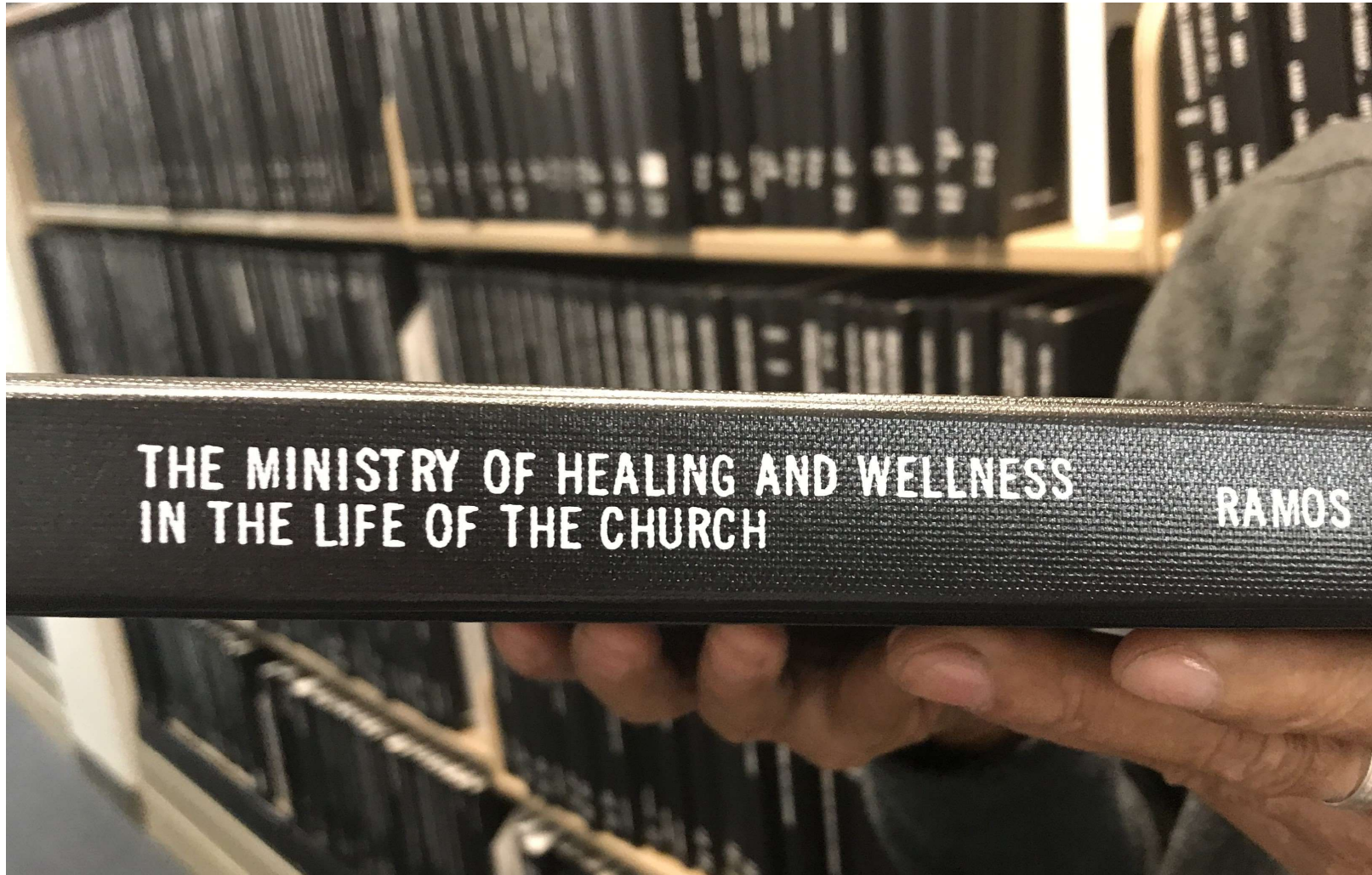


Vision of Wholeness

Pathway to Holistic Healing and Wellness



Richard F. Ramos II



THE MINISTRY OF HEALING AND WELLNESS
IN THE LIFE OF THE CHURCH

RAMOS

OVERVIEW

- **Vision of wholeness means holistic healing and wellness. It is a holistic approach to the healing and wellness of the human body, mind/soul, and spirit, which includes the person's mental and emotional bodies.**
- **It integrates various principles and disciplines of psychology, health and medicine, and spirituality.**
- **This project was the fruit of my passion for finding an answer for the healing and wellness of the body, mind/soul, and spirit.**

What is Holistic Healing and Wellness?

It is the integration of spiritual, psychological, and medical principles and disciplines for the purpose of achieving the vision of wholeness. Every human being is clothed with body, soul, and spirit. They are all intertwined or interconnected, and each has unique needs.

PURPOSE

To clearly understand the vision of wholeness and how every individual or participant can fully experience healing and wellness toward restoration and wholeness. As such, it should be evident in one's body, soul, and spirit, which includes the person's emotional and mental bodies.

What is This About

This holistic ministry is not about healing from a disease, virus, or injury or about healthy diet and exercise. This is primarily about restoration and wholeness of a person's body, mind/soul, and spirit.

The Ultimate Goal

To become a spiritually, emotionally, and physically fit

Words of Wisdom

***Protect your health to protect your life. Neglect your health,
and you lose your life.***

***We are responsible for every choice or
decision we make.***

Seven (7) Areas or Means For Healing and Wellness

- **Spiritual**
- **Natural(nutritional)**
- **Supernatural (divine intervention)**
- **Psychological (emotional & mental)**
- **Physical (fitness activity)**
- **Environmental**
- **Medical**

Definition of Terms

a. What is Healing?

In Christian tradition, healing is a spiritual term applied to the restoration of a person's body, soul, and spirit, including the mental and emotional state.

- **The medical community focuses largely on the repair of physical injury and the cure of physical disease. They prefer to use medical terms, such as “cure and recovery,” over the theological term “healing.”**

b. What is wellness?

- **Health + Spiritual Component = Wellness (well-being)**
- **The way wellness differs from health is that it has spiritual or intangible components. Wellness is a healthy condition of a person's body, soul, and spirit, including the psychological aspect. (*"I'm well or I'm good?"*)**
- **"Health" is more focused on the physical state of a person, whereas "wellness" goes through the physical boundary down to the inner part of the person. Health and wellness can be used interchangeably on some occasions.**

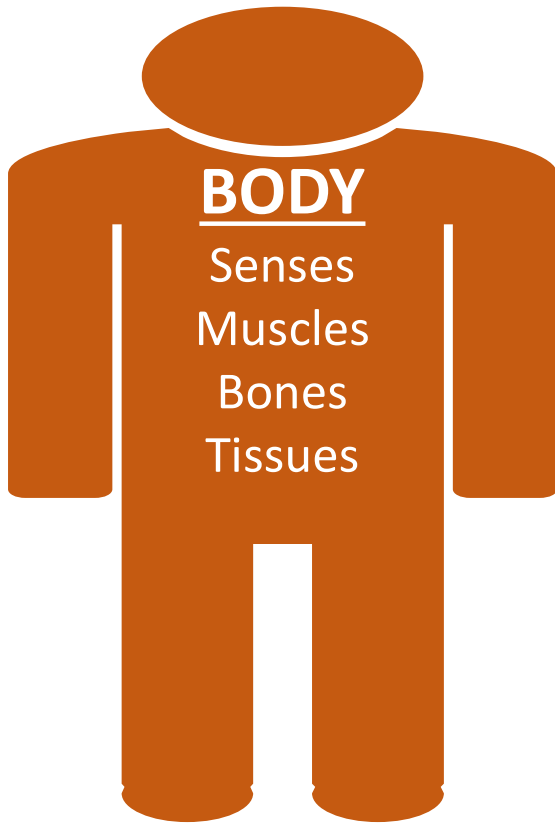
c. What is wholeness?

It is experiencing the divine gift of healing, health, and wellness in all these human entities--body, soul, and spirit.

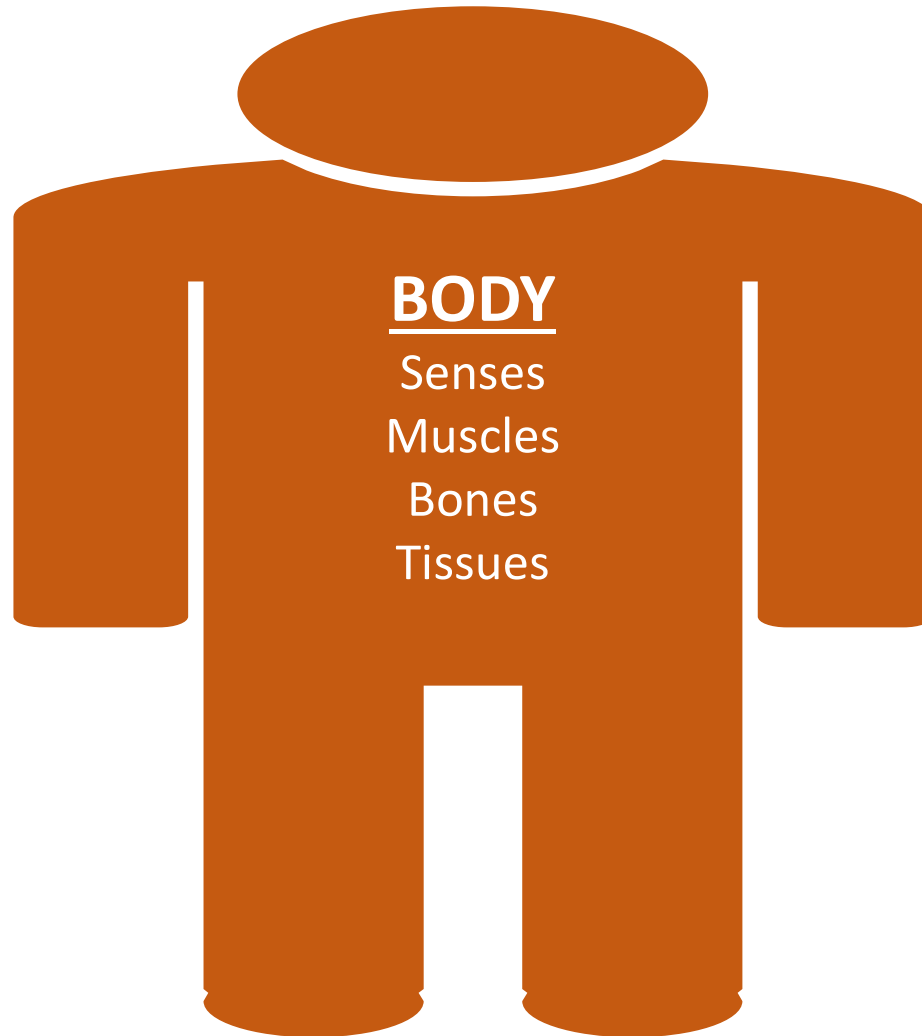
There are people born blind and disabled, and yet they are spiritually, mentally, and emotionally well, joyful, and happy.

The gift of wholeness can never be achieved by human intellect, ability, and advancement of medical science. It requires meeting the needs of the spiritual body and by being a faithful steward.

THE UNIQUENESS OF HUMAN BEINGS



THE CELL PHONE ANALOGY CONNECTED TO THE TOWER SITE



Needs: Food, Air, Water, Shelter,
Physical Activity

Needs: *Spiritual elements,
Companionship, Relationship,
Love, Education,*



*Needs: Divine connection,
constant fellowship, and
communion with the Divine.*



The Depravity of the Human Nature

BODY

*Became mortal
and weak,
prone to diseases,
(HD, Cancer, etc.)*

Needs: Food, Air, Water, Shelter,
Physical Activity

SOUL/SELF

*Worry & anxiety,
depression, anger,
jealousy, insecurity,
discouraged, hopeless*

Needs: Spiritual elements,
Companionship, Relationship,
Love, Education,

SPIRIT

*Emptiness,
Lost, Separated
(disconnected)*

Needs: Divine connection,
constant fellowship, and
communion with the Divine.

APPLICATION & IMPLEMENTATION



Holistic Healing & Wellness

*Concept & Practice at a
Personal, Family, and Corporate Level*

*Healthy Spirit, Healthy Body...
Strong Spirit, Strong Body...*





**Feeding the Human
Soul and Spirit**



PHYSICAL FITNESS`
(Strong Spirit, Strong Body)

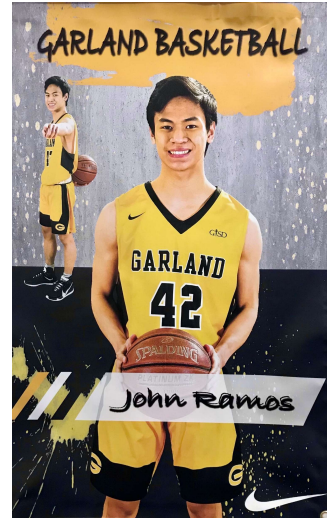




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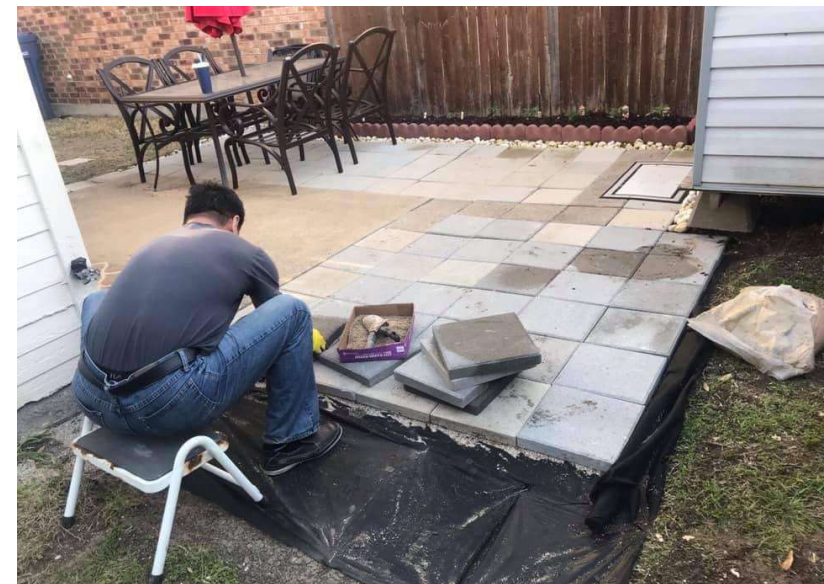


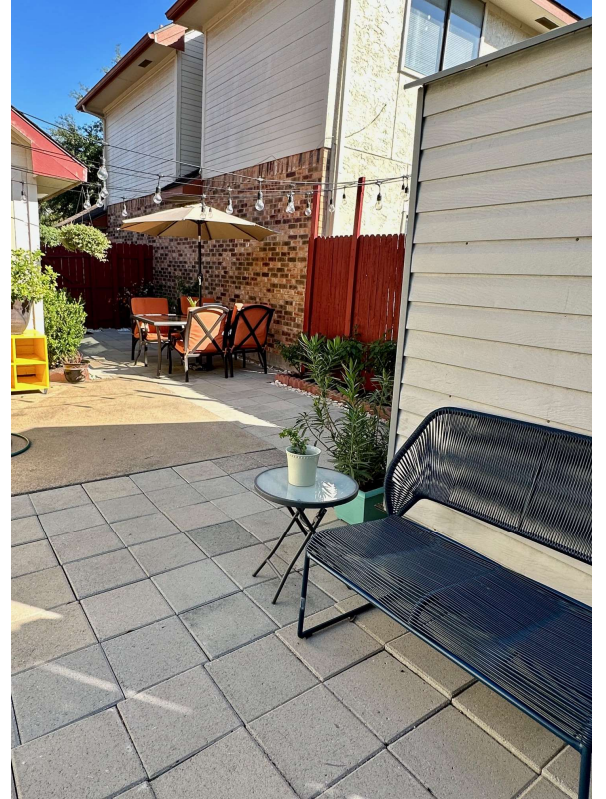
PLANT-BASED NUTRITION

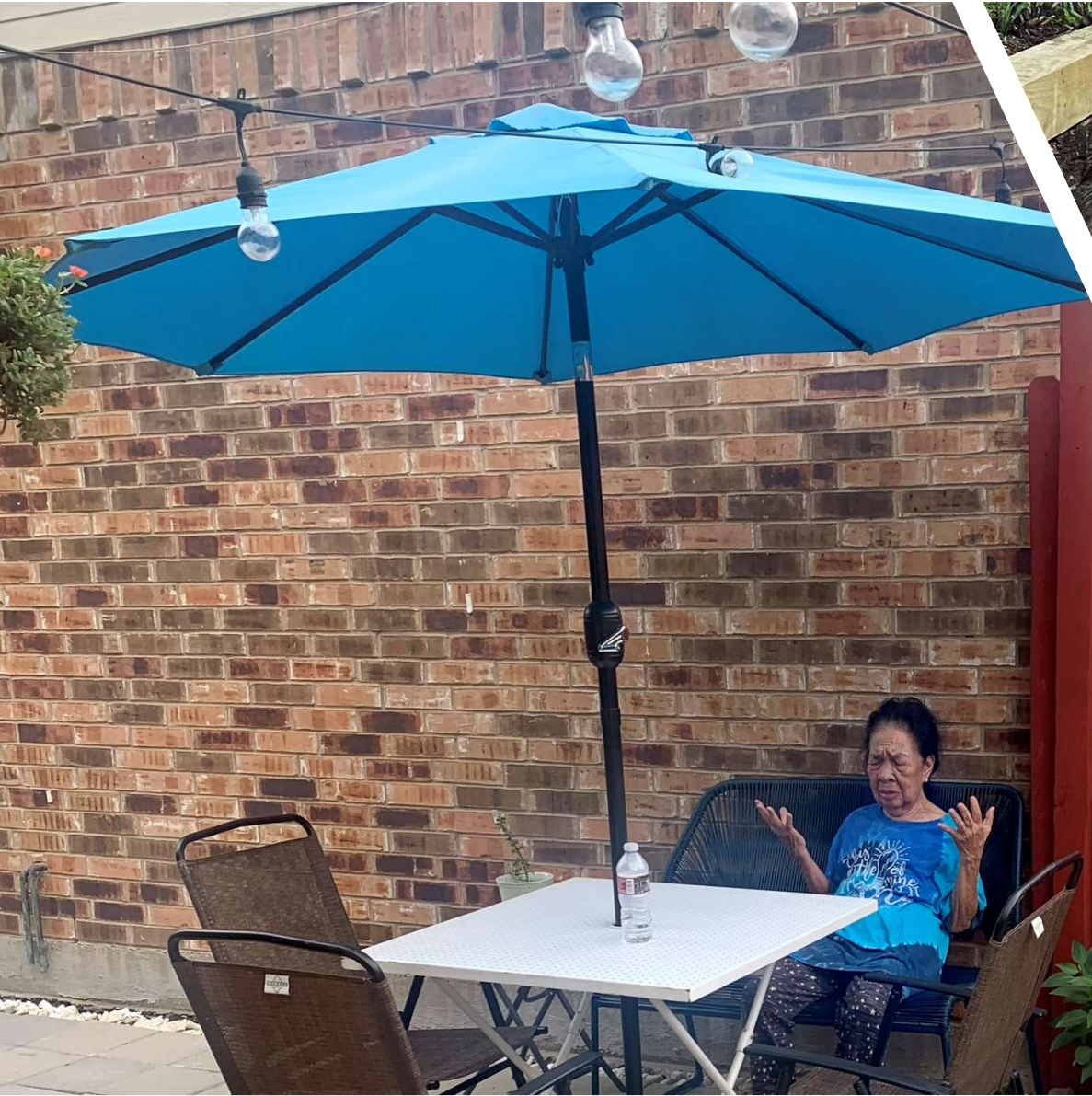
***It is a healing food and medicine. It is the body's fuel, food,
and natural medicine***



Building A Meditation & Wellness Garden







Organic Gardening



Working with my wellness doctor



Mom-in-law's Journey to Holistic Healing & Wellness





My mother supernatural healing experience while on her deathbed in 2014. I led a 7-night virtual prayer and meditation





VISION: To Establish A Healing and Wellness Center

When we establish a hospital, we're dealing with treating the symptoms. Healing and wellness deals with the causes of physical, spiritual, emotional, and mental conditions. Rather than establishing more medical and psychiatric clinics and hospitals, why not the church invest more in establishing healing and wellness centers to help prevent more people from getting hospitalized?



The Holistic Healing & Wellness Center Components

Administrative Office
Chapel/Auditorium
Nutrition Hall
Healing and Wellness Clinic
Meditation & Retreat Facility
Fitness and Sports Facility
Dormitories & Library
Conference and Training Hall
Assisted Living/Elderly Care Facility
Organic Farming

The Holistic Wellness/Medical Team

To guide, assist, and provide resources for the well-being of every participant, including religious workers, to help them become spiritually, emotionally, and physically fit persons.



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