



What is a Holistic Lifestyle?

If you are the type of person that is suffering in some kind of way, in the way that you identify it yourself, then this info may be of some usefulness to you.

The type of suffering you have could be physical or psychological. Only you know because it makes you unhappy on some internal level.



Getting Past Your Self Denial

Here is where it gets tricky though, because first of all you have to get past your own denial. If there is nothing actually wrong with you then that is valid that you are not then suffering, so will not need any assistance.

However, if you do accept there are issues you would like to resolve or understand and change, more because they upset you, then that is good because you have recognised you may have an issue that is causing you to suffer.

You Determine It

It is not for me or any others to determine if you are or not suffering. It's important that you recognise it for yourself if you are suffering.

This is so that no other person, other than you has decided it. So no one can manipulate you and try to tell you that you are suffering this or that. It has to come only from you, as identified by you.

This way others can work with you to support what you identify in you that needs to change, and your changes are led by you.

Also please note that you do not have to be in suffering to be able to transition into the holistic lifestyle. It's just that it is one of the main reasons people have enough motivation to come to the holistic mindset. So, you can also come to similar conclusions about the benefits of living a holistic lifestyle without having, or being in suffering, many people also come to it though love, empathy and compassion too.

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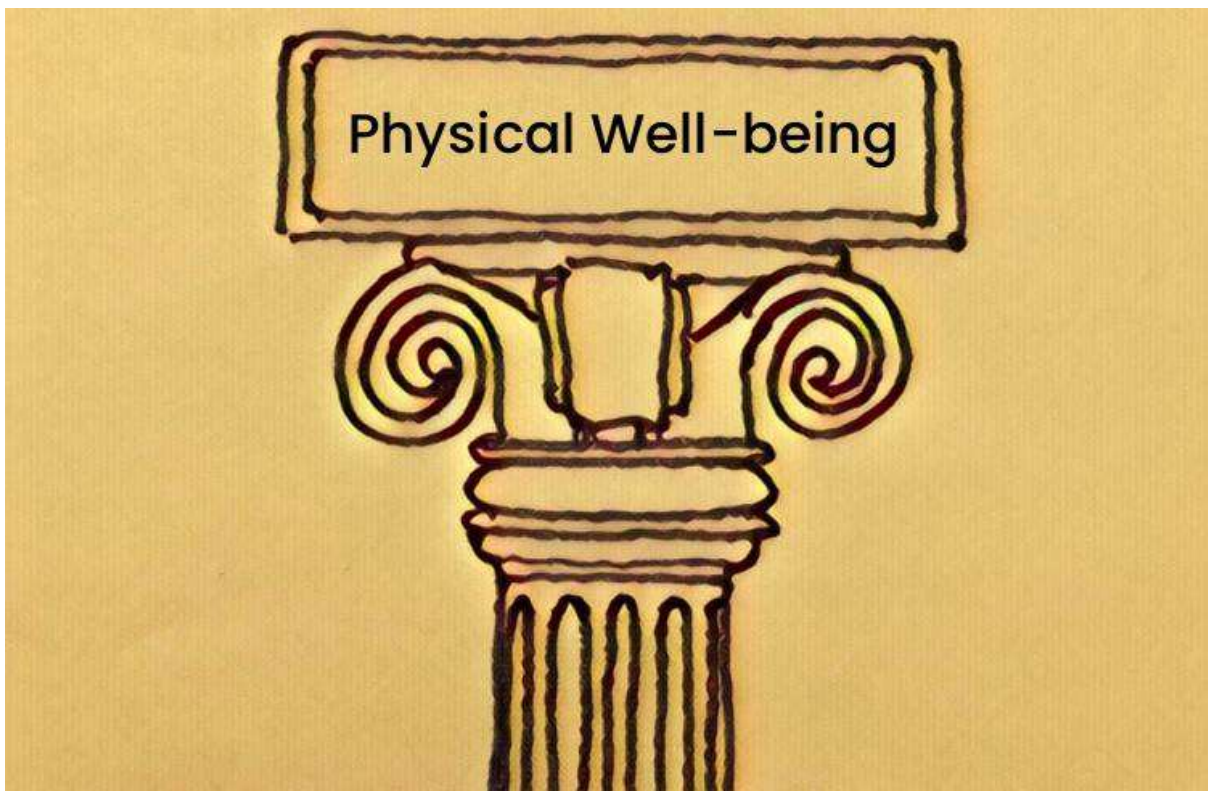
A holistic lifestyle is an approach to wholeness and wellness that emphasizes the connection between your spirit, mind, and body.

Rather than focusing on isolated quick fixes (like an extreme diet or treating just a single symptom), it involves making conscious, daily choices that nurture your whole entire being and promote long-term balance

With the worldwide community members at PLC, there is support for those who are choosing to come away from the toxic mainstream 3D society and transition into more balanced ways of living.

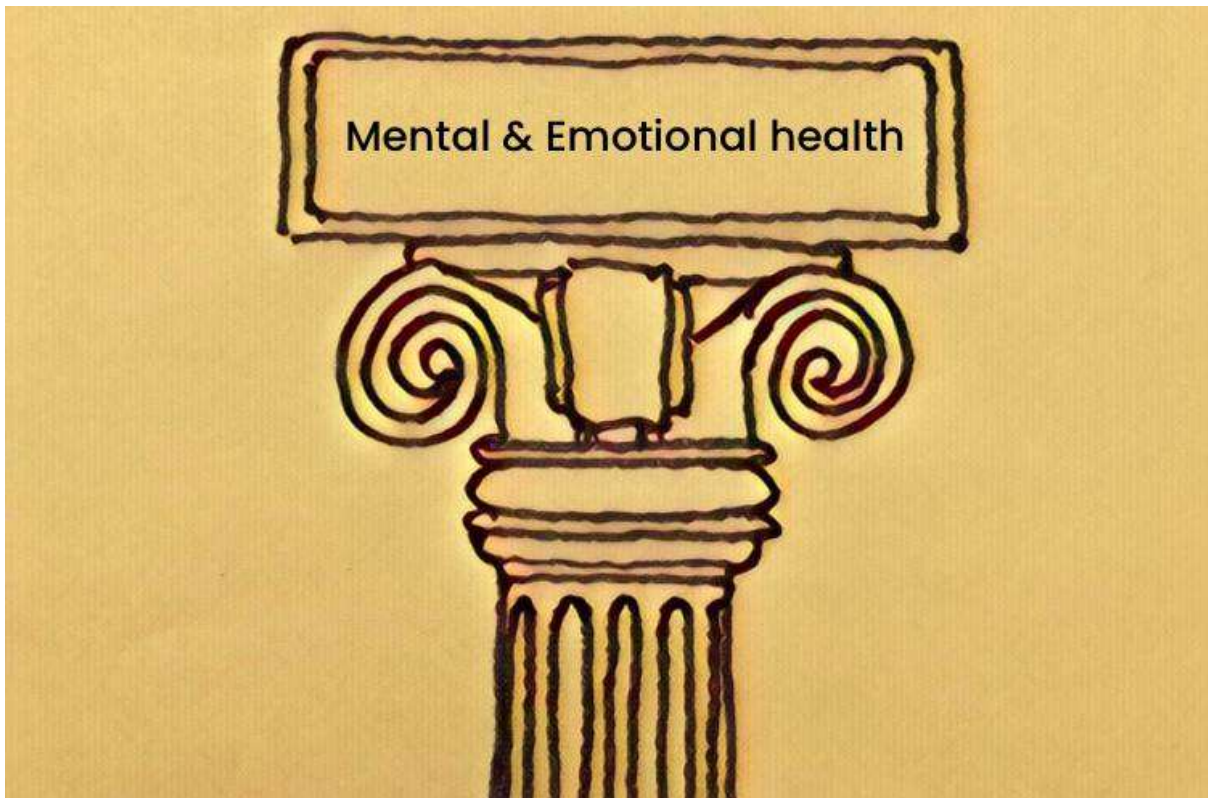
Main Pillars of Holistic Living

A holistic lifestyle typically revolves around achieving harmony across several interconnected areas of your life:



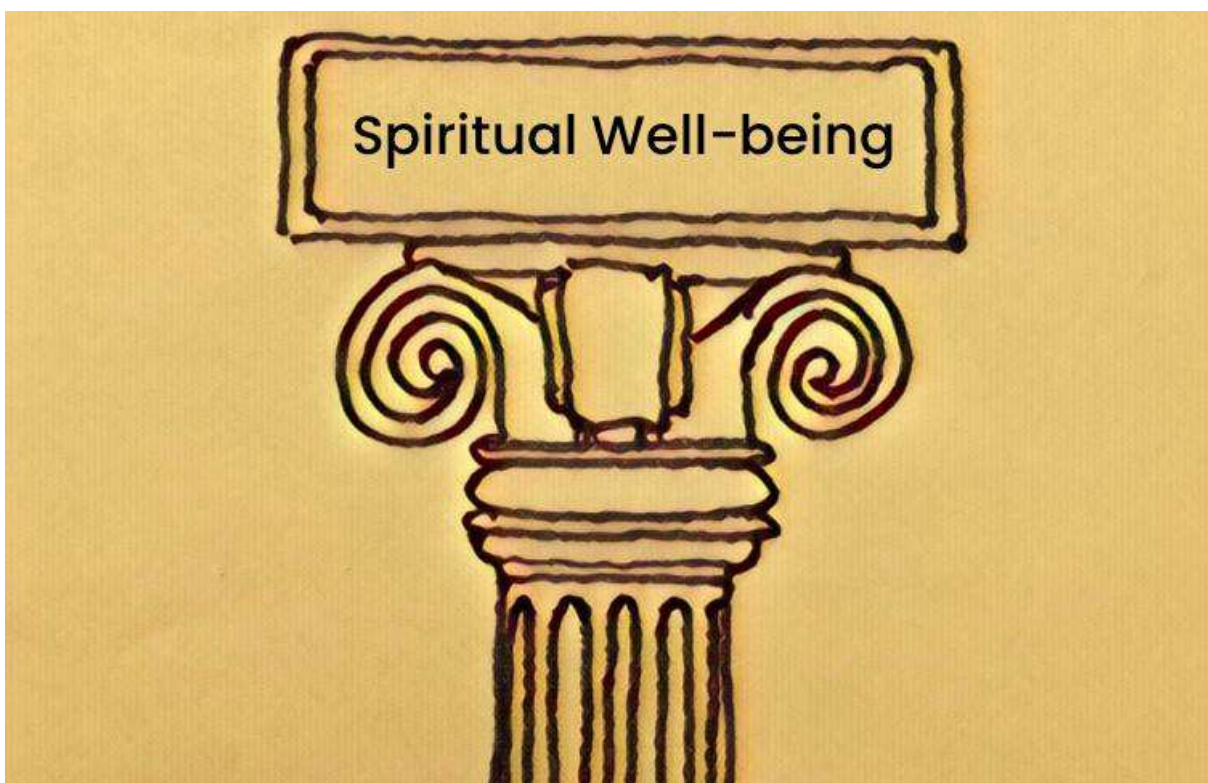
Physical Well-being:

This goes beyond counting calories. It involves nourishing your body with whole, natural foods, moving daily in ways you genuinely enjoy, and prioritizing restorative sleep.



Mental & Emotional Health:

Managing stress, practicing mindfulness, and cultivating a positive, resilient mindset. It's about building healthy boundaries and understanding your emotions.



Spiritual Well-being:

Finding purpose and meaning. This doesn't strictly mean religion; it can involve

spending time in nature, practicing gratitude, or connecting with people or things larger than just yourself.



Environment & Community:

Recognising that your surroundings and relationships directly impact your well-being. This includes reducing exposure to everyday toxins, spending time outdoors, and fostering meaningful connections with friends, family, and local communities.

Why Do People Choose This Lifestyle?

The goal of holistic living is sustainable, whole-person health. Because the mind and body are deeply interconnected—meaning chronic mental stress can manifest as physical illness or poor sleep—treating the whole system helps prevent disease, boosts natural energy, and brings a greater sense of joy to everyday life.

This is a proven formula to improve lives.

How to Start

Living holistically is not about chasing perfection; it's about sustainable, small adjustments in your daily habits and everyday life, which you introduce yourself that then changes the current situation for you.

It is an active choice you make from within and requires some consistency and a certain level of self-discipline. This motivation to change in you can only come from you. It comes from being in a place of intolerance and suffering that motivates you enough to want to change it.

Exploration, Research & Enquiry

You can dive deeper into building these habits by exploring information about Holistic Living or reading about Holistic Living in Guidebooks or the information presented on our PLC website for actionable, everyday tips.

Personal Transformation

Transitioning out of your old self is not easy and it's a subjective experience. Being able to identify what no longer serves you or is no longer part of you. Clearing and releasing all the unwanted parts of yourself and cutting energy chords of entanglement, upgrading outdated beliefs. The external reality changes when you change your internal landscape.

Further Assistance

If you want to explore this further, let me know which area you'd like to focus on first:

- The physical - nutrition, sleep, movement
- The mental/emotional - stress management, mindfulness
- The environmental/spiritual - connecting with Source, nature, and community
- The Vocational - earning money or creating abundance. Considering Ikigai
- The Social - developing new relationships and friendships with new people

Individual Pace

Each individual learns and adapts at their own pace. Each person is unique and there is no one formula that fits all, unless a formula only accepts what works from those that have done it and experienced and lived it. People supporting people it's that simple.

If you switch

You can switch-up your mindset. It takes time to learn to catch your thoughts as they happen. You can only do this when you are present and aware of observing your thoughts and their scripts. Going from victim to creator, going from programmed to self-discerning, from trusting false idols to trusting your own Judgements. These are all signs that you are making the changes, from food products to whole foods, more natural frequencies and sunlight. More Unity Consciousness minded and heart centred co-creativity. Thinking more as "we are" than "I am".

From Mental Slavery Towards Free Thinking

From mental slavery to divine free will Source universal consciousness. This is not fanciful thinking because people are actually doing this as a result of holistic principles right this very minute and turning their lives around and taking back control and cutting those chords of attachment to the toxic system and removing it from within them. It's much better after the self-transformation, when you are a self-aware loving being enriching the world with your special gifts and talents Helping to remove those mental chains helps you start to expand into your true authentic divine status, by transforming yourself you transform others around you with your unique signature light.

