



"Love All, Serve All"

Good Health

*"The Human Body is Sacred."
Sathya Sai Baba*



What is Good Health?

- 👍 We are all made up of body, mind and Spirit.
- 👍 Physical fitness alone is not enough, mental health is equally important.
- 👍 The body depends on the mind, and the mind should depend on the Spirit.



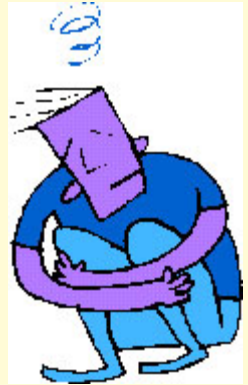
- 👍 When these three are in harmony, good health can be achieved.

The Importance of Good Health

- 👍 A strong and healthy body is essential for success, happiness, moral living and right conduct.
- 👍 The body is the temple of God, keep it in good condition.

Enemies of Health

- 💣 Illness may result from physical fatigue, an unhealthy environment, improper diet or lack of exercise.
- 💣 Unhealthy attitudes like anxiety and worry contribute to our physical illness.



- 💣 The six inner enemies of health are anger, envy, jealousy, egoism, hate and greed. Even doctors cannot cure these.

"When anger rises, think of the consequences."

Confucius

- 💣 Stress can affect the heart, worry can cause ulcers, and bad food habits can cause high cholesterol which affects the heart.



- 💣 90% of all physical sickness originates in the mind.

Good Health through the Body

- ✔ Avoid alcohol and smoking.
- ✔ Eat only natural foods and do not overcook. Avoid late dinners.



- ✔ Get enough rest and sleep.
- ✔ The body becomes healthy by exercise and work.



- ✔ Self-discipline and social service enable us to remain strong, fresh and energetic.



Good Health through the Mind

- ✔ Evil thoughts cause ill-health so remove bad thoughts.
- ✔ Greed and hatred result in sorrow and despair, give them up and gain peace of mind.
- ✔ Overcome mental weakness, have a positive attitude and self-confidence.
- ✔ Sit silently every morning for a few minutes.



"To enjoy good health, to bring true happiness to ones family, to bring peace to all, one must first discipline and control ones own mind."

Buddha

Good Health through the Spirit



- ✔ Both inner and outer purity are essential for man's physical and mental health.

- ✔ Forbearance, generosity, love and compassion are signs of inner purity.
- ✔ Devotion to God and morality are important for mental health as they bring joy and contentment.
- ✔ Regular prayer and reading holy books grant strength and courage to withstand illness.



"Health is the greatest gift, contentment the greatest wealth..."

Buddha

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