

# **Living the Spiritual Principles of Health and Well-Being**

## **THE EIGHT PRINCIPLES**

### **1. Earn the Trust of Your Basic Self** pgs. 17-22.

“The basic self’s job is to maintain the physical body, to maintain physical functions and all those things that go with it. It’s important that you work with your basic self in cooperation and love if you want its support.” **John-Roger**

### **2. Hold the Images in Your Mind That You Want More Of** pgs. 23-30.

"When you maintain a positive image, the basic self accepts it and works with it. If you place a clear image forward, the basic self sees it and goes to work to make it come about. Once the basic self has a clear image of the goal, it will work towards it 24 hours a day, even when you aren't thinking about it consciously." **John-Roger**

### **3. Eliminate and Detoxify** pgs. 31-37.

“Disease isn’t what we take in—it’s what we don’t eliminate. What we do not eliminate is what makes us sick...Essentially, we need to let go of what no longer serves us.” **John-Roger**

### **4. Relax** pgs. 38-43.

“So what can we do to have better health? Be patient and relax? If we honest-to-God could understand that concept of being patient and letting the body relax, illness would vacate.” **John-Roger**

### **5. Complete** pgs. 44-48.

“One of the most useful things I can say to you for living in this world is if you want to have greater health and more energy, move things towards completion.” **John-Roger**

**6. Talking Yourself into Greater Vitality and Health** pgs. 49-52.

“If you don’t keep the agreement with yourself when you agree to do something, your body won’t keep agreements with you when you tell it to do something. We’re training it in disobedience continuously, and in disobedience we find illness.”

**John-Roger**

**7. We Live and Die at the Cell Level** pgs. 53-60.













“Health is not so much about the food, or the nutrition in the food, it’s more about how the cell level is energized, through clean blood and good oxygen—that’s what brings life and vitality. When that’s not happening, we get sluggish, lethargic, and we start dying. We live and die at the cell level.”

**John-Roger**

**8. There is Only One Energy and That Energy is Love**  
pgs. 61-69.

“A lot of people want to talk about how the energy is good or bad. What they ought to do is look inside of themselves and see how the energy is inside of them, because the energy inside is the energy out there, available to all of us.”

**John-Roger**

<b>CAUSES AND CURES OF DISEASES</b>		
<b>Restraint</b>		<b>Love</b>
<b>Fear</b>		<b>Empathy</b>
<b>Restlessness</b>		<b>Peace</b>
<b>Indecision</b>		<b>Steadfastness</b>
<b>Indifference</b>		<b>Gentleness</b>
<b>Weakness</b>		<b>Strength</b>
<b>Doubt</b>		<b>Understanding</b>
<b>Intolerance</b>		<b>Tolerance</b>
<b>Ignorance</b>		<b>Wisdom</b>
<b>Impatience</b>		<b>Forgiveness</b>
<b>Terror</b>		<b>Courage</b>
<b>Grief</b>		<b>Joy</b>

# **Living the Spiritual Principles of Health and Well-Being**

## **OPPORTUNITIES *For Next Steps***

### **1. Daily Action**

Commit to one consistent daily action on behalf of your health.

### **2. Daily Contact with Basic Self**

Commit to one moment daily to contact your basic self through

- Breathing
- Contact with Basic Self with hands over stomach
- Sending Loving

### **3. Daily Image**

Hold one image of what you want more of daily.

# **Living the Spiritual Principles of Health and Well-Being**

## **Webcast Part 1**

### **AVAILABLE REFERENCE MATERIAL**

***If you would like more related information on Spiritual Health and Well-Being here is a list of materials to check out. Please visit our website, [MSIA.org](http://MSIA.org) and view our products or just call 323-737-4055.***

#### **BOOKS**

*Living the Spiritual Principles of Health and Well-Being*  
(John-Roger with Paul Kaye)  
*Fulfilling Your Spiritual Promise* (John-Roger)  
*The Power Within You* (John-Roger)

#### **AUDIO/VIDEO MATERIALS**

*The Three Selves* 1208-CD (5/25/73)  
*Health from the Inside Out* 3909-CD/MP3 packet  
*Health Is Loving Who You Really Are* 7970-CD/DVD/MP3 (3/19/82)  
*Getting More Spirit Through Breathing* 7653-DVD (10-30-97)  
*Programming the Universal Mind* 1828-CD (1/27/1969)

#### **AUGUST 2010 VIDEOCLUB**

*The Wealth of a Higher Consciousness* (May '92)" 8095-DVD/CD

#### **JULY SAT 2010**

*Are You Being of Service?* (Dec. '09) 8086-CD