

Your Health Journal

HEALTH HEADLINES

The Role Model In You – John Salat, Transformational Leader In Wellness And Alternative Energy Medicine

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As part of the new web series, **The Role Model In You** – here is the most recent interview. The Role Model In You series discusses how individuals were influenced as a child to lead a healthy lifestyle. It covers who influenced these individuals, the changes they made in their life to be healthy, and the message they would like to convey to the youth of today. Our guests include doctors, soccer stars, Super Bowl champions, NBA players, Olympic gold medalist, entrepreneurs, celebrities, and just regular people looking to share their story. We hope you enjoy it!

1. Your name, title, and age? What do you do (or did you do) for a living?

John Salat, Age 58, Title: Transformational Leader in Wellness and Alternative Energy Medicine- Chi Master; Movement

Awareness Exercise Instructor, Awarded Book Author on Health, Public Speaker and Health Educator as an Independent Consultant for several Professional Medical practices.



Today's Guest, John Salat

2. Who was the person that inspired you as a child to eat healthy and stay fit? What was their relationship to you?

I would say my mother who was dying of cancer and my father and sister who was having mental breakdowns had a positive impact for me. It was living with my family environment of physical and emotional suffering that I found out what didn't work and felt compelled to do better rather selling short life as just a mystery of hopelessness.

3. What did they do to inspire you?

At the age of 18, this hopeless of not having control or able to help my family members who were suffering gave me inspiration. Concurrently this events of my youth such as 5 year 4th stage cancer (My Mother) or mental illness (My Father and Sister), gave inspiration to me by where I started taking care of myself rather being worried about others. Besides I was too young and had no role models of family as I was forced to grow up quickly in my youth and be my own parent. It was then I came to the conclusion that it doesn't matter if the mental health or physical health anomalies that play at stake from any given situation and instead focused on what direction and influence I have control. In fact it is really about how I carry myself in life without the attachment so I am not trying to fix myself and others with over-empathy. Keeping a simple heart, mind and body develops riches into living where "Who I Am Being" as the lightness and carefree spirit seems to draw a healthier life style. I call it attitudinal adjustment or attitudinal health responsibility. It is really not about doing the right things or being educated but integration (I call it embodiment) to be healthy by coming from free and relaxed spirit so we do not tire ourselves out or wear ourselves thin to thing we do not have control. This is sound peace and quieted interior of living for me.

4. How did their lesson change your life?

From my lessons learned, I wrote an award winning book, do lectures and teach classes on maintaining health as a point of view from an fun spirit to living life, Allowing playfully an art to health without stoppage so the vital force that pulsate through us come alive in our forefront and feel nourished as experience. Healing all happens simply through a variety of meditations, movement awareness and other mindfulness training that forms and help grow for full integration called embodiment. These energetic expressions roots from the physical body by communicating and conversing sensations all within itself. Our mental health depends on this intrinsic life force. This force feeds the organs and every cell of the body to sustain each of their vital functions. When the vital flow of life force is slowed by stress, it diminishes function to parts of the specific cells and anatomy. Yet when I am genuinely relaxed to honor the energy balancing process, then this energy liberates a flow with all levels for the greatest intelligence to transpire for the best circulation to the brain. Often the benchmark for sensations generates from the physical body with emotions/feelings. It is this opportunity of melding body with mind that ultimately reunites all consciousness to simply commune with life itself. As far as I know, body and mind are inseparable as living conversation to our consciousness. I can absorb these levels mind, body and emotion as stratospheres of awareness that really melt as one expression. I treat with honor this information as a valuable resource no matter from which side it speaks. Existence is consciousness, an energy consciousness of impressions vitalizing from our physical self.

5. Do you convey their message to kids in your life presently?

I have taught classes for kids using "Awareness Through Movement (ATM). Kids naturally live through there experiences through their body. Ialso raised a son who is now 22 and living on his own after completion to his 4 year college. He lives a healthy choices towards balance 24/7. Parenting does not operate above children, rather arrives equally in standing. Affection comes from operating without proportion, ranking, height or age. As a parent respects the child, the child responds lovingly to the parent's care of becoming truly one with them.

6. What would be your main message to children today to lead healthy lifestyles?

Listen to those who only inspire you. Any message that is not inspiring is not for you to own whether it come from you or someone else's. This keeps the true dreams of your natural integrity to living a powerful and free life.