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THE EQUILIBRIUM OF THE HEALTH SQUARE

For many years there has been the triangle / triad of health. In practical sense, it should be the Health Square. This relates more practicalness to the applications of how we are and function.

This presentation looks at the practicalities of the Health Square and its applications.

The Health Square comprises of the physical – postural; the chemical; the mind/mental, logical and electrical; the soul – spiritual – emotional. When all these are in harmony and balance, each side is equilateral. Change one side; this changes all 3 other sides resulting in no equalness.

In numerology, the number 4, is a very practical, down to earth aspect. As we come into 2020, this equates to numerology year 4 ($2+0+2+0 = 4$). This means practicalness to harmony and focus will be essential. This needs to be kept clearly in vision. This is part of what our VISION 2020 focus is about for this conference.

Physical – Postural This relates to the hardware or physicalness of the body and also how we move. This is the bones, muscles, tendons, ligaments, cells, organs, nerves, etc.

Chemical This relates to the chemical reactions, processing, regulation, hormones, DNA activity, etc.

Mind/Mental – Logical/Electrical This is about brain activity and the firing neuron processing. There are set programmed functions like breathing, heartbeat and rhythm, neuron firing for muscle activation and deactivation, coordination, movement, etc. Conscious and subconscious programs all have electrical charges which influence many functional processes.

Soul – Spiritual – Emotional This relates to our individualism and has no physicalness. Just energy expression. So our intuitiveness, psyche, aura, gut feeling, inner voice, emotional expression are all energy expression. These can different types of charges (energy, electromagnetic, etc).

Applications There will be some simple demonstration examples on how the Health Square can be applied and incorporated within balances.

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John Holodnak comes from the Western Australia. He is a Wellness Consultant and Coach with training as a Naturopath, Kinesiologist, Remedial Therapist, Acupuncturist, Life Enhancement Coach and Mentor.

John`s formal qualifications are Bachelor of Health Science, Advanced Diploma in Clinical Kinesiology, Diploma in Naturopathy, Diploma of Remedial Therapies, Grad Diploma in Acupuncture and a Cert IV in Workplace Training & Assessment.

John has been involved in kinesiology since 1988 as a practitioner and a trainer – facilitator. He has had the privilege of studying under some of our great kinesiology pioneers like Dr John Thie, Gordon Stokes, Daniel Whiteside, Dr. Bruce Dewe, Dr Carl Ferrari, Richard Utt, Dr. Charles Krebs, etc.