

## SECTION IV

### YOU CAN TAP INTO SPIRIT - YOUR HIGHEST ENERGY FIELD

*The mind can only proceed so far upon what it knows, and can prove. There comes a point where the mind takes a leap - call it intuition or what you will - and comes out on a higher plane of knowledge."*

---Albert Einstein

*"The human mind, once stretched to a new idea, never goes back to its original dimensions."*

---Oliver Wendell

Holmes

*"As a man thinketh in his heart so is he."*

---The Bible

Most thoughtful health-seekers these days will go along with what has been said so far about the need for harmony and balance between body, mind/emotions, and even the more esoteric subtle body energy fields. But when we get to the last component in total health regeneration.....spirit.....eyes glaze over and intellectual attention turns off!

Most people see no connection between physical health and what they think of as "lofty philosophical ideals." But conscious of it or not, we all have a spiritual dimension....just as we have an emotional dimension, repressed or not.

## ANCIENT WISDOM

It seems many past civilizations and cultures worked more closely with human multidimensional anatomy than is common today, recognizing more readily man's connection with all the universe. Scholarly research points to the concern of man with the questions of Who am I? Where did I come from? Why am I here? What is expected of me? since the first cave paintings. Indications are that there has always been a belief in some transcendent "something", some source of creation, some All That Is to whom one could turn for answers to all the questions daily living or survival posed.

Every so often in history, some great teacher appears to rekindle our awareness of the divine nature of humanity and the full range of human potential. Lao-Tze, Confucius, Buddha, Zoroaster, Mohammed, Jesus of Nazareth...different tongues, slightly different versions of Truth, but the same basic principles.

Literature is available with postulations about the very advanced civilizations of Lemuria and Atlantis, the mystery schools of Egypt and Greece. Whether fact or mythology, the spiritual wisdom ascribed to them continues to surface in one form or another, often at the same time but on opposite sides of the world...defying our concept of time/space.

Commonly used symbols in stone carvings of early South American Indians, the hieroglyphics of ancient Egyptians, and works of North American Indians point to strikingly similar spiritual teachings and the idea of **UNITY IN CONSCIOUSNESS BETWEEN ALL LIVING THINGS AND WITH THE CREATOR.** It is a theme that won't go away.

## CAROL - OPTIONS FILE #171

### **Body, mind and spirit connection most important revelation . . .**

Suffering from clinical depression and chronic physical ailments for six years, Carol felt she had exhausted all her resources for getting well and leading an active, happy life. Going to Options Health and Education Center was a last resort which, she says now, "couldn't have been a better choice."

Carol's symptoms included severe premenstrual syndrome and vaginal yeast infections. She had taken a traditional medical route which included prescriptions of tranquilizers and anti-depressants, as well as a five week stay at Mayo Clinic. At Mayo she was freed from medication, but the physical symptoms persisted.

Carol was part of a PMS support group when a midwife leading the group referred her to Helen Cox at Options. She embarked on the Candida Diet and for the first time in years got the yeast infection under control. However, the infection was only the physical component of her problems.

After her second meeting at Options, Carol was asked if she was interested in looking at the psychological aspects of her chronic condition, and she said yes. Through visualization, guided by Helen, Carol uncovered repressed memories of childhood sexual abuse. She discovered she was the victim of incest. Helen referred Carol to a psychologist specializing in work with incest survivors, but Carol continued working with Helen as well.

Looking back, Carol now realizes she had no memory of early childhood...which should have been a "red flag," she says, but was a "protective mechanism" for her at the time to avoid dealing with the painful reality.

The year she spent on this difficult emotional work took its toll temporarily. Separated from her husband, and not working, Carol put all her energy into getting well. "I knew I had to give it my full focus or I would be sick again. I did everything I knew to do to heal my mind and body."

In addition to therapy with her psychologist, Carol's program at Options included guided imagery, Edu-Kinesthetics, affirmations, exercise and nutrition.

"Helen was very much a nurturing aspect of my life at that time and also a guide through the journey. Obviously, I had to be ready for the recall work, but maybe she was there at the right time."

The most important revelation for Carol, she says, was the connection made between mind, body and spirit."From her (Helen) I learned how to take control of my life, how to deal with the stresses that lead to disease or emotional discomfort."

Carol is now reunited with her husband and works with support groups for cancer patients, helping them make the body, mind and spirit connection.

"I have not had clinical depression since and I've gained all kinds of mental strength to take charge of my life."

## WHAT IS SPIRIT?

When asked to assess their spirituality, I'm sure the majority of my clients' thoughts turn to earlier religious training (if any) within one of society's organized church structures. Or to visions of the flower children of the sixties sitting in yoga positions chanting mantras while inhaling incense or other substances!

Either of these two scenarios may be your choice as the path to enlightenment and enhancement of spirituality. If it works for you, fine! Or if you fail to see the necessity of any sort of "religious experience" in your lifestyle, that's O.K., too. But whatever attitude you hold, SPIRIT is still part of the multidimensional entity you identify as your self, and your spiritual abilities as well as your physical and mental abilities focus together to form your present experience and degree of well-being.

Spirit is a difficult concept to define. We stumble over words and labels. "Spiritual" is not synonymous with "religious"; "mind" is not synonymous with "spirit." Perhaps you will be more comfortable with one of these phrases: Inner Self, Higher Self, Higher Consciousness, Superconsciousness, Cosmic Consciousness. Choose one (or make up one of your own), so we can go on to explore this higher energy dimension.

*Human Responses.....*

We can identify our various responses to life as coming from either the physical, psychological or spiritual domain.

The body, the mind, and the spirit each have different requirements and preferences. The body needs food and exercise; the mind needs to feed on thought and communication; the spirit needs to find meaning and purpose in life.

Louis Savary, theologian, and Patricia Berne, clinical psychologist, have conducted workshops as a team on the interface of psychology and spirituality. Their chart Responses of the Human Person is most helpful when trying to grasp these differentiations. See chart on next page.

## RESPONSES OF THE HUMAN PERSON

Response Focus	Pain Responses	Relaxation Responses	Unwelcome Feelings	Welcome Feelings	Needs	Desires, Preferences
BODY (Physical)	Headach arthritis	Equilibrium rest after exercise after sleep	Exhaustion tenseness	Balanced use of body content- ment after a good meal	Food, shel- ter, security, sexual ex- pression	Food, cloth- ing, dancing, shouting
MIND PSYCHOL OGICAL (intellectual, emotional)	Anxiety fear mental block	Calm happily busy emotional bal- ance	Anger fear guilt	Love delight communicating	To be un- derstood to express feelings to experience humor	
SPIRIT (transper- sonal)	Alienation from friends, from God; inability to create	Feeling cen- tered feeling connected	Lack of courage meaninglessness indecisiveness	Empathy self-value faith	To find meaning in life	To achieve union with God, to dedi- cate one's life to social jus- tice

### *Level of Perfection.....*

"At the spiritual levels of human consciousness, there exists a level of perfection and energetic balance which cannot be affected by distortions of mind and emotion. At these highest levels, the soul is working to positively influence the energies integrating with the physical form. According to the reincarnational philosophy, our bodies are only a temporary vehicle of expression upon the physical plane. Our physical personalities are a manifestation of the soul in chemical clothes. This level of understanding is an aspect of humanity that most doctors have not yet discovered, but it is hopefully a dimension that the spiritual physicians of the future will address." Vibrational Medicine, Richard Gerber, M.D., 1988.

The spiritual dimension is really the most fundamental quality of human life. It is the endowing power that creates, instructs and moves this vehicle we call the human body. Without this highest energy we would not "be." The subtle energies are hierarchical in nature, and work from the highest level downward until they manifest in their densest expression...the physical body.

As we have said elsewhere, all the body systems strive to maintain homeostasis (normal stability in an organism) in spite of our imperfect life styles and environments, i.e., to be as nearly perfect as possible. Equally, the drive of our spirit is toward a higher quality of consciousness...toward perfection. "Be ye therefore perfect, even as your Father in heaven is perfect." (The Bible)

Is this the key to evolution? If you think of consciousness as a form of energy (and many do... even the highest form of energy), then to speculate that the journey of spirit toward higher and higher levels of consciousness is the driving force for the evolutionary process does not seem far-fetched. As humans we have moved from one cell to simple or animal consciousness to self-consciousness to what next? Pure consciousness? And more refined, lighter matter? Or no physical matter, as we know it, at all? It's an interesting speculation...

### COMMUNION WITH THE UNIVERSAL

Enhanced spiritual awareness comes from tapping into the energy field of our Higher Self, making an inner connection that awakens an unerring source of guidance and creativity.

Dr. Bernard Siegel, noted physician and author, in describing his "theo-physics" states: "If you consider God, and you can use this label scientifically as an intelligent, loving light, then that energy is available to all of us. We are part of it, we have a collective unconscious...if you get people to open to this energy, anything can be healed."

Going back to the turn of the nineteenth century, from the book by Dr. Richard M. Bucke, Cosmic Consciousness:

"The prime characteristic of cosmic consciousness is, as its name implies, a consciousness of the cosmos, that is, of the life and order of the universe...There are many elements belonging to the cosmic sense besides the central fact just alluded to. Of these a few may be mentioned. Along with the consciousness of the cosmos there occurs an intellectual enlightenment or illumination which alone would place the individual on a new plane of existence - would make him almost a member of a new species. To this is added a state of moral exaltation, an indescribable feeling of elevation, elation, and joyousness, and a quickening of the moral sense, which is fully as striking and more important both to the individual and to the race than is the enhanced intellectual power. With these come what may be called a sense of immortality, a consciousness of eternal life, not a conviction that he shall have this, but the consciousness that he has it already."

There are many ways to access this Cosmic Consciousness. Reading or listening to inspirational words can open the door to metaphysical thoughts and feelings, as can prayer and certain types of music. Progressive relaxation and yoga, hypnotic trance, meditation, visualization and imagery are other methods. It doesn't matter which door you use, as long as you get into the room!

However you get there, you will know you have arrived when the busy, chattering conscious mind full of everyday observations and conclusions is stilled and your awareness is at the center of your being; a quiet place of unconditional love where you sense your inherent well-being and your validity as a person in a benevolent universe.

*Meditation.....*



A technique used by mystics and laymen alike is meditation.

Meditation is not just sitting with closed eyes observing your breathing as a detached witness. (Although this is a wonderfully effective and relaxing way to center and open oneself to the superintelligence buried deep within us.) It has been defined as "any activity that keeps your attention pleasantly anchored in the present moment."

With this in mind, you have probably "meditated" more often than you realize! Have you ever been occupied with a favorite hobby or craft or been gardening outdoors or sat before a fire hypnotized by the flames when passage of time seems irrelevant? When you were totally immersed in the "now" and all distractions ceased? Such moments qualify for the description of "ecstatic." That feeling or state of consciousness is meditative, profoundly enjoyable.

There are, of course, structured systems of meditation. The element basic to them all is the act of quieting oneself in a ritualized manner. This may be through rhythmic breathing, physical movement as in yoga or tai chi, or concentration upon an image or a sound pattern. Once you achieve this "altered state of consciousness" you can learn a great deal by asking yourself for guidance. Many religions and cultures use these altered states as a means to achieve unity with God or the universe.

### **EMMY - OPTIONS FILE #163**

#### **Travels from Chicago to get healthy . . .**

The commute is the hardest part of Emmy's journey toward health. She travels from suburban Chicago to Options Center in Peoria Heights to work on her body/mind/spirit integration.

For over five years she has been working with Options Director Helen Cox using guided imagery, energy field work, herbology and nutrition. "I'm still working on it," says Emmy. She is patient and is allowing the journey toward wholeness to be a natural and long lasting one.

"I know there can always be little setbacks," she notes. "I know it's a long process; it's a change of lifestyle; it's a commitment."

Emmy and Helen met through a seminar hosted by Options. Emmy had a swollen ankle which had been diagnosed as rheumatoid arthritis by conventional medical professionals. The conventional treatments hadn't helped, she says, but it was "taken care of right away," after she began seeing Helen.

Emmy then concentrated on her mother's health, but soon learned she should focus on her own issues. "The biggest lesson Helen ever taught me was you can only live your own life," says Emmy.

Emmy is now also being assisted in her health by a chiropractor who uses kinesthesiology and neuro-emotional techniques. With Helen, she continues to work mostly on the spiritual aspects. Through spiritual growth, she says, she is dealing with day-to-day crises in a whole new way.

"It has made my life a whole, big, different story. Developing that spirituality has been incredible."

Variety is one aspect of the Options program which appeals to Emmy, who has tried a number of the alternatives made available by Helen and her staff. "If you're interested and ask, you can pick from the menu (of services)."

Emmy's healing has affected others in her life, including her mother and her friends. Her mother, she says, believed in the rational and scientific methods she had always known. However, in illness she "finally realized there was a better place for her to be," says Emmy.

Her friends, who have noticed a difference in her manner and have heard Emmy speak of the work she is doing with Helen, are beginning to ask questions and show interest in what Emmy is doing to make such a positive difference in her life. Some are considering making the long commute to Options, as well.

"If they're ready for alternative care and wellness," says Emmy, "Options is the place to go. If they choose to make the commitment, fantastic things can happen to them."

## *Help for Regular People.....*

"Meditation is not some kind of weird, airy fairy type of thing," says Dr. Jon Kabat-Zinn, founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center. The clinic's program was featured on "Healing and the Mind," the recent popular PBS television series of Bill Moyers.

Always interested in science, Dr. Kabat-Zinn particularly wanted to know more about mind and consciousness. "I was interested in the biology of consciousness and gradually I began to feel that I wanted to do it from the inside as well as the outside," he says. "It didn't make much sense to study consciousness and be unconscious."

He persuaded the University of Massachusetts Medical Center to let him set up his clinic after talking to the doctors there about their patients. (He was doing research in molecular biology and cell biology at the time.) He says he had no idea if people referred to the clinic by their physicians would be willing to work so hard on themselves. But when all else had failed perhaps they'd say, "Hell, what do I have to lose?"

The clinic is a success...the first behavioral medicine program of its kind in this country...and has grown. Dr. Kabat-Zinn himself has taught meditation to scores of people, including prison inmates and Olympic athletes.

Other quotes of his from an interview:

"It's important for people to know that it's a daily kind of work...It's like tuning. If you want to play the violin, you have to tune the violin. If you really want to optimize your well-being, it's good to tune the instrument before you take it on the road..."

"It's true that the principles were articulated in the most sophisticated and deepest way in Buddhism, Taoism and yoga, but they really are universal and have to do with what it means to be fully human."

Jon Kabat-Zinn's latest book is [Wherever You Go, There You Are: Mindfulness Meditation](#). He says it is geared toward people who are curious enough about meditation to give it a try!

[Visualization and Imagery](#)

Visualization is often used as an adjunct to meditation. It is helpful in meeting goals you set for yourself. Your imagination is engaged to assist you, to impress upon your body/mind what it is you wish to achieve....a better golf swing, loss of weight, a new job, freedom from an addictive habit, or whatever. Many clinics and doctors are using visualization techniques in health care...controlling pain, strengthening the immune system, etc.

Imagery refers to the pictures you paint or the script you write for yourself to use in your visualization exercise. You "see" yourself in your desired improved condition, acting out your goal. People get very creative with their images. One child used Star Wars aircraft to zoom through his body attacking and killing the invading cancer cells they found. Another woman considered her tumor "unwanted garbage" so she had a little pink pig go in to eat it up! For problem solving, you might create for yourself a wise guru complete with robes and a long white beard to whom you can go for needed answers.

It is pointed out by trained therapists that **THERE IS AN IMPORTANT DIFFERENCE BETWEEN MEDITATION AND VISUALIZATION**. Meditation is not goal oriented. It teaches the body/mind to let go, to observe the self without interference from the conscious mind, to be receptive to inner wisdom. Visualization and imagery feed a desired goal into the receptive state produced by the meditation.

## BENEFITS OF SPIRITUAL PRACTICES

The relaxation response brought about by meditation has shown measurable physiological benefits. Heart rate, metabolism, oxygen consumption, and respiration slow down, blood pressure is lowered, muscle tension is lessened, and brain waves slow down to the alpha state. Joan Borysenko's Body/Mind groups have shown that many diabetics are able to use relaxation to reduce their need for insulin. According to Dr. George Fuller-von Bozzay of the Biofeedback Institute of San Francisco and Dr. Paul Lehrer of Rutgers Medical School, relaxation training has helped asthma sufferers, and there are many statistics relating to people with chronic or acute pain who have been helped.

Spirituality is more than relaxation, however! When we talk about the spirit part of the body/mind/spirit equation, we are referring to your state of consciousness.

By raising your consciousness to universal truths, and getting a broader perspective of this earthly journey, you often see the obstacles and stumbling blocks you have tossed into your life's path...errors of perception that eventually end up as dis-ease in the physical body. Provoking questions about life's meanings can lead to the emergence of improved attitudes, and this trickles down to improved body and emotions....because body/mind/spirit are (I can't say this too often!) inseparable.

Feelings of love and hope are the most powerful healing prescriptions you can give yourself.



## OWNER'S MAINTENANCE MANUAL

It has been said that it is unfortunate human beings do not come with an Owner's Maintenance Manual! In a sense, such information is stored in your Higher Self and by finding your personal code to this "bio-computer," you can use its information to realize your full potential.....to set free your "imprisoned splendor."

*The Power that sets the stars in their course knows all about you; the imagination that painted the sunset knows how to splash a little color in your pathway, and the immutable law that holds everything in place will not have the slightest trouble in taking care of you. Old loves for new, old bodies for new, old thoughts for new - 'Behold, I make all things new.'*

--Ernest Holmes

The Practical Application  
of the Science of Mind