

S.E.N.S.E.

(Structural, Energetic, Nutritional, Spiritual, Environmental)

presented by Dr. Rand Olson

Health is:

"The ability to comprehend yourself in your environment in each phase of our being; Spiritually, Emotionally, Nutritionally, Structurally, and Energetically."

Take the first letter of each of those facets of health and you get the acronym SENSE. We will talk about SENSE later. With the comprehension, that we must be able to define and engender health comes the idea that we have a constant gravitational like desire toward the highest and best that is in us. Our bodies are self-healing. Given the opportunity, our body will heal itself. Our spirit possesses an inner yearning for higher spiritual awareness. Each being has a different level of attraction for the divine. We all have the same possibility but very different potentials.

Spiritual: Who are we? What is our highest potential? How to achieve that possibility? If we comprehend ourselves spiritually in our environment we see ourselves as we really are in this stage of our existence in context of our history and our possibility. We act out of this sure knowledge in our thoughts, intents, desires and actions.

Emotional: We will come to understand why we think what we think. How do we control our thoughts so we can act and not be acted upon by the events in our life. If we understand ourselves clearly we will recognize the true inner power we have of unfettered choice. We will be able to see that every choice is our choice. Every situation is one that brings us the possibility of liberation from some thing that holds us down in some way. To comprehend yourself in your environment is to see yourself with the past, present and future spread out before you. You allow a high level of creativity to flow through you. You can solve any problem to the advantage of all around you because you have lost the need to support your unreal perceptions and beliefs by staying full present in the moment. This is the only way we can stay true to our chosen nature.

Nutritional: Our body is our tutor. It exists to teach us. It is not supposed to be our master, just our tutor. If we are cautious and aware we can learn to hear its messages. The cravings we have and the way we choose to nurture our body and our psyche with food are valuable lessons. If we observe our eating and dietary habits we will see more clearly our deep inner emotional needs. Energetic needs will also reveal themselves in our food cravings.

Structure: Our posture, spinal alignment, strength, and flexibility all play a critical role in manifestation of our optimal health.

Energetic: Everything is energy. All visible matter is made up atoms, which are made up of subatomic particles, which are made of energy. We are energetic beings. It is an inescapable facet of our makeup. It is the most subtle physical part of our nature we can consciously manipulate to engender better health. You are constantly impacting your energetic being by the choices you make. When you engender a change in your energetic being, the physical will soon follow. Energetic balance is just as much a critical component of health as a healthy mind or a good blood chemistry test.