

makər

M A G A Z I N E

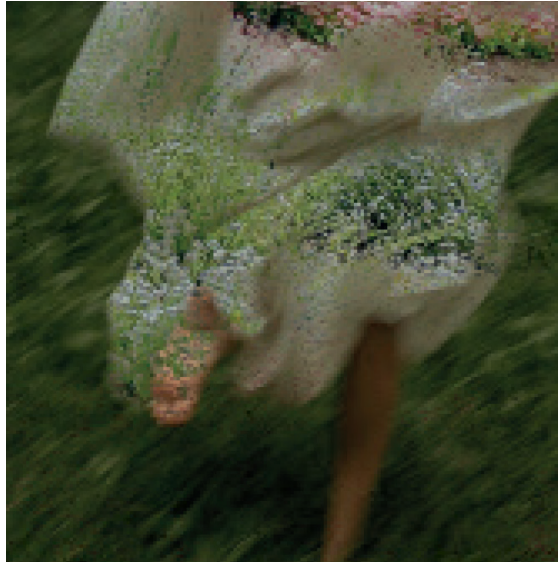
Num. 1

Spring 2025

bits of news from our universe

*With each turn
of the seasons, as
nature dons its new
attire, we share our
stories and musings
in a captivating
magazine format.
Welcome to the
enchancing realm of
the makər. universe.*

IN THIS EDITION



1.

SPRING

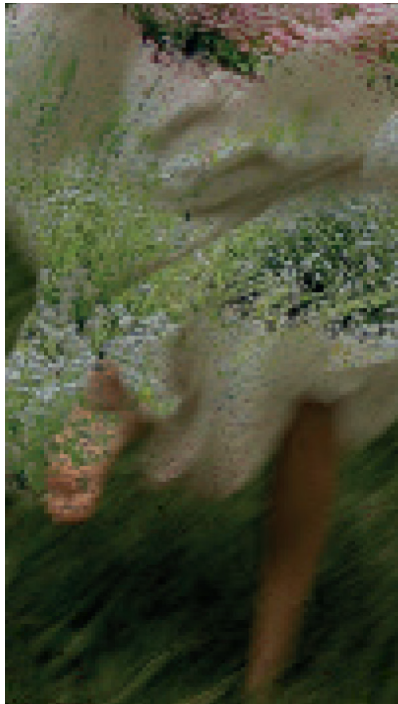


2.

WELL-BEING

THE FRAGRANCE OF SPRING

THE RADIANCE IS NOW CLEARLY VISIBLE!



Spring embodies the essence of rebirth. As the chill and silence of winter recede, nature stirs to life in a vibrant symphony of colors and fragrances. This enchanting season beckons us to rejuvenate, to cast aside the old, and to embrace fresh possibilities. The sun's warmth envelops us, days stretch longer, and the realm of potential unfolds before us. Spring whispers a timeless truth: from every shadowed cycle, light inevitably emerges.

It is a season that intertwines with hope and joy. Spring imparts lessons in cherishing the present, savoring life's intricate details, and discovering beauty in our surroundings. It serves as a poignant reminder that existence is a perpetual dance of transformation and growth.

*Spring whispers a timeless truth: from every shadowed cycle,
light inevitably emerges*

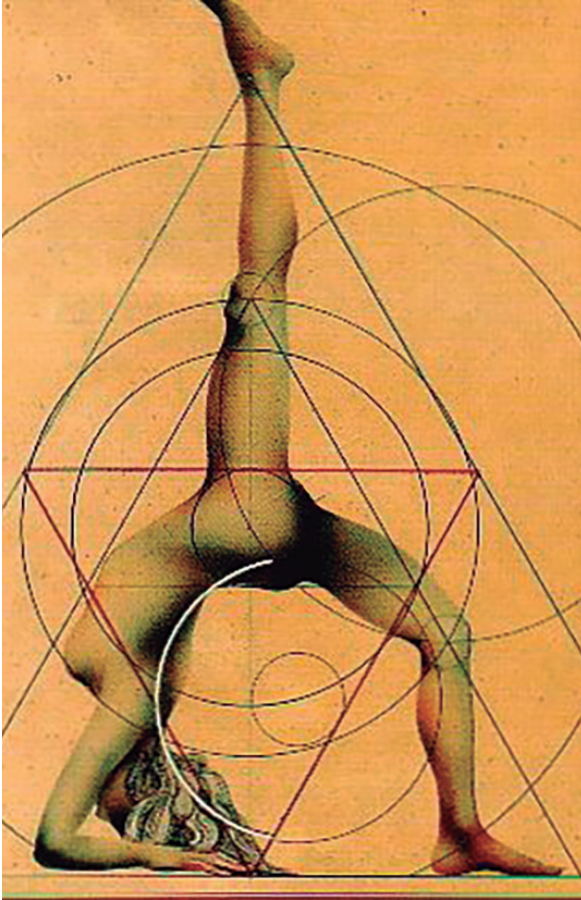
WELL-BEING

EMBRACE THE ART OF SELF-CARE.

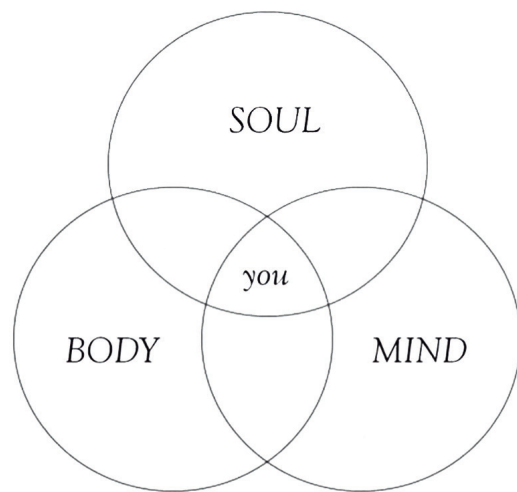


The word holistic originates from the Greek term 'holos', which translates to "whole, entire, or complete" and is frequently used interchangeably with integral. Therefore, holistic health views individuals as complete beings, where every aspect—physical, mental, spiritual, intellectual, and more—plays a vital role.

Living a holistic life means embracing all facets of our existence. This approach encompasses not just the physical but also the emotional, spiritual, social, and the diverse habits that contribute to our unique experiences.



What is cooking?



Holistic health views the human being as a harmonious blend of mind, body, and spirit. It shifts away from defining health merely as the absence of illness and instead associates it with a state of overall well-being—encompassing physical, mental, emotional, social, and spiritual aspects. The spiritual dimension is essential as it energizes the others, promoting harmony with nature. Holistic health recognizes that a person is an intricate entity made up of various components, asserting that true health can only be achieved when all these parts are functioning well.

From this viewpoint, an individual is considered fully healthy when they are free from disease, in excellent physical shape, radiating vitality, finding meaning in life, and nurturing their potential.

*Take charge of your health; don't entrust it to
anyone else*



Don't miss out on the upcoming summer issue, as it is packed with exciting surprises! We will unveil our new line of "beauty with soul."

We'll leave it at that for now.

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MAGAZINE