limitations eliciting nothing but a scientific analysis of the holistic movement. Can it justifiably be scientifically analyzed? I do not believe it can.

Therefore, what value is science to the force of holism, i.e., the force of the Trinity? It seems the prevailing American criterion or value is that if something is not scientific, it will not work. So here we have holistic proponents planning to research the spiritual dimension as I have documented within the earlier chapters of this thesis. We had the great William James, a psychologist who proposed a Science of Religion in his classic book, *The Varieties of Religious Experience*, at the turn of the twentieth century. (James, 1902). The value of science in this realm simply encourages perpetuation of fragmentation or the schisms of health care delivered to individuals. It also furthers questions that none of us have answers to.

The scientists have looked to a new direction to find answers to the failure of the current systems. They looked to holism, and when they found all of its elements were not scientific, they decided to make them scientific. Their logic or reasoning is simple, because if "it" is scientific or technological, Americans believe "it" and accept "it," no matter what "it" happens to be. This time the "it" is spirituality.

Even if the scientists like William James before us or those among us attempt to measure and catalog a science of spirituality within the laboratory, I do not believe they will succeed. Why? The spiritual is subjective, not objective. Søren Kierkegaard described subjectivity in "Truth and Subjectivity" from his work,
Concluding Unscientific Postscript (Frazier, 1975, p. 332). The work is beautiful and quite profound. Its essence explains my reasoning.

As a Danish theologian and philosopher, Kierkegaard committed his life totally to God. Therefore, his seeking truth was cited as an example in his essay as seeking God. How can a relationship to God or a truth about God be explained away scientifically?

It can not and should not be explained away, and that happens with science. Sometimes an hypothesis is either accepted or rejected. Science is concrete and objective. It is a reality and factual (by description), but subjectivity is not. How does Kierkegaard propose we find truth? "By way of subjectivity he finds truth by reflecting inwardly, and several times he says that subjectivity IS inwardness IS the truth." (Faris-Jenkins, 1978). Subjectivity is God.

We experience our spirituality subjectively, and it is inward, personal, private, individual, and unique to the person experiencing it. How can something so private and so uniquely experienced be catalogued, measured, and defined scientifically? I believe that scientists feel that if they can label and measure the spiritual as scientific, it will work. The spiritual element of holism has to become a science to gain credibility.

It is interesting to note the programming during training of scientists. Answers are supposed to come to questions if scientifically explained.

Measuring and testing an individual's spirituality will do nothing but destruct. God does not want to be measured and
defined. He should not be no more than humans. This is destructive. If we develop a science of behavior, as Skinner suggests, and a science of religion, as James suggests, we will do just that.

Does Jesus want to be placed in a Skinner box? Does man want his sacred journey stopped because somebody confined him to a Skinner box?

As I have indicated in this thesis, physicians and lay persons alike are becoming more and more aware of the failures within the scientific realm. How can they easily forget that in seeking those failures, they have destroyed? Did not the frontal lobotomies performed on mental patients fail under a glorious label called psychosurgery? How can those bioethical issues be so easily forgotten as psychosurgery re-emerges as an issue today? I am not trying to sound harsh. I simply want to illustrate a point. I challenge the American way of thinking that says a scientific basis and conclusion offers the panacea or the utopia.

Possibilities

I believe the possibilities could be very good for the holistic movement if the communications effort is dealt with appropriately. Many of my research sources indicated to me that they did not have a clear definition of what holistic health or holism is. The communications effort is very fragmented.

The message needs to be defined clearly to open up the possibilities for this movement. I could have explored into areas also under the umbrella of holism. Those areas are psychic healing, charismatic healing, mystics, religions of the East and
West, etc., but I did not care to bring in any other ideas particularly since I personally am skeptic of those areas.

Having been schooled in public relations theory, I am very much aware of the larger effort made by the holistic movement. The message is being sent out globally. It is like any effort, an attempt to change attitudes, values, and beliefs, and ultimately actions or behaviors.

It is a mass behavior modification program that could be beneficial if the correct message was received. That is the problem that creates blocks for the possibilities.

If we could hear spirituality in the form of God, Jesus, and the Holy Spirit, rather than in vague terms, holism would have many possibilities.

If we could hear what I heard from the persons I talked with, great possibilities exist, that is if the source is identified. I heard: love, caring, stretching, growing, sharing, expanding, and developing. This rhetoric comes from the human potential movement, but that is okay. Let us bring the source to the forefront though.

Further possibilities exist if the motivation toward holism is the force of the Spirit within. However, I am afraid the motivation on the larger scale is a political or an economic maneuver on the part of a powerful political figure endorsing it, for health care is in a crisis in the United States today. However, in order to prove this conclusion or theory, I would have to research and document it further, and I have not. I believe a force is operating undercover, but I can not document what that force is.
All in all, a powerful communications effort has been released in our country calling for a move toward holism, and more definitively, toward self-responsibility. It did not just start with people calling themselves holistic proponents. Skinner may have given it a push with his book for the professional field proposing a science of behavior be developed. Hundreds of self-help books proliferate the market carrying the same message under the guise of pop psychology. Seminars and conferences are held nationwide on this topic. (See Appendix G for some of this rhetoric.).

Both the professional and the lay audiences are being hit with the same message whether they realize it or not. The professionals are joining groups and organizations that endorse these concepts. All of it is the communications effort that aims to influence its listeners. The listeners are buying into it, in other words, they are receiving the message.

I view the whole movement toward holism as a mass dose of psychotherapy in the form of rhetoric or words. This is not to sound negative, but just a way of asking: Where is it all leading?

It would be fine and great if the movement could endorse true loving and caring, the sort I heard from persons I talked with. It would be fine if the movement came from the heart of persons like the ones I talked with. This would offer far-reaching possibilities. It would be a blessing to know the force was the Spirit. On a larger scale, I do not think this kind of message has that intention. The possibilities exist if the audiences are reached with the correct message, but I remain skeptical.
Summary

The only way to summarize this thesis is to leave you with a question because the issue is not resolved. A question remains in my mind, and I have formulated it from my research on holism. The question exists. I have derived it from the titles of two books used in an Honors Colloquium and the theme for the course under Dr. Stephen H. Wurster last year regarding religious experience. It also summarizes my research, and it gives you the "state of the art" of the holistic approach to caregiving.

Are we to become a nation of behavers or a nation with the soul of a church?
REFERENCES CITED

Interviews

Gildner, Janis, ACSW, Assistant Professor of Social Work, Ball State University, Muncie, Indiana. Personal interview May 21, 1979.


Lightfoot, Lynn, M.A. Counselor at Pain Rehabilitation Center, Community Hospital, Indianapolis, Indiana. Personal interview May 31, 1979.


Mayo, Robert J., Ph.D., Assistant Professor of General and Experimental Psychology, Ball State University. Personal interview May 4, 1979.

Voss, Ron, Father, Director of the Center for Peace and Life Studies, Muncie, Indiana. Personal interview May 25, 1979.

Walsh, Frank E., M.A., J.D., APR, Associate Professor of Journalism/Public Relations Sequence Coordinator, Ball State University. Personal interview May 14, 1979.

Lectures


Goertz, Donald, Ph.D., Associate Professor of Foreign Languages (Classics), Ball State University, Lecture on Asclepius, May 7, 1979 at Ball State University.


Walsh, Frank, M.A., J.D., APR, Associate Professor of Journalism/Public Relations Sequence Coordinator, Ball State University, December 1975.

Articles

_______. "What is Holistic Health?" Publication of the Association for Holistic Health," 1977.


Books


Appendix A

Center for Holistic Health

Avoid synthetic clothes because synthetic fibers do not allow air to circulate through them, causing overheating, perspiration, and an imbalance of skin bacteria.
Buy clothes of at least 50% natural fiber (cotton, wool, or silk).
Change clothes when you come home from work to give yourself a psychological "change of pace," a new mind-set.
Walk barefoot periodically to strengthen the feet and let them "breathe."
Avoid smoke-filled rooms, toxic fumes, etc.
Avoid excess noise pollution.
Turn off lights and appliances when not needed.
Automobile gets better than 20 miles per gallon.
Keep thermostat below 70° during winter.
Recycle cans, paper, clothing, books, organic waste.
Avoid littering.
Go camping or hiking ___ times yearly.

Nutrition

Generally eat in a slow, relaxed manner (this allows blood to flow from the muscles to the digestive system).
Generally too busy to eat slowly.
Have indigestion (gas, pain, bloating) for 1-2 hours after eating.
Use antacids or laxatives frequently.
Eat candy or other sweets for quick "pick-me-ups."
Eat an uncooked fruit or vegetable at least once a day.
Have more than two cups of coffee per day.
Read the labels on foods you buy.
Avoid refined or processed foods.
Avoid foods with sugar added.
Avoid preservatives or artificial coloring.
Drink no more than one soft drink per week.
Have fewer than four alcoholic drinks or beers per week.
Add little salt to your food.
Are frequently dieting.
Don't eat unless hungry (your body will tell you when it needs food).
Have a good appetite.
Maintain your weight within ten pounds of your ideal weight.
Feel the quality of food you eat is significant to your well-being.

Psychosocial Well-being

Am happy most of the time.
Nervous with strangers.
Difficulty making decisions.
Worry a lot.
Get angry easily.
Annoyed by little things.
Sexual problems.
Difficulties at work.
Considered suicide.
Desire psychiatric help.
Can say "no" without feeling guilty.
Enjoy complimenting other people.
Appendix A

Center for Holistic Health

Feel okay about crying, expressing anger, feeling joyful or sad.

Am afraid of criticism.

Laugh easily and frequently.

Have at least two close friends with whom to share deeply personal concerns.

Dread the future.

Excited about the next ten years of life.

Actively support some community activity or charitable cause.

Vote regularly.

Attend church services regularly.

Would call the police if you saw a crime being committed.

Never drink when driving.

Buckle up your seat belts.

Drive with caution and stay within five miles of the speed limit.
This detailed survey of all aspects of your health (mind, body, environment, relations, spirit) has been designed to serve a twofold purpose. It will not only gather health history but will also help you raise your health awareness. It will provide the staff of the San Diego Center for Holistic Health with a comprehensive picture of your total health status. And it will provide you and us with information to guide your program for further growth and development.

In completing the survey, keep in mind the eight basic principles of holistic health:

1. Health requires an integration of mind, body, and spirit.
2. Positive wellness rather than the mere absence of symptoms must be the goal of health care.
3. Everyday living habits are the basis of health.
4. The individual must affirm personal responsibility for his or her health.
5. Illness provides an opportunity for growth.
6. Environmental factors play a major role in individual health.
7. All modalities of healing, ancient as well as modern, deserve careful scientific exploration and should be used where appropriate.
8. Your inner capacity for health is the foundation for achieving positive wellness.

Rest

The body needs rest so that it can normalize the effects of stress and fatigue accumulated during the day. Rest is the basis of activity. The more profound the level of rest, the greater the potential for dynamic, productive activity.

_ Take more than twenty minutes to fall asleep at night.
_ Wake up several times in the night to urinate.
_ Wake up several times in the night for other reasons:
  --- Worries.
  --- Dreams or nightmares.
  --- Uncomfortable bed, cramped quarters.
_ Take time for extra rest when sick.
_ Frequently feel "hyper," body or mind going too fast.
_ Awake feeling rested, refreshed.
_ Are aware of your earliest signs of fatigue.
_ (Attention wandering, agitation, headache, eyes tired, sore shoulders or lower back, etc.). What are they?

_ Practice a meditation or relaxation exercise.
  What technique?
  How often?

*This is a sampling of 5 out of 12 sections from the complete survey used by the Center for Holistic Health, San Diego, California.
Appendix A

Center for Holistic Health

Exercise

Exercise is a vital part of achieving optimal health. Your unused muscles receive less blood flow, and therefore less nutrients and oxygen. The heart and the respiratory system are prime beneficiaries of a sensible exercise program. Physical activities increase the work capacity of the heart and lungs and allow for their more effortless, efficient function at resting levels. Exercise also breaks up excess muscular tension, a noted depletor of your energy and vitality.

My daily activity involves:

- Little physical effort (sitting most of the time, pushing a pencil, etc.).
- Moderate physical effort (gardening, factory work, raising small children, etc.).
- Strenuous physical effort (construction, farming, lifting and loading, etc.).
- Bike riding or taking long walks.
- Jogging ___ miles ___ times per week.

Enjoy exercise.

- View exercise as a chore.
- Know not to strain but to gradually increase my amount of exercise.
- Exercise outdoors whenever possible to get the benefits of sunshine and fresh air.
- Recover quickly and easily from vigorous physical activity.
- Perform yoga asanas or some stretching exercise 10-15 minutes ___ times per week (such postural exercise prevents stiffening of joints and musculoskeletal degeneration).

Environmental Care

Home safety, conservation of our natural resources, and ecological awareness must become daily life habits for you and for succeeding generations to enjoy optimal health.

- Are careful to avoid safety hazards around the home (electrical circuit overloading, combustible materials).
- Keep medicines and cleaning agents out of the possible reach of children.
- Keep the number of the fire department, police, family physician, and poison center posted near the telephone.
- Have a warm, happy home environment.
- Recognize every family member as a growing, evolving being.
- Avoid chemical deodorants that clog up pores and prevent normal cooling through the excretion of moisture.
- Read labels of skin preparations you purchase (soaps, shampoos, creams) to avoid the destruction of important skin oils and natural helpful bacteria by "antibacterial" chemicals or the plugging of pores by heavy synthetic creams or oils.
- Regularly brush your teeth ___ once or ___ twice daily.
- Avoid "brightener" toothpastes that use abrasives which wear our tooth enamel.
- Use low-phosphate detergents.
Welcome to the Wholistic Health Center.

Our intention in your first visit is to encourage you to enter into an individualized plan for becoming and staying healthy. We believe that being healthy is more than having a body that works well; it also means feeling good about yourself, dealing effectively with the people and situations around you, and growing spiritually toward a sense of well-being.

In our initial planning conference, you will work with a health care team consisting of a physician, nurse, and director of counseling. The team will talk together about which of our personal growth resources would be most helpful to you and develop a plan for working together. We recognize, however, that the final decisions about the plan are up to you. The best we can do is make recommendations and offer our services.

We’ve found that people appreciate an opportunity to reflect on all their personal growth concerns prior to the initial conference. For this reason, a personal growth resources pamphlet is offered as a tool to help you gain a clearer perspective on your reflections before the planning conference. Be sure to bring it with you.

If you have any questions about this pamphlet, please ask any of the physicians. We appreciate your comments.
Life symptoms I'm concerned about:

-Change Checklist*

Events which have occurred in the past few circle those that have been most. Reflect on these changes before coming to the remainder of the inventory.

PERSONAL EVENTS AND CHANGES

- Birth of a close friend or family member
- Personal injury, illness, or hospitalization
- Pregnancy (or pregnancy of spouse)
- Loss of self-confidence
- Standing achievement (graduation, promotion)

Changes in:

- Eating habits
- Sexual activity
- Sleeping patterns
- Energy level
- Considered suicide
- Religious belief or practice
- Related to vacation
- Relationship with parents
- Recreational time/activity
- Trouble with the law
- Time schedule
- Drinking
- Smoking
- Drug use

from the work of Thomas Holmes, University of Washington.

III. Feelings/emotions I'm concerned about:

IV. Goals toward which I'd like to begin moving:

V. My strong points and special abilities in moving toward my goals:

VI. Kinds of help I need in moving toward my goals:
Appendix C

Pain Rehabilitation Center

WHAT IS WELLNESS?

- WELLNESS IS A WAY OF LIFE — A LIFESTYLE YOU DESIGN IN ORDER TO ACHIEVE YOUR HIGHEST POTENTIAL FOR WELL BEING.
- IT HAS FOUR MAJOR DIMENSIONS: NUTRITION, PHYSICAL AWARENESS, STRESS REDUCTION, AND SELF RESPONSIBILITY.
- IT INVOLVES YOUR WHOLE BEING — PHYSICAL, EMOTIONAL, MENTAL, AND SPIRITUAL.
- IT IS RECOGNIZING THAT THE ONLY THING THAT IS CERTAIN IN THE UNIVERSE IS CHANGE.

Wellness is more than the absence of illness. It is more than a static state which you attain and then sit back. It is not something another person can "do to you" through treatment or the application of a "guaranteed method". Wellness is an ever-expanding experience of purposeful, enjoyable living — an experience which you create and direct through:

- knowing what your real needs are and how to get them met
- expressing emotions in ways that communicate what you are experiencing to other people
- acting assertively, and not passively or aggressively
- enjoying your body through nutrition and exercise and physical awareness
- being engaged in projects that are meaningful to you and reflect your most important inner values
- knowing how to create and cultivate close relationships with others
- responding to challenges in life as opportunities to grow in strength and maturity, rather than feeling beset by "problems"
- creating the life you really want, rather than just reacting to what "seems to happen"
- relating to troublesome physical symptoms in ways that bring improvement in condition as well as increased knowledge about yourself
- enjoying a basic sense of well-being, even through times of adversity
- knowing your own inner patterns — emotional and physical — and understanding "signals" your body gives you
- trusting that your own personal resources are your greatest strength for living and growing
- experiencing yourself as a Wonderful Person.

THE PURPOSE OF THIS WORKBOOK IS:

- to introduce you to factors which, in ways you may not have realized before, affect your health.
- to allow you to become more aware of the role those factors are playing in your life.
- to show you ways you can take charge of any areas in your life which are presently not working well.
- to encourage you to find your own unique path using a wide variety of resources readily available.
WELLNESS is visually depicted in the Wellness-Illness continuum below:

The center of the scale at "0" shows the absence of illness. Moving from the center towards the left shows a progressively worsening state of health. Moving toward the right on the scale indicates an increasingly positive state of health, personal growth, and fulfillment of personal potential.

For example, many people have no discernible physical illness yet find themselves bored, depressed, tense, anxious, or generally dissatisfied with their lives. These emotional signs often lead to symptoms of physical disease through weakening the body's health and vigor and its resistance to disease. The same signs can also lead to self-abuse through smoking, drinking and overeating.

Traditional medicine has been oriented toward curing the evidence of physical disease; therefore, it only brings the "patient" back to the "0" point on the scale where there is no disease.

In wellness, persons go beyond being "patients" (which means "to suffer") and cross the "0" point. They do this through educating themselves to an understanding of their basic emotional and physical needs and learning how to get those needs met.

HOW TO GET THERE

There are three steps in any growth or learning experience. The three parts of this workbook correspond to them.

EVALUATION (PART I)    EDUCATION (PART II)    GROWTH (PART III)

Seeing how you're presently conducting your life.    Learning what new options are available.    Trying some of the options.

RE-EVALUATION
INSTRUCTIONS

Please put a mark in the box before each statement which is true for you. (If you are answering this questionnaire as part of a wellness evaluation, when the evaluation is completed this copy of the booklet will be given to you so that you may learn more about some of the statements you did not check off.)

WHAT IS WELLNESS AND WELL MEDICINE

The ideas of measuring wellness and helping people attain high levels of wellness are relatively new. Most of us think in terms of illness and assume that the absence of illness indicates wellness. This is not true. There are many degrees of wellness as there are many degrees of illness. The diagram below is a model used by well medicine.

Moving from the center to the left shows a progressively worsening state of health. Moving to the right of center shows increasing levels of health and well-being. Traditional medicine is oriented towards curing evidence of disease, but usually stops at the midpoint. Well medicine begins at any point on the scale with the goal of helping a person move as far to the right as possible.

Many people lack physical symptoms, but are bored, depressed, tense, anxious or generally unhappy with their lives. These emotional states often lead to physical disease through the lowering of the body's resistance. The same feelings can also lead to abuse of the body through smoking, drinking and overeating. These behaviors are usually substitutes for other more basic human needs such as recognition from others, a stimulating environment, caring and affection from friends and a growth towards higher levels of consciousness.

Wellness is not a static state. It results when a person begins to see himself as a growing, changing person. High level wellness means taking good care of your physical self, using your mind constructively, expressing your emotions effectively, being creatively involved with those around you, being concerned about your physical and psychological environment and becoming aware of higher levels of consciousness.

This questionnaire will help give you an idea about where you presently are on the wellness scale. It is not intended to be all-inclusive, but rather a representative sampling of ideas.
### PRODUCTIVITY, RELAXATION, SLEEP

00 [ ] I usually enjoy my work.
01 [ ] I seldom feel tired and rundown (except after strenuous work). *
02 [ ] I fall asleep easily at bedtime.
03 [ ] I usually get a full night's sleep.
04 [ ] If awakened, it is usually easy for me to go to sleep again.
05 [ ] I rarely bite or pick at my nails.
06 [ ] Rather than worrying, I can temporarily shelve my problems and enjoy myself at times when I can do nothing about solving them immediately.
07 [ ] I feel financially secure.
08 [ ] I am content with my sexual life.
09 [ ] I meditate or center myself for 15 to 20 minutes at least once a day. *

### PERSONAL CARE AND HOME SAFETY

10 [ ] I take measures to protect my living space from fire and safety hazards (including improper sized fuses and storage of volatile chemicals).
11 [ ] I have a dry chemical fire extinguisher in my kitchen and at least one other extinguisher elsewhere in my living quarters. (If very small apartment, kitchen extinguisher alone is adequate). *
12 [ ] I regularly use dental floss and a soft toothbrush. *
13 [ ] I smoke less than one pack of cigarettes or equivalent cigars or pipes per week.
14 [ ] I don't smoke at all (if this statement is true, mark item above true as well).
15 [ ] I keep an up-to-date record of my immunizations.
16 [ ] I have fewer than three colds per year. *
17 [ ] I minimize my exposure to sprays, chemical fumes or exhaust gases. *
18 [ ] I avoid extremely noisy areas (or wear protective ear plugs). *
19 [ ] I am aware of changes in my physical or mental state and seek professional advice about any which seem unusual.

**WOMEN**

100 [ ] I check my breasts for unusual lumps once a month.
101 [ ] I have a pap test annually.

**MEN**

102 [ ] If uncircumcised, I am aware of the special need for regular cleansing under my foreskin.
103 [ ] If over 45, I have my prostate checked annually.

* An asterisk at the end of a statement indicates that there is a footnote for that statement on the last page.
NUTRITIONAL AWARENESS

20 [ ] I eat at least one uncooked fruit or vegetable each day.
21 [ ] I have less than three alcoholic drinks (including beers) per week.
22 [ ] I rarely take medications, including prescription drugs.
23 [ ] I drink less than five soft drinks per week.
24 [ ] I avoid eating many refined foods or foods with sugar added.
25 [ ] I add little salt to my food.
26 [ ] I read the labels for the ingredients of the foods I buy.
27 [ ] I usually eat nutritionally balanced meals.
28 [ ] I drink less than three cups of coffee or tea (with the exception of herbal teas) a day.
29 [ ] I have a good appetite and maintain a weight within 15% of my ideal weight.

ENVIRONMENTAL AWARENESS

30 [ ] I use public transportation or car pools when possible.
31 [ ] I turn off unneeded lights or appliances.
32 [ ] I recycle papers, cans, glass, clothing, books and organic waste (mark true if you do at least three of these).
33 [ ] I set my thermostat at 68° or lower in winter.
34 [ ] I use air conditioning only when necessary and keep the thermostat at 76° or higher.
35 [ ] I am conscientious about wasted energy and materials both at home and at work.
36 [ ] I use low phosphate detergents.
37 [ ] My car gets at least 18 miles per gallon. (If you don't own a car, check this statement as true.)
38 [ ] I have storm windows and adequate insulation in attic and walls. (If you don't own your home or live in a mild climate, check this statement as true.)
39 [ ] I have a humidifier for use in winter. (If you require little winter heat, check this statement as true.)

PHYSICAL ACTIVITY

40 [ ] I climb stairs rather than ride elevators.
41 [ ] My daily activities include moderate physical effort (such as raising young children, gardening, scrubbing floors or factory work which involves being on my feet, etc.).
42 [ ] My daily activities include vigorous physical effort (such as heavy construction work, farming, moving heavy objects by hand, etc.).
43 [ ] I jog at least one mile twice a week or equivalent aerobic exercise.
44 [ ] I jog at least one mile four times a week or equivalent aerobic exercise (if this statement is true, mark the item above true as well).
45 [ ] I regularly walk or ride a bike for exercise.
46 [ ] I participate in a strenuous sport at least once a week.
47 [ ] I participate in a strenuous sport more than once a week (if this statement is true, mark the item above true as well).
48 [ ] I do yoga or some form of stretching-limbering exercise for 15 to 20 minutes at least twice per week.
49 [ ] I do yoga or some form of stretching exercise for 15 to 20 minutes at least four times per week (if this statement is true, mark the item above true as well).
EMOTIONAL MATURITY AND EXPRESSION OF FEELINGS

50 [✓] I am frequently happy.
51 [✓] I think it is OK to feel angry, afraid, joyful or sad. *
52 [✓] I do not deny my anger, fear, joy or sadness, but instead find constructive ways to express these feelings most of the time. *
53 [ ] I am able to say “no” to people without feeling guilty.
54 [✓] It is easy for me to laugh.
55 [✓] I like getting compliments and recognition from other people.
56 [✓] I feel OK about crying, and allow myself to do so. *
57 [✓] I listen to and think about constructive criticism rather than react defensively.
58 [ ] I would seek help from friends or professional counselors if needed.
59 [✓] It is easy for me to give other people sincere compliments and recognition.

COMMUNITY INVOLVEMENT

60 [✓] I keep informed of local, national and world events.
61 [ ] I vote regularly.
62 [✓] I take interest in community, national and world events and work to support issues and people of my choice. (If this statement is true, mark both items above true as well.)
63 [ ] When I am able, I contribute time or money to worthy causes.
64 [✓] I make an attempt to know my neighbors and be on good terms with them.
65 [✓] I would at least call the police if I saw a crime being committed.
66 [ ] If I saw a broken bottle lying in the road, or on the sidewalk, I would remove it.
67 [✓] When driving, I am considerate of pedestrians and other drivers.
68 [✓] If I saw a car with faulty lights, leaking gasoline or another dangerous condition, I would attempt to inform the driver.
69 [ ] I am a member of one or more community organizations (social change group, singing group, club, church or political group).

CREATIVITY, SELF EXPRESSION

70 [✓] I enjoy expressing myself through art, dance, music, drama, sports, etc.
71 [ ] I enjoy spending some time without planned or structured activities. *
72 [✓] I usually meet several people a month who I would like to get to know better.
73 [✓] I enjoy touching other people. *
74 [✓] I enjoy being touched by other people. *
75 [ ] I have at least five close friends.
76 [ ] At times I like to be alone.
77 [✓] I like myself and look forward to the future.
78 [ ] I look forward to living to be at least 75. *
79 [✓] I find it easy to express concern, love and warmth to those I care about.
AUTOMOBILE SAFETY

If you don't own or drive an automobile and ride less than 1,000 miles per year, check this box and skip the next 10 questions. (If you ride more than 1,000 miles and don't own the car, answer as many statements as you can and show this copy to the car's owner.)

60. I never drink when driving.
61. I wear a lap safety belt at least 90% of the time that I ride in a car.
61a. I wear a shoulder-lap belt at least 90% of the time that I ride in a car. (If this statement is true, mark the item above true as well.)
62. I stay within 5 mph of the speed limits.
63. My car has head restraints on the front seats and I keep them adjusted high enough to protect myself and passengers from whiplash injuries.
64. I frequently inspect my automobile tires, lights, etc., and have my car serviced regularly.
65. I have disc brakes on my car.
66. I drive on belted radial tires.
67. I carry emergency flares or reflectors and a fire extinguisher in my car.
68. I stop on yellow when a traffic light is changing.
69. For every 10 mph of speed, I maintain a car length's distance from the car in front of me.

PARENTING

If you don't have any responsibility for young children, check this box and skip the next 10 questions. (If the questions are not applicable because your children are no longer young, answer them as you would if they were young then again.)

90. When riding in a car, I make certain that any child weighing under 50 pounds is secured in an approved child's safety seat or safety harness similar to those sold by the major auto manufacturers.
91. When riding in a car, I make certain that any child weighing over 50 pounds is wearing an adult seat belt/shoulder harness.
92. When leaving my children, I make certain that the person in charge has the telephone numbers of my pediatrician or a hospital for emergency use.
93. I don't let my children ride escalators in bare feet or tennis shoes.
94. I do not store cleaning products under the sink or in unlocked cabinets where a child could reach them.
95. I have a lock on the medicine cabinet or other places where medicines are stored.
96. I prepare my own baby food with a baby food grinder - thus avoiding commercial foods.
97. I have sought information on parenting and raising children.
98. I frequently touch or hold my children.
99. I respect my child as an evolving, growing being.
FOOTNOTES

Numbers before each statement refer to a statement above. Numbers following statements indicate references (next page):

01. Fatigue without apparent cause is not a normal condition.

09. Meditation or resting greatly enhances one's sense of well being. (1, 2, 12, 13)

17. Many injuries and much damage can be prevented by putting out fires when they first start. Dry chemical or CO2 fire extinguishers are necessary for oil, grease and electrical fires.

12. Regular flossing and using a good soft tooth brush with rounded tip bristles will prevent the premature loss of teeth in one's 40's and 50's. Be sure to learn the proper techniques of use from a dental hygienist or dentist. (3)

16. If you have more than three colds, you may not be getting enough rest, eating a good diet or meeting other energy needs properly. (4)

17. All such toxins have a harmful effect on the liver and other tissues over long periods of time.

18. Very loud noises which leave your ears ringing can cause permanent hearing loss which accumulates and is usually not noticeable until one reaches 40 or 50. Small cushioned ear plugs (not the type designed for swimmers) wax ear plugs and ear muffs (which look like stereo headphones without wires) can often be purchased where rifles are sold.

20. Fresh fruits and vegetables provide vitamins, minerals, trace nutrients and roughage which are often lacking in modem diets. (5, 11)

23. Soft drinks are high in refined sugar which provides only "empty" calories and usually replaces foods with more nutritional value. Artificially sweetened soft drinks consumed in excess may have long-range consequences as yet not known. (Both types of soft drinks contain caffeine or other stimulants.) Most soft drink containers are not reusable and consume large amounts of energy and raw materials.

25. Salting foods during cooking draws many vitamins out of the food and into the water which is usually poured off. Heavy salting of food at the table may cause a strain on the kidneys and result in high blood pressure. (4)

29. Coffee and tea (other than herbal teas) contain stimulants which, if abused, do not allow one's body to function normally. (4)

ENVIRONMENTAL AWARENESS. Taking care of your environment affects your own wellness as well as everyone else's.

39. Humidified heated air allows one to set the thermostat several degrees lower and still feel as warm as without humidification. It also helps prevent many respiratory ailments. House plants will require less watering and will be happier too.

43, 44. Vigorous aerobic exercise (such as running) must keep the heart rate at 150 beats per minute for 12 to 20 minutes to produce the "training effect." Less vigorous aerobic exercise (lower heart rate) must be maintained for much longer periods of time to produce the same benefit. The "training effect" is necessary to prepare the heart for meeting extra strain. (6)

49. Such exercise prevents stiffening of joints and muscular-skeletal degeneration. It also promotes a greater feeling of well-being. (9)

51. Basic emotions, if repressed, often cause anxiety, depression, irrational behavior or physical disease. People can learn to feel and express their emotions with a resulting improvement in their well-being. However, some people exaggerate their emotions to control and manipulate others; this can be detrimental to their well-being.

52. Learning ways to constructively express these emotions so that all parties concerned feel better leads to more satisfying relationships and problem solving. (8, 9)

56. Crying over a loss or sad event is an important discharge of emotional energy. However, it is sometimes used as a manipulative tool, or as a substitute expression of anger. Many males have been erroneously taught that it is not OK to cry. (8)

71. Spending time spontaneously without relying on an external structure can be self-renewing. (8)

73, 74. Physical touch is important for the maintenance of life for young children and remains important throughout adult life. (10)

78. With self care, most individuals can easily reach this age in good health.
FOOTNOTES (cont'd)

80, 81. Shoulder/lap belts are much safer than lap belts alone. (Shoulder belts should never be worn without a lap belt.)

83. Whiplash injuries can be prevented by properly adjusted head restraints. These are required, in the U.S., on the front seats of all autos made since 1968 but are often not raised sufficiently high to protect passengers and driver.

85. Disc brakes provide considerably better braking power.

86. For most cars, radial tires maintain firmer contact with the road and improve braking and handling. They also have less rolling friction and give better gas mileage.

90, 91. Over 1,000 young children a year are killed in motor vehicle accidents. Many deaths can be prevented by keeping the child from flying about in a car crash. Most car seats do not provide sturdy enough protection as government standards are very low. Check consumer magazines for up-to-date facts. Never use an adult seat belt for a child weighing less than 50 pounds.

93. The bare feet of young children are often injured at the end of escalators. Tennis shoes, because of their sturdy long laces which get pulled into the mechanism and their thin canvas walls, are equally dangerous.

96. Commercial baby foods contain high amounts of sugar, salt, modified starches and preservatives which may adversely affect a baby's future eating habits and health. Federal legislation has been introduced to help correct this problem. Portable baby food grinders and blenders can be used to prepare for an infant the same food as eaten by the rest of the family. Individual servings can be packaged and frozen for future meals, thus saving time.

REFERENCES

2. Be Here Now - Ram Dass.
3. The Tooth Trip - McGuire.
4. Well Body Book - Samuels and Bennett.
5. Nutrition Against Disease - Williams.
8. Born to Win - James and Jongeward.
11. Diet for a Small Planet - Lappe.
12. Center of the Cyclone - Lilly.
13. The Crack in the Cosmic Egg - Pearce.

© 1975
John W. Travis, MD
42 Miller Avenue
Mill Valley, Calif. 94941
Single copies 50¢
Some medical researchers have concluded that mental and physical illness is always preceded by a pattern of significant life changes, and that therefore, future health or disease can be forecast by evaluating these events. The greater the number of life changes, the more serious the oncoming illness.

To evaluate your own life change factors and health future, circle YES or NO to each life event in the attached list that has happened to you during the past twelve months. After you have completed the list, circle the point value for each YES answer and total the points. Then compare your total with the life change score table.

A life change score need not mean succumbing to disease if one knows how to prevent those stresses and strains from increasing susceptibility or lowered resistance.

<table>
<thead>
<tr>
<th>Life Event</th>
<th>Answer</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. death of a spouse</td>
<td>yes</td>
<td>100</td>
</tr>
<tr>
<td>2. divorce</td>
<td>yes</td>
<td>73</td>
</tr>
<tr>
<td>3. marital separation</td>
<td>yes</td>
<td>65</td>
</tr>
<tr>
<td>4. jail term</td>
<td>yes</td>
<td>63</td>
</tr>
<tr>
<td>5. death of close family member</td>
<td>yes</td>
<td>63</td>
</tr>
<tr>
<td>6. personal injury or illness</td>
<td>yes</td>
<td>53</td>
</tr>
<tr>
<td>7. marriage</td>
<td>yes</td>
<td>50</td>
</tr>
<tr>
<td>8. fired from work</td>
<td>yes</td>
<td>47</td>
</tr>
<tr>
<td>9. marital reconciliation</td>
<td>yes</td>
<td>45</td>
</tr>
<tr>
<td>10. retirement</td>
<td>yes</td>
<td>45</td>
</tr>
<tr>
<td>11. change in family member's health</td>
<td>yes</td>
<td>44</td>
</tr>
<tr>
<td>12. pregnancy</td>
<td>yes</td>
<td>40</td>
</tr>
<tr>
<td>13. sex difficulties</td>
<td>yes</td>
<td>39</td>
</tr>
<tr>
<td>14. addition to family</td>
<td>yes</td>
<td>39</td>
</tr>
<tr>
<td>15. business readjustment</td>
<td>yes</td>
<td>39</td>
</tr>
<tr>
<td>16. change in financial status</td>
<td>yes</td>
<td>38</td>
</tr>
<tr>
<td>17. death of a close friend</td>
<td>yes</td>
<td>37</td>
</tr>
<tr>
<td>18. change to different line of work</td>
<td>yes</td>
<td>36</td>
</tr>
<tr>
<td>19. change in number of marital arguments</td>
<td>yes</td>
<td>35</td>
</tr>
<tr>
<td>20. mortgage or loan over $10,000</td>
<td>yes</td>
<td>31</td>
</tr>
<tr>
<td>21. foreclosure of mortgage or loan</td>
<td>yes</td>
<td>30</td>
</tr>
<tr>
<td>22. change in work responsibilities</td>
<td>yes</td>
<td>29</td>
</tr>
<tr>
<td>23. son or daughter leaving home</td>
<td>yes</td>
<td>29</td>
</tr>
<tr>
<td>24. trouble with in-laws</td>
<td>yes</td>
<td>29</td>
</tr>
<tr>
<td>25. outstanding personal achievement</td>
<td>yes</td>
<td>28</td>
</tr>
<tr>
<td>26. spouse begins or stops work</td>
<td>yes</td>
<td>26</td>
</tr>
<tr>
<td>27. starting or finishing school</td>
<td>yes</td>
<td>26</td>
</tr>
<tr>
<td>28. change in living conditions</td>
<td>yes</td>
<td>25</td>
</tr>
<tr>
<td>29. revision of personal habits</td>
<td>yes</td>
<td>24</td>
</tr>
<tr>
<td>30. trouble with boss</td>
<td>yes</td>
<td>23</td>
</tr>
<tr>
<td>31. change in work hours, conditions</td>
<td>yes</td>
<td>20</td>
</tr>
<tr>
<td>32. change in residence</td>
<td>yes</td>
<td>20</td>
</tr>
<tr>
<td>33. change in schools</td>
<td>yes</td>
<td>20</td>
</tr>
<tr>
<td>34. change in recreational habits</td>
<td>yes</td>
<td>19</td>
</tr>
<tr>
<td>35. change in church activities</td>
<td>yes</td>
<td>19</td>
</tr>
<tr>
<td>36. change in social activities</td>
<td>yes</td>
<td>18</td>
</tr>
<tr>
<td>37. mortgage or loan under $10,000</td>
<td>yes</td>
<td>17</td>
</tr>
<tr>
<td>38. change in sleeping habits</td>
<td>yes</td>
<td>16</td>
</tr>
<tr>
<td>39. change in number of family gatherings</td>
<td>yes</td>
<td>15</td>
</tr>
<tr>
<td>40. change in eating habits</td>
<td>yes</td>
<td>15</td>
</tr>
<tr>
<td>41. vacation</td>
<td>yes</td>
<td>13</td>
</tr>
<tr>
<td>42. Christmas season</td>
<td>yes</td>
<td>12</td>
</tr>
<tr>
<td>43. minor violation of the law</td>
<td>yes</td>
<td>11</td>
</tr>
</tbody>
</table>

Total score

Life Change Score Table

<table>
<thead>
<tr>
<th>Point Total of:</th>
<th>Chance of Illness within Next Two Years:</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 or less</td>
<td>37%</td>
</tr>
<tr>
<td>151-299</td>
<td>50%</td>
</tr>
<tr>
<td>300+</td>
<td>80%</td>
</tr>
</tbody>
</table>

Social Readjustment Rating Scale developed by Dr. Thomas Holmes and Dr. Richard H. Rahe.

Copyright 1977 Corporate Fitness™ A Forest Hospital and Foundation Co.
Center for Peace and Life Studies

The Center has a basic overriding religious dimension emphasizing that life itself is a religious experience, a gift from God to be enjoyed. This life is enriched through the sharing of religious celebration, prayer, recreation, work, contemplation and study.

As a community, the Center is not specifically affiliated with a particular organization, religion, or institution, although many are involved in its functions. Anyone who believes in the idea of the Center for Peace and Life Studies is a member. The realization is that the community is always in process and must remain life-giving.

As an event, the Center actually happens at many different times and many different ways: scheduled weekend retreats throughout the year dealing with a variety of subjects--simple living, peace and social justice, marriage and family enrichment; several weeks of family camp during the summer and many other opportunities for personal, family, or community retreats.

The learning of life-giving values is the Center's main goal. A spirit of simpler living is fostered, a reverence for the earth, the conservation of resources, a desire to create a community of concerned people. The exploration of alternatives is at the heart of the Center's purpose.

“Live simply that others may simply live.” - Elizabeth Seton
The Center: Heritage

Perhaps a seed was sown 14 years ago with Holy Family Camp—a spot in central Indiana where families shared a rented facility. The families shared weeks of peaceful opportunity to grow together and individually. The concept of family takes on a deeper, more positive dimension for participants as they return year after year.

The seed grew to encompass an educational concept which gave emphasis to a wider plan to include peace and social justice issues. These added concerns were presented in a shared facility where dozens of seminars, workshops and retreats were conducted with hundreds of persons of every age and walk of life. The John XXIII Adult Retreat Center, Hartford City, played a critical role in the formation and development of the Center.

The Center: Opportunities for You

Become part of the process, the community that makes the Center an enriching experience. The Center is open to all persons. Attend any of the scheduled happenings, suggest or become a resource person for a weekend on an issue you believe is important. Encourage others to participate.

Contact the Center about bringing your family, your organization, or your friends to the Center. The retreat center, the cabins, and the community buildings are available for families or organizations.

Letter from the Director, Father Ron Voss

Dear friends,

If you feel excited about what you are reading - this brochure - then you have some hint of the joy that is mine as the “director” of the blessed event called the Center for Peace and Life Studies. I have been fortunate to be part of the growth of that idea from its birth and now as that idea “comes of age” in the new Center, we find cause to celebrate.

I have been a Catholic priest for eleven years and have been involved in some very exciting, innovative projects: the present Center is no exception. In fact, what has been created by so many hard working, generous, loving people is a life-giving community that wants to share that spirit with many others - the world if possible! I have discovered that my beliefs in an enriched family life, peace, simple living, prayer, personal and communal growth are shared by many people. It is the people who have created the Center. It is these values that are embraced.

I'm glad Rosie Coughlin has decided to offer her services to us. The presence of the Iden and O’Neill families at the Center is a gift. My thanks go to the hundreds of people who have contributed financially and physically to the building of the Center.

At the heart of the Center are the creation of energy-conserving buildings, a deep commitment to recreation, study, celebration, simple living, and a reverence for the earth. If you share these commitments, please become involved in the events that happen here. I welcome your interest and support of the Center for Peace and Life Studies and look forward to seeing you.

Center for Peace and Life Studies
HOLISTIC HEALTH: A GLOBAL AWARENESS

THE FIRST INTERNATIONAL CONFERENCE ON HOLISTIC HEALTH
AND
THE FIFTH ANNUAL MANDALA HOLISTIC HEALTH CONFERENCE
AUGUST 31 TO SEPTEMBER 6, 1979

Presented by:
The Mandala Society and
The National Center for the Exploration of Human Potential

In cooperation with:
The Association for Holistic Health,
The American Medical Student Association,
San Diego State University, Department of Health Science and Safety
and the College of Extended Studies

WEEKEND SYMPOSIUM — August 31 to September 2, 1979
Town and Country Convention Center, San Diego, California

FOLLOWED BY WORKSHOPS — September 3-6, 1979
University of California, San Diego

INCLUDING A FILM FESTIVAL — September 3-5, 1979, evenings
Exploring New Dimensions of Life and Healing
at Mandeville Center, U.C.S.D.
TRAINING PROGRAMS IN HOLISTIC HEALTH

Association for Holistic Health
TRAINING PROGRAM GOALS:
The Association for Holistic Health is offering two Training Programs designed to prepare professionals from health related fields to utilize the concepts of holistic health and to become Resource Guides and leaders in holistic health.

DESIGN OF TRAINING PROGRAMS:

Basic Training Program in Holistic Health:
The Basic Training Program consists of four Core Courses and three elective courses designed to train health professionals in the concepts of holistic health. This program may be completed within a year's time. Courses are offered for two semester units each of academic credit through San Diego State University. These courses are designed to meet the requirements of the Board of Medical Quality Assurance, Division of Licensing, for Category One credit for physicians. Continuing Education Credit is available to nurses through Provider Number 00984. The four core courses offered by the Association for Holistic Health are the following:

C.C. 1 -- An Introduction to Holistic Health
C.C. 2 -- Holistic Anatomy and Physiology
C.C. 3 -- Assessment of the Whole Person
C.C. 4 -- Overview of Health Care Modalities; Ethics and Responsibilities, Part I

Students may begin the Training Program at any point, upon approval of their application by the Association for Holistic Health.

Upon completion of the above course of studies, including electives and attendance at one of the AHH/Mandala Open Circle annual conferences, students are eligible for a certificate of completion from the Association for Holistic Health.

Training Program for the Holistic Health Resource Guide:
This program is designed to prepare the health professional to be a guide and resource in health-optimization. The Holistic Health Resource Guide Training Program consists of two Core Courses offered by the Association for Holistic Health, one elective course and field experience. The Core Courses for this program are the following:

C.C. 5 -- Designing the Individual Wellness Program
C.C. 6 -- Holistic Aspects of Communication, Teaching & Counseling; Ethics and Responsibilities, Part II

Courses are offered for two semester units each of university credit and these courses are designed to meet the requirements of the Board of Medical Quality Assurance, Division of Licensing, for Category One credit for physicians. Continuing Education Credit is available to nurses through Provider Number 00984.

Prior completion of the Basic Training Program in Holistic Health and acceptance into the Resource Guide Program are required. Graduates of the Holistic Health Resource Guide Training Program, who have successfully completed the training are eligible for a certificate of completion from the Association for Holistic Health.

PROGRAM SCHEDULE:
In order to accommodate the working health professional, all courses will be offered on a weekend seminar basis. Electives may be taken through the university or college of one's choice, upon approval from the Education Department, as well as through the Association for Holistic Health.

PROGRAM FEES:
Fees for the Core Courses are charged on an individual course basis and include two units of university credit and lunches. The fee for each course is $120*. Checks or money orders may be made payable to the Association for Holistic Health. Visa, Mastercharge and BankAmericard are accepted.

HOW TO APPLY:
Those wishing to apply for either of the Training Programs should be professionals from a health related field. Applications should be requested from and forwarded to:

EDUCATION DEPARTMENT
ASSOCIATION FOR HOLISTIC HEALTH
Post Office Box 33202
San Diego, California 92103
(714) 298-5965

The fee for application to the Basic Training Program is $10. Fee for application to the Holistic Health Resource Guide Training Program is $25.

If you need any further information or assistance, or are interested in a Training Program in your area, please call or write the Association for Holistic Health at the above address.

*Subject to change.
Volume IV
HOLISTIC HEALTH - A TOP NATIONAL PRIORITY

- HOLISTIC HEALTH RESEARCH — A TOP PRIORITY
  Hans Selye, M.D.
- PERSONAL IMPLICATIONS OF HOLISTIC HEALTH
  Norman Cousins
- CREATING MIRACLES - SIDE EFFECTS OF HOLISTIC HEALTH
  Gerald G. Jampolsky, M.D.
- MESODERM - THE FOUNDATION OF EXPERIENCE
  Jim Paikora, Ph.D.
- DESIGNING YOUR OWN HOLISTIC HEALTH PROGRAM
  Harold Bloomfield, M.D.
- HOLISTIC LIFE STYLE
  George Emery
- A HOLISTIC HEALTH EXPERIENCE
  William Schutz, Ph.D.
- HOLISTIC HEALTH - A TOP NATIONAL PRIORITY
  Jerome Lackner, M.D.
- THE SPIRITUAL PATH TO HOLISTIC HEALTH
  Patricia Sun
- YOGA OF HOLISTIC HEALTH
  Rev. Sri Swami Satchidananda
- MIND OVER MATTER - REALITY OR FICTION
  Vernon Craig
- WITHOUT SPIRIT IT ISN'T HOLISTIC
  Paul Solomon
- SPIRITUAL HEALING - SPIRIT OF HOLISTIC HEALTH
  John Erving, J.D.
- HOLISTIC PSYCHOLOGY
  Robert Leidman, M.D.
- EXPERIENCING SPIRITUAL HEALING - A HEALING SERVICE
  Olga Worrall, Ph.D.
- THE NEXT STEP: HEALING THROUGH COMMUNICATION
  Paul Brenner, M.D.

and selected papers
following the evolution of the holistic health movement:

The Journal of Holistic Health

four volumes, containing transcripts of speeches given at the following conferences:

The Physician of the Future 1975
The Healing Center of the Future 1976
Experiencing the Medical Model of the Future 1977
Holistic Health - A Top National Priority 1978

plus additional papers from the forefront of research and practice

ORDER FORM

Make checks (tax deductible for educational materials) payable to:
MANDALA HOLISTIC HEALTH
P.O. Box 1233
Del Mar, CA 92014

Enclose $8 for one Journal and $7 for each additional copy.

Volume I $________
Volume II $________
Volume III $________
Volume IV (available March, 1979) $________
Complete set of four $25 $________
Total $________

Name ____________________________
Address __________________________
City ____________________________
State ______ Zip __________
Profession __________________________

MANDALA HOLISTIC HEALTH
P.O. Box 1233
Del Mar, CA 92014
Volume I

THE PHYSICIAN OF THE FUTURE

• CURRENT RESEARCH IN THE PRIME CAUSE OF HEALING
  Irving Doyle, M.D.

• THERAPEUTIC TOUCH AND HEALING ENERGIES FROM THE LAYING ON OF HANDS
  Dorothea Knegri, R.N., Ph.D.

• HOLISTIC APPLICATIONS OF CLINICAL BIOFEEDBACK AND MEDITATION
  Kenneth P. Pelletier, Ph.D.

• BIOPHYSICS AND CONTROL OF HEALING ENERGIES
  E. Stanton Magnay, M.D.

• APPLYING EDGAR CAYCE READINGS TO THE DAILY CLINICAL PRACTICE OF MEDICINE
  William A. McGarvey, M.D., and Gladys T. McGarvey, M.D.

• THE CORRELATION OF MEDICINE AND RELIGION: A HOLISTIC APPROACH
  Evarts G. Loomis, M.D.

• PSYCHOLOGICAL VARIABLES AND THE IMMUNOLOGICAL RESPONSE: A NEW APPROACH IN THE TREATMENT OF CANCER
  Alfred A. Barrie, Ph.D., and William S. Kroger, M.D.

• SUGGESTION IN LIEU OF SLEEPING PILLS
  Wallace A. Sherrell, M.A.

• CANCER RESEARCH BASED ON READINGS GIVEN BY COSMIC AWARENESS
  Henry W. Allen and Evelyn C. Allen, M.S.

• THE QABBALISTIC MODEL OF WHOLENESS
  Aligh Green, M.A., Ph.D. Candidate

• WHAT'S UP FOR DOCS: PREDICTIONS FOR THE NEXT THIRTY YEARS
  Geoffrey A. Smith, M.D.

• THE ROLE OF NUTRITION IN THE WHOLE MAN
  Granville F. Knight, M.D.

• AUTOCENIC TRAINING
  C. Norman Shealy, M.D.

• CLAIRVOYANT DIAGNOSIS
  Robert Leichtman, M.D.

• PSYCHO SOCIOLOGICAL ASPECTS OF HOLISTIC HEALTH
  Jack Gibb, Ph.D.

• RELIGION AND HEALING
  Marcus Bach, Ph.D.

• APPLIED KINESIOLOGY
  John F. The, Ph.D.

• NUTRITION FROM THE GROUND UP
  Robert T. Pottinger, Jr., M.D.

• UPLATH DOES NOT EXIST
  Dr. Elisabeth Kubler-Ross

• ACUPUNCTURE, TAOIST THOUGHT AND HEALING
  David Bresler, Ph.D.

• WELL SPRINGS
  Ruth Robertson

• THE HEALING CENTER OF THE FUTURE
  Evarts G. Loomis, M.D.

• RESPONSIBILITY FOR HEALTH
  Jerry A. Green

• THE HOLISTIC HEALTH REVOLUTION
  George Leonard

• HOMOEOPATHY, HOMEOTHERAPEUTICS AND MODERN MEDICINE
  Victor M. Marguets, M.D.

• PSORIASIS
  Frank R. Haggard, D.D.S.

• ALTERING CONSCIOUSNESS
  Richard T. Ingrossi

• THE CONTROL OF INFLAMMATION
  Frederic Boyer, M.D.

• INTEGRAL PSYCHOLOGY AND ESOTERIC HEALING
  Robert Gerhard, Ph.D.

• EXPERIENCING THE ROLE OF SPIRITUAL FAITH IN HOLISTIC HEALTH
  Olga Worrell, Ph.D.

• CREATING A NEW FUNCTIONAL MODEL OF BODY HEALING ENERGIES
  William Tiller, Ph.D.

• CORE ENERGETIC THERAPY, A FUNCTIONAL PROCESS FOR INTEGRATING BODY, MIND AND SPIRIT
  John C. Perraols, M.D.

• AN ELECTROCARDIOGRAPHY OF PSYCHIC STATES OBTAINED BY YOGA
  Joan F. Dumbrinse, M.D.

• CHINESE MEDICINE, A PARAGON OF HOLISTIC MEDICINE
  Tsun Nii Lee, M.D.

• A PRACTICAL APPROACH TO CREATING WHOLISTIC HEALTH CENTERS
  Donald A. Tubbs, Ph.D.

• HOLISTIC PHYSIOLOGY OF MIND/ BODY
  Jim Pildora, Ph.D.

• PUBLIC POLICY AND LEGAL IMPLICATIONS OF HOLISTIC HEALTH ON THE STATE AND NATIONAL LEVEL
  Frank Carlson, J.D.

• PSYCHIC DIAGNOSIS
  The Reverend Paul Solomon

• FUNCTIONAL/ATTITUDINAL CLEARING PROGRAM
  Joseph Spear, D.D.

• LEGAL CONSIDERATIONS IN THE SEARCH FOR HOLISTIC HEALTH
  Dennis M. Warran

• SPIRITUAL HEALING AND FAITH: AN INTEGRAL PART OF HOLISTIC HEALTH
  Ruth Carter Stapleton

• TALKS ON LOVE, THOUGHT AND ATTITUDE, MANIPULATIONS, EXERCISE AND DIET
  Pierre Parentier, N.D.

• HEALTH AND DISEASE: A BIOLOGICAL AND METABIOLOGICAL MODEL
  Jonas Salk, M.D.

• IMPLICATIONS OF A COURT CASE: AN EXPERIMENT IN SHARED RESPONSIBILITY
  Dana Ullman

• SEPARATENESS: A KEY TO PATHOLOGY
  Robin Gordon

• THE TRIANGLE OF HEALTH
  William J. Goldway, M.D.

• THE MEDICAL MODEL OF THE FUTURE
  William Uteilting

Volume IV on back
HOLISTIC HEALTH: A GLOBAL AWARENESS
THE FIRST INTERNATIONAL CONFERENCE ON HOLISTIC HEALTH
AND THE FIFTH ANNUAL MANDALA HOLISTIC HEALTH CONFERENCE
AUGUST 31 TO SEPTEMBER 6, 1979
At the University of California, San Diego
and
Town & Country Convention Center

Brought to you by
Mandala Holistic Health
who created:

THE PHYSICIAN OF THE FUTURE CONFERENCE, 1975

THE HEALING CENTER OF THE FUTURE CONFERENCE, 1976
with the University of California, San Diego School of Medicine; Mandala
created the Association for Holistic Health at this Conference

EXPERIENCING THE MEDICAL MODEL OF THE FUTURE CONFERENCE, 1977
with the University of California, San Diego School of Medicine and
the Association for Holistic Health

HOLISTIC HEALTH: A TOP NATIONAL PRIORITY, 1978
with San Diego State University, American Medical Students Association,
Association for Holistic Health and the National Center for the Exploration of Human Potential

INFORMATION WILL BE FORTHCOMING
Held at the Feathered Pipe Ranch, Helena, Montana

July 10 through 14, Elisabeth Kübler-Ross, M.D., and Staff will present a workshop entitled The Death Process at the Feathered Pipe Ranch near Helena, Montana.

About the Workshop

We plan to work each day from morning to midnight. The mornings will be devoted to didactic, intellectual material. Afternoons will be free. Evenings will be devoted to experiential growth — working through fear, pain, old hurts, guilt and unfinished business from the past; thus helping one to transcend negative aspects of being in order to work better with dying patients and one's fellow man.

About Elisabeth Kübler-Ross

Elisabeth Kübler-Ross was born July 8, 1926 in Zurich, Switzerland. She spent her childhood in a picturesque rural village. At age 19, with the conclusion of WW II she hitchhiked through the desolation that had been Europe, taking many jobs, having many adventures, but ending finally in a small refugee camp in Poland caring for the sick. It was there that she decided to become a healer, to fulfill her need to investigate deeply the problems raised by the process of personality integration.

She has practiced as a psychiatrist in New York City, and in Chicago where she developed her Death & Dying Seminar, and is a world renowned authority on death.

Her books include On Death and Dying, Answers on Death and Dying and Death, The Final Stage of Growth.

What You Will Learn About

The death experience.
The after-death experience.
The creative process of letting go, regeneration and rebirth.
The emotional power of love.
Loving first rather than waiting for it.

Who Should Attend

Parents of Dying Children
Physicians
Nurses
Counselors
Students
Psychologists
Social Workers
Health Educators
Therapists
Teachers

Learning to live fully each day.
The true nature and meaning of suicide.
The out of body experience.
Work with dying children.
Emotional needs of the dying patient and the family.
Psychodrama.
The sudden unexpected death.
Emotional growth techniques and preventive medicine.
Developing self love.
Stress reduction.
Working with the deaf and dying.

Certificate of Completion

Upon finishing the 4 day intensive course, all participants will be given a Certificate of Completion from the Holistic Life University and Dr. Ross's Institute. Application has been made for Continuing Education credit for nurses and helping professionals.

Health Administrators
Ministers
Rabbis
Sociologists
Psychiatrists
Priests
Hospice Workers

Any persons who are somehow connected with the death process