

Holistic health concept

Spirit

Meaningful life

(Search for meaning in life, benevolence, passion for humanity, peace of mind, faith, hope...)



Body

Fresh and nutritious food
Clean water
Fresh body
Peaceful breathing
(Proper diet, exercises,
breathing training, tai-chi, qi-gong)

Mind

Peaceful mind
Harmonious interpersonal relationship
(Meditation, sitting quietly, relaxation exercise,
love, forgiveness, laughing, helping others)