

BALANCE

STRONG: Ambidextrous training for improving the physical hardware's strength and balance. Examples: Throwing and Writing with both hands. Running, Yoga, Swimming, Rock Climbing, Slacklining, Juggling.

Leonardo Da Vinci

Choosing a goal that is inspiringly challenging, "because that goal will serve to organize and measure the best of our energies and skills".

JFK

CLEAN: Bathing to keep the exterior physical hardware clean.

Fasting occasionally on water to keep consciousness and the physical hardware clean - drinking enough water while fasting for the urine to remain clear.

Excellent quality fuel for the physical hardware to run on. Examples: Pure water and organic quality foods. Discarding processed foods and drinks. Discarding drugs, from cocaine to caffeine.

Respecting reproduction, both partners enthusiastic about the children that may result. Any form of using the intoxication of reproduction for other than having children, in or out of "marriage", fogs moral and athletic clarity. The intoxication of reproduction is temporary and can be progressively upgraded to a Healer's nurturing care of partner, children and ultimately our complete universe-wide family.

GRANDMOTHER'S HEALING PRINCIPLES:

Nurturing Peace is the free universal expression of INSPIRING JOYFUL HARMONY. Nurturing Peace nourishes our lives.

Divine Love highlights JOYFUL NURTURING, the universal healing of Nurturing Peace. Divine Love heals as we express Nurturing Peace.

Divine Principle highlights SPIRITUAL CONCEPTS, the foundation of reality. Nurturing Peace is the cornerstone.

Spiritual Ideas are expressions of Nurturing Peace. Spiritual Ideas form the complete structure of reality, constituting all the creative Spiritual possibilities founded on Spiritual Concepts. Nurturing Peace's Spiritual Ideas provide us with the whole Universe of creative Spiritual possibilities.

Our Joyful Nurturing Source is the constitution of the infinite expressions of Nurturing Peace.

Spiritual Consciousness is our inherent Spiritual thinking, uniquely exploring the Universe of Spiritual Ideas.

Universe-wide family – We all belong to our Joyful Nurturing Source's Universe-wide family, we are all related. Our Source nurtures every expression of Divine Life in our Universe-wide family.

Prayer/meditation provides us with the Nurturing Peace to observe whether our thoughts are Spiritual or mundane. Nurturing Peace observes the fallacies of mundane thoughts, thus peacefully corrects them.

Perceptions – The perceptions of any given perceived image appears to be “real” as it is processed in any given perception world.

Perception worlds - As we “wake up” from one perception “world” to another it is apparent that the perceived images of any given previous “world” are void of substance. The subatomic particles of perception “worlds” are limited to having the potential of being perceived images that are void of substance. Scientific thinking comprehends the fact that the perceived images of all perception worlds are void of substance.

Joyful Nurturing Healing expresses the universally free healing of Nurturing Peace to everyone, everywhere. Nurturing Peace provides us with the Spiritual clarity to understand that only our Joyful Nurturing Source’s Spiritual Ideas have reality. We are solely our inherent Spiritual Consciousness. We are 100% Spiritual. The subatomic particles of all perception worlds are limited to having the potential of being perceived images that are void of substance. Belief in any given perceived image delusion can only last while we are fooled by the delusion. Joyful Nurturing Healing corrects any given delusional belief by Scientifically Comprehending that the belief’s delusion is void of substance. Joyful Nurturing Healing freely nurtures everyone, everywhere.