

Healthful Revolution

How one man's inspiring vision proves that an ounce of prevention really is worth a pound of cure

by Rita Trieger

A pioneer in the fields of Integrative Medicine, Energy Healing, and Biofeedback Imaging, Johannes R. Fisslinger is a regular on the lecture circuit in the United States, Australia, and Europe, where he shares his insights on the mind/body/energy connection. As founder and president of several organizations, including the International Meta-Medicine Association, the Heal Breast Cancer Foundation, and the Yoga Health Foundation, as well as co-founder of Youth Health Alliance, Fisslinger had become painfully aware that our healthcare system is simply not sustainable. Believing that the future of healthcare is prevention, he initiated a nationwide campaign to help individuals take control of their well-being called Yoga Month 09.2008. This call to action will gather together experts in the fields of both health and yoga and invites every single person to transform their personal wellness by tapping into the unlimited healing potential of yoga.



Yoga Month Festival Cities

August 31	Fort Lauderdale
September 5	Boston
September 7	New York City
September 10	Chicago
September 13-14	Denver
September 17	Austin
September 20-21	Los Angeles
September 24	San Diego
September 27	San Francisco
October 4	Vancouver

formed into something much larger, eventually culminating in Yoga Month 09.2008. I'm happy to say that yoga teachers, health experts, and celebrities as well as the media have enthusiastically embraced the concept. This ongoing support coupled with an excellent team of staff and volunteers has made the initial vision of Yoga Month 09.2008 an exciting reality.

FY: What do you hope to accomplish?

JF: My vision is to inspire millions to live a healthier and more vibrant lifestyle. Yoga is free—everyone can do it, and its many different forms have the potential to not only to transform health care but also to give personal responsibility back to every

single individual. With that in mind, it was essential that Yoga Month be established as a nonprofit campaign geared to reach the masses. All proceeds from Yoga Month activities will benefit Youth Health Alliance, a nonprofit organization that provides free yoga classes and other holistic enrichment activities to at-risk youth.

Youth Health Alliance will partner with Yoga Ed and Yoga Angels to implement programming in schools that are located in underserved communities.

FY: Were you always interested in spirituality and alternative healing?

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Fit Yoga: Yoga Month sounds like a very innovative idea. What was your motivation?

Johannes Fisslinger: In 2007, I was working on a Heal Breast Cancer Foundation fundraiser with Eckhart Tolle, Dean Ornish, and Christine Northrup. We wanted to get the yoga community involved and created a fundraising event called Yoga for a Cure. This initial concept trans-

Instant Karma

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JF: Not at all. I had a very traditional childhood. When I was around 19 or 20 years old, I became interested in the spiritual aspects of life. I started practicing meditation and yoga and developed an interest in alternative healing methods. Over the last 20 years, I studied many different forms of alternative medicine; many of them are considered mainstream now. I am especially intrigued by the META-Medicine model, which tells us exactly the cause and process of every health issue. It feels good to be part of a group of doctors and naturopaths teaching and practicing this advanced mind-body diagnosis and therapy model.

FY: *What made you choose this path?*

JF: It feels like I did not choose my path, rather, the path chose me. Over the last 20 years, I have initiated many new and innovative projects. Putting my ego aside, the messages I am destined to convey become clearer and, consequently, the projects flourish in a natural and positive manner. This is why I love the yoga lifestyle so much and why I feel it can help anyone to live a happier and healthier life. Yoga is a powerful method to relax and strengthen body and mind and to connect more with our true nature and purpose in life.

FY: *What inspires you?*

JF: I was born in the countryside close to beautiful Munich, Germany, surrounded by animals, forests, and lakes. I was able to appreciate the importance, beauty, and power of nature from a very young age, and I feel very blessed to have grown up in a loving and caring environ-

ment. But even though I was raised rather conservatively, I always had the freedom to express my creativity and follow my path. In a way, I can see many traits from my parents in myself, traits that have enabled me to put all my passion and energy into a project like Yoga Month.

FY: *Can you explain a little more about Yoga Month?*

JF: Yoga equips us to prevent illness by strengthening our immune system as well as our body and mind. A life that embraces prevention instead of treatment is healthier, happier, and more meaningful. Yoga Month 09.2008 is a national awareness campaign designed to educate people about the health benefits of yoga and to inspire a healthy lifestyle. This year-round campaign will peak during September with the 10 City Yoga Health Festival Tour. Our goal is to have millions of health-conscious individuals practicing yoga at thousands of studios and homes around the world.

FY: *How can people find out about yoga happenings in their areas?*

JF: Event schedules for the 10 City Yoga Health Festival Tour and local Yoga Month events can be found at yogamonth.org. And I'm personally extending a heartfelt invitation to everyone who lives in one of the festival cities to please come out and experience the wonderful yoga teachers and health experts, great music, and the latest health and green products. It's truly going to be a Yoga/Health Revolution! 🙏

Johannes Fisslinger is the author of *Aura Imaging Photography* and *Aura Mastery*; both have been published in several languages. His most recent book is *The META-Medicine Handbook*.