



Spiritual Health and Healing: The Art of Living

Vedantin Ping Luo, Dennis Hill

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Spiritual Health and Healing means using spiritual concepts of different traditions to reveal the true purpose of life. As human beings, we live in the world with a sense of duty and responsibility to society, and at the same time we experience the ultimate spiritual beings within our physical bodies. When we are in harmony with the mother earth, father sky, and the entire cosmos, we experience the right relationship with all that exists in the universe and we then reside in peace, joy, love and compassion. There is no more suffering or struggle. Even when suffering or struggles do exist, they solely serve to remind us that we are human beings with a purpose to live and experience the beauty and love beyond everyday experiences. Spiritual healing is nothing magical or superficial. It is rooted in our everyday lives and an everyday, living philosophy. In life we experience suffering in many different ways. Spiritual healing teaches us the ways to connect to the cosmos and divinity through our body and experiences. These connecting agents serve the same function, and they are neither superior nor inferior to one another. The lessons in *Spiritual Health and Healing* are derived from different traditions and serve to bring us harmony within the human race, as well as to bring peace to everyone and to every place.

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