



Ankh Spirituality and Macrobiotic Healing

Mr. Osbon Woodford

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This is a step-by-step guide to achieving vibrant health using the spirituality of the ancient ankh and the macrobiotic healing diet (eating whole foods in their natural state). The author lays out the pathway he followed to heal himself of terminal cancer 25 years ago by combining meditation, spiritual development and healthy eating. The ankh amulet worn by ancient Egyptians served as a symbol for life and a reminder of all that was good and prosperous in their lives. The ancients revered the ankh as a powerful conduit and a reminder that life and spirit drew on the Infinite Living Mind of the Creator. Understanding the meaning and power of the ankh can make it as valuable and relevant today as it was millennia ago. Other cultures and spiritual groups through the centuries have passed on these ideas in various forms so that we may study and apply them today. Putting our spiritual and mental states in order may lead us to making appropriate and healthy choices for a happier, more prosperous life.

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