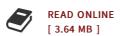# Healthy Gaians: How Healing Our Body, Mind, Spirit, and Culture Helps Heal the Planet (Paperback)

By Richard Leviton

iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The healthier we are in body, mind, and culture, the more we can happily interact with the Spirit of Earth or Gaia, who needs our attention now. Health, how to keep it, regain it, or even optimize it, concerns many today. But we usually think of health in personal terms, human terms. What about the health of the Earth? To be healthy rather than sick has planetary implications, and Healthy Gaians shows you ways of improving your health to help improve the planet s. Welcome to a diverse anthology of 70 articles on human health drawn from a journalistic career spanning 25 years. Here are bodywork, cancer, the immune system, vaccinations, eurythmy, chakras, Jungian psychology, intuition, conflict resolution, healing with art, music, sound, and color, singing to the dying, dreams, water rejuvenation, the poetics of the elements, near-death experiences, the purpose of evil, myth-living, and quantum-shamanic adventures. You ll get familiar with lots of natural health modalities such as herbalism, acupuncture, flower essences, and bionutrient fortification. And meet a stimulating group of health pioneers, such as R.D. Laing, William Irwin Thompson, Barbara Walker,...

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