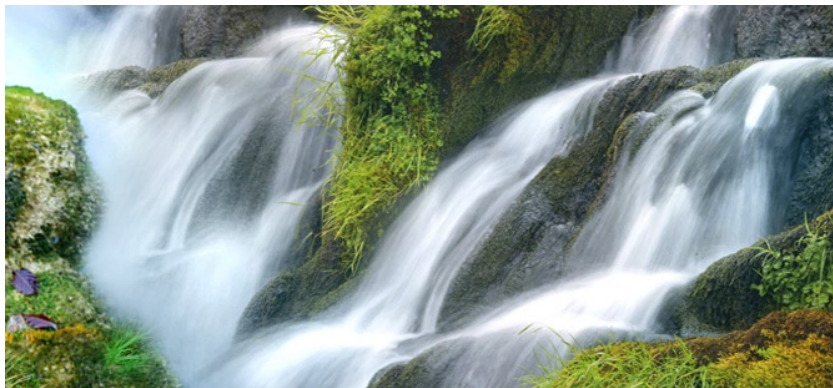


JESHUA
Health^{on} & Wellness

www.healthmiracle.org



Conscious Healing Community

This course developed through Glenda Green with her extensive knowledge of Jeshua's life and messages. There has never been such a complete scriptural reference to his healings free of religious agenda, examined with an open mind and heart to touch and integrate them into what we now know to be pragmatically scientific.



Lesson 1

Out of wholeness this course emerged into focus in the past eighteen years. Hello. I am Glenda Green, but I am not alone in the creation of this course. In his day, Jeshua was most commonly known as the Great Physician. Crowds flocked to him for healing, which often occurred by touching his garment or receiving a word of hope. There is probably no one before or since who has a more complete understanding of how we heal from the inside out as a quantum self in a synergistic universe.



Lesson 2

Healing is not just an event that occurs to repair an injury or illness. As we live and breathe we are subtly alternating between balance and imbalance.

We symbiotically acquire all kinds of elements from the environment, and then selectively integrate or eliminate what does not support our wholeness. We live with the paradox of being whole and perfect in our basic nature, and yet besieged by challenges to maintain it with an outward presence in a universe with literally infinite possibilities.



Lesson 3

One might indulge in a very esoteric pursuit of origins, looking behind every observable cause for another one, more subtle and elusive. In the Book of Genesis, we are told that before anything was created there was the Void, a precept that is scientifically substantiated today and difficult to precede. In the Book of John, we are told in the beginning there was the Word, which implies an intent or idea form as the origin of all possibility.



Lesson 4

There is an infinite supply of everything in this universe. The entirety of existence is connected. However, in saying that we must also allow for wisdom in how these connections are established, how they unfold, and how they appropriately allow for exchange. There is much to learn in this regard, and fortunately our natural unity with all things gives us an instinctive start in the right direction. By following love, life, and the living, we are well on our way.



Lesson 5

Light affects us on every level of our being, physical, emotional, mental, and spiritual. It makes us happy, optimistic, and leads our thoughts and behavior in a positive direction. Light defines every level of the universe that we are capable of perceiving. It empowers and stabilizes many levels of existence that we are not capable of perceiving.



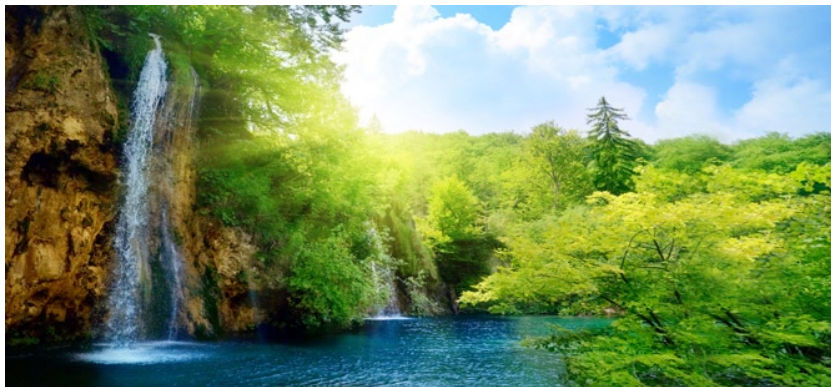
Lesson 6

Restoring our core values is where we begin our responsibility on this journey to better health. All the supplements, treatments, and procedures in the world are only temporary remedies if we do not establish and maintain our core values that support health.



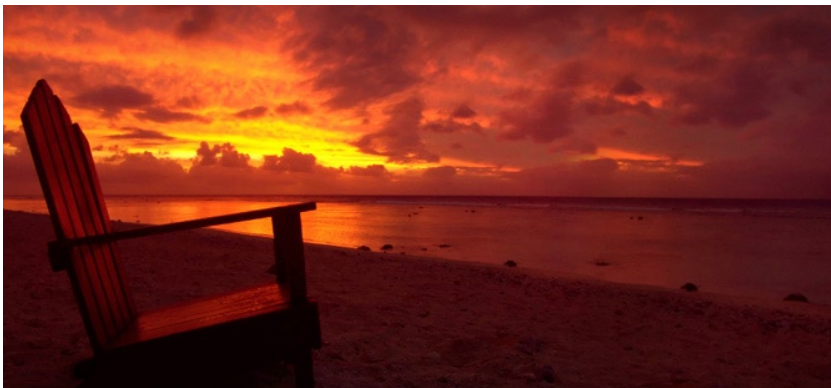
Lesson 7

Like the air we breathe, and the space in which we live, consciousness is so basic to waking life that most of our involvement with it goes unnoticed. This lesson is about moving our priorities up to a broader expanse of consciousness and a higher standard of living as we learn to engage in a larger conversation with life. The whole of Jeshua's life and message was to that end.



Lesson 8

There is perhaps no medium more receptive to our will, emotions, or thoughts than water. Jeshua said spirit becomes will, and will becomes substance! This has ominous implications considering how that could effect the destiny of planet Earth. At the same time there would be infinite blessings in the presence of good will and compassion in all things.



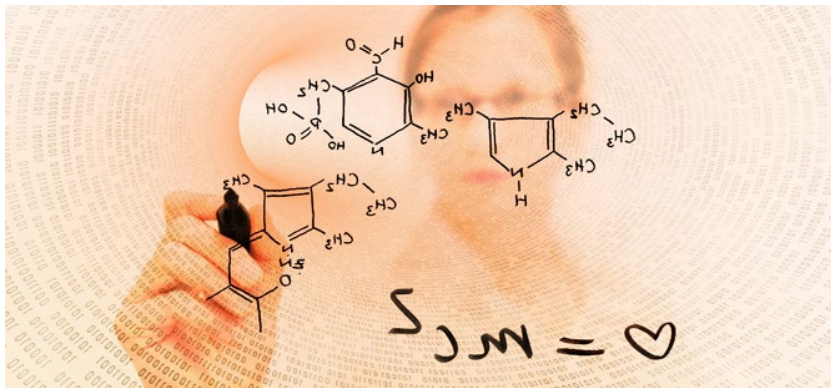
Lesson 9

Although light is a vast subject, we will attempt in this lesson to connect the whole extent of it. The light of God, the light of the sun, and the particle light of cosmic communication, and our personal light are all part of an integrated energy and power matrix. Light brings all things to life in this universe, and apparently is constant to every energy form, yet it is illusive and lives even in the shadows. The latest research in particle physics suggests dark matter does not exist.



Lesson 10

Our life begins with one quick breath, and breath sustains us to the very end. When we laugh, dance, play, run, shout, cry, or sing we are exercising the bellows of our lungs to bring in more air and facilitate our activity. Each breath is charged with the moment's emotion, and fills the body and being with just the right energy to carry out the action.



Lesson 11

Energy is potential. That potential manifests as the fundamental particles of existence, as waves of these particles flowing in coherent and reciprocal patterns, and most of all as a matrix of connections. A “charge,” a particle, or a flow of energy without a context to produce and receive it is impossible. When we speak of energy healing we are immediately referred to the basic teachings of Jeshua about wholeness.



Lesson 12

We humans are synergistically bound to the plant life of this planet. One way or another it is our food and our medicine. We will address the nourishment side of that equation in a future lesson. It is the primary purpose of this lesson to focus on the vital energy and chemistry of plants that serves to assure their survival in the ecology of life.



Lesson 13

Time and time again Jeshua reminded us that there is a basic template of perfection in every body that could be restored by eliminating negative contaminations. In addition to external sources of pollution, he made it clear that we attract and magnify toxins in the environment by impurities we hold in our mind and heart. He told us to forgive without ceasing, and to greet each day with a glad heart.



Lesson 14

We have to look to the future for answers, because one thing is certain, whatever discomfort may weigh upon us now is a byproduct of the past! It takes courage, faith, and consciousness to fix our attention on the future, especially if what we are seeking is beyond our current experience of reality. In knowing the self as LOVE without conflict you will know yourself as the great healer through all facets of time.



Lesson 15

We are hard-wired for survival. This is so strongly in place that threats to survival initiate immediate fear responses. Ironically, this kind of response is also the greatest force to undermine our faith—that greater force which maintains and repairs our wholeness. What a contest this is, and what a choice we have to make! Will we respond to fear, or will we find a pro-active way of embracing our faith?



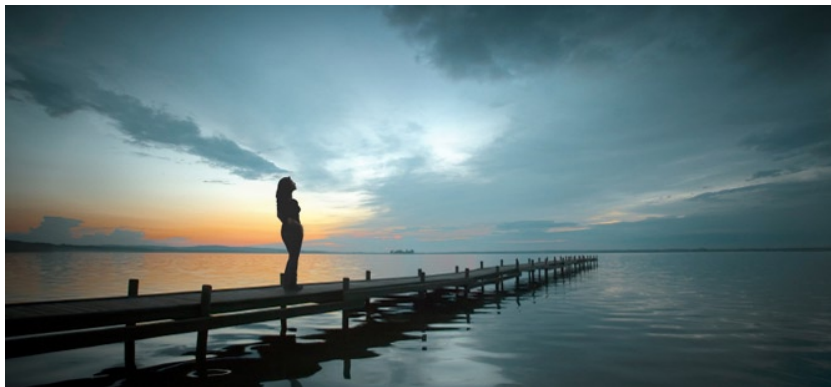
Lesson 16

It has been said the universe abhors a vacuum, and will fill with whatever thought or substance is available. While we might challenge that theory on subtle levels of particle and matrix behavior, it is generally a predictable phenomenon. The problem is for example, if we chelate minerals from the body, what will be replaced? So, let's consider first what is most needed, with the expectation that what is eliminated will make way for more of "the good supply!"



Lesson 17

This is the time of year when we rejuvenate, revitalize, and look for miracles that come from embracing life in the most positive way. It is also a good time of year to look back on what we accomplished over the winter, take a breath, and embrace new opportunities for happiness and wellness.



Lesson 18

Our true principles emerge from a profound intelligence of life through which we were all created, and in which we are all centered, if we would only choose to look. These are the outer and pragmatic guidelines of a primal spiritual center within us all, which Jeshua called the Sacred Heart. This is the temple to which he referred when he taught us about the Kingdom of Heaven within.



Lesson 19

Our human dietary cuisine is rich and varied as our many cultures. The traditions, and emotional attachments to what we eat are also complex as foods evolve to support needs and preferences. For Jeshua, life itself is food whereby greater supply is being connected to the energy of the universe. We find nourishment in the rich supply of adamantine particles in nature, chemically potent energy from the sun, clean living water, and loving by being, and leading a purposeful life.



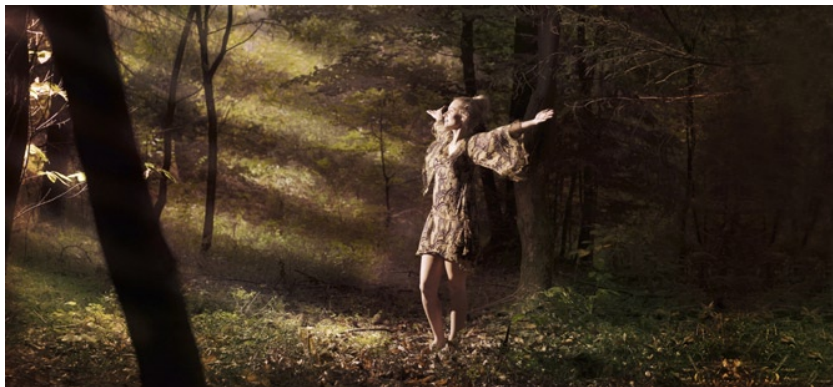
Lesson 20

In the image of childhood and innocent perception we view life through eyes of love. In childhood we see the best of reality, which optimistically embraces life as its playground. This does not mean children do not have trials, dark moments, and physical challenges; however, in our childhood we are in a state of consciousness encouraging holistic possibilities for resolutions and dreams realized.



Lesson 21

For Jeshua, restoration of wholeness is the hallmark of healing, referring to a continuous element weaving together every element of our body, making for a whole person. That element is not only within our self, but unites us with all creation. He orients us to this with his only two commandments: To love God with all our heart, mind, and soul; and to love our neighbors as our self with a further potent clue when he said, “You are the light of the world.”



Lesson 22

It is no accident that the word ‘restore’ begins with rest. Nor is it coincidental that both ‘fast’ and ‘fasten’ have the same root origin of “to hold in union.” Combining those two fundamental meanings, we have the basic language and intent of this lesson: to restore wholeness. Both our origin and our power lie in the changeless realm where there is neither time nor space.



Lesson 23

There is no more appropriate power to examine than the one which ignited synergistic creation at the onset of our universe. This is the power of coherent energy. Light, which is the language and matrix of our universe, is only emitted through coherent energy. In the beginning, God could have said: "Let there be coherence!" In a state of total coherence, without resistance, our universe could have been created in a micro-unit of time, which science is now confirming to be true.



Lesson 24

There are times when benchmarks arrive, when it is time to pause, reflect, and assimilate our realizations in order to better apply them to the task of living. Such a time has arrived. We must now simplify and organize our understanding so we may effectively apply and be ready for more expansion in the future. It's time for personal evaluation, for making decisions about how you want to improve your health, and for establishing priorities that will allow you to achieve those goals.



Glenda Green, M.A., D.D.

One of the leading spiritual teachers of our time, renowned artist, and internationally best-selling author of “Love Without End,” and “The Keys of Jeshua.”

There are currently four ways to access the information from the Jeshua on Health and Wellness Course. For enrollment, individual lessons and eBook options visit www.healthmiracle.org

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