

Health

↳ Holistic Direction



Mind-Body Connection

Integrating mental wellness with physical health for complete wellbeing



Life Balance

Harmonizing work, rest, and personal development activities



Environmental Alignment

Creating living and working spaces that support natural health rhythms

↳ Consumption & Behavior Habits

⌚ **Nutritional Intelligence** - Making informed food choices based on individual needs

💧 **Hydration Optimization** - Strategic water intake throughout the day

🌙 **Sleep Quality** - Creating routines for restorative rest cycles

🏃 **Movement Integration** - Incorporating physical activity into daily life

⚡ **Breathing Practices** - Conscious breathing techniques for stress management

Insert specific behavioral frameworks or consumption guidelines your organization follows

Health

There is not a section in this presentation that I do not think is important, however I will admit that I may not be the most knowledgeable when it comes to health and wellness. This means I am hesitant to speak too much on how Vonguul will manage this sector in detail, but I will explain the approach Vonguul has decided to take from the onset. We can all hail holistic approaches to medicine as some sort of Holy Grail, but we also cannot deny the effectiveness of invasive procedures in modern medical practices.

Currently, Vonguul is not against invasive procedures, however we are also not avid supporters of those procedures either. If we can resolve the issue without those procedures and the efficacy is on par with modern medical approaches, I would think the non-invasive method is more suitable. To attempt to prove these kinds of claims would acquiesce to human testing with the potential to end countless lives, and that is something we shouldn't be willing to do. So instead, we focus on what we know to be accurate, but we don't ignore things that show promise.

What this means for the Health Sector of Vonguul is that we first focus on consumption and behaviors associated with a healthy lifestyle. By healthy, we mean a mind and body in alignment with the concept of health. This looks like unmodified raw food being produced for our members to consume, and exercise initiatives designed to promote healthy physical forms. This can formulate into large agricultural farms, which requires land, knowledge, and creativity to meet our needs. An exercise initiative can look be outlets for dancing, obstacle courses, athletic competitions, or outdoor events. Exercise doesn't have to be boring, but it does need to cater to as many individuals as possible.

Health

Let's surmise it to say we keep our options open if the result is thriving life. There were a few points that were mentioned so let's discuss what we do know.

Food

- Vegetation Realm
 - Vegetables
 - Fruits
 - Nuts
 - Roots
 - Herbs
- Animal Realm
 - Meat
 - Fish
 - Byproduct (Honey, Milk, Eggs, etc)
- Mineral & Metal Realms
 - Some Spices (e.g. salt)
 - Iron
 - Copper

Problems

- Vegetation Realm
 - Genetically Modified to Poison
 - Controlled group of availability
- Animal Realm
 - Genetically Modified to Poison
- Mineral & Metal Realms
 - Mostly derived from other realms

Notes

There is an abundance of edible vegetation that humanity does not consume due to consumerism. It wouldn't be economically sound to provide a large variety of Vegetation options to the masses. The animal realm is also a controlled group of availability but many would disagree with increasing the pool of consumption of flesh. Some argue that we are being fed human meat as an option without our knowledge.

Health

Potential Solutions

- Terrarium Grocery Store
 - This would be a facility that is designed to operate as a terrarium simulating natural environments safely, while also acting as a grocery store to be harvested by patrons.
 - Main problem with this idea would be the scale
 - Current options are in-home smart gardens
- Outdoor Hub
 - This is an optional idea, like the terrarium but with animals
 - Scale is a problem, but also humanitarian efforts would frown on this idea
 - I think it is a good idea because it is important to know how our bellies are filled
 - Alternatively, this could be a natural breeding facility to encourage natural pasture raising
- Holistic Biology
 - I know many would frown upon this idea, but science has shown support for certain holistic approaches, not to say we use only science to make decisions, it is just a place things are tested a lot for an answer
 - The Tantric Chakra System has been given enough recognition to be included in an approach to health
 - The Human Design System though it derives from Tantric Chakra System ideology, it also adds its own twist to original concepts

This is also only accounts for physical consumption; a complete health approach should factor in mental consumption habits as well.

Health

For some, visualizing consumption from a mental perspective can be simple. You could be familiar with the phrase “consuming media”. What you watch, what you listen to, what you read, what you believe, what you doubt, how you view your experience are all related to your mental health. This is the psychology behind our physical actions, the reason why we end up doing the things we do.

I have come across a mindset referred to as the hermetic principles, and one of those principles is the principle of cause and effect. This is nearly synonymous with the scientific concept of causality, the relationship between cause and effect, the assertion that every effect has a cause. This is important to understand because when we take a step back from the moment, we can infer an array of possibilities, if we have enough data. Understandings beyond what we currently understand, can look like magic to those who can't fathom what we're capable of.

I could have decided to discuss psychology on this slide, but psychology alone isn't going to be enough to fully express what needs to be said. We're all, natural scientist trying to make sense of the world around us. We have all done our fair share of experiments, attempting to uncover some elusive secret. In my experience, we're never too far off from the truth, we just don't have that little bit of confirmation needed to fully indulge that truth, but if we do get that little bit of confirmation, we become unstoppable. What's even more fascinating is that sometimes we're right even when we're wrong. Take a placebo for example, it's just a water pill, but you believe it is the cure and somehow it becomes the cure. Belief is a hell of a drug.

Health

I've said all of this to say. We are clearly more than what we were taught we were. Maybe those who taught us, didn't know themselves, but either way, it is worth finding out. So yes, we may indulge in scientifically accepted practices for many things, but we may also entertain ideas that many would argue are works of fiction.

How would you argue the efficacy of a placebo pill when it works? I think it is more important for us to figure out why it works, and if it is possible to harness whatever it was that healed the ailments of the body. Some may argue that the methods we promote are like the concept of "God of the gaps" in the sense that there isn't a scientific way to explain or dissect what is happening.

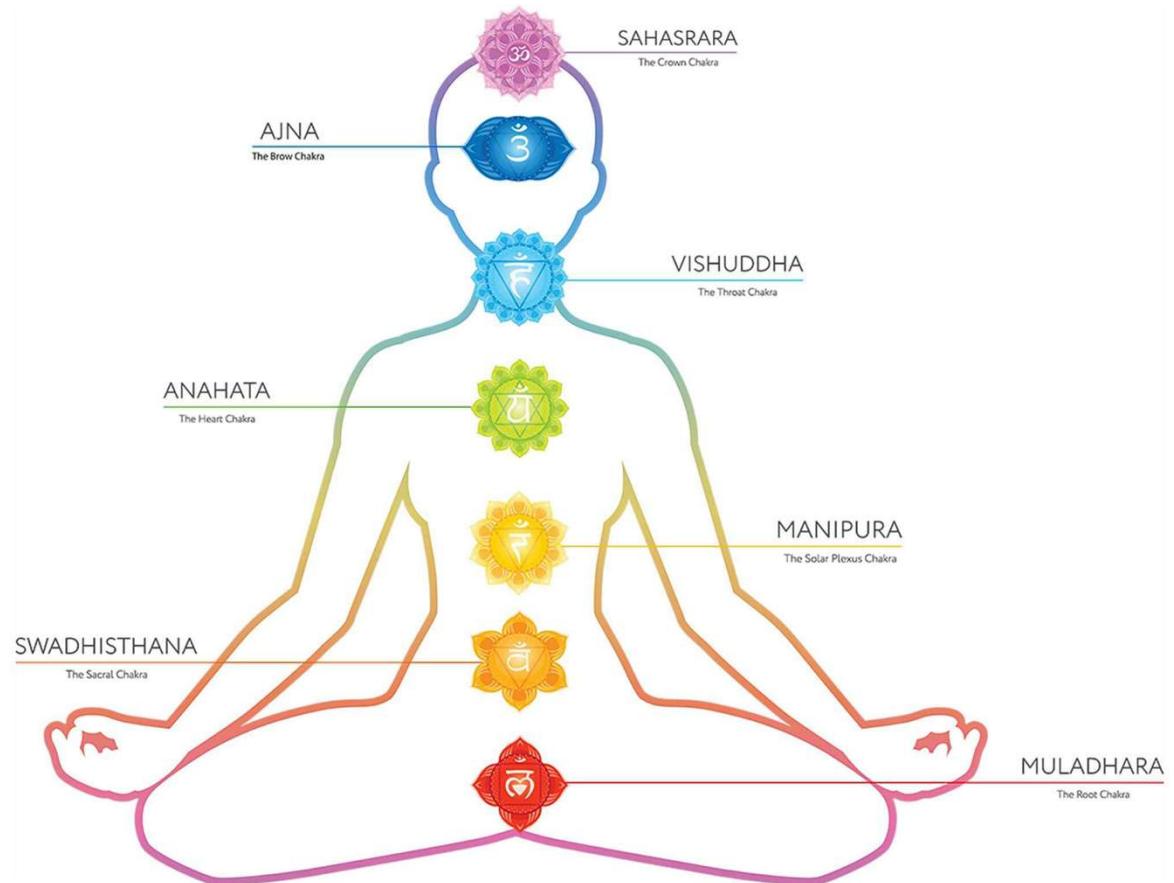
To use an example that is present today, we can look at the Tantric Chakra System. The Tantric Chakra System isn't completely supported or disproven by science. It is understood that we won't be able to open a human and find a physical chakra center, but what we will find is that wherever it is believed a chakra center is located there is an equally important Endocrine Gland that can be found in the same location. Ailments have been found to have correlations to the imbalances in these centers, and the methods promoted via the Tantric System are also known to resolve the related issues. Whether that is a placebo or not, it is working and once again, that is worth investigating.

To build a medical foundation from scratch is definitely a challenging goal to achieve, but we have clear hints to the directions we are likely to find success in if tested. Astrology, another pseudo-science that is hard to outright disprove, has traces of uniformity and science helps us to know what we are looking for to serve as proof of concept.

Health

Let's visualize some examples:

Chakra Center	Related Gland
Crown	Pineal Gland
Brow	Pituitary Gland
Throat	Thyroid
Heart	Thymus
Solar Plexus	Pancreas
Sacral	Ovaries/Testes
Root	Adrenal Glands



Health

Function Chart

Chakra Center	Location	Endocrine Gland	Function
Crown	Top of Head	Pineal Gland	Melatonin production, hormone production
Brow	Between Eyebrows	Pituitary Gland	Regulates other glands, Master gland
Throat	Throat	Thyroid Gland	Hormone production, metabolism regulation
Heart	Center of Chest	Thymus	T-Cell maturation, hormone production
Solar Plexus	Upper Abdomen	Pancreas	Digestive functions, blood sugar regulation
Sacral	Lower Abdomen	Ovaries/Testes	Reproductive functions, hormone production
Root	Base of Spine	Adrenal Glands	Stress related responses, metabolism

Health

We can infer based on the function chart that these centers are typically manipulated via the regulation of hormone production, but we should also remember to ask for specifics. What exactly is going on and why? That is the main question we are attempting to answer, and I think it would be beneficial to know of the origin of this information.

The Tantric Chakra System was developed over approximately 1000 years and started from the Vedas. Without going too deep into another philosophy, it started with 1 chakra center, and it was considered the first breath. From that initial concept, several reputable minds influenced the understanding that is widely accepted today with the tantric system. 7 centers connected by channels that correlate to the physical body and is believed to be susceptible to manipulation via food, exercise, thoughts and breathing.

Personally, I don't have a 1000 years to research something from scratch. Logically, I would have to choose my next move carefully, prioritizing what has the highest probability of success. I could try to start over, or I can choose to expound upon what has been researched before me. I can attempt to verify the validity of the claims of my predecessors. I might fail, I might also succeed, but if I fail, I can just try again, if I succeed, we all win. I don't gamble but the odds are in our favor.

I won't bore anyone with the process of how we get to success, but at the same time no story starts at the climax. It is bound to take time to obtain our little bit of confirmation, but actionable steps can see to our prosperity.

Health

We start at the beginning:

Phase 1

- We utilize our Education department to expand awareness
- Offer services for pseudo-holistic health options
- Prospecting property for then-near-future expansion

At the end of the day, to ignite the spark needed for change, we require resources. So, we provide value.

Phase 2

- Acquiring property to begin Health initiatives
- Land for farming and agriculture
- Real Estate for education and exercise
- Expand previous businesses within a controlled network

We need the controlled network to align with the Education initiative for creating our own credibility. Once the network is formed, we can move to the next phase.

Phase 3

- R&D facilities
- Our own source of food secured
- Our own community culture would exhibit health & wellness
- Aim to create our own medical facilities

This is where our options begin to get complex. It would be smart to assess our trajectory after certain milestones are reached. Having our own anything introduces us to level of responsibility we may not be familiar with, Systemic Responsibility

Health

We don't stop at Phase 3, at this point it is a conceptual direction, even Phase 2 and parts of Phase 1 in practice are conceptual. Much of this depends on the response we receive from a world not yet exposed to Vonguul. Logically, it makes sense, but sometimes logic doesn't play as big a role as we think it should. Often, emotions and feelings take precedence, and who am I to say that is wrong. Maybe it is the way things are supposed to be.

In the meantime, we focus on the objective, and in time, we will show proof of concept. I am already aware that what I am presenting is an extremely viable solution to a problem involving the collective, but that doesn't mean others agree. Evidence will be the key to spurring the emotions, the feelings, the hormones that make us put action to the words we resonate with.

This is an emphasis on the needs of the collective. We can finally see a future where we feel safe and secure enough to turn off survival mode and thrive as a community. All we have to do is express, "Yes" to this movement. If our actions align with, our words aligning with our thoughts, we create using the holy trinity. Mind, body, and soul. Not to sound fantastical here, but conceptually that is what is happening.

Your thoughts come from your soul/spirit/essence/core, it is the result of what happened in that almost imperceptible part of you, and it happens in/with the mind. Your words come from your mind; it is the result of what happened in the mind, and it happens in/with the physical/body. Your actions come from your body; it is the culminated result of everything that happened before and permeates everyone's reality. Sometimes these things do not align with each other, and that results in an imbalance.