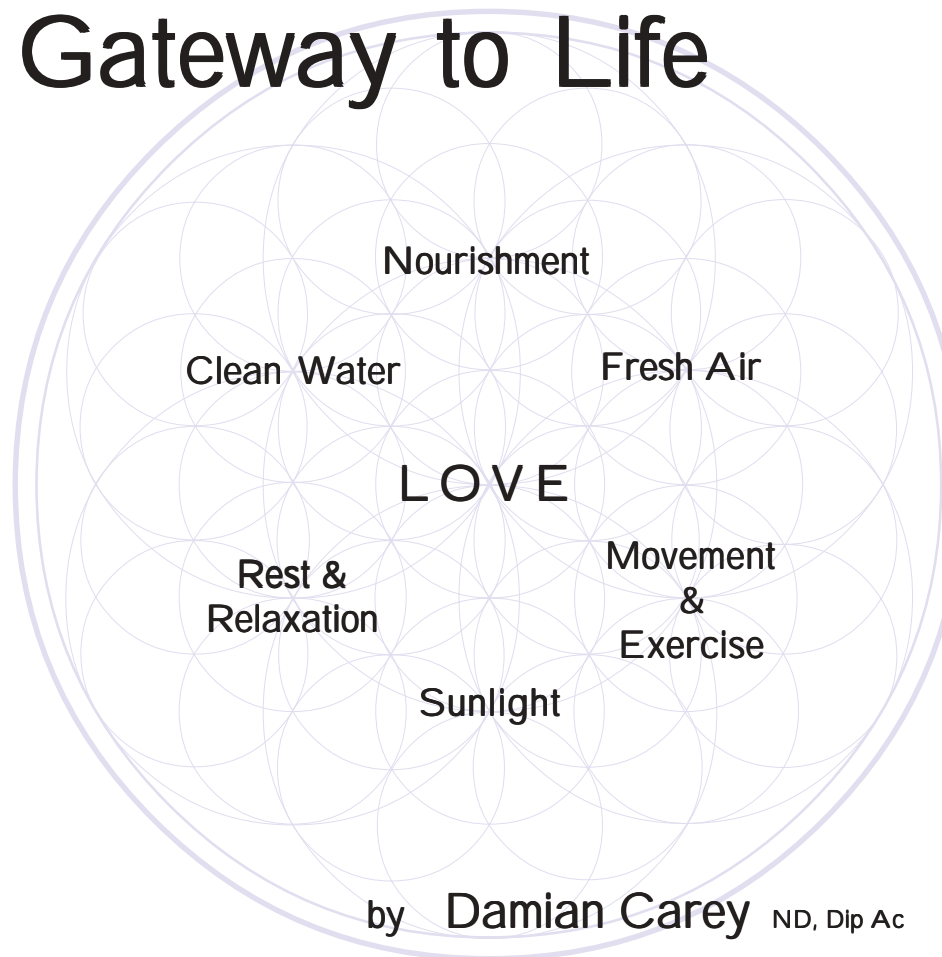


# Gateway to Life



and an understanding of the interconnectedness of all life. It is the quality that links you to the landscape; the higher self that views events from a big perspective. Love is the absence of doubt, worry and anxiety.

## Nourishment

There is a wide range of amino acids, essential fatty acids, vitamins, minerals and trace elements that the body *must have* in order to maintain the metabolic processes of human life. If we do not get this *essential nutrition* then we *must get* some form of degenerative disease. Sooner or later one or other of our systems will begin to seriously malfunction as the body struggles to rebuild its cells and produce enzymes without the essential raw materials.

## Clean Water

Internal and external cleanliness is essential. Ample pure water will flush your body of toxins and assist with all the metabolic processes of your cells. Water has several important functions in the body; among other things it is a solvent, a lubricant, a cleanser and a conductor of electrical current and sound waves, so it is used to pass on information in the body. This is why water is universally regarded as a symbol for consciousness: if our water is clean and abundant we will be clearer, cleaner and more alert. Incidentally, in case you didn't know, fluoride *is a certified rat poison*.

## Fresh Air

We draw substantial amounts of life force from the air we breathe. Air supplies us with oxygen which is essential for the healthy metabolism of all our cells, particularly nerve tissue and the organs of digestion which require large amounts of

Every one of us is born with a miraculous opportunity: the gift of life force and consciousness. This life force is both delicate and powerful as well as being a great mystery. There is no known rationale for 80 cents worth of chemicals (the raw materials of our bodies) holding together with such exquisite harmony. We have approximately three trillion cells in our bodies and they are all co-operating!

The good news is that they will continue to operate and co-operate for the genetically programmed life span of approximately 140 years, as long as we don't muck it up by breaking the natural laws. These laws are fundamental principles that have come from generations of observation. They are a gateway, a gateway to life. By observing the natural laws you may not make the full 140 years, but you will have a flourishing and vital life and

avoid a lot of the usual diseases and disharmonies that plague others.

The natural laws are very simple ... following them is the hard part. They can be summarised as seven principles: **love, nourishment, clean water, fresh air, sunlight, movement and exercise and rest and relaxation**. Each of these is essential for good health but easily overlooked. They are the positive factors which enhance and prolong human life. In addition we will look at **avoiding the poisons**.

## Love

This is the big one, central to all the others. Without love you will generate disharmony as night follows day. Love is always accompanied by a positive mental attitude. Love is far more than a mental point of view, more complex than straight happiness; it also includes emotional equanimity

oxygen to function. It is also the most abundant source of what the Indians call Prana, the subtle energy that permeates the body and regulates the physical metabolism. Our intake of Prana can be vastly increased with *full and deliberate breathing*. This will increase our resistance to disease, strengthen our wills and release blockages in the body/mind. The end result is an increase in vitality and tranquillity.

And remember, the air has to be fresh, so get out into nature and keep your windows open as much as practicable, especially at night.

## Sunlight

Sunshine is still the number one source of energy for our system. It is essential for the manufacture of Vitamin D in our bodies. Full skin exposure to sunlight is a healthy practice, albeit with two important limitations. Firstly, you must limit your exposure to early mornings and very late afternoons. Secondly you must be in tune with the sun and in a state of love; if your body is not in harmony the sun will fry you. I cannot prove this, but I have observed it often.

You can absorb sunlight at any time by looking at the sun directly with closed eyes. The eyelids will filter out the harmful radiation, yet they are thin enough to allow the sun to stimulate the pineal gland. This gland is the "third eye". Stimulation of the pineal will get you in tune with diurnal rhythms and ensure deeper sleeps and overall tranquillity.

Sunlight can also be absorbed directly into the open eyes in the first few minutes of sunrise. At this time sunlight is passing through the maximum distance

of atmosphere, heavily laden with moisture. Both these things ensure a significant filtering of harmful radiation. This method, if applied with common sense, is the quickest and most effective method of absorbing this essential energy.

## Movement and Exercise

Allowing your body to stagnate is a quick way to die. Our entire reality is in a constant state of movement and if you want to be in tune with the cosmos, you should be moving too! I define four types of exercise: aerobic (getting your heart and lungs working strongly), strengthening and toning (general body building and endurance), stretching (joint flexibility and yoga) and lymphacising (the use of light bouncing on a mini trampoline, combined with a breath technique, to stimulate the lymph system). All of these forms of exercise in an appropriate balance are important for all round health and fitness.

Then there is massage. Massage is the very best way to keep your life energies clear and active. Good massage and bodywork will complement all of the above and keep the stresses to a minimum.

## Rest and Relaxation

Relaxation is definitely not stagnation. Rather, it is essential for the process of renewal. If you are on the go incessantly, sooner or later you will burn out. So take it easy; take time out to watch the flowers grow. Make sure you are deliberately doing nothing for several consecutive moments of every day.

This principle can equally be applied to your food intake and your mentality. Giving your digestive system and your brain a rest occasionally will help them both to work better.

## Avoiding the Poisons

This last one is huge subject and a tall order to attain. Pollutants can come at you from all sorts of directions: from the food you eat, the water you drink and the air you breathe, not to mention the stuff you rub on your skin. High concentrations of radiation can also be regarded as poisonous.

Of particular concern is the level of growth hormones and antibiotics in animal products, especially chicken. Canberra is fortunate to have an organic butcher supplying chemical free meats. Choosing organic food is one way to minimise chemical interference.

Also of great concern are the damaging effects of trans fatty acids (found in all margarines) and most commercial vegetable oils. Fats and oils are one of the essential nutrients, but only in their natural, cold pressed state. Super heated oils are stripped of their useful components and generate a free radical chain reaction in the body.

This has been a very quick look at some complex subjects, though in essence they are simple. Even if we fall short of the mark, these principles are worth striving for. More than just a set of laws, they are the seed of life\*, the fundamentals from which human life will grow and flourish. So if you would like to die young at a very old age, if you would rather invest in yourself now than pay the hospital bills later, I highly recommend you to put these principles to work... on all levels.

*Damian Carey is a Naturopath and Acupuncturist, practicing in Canberra, Australia. He can be contacted by phone on (612) 6288 1122 or by email on [damian@lifegate.com.au](mailto:damian@lifegate.com.au)*