



## Connection & Integration:

### Personal and Planetary Health and Wellness:

**All things are connected.** How I feel for example influences my surroundings, and the people I interact with. How I interact with, and in my surroundings is connected to my environment by an invisible, yet often felt energy field—thread if you like. This energy field—the morphogenetic field—is invisibly, yet tangibly linked, and cannot be separated from the whole. It is experienced as life, and is part of an entirety—the whole. From that place of the whole all is connected. Because of it there is no separation.

Personal health and wellness is intimately and intricately linked to planetary health and wellness through that invisible, yet tangible thread. In other words, how we view, address, and act towards our personal health and wellness is indicative of how we view, address, and act towards planetary health and wellness. When we are kind, compassionate, and loving towards ourselves, so are we towards the planet. One is reflected in the other. By healing ourselves, we help to heal the planet.

**write4health** is all about writing. Our *ability-to-respond* is reflected back to us through our actions, behaviours, attitudes, opinions, and beliefs. How we respond is how we witness our lives. What is reflected—is a microcosm of the whole—and how we act today affects all our tomorrows.

A deep sense of connection, a knowing is available to all of us as we travel inward—the last frontier of depth, complexity and simplicity—it is waiting to be discovered in each of us. For those fearless, courageous and bold enough to enter, the possibilities for change and choice are endless.

**write4health** is all about taking those steps. Making connections and moving in the direction of your dreams in harmony with the planet for now and for generations to come.

