

Integrative Spirituality:

New Models of Energetic Health

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Objectives

- ◆ Define spirituality, particularly in the context of mental health
- ◆ Explore and characterize the nature of spiritual distress
- ◆ Explore traditional and emergent approaches to address spiritual distress

Spirituality

- ◆ The immanent and transcendent sense of the numinous that is privately experienced and corporately expressed in all aspects of our humanity.
- ◆ “A state of being reflecting positive feelings, behaviors, and cognitions of relationships with oneself, others, the transcendent and nature, that in turn provide the individual with a sense of identity, wholeness, satisfaction, joy, contentment, beauty, love, respect, positive attitudes, inner peace and harmony, and purpose and direction in life.”
 - ◆ Gomez & Fisher, 2002

Suffering

- ◆ **Suffering is at the heart of spiritual distress**
- ◆ Suffering is a state of severe distress associated with events that threaten the intactness of the person.
- ◆ Suffering occurs when an impending destruction of the person is perceived; it continues until the threat of disintegration has passed or until the integrity of the person can be restored in some other manner.

"Are you at Peace?"

- ◆ Non-threatening and nonsectarian means of opening a conversation about emotional and spiritual concerns
- ◆ Strong correlation of peacefulness with measures of emotional and spiritual well being but also to a lesser extent with measures of physical, functional, and social well being
- ◆ The response will guide further inquiry
- ◆ Not to explain but to understand, not to diagnose but to witness and help.



1993 - \$2 million

2009 – \$33.9 billion

Nearly 85% of North American medical schools offer courses in CAM

Toward understanding the usefulness of complementary and alternative medicine for individuals with serious mental illnesses: classification of perceived benefits.

Russinova Z, Cash D, Wewiorski NJ. Center for Psychiatric Rehabilitation, Sargent College of Health and Rehabilitation Sciences, Boston University

- ◆ Explored the specific benefits attributed to CAM
- ◆ 225 subjects with serious mental illness
- ◆ Benefit encompassed all major areas of human functioning, including physical, emotional, cognitive, self, social, spiritual, and overall functioning
- ◆ Addressed both the improvement of psychiatric symptomatology and the promotion of functional recovery.

CAM

Alternative: replacing western medicine

Complementary: working with western medicine

- Whole medical systems
 - Traditional Chinese medicine
 - Naturopathy
 - Homeopathy
 - Ayurveda...
- Mind-body medicine
- Biology-based practices
 - Herbs, foods, vitamins...
- Manipulative body-based
 - Chiropractic
 - Osteopathic...
- Energy medicine
 - Therapeutic Touch
 - Qigong...

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TT Research

◆ ↓ anxiety, ↓ pain, ↑ relaxation response (*Boguslawski, 1980, 1990; Cox and Hayes, 1997; Denison, 2004; Green, 1998; Heidt, 1981, 1990, 1991; Lionberger, 1985; Meehan 1991*)

◆ ↑ the healing process (*Wirth and Barrett, 1994*)

◆ ↓ chemotherapy related side effects, improve several aspects of immune function in patients with cancer (*Caudell, 1996*)

◆ ↑ hemoglobin levels (*Kreiger, 1975, 1979*)

◆ initiates changes in lymphocyte levels (*Quinn & Strelkauskas, 1993*)

◆ A review of studies to date demonstrate that TT promotes comfort, calmness, and well-being among hospitalized patients (*Newshan & Schuller-Civitella, 2003*).

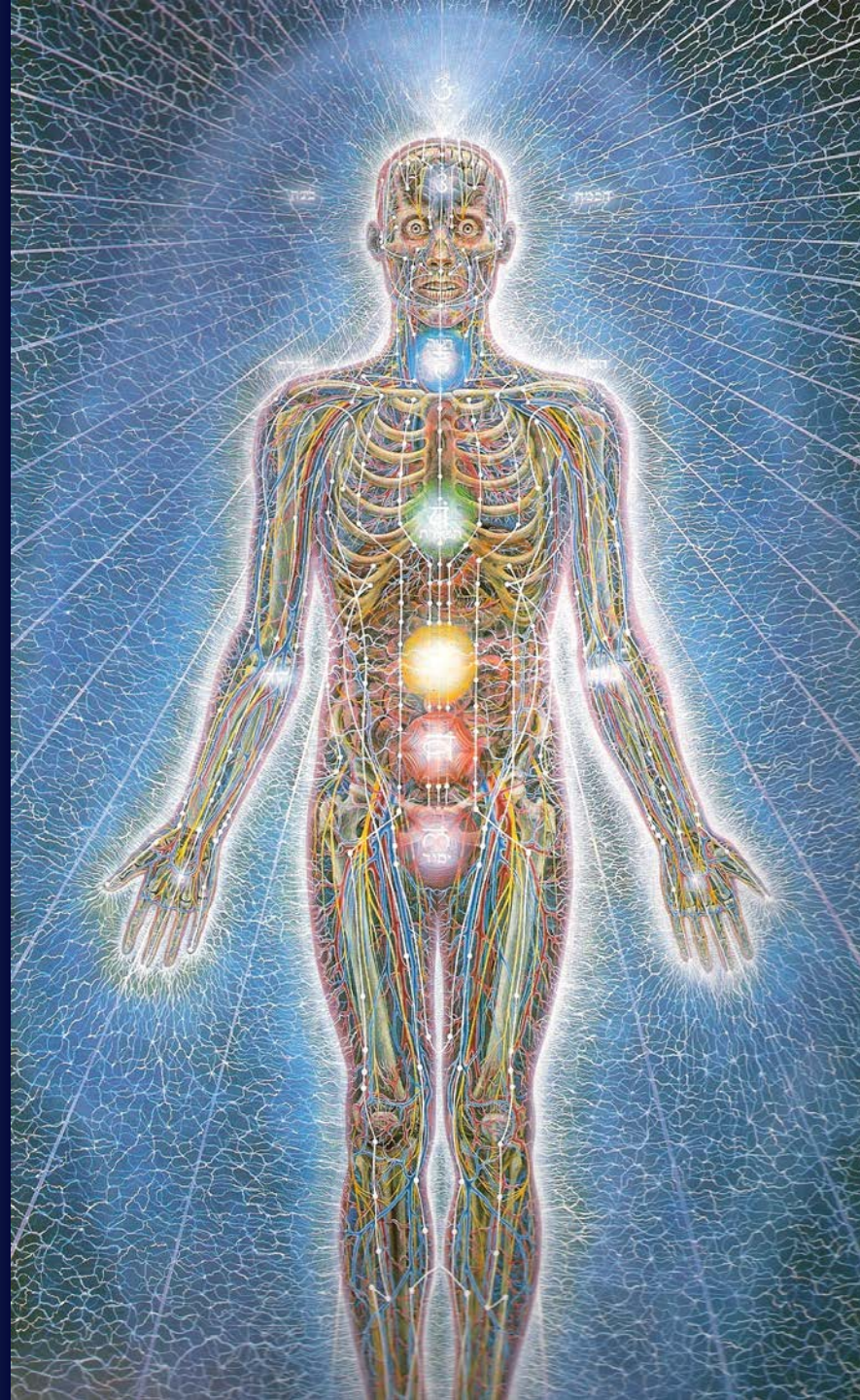
Research

Weaknesses

- Inconsistencies in methodology
- Lack of studies on larger populations
- Difficult to isolate the effect of intention influencing outcomes
- Unable to observe or quantify the energy field due to limited funding or lack of knowledge of available technology.
- The scientific method is not well designed to address healing intention. Science demands repetition, but that very demand squashes the effect.

Strengths

- Demonstrated decrease in the amount of pain medications required and increases in the time span between dosages
- In vitro studies demonstrate energetic effects on cells
- Induces the relaxation response
- Improved well-being





Beings of Light

“University of California researchers find new light-sensing mechanism in neurons”

Science Journal, March 3, 2011

“New, wireless method of brain stimulation has the potential to activate specific regions of the brain or restore function to damaged or cut nerves”

March 16, 2009 Case Western Reserve University

Blue-light sensing arousal neurons (credit: UCI)



SQUID Magnetometer

- 💧 SQUID: Superconducting Quantum Interference Device
- 💧 All tissues produce biomagnetic fields from 0.3hz - 30hz
- 💧 Field from the heart and hands are strongest, and synchronize with brain waves.

The direct current control system. A link between environment and organism.
Becker Ro, Bachman Ch, Friedman H. NY State J Med. 1962 Apr 15;62:1169-76.

SQUID Magnetometers: Uses in Medicine S.J. Swithenby 1987 *Physics in Technology* 18 17



Welcome to HeartMath Research

The Institute of HeartMath Research Center is a recognized global leader in emotional physiology, optimal function, resilience and stress-management research. The center conducts basic research into psychophysiology, [neurocardiology](#) and biophysics, and outcome studies in clinical, workplace, educational and military settings, frequently in collaboration with universities, research centers and health-care-system partners. This research has significantly advanced understanding of [heart-brain interactions](#), heart-rate variability (HRV) and heart-rhythm coherence, and the physiology of optimal learning and performance.

Research interests also include the electrophysiology of intuition and exploring how we are all globally interconnected at a deep, fundamental level via electromagnetic fields and biofields.

RESEARCH SECTIONS



RESEARCH LIBRARY

Many of this sections' extensive listings and summaries of IHM's 20 years of research publications can be downloaded here, including works on heart-rate variability, heart coherence, stress management, heart-brain interactions, emotional physiology and intuition.



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STRESS & WELL-BEING SURVEY IT'S FREE!





A word cloud centered around the word "compassion". The word "compassion" is the largest and most prominent, written in a dark red, serif font. Surrounding it are various other words in different sizes, colors (including dark red, grey, and white), and orientations. The words are arranged in a horizontal, cloud-like shape. The background is white with a blue curved shape at the top.

compassion

human

brain

become

client

education

empathy

development

feelings

god

grasp

life

look

may

meditation

others

pain

people

possible

persons

practice

prayer

relaxation

spirituality

study

tradition

training

usually

suffering

work

value

world

experience

feeling

imaging

judgment

organization

person

physical

religious

social

concerned

anger

basic

knowledge

opportunity

compassion

experience

feeling

imaging

judgment

organization

person

physical

religious

social

tradition

training

usually

suffering

work

value

world

Integrative Spirituality

- 💧 Non-dualistic
- 💧 High tech, high touch
- 💧 Energetic modalities
- 💧 Mind and heart awareness

