**VISION OF HEALING**

**“Go ye and do likewise.”**

Important utterances from H.I.M. on Health and Healing.

 *Good health is not only necessary for the well-being and happiness of man but it is also a fundamental pre-requisite for the progress and prosperity of a nation.*

*Just as Education ensures promotion of man's knowledge in all fields of endeavor, so does proper medical care help in safeguarding and promoting his physical and mental growth.*

 *Dis-ease which knows no boundary, has always throughout man's chequered history, been his deadliest enemy. Although it is very satisfying to observe the cumulative progress made in the past decades in this field, there is still much to be done in the future.*

 *“Love the brother as thyself" is a noble message which the Gospel teaches us to observe. It is only when these words are translated into deeds that man can contribute his share to the good and well-being of his community and to humanity at large.*

*End*

 *“ Oh ye of little faith, consider the lilies.”*

***ARISE***

 ***We*** *are spiritual beings as well as physical, material beings. Our children call us blessed. We saw what work Mama Omega, Empress Woizero Menen did in Ethiopia alongside her husband the Emperor of Ethiopia Haile Selassie I JAH RASTAFARI.*

 *The King says ”‘Greater works will we do". We have to see This! What manner of love Jah Almighty has for us. He give us a Foundation AND opened wide the door to Freedom, Redemption and International Repatriation Universally.*

 *We are a Royal Sovereign nation of people, a First World People, a Royal Nation Wealth Kingdom of a People, a Fifth Kingdom of Equality and Justice.*

*end*

*From Hon* ***Prophet******Marcus******Mosiah******Garvey*** *on Institute in* ***Health*** *and* ***Healing****.*

*There are different kinds of institutes and so, the health, healing and hospital institutes have their particular function.”*

 *In taking up a watchword to pay close attention to “develop and appreciate institutional life”, the Hon Prophet says, “it is not necessary to copy the whole system we see, but take what would help in promoting a higher life and accomplishing the most.”*

 *“Mainly we have and control our institutions based on our own cultural and civilized ideas. Schools in health are to be of special benefit to the African to be original for this wide field has remained untouched for African organizations and African activity.”*

 *“ It is through institutions that civilization and culture are built. The African should occupy himself in cultivating his own culture and achieving his own civilized ends. In this way he will stand out distinctly on those achievements on his own account.”*

 *“ We should seek to surround health and healing with originality and claim it as our own. At the same time remodeling and reshaping things to suit ourselves because there is nothing new under the Sun.”*

 *“ The African is the Father and Mother of civilization constructing the first government in Africa. Thereby we taught others.”*

*End*

 ***Go forth, multiply and heal.***

 *InI bring up,our values to the surface with more clarity in the area of Healing to move beyond what we have under these systems of Babylon X wrong, to align with what we really want.*

 *Once I begin thinking of change, I know that to change anything, all change begins with me. It is with clarity and value that I plant that seeds of the motion of change.*

 *Positive thoughts give me confidence to grow. I break out of my comfort zone with a effort. Now I am motivated and willing to come to healing.*

***Sweet and sour Tamarind for Healthy Heart and low Cholesterol.***

 *Tamarind Juice. Besides being a mild* ***Laxative, t****his Vitamin E rich Juice cures and treats* ***Bile Disorder .*** *With this juice the* ***Digestive system*** *runs smoothly, as it treats digestive congestion and constipation.*

 *Tamarind Juice is present to cure Conjunctivitis. Eye drops are made with it.*

 *As a Juice it improves appetite, and brings instant relief to Painful joints when parts of the pulp, leaves and flowers are used. While leaves can treat burns on the skin, there are compounds in the seeds that cure Red Eye and Dry Eye disease.*

*End*

***Dark CHOCOLATE***

 *Eating Dark Chocolate is linked to Cardio -vascular health and Sexual Function. As Dark Chocolate comes with anti-oxidant it lowers blood pressure just like fruits and vegetables do. For better Mental Health and Glucose control it is encouraging that we can value the cocoa, which is the pod out of which chocolate is made.*

*End*

***Light on Nerves***

 *Let's shed some light on our NERVES, for when we respond to attractions in our environs, they’re at work. Media channels us by arousing hormones that wake up the nerves and the brain. Advertising WRITERS are paid to make us move from being readers and viewers to buyers..*

 *There are four hormones that advertisers cater to. They are studied and researched to release Juices in viewers and listeners that stir them differently, and favorably toward sales.*

 *End*

**FASTING time after time or Intermittent fasting.**

 Benefits of FASTING **shows up** intheareasof **Weight Control, lowered Blood sugar, less collection of Inflammation, and instances of Brain Fog, Alzheimer’s and Parkinson’s disease. Fasting strengthens the functions of our Immune System.**

End

 **Labor** in the **fields**.

 From a Royal standpoint INI Bobo Shanty are to bring up the Black Christ in flesh Way of truths and Rights, moving from Darkness into his Marvelous Light.

 The Way of the Black Christ in flesh is the way of the Priestly Order. When we come with a foundation of self-awareness and discipline, we can feel peace and stability in daily living which is health to mind, body and soul. From here, confidence arise in us to kindle the sparks of life. We view the world from a position of Gratitude with a Heart of Joy and Praise.

 It is well to return to a moment of prayer and supplication at the hours of 6am, 12 noon and 6pm as Father Daniel did, feeling part of the whole, seeing the wonder of life unfold and not being blown away with every wind of doctrine.

 As elders, parents, freedom warriors and saints, we are to guide our young ones with an Energy of LOVE.

End

 The **Spanish Needle or Biden Albans herb.**

 A pleasant help for sure gums. Boil some leaves and leave to cool before gargling to ease sore gums.

 This herb has the ability to reduce the appearance of wrinkles.

 Owing to its anti cancer properties it detects and destroys cancer cells, preventing their growth and thereby stopping them from destroying cells. It’s anti fungal an anti bacterial properties ease back belly fat, acid reflux, bloating, sore throat, jaundice, diarrhoea and headaches.

 This simple plant is a choice for breast cancer treatments and for cancers in the prostate gland and colon.

End

**OUR inner LIGHT**

 We are the ones who know we are to create our inner light as we reflect the light of our creator. Our heartbeats are rhythm, this means they are communicating first love and first light.

 How do we do this? What nutrition diets for example? The inner LIGHT is with our Pineal gland, our heart and brain.

 The heart is the place of the most blood. This gives up the color red, fire and the fire element produces light. We here connect heat to light, which is the heart and the visual center of Pineal Gland.

 Respond to the call to become skilled in self confidence, self awareness and self consciousness. This is good self esteem, thanks to Our Mighty Prophet, the greatest prophet born of a woman Hon Prophet Marcus Mosiah Garvey.

End

Healing info to come on The bark called Cinnamon, the herb Rosemary, the Oregano, Lemon grass or Sweet Grass, Clove Tea benefits and a Tea Bag Proposal to the WFLL.

There is a 2nd submission on Woman in Healing to the Website.