

The Next Era of Fitness and Health

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Received: June 03, 2019; **Published:** June 27, 2019

The holistic movement is the future of movement and health to survive the new era. It combines the best of ancient and modern movement, health, and focuses on teaching a new methodology that helps individuals connect to themselves.

The holistic movement involves connection to oneself, learning how to train your mind, erasing unneeded memory, reprogramming the mind, and training your body, breath holistically in order to have a more energized, happy, and youthful life. In summary, it is the future of movement that can save the human race in a rapid evolving era.

The moment that we are born, our life becomes progressively complicated. Today, most of us are facing emotional, body, mental disconnection and we are not living a life that is in harmony with nature. We are living tragic lives, instead of joyful one's full of blessings. As a result, we experience resistance, negative emotions, illness, problems, and are prone to attracting our undesirable paths that are not enlightened with the richness of the universe. The reason why most of us are dis-connected is because we are not taught the power of full connection and get drawn to our routine lives resulting in not knowing how to exercise, eat, live, and be in our lifetime. Very few, holistic natural human beings exist as they once did centuries ago.

Life is very simple, live correctly and simple, use your mind to spread positivity, love, and avoid the temptations of marketing that may disharmonize your body, mind and spirit. Our thoughts are very important as they reflect how we feel, and the actions we take. Our negative emotions must be released naturally, in order to feed our emotions the positive energy. We should be careful what the outside world feeds our emotions. For example, if we are always watching news, corrupt videos that take us from the divine of being human and possessing pure love we begin to have negative emotions. If we do not clear these emotions, we embody them within yourself, which later poison our system. Yelling, shaking, jumping, and making natural clearing sounds help unblock negative emotions. We can think of children how they naturally clear their emotions by crying, yelling, lying on the floor etc...The children of the universe are great mentors that show us how to let go, forgive and re-love.

The future of movement is to work on having a healthy mind, and to understand our mind. Our minds must be pampered with positive affirmations, thoughts, in order for your subconscious mind to grow and manifest your ideal life. We must train the mind to be calm and reject negativity that stop us from living in harmony with nature. We should limit our time on technology and connect more to nature in order for our minds to be creative, grow, have strong visionary powers and be able to think in favour of our self and earth.

In order to empower a healthy mind, we must work with having a healthy body. It is important to naturally train and reset your senses, and to honor your body as a temple. With your breath, and unique exercises we unblock and push out what your body and mind do not need leaving space for the right things to come in. Holistic stretching, natural movements such as yoga, dance, running, martial arts, gymnastics and through the holistic methodology one can achieve a healthy body. With a healthy body and mind, your soul will flourish and lighten itself to spark out your being. You will be able to regain the glow and charm that children have with self-work and training. As a result, your frequency and electromagnetic fields will grow naturally. Most of our frequencies and emf are low, which pulls us away from a positive spiritual rich world.

It is important to eat correctly, eat with gratitude and select our foods wisely rather than with greed. You must love the food, and water that you place in your body, and enjoy colourful earth foods. We should be careful what we put in our system, because any un-natural items creates a minor or major domino effect that later shows up in our life time. The earth has designed our natural foods to empower and grow our minds and body, however; as we eat processed foods, or altered foods this affects our body equilibrium. Water, and fasting is a wonderful way to reset our systems.

In conclusion, healthy mind, food, and body are very important for our future. However; most importantly is to create a healthy internal system. We must learn who we are, how connect and heal from within. This is the power to survive the next era. Once you know and value your amazing self, your love to yourself will make your more solid. You will naturally attract the right food, and ingredients to take care of yourself. We can think of animals, an animal instinctly knows what to eat and not to eat, we must re-connect to gain our natural instincts to eat, sleep, live, think, and train.

To learn more about the holistic methodology, classes, online workshops, and sessions are given. info@jsport.co

Volume 14 Issue 7 July 2019

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