

WHAT DOES IT MEAN TO BE HOLISTIC?

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Today in complementary medicine we face a major difficulty and that is the meaning of the expression 'Holistic' as used by those around us. To some it means the whole or the body as a whole. To others it means a method of treating the body without medicines or allopathic treatments. These are inaccurate.

Holistic means to bring together the body and soul and have them work to the mutual support of each other. Where did we get off track? That happened in the Seventeenth Century when Rene Descartes and his ideas of two substances, matter - material and immaterial. This brought about the concept of body, mind and spirit. Material matter, the body followed physical laws and immaterial matter the soul was dimensionless and immaterial. He further moved to philosophy and stated that the soul was mind and spirit. Now we know from Larry Dossey that the mind is normally in every cell of the body. And healing takes place when the mind is used for recovery. But what happened to the spirit? This dimensionless part of everyone was discounted in the healing process. Allopathic medicine concentrated only on the body and anything they couldn't see or touch was immaterial.

The churches at the time embroiled in the effects of the reformation failed to define what was truly their place and human science went forward without a soul. Now whether you refer to the soul as mind and spirit or just as the soul is a matter of semantics and philosophy that is not at issue in this article. For purposes of discussion I'm using the soul for the rest of the article.

For more than 6000 years the physicians and healers of the world knew that to heal the body the soul had to be present. If it weren't then the body would not heal. Six Millenniums ago the Chinese healers noted that physical illness followed episodes of frustration. 500 years before Christ, Hippocrates said that to cure the patient physicians needed knowledge of the whole thing -- of mind as well as body. Galen a Greek physician observed that melancholic women were much more prone to breast cancer.

Then came Descartes. It was his notion that there was a fundamental, unbridgeable chasm between the body and the soul. Freud took it even further and denied the soul had any effect on the body. And that tells an important factor on the treatment mental disorders of today.

All of this changed in the Fifties and the Sixties. Milton Erickson brought awareness of the importance of the soul in healing. Ernest Rossi quotes in one of his book that rheumatoid arthritis patients "appeared to be without soul." And then follows Bernie Siegal, Andrew Weil, Larry Dossey, Candace Pert, Richard Bloch, Herbert Benson and Jonas Salk with their new enlightenment -- the soul is material to the healing of the body. Emotions can drive the soul from the body and create diseases. Wow, new stuff. Robert Ader in the Eighties coins the word 'psychoneuroimmunology' and pushes the

source of healing closer to what we know today. The immune function of the body is triggered from the soul in every cell of the body. And like Pavlov's theory, the conditioned response of the body supplies thymus cells (T cells), white blood cells to the affected area. Psychoactive (mind altering) drugs, alcohol, cocaine, marijuana, heroin and nicotine affect the immune function of the body. And they are usually used when the patients are trying to fill a void, emptiness, in their life.

Now we are practicing holistic healing when we bring the soul back into the body from the aura. When we practice spiritual hypnotherapy and release the effects of the emotions on the body, we are then holistic. A holistic practice results in the joining of the body and soul so that the body and soul together might fight off the emotions that caused the disease.

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