

40 PEOPLE + COUPLES + ORGANIZATIONS + MINISTRIES ILLUMINATING CHRIST IN THE MARKETPLACE

MEGAMORPHOSIS

FOR THE RISK-TAKERS

MAGAZINE

10



Expect the unexpected.

by Jenene Stafford

#sharetheradicallove #expectmiracles

Issue 10: Illumination

Photo by Alena Melnik

Health Coach + Divine Health Director with Agape Freedom Fighters + Speaker



BIO

Linda is a Holistic Mind-Nutrition and Body Health Coach. She has been teaching Fitness and Health for 43 years. Her goal and hope for each person she works with is abundant health. Her background and education allows for her to teach a "Completely Fit" program, which addresses mindset, physical and emotional health and alignment with God. Her specialty is women's fitness and health, and her heart is for community. She created TEMPLE TOUGH, a spiritual and community-based wellness program, which includes a large network of kingdom-minded health associates.

HOW HAVE YOU BEEN CALLED TO ILLUMINATE CHRIST?

Illumination is incredible; it allows us to see what is beautiful, stunning and radiant! Illumination can open the door and invite us to take a step to the next level of understanding of what God has for us.

Health is my business and passion and my heart is to illuminate Jesus by teaching people how to gain, attain and maintain a healthy body and thrive with energy.

Health is a very big deal right now, in light of all that is going on in our world. There is a lot of valuable and reputable information that is available to each one of us regarding health which is wonderful, however, it can be confusing as to what we should be doing to stay healthy, especially at this time.

When I work with people and their health, my focus is the 'whole' person. My goal is to help people align with who God says they are first and then introduce an exercise and pure eating program that matches their lifestyle and design.

Total health is dependent upon much more than a workout and sound nutrition. I have found that it is important to take into consideration emotions, mindset, and connection to God for complete wellness, as these have much more of an impact on one's total health.

New technology has revealed that an indicator of good health can actually be heard in the tone of our voice, words we speak, and how we treat people; and we have known for years that health manifests itself in our eyes, our face, and our body.

I myself have practiced healthy eating and regular exercise and still developed cancer, adrenal exhaustion, metabolic disorder, and debilitating anxiety and fatigue. I have undergone strong emotional trauma including physical abuse, immediate family suicide, being a single working mom, abandonment, and owning a small business. My health slipped away and I thought I was doing all of the

"right" things—after all, I am a Fitness Professional!

God then lit my path to a new understanding of the definition of health. I had a revelatory awakening to the power of emotions and mindset and their affect on well-being, and how they actually land in our physical body. I had to learn that I could do nothing without Jesus. My education and striving were only bringing minimal results. In order to heal and re-gain total health, I had to allow God to illuminate who He is, how He made me and who I am.

God told me He was the author of holistic health. I began to really understand more about how our bodies are fearfully and wonderfully made. They were designed to be a temple, a dwelling place for the Holy Spirit, with the ability to shift an atmosphere, and to bring Heaven to Earth. We are called to be workers of miracles through Jesus, to be Love. When we are healthy we have this opportunity; and this is a significant foundation of health.

God led me to the development of a new program called Temple Tough, a curriculum designed to enlighten and strengthen the body, mind and spirit. A program that connects people to a Kingdom-minded community that can educate and support full health. It is a workout design, which includes advanced nutrition training, a Kingdom kitchen, body by design rather than a "one for all" program. Temple Tough is a platform for strong physical, mental, emotional, social and spiritual well-being, and the ability to recover and bounce back from illness and other problems.

Good health is so important. A strong immune system and an intimate relationship with God go hand-in-hand.

We were made for this time; and it is time to stand strong in who we are. I love working with people on a "whole health" level. I pray for all the readers of this incredible magazine that we become illuminated and we become illuminators of who God says He is, and partner in His design. I pray you have your best health ever in these coming days ahead. Be bold! Blessings to you all!



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