

# What is Wellness?

WELLNESS INVENTORY - James Strohecker

Some say that we just need to look around us to witness the evidence of a wellness revolution in our culture - the rapid growth of consumer interest in spas, yoga, meditation, organic foods, and alternative therapies. Wellness coaching is an emerging field. Women's magazines focus the the "spa and wellness" lifestyle, and "wellness" is commonly used in the names health products, ranging from vitamins to pet foods.



This leads us to a key question. **Exactly what is wellness?**

All too often, wellness is defined within a disease framework - reducing health risks and preventing disease. This is especially true in employee wellness programs and the healthcare system. To answer this question, let's go back to beginnings of the wellness movement in the mid-1970s.

In the early 1970s [John W. Travis, MD, MPH](#), was fulfilling his residency in preventive medicine at Johns Hopkins and working with the US Public Health Service. A protégé of Dr. Lewis Robbins, creator of the Health Risk Appraisal (HRA), Dr. Travis worked on the earliest computerized HRAs, including the first one used by the CDC. At the same time his dissatisfaction with the current disease-focused medical paradigm led him to explore the work of Dr. Abraham Maslow and other leading visionaries.

One day, while still in his residency, he discovered an obscure book, *High-Level Wellness*, written in 1961 by Dr. Halbert Dunn, formerly Chief of the US Office for Vital Statistics. Dr. Dunn's concept of high-level wellness and insistence on the importance of looking at "levels of health" in addition to medicine's focus on levels of disease, were important catalysts to Dr. Travis' emerging ideas.

By the time Dr. Travis completed his residency, he had made a life-altering decision—rather than treating people as a physician he would dedicate his life to teaching people to be well. Moving to Mill Valley, California, Dr. Travis opened the first wellness center in the United States in 1975, the Wellness Resource Center. A true [wellness pioneer](#), Dr. Travis had developed a model for lifestyle change that focused on self-responsibility, and engaged the whole person—body, mind, emotions, and spirit. "Wellness" was a new term in American culture, and the new center attracted media attention, including Dan Rather at CBS, who featured the new "wellness center" on 60 Minutes.

As he continued to refine his work at the Center, he created the first wellness assessment, the **Wellness Inventory**, to use as the Center's primary client intake. He captured his philosophy in the now classic *Wellness Workbook*, which has been used by wellness and health promotion educators in undergraduate and graduate programs in universities for over 25 years.

## Three Key Wellness Concepts

Dr. Travis' wellness philosophy is based on three key wellness concepts he developed during the 1970s.

**Key Concept #1:** [Illness-Wellness Continuum](#)

**Key Concept #2:** [Iceberg Model of Health](#)

**Key Concept #3:** [Wellness Energy System](#)

## What is Wellness? - Looking at the Whole Person

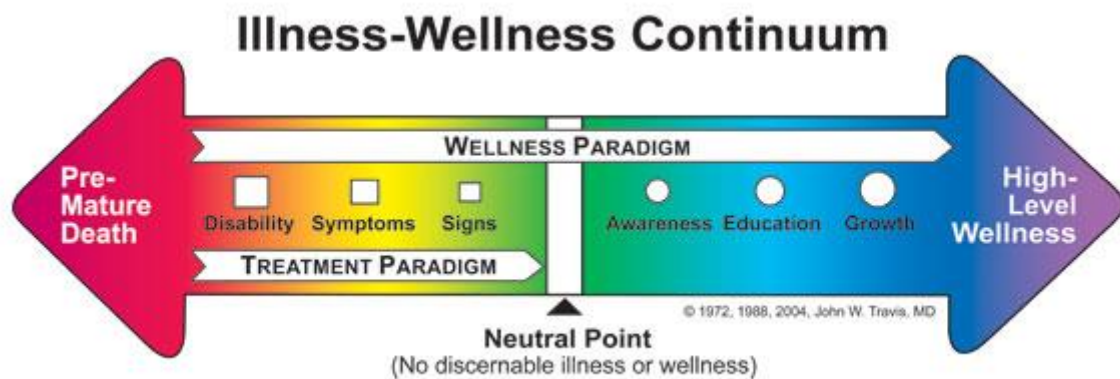
- Wellness is a choice—a decision you make to move toward optimal health.
- Wellness is a way of life—a lifestyle you design to achieve your highest potential for wellbeing.
- Wellness is a process—a developing awareness that there is no endpoint, but that health and happiness are possible in each moment, here and now.
- Wellness is a balanced channeling of energy—energy received from the environment, transformed within you, and returned to affect the world around you.
- Wellness is the integration of body, mind, and spirit—the appreciation that everything you do, and think, and feel, and believe has an impact on your state of health and the health of the world.
- Wellness is the loving acceptance of yourself.

John W. Travis, MD, MPH

## Illness-Wellness Continuum

The Illness-Wellness Continuum is the first of Dr. Travis' three key wellness concepts.

Most of us think of wellness in terms of illness and assume that the absence of illness indicates wellness. There are actually many degrees of wellness, just as there are many degrees of illness. The Illness-Wellness Continuum illustrates the relationship of the treatment paradigm to the wellness paradigm.



Moving from the center to the left shows a progressively worsening state of health. Moving to the right of center indicates increasing levels of health and wellbeing. The treatment paradigm (drugs, surgery, psychotherapy, herbs, and so on) can bring you up to the neutral point, where the symptoms of disease have been alleviated. That is all it is designed to do.

The Wellness Paradigm, on the other hand, which can be utilized at any point on the continuum, helps you move toward higher levels of wellness. The wellness paradigm directs you beyond neutral and encourages you to move as far toward wellness as possible. On the left side of the continuum, it is not meant to replace the treatment paradigm, but to work in harmony with it. If you are ill, then treatment is important, but don't stop at the neutral point. Use the wellness paradigm to move toward high-level wellness.

Even though people often lack physical symptoms, they may still be bored, depressed, tense, anxious, or simply unhappy with their lives. Such emotional states often set the stage for physical and mental

disease. Even cancer can be brought on by excessive stress that weakens the immune system. Negative emotional states can also lead to abuse of the body through smoking, overdrinking alcohol, and overeating - attempts to fill the void left when other basic human needs are unmet, such as acknowledgment and respect, a stimulating and supportive environment, and a sense of purpose and meaning.

Wellness is not a static state. High-level wellness involves giving good care to your physical self, using your mind constructively, expressing your emotions effectively, being creatively involved with those around you, and being concerned about your physical, psychological, and spiritual environments. In fact, it's not so much *where* you are on the continuum, but which direction you're facing. High-level wellness does not preclude periods of illness and weakness, nor does it attempt to deny that death is a natural part of life.

## History

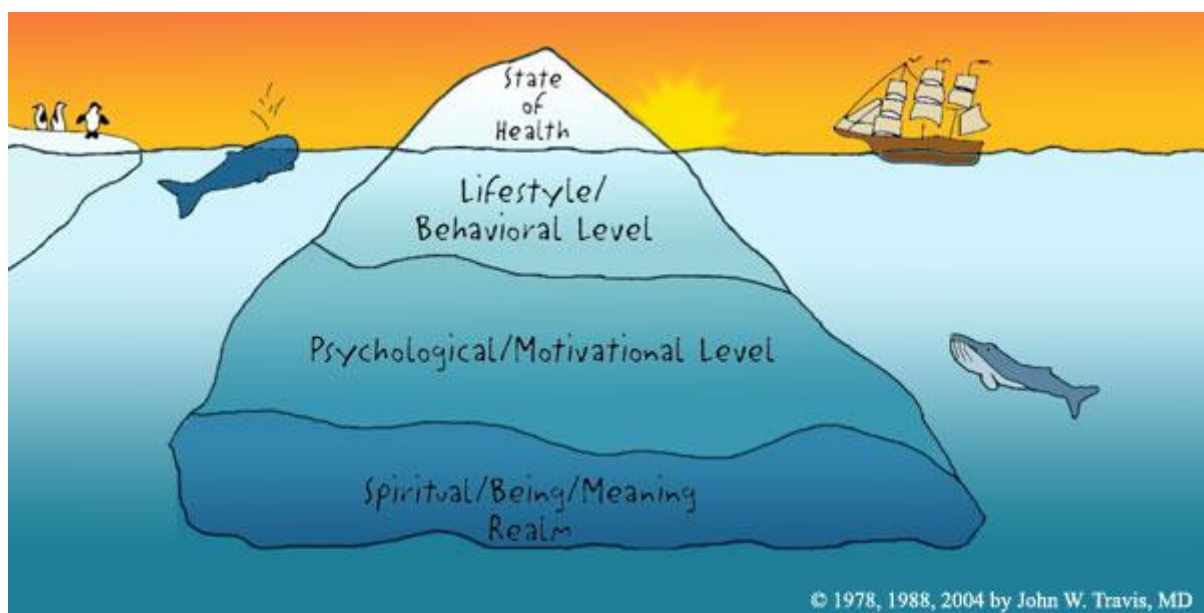
The Illness-Wellness Continuum was first envisioned by John in 1972, late one evening after everyone else at his office in the U.S. Public Health Service Hospital in Baltimore, Maryland, had gone home. It was a melding of the health risk continuum created by Lewis Robbins, MD, as the basis of his Health Risk Appraisal, and Abraham Maslow's concept of self-actualization, along with the model of high-level wellness proposed by Halbert Dunn, MD, PhD in 1961.

Once published in 1975, the continuum became an immediate success, an easy way to illustrate what this newly emerging wellness concept was all about. Health practitioners and educators began using it, and soon it was appearing in books, journals, and slide presentations everywhere around the world. With only minor modifications, it has withstood the test of time and remains a core concept in textbooks worldwide.

## Iceberg Model of Health

Icebergs reveal only about one-tenth of their mass above the water. The other nine-tenths remains submerged. This is why they are such a nightmare in navigation, and why they make such an appropriate metaphor in considering your state of wellness.

Your current state of health, be it one of disease or vitality, is just like the tip of the iceberg. This is the apparent part - what shows. If you don't like it, you can attempt to change it, do things to it, chisel away at an unwanted condition. But, whenever you knock some off, more of the same comes up to take its place.



To understand all that creates and supports your current state of health, you have to look underwater. The first level you encounter is the lifestyle/behavioral level - what you eat, how you use and exercise your body, how you relax and let go of stress, and how you safeguard yourself from the hazards around you.

Many of us follow lifestyles that we know are destructive, both to our own wellbeing and to that of our planet. Yet, we may feel powerless to change them. To understand why, we must look still deeper, to the cultural/psychological/motivational level. Here we find what moves us to lead the lifestyle we've chosen. We learn how powerfully our cultural norms influence us, sometimes in insidious ways - like convincing us that excessive thinness is attractive. We can learn, for example, what "payoffs" we get from being overweight, smoking, driving recklessly - or from eating well, being considerate of others, and getting regular exercise. We can become conscious of any psychological payoffs based on dysfunctional childhood experiences - like stuffing away our feelings as a way to gain approval from Mom and Dad.

Exploring below the cultural/psychological/motivational level, we encounter the spiritual/being/meaning realm. (Other possible descriptors include transpersonal, philosophical, or metaphysical.) Actually, it is more a realm than a level, because it has no clear boundaries. It includes the mystical and mysterious, plus everything in the unconscious mind, as well as concerns such as your reason for being, the real meaning of your life, or your place in the universe. The way in which you address these questions, and the answers you choose, underlie and permeate all of the layers above. Ultimately, this realm determines whether the tip of the iceberg, representing your state of health, is one of disease or wellness.

## Wellness Energy System

In 1977, Ilya Prigogine won a Nobel Prize for his theory of dissipative structures. Dissipative structures are open systems in which energy is taken in, modified (transformed), and then returned (dissipated) to the environment. A rock or a cold cup of coffee is a closed system because it does not channel and transform energy in this way. A seed, which constructs a plant from soil, air, and light, is an open system. So is a town, one of Prigogine's favorite examples. In the town, raw materials are converted into other objects by factories. These manufactured goods are then sent out into the world. Information and experience are processed in the town's schools with the end result being educated minds that are then released to make their impact on the world.

A human being is an open system, too. We take in energy from all the sources around us, organize it, transform it, and return (dissipate) it to the environment around us. The underlying theory in the Wellness Inventory is that *efficient flow of energy is essential to wellness; disease is the result of any interference with this flow*. This is true of energy usage in all life processes, from breathing to dying.

Think of yourself as a channel of energy - energy flowing in, coursing around, and flowing out. And because you are different from every other energy channel walking around, it goes without saying that your condition (physical, emotional, mental, spiritual) is going to determine how much you take in, what it feels like inside, and how it moves out into the environment. When the flow is balanced and smooth, you feel good. When there is interference at any point - the input, the output, or in between — you can feel empty, confused, pressured, or blocked. Illness is often the result.

The process may be compared to the movement of water through a pipe. The source of the water, the reservoir, constitutes the *input*. The size and condition of the pipe will determine the *flow-through*. The water that emerges at the other end - from your faucet, for instance - is the *output*. Ideally, it is clear, fresh, and free-flowing, as shown.

## Understanding the Wellness Energy System

Now we look at an energy-oriented systems approach for the wellness of human beings, where energy is the analog to water, and your body/mind is the analog of the pipe.

The Wellness Energy System, the wellness model utilized in the Wellness Inventory, is the third of Dr. John W. Travis' key wellness concepts. The Wellness Energy System is comprised of 12 key life processes.

### Wellness Energy System - 12 Key Life Processes

- |   |  |                                     |
|---|--|-------------------------------------|
| 1) <a href="#">Self-Responsibility &amp; Love</a> | 5) <a href="#">Moving</a>                | 9) <a href="#">Communicating</a>    |
| 2) <a href="#">Breathing &amp; Relaxing</a>       | 6) <a href="#">Feeling</a>               | 10) <a href="#">Intimacy</a>        |
| 3) <a href="#">Sensing</a>                        | 7) <a href="#">Thinking</a>              | 11) <a href="#">Finding Meaning</a> |
| 4) <a href="#">Eating</a>                         | 8) <a href="#">Playing &amp; Working</a> | 12) <a href="#">Transcending</a>    |

### Wellness Energy System Represented by Wellness Wheel



© 2002, John W. Travis and Healthworld Online

## 1: Self-Responsibility & Love

Wellness is like a bridge supported by two piers. Each pier is crucial to the bridge's integrity just as the two principles of self-responsibility and love are fundamental to the process of wellness. In each case, the piers support a connection between two separate places, allowing for movement back and forth. This freedom to move between different places or attitudes, rather than rigid attachment to any particular one, is the hallmark of wellness.

Self-responsibility and love are primary expressions of life energy. Together, they form the foundations of wellness, and encourage the free flow of all other types of energy. If either principle (or pier) is weakened, living harmoniously (or traversing the bridge) becomes more difficult. When both are strong, energy dances back and forth, and the crossing is easy.

### Self-Responsibility Means:

- Discovering your real needs, and finding ways to meet them directly
- Realizing that you are unique and *the* expert about yourself, and
- Expressing yourself, both your ideas and feelings, in ways that effectively communicate to other people who you are, what you need, and what you know.

### Love Means:

- Listening to your own heart--treasuring your uniqueness and your inner wisdom
- Experiencing yourself as your own best friend, and remaining faithful to yourself, especially in the rough times, and
- Realizing your connectedness with all things.

With love and self-responsibility as the foundations of our being, living and wellness are synonymous.

Wellness is a dynamic process because there are seeming contradictions to be resolved, apparent oppositions to be integrated, infinite shades of gray from which to choose. Even though you are connected with everyone else, you are also very much alone, and singularly must make your own life and death decisions. This section explores how to live your life with self-responsibility and love, so that any burdens can be transformed into opportunities, and questions become the impetus for experimentation, for learning, for trusting, and for loving this magnificent and paradoxical creation--yourself.

## 2: Breathing

The human body is remarkably adaptive and resilient. Human beings can survive for many weeks without food, and for several days without water, but without air, life ceases in only a matter of minutes. The fact is that every cell in the organism requires a continuous charge of oxygen in order to carry out its assigned function. The job of breathing is to supply this energy to the bloodstream, but since it has been happening automatically for every moment of your life, you've probably given very little attention to it. Yet without it, everything stops.

When the air is clear, your lungs strong, your body relaxed, and your mind at peace, you experience total wellbeing. Unfortunately, this ideal is seldom realized. In the language of the Wellness Energy System, the *input* source, the air, may be polluted in some way. Or perhaps there just isn't enough of it available. High altitude climbers must carry their own oxygen, or risk light-headedness and even death around 24,000 feet. Being in an overcrowded room without proper ventilation will have a similar effect. The *channel* (which is you) may have breakages (poorly functioning organs, illness, accident), or be blocked by foreign objects, by the restriction of muscles created from emotions such as fear, anger, and grief, by tight clothing, or by chronically poor posture. The poisons of nicotine and tar accumulated in lung tissues may also contaminate it.

This section looks at how these factors affect your *output*--or general metabolism. Your ability to work, play, and communicate with others depends upon how effectively your energy is used.

## 3: Sensing

It is through the senses--seeing, touching, smelling, hearing, tasting--that we come to know and enjoy the world. Our abilities to work, to feel pleasure, to communicate with others, and to impact the world are directly related to our abilities to appreciate and use our sensory input efficiently and creatively.

Everywhere there is evidence that many of us have "lost our senses." You probably know people who sunburn their skin, allow it to blister and peel, and then go back for more in an attempt to look "healthy" and "sexy" in their summer clothes. The noise of dishwashers, air conditioners, power tools, trucks, and loud music surrounds us, frequently leaving us irritable, angry, listless, or unable to sleep. Loud sounds from machinery and rock music can actually damage our delicate hearing mechanisms

and cause headaches and hearing loss. When it comes to tasting, lots of us tax our digestive systems constantly with food that is too hot and beverages that are too cold, ending up with burnt tongues and stomach pains. We move apathetically through an environment filled with chemical pollutants, and hope that we're not absorbing too much nuclear radiation from the power plant upwind. The more we abuse our senses with these types of overstimulation, the more we dull ourselves to their subtle warning signals--the body's cries for help, for balance.

The other side of this overstimulation is our withdrawal from sensory stimulation. Our fears cause us to freeze up when we are being touched. With depression and boredom we turn inward and often neglect the necessity for sunlight and fresh air. With grief we numb ourselves to the outside world as we attempt to cope with a loss. Studies with young mammals clearly indicate that early sensory deprivation results in lowered activity, incomplete physical development, and many failures in sexual functioning.

Your senses are marvelous instruments that require vigilance to keep them in top condition. This section is about becoming skilled in their care and creative use.

## 4: Eating

Most Americans' eating patterns represent a public health crisis. If a new disease erupted that was one tenth as destructive as most people's diets, there would be a massive public outcry to find the cure.

The way many people eat is the result of a lifestyle that glorifies immediate satisfaction and neglects the long-term consequences.

Many Americans are malnourished, and/or overweight, and/or dying in increasing numbers from conditions linked with dietary patterns, particularly heart disease, cancer, and stroke. We also suffer tooth decay, indigestion, constipation, allergies, headaches, hyperactivity, lethargy, skin disorders, and poor nails and hair--all diet-related.

Basically we have lost touch with ourselves and therefore our diets and eating habits are unbalanced. We lack information about nutrition, we are stressed, and most of the foods available to us are grown with pesticides, heavily processed, and devoid of many needed nutrients due to poor soils. Besides these problems, many use food to try to relieve emotional and physical pain. In addition to having problems with food, many people are addicted to drugs: caffeine, alcohol, nicotine, and a wide variety of pharmaceuticals.

The situation is a vicious circle in which each unbalanced factor leads to another and then turns back to reinforce itself. The more stressed you are, the more you may tend to eat in an attempt to relieve your pain. The more you eat, the more pain you may create through increased weight or compounded guilt. The more pain you create, the more you may want to eat to relieve it. Round and round you go. It makes no difference at what point on the circle you jump in. Anywhere you turn, you lose. This section explores how to break this cycle--to leap into another circle altogether.

## 5: Moving

Everything in us is moving. The heart pumps, blood flows, lungs expand and contract, eyes roll, eardrums vibrate. To be alive is to be moving. Inhibit the movement and you create illness. Stop movement and you are dead. Allow it fully and you realize wellness.

Because of this movement, everything is changing from moment to moment. To block movement therefore is to block change. The unmoving water becomes the stagnant pool. The moving river cleanses itself. The unmoving body becomes a home for infection and depression. The moving body freely channels the energy of life.

Close your eyes for a moment and create a mental picture of an unhealthy person. Your image may include a colorless and drooping face, an overweight body, possibly seated in a chair, or a tired form sluggishly climbing a flight of stairs, puffing at every step.

Now, imagine the opposite. See a person at the peak of health. Chances are you have pictured a pink-cheeked complexion, and a trim beautiful body in motion--running, or jumping with arms reaching out, or making love, or dancing. Dancing is a great metaphor for living--for being--in harmony, since the whole universe, the sum total of energy, moves as in a dance. The person dancing is the person at one with the universe. The person dancing is fully alive.

Without movement you have no dance, no work, and no play either. It's that elementary. Movement changes both the inner world and the outer world. Moving encourages movement. The more you move, the better you move. In this section we explore how energy creates energy--in a continuous, circling process--a constant dance.

## 6: Feeling

We experience feelings and emotions from well before the event of our birth. They can be intense, or frightening, or wonderful. They can also be the most misunderstood, and consequently mistreated, gifts we have as human beings. We judge them, repress them, discount them, drug them, worship them, and run from them. Yet, what a bore to be without them! Life fully lived is life filled with feeling!

Feelings here means emotions. The physical experience of heat or cold or hunger are sensations, covered in the section on Sensing. Feelings are not the same as thoughts, even though we commonly hear them being interchanged. Actually, thinking and feeling are experienced in quite different areas of the brain. The limbic system, deep within the brain, is the source of emotions, while thoughts occur in the neo-cortex, or gray matter, which is the surface of the brain, and is a rather recent development in the evolution of mammals.

For any given event, we respond by both feeling and thinking. Yet most of us give priority to our thoughts about a subject and sometimes ignore the feelings.

For every new situation we have feelings instantaneously, even though we may have learned to suppress them. This section is about becoming more aware of the marvelous gift of feelings.

## 7: Thinking

Thoughts and feelings are the art and the craft of the human brain. Similar to the lungs, heart, and stomach, the brain works to transform energy. We feed the brain with nutrients drawn from the food that we eat, with the energy of great ideas that we harvest from people, with the sights, sounds, and movement around us, and with the information in books and other media. Some of this energy is filed away in the brain as data to be drawn on at some appropriate time in the future. The rest is available for daily functioning, for making plans, solving problems, for incubating dreams, and for making connections.

Scientific research demonstrates the energy use of the thinking brain. When a person is connected to an EEG (a machine that measures brain activity), the various patterns of thinking or non-thinking reveal different electrical impulses. Think "hard"--and there is an increase in brainwave frequency. Think "soft"—and see that the brain waves slow down. After a day of headwork you will feel physically tired, because thinking takes energy.

This section focuses on the power of thinking. It relates thinking to physical and mental health, and offers some creative options for using thinking to improve your wellbeing.

## 8: Playing & Working

Most of our daily life falls under one of these two categories. For us adults, the majority of time is usually spent focused on work with far too little time allowed for play. What passes for play for most



adults is more likely to be escape activities--distraction from the responsibilities of work. Many people turn to the entertainment industry instead of engaging in the joyful, creative, spontaneous play that is vital to our wellbeing.

Until schooling begins, children usually spend most of their time playing--a crucial activity for their development. The same activity may be considered to be work or play, depending on whether or not the activity is goal-directed. When we are really playing, we lose touch with all concern about performance or accomplishment and become totally absorbed in our activity. There is no sense of "should." Whatever we do is OK. We are in "the flow."

This section is about recapturing the spirit of play that can bring balance into our lives when we feel burdened with work and responsibilities.

## 9: Communicating

Human communication is the exchange of information, verbal or nonverbal, between a sender and a receiver (a rather cold description for what could be poetry or lovemaking). Because we humans are so fantastically complex, despite what you may have experienced from your high school biology teacher, it is virtually impossible for us to communicate isolated bits of data. Every time you speak to (or write to, or look at) someone you are revealing yourself. You can't avoid it. Your tone of voice, selection of words, facial expression, even the clothes you wear and the way you comb your hair, are all messages in themselves, messages about you. Furthermore, the people you are addressing interpret what you share in the light of their own beliefs and values. Sometimes there are so many variables, so many hidden messages, that the original information is deeply buried, and a map is required to recover it.

When you are not busy communicating with someone or something else, you are carrying on a running conversation with yourself, even though you may not be aware of it. These internal conversations are as vulnerable to distortions and misrepresentations as any other conversation. Because internal conversations direct the way you view the world and the way you view yourself, they have momentous impact on your health and happiness. If you tell yourself enough times that the world is a vicious rat race, if you tell yourself enough times that you are weak and susceptible, then very likely your reality will be just that.

This section focuses almost exclusively on verbal communication, exploring the dynamics of how people talk to themselves and one another. It also looks at the breakdowns in communication that can occur. As you come to understand and appreciate this process, you may simultaneously understand and appreciate yourself. The clearer the channel (you), the better the possibilities for a meaningful encounter—a dynamic energy exchange.

## 10: Intimacy

There are many kinds of intimacy, ranging from a close friendship or family tie to a long-term marriage. Whatever the relationship, intimacy is an essential component to high level wellness.

Does this kind of intimate relationship mean that we have no conflicts? Not hardly. In fact, we now know that nearly 70% of relational conflicts are not resolvable. Differences in family-of-origin and cultural rules, personality, lifestyle, or personal values often preclude a permanent resolution. But we can actually build trust and intimacy with our loved-ones depending on how we deal with conflicts.

Learning to respond to each other with appreciation, respect, and friendship is the key. Being aware of how our loved ones attempt to connect with us and how we respond can make a huge difference in how we feel about each other. Sometimes those attempts can be indirect and even negative. By being aware of the attempt to connect and choosing to respond positively can make all the difference in the quality of a relationship.

Respecting our intimates' boundaries (invisible line which defines the limits of each individual in the relationship) is essential in building trust and emotional safety. This is particularly true in sexual relationships. Knowing our own limits, clearly asserting them, and having them respected is a fundamental requirement in a healthy relationship.

Long-term relationships, whether sexual or platonic, can be an ever-growing adventure.

How we connect with others makes all the difference in the quality of our lives. Forming a secure, loving bond with another person requires a certain self-understanding and insight into our own mind as well as the ability to understand and empathize with the other person's experience. The more we know ourselves, the better we can understand others, and the more deeply we know others, the better we know ourselves.

## 11: Finding Meaning

Finding meaning appears to be a unique human need. It is one of the most complex uses of energy in that it involves almost all of the previous energy forms.

Since the beginning of time philosophers have asked these basic questions: Who am I? Why am I here? Where am I going? What do I want? What is real? What is true? Regardless of whether these questions are addressed on a conscious or subconscious level, all life activity and all other energy expressions are colored by our responses (or lack of responses) to these fundamental questions. Contemplating (and living with) these questions is a major accomplishment in itself. Such contemplations can bring deeper meaning into the actions and activities of our everyday life, which is all too often on "automatic pilot"—living on the surface. By learning and experiencing more deeply who we are what is meaningful and important in our lives, we are able to live more fully as human beings. This section encourages you to find a deeper meaning in your life that can provide a powerful focus for directing your life-energy.

## 12: Transcending

Transcending has many faces including the experience of peak performance, of flow, of "being in the zone"—an experience of being fully awake and engaged in the present moment. It is the moment of overcoming, crossing the invisible barrier from protecting to learning, from contracting to expanding, from saying no to life to saying yes. This is the dimension of faith and spirituality, and of experiencing our connection to something greater than our selves. This knowledge and experience inspires both love and self-responsibility, which takes us full circle in the never-ending spiral of wellness.

### Energy Inputs

You have at least three major sources for energy *input* around you all the time. These are: 1) oxygen (Breathing), 2) food (Eating), and 3) sensory stimulation (Sensing) such as physical touch, heat, light, sound, and other forms of electromagnetic radiation. In addition, there are the less tangible inputs: emotional/spiritual information such as attention, caring, enthusiasm, and love.

### Energy Outputs

You are the channel or the transformer of these energy sources. In the water pipe analogy just shown, the flow-through is dependent on the shape, diameter, and composition of the pipe. For the human organism, the list of modifiers of energy is much greater. Your sex, blood type, the pigmentation of your skin, and other racial characteristics are your genetic inheritance; there isn't much you can do about them. Over other conditions, however, you have much more voluntary control. These include your education and beliefs, previous experience, the activity of your nervous system, your flexibility, strength, body weight, emotional development, muscle tension, general state of health, and

functioning of organs. The less measurable factors of sensitivity, open-mindedness, and self-love are also up to you.

We use part of the energy we take in to maintain the channel - to build and repair the body itself and much of it occurs during our all-important sleep periods. This is the internal output. At the most elementary level, we use energy to maintain a narrow internal temperature range (around 98.6°F/37°C), as circulating blood brings heat to cold areas. We secrete digestive juices for breakdown and absorption of food. We synthesize chemicals that are sent to many different organs. We produce electrochemical impulses that travel throughout the nervous system.

Taking a step up in this energy transformation process, we replace worn tissue and blood cells - repairing cuts and scratches and mending bones. We move muscles that control digestion, respiration, elimination, and reproduction. And don't forget those less tangible expressions of energy - the generation of emotions, the internal dialog of your thinking processes, your intuition, dreams, and the creation of what may be spiritual insights and altered states of consciousness.

The outside world will also be affected by the ways you transform energy. This is the external output. You radiate heat and eliminate waste products in the form of urine, perspiration, carbon dioxide, and the shedding of dead skin. The rest of us will be affected by your touching, your physical work and play, your laughter and tears. We will learn about you, and ourselves, through communication, the sharing of intellectual pursuits, and the expression of creativity. You can't help but influence the planet by your interaction with the environment. Less-understood energy communications, such as telepathy and other psychic phenomena, are taking place as well. And there is no doubt that your loving energy will change us all.

Putting together the input and output, we have the complete Wellness Energy System of a human being.



Převzato ze stránek <http://www.mywellnesstest.com/WhatisWellness.asp>