

SOUL

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What is health?

What is health (ጤንነት) ?

Health is a state of physical, mental, and social well-being (vibrant, creative, perceptive, determined and growing) accompanied by a freedom from illness, disease or pain.

What is well (ደህንነት) ?

To be well is to be at ease, satisfied, competent and growing in skill. A source (resource) of fulfilment. Being well is revealed through One's vibrancy, creativity, perceptiveness, determination and growth in the presence of challenge. A state of fearlessness, freedom from all fear related energy motions and their discomforts (diseases).

What is freedom (ነገነት) ?

The ability to be, and the state of being, without restriction. Unlimited.

What is illness (ስሜም) ?
(What is the deficiency or imbalance?)

The underlying (root) cause of harm, plus the diseases and ailments that are caused by the illness. Illness is typically caused by imbalance (ie. deficiency or excess) or destructive forces in One's province (gzat)

What is disease (ስጋዳ) ?

A lack of ease (comfort) typically involving pain, nausea, swelling, burning, fear etc.

A cause of improper functioning and unwell feelings.

Any abnormal condition that impairs the structure or functioning of a living organism that can be identified on the basis of specific signs (patterns) and symptoms, and that is caused by factors other than injury.

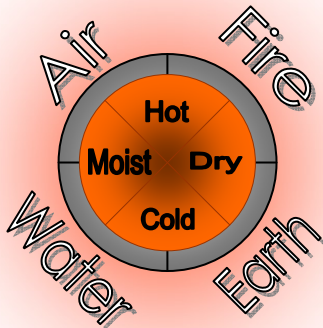
What is pain (ስቃይ) ?

“Pain” is an electrical impulse sent from the source of stress, disease, illness and/or the site of injury, informing One's being that breakdown, damage or destruction is taking place.

An uncomfortable, distressing, or agonizing sensation that is usually relatively localized and is caused by the stimulation of specialized nerve endings by a strong stimulus e.g. heat, cold, pressure, emotion or tissue damage. [Note: human nervous system carries electrical impulses.]

The experience of pain and responses to it can be controlled by the will of a conscious mind.

Temperament: One's natural character, disposition or way (as revealed through reaction). One's "temperament" generally gives an insight into One's physical structure, mental tendencies and general behaviour.



What is a temperament?
(ባሕርይ፣ ወይንም፣ ጣባይ)

In Kemet (kmt, Ancient Egypt) and throughout Africa the wise used various systems to acknowledge their people's temperaments and thus best support their well being.

In the Kemetic System four basic temperament types are recognised; Earth, Fire, Water and Air. These manifest through the relative polarities of two factors; 1) Moist to Dry, 2) Hot to Cold.

(እርጥበት) **Moist** comes from a relatively higher flow of blood to parts of the body other than the head (fleshy).

(ደረቅ) **Dry** comes from a relatively higher flow of blood to the head at the expense of the rest of the body (Lean).

(ትኩስ) **Hot** comes from a relatively higher level of oxidation in the blood.

(ቀዝቃዛ) **Cold** comes from a relatively lower level of oxidation in the blood.

(እሳት) **Fire** is made from 'Hot' and 'Dry'

(መሬት) **Earth** is made from 'Cold' and 'Dry'

(ውሃ) **Water** is made from 'Cold' and 'Moist'

(ነፍስ፣ ወይንም፣ አየር) **Air** is made from 'Hot' and 'Moist'

What is homeopathy?

"Homeopathy" is a system of medicine that works on the principle that 'like cures like'. Small highly diluted amounts of substances are used to stimulate the body's natural defence and restore balance.

In 1810 Samuel Hahnemann (1775-1843) began to formalize what we now call the "Homeopathic Medical System". Hahnemann was lead to the 'discovery' of homeopathy by his work in translating Arabic medical text that were about African medicine. One importance of noting the African origin and character of homeopathy must be seen in the fact that Hahnemann did not learn the entire science. Much more awaits us by going back to the source.

What is healing (ድህነት) ?

Healing is the act of restoring health. Healing is not merely the removal (or masking) of disease or ailments, but the removal (re-balancing) of their underlying cause (the illness).

Check out your personal and/or family medical advisor;
(doctor, nurse, healer, consultant etc)

How is the illness related to one's temperament?

How are the diseases caused by the illness?

Will the treatment of the affected tissue or organ treat the illness?