



Rhythms of Renewal

foundations of health & retreat
It is more than what you eat!

Everyday we get a fresh new start to begin again and walk in rhythms of renewal that would cause us to thrive and feel ALIVE! Below are 9 foundations to healthy living in spirit, soul and body. Enjoy this short read! Let me know which of these are the most challenging for you and which come easier. Love, S

1. Air – Breath of Life

Fresh air renews both body and spirit. Although everyone breathes, all throughout the day, many people do not have optimal breathing patterns, or they breathe air containing irritants. Air should be unpolluted and free of chemicals and allergens. Avoid chemical cleaning products and artificial fragrances in the home, both which have been linked to respiratory issues and conditions like asthma. Open windows regularly to bring in fresh clean air. Use air purifiers or oxygenating house plants, such as the Peace Lily and the Snake plant. Essential oil diffusers (link in website) are very helpful to purify the air.

“Diaphragmatic breathing is the physiologically optimal type of breathing which allows for full contraction of the diaphragm and complete filling of the lungs. Breathe in fully, allowing the belly to move outward, and imagine the lungs filling from the bottom up. This exercise should be repeated at regular intervals throughout the day, until this type of breathing becomes second nature. Benefits of diaphragmatic breathing inclined increased attention, improved mood, lowered stress and lowered levels of the stress-hormone, cortisol.” **

Deep, intentional breathing clears toxins, calms the nervous system, and reconnects you with the presence of God who first breathed life into humanity.

“The spirit of God has made me; the breath of the almighty gives me life.” Job 33:4 ESV

2. Water – Living Hydration

Pure water resources energy, flushes, toxins, and nourishes every cell. Spiritually, it symbolizes cleansing and renewal, like streams of living flowing within. In order to maintain fluid composition, a person should consume 50% of their bodyweight in fluid ounces. Water refreshes, restores, and sustains. Like air, water should be pure, unpolluted, and free of chemicals or additives. “But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit,” Titus 3:5 NKJV

3. Food – Nourishment for Wholeness

Eating whole, life-giving foods strengthens the body and uplifts the soul. Food is not only fuel but a gift to be enjoyed in gratitude, bringing balance and vitality. Food tip: ‘shop the perimeter’ of the grocery store, where fresh food is found, and avoid the isles, where everything is stored in boxes. These first 3 foundations are necessary for our physical structure, but remember, health is more than just physical. “Man can live about forty days without food, about three days without water, and about eight minutes without air . . . but only one second without hope.” Hal Lindsey

** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5455070/>



4. Sunlight – God's Natural Vitamin

Sunlight awakens joy, strengthens bones, and regulates rhythms of rest and energy. Sunlight exposure is essential. 5-10 minutes of sunlight exposure on bare skin, 2-3 times per week can improve Vitamin D production. Spiritually, light is a symbol of hope and divine presence, reminding us to walk in the light. "Light is sweet, and it is pleasant for the eyes to see the sun." Ecc. 11:7

5. Exercise – Strength & Flow

Movement renews energy, strengthens the body, and clears stress. Gentle or vigorous exercise alike stirs vitality, helping the body become a temple of resilience and joy. My mom always used to say, "Move it or lose it, baby". Now I find myself saying this to my 98 year old Father. ;-)

6. Rest – Divine Renewal

Rest restores strength, focus, and peace. It's in quiet moments and sleep that the body heals and the soul resets—rest is a sacred rhythm, not a luxury. We all need adequate rest, sleep being one part of our rest. "He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.." Psalm 23:2-3

7. Emotions – Heart Alignment

Acknowledging and honoring your emotions creates space for healing and freedom. Emotional well-being invites authenticity, resilience, and the ability to live wholeheartedly. "He heals the brokenhearted and binds up their wounds." Psalm 147:3

8. Body & Energy Balance – Harmony Within

Movement, posture, and mindful practices help balance energy, release stress, and strengthen vitality. A balanced body supports a balanced life, where spirit, soul, and body flow together. Some examples are massage, chiropractic, prayer, stretching, and breathing techniques. "And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind." Matthew 22:37

9. Spirituality – Centered in God

Connection with God is the anchor for true renewal. Prayer, worship, and scripture realign your heart, bringing peace, clarity, and a deeper awareness of His presence. "But seek first his kingdom and his righteousness, and all these things will be given to you as well". Matthew 6:33



Foundations

I invite you to begin gently noticing these nine areas of your life. Perhaps check in with this list each day or at the close of your week. Ask yourself: Am I receiving what I need here? When one rhythm feels depleted or overlooked, it can be a quiet invitation to pause... to realign.. to care more tenderly for your body, your mind, your spirit man (heart) and your soul.

For me, spirituality is the ground beneath them all—the FOUNDATION that anchors and sustains every other. This is why I've placed it last, though it remains my truest foundation. May you discover your own rhythm of renewal as you walk with God. Use the list below for quick reference and consider typing it into your notes on your phone to keep track of these foundations daily or weekly. ;-)

I am cheering you on,

Suzanna
www.beloved2.net

- Air
 - Water
 - Food
 - Sunlight
 - Exercise
 - Rest
 - Emotions
 - Body/Energy Balance
 - Spirituality
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