

The Role of Spirituality in Health Care

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How do you feel about serendipity? What's your view on coincidences? Were you ever thinking about someone and within the next few moments receive a call from that person? Do you believe in miracles? What we call miracles, occur everyday. Witnessing them is simply achieved by believing that life has infinite possibilities. Isn't the fact that we have built-in healing systems in our body pretty miraculous? Isn't self-healing a perfect example of a miracle in action?

Let's accept and appreciate the fact that positive beliefs, and fortitude gained from religion, meditation, and prayer all contribute to a sense of well-being. So, where does spirituality come into play in health care?

Believe it or not, spirituality plays a major role in what is called the triad of health. One of the old clichés in holistic medicine is "you've got to be 'whole' to heal." It seems the body, mind, and spirit are all interconnected because any one of these three elements relies on the others to allow for the feeling of "wholeness" and wellness.

Here in the U.S., most people accept and appreciate the wonders of Western medicine. For example, modern diagnostics such as an MRI can assist doctors in prescribing the most efficient protocol to wellness. That helps us understand the "body" in the body/mind/spirit concept of holistic medicine. Our minds, on the other hand, are our thoughts. So we must be aware and mindful in

order to be disciplined and maintain a healthy lifestyle. That sometimes takes a good psychologist or possibly a “life coach.”

So what about "spirit" in the body/mind/spirit philosophy?

One may define spirit as the way you find purpose, hope, joy and inner peace in your life. Many people find spirituality from religion, meditation, and prayer. Others are inspired to find it through music, art or connecting with nature. One way to access your spiritual being is to concentrate on your passions in life, or the things and people you really love. One question you may ask yourself is, “what really lights my fire?”

At this point you may be wondering... okay, so how can I improve my "spiritual" well-being to help overcome my health concern? First, you may want to start by identifying the things in your life that give you a sense of peace, comfort, strength, and connectedness to the divine. Next, set aside time everyday to free your mind from mundane life and do the things that enrich you spiritually. These may include meditating, singing or chanting, reading inspirational books, doing volunteer work, taking nature walks. Finally, look into living the "dharma" of yoga or study Asian philosophy, e.g. Buddhism, Zen Buddhism, Taoism, or Hinduism.

There are several techniques available to us when looking to master the game of life, and in particular, better understand how to improve your spiritual health. I like the LifeLine Technique®. The LifeLine Technique® is a life-changing integrative healing system used to evaluate your body, mind and spirit. It uses muscle testing to identify the emotional, biochemical, structural and spiritual imbalance of a symptom.

For several thousand years it has been known in the East that “love” is the universal healing vibrational frequency. But how do we tune into that channel? The LifeLine Technique® “entrains” the bodymind to vibrate on love and

gratitude instead of fear, anger, worry or sadness. From there you can have easy access to love and appreciate your health challenge, then... heal.

The growing body of physiological evidence is helping to shatter a long-held belief in the West that body, mind and spirit are separate. So it behooves you to get on with your spiritual journey. Improving your spiritual health will help you cure the root cause of an illness faster, prevent health problems, and help cope with stress.