

Article 1. Introduction to Wholism

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Wholism is an exciting new paradigm, worldview, and model based on the Universal Laws. Its focus is on energy, systems, relationships, the balanced use of all our resources, and co-operation. Its **integrated approach to living** welcomes the many valuable contributions that science and spirituality make in creating a life of balance and harmony.

To understand wholism we need to understand the wholistic model. Here's an overview:

The Wholistic Model

1. Our universe is an **orderly place** that was **purposely created**. Its Creator is the source and regulator of all life. The universe is designed to give each of us the opportunity to experience energetic balance and harmony if we live our lives in harmony with a set of Universal Principles or Laws. These Laws provide the standards on which to base our actions and understand the nature and purpose of our lives.

2. Our universe is **dynamic**. It is filled with living beings that vibrate and exchange energy. The universe is a living system that transfers energy to where it is needed so all can experience balance and harmony. Creating balance and harmony is why the universe exists. Relationships are the mechanisms that enable this to happen

3. Every living being is dependent on **relationships**. Relationships are energetic exchanges that connect us with each other. Every form of life depends on these exchanges in order to survive. We are all interconnected and interdependent. There is no "them" and "us".

4. All forms of life have their own **specific design**. Universal balance and harmony requires that every form of life act according to its own nature and fulfill the duties that are associated with that nature. It takes all kinds of beings with different but complementary natures to make the universe complete. No matter how great our outer differences, all living beings have value and deserve our love and respect.

6. Human beings are **multi-dimensional**. Our original nature is spiritual. Our life in physical form on Earth is a temporary but important part of our complete life path. While on Earth we are required to maintain our spiritual connection with "home" in order to develop a compassionate heart that can form harmonious relationships with others. We are also required to fully train our mind in order to thrive in the material world. Balance occurs when our compassionate heart and clever mind develop at the same rate and we use all our spiritual and material resources appropriately.

As you can see, wholism is an approach to living that is based on a very wide view of life. Wholism encourages spiritual connection complemented and balanced by an active involvement in the material world.

In order to live in balance and harmony, we need to create a lifestyle in which all parts of our being are active. Wholistic principles and practices encourage the development of

- **spiritual connection**
- **self awareness**
- **co-operative and compassionate behaviour**
- **active involvement in the material world.**

Wholism is both a response to and an antidote for the current levels of stress, rapid change, and unbalanced development in the world. Wholistic practices offer clear alternatives to the many unhealthy living and working conditions we are now experiencing e.g. materialistic lifestyles, competitive work places, polluted environments, etc.

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