A GUIDE TO THE FOUR PILLARS

INNER TERRAIN

HEALING BEGINS WITHIN

How everything in your life connects to how you feel



VAN SENG
THE NATURAL HEALTH OPTION

A NOTE FROM VAN

Before you *start*

Maybe this sounds familiar. You're tired most of the time. Your gut never quite settles. You sleep eight hours and still wake up flat.

You've seen someone about it, had a test or two, and come away with an answer about one part of you. It helped a little. Something still feels unfinished.

I've worked with people for more than thirty years, and I keep seeing the same thing. The symptom someone walks in with is rarely the whole story. It's usually just the part that got loud enough to notice.

I think of symptoms as messengers. Often they're the body's way of saying it has been adapting to something for a long time, and it's running out of quiet ways to cope.

That something can sit in more than one place. I look at four: physical, emotional, spiritual and environmental. They don't work in separate compartments. A stressful year can show up in your digestion. A home full of synthetic fragrance can change how you feel. An old grief can turn up as a tiredness that sleep doesn't touch.

This guide takes you through each pillar, gives you a few things to notice, and ends with a page to bring it together. Take your time. You don't need to change anything yet. Just start noticing.

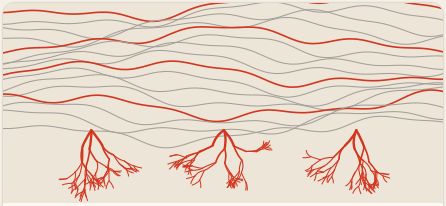
Van

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THE FOUR PILLARS

Four views of *one landscape*

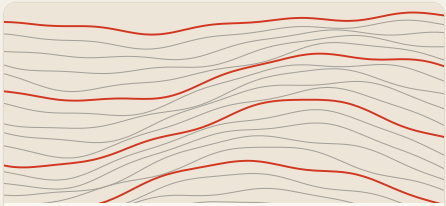
Each pillar is a different way of looking at the same person. None of them works alone.



Pillar One

Physical

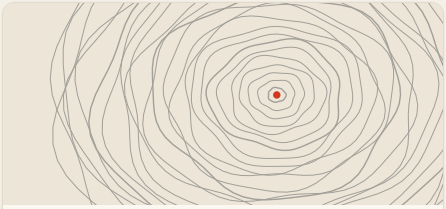
Your body, and everything it has been working with.



Pillar Two

Emotional

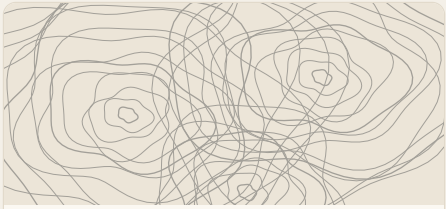
Thoughts, beliefs and the emotions they carry.



Pillar Three

Spiritual

Meaning, purpose, connection and energy.



Pillar Four

Environmental

What surrounds you, and what you take in.

> *Read them in any order. Notice which one you'd rather skip. That's often the one worth reading first.*

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PILLAR ONE

Physical

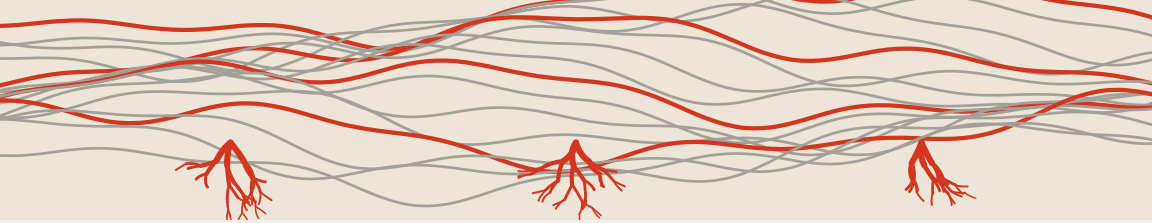
Your body, and everything it has been working with.

The physical pillar is the one most people know. It's what you eat and how well you absorb it, your minerals, your sleep, your hormones, and everything your body has to process and clear each day.

Minerals show how connected it all is. Magnesium, zinc and potassium all play a part in energy, nerve function, hormones and how you handle stress. Long periods of stress can increase how much of some of them your body uses.

So you can eat well and still fall short, especially if your digestion isn't absorbing what's on your plate. That's why I don't stop at what someone eats. I want to know what their body is actually doing with it.

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You can eat well and still fall short.

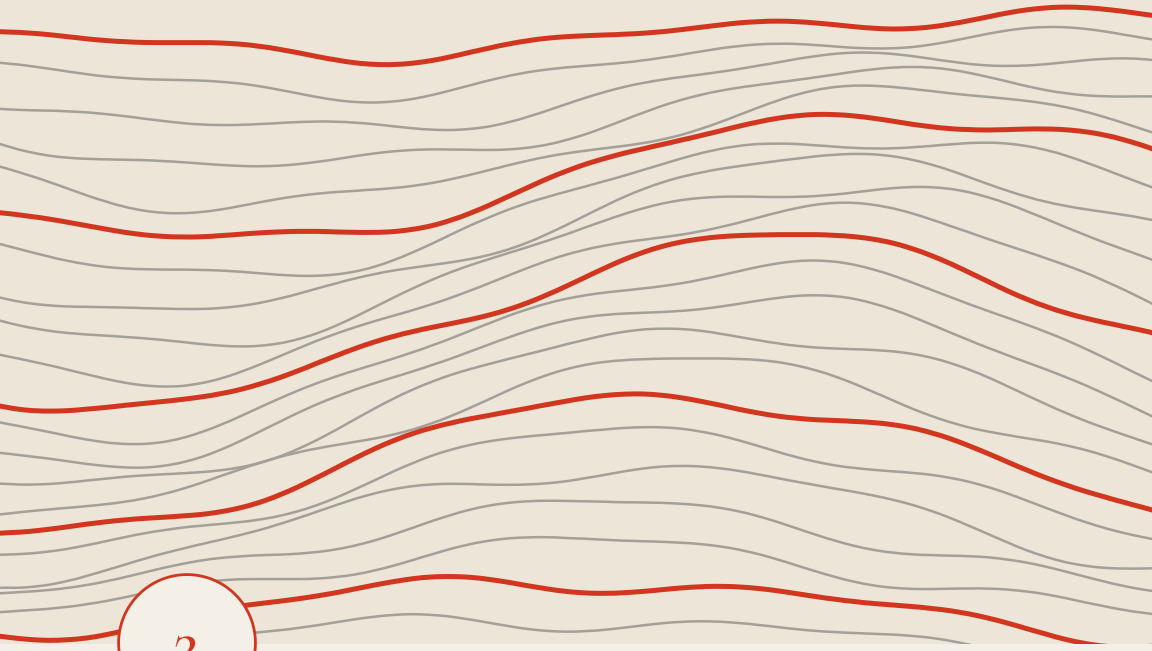
Signs this pillar may need attention

- Tiredness that doesn't lift with rest
- Bloating, reflux or irregular bowels
- Strong cravings for sugar or salt
- Feeling the cold more than the people around you
- Waking at the same time most nights
- Catching every bug that goes around

Things to notice this week

- Jot down what you eat and how you feel two hours later. Patterns often show up within a few days.
- Notice when your energy drops during the day.
- Look honestly at what you drink: water, coffee, alcohol, soft drink.

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PILLAR TWO

Emotional

Thoughts, beliefs and the emotions they carry.

Emotions are physical. When you feel resentment, fear or grief, your nervous system responds and your body adjusts to cope. In the short term that's useful. The trouble starts when a feeling never gets resolved, and the body stays braced for years.

Most of us carry an old hurt, or a story about what someone did to us. Underneath it there's usually a belief that the experience was all loss and no gain.

When people start to see the whole picture, what it gave them as well as what it took, the charge often eases. Many notice their body easing with it.

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That doesn't mean pretending painful things didn't hurt. It means being willing to look at them from every side.

It was never all loss. It just felt that way.

Signs this pillar may need attention

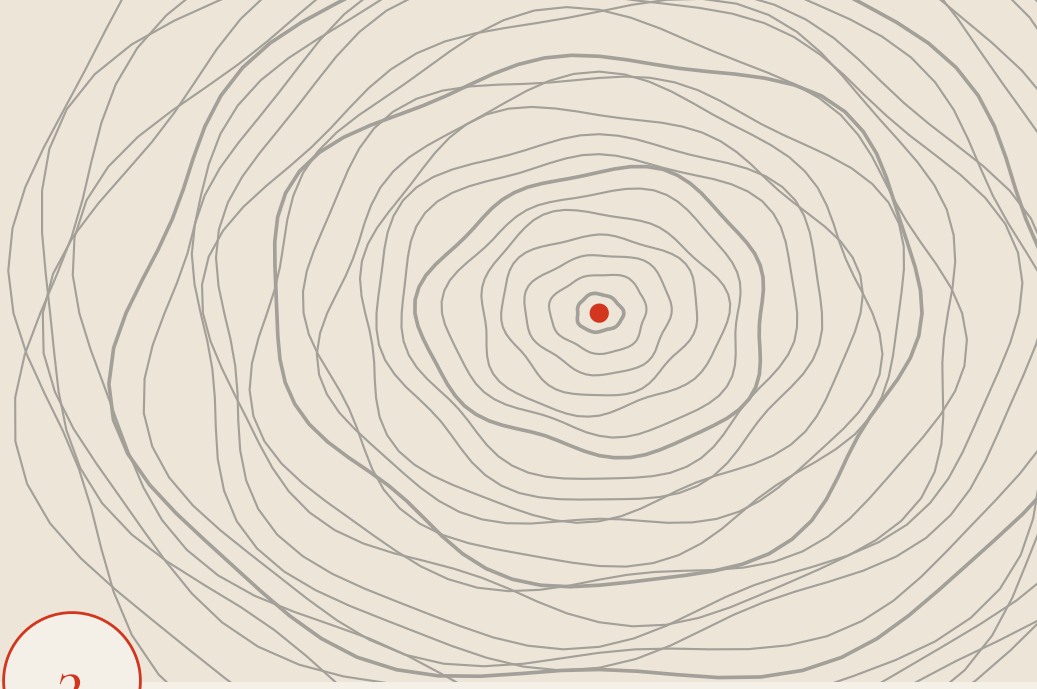
- Replaying the same conversations or events in your head
- Reactions that feel bigger than the situation
- Feeling flat, numb or disconnected
- Tension in your jaw, shoulders or stomach
- The same patterns turning up in relationships, work or family

Things to notice this week

- Next time you react strongly, ask yourself what you think you're losing in that moment.
- Think of a situation you still feel stung by. Write down three ways it shaped you, including any ways it helped.
- Notice where in your body stress shows up first.

Go gently with these. If a memory brings up more than you can comfortably sit with, that's a sign to work through it with a qualified practitioner rather than on your own.

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PILLAR THREE

Spiritual

Meaning, purpose, connection and energy.

This is the pillar people are most unsure about, so let me be plain. By spiritual I don't mean religion. I mean your sense of meaning, your connection to something bigger than your to do list, and the beliefs you hold about yourself deep down.

Many of those beliefs formed early. *I'm not enough. I have to do it all myself. It isn't safe to rest.*

We rarely choose them on purpose, yet they quietly shape how we live, how we treat our bodies and what we think we deserve.

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People also describe feeling stuck, heavy or blocked, even when life looks fine on paper. Meditation, prayer, time in nature and energy practices such as Reiki and Sekhem are some of the ways people choose to work with that feeling.

The beliefs we never chose still make a lot of our choices.

Signs this pillar may need attention

- A sense that something is missing, even when life looks good
- Feeling stuck without a clear reason
- Never quite switching off
- Saying "I'm fine" when you're not
- Finding it hard to trust yourself

Things to notice this week

- Finish this sentence quickly, without thinking: *Deep down, I believe I am...* Notice what comes up.
- Spend ten minutes a day in quiet, with your phone in another room.
- Notice when you feel most like yourself. Where are you, and who are you with?

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PILLAR FOUR

Environmental

What surrounds you, and what you take in.

Your body is always responding to where you are. The air in your home, the water you drink, the products on your skin, the damp in the bathroom, the noise and the light. All of it is information your body has to process.

Most of us don't think about this until we feel unwell.

Small daily exposures can add up, though. Fragranced cleaning products, synthetic air fresheners, plastic food containers, poor airflow and mould are all things your body deals with day after day.

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Your environment also includes the people in it. A tense household or a draining workplace is part of your surroundings too.

Your surroundings include the people in them.

Signs this pillar may need attention

- Feeling better when you're away from home
- Headaches, sinus or skin flare ups that come and go
- Sensitivity to perfumes, cleaning products or smells
- Visible mould, damp or a musty smell somewhere at home
- Feeling drained after time in certain places or with certain people

Things to notice this week

- Read the labels on three products you use every day. How many ingredients do you recognise?
- Open your windows for fifteen minutes each morning.
- Compare how you feel after an hour outdoors with an hour indoors.

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THE WHOLE PICTURE

How the pillars *work together*

Picture someone who has been exhausted for two years. Their blood tests come back mostly normal.

Look across the four pillars, though, and a fuller picture appears.

- **Physical.** A demanding job and poor sleep may be draining their minerals.
- **Emotional.** An old resentment towards a parent may be keeping their nervous system on alert.
- **Spiritual.** A belief that they must hold everything together means they never really rest.
- **Environmental.** The bathroom at home has had a damp problem for years.

No single one of these explains the exhaustion. Together, they might.

That's why I look across all four. Working on one pillar can help. Finding the ones that matter most for you, and working on those together, usually tells you far more.

This is an illustration to show how the pillars connect. It isn't a real client.

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TAKE A MOMENT

Your reflection *page*

Circle a number for each statement, from 1 (not true for me) to 5 (very true).

Pillar	Statement	Score
Physical	My energy, digestion and sleep feel steady	1 2 3 4 5
Emotional	I feel at peace with my past and the people in it	1 2 3 4 5
Spiritual	I feel a sense of meaning, and I trust myself	1 2 3 4 5
Environmental	My home and surroundings support how I want to feel	1 2 3 4 5

The pillar with your lowest score may be a good place to start. This is a reflection, not an assessment, and your answers may change from month to month.

Which pillar did you want to skip?

What surprised you?

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YOUR NOTES

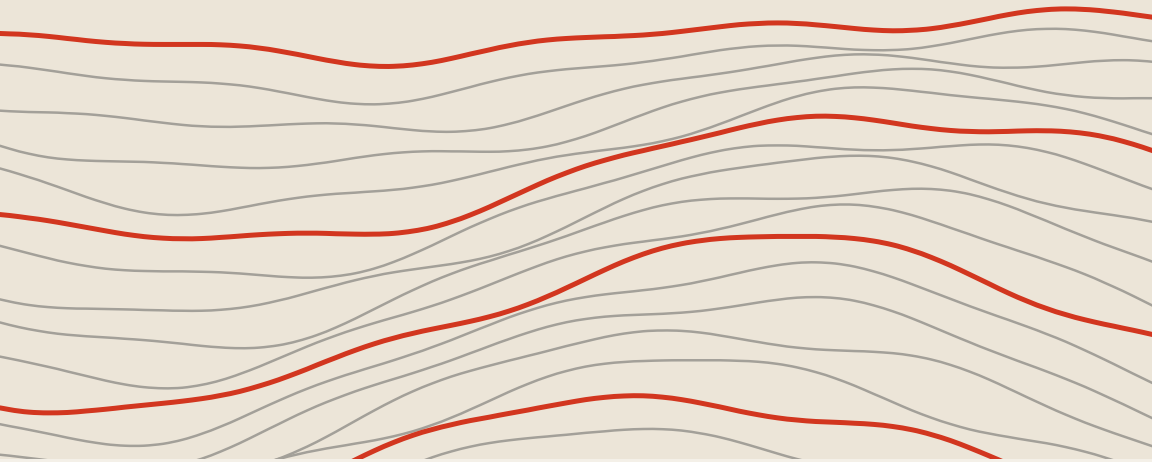
A page to *think on*

What have I noticed across the four pillars?

One question I want to explore

One small change I can try this week

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INNER TERRAIN 2027

Come and experience *the four pillars*

Inner Terrain is a two day event in Melbourne on Saturday 23 and Sunday 24 October 2027.

SATURDAY	Four talks, one on each pillar, then live demonstrations so you can see each approach in practice.
SUNDAY	Choose one approach in each pillar and spend an hour with that practitioner, in a group of five or fewer.
TICKETS	Early bird tickets go on sale 1 May 2027. Sunday places are limited, so those who book first get first choice.

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You're perfectly imperfect.

Van Seng



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