

## 12 Superb Reasons to Bring Spirituality into Health Care



**Spirituality:** the lived experience of the spiritual dimension of life, that is, the extraordinary power and energy that is felt with such experiences as pure love, connection with our Creator, recognition that a spark of the Creator dwells within each sentient being, profound inspiration, and awe.

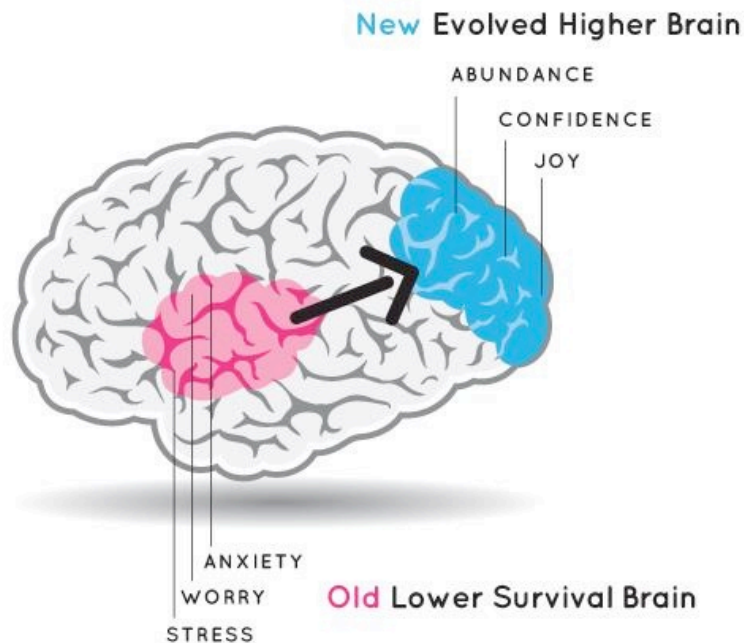
**Religion:** a socially endorsed organization built on a code/ creed articulating behaviors and beliefs. Followers of specific religions are expected to follow these creeds/beliefs in order to belong to the religion and grow spiritually.

Dozens of scientific experiments reveal that spiritual practice (like meditation, prayer, T'ai Chi, Yoga, etc) and the patterns of thought and attitude that emerge from these practices:

1. reduce the incidence of cancer and heart disease
2. improve the health of older adults
3. add years to the average life-span
4. ameliorate pain
5. raise levels of pleasure-inducing hormones in the brain
6. improve mental acuity
7. reduce depression
8. boost immune system function
9. reduce the time it takes wounds to heal
10. reduce the frequency and length of hospital stays
11. reduce alcohol consumption and cigarette smoking

Evidence shows that as we infuse our lives with spiritual practices based on growing compassion and unity with the Creator, consciousness changes. As we do the spiritual practices we become more aware of the positives in our environment, including family life, and at work. As consciousness changes a phenomenon happens that reaches beyond ordinary physics; the very blueprints around which our physical bodies are constructed lose their influence. In other words:

12. Positive thinking and a positive attitude and affirming relationships trump the influence of DNA and the function of the genes—improving well-being. The forebrain becomes more activated eliciting feelings of joy and self-confidence as well as compassion for others. Activity in the lower brain associated with stress responses becomes diminished..



Therefore, meditation and prayer are *powerful healing protocols* as well as *preventative measures*, as well as *tools to optimize physical and mental health*.

How does this manifest in the research lab? Patients with the strongest intrinsic spirituality have the least pain and manifest the healthiest conditions.

### **How It Works**

Spiritual practices open up the energy of the body, allowing energy to flow more freely.

(Traditions from the Far East that have mapped the energy pathways in the body, and effectively treat disease, such as acupuncture, give us evidence of the existence of these subtle energy networks.)

When energy can flow freely, without blockages from negative thoughts, feelings and attitudes, then one feels more vitality and aliveness. Energy healing or spiritual healing, (like Reiki, Jin Shin Jyutsu, or Touch for Health), that intend to clear blocked energy can be very helpful. Electromagnetic stimulation that is gentle has also

proved to be highly effective in nurturing and balancing the energy of the body. Specific music has also been used to enhance brain function and stimulate healing.

A good exercise program, adequate rest, and an ample intake of nutrients for the body enhance energy and contribute to optimal health.

## **The First Step in Treatment**

The following paths are safe and non-invasive and have no side-effects (unlike drugs and surgery). For this reason one or more of them could be tried as the first step in preventive care and health management.

- Meditation
- Prayer
- Spiritual Fellowship. This involves positively oriented friendships that revolve around spiritual practices, charitable giving, and study. Supportive discussion (of existential questions such as “why are we here?”, “Where do we go at death?”, “Is reincarnation real?”, “Does each person have a unique mission?” ) can also be vital in optimizing health and well being to the extent they help people find their own answers to these questions.
- Energy Healing/ Spiritual Healing
- Acupuncture
- Lifestyle change (exercise, sleep, good nutrition)
- Electromagnetic stimulation (Earthing; trans-cranial electromagnetic stimulation)

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### *References:*

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