — beautifully and uniquely made. No two people are exactly the same. Many of you have heard me say that you're on an “awake living journey,” and I truly mean that. When you take the time to explore and learn different ways of supporting your physical and holistic health, you're giving your body a gift. You're investing in your future, lowering your risk of chronic illness, and honoring the incredible design of your body.

But I also see so many people rushing — trying every new method, every supplement, every diet, every practitioner — hoping that this one will finally unlock optimal health. It becomes exhausting, discouraging, and expensive. And in the end, many are left feeling no closer to the peace or healing they were seeking.

What often gets overlooked is that your body already knows the way. Once your Foundations are balanced, trusting your body becomes the most powerful step you can take. No frantic search for the next big diet. No miracle therapy or magic balm from Facebook. Just the quiet, steady truth that your body, when supported, knows how to heal and thrive.

I've come to see that this restlessness — this desire to reach the finish line perfectly — is often rooted in something deeper. It's a spiritual restlessness. And until that part of us is acknowledged and cared for, it's hard to truly understand what holistic health looks like. Because holistic health is about the journey, not the destination. Just as your physical health matters, your spiritual health is equally essential in this foundational rebalancing. Some people believe their spiritual health is strong if they simply believe God exists, follow the right rituals, chant the right words, attend the right service, or chase the right experience. But that kind of spiritual life can turn into a cycle of trade-offs and bargaining — “If I do this, then God will do that.” And when you feel you haven't done enough, you may dig in harder or give up altogether. That kind of

striving leads either to pride (if you think you've achieved it) or fear and discouragement (if you think you haven't).

But the message of Jesus Christ and His kingdom is completely different. His kingdom is for the “poor in spirit” — for those who know they can't earn their way in. Membership isn't purchased; it's given. You are adopted into God's family, not because you've done enough, but because you finally admit you can't do it on your own. You don't earn it, buy it, fast for it, or rub on a miracle lotion to get it. You simply receive it. And from that place, you serve not out of fear or arrogance, but out of gratitude for a transformed life.

Ephesians 2:8–9 reminds us: *“For it is by grace you have been saved through faith, and not from yourself; it is the gift of God, not by works...”*

The parallel between physical and spiritual holistic health is striking. If you chase every product, every practitioner, every trend in an attempt to force your body into optimal health, you may never experience the incredible ability your body has to rebalance itself naturally. And if you spend your spiritual life trying to earn God's approval or follow every rule perfectly, you may never experience the freedom that comes from letting go and allowing Jesus Christ to pour out His grace and mercy freely to you.

Take a moment to reflect on why you're seeking optimal *holistic* health. *Holistic* means that every part of you is interconnected — body, mind, and spirit. True wellness embraces all of it. Just as gut healing is the first step toward balancing your Foundations physically, accepting Jesus Christ and the grace He offers is the first step toward spiritual wholeness.

Do you have questions about how to fill this aspect of your holistic health journey, please reach out.

*Rhonda*

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