

HOLISTIC MEDICINE

FROM THE PERSPECTIVE OF WELLNESS

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Available online at
<http://www.healthyvet.com>

Last updated on 12/7/2003

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FROM THE PERSPECTIVE OF WELLNESS.

The goal of medical treatment is to bring greater health (Wellness, Oneness) to the patient and the provider. Health is the living of Wellness and the ongoing fulfillment of desires that life brings. Wanting this vitality of life alive and well in others is a natural expression of the Healthy state. Pursuing activities through thought, speech and action, that enhance the Wellness of others strengthens the knowing that all (or at least more) is well within. Valuing inner Wellness opens the valve that allows the flow of healing into the world. Lack of this Wellness causes disease and shortens life span. Excess Wellness is experienced as waves of clarity, happiness and peace—the basic ingredients of true healing.

It is hoped this presentation will help awaken the underlying holistic perspectives inherent in us; those same perspectives that support all physical systems from microscopic to the macroscopic and beyond. There is a stream of pure healing inherent in the nature of Wholeness, otherwise life could not exist. It is our wish as physical extensions of healing to strengthen this flow of integration of life and share it with the world around us.

PARADIGM IN WHICH WHOLENESS PREDOMINATES

Holistic - (G. Holos, entire) The consideration of man functioning as a complete, integrated unit.

Holism - A theory that a living being has the properties that pertain to the whole rather than to its constituent parts.

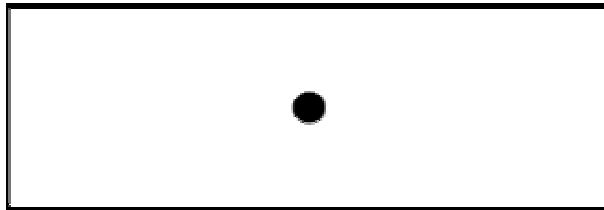
It is in a sense of Holism that health abides. Being healthy is the experience of being One in the midst of diversity. Health is an ongoing awakening to the nature of living wholeness and the wonderment it unfolds. A higher state of health (Wellness) is not just absence from disease, it is the propagation of the knowing that wellness abounds.

Wholeness is oneness; either an experience the unity of differences or the non -experience of sameness.



There is oneness as there is nothing else. This is sameness without a second. It cannot be experienced through the senses, but can be known when entering or returning to the multiplicity of experience. As such, Oneness is devoid of all qualities, indescribable, yet of substance because of its inclusion in the nature of life.

LIVING oneness requires a point of focus (a body). It is here the fun starts.



A single point gives rise to duality (a point and its surrounding field). There is a necessity of duality in the nature of Oneness. It can be no other way. Oneness without second is flatness, and flatness is boring, there is nothing else to say. But to create a point in which the oneness can fix on itself such that flow is possible is the beginning of eternal creation. It is from flow and the awareness of it, that experience is possible. This flow of awareness creates the three aspects of the nature of experience. Any experience is fundamentally triple in nature, for there is:

**a knower,
a process of knowing,
and the known.**

All experience can be analyzed from any of these perspectives as well as the holistic perspective of all three. It is in this eternal diversifying that more and more is created in the universal "space/time". This is the basis of the ever expanding universe in physics and cosmology. Examples of 3 in 1:

- Doctor, medicine, patient
- Employer, employment, employee
- Eye, light, object
- Ear, hearing, sound
- Giver, exchanging, recipient
- Space, time, causation
- Speaker, sound, listener
- Carpenter, wood, cabinet
- Birth, growth, death
- Nation, culture, people

Though the members of the triplet are different, from a holistic perspective they are three aspects of the same oneness. Expression in the physical world, not just the idea of it, maximizes the contrasting values of each triplet totality. The richness of differences experienced through the physical apparatus (senses, heart and/or mind) add layers of sensory input interfacing with the mind, enabling interpretation of a happening within the concepts of time and space. This makes up the nature of experience and adds unto that which already exists.

Association through attention (focus of consciousness) of one member of the triplet with another, results in the observer becoming more like the observed; creating a fourth; and in turn the new observer (the fourth) now observing the first, second or third, creates a fifth. This goes on ad infinitum. This is the eternal process of creation.

By observing what is, the flow is only maintained. By observing and consciously flowing the Oneness; then that which is observed is elevated to a greater sense of Wellness. This enhanced flow of Wholeness in the presence of disease, is the healing process. As the holistic predominant perspective grows the experience of healing grows as well; shifting the orientation of goal to the orientation of process (from emphasis on the one being healed, or the one healing, to healing, the totality of the 3 in 1)

Wholeness is greater than the sum of its parts (body parts dissected just don't contain as much life energy as when they are pulsating together) for the **relationship** of parts is the driving wheel in the maintenance of life and growth. With the addition of relationship (the process connecting the observer and the observed) larger holistic perspectives are contained within lesser ones.

In mathematics infinities can come in different sizes. The set of whole numbers (0,1,2,3,...) is infinite. This infinity is contained in a larger infinity of the set of rational numbers (1, 1½, 1 2/3, 1 ¾, 1 4/5, ...2); two or more counting numbers expressed in a different relationship other than counting.

There is yet a larger infinity of numbers called transcendental (rational numbers that do not repeat in any way and thus never end. These transcendental numbers are forever revealing different relationships. An example of a transcendental number is Pi. Pi is the circumference of a circle divided by its diameter; a ratio of two rational numbers, yet transcendental in their relationship. The set of transcendental numbers is by far the largest infinity of numbers, for it most truly reflects the nature of creating. Curving back onto the self, the mutual focus enlivens a myriad of relationships simultaneously. The separateness is subsidiary towards inception and only becomes seemingly distinct upon physical expression. Separateness and togetherness is but a point of view; it is a perspective from which we live life, to enjoy, or make it what we will.

As infinities are different in size, they can have different qualities. Infinities can be repetitious (boring), forever new (never boring), or anywhere in between (not boring in sometimes being boring). Life can be viewed as localized infinities interfacing through warps of space/time, generating fertile ground for more life. These differences harmonize together to create infinities unknown to the parts. The parts can themselves be other infinities. Reproduction and offspring is the vital link in creating potentialities for further expression. This is the holistic principle life uses in Wellness; the feeling of the beating of a heart; the simultaneous overtones of holism resonating conjointly, making more than there was before (not to mention the beating of two hearts together).

The parts of a car taken separately do not make a car (it doesn't go), but taken together, the whole is greater than the sum of its parts (it goes). Yet the car goes no where without a driver; the driver was intended for the car, but was not created with it. The driver of the car is separate from and greater than the car. (Continuity-multi-dimensionally) Life is unborn, for it is eternal in Wholeness, yet it enters vehicles for the added thrill and enjoyment of a new relationship. Here is an example of differing infinities intertwined through relationship; the eternally unborn sipping the fresh juice of ripened experience.

The concept of infinity, held by the mind, yet incomprehensible by the rational intellect, is an inherent aspect of a holistic perspective. A familiar, yet sporadic notion that the totality of things, including the self, is contained in something that's larger, yet different, arises from a part-predominant perspective. Isolation and separation is the view point from which ideas based almost exclusively from sensory input and memory dominate the mental landscape. The shift to a holistic-predominant perspective mixes in greater familiarity, intuitive knowing and generalized awareness; lively aspects of Oneness .. These aspects are more lively in the predominance of the field value as opposed to the point value. In the point value predominant perspective , the field value is turned on itself tightly, high energy (matter) in a small place. In the field value predominant perspective, spreading out is predominant, giving rise to potentiality (matter in waiting). It is from here that creation occurs.

The holistic perspective is at the basis of intimacy, knowingness and peace. Wholeness is always available, in all experience and gives rise to the sense of Wellness (all is well). The sense of identity (oneness) is the core source of the continuity of experience through life and is the generating force that extends the self out into the perceived world.

The growth of awareness is the key to a sense of Wellness. Growth parallels existence, it is in relation with the variable that consistency is maintained. A holistic perspective requires growth (expansion) as an essential ingredient; awakening in knowing greater relationship invites oneness to the conscious mind, making it feel at home in the freshness of ongoing creativity.

A growing sense of Wellness can be experienced in many ways but in every case it is alive or waiting within us; closer to us than our thoughts or experience. Wellness can be experienced as unfettered unboundedness, silent and still. Wellness can be a sense of awakening to what is new and more encompassing. Wellness can be knowing love as thyself expressed in what is touched by the mind. Wellness can be unconditional joy, freedom or growth, ever intertwining in new blends of experience. Or Wellness can be none of these, it can be our individual knowing that the world and all that's in it is fine just the way it is; even with the presence of disease and lack. It is from this perspective that Wellness reemerges with even greater vigor back into the world.

The richness of renewed experience gives vitality to the ever changing physical apparatus, engineering the constant remodeling of the body, a process that reflects the nature of our thought. Knowing more within the seemingly same physical framework is the sense of growth that helps give rise to the sense that all is truly well. This life flow of Oneness extends to the ego, intellect, emotions, mind, body and finally into the surroundings; giving sustenance to the nature of experience and all within it..

Life is the vibrant expression of the flow of the co-existence of opposites experienced simultaneously multi-dimensionally. It is a constant dynamic myriad of webbed feed-back mechanisms responding to all stimuli, both internal and external. The physical life of our solar system is the result of the mixture of the radiance (passion) of the sun and the receptivity of the earth and moon, including the subtle influences of the revolving planets. The movement of our sun with its neighbors around points in our galaxy bring even more subtle influences that impinge on our cellular structures.

We are the offspring of this dance of the universe, our destiny is to dance our own dance together. This omni-dimensional co-joining oozes out life in ongoing multiplicity at the touch of opposites in union. Each life form is an expression of wholeness at its core; yet capable of expressing only a portion of that totality. This partial expression is inevitable in the nature of physicality as it no longer is pure potentiality.

Know it (eternal spirit) as every tree that manifests my treeness knows it. Feel it as the winged gull that feels my sea-birdness knows it. Know it as the starfish who hears my singing ocean knows it, feel it as the flowers do-and the souls of nations, too. For there is but one Being who manifests in all that is, but one Dreamer behind every species' dream. The Dreamer awakens incompletely in the gull and in the starfish, only partially in the flowers and the creatures of land and sea, but the Dreamer seeks to awaken fully, completely, in you.

Every creature is capable of knowing my wholeness *in spirit*, but most life forms are able to translate only a portion of that wholeness into biological expression. The nonhuman species of this earth are each designed to specialize in a particular range of perception and expression. Only human beings possess the systems of generalized biocircuitry that can translate the full range of my awareness into comprehensive forms of physical-plane communication and creation.....

A *human* is an individual system of biocircuitry within a species of similar but utterly unique others. The species itself meets the human definition by providing biological circuitry that embodies the precise balance for that particular location in space and time of the following pairs of creative opposites: **energy/matter, spirit/form, love/truth**. These three pairs stem from but a single inclusive pair; however, there are no terms in this language that can convey the scope and expansiveness of that pair.

- The Third Millennium Ken Carey p.144

True Wellness is a state of life in which the totality of genetic expression is a living reality. This natural state is the birthright of all life on earth. Nurtured from within and supported from outside the confines of the physical body, life is viewed as a full and rich tapestry on many levels.

The expression of the DNA is life expanding into physicality; all scenarios of experience are shaped in the nature of this expression. Ontogeny (the development of an individual organism) recapitulates phylogeny (the origin and development of a species or higher grouping of animal or plant). The DNA, three dimensional structures lying deep within every cell, express from this holistic perspective. As the Queen bee sits in silence, resting in her hive, the workers (the RNA and a host of companions) are turbulently active in ceaselessly creating structures for growth and maintenance. Life forms (categories of DNA/species) specifically designed for maximal expansion seek to encode in the conscious awareness the sum total of all other living encodings, enhancing the range and depth of experience. Thus imbibes successively greater multi-dimensional vortices of dynamic infinities; a most clear metaphor for the expanding universe. This is the holistic-predominant perspective alive and most well.

The absence of disease is a by-product of this natural state. Is a good book with the pages worn from so much enjoyment of use diseased? Does food die upon being consumed? Is this not recycling at it's finest? Matter and energy changing form; orderliness maintained, common sustenance shared in flow; recombining eternally in ever different multiplicity. From a truly holistic-predominant perspective, differences lie in the predominance of joy, growth or freedom; as there really is no room for the construct of disease in this arena. It is from here that healing is allowed to exist in the first place.

Without the holistic perspective, life is seen as a prison where only disease (lack) exists; substantiated in the past, woefully dealt with in the present, lurking in the future. Viewing disease as real gives the necessary life energy focus to allow it to manifest in a multitude of ways. Disease and death are inevitable interpretations of the mind from a part-predominant perspective, as valid as any other perspective, just not as long lasting.

Wellness is not sustained through the study of disease. The understanding and implementation of Wellness constitutes the ideals of medicine. The study of the attributes of disease results in the manipulation of disease, the changing of its form and characteristics but not in its annihilation; a cure.

The study of health and the study of disease are two opposite endeavors. Knowing disease is the study of things in darkness; the analysis of lack.. It is in the understanding and appreciation of Wellness that cure happens most readily, as only attention on the light(greater wholeness; Vital Force) can bring the light. Only on looking back to the state of greater darkness can the disease be truly seen-- a shadow that has been removed.

The analysis of lack in darkness is at best crude and fuzzy (a hurt knee from a stumble and fall on something not seen), leaving wide ranges of extrapolation (theories, justification, blame and scientific models attempting to simulate natural disease). Analysis of lack from greater light (from a more holistic perspective) illumines the deficiency, removes the shadow, and reestablishes a higher level of integration. The shadow is gone. Enhanced light removes shadows. Analysis of shadows will never remove shadows no matter how much usefulness it appears to have.

Scientific theories describe the behavior of parts and, at best, only substantiate specific theories under specific conditions. Science is a valuable tool in attempting to create an intellectual model from which to understand a particular observation. Models are essential in intellectually acclimating to greater wholenesses. Intellectual constructs (models) give understandings to life experience, they are resting places in our eternal expansion outward. Beliefs allow us to give meaning to life. But let us not mistake the models for wholeness. Wholeness is Oneness; a container if you will, for all beliefs or anything for that matter, yet the container is not separate from what is contained. The apparent separation is the result of flow of oneness moving within itself. Intimacy with this flow clarifies oneness in its more fundamental natures, accessing with greater ease the juice of life directly back to localized awareness (itself). This is the source of healing (Life Energy) in a non diseased state.

The use of holistic measures to eliminate disease is the key to enhancing wellness. This flow of higher balance (resulting in cure) can come on three levels; the first is from physical substance, usually natural, vibrant material. The second source of cure is from the essence or sound of the material (homeopathic potency or any pure essence or thought of such material). The third and most

powerful means of cure is the direct infusion of wholeness into the patient, either directed through the healer via "hands-on healing", telepathic, prayer or under the guise of any modality. The infusion from Wholeness can come without intermediary, i.e. spontaneous reemission with no recurrence. In either case the removal of the imbalance (disease) was achieved by the absorption of a higher state of balance. The question which came first: the removal or infusion lies predominantly in the domain of lack (once a circle is drawn, only by breaking it can one find a beginning and end).

*"Thou hast made me endless,
Such is thy pleasure.
This little flute of reed
Thou hast carried over the hills and dales
And breathed into it
Melodies eternally new.
This frail vessel
Thou emptiest again and again
Ever with fresh life."
- Rabindranath Tagore*

A HOLISTIC-PREDOMINANT MEDICAL PERSPECTIVE

It is this value of Wellness that Holistic Medicine seeks to manifest on earth; and through the knowingness of Oneness (each in our own way) it will befall us all. The journey to Wellness on roads of roughness and ease make up the experience of life. Our memory of the past and our expectation of the future is the model reflecting our Wellness. These forms are projections of our Vital Energy constantly recombining in the present. Without a white screen a movie cannot be seen, likewise the screen throughout the movie, though reflecting color remains white. It is in fact the whiteness of the screen that enables the movie to be seen.

This flow of vitality giving rise to experience is eternal and unlimited, but it must be tapped and consciously shared for it to become a greater living presence. This is the basis of all healing; even though feeling better in any way comes through a means (treatment modality), this means is only a conduit, what it conducts is not of the conduit. Part-predominant medicine mistakes the Life flow for the vehicle; seeing the driver of the car as only a part of the car. Holistic-predominant medicine does not lose sight of the holism in the midst of part-conscious awareness. The part and the whole co-existing is eternal harmony and it is known by the observer that the two are really one in the play of radiance and peace.

Disease is the manifesting of the predominance of lack and making it one's own. This internal framework causes it to be seen in others; outer experience is a mirror reflection of the internal dynamics of life.

The animal and plant populations of the earth express this oneness in unqualified innocence. This is their birthright and eternal destiny. Human awareness is the admixture of greater spirit and compassion, leading to greater free will and co-creative capabilities. Self created dis-ease within the human is projected onto his animal, plant, and other human companions; it does not have to be in the structure of living. As life is the epitome of recycling energy from suns to cardboard boxes, all that is created is inevitably returned. Dis-ease is not there if the holistic perspective of recycling is seen. Is there disease when a movie ends and a new one begins?

Disease is resistance to the changing aspect of life.. Without constant changing scenery, life would be not only boring, but unable to fulfill its purpose of containing Wholeness. Disease can be seen as allowing the attention of lack to persist longer than it's needed and then creating a mental structure based on it; justification, blame and helplessness follow. Our animal friends of earth are there to absorb innocently what the humans around them project. The animals support, love and esteem their human companions as only disease free humans can support , love and esteem others.

The modalities selected by the healer are the ways the healer feels most comfortable in flowing his or her life's energy. It can be no other way. If there is a strong set of beliefs that only allows a particular discipline to emerge, so be it. The confusion arises when attention is given to how others are flowing life's energy and forgetting to flow our own Wholeness. True healing under these circumstances is nearly impossible, for what is predominantly shared and enhanced through focus and attention is lack (disease). The "healer", in a mode of separation can only fear for the patient and his disease, as his or her own perspective of knowing is part-predominant (disease as real).

Animal disease is an understanding of humans. Animal restriction viewed as disease by humans, is a lack that is not focused upon by animals. The animal and plant kingdoms are forever in the flow of life's energy. It is just through the effect of humans that their lives are remolded through relationship, either enhanced or made shorter. The life of the animal and plant kingdoms prior to the presence of humans was serene and peaceful (and not as full). With the presence of many awakening humans to the deeper holistic values, earth-life must share in the seemingly polarizing energies arising from the enhanced flow of Oneness in sensory systems just becoming aware of their more natural frequency of life (more within the same).

There is an infinite stream of pure holistic energy that is the source of all life, it is infinite, integrative, of blissful nature, "creative intelligence" flowing through physicality. Wellness (Wholeness, Health) is the degree to which we experience and live this stream. Life is ever being created, maintained and destroyed in its flow. Disease manifests by not allowing this stream's flow,

consciously or by default. Our own resistance to this stream prevents its enhanced flow. The assumption of the stream's lack is the source and maintenance of all disease. Darkness is but the absence of light. Darkness unto itself does not exist.

Comparison of Part-predominant and Holistic-predominant Perspectives in Medicine

Part-predominant - Disease is inevitable, it is to be fought against. The playing field is a battle ground; antibiotics, steroids and repeated use of vaccinations are the major weapons for limiting its expression. The symptoms of disease are to be countered (opposed) by treatments as they are equated with disease.

Holistic-predominant — Disease is assumed. It arises from a perspective in which boundaries or restrictions are interpreted as lack. Restriction or boundaries (disease from a part-predominant perspective) arise from the interplay of wholeness and the part; restriction or boundaries are essential for expression of life. Animals, in their natural flow of life do not see limitation as something to fight against.

Part-predominant - Disease is external; it comes from the environment; developing more refined methods of analysis will reveal the agents that cause disease. Once these agents are known, then methods of destruction can be discovered and implemented.

Holistic-predominant— Disease arises through a weakened Vital Force. Strengthening the Vital Force dissolves disease through life's nature to maintain and express greater balance.

Part-predominant - Disease is viewed as localized; limited to a particular part of the body and is caused by physical agents (virus, bacteria etc..), which are capable of attacking bodily parts. Specialists are best suited to deal with this invasion of parts because they are most familiar with the substance and structure of the part or parts concerned.

Holistic-predominant — Disease is fluid, not confined to bodily parts, it can move easily through the mind, emotions, body and environment. Movement of disease from mental to emotional to physical, and downward and out from the center of the body indicates a strengthening of the Vital Force.

Part-predominant - Defining disease as the physical degeneration of bodily parts allows for a limited definition of cure.

Holistic-predominant — Cure means the elimination of all the perceptible signs and symptoms of disease along with a greater sense of Wellness. This higher state of "Wellness" means the removal of

the inner modification of the Vital Force underlying the symptoms. In this way the whole disease is eliminated.

Part-predominant - Tissue changes in the body are equated with disease. The approach to cure is thus physical; combating perceived physical deterioration with substances that directly address the physical changes. Absence of localized disease is cure. Disease arising elsewhere in the body, or at other times is considered another disease.

Holistic-predominant — Tissue changes are the ultimates (end results) of disease; not the disease itself. Tissue changes are the expression of the interplay of the nature of the flow of life energy, observing these changes allows for further refinement and expansion of life's flow. The predisposition allowing the tissue changes lies closer to the source of disease.

Part-predominant - The Vital Force or Animating Energy is not taken into account. The manipulation of the objects of perception are the only tools available.

Holistic-predominant — Introducing energies likened to the nature of the Vital Force allows the Vital Force to readjust at a more integrated level. This is true movement towards cure. A greater sense of overall well being is experienced along with a coordinated abatement of symptoms; with newer symptoms released first and older symptoms arising and released later reflect the ongoing healing process.

Part-predominant — Medical support is given from an underlying attitude of concern for giving medically accepted substances with the least amount of deleterious side effects in the given situation. It is out of this medical framework that substances have been and are being created, controlled and authorized for distribution. Licensing allows one to prescribe and administer such substances. Medical education related to these substances comprises a major part of class and clinic time. Institutionalized education is molded around the use of these substances and their effects on disease. Destroying disease on any level insures continued health.

Holistic-predominant — Medical support helps allow for the expression of higher states of balance. Substances given will create this scenario to whatever extent the situation allows without adding violence to the system. There is no concern for giving inappropriate support; as with small amounts of fresh, wholesome food, if the living system does not need the vitality, it will not be absorbed. Non-supportive substances can not be given from an individual awakened in the holistic-predominant perspective even though the substance might not appear to help.

A HOMEOPATHIC PERSPECTIVE OF WHOLENESS

Life's wholeness can be equated with the *DYNAMIS* or *VITAL FORCE* or *VITAL PRINCIPLE* of Homeopathy.

*"In the state of health the spirit-like vital force (**dynamis**) animating the material human organism reigns in supreme sovereignty. It maintains the sensations and activities of all the parts of the living organism in a harmony that obliges wonderment. The reasoning spirit who inhabits the organism can thus freely use this healthy living instrument to reach the lofty goal of human existence."*

- Hahnemann- Organon of Medicine Aphorism #9

*"Without the **vital force** the material organism is unable to feel, or act, or maintain itself.* Only because of the immaterial being (**Vital principle, Vital force**) that animates it in health and in disease can it feel and maintain its vital functions."*

** "Without the **vital force** the body dies; and then, delivered exclusively to the forces of the outer material world, it decomposes, reverting to its chemical constituents."*

- Hahnemann Organon of Medicine Aphorism #10

*"In the invisible interior of the body, the suffering of the pathologically untuned spirit-like **dynamis** animating the organism and the totality of perceptible symptoms that result and that represent the disease are one and the same."*

*"The organism is the material instrument of life; but it is no more conceivable without the life- giving, regulating, instinctively feeling **dynamis** than this **dynamis** is conceivable without the organism. The two are one, even if thought separates them to facilitate comprehension."*

- Ibid. Aphorism #15

"...we summarize the definition of health of the whole being as follows:

health is freedom from pain in the physical body, having attained a state of well being; freedom from passion on the emotional level, having as a result a dynamic state of serenity and calm; and freedom from selfishness in the mental sphere, having as a result total unification with Truth.

The parameter which enables such measurement of health is creativity. By creativity, I mean

all those acts and functions which promote for the individual himself and for others their main goal in life: continuous and unconditional happiness."

- The Science of Homeopathy George Vithoulkas p.41

"Disease is thus seen as an affection of the whole person, as a posture adopted as a survival mechanism to suit a particular situation which does not exist at the moment. This posture makes us react to the present in an unsuitable way due to our false perception of it. Such an unsuitable and disproportionate reaction to the situation naturally causes a constant stress to the organism, and this stress aggravates the pathology which the person has or brings the tendency to a particular pathology into activity."

- Sankaran - The Spirit of Homeopathy p.16

WHOLENESS-PREDOMINANT PERSPECTIVE OF ANIMAL COMPANION ECOLOGY

Thought as synchronized neuronal firing or orchestrated singular or multi-cellular activity is common to life. Thought is multi-dimensional arising from abstraction (intuitive, non-linguistic, instinctual, general overall feeling) to concrete (linguistic, pictorial, localized) with a full spectrum of combinations in between. Our animal friends function innocently on these finer levels giving healthy feedback to our own emanations. Thought as pictures can be received by our animal friends, resulting in definite responses. "My cat knew she was coming to the Vet and I didn't even tell her." This statement reflects more on the owner than it does on the cat.

Our companion animals can provide us with an important reminder of our link to Wholeness. The closeness we feel toward our animal friends reinforces our view of them as full family members and life companions. We see ourselves in them and are reminded of our greater nature. Our companion animals live in a natural state of oneness no matter what "illness" they may have. In their reflection of a natural earthly rhythm, we are reminded intellectually and emotionally that all is well in life's ever diversifying flow. Our gain from their unconditional acceptance of us is transformed into our wanting more Wellness for them and ourselves..

WHOLENESS-PREDOMINANT PERSPECTIVE OF NUTRITION

Ingestion is the transfer of intelligence from the seemingly physical outside to the seemingly inside. Orderliness is understood intellectually as building blocks of matter that are incorporated into existing physical structures. Physicality is an outgrowth of a more fundamental field of intelligence and growth, reflecting in a condensed way what exists universally.

The concepts of building blocks; proteins, carbohydrates, fats etc.. amplify the need for particular kinds of intelligence in certain ratios for healthy existence. From a predominantly holistic perspective, the ultimate substrate of all building block is Wellness in its generic form. Food most reflects this substrate of substrates in appropriateness of diet for the given species as well as the freshness and context in which it is consumed. These factors co-jointly reflect the nutritive value of any physical exchange of intelligence passing through the digestive system.

This process of assimilation is in fact present through all sensory and motor functions of the living system. Experience is ingesting. Seeing a movie is a form of ingestion (including or not including the pop corn); different movies leave different after-tastes. Observation of sensory, thought or feelings must be processed and absorbed into the existing experience system. This food is then used to augment the apparatus in its ever need to grow. Both the raw components (physical food or neuronal input) as well as the interpretation of what is being consumed ("Oh! I don't believe I ate the whole thing', or "That was the most wonderful movie I ever saw!") enter into the equation of how new intelligence is ever remolding the previous version.

Healthy diets provide a fresh, rich nutrient pool of substances necessary for a full, vigorous life. Nutrients in their "natural state" are easily absorbed into the body based on each animals' specific nutritional needs. Many substances essential for life are not consumed at all; they are synthesized within the body from substrates found in a balanced diet. A healthy diet contains essential vitamins, minerals and amino acids necessary for optimum functioning. A natural diet is greater than the sum of its ingredients. Even the same ingredients in the hands of a gourmet chef or a bricklayer can result in delicious dining or ptomaine poisoning. Like a nutritious soup, the overall balance and blending, of the physical and the energetic(non-physical or thought value) is as important as the recipe itself.

An ideal diet consumed in pleasant surroundings maximally fosters the incorporation of environmental intelligence and Wellness into living systems. It is this sustenance that allows for greater DNA expression and the sense of overall Wellness. This infusion of "external" orderliness is necessary for physical systems, as the components are earth sourced. Ever recycling components (fresh nutrients) is essential in maintaining the flow of the non-physical energy of Wellness. Just as optimal nutrition is more than the sum of the ingredients, living Wellness is living more and more of life within the apparent sameness of the physical apparatus. This perspective is growth at its basis , experiencing expanding paradigms paradoxically from the same point of view (the body).

When parts, and not Wholeness, predominate our thinking about nutrition, our focus grows myopic. Out of the common Megadose mentality (seriously part-predominant), the search for the "One" super ingredient begins. As cortisone, Selenium, Vitamin C, pycnogenol, CO Q10, blue-green algae, etc...have had their day: there will always be a single, popular ingredient of the moment

claiming to be of great healing power; medicine, remedy or nutrient. But as the search focuses on the part and not the whole; so will the result only be of the part and not of the whole. Single ingredient supplementation will at best have only limited success.

LIVING THE HOLISTIC PREDOMINANT PERSPECTIVE IN MEDICINE

The expanded role of the Healer

What one puts one's attention on grows. This embodies the eternal nature of creation at its roots. Knowing this and being aware of how we focus through the course of the day can bring greater richness to life in all areas of living. This is the awakening process consciously harmonized into life through the exercise of free will. The more encompassing holistic-predominant perspectives unravel a more luxurious setting in which experiences of life pass through . This holistic value of life is the source of healing, love and truth.

The healer consciously bestows desired life force through intent and knowledge of the nature of its flow. In the intent and act of healing through any modality, a process of harmonizing is appreciated and felt to what ever extent. Tapping into this sea of potentiality with focus of intent, begins the wheels of the universe turning in the direction of that which is wanted. If healing is one's desire, then from this foundation of wholeness, healing arises via any modality. The wholeness of the healer joins with the wholeness of the one desiring healing. The strength of resonance between the two, determines the degree of healing. Modality is a matter of preference.

Naturally orchestrated healing allows for the removal of layers of restriction, the restriction is only truly known after its removal. With its removal nothing new is really added except the experience of less restriction (more freedom, joy and growth) which is inherent and always familiar to all living systems. This flow if it is truly healing is made more conscious in both the one being healed and the healer; a mutual experience of greater integration of life.

The Healer as an employer/employee develops wholesome relationships based on holistic-predominant perspectives coming together to create newer, larger, more holistic viewpoints. This exchange of thoughts, feelings and actions provides the specifics necessary for enhanced life flow. In the living of such a relationship; a feeling of ease is present when it is felt that action is in accord with one's own holistic-predominant perspective while seeing action fulfill that of others. When two or more come together, each flowing from their holistic-predominant perspective, a whole truly greater than the sum of its parts is created and felt. .This arises from an inner knowing that one is living in one's own dream (the framework and particulars that create the unfoldment of what one wants to have, be or do) while seeing situations fulfilling others' dreams as well. In the context of

Holistic predominant Medicine, it can be envisioning the smooth function and flow of activities and intent in enhancing this Holistic energy through Service, Healing and Education.

The nature of money - a physical currency providing necessities, freedom and luxury; expressed from and reflective of a more holistic currency sustaining life, world and cosmos. This currency is freedom, joy and growth (single as a holistic triplet) experienced in the setting of body and surroundings.

The Healer in the role of a family and community member, shares an expanded framework for living diversity in a greater common wholeness. Just as each healer finds his/her own way of expressing healing (modality), each individual develops his own paradigm for living. From the perspective of Wholeness these differences are seen as radiating harmonics (overtones) of the underlying flow of Life's Energy. These roles of family and community provide the necessary expanded models for the intellect and heart to grow into supporting human life with increasing awareness of creative intelligence. It is in allowing and appreciating others' paradigms, that allows for greater wholism in one's relationships. This allowing from a holistic-predominant perspective arises from the knowing that any exchange of flow (interaction between individuals or things) can only bring further abundance to life, as there is an unmistakable knowing that all is Well.

In this time of great change in the earthly picture, things can appear to be upside down. What appears to be normal (common) can have within it strong seeds of lack. The predominant mass thought forms are thick, and cushion the vast abstractness in waves that have been strongly thought of by many for a long time. But these are times of more fluid thought, more full of the flow of Oneness. The dark pockets of resistance will melt in the light of greater Wellness and will disappear as disease vanishes with cure.

Symptoms of Inner Peace

By Saskia Davie

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- A loss of interest in judging other people.
- A loss of interest in judging self.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.

- A loss of the ability to worry. (This is a very serious symptom)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

WARNING: If you have some or all of the above symptoms, please be advised that your condition of inner peace may be so far advanced as to not be curable. If you are exposed to anyone exhibiting any of the symptoms, remain exposed only at your own risk.

CLOSURE

The evolution of a single earthly nervous system is close at hand (communication network), this development is reflective of a deeper more permanent reality of greater integration and exchange between individuals, cultures and countries of the currency of greater life force, it is the healing power of mother earth herself, it need be only welcome by her human inhabitants.

We are vortices continually funneling energy. As concentrated wholisms in densest form, we create localized viewpoints of other funneled energies that interact multi-dimensionally. This self-referring, ever generating relationship creates the infinite permutations and combinations needed in a constantly expanding universe. This is expanding universe. This is flow of Wellness. It is ever expressing in form.. From a holistic-predominant perspective, form and spirit are One, as is matter and energy and love and truth. This clarity and appreciation gives life and death freedom from a predominant sense of lack, making little room for disease and much room for ongoing Wellness. Were it not for this reality of Wellness there would be no room for healing.

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