

**“Spirituality”: The science and application in Naturopathic clinical practice.**  
**Louise N. Edwards, N.D., L.Ac.**

“There are two ways to live one’s life, as if nothing is a miracle, or as if everything is.”  
-Albert Einstein

**OPENING/Invocation**

~ Today is September 11th.

~The juxtaposition of this date and the topic of the presentation is intriguing to me.

**Spirit:** from Latin *spiritus*; breath, courage, vigor, the soul, life

**in-spire:** to breathe in, **ex-pire:** to breathe out, **a-spire:** to breathe to

**con-spire:** to breathe together

~According to Thomas Merton, a famous theologian, every written spiritual tradition records this process of meditation or prayer:

1. focus on the breath
2. on the out breath, repeat a word or phrase
3. when other thoughts arise, come back to the breath and repeat the word or phrase

~Invite you to con~spire in affirmation of this prayer from the Buddhist tradition:

May all beings have happiness and the causes of happiness

May all beings have no suffering nor the causes of suffering.

May all beings have the supreme bliss which is free of all suffering.

Through this goodness may awakening arise in our stream of being.

**Handouts**

~on line at [www.namastehealthcenter.com](http://www.namastehealthcenter.com).

~Please note the resources listed at the end of the handout if you’d like to learn more,

• **My path:** ~advise disclosure of beliefs and prejudices

~my belief is that healing is rooted in the spirit -why I call my clinic “Namaste Health Center”

~NAMASTE: A sanskrit word for greeting and parting; “I recognize the Divine in you.”

~Last Dr. Edwards was a Doctor of Theology, Preacher’s granddaughter: 7 generations

~Lifelong interest in spirituality, studied many different traditions

~Always loved the sense of connection with the divine

~Raised in Christian tradition

~eventually got stuck on “only”

~knew many people from other religious traditions who were good, ethical, loving people

~didn’t feel right that they weren’t acceptable to my loving God, so I began to study other traditions.

**-The truth is Universal, it reveals itself everywhere:**

~“Oneness” Great principles shared by all religions

Jeffrey Moses, Ballentine Books

“ In varying ways the sages have described the same unvarying and essential truths; There is no real conflict between them all.”

*Hinduism*

“Do not decry other sects, do not deprecate others, but rather honor whatever in them is worthy of honor.”

*Buddhism*

“We believe in God, and that which hath been sent down to us, and that which hath been sent down to Abraham...and that which hath been given to Moses and to Jesus, and that which was given to the prophets from their Lord. We make no distinction between any of them.”

*Islam*

“All scripture is inspired by God and profitable for teaching.” *Christianity*

- ~ This rang true, the truth is in all traditions
- ~I am a “synthesist”, in medicine and spirituality, love to study different systems and find how they intersect.
- ~assume that the truth is evident in all systems and that the sum is greater than the parts.
- ~open minded skeptic
- ~For the last 15 years most drawn to Buddhism
- ~Reluctant scientist because did not include spirit. heresy to include “science and spirit” in the same sentence.
- ~Spirituality in Healthcare conference - 1997
  - ~right there, in the front row; I became a “born again scientist”
- ~Pear Lab experiences

**“Do not blindly believe what others say, even the Buddha. See for yourself what brings contentment, clarity and peace. That is the path for you to follow.”**

**“Every healthy diet includes regular doses of humble pie.”**

I often tell my patients that I don’t have all the answers. That nobody has all the answers and there are a lot of answers that nobody has.

The quest for understanding the nature of reality and our place in it, is older than recorded history. It is a fundamental motivation for many on the spiritual path and the root of scientific inquiry.

As yet here is no “unified theory” of the nature of reality. There is a phenomenal amount of writing and research on this topic. Many physicists, scientists, doctors, philosophers and theologians are working on it and publishing books and articles on their theories and investigations. Volumes and volumes!

The more I look, the more profound the mystery. Occasionally I think I have a clue and then I am repeatedly humbled in attempting to make sense of it all.

With respect to all the brilliant minds who are grappling with these questions, I feel it is audacious for me to even tackle the subject.

Given that, I humbly offer a perspective from my study of the scientific literature, 16 years experience in clinical practice and a life long interest and study of the world’s spiritual traditions.

My goal has been to make this presentation thought provoking, inspiring and clinically useful. The greatest challenge has been to be both thorough and concise.

For myself this topic of inquiry continues to lead me to more questions and deepens my sense of wonder and awe in the face of the mystery and miracle of the divine.

Because of the amount of information and the limited time, I have not allowed time for questions or discussion at the end of the presentation. I welcome and would be grateful for feedback. Please contact me with your thoughts, questions, challenges and insight.

“If you’re looking to find the key to the Universe, I have some bad news and good news. The bad news is – there is no key to the Universe. The good news is – it has been left unlocked.”  
-Steve Bhaerman, a.k.a. “Swami Beyondananda

**Primary goal of this presentation:**

~In our principles spirituality is included...

**•Treat the whole person:**

(subtext) “Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development.”

• Is it as simple as encouragement or could it involve more active inclusion of spirituality?

~Wholistic: -spiritual, mental, emotional, physical are not parts of a whole, they are an inextricably interwoven, inseparable and integrated whole  
~In our profession long history: Mechanists vs. Vitalists  
-current trend toward mechanistic and treating diseases rather than the whole person  
~ I consider myself a Vitalist  
~Vitalism:  
there is an inherent force/vis/spirit...that orders the universe and is the basis for health.

“All matter originates and exists only by virtue of a force...We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.”  
*Max Planck*  
Nobel Prize winner, “Father” of Quantum Theory

~my teachers taught that there is only one disease  
“disturbance of the factors that promote health”  
~given that: we don't treat disease, rather restore function by addressing the underlying imbalances that cause the disease to manifest therefore...addressing spiritual imbalances is essential to the restoration of health.

### **Leads me to 2 questions:**

1. What role does spirituality have in optimal health and human potential?
2. As doctors how can we integrate spirituality into our practices to facilitate our clients attaining optimal health?

### **Definition of Health:**

~ “Health” ~ from Middle English “hal” or whole  
\_\_\_\_\_ ~ if we assume that body, mind & spirit are inextricably integrated, it follows that health is reflected in all these aspects of a human.  
~I would offer, that that the spirit is the essence of a human and transcends the body, therefore, ultimate health is reflected in the well-being of ones spirit.  
~therefore, if the body is dying and the spirit is “well” that could be considered “a healthy death”.

### **Definition of Spiritual**

**“We are not humans having a spiritual experience, rather we are spirits having a human experience.”**

**Religion:** a particular system of religious belief and worship.

~ **Spiritual is not synonymous with religion**

**Spiritual:** 1. of or pertaining to the spirit or soul

~so look at definition of spirit

### **Spirit:**

1. the life principle, esp. in man, originally regarded as an animating vapor infused by the breath, or as bestowed by a deity, the soul.
2. the thinking, motivating, feeling part of man, often as distinguished from the body, mind, intelligence.
3. life, will, consciousness, thought, etc. regarded as separate from matter

~found this definition used in a study from the early '90s

“A high level of faith, hope and commitment in relation to a well-defined world view or belief system that provides a sense of meaning and purpose to existence in general and that offers an ethical path to personal connectedness with self, others and a higher power or larger reality.”

Hawks SR, Hull ML, Thalman RL, Richins PM. Review of spiritual health: definition, role, and

intervention strategies in health promotion. *Am J Health Promote*. 1995;9:371-381

~Good working definition; broad and inclusive

### ~**Science and spirituality and healing**

“Science without religion is lame, religion without science is blind”

*Albert Einstein*

~Long tradition, prehistory, of healing as a spiritual act

-Shamans, medicine people, Christ, Saints, lay healers

~in many spiritual traditions there is no distinction between matter and spirit.

~Historically there has been an ongoing battle between spiritual traditions and science.

~at times religious leaders have been in power and persecuted scientists who proposed theories that countered their accepted world view.

~More recently it has been the scientific leaders who have dismissed the value of spirituality.

Now there are more scientists and spiritual leaders who find themselves on the same page, physicists who are proving spiritual precepts, spiritual leaders who are finding affirmation of their traditional wisdom in scientific studies.

~i.e. “Mind and Life Series”

Discussions between the Dalai Lama and wide variety of renowned scientists to explore the intersections of science and Tibetan Buddhism.

•one goal is to generate research projects

“...if science proves facts that conflict with Buddhist understanding, Buddhism must change accordingly. We should always adopt a view that accords with the facts.

However, a clear distinction should be made between what is *not found* by science and what is found to be *nonexistent* by science.

An example is consciousness itself. Although sentient beings, including humans, have experienced consciousness for centuries, we still do not know what consciousness actually is: its complete nature and how it functions.”

Dalai Lama

~ simple in my mind;

•What are the odds that the universe and all its complex phenomena could manifest by chance?

•For instance DNA as an information system, chance? •Do the math.

•There has got to be some massive, brilliant intelligence behind all this.

### “**Functional Premises**”

I use this term to identify the basic premises on which I function. I’ve chosen these premises because by my interpretation they are inclusive of all the evidence I’ve found in scientific and spiritual literature and from my own experience. These premises are always open to modification based on new information.

#### **It’s all One:**

The Unnamable, God, Goddess, Great Spirit, The Divine, The Universe, Yahweh, Allah...The One.

“Although every religion proclaims that there is one God, the followers of a particular faith may feel that their God is unique, and different from the God of other faiths. Even though different religions may appreciate various aspects of God, this cannot diminish the wholeness of the Divine-and should not be the source of divisions between us.

Instead, our universal belief that there is one God should strengthen our convictions that an ultimate existence pervades all boundaries of the universe, and that all people and

all things are of one essence.”

“There is but one God whose name is true. (S)He is the creator, immortal, unborn, self-existent.”

“Oneness”, Jeffrey Moses

*Sikhism*

“There is one God and Father of all, who is above all, and through all, and in you all.”

*Christianity*

“All this is God. God is all that is.”

*Sufism*

“(S)He is the one God hidden in all beings, all~pervading, the Self within all beings, watching over all worlds, dwelling in all beings, the witness, the perceiver.”

*Hinduism*

“The Lord is God in heaven above and on the earth beneath; there is no other.”

*Judaism*

~Sexuality of the Divine:

- used to be uncomfortable with the masculine names that are currently dominant
- know the feminine face of the Divine from the Hindu, Buddhist and ancient traditions
- finally decided that The Divine probably, ultimately transcends sexuality
- like the Tao Te Ching says:“First there was the one...then the two, then came the three, then the ten thousand things.”

### **Nothing is outside of the system/Holistic**

“No theory of reality compatible with quantum theory can require spatially separate events to be independent.” *J.S. Bell* ~renowned theoretical particle physicist

- ~If it's all one, systemic = everything, •edges, boundaries don't exist
- quantum physics demonstrates this on the subatomic level
- on the larger and more immediate scale:-world economy, environment, internet
- ~we all long for connection
- ~recognize that we are not separate, we are immersed in it
- ~buddhist analogy of waves and the ocean
- ~be aware of interrelationships of everything, doing unto all, connected to all
- ~We/Us instead of they/them
- ~Everything is interrelated and interdependent
- ~How different our world and lives would be if we lived with this awareness all of the time?

### **~Holism and the Scientific method**

- is reductionistic
- limitation is that it isolates components and allows us to forget that it is still a part of the whole and in relationship with everything
- essential that we remember to reintegrate the pieces into the whole
- remember, no moment or circumstance is ever truly reproducible, each unique

### **~Physics, the holistic science**

- ~derived from the Greek word “physis”, meaning “nature”
- ~Physics is the science dedicated to the understanding of “ultimate reality”.

### **~Quantum physics**

In developing this presentation, I was initially inclined to devote a lot of time to quantum physics because the concepts that are the basis of quantum physics provide the potential explanation of all phenomena.

The quantum physics model of reality is complex and astounding. The basic particles of mass flick in and out of existence, time and space are not at all as we experience them, events can be non-local, there are multiple and minute dimensions and reality seems to emerge out of fields of potential, possibly “fixed” into form by observation of human beings. One physicist describes it as the physics of possibilities.

In the end I chose not to address quantum physics in depth because it is so complex I don't believe I could do it justice.

However I believe it is through quantum physics that we will come closest to our understanding of the miraculous processes of “The One”.

~A fun movie: “What the bleep do we know?”

•about quantum physics, neurobiology and human potential

• **“The One” is an ordered, intelligent, interactive system**

~Recognize the inherent, self ordering wisdom in the “Vis Medicatrix Naturae”

**We can extract information and create within it.**

\_\_\_\_\_~constant exchange, whether conscious of it or not

Summary of the research conducted at the PEAR lab:

\_\_\_\_\_“A 16-year empirical assessment of anomalous human/machine interactions provides strong evidence that consciousness can add information to otherwise random digital strings.

A parallel program of remote perception studies establishes the inverse process: The anomalous acquisition of information about distant physical targets.

Remarkably, neither of these extraordinary capabilities show any dependence on either the distance or the time separating the participant from the target. The relevance of these consciousness abilities to human health follows from recognition that physiology entails a myriad of subtle information processes, all of which involve some degree of randomness in their normal functions, and thus may be similarly influenced by conscious volition.”

*Robert G. Jahn*

Professor of Aerospace Sciences and Dean Emeritus of the School of Engineering and Applied Science at Princeton University, Head of the Princeton Engineering Anomalies Research (PEAR) Lab

**Extracting Information**

~Psychic phenomena:-remote perception, dreams, “inspiration”

“An Assessment of the Evidence for Psychic Functioning” (Remote Viewing)

Professor Jessica Utts, Division of Statistics, Univ. of Calif., Davis

•analysis of the results of research done at the Stanford Research Institute

-government funded, program initiated in 1970

~ fun anecdote: government funding continued over the long run because of some early successes.

“One of the apparent successes concerned the “West Virginia Site” in which two remote viewers purportedly identified an underground secret facility. One of them apparently named codewords and personnel in this facility accurately enough that it set off a security investigation to determine how that information could have been leaked.” The viewer had only been given the coordinates of the site.

~ an initial analysis was done in 1988, for 1973-1988

•154 experiments, with 26,000 individual trials, 227 subjects

• “Statistical results would occur only about once in every 10 to the 20th power”.

~There has been positive replication at Princeton Research Labs, University of Amsterdam, University of Edinburgh, Institute for Parapsychology, N.C.

-an analysis of the results from these trials yielded “such a robust effect that, were it not in such an unusual domain, (they) would no longer be questioned by science as a real phenomenon.”

~**Dreams:**

Dream research is being done, however it is challenging. Dreams don't come on demand, accurate memory of content is often difficult & methods of analysis are controversial.

There is an abundance of anecdotal evidence that affirms that people receive information in their dreams. Content can be pre-sentient or current, about self or others. There are a number of cases of people who accurately “self diagnosed” and sought healthcare because of a dream.

Although the scientific jury is still out, in my practice I encourage people to observe and record dreams, with the assumption that they may contain valuable information.

~Doctrine of signatures, iris, physiognomy, palms, auricular

-as Bill Mitchell says “The truth is inherent in the system, it will reveal itself.”

### **We can create within it**

\_\_\_\_\_ -Ah ha! in the Bible: “created in God’s image”...god is the creator  
Then I found “Oneness” and realized the concept is part of many traditions;

“The Supreme gives man His expression, and gives him His form.” *Taoism*

“O man, in God’s image is he.” *Sikhism*

“On God’s own nature has been molded man’s” *Islam*

~fundamental to who we are, it is our nature to be creative -thought, word and deed

~look around, everything we do is an act of creation

~implied in quantum physics

~Can be specific about what we create with mindful intention, has effects in the physical world and on the psyche/spirit.

• Placebo Effect - well documented ~a creative act?

Dr. Herbert Benson, founder of Mind/Body Institute calls it “Remembered Health”

### **Responsive – Prayer and meditation**

“When the world is in distress, it heartily prays. The True One attentively listens and with His kind disposition grants consolation.” *Sikhism*

“Whatsoever ye shall ask in prayer, believing, ye shall receive.” *Christianity*

“And the Lord says, Pray unto Me, I will answer your prayer” *Islam*

“Prayer is of the foremost importance in appealing for the divine grace, and uprightness is a fundamental quality if one would obtain the unseen protection.” *Shintoism*

### **~Prayer and focused meditation both work:**

• also called “distant intentionality”

### **Prayer**

~Some examples of positive studies:

•Hypertension

Miller RN. Study of remote mental healing. *Med Hypotheses*. 1982;8:481-490

•Asthma

Attevelt JRM. *Research Into Paranormal Healing* (dissertation). Utrecht, The Netherlands: University of Utrecht; 1988

•Leukemia

Collip PJ The efficacy of prayer: a triple-blind study. *Med Times* 1969;97(5):201-204

~ Additional findings indicate prayer works:

-whether or not the recipients are aware they are being prayed for

-independent of the participants belief systems

-directed negative prayer also works (responsibility for intent)

~Multiple studies show significant in vitro and in vivo effects on viability and growth rate of cell cultures, seeds, plants, bacteria, fungi and yeast.

~ “Daniel J. Benor, M.D., and American psychiatrist working in England, surveyed all

(spiritual) healing studies published in the English language prior to 1990. He defined "spiritual healing" as "the intentional influence of one or more people upon another living system without utilising known physical means of intervention".

- Found 131 studies, most non-human
- In 56, there was less than 1 in 100 chance that results were due to chance.
- In 21, the possibility was between 2-5 in 100

"Healing Words", Larry Dossey M.D., 1993, Harper Collins; pg189  
Daniel J. Benor, "Survey of Spiritual Healing Research",  
*Complementary Medical Research 4:1 (September 1990): 9-33*

## **Meditation**

•Associated with:

decreased blood pressure, decreased serum cholesterol, decreases in drug, alcohol and cigarette use, improved insomnia, increased longevity, improved stress response reduction in severity of asthma

[www.mum.edu/tm\\_research](http://www.mum.edu/tm_research) for journal references

## **Intelligent and self ordered**

~prayer that is undirected may work best

~Directed prayer is prayer with a specific goal, i.e. Please cure my cancer

~Nondirected prayer does not request a specific outcome other than "what is best" or "Thy will be done."

Spindrift - a group of Christian Scientists in Oregon studied prayer for over a decade.

~part of their work was focused on the difference in efficacy of directed and nondirected prayer.

~ "...in these tests the nondirected technique appeared quantitatively more effective, frequently yielding results that were twice as great, or more, when compared to the directed approach."  
*"Healing Words", Larry Dossey, M.D.*

~An example of Spindrift's studies, again from "*Healing Words*"

-2 sets of seeds were soaked for germination, 1 set over soaked, 2nd set under soaked

-evaluated for weight changes during germination

-with nondirected prayer it was found that the over soaked seeds eliminated water and lost weight and that the under soaked seeds gained water and weight.

"On the basis of this type of experiment, Spindrift believes that an answered nondirected prayer is one in which the organism moves toward those states of form and function that are healthiest for it."

~self ordering, self healing

## **Moves toward health/wholeness**

•as manifested in undirected prayer, homeostasis

•see in our practices that by removing the "obstacles to cure", nourishing deficiencies and rectifying the factors that determine our health that human beings will regain their health.

~A basis of "Faith" – knowing that it moves toward health/wholeness

## **Time is nonlinear and Space is non-local**

• back to Quantum Physics

-can affect forward and backward ~demonstrated in PEAR research

-can extract information forward and backward

-instantaneous changes over large distances, "faster than the speed of light"

## **Spirit Leads**

Spirit > Mind/Emotions > Biochemistry > Physiology

- Well accepted that thoughts affect biochemistry and physiology.
  - on PET scan: if you see an object or imagine it, the same areas of the brain are "lit up".
  - thoughts can produce same biochem rxn as the original event
- ~great resource on biochemistry of emotions
  - "Molecules of Emotion", Candace B. Pert, Ph.D., 1997, Scribner
- ~ Who is doing the thinking, feeling? ...the spirit/being
  - toxic spirit can create toxic physiology
  - \_\_\_\_\_ -transforming the soul, transforms physiology

### **LOVE, LOVE, LOVE:**

\_\_\_\_\_ "The main reason for healing is love." Paracelsus (1493-1541)

### **In my cosmology this is what it's all about.**

- ~there seems to be some agreement on this:
  - "All beside love is but words." *Baha'i*
  - "The Supreme loves and nourishes all things." *Taoism*
  - "God is love, and s/he who abides in love abides in God, and God abides in her." *Christianity*
  - "It makes no difference as to the name of God, sine love is the real God of all the world." *Apache*

~David McClelland, Ph.D., Harvard Medical School

- two experiments with Harvard Students
  1. Showed documentary of Mother Theresa lovingly ministering to the sick
  2. Asked them to think about past moments when they felt deeply loved and cared for by someone else & a time when they loved another person.
- ~measured salivary levels of IgA before and after
- ~in both cases the salivary levels rose significantly
  - "Healing Words", Larry, Dossey, M.D., 1993, Harper Collins

~Psychologist Lawrence LeShan

- extensively studied spiritual healers
  - found a characteristic quality to their intentional state during the healing process:
    - a feeling of:
      - selflessness, a way of being rather than doing
      - united with each other and with the All
      - an immense caring and empathy for the person receiving the healing
    - belief that they are not the source of the healing, rather conduits for a higher power.
- Daniel J. Benor, "Believe It and You'll Be It: Visualization in Psychic Healing"  
*psi Research* (March 1985) 21-56

### **Co-creation & Cumulative Affect**

- ~We co-create our reality.~with other people, within The One
- ~Meditation, prayer, group intention
- ~ groups seem to potentiate the effect of intention
- ~Group practice of Transcendental meditation to Prevent Violent Crime in Washington DC, June-July, 1993
  - 4,000 participants
  - dependent variable was weekly crime statistics for preceding 5 years
  - controlled for weather, daylight hours, changes in anticrime activities, prior crime trends in DC and concurrent crime trends in neighboring cities.
  - maximum decrease was 23.3% -when group was largest in final week
  - $p < .000000002$ , that's a 2 in 1 billion chance
- ~Weather study From the PEAR lab at Princeton

**“Wishing for Good Weather: A Natural Experiment in Group Consciousness”  
R.D. Nelson (1996)**

~from the abstract: “Reunion and commencement activities at Princeton University, involving thousands of alumni, graduates, family and others, are held outdoors, and it is often remarked that they are almost always blessed with good weather.

A comparison of the recorded rainfall in Princeton vs. nearby communities shows that there is significantly less rain, less often, in Princeton on those days with major outdoor activities.

**We are awakening & life is the means of awakening**

~This one I don't have any science to confirm. It is wholly based on my spiritual studies, esp. Buddhism and Hinduism

~ provides me personally with a sense of purpose

~choose to see my life as a series of lessons

~disease can show us where we are “unconscious”

~often tell my patients that: “We are guaranteed the pain, but not the lesson.”

-whether or not our experiences are random or purposeful, looking for a lesson allows us a sense of power rather than being a victim to painful circumstances.

**Synchronicity and “Coincidence”**

~are indications of being connected to the higher power

~again I don't have science to support this premise

-this is quite controversial and would be a fascinating to study using statistics to determine the probability of intersection of events.

~in my cosmology, I bank on synchronicity for affirmation

**IN CLINICAL PRACTICE:**

**Back to the initial questions and definition...**

~What role does spirituality have in optimal health and human potential?

My answer would be:

We are spiritual beings, in bodies, part of an intelligent, ordered and interactive whole in which we have the power to co-create and to access information. That we are here to awaken and life is the path of awakening and compassion is the means.

~As doctors how do we integrate spirituality into our practices to facilitate our clients attaining optimal health?

My answer would be:

To facilitate and educate our patients in the process of awakening.

~However these are only my answers and it is our responsibility to support each person in the discovery of what is true for them.

~If we return to the definition of Spirituality, our role is to assist our patients to discover for themselves:

“A high level of faith, hope and commitment in relation to a well-defined world view or belief system that provides a sense of meaning and purpose to existence in general and that offers an ethical path to personal connectedness with self, others and a higher power or larger reality.”

How do we do this:

### **~First and foremost: Respect all traditions**

- ~respect, non-judgement, don't proselitize
- ~If you have a belief in only one tradition, declare it up front
- ~encourage to look to their own traditions first
- ~there is wisdom everywhere
- ~"because they're all saying the same thing"
- ~"Oneness", Jeffrey Moses – recommend reading
- ~support their religious and spiritual choices
- ~learn from them about their beliefs

### **~Disconnection from spirit as obstacle to cure**

-examples of causes:

- |  |                                      |
|--|--------------------------------------|
| -abuse                                     | -lack of self worth                  |
| -isolation                                 | -poorly defined ethics/values        |
| -emotional/spiritual toxicity              | -stress of current culture and media |
| -traumatic, unresolved experiences         | -lack of nurturing                   |
| -lack of communion/community               | -giving w/inability to receive       |
| -no sense of purpose or place in the world |                                      |
| -feeling abandoned by "God"                | -no connection with a higher power   |

### **~Opportunity for Spirit to heal:**

- people come to us with vulnerable spirits, in their pain
- "back against the wall species", carrot and stick, motivated by pain
- when sick, in fear we often turn to the Divine
- more open to explore/heal their spiritual issues

### **~Intuition/Knowing/Extracting Information**

- Tool for both the Doctor and Client
- tell my folks I want to hear from them, their intuition often is valuable (dreams)

### **Case taking:**

- ~at beginning of every history, always tell my clients that they don't have to answer my questions. They are in charge.
- ~create a safe environment, spiritual beliefs are often uncomfortable to discuss because they are the basis of what we believe to be the nature of reality and our place within it.
- ~Some questions to elicit spiritual status:  
(many included in homeopathic and emotional hx)
  - Is your spirituality important to you?
  - Do you believe that your physical health and spiritual health are connected?
  - What are your spiritual beliefs?
  - Do you have a sense of connection with a higher power?
  - Do you have a sense of meaning or purpose for your life?
  - Do you have a regular spiritual practice?
  - Ask about input: Media, t.v., radio, what they read...

### **Spiritual Prescriptions:**

- ~Primary: any suggestions must be consistent with their beliefs and traditions.

### **Back to our principles:**

- The healing power of nature
- Identify and treat the causes
- Doctor as teacher -teach them about the information above
  - give them the definition of spirituality
- Treat the whole person

- **Empowerment:**
  - Educate about the capacity to affect their health by intention/prayer, meditation, spiritual practices
  - nurture curiosity, experimentation, investigation
- **Spiritual connection as “Reason to live, motivation to make changes”**
  - resistance to lifestyle changes are often because we are asking them to change a compensating behavior/activity that is a way to avoid being present with their mental/emotional/spiritual pain - the discord in their life
  - assist them in finding something to live for
- Spiritual connection:** ~alleviating suffering and healing into death
- **Instill hope, power of suggestion/placebo**
- **Communion/Community**
  - 4 times the risk of sudden death from an M.I. for individuals who feel isolated  
Ruberman, N. Eng. J. of Med, 1984
  - Cancer survival rates at 5 years have been clearly correlated with participation in support groups.
  - connection, give and take
  - reversing the “Golden rule”, allow others the joy of giving, completes the circle
  - recall co-creation and potentiation of intent

### **Spiritual Practices**

~Practices in common among most spiritual traditions on the planet.

- Breathing
  - Prayer
  - Service/altruism
  - Mindfulness, reflection, contemplation
  - Incense/Oils
  - Art
  - Movement/Dance
  - Meditation
  - Water/immersion
  - Vision/Intention
  - Music
  - Ritual
  - Joy/celebration/gratitude
- ~These practices are all correlated with positive effects on human health and can be used therapeutically.

~Notable several of them are already a part of Naturopathic therapeutics.

- **Moderation in everything, including moderation, which means every once in a while, go to extremes**
  - extremes in traditional spiritual practices: fasting, solitude, silence, dancing
- **Sense of purpose:**
  - ~ life as a lesson plan
  - ~ability to evolve, “wake up, learn from experience
  - ~ purpose of pain, “guaranteed the pain, not the lesson”
  - ~ability to move through and learn from adversity
  - ~repeated experiences as “practice”
- **Faith and Hope:**
  - ~trust that The One is ordered, intelligent and interactive and is unfolding as it in a purposeful way
  - ~easy when things are going well, when difficult, easier if belief in an inherent order

- **Acts of creation:**
  - ~remind pts. that their lives are acts of creation, get clear about what we are creating
- “Intention is the midwife of actualization”

**IMPORTANT: Guilt about what people have created.**

- tricky: freq. seen guilt, shame, blame of self and others about “creating their illness”
- when we are unaware then there is no blame, same as shaming someone who doesn’t realize the correlation between diet and health for eating poorly.
- the key is teaching them to be conscious of what they are creating from here on.
- Mindfulness of thoughts and input
  - ~recall: thoughts trigger same biochem as event
    - mindfulness meditation
    - media, movies, conversations
  - ~Cultivate “The Observer”
    - gently notice our focus, without blame, then we know what we are creating
- “To meditate is to listen with a receptive heart”
- ~Visioning options:
  - ~vision poster
  - ~list values
  - ~affirmation list
  - ~personal coaching
  - ~joy list • re-creation, laughter

• **Awareness of the interconnectedness of all beings.**

- that we are all in this together
- recognition creates an ethical basis for our actions

• **Recall experience when felt spiritual support, guidance, connectedness, love**

- ~to affirm their spiritual connection
- ~helps them access their belief in benevolence
- ~supports immune function

• **What about atheists?**

- ~ not believing in God
- ~can still have sense of meaning, purpose, ethics, connectedness with self, others, larger reality
- ~prayer studies show it works w/o belief

• **Homeopathy** ~addresses the whole person, including mental, emotional, spiritual issues

• **Counseling** ~ hopefully this is obvious

- ~either yourself if you feel qualified or refer
- ~are some people specifically trained in counseling on spiritual issues
- ~if pt. is affiliated with particular religious group, may have resources through their group

• **As Doctors, cultivate our own practices**

- ~makes us more effective as healers, then “We become the therapy” (Sensenig)
- ~we are in co-creation with our clients
- ~clarity and agreement about clients vision

• **Compassion:** giving and receiving love, unconditional

- ~to those around you, to yourself and as the Buddhists say, to all beings.
- “If your compassion does not include yourself, it is incomplete.”

“Ultimately we have just one moral duty: To reclaim large areas of peace in ourselves, more and more peace, and to reflect it toward others. And the more peace

there is in us, the more peace there will also be in our troubled world”  
-Ettý Hillesum

“If we want world peace, we must let go of our attachments and truly live like nomads. That’s where I no mad at you, you no mad at me. That way, there’ll surely be nomadness on the planet. And peace begins with each of us. A little peace here, a little peace there, pretty soon all the peaces will fit together to make one big peace everywhere.”

Swami Beyondananda, a.k.a Steve Bhaerman

**“May we always remember where we come from.  
May we see the whole in every part.  
May your blessings pour through to everyone,  
as love pours from my heart.”**

## **RESOURCES:**

### **Organizations:**

Center for Mind-Body Medicine, 5225 Connecticut Ave, NW, Ste. 414,  
Washington, DC, 20015 [www.cmbm.org](http://www.cmbm.org)

International Society for the Study of Subtle Energies & Energy Medicine  
11005 Ralston Rd., Ste 100D, Arvada, CO 80004-4551 [www.issseem.org](http://www.issseem.org)

Institute of Noetic Science, 101 San Antonio Road, Petaluma, CA 94952,  
707-775-3500, [www.noetic.org](http://www.noetic.org)

Marharishi University of Management, [www.mum.edu/tm\\_research](http://www.mum.edu/tm_research)

Mind & Life Institute, [www.MindandLife.org](http://www.MindandLife.org) & [www.InvestigatingTheMind.org](http://www.InvestigatingTheMind.org)

Princeton Engineering Anomalies Research Lab, School of Engineering and Applied  
Sciences, Princeton Univ. Princeton, NJ 08544-5263

Spindrift, Inc., POB 3995, Salem OR, 97302-0995

### **Books and Publications:**

Alternative Therapies (Journal) [www.alternative-therapies](http://www.alternative-therapies)

“Destructive Emotions” A Scientific Dialogue with the Dalai Lama, Daniel Goleman, 2004,  
Bantam Dell

“Healing Words”, Larry, Dossey, M.D., 1993, Harper Collins

“Margins of Reality, The Role of Consciousness in the Physical World”

Robert G. Jahn and Brenda J. Dunne, 1987, Harcourt, Brace Jovanovich

“Molecules of Emotion”, Candace B. Pert, Ph.D., 1997, Scribner

“Oneness, Great Principles shared by all Religions” Jeffrey Moses, 2002, Ballantine Books

“Recovering the Soul, A Scientific and Spiritual Search”, Larry Dossey, M.D., 1989,  
Bantam Books

“The Dreaming Universe”, Fred Alan Wolf, Ph.D., 1995, Touchstone

“The Elegant Universe”, Brian Greene, 2003, Vintage Books