

Spirituality and Healing in Clinical Practice

A Biopsychosocial and Spiritual Perspective

Notes Compiled by
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Two Wolves

An old Cherokee Indian was teaching his grandson about life:

“A fight is going on inside of me,” he said to the boy. “It is a terrible fight between two wolves.

One is evil---he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. This same fight is going on inside you, and inside every other person too.

The grandson thought about it for a long minute, and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

ACT PLUS

- ACT is good but we need more.
- We need comprehensive models that address all aspects of healing: biopsychosocial and spiritual.
- Spiritual healing: an important, practical, and neglected topic.
- Today I will focus on spiritual healing.



Topics for Discussion

- A different kind of psychiatry
- Transpersonal Psychiatry
- Positive Psychiatry
- Integrative Psychiatry
- CBT/Mindfulness/Meditation/Yoga/
The Transformation of Emotion, and
more

Integrative Psychiatry

Four evidence based healing universes

1. Biological

- Traditional Medicine
- CAM: Complimentary and Alternative Medicine

2. Psychological

3. Social

4. Spiritual

- Mind-Body-Spirit Medicine



Mind-Body-Spirit Medicine

- There is now ample scientific evidence that people with an active faith system have better outcomes in medicine, surgery, mental health, and addiction.
- This allows us to bring spirituality and religion into the practice of medicine.
- This is a difficult task.
- There is an enormous religious and spiritual literature from a variety of cultures covering thousands of years of history.

Mind-Body-Spirit-Medicine

- It is a big map with a great deal of conflict, contradiction, and confusion.
- Reduce complex, contradictory religion into simplified practical spirituality
- The goal: extract and transfer the essential healing principle from religion to healthcare safely, efficiently, and effectively.
- Activate spiritual healing in a clinical setting without getting into trouble.

Topics for Discussion

- Story → Principles → Steps → Tools → Exercises
- Harlem: First Model: (1980)
- Mind-Body-Spirit Medicine Conference (2000)
- Cascadia: First group on Spirituality and Healing (2001)



Topics for Discussion

- “Healing Power: Ten steps to Pain Management and Spiritual Evolution: Revised 2010”
- The rules we use to stay out of trouble
- The Universal Healing Wheel = PMQ = Pain, Method, Quality with Traction Devices
- Practical applications
- Stage disease and recovery

Where Are We Now?

- Spin: high acuity; any one or combination of active physical illness, mental illness, and substance use; street, hospital, jail, homeless, danger to self or others;
- Float: housing, money, and medication stabilization; mental illness, physical illness, and substance use are better; hang out, smoke, watch TV; isolate or social but little or no connection to meaningful social, recreational, vocational or spiritual activity.
- Integrate: full recovery including social, recreational, vocational, spiritual.
- Liberate: Integrate higher states of consciousness with good mental health through meditation, mindfulness, yoga, breath work, the transformation of emotion, and more: (Transpersonal Psychiatry)



Where are we now?

- Spin → Float → Integrate → Liberate
- The system is stuck primarily at spin and float.
- We do a good job of helping people move from spin to float.
- There are elements of integration scattered throughout the system
- We want more integration and liberation
- To advance the system, we need to heal ourselves first. Then we can contribute to the healing of our clients and the system.

Applications

From Self-healing to Organizational Transformation

- “Healthcare Professional, Heal Thyself”
 - Personal growth: staff first, then client
 - Self-help, self-healing
 - Change in consciousness
- Personal growth →
- Professional growth →
- Recovery and healing culture →
- Continuous quality improvement →
- Organizational transformation
 - The Way = The Universal Healing Wheel

The Picasso Effect

- This is a complex topic: many pieces to the puzzle.
- It takes time to understand.
- Cannot cover in an hour.
- This is a consolidation of 45 years of work, study, and practice.
- The Picasso Effect
- Hang in there
- Complexity reveals simplicity
- Story → Principles → Steps → Tools → Exercises

Personal Spiritual History

- From personal story to universal principles
- Find yourself and your clients in these stories and principles
- The pain story and the healing story

Personal Spiritual History

The Pain Story

- 7th month of fetal life: An early introduction to brutal reality and the illusion of safety, security and immortality
- Conservative Judaism
- The dynamics of unraveling a belief system
 - The Cheeseburger
 - The Chess game: The King goes down.
 - The Abyss: the unknown, the great mystery of life

The Seeker: Healing the Pain

- ⑩ Terror at the abyss + character defects → psychotherapy
- ⑩ AA Meetings
- ⑩ Mining the great religious fields for pearls
- ⑩ Studies in Christianity, Hinduism, Buddhism, Judaism, Native American Spirituality, others
- ⑩ Review the lives of saints, sages, teachers, masters, gurus
- ⑩ Develop a spiritual practice: meditation, mindfulness, affirmations, prayer
- ⑩ The scientific method in metaphysics: direct personal experience

The Scientific Method in Metaphysics

- We can decipher spiritual fiction from fact.
 - How to do this without lab tests or x-rays?
 - We can put profoundly important questions to the test of direct personal experience in the laboratory of life.
- ⑩ Does compassionate service to humanity give us peace of mind and strength?
 - ⑩ Does meditation work?
 - ⑩ Do higher states of consciousness actually exist?
 - ⑩ Does the body-temple harbor the God of the universe?

The Scientific Method in Metaphysics

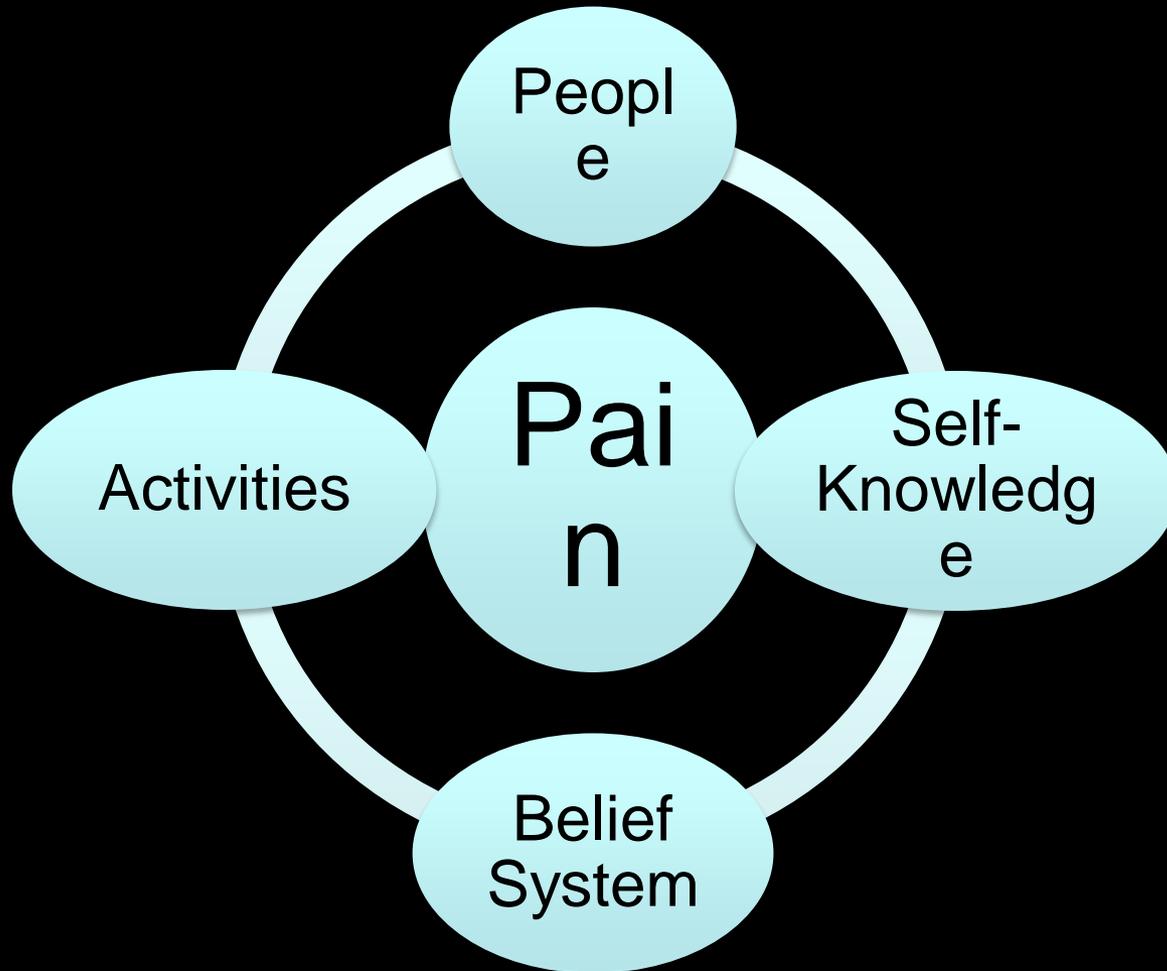
1. Test a theory by practicing a spiritual method.
2. Assume the agnostic position.
 - Do not accept or reject the theory.
 - Stay open and receptive.
3. The body is the test tube.
4. The experiment is on the life force itself, consciousness, energy, thought, feeling, desire, and behavior.
5. Prove or disprove it to yourself through direct personal experience.
6. If a method or concept works, we keep it and teach it to our clients. If not, discard it.
7. We trust our ability to tell the difference.

The Result of My Experiment

Spiritual Evolution

- Feel better
- Become a better person
- Experience higher states of consciousness
- Change in vibration
- People respond

Harlem Model: 1980



Harlem Model: 1980

- For skillful pain management
 1. People
 2. Activities
 3. Belief System
 4. Self Knowledge

Harlem Model: 1980

- For skillful pain management:
 1. People
 2. Activities
 3. Belief System
 4. Self-knowledge
 5. Brutal Reality
 6. The Illusion of Safety

Mind-Body-Spirit Medicine

Herbert Benson M.D.

- Conference in Chicago on spirituality and healing in medicine
 - Day one: science
 - Day two: religion
 - Day three: applications

Mind-Body-Spirit Medicine

Day 1: Data

- People with an active faith system have better outcomes in medicine, surgery, mental health, and addiction.
 - Includes cancer, coronary artery disease, cerebrovascular disease, hypertension, asthma, COPD, infections disease, kidney disease, and more.
 - Lower medication rates
 - Lower length of stay
 - Higher quality of life
 - Much more

Mind-Body-Spirit Medicine

Herbert Benson M.D.

Day two: Religion

- ⑩ Rabbi, priest, Hispanic Pentecostal, Florence Nightingale mystic, Tibetan Buddhist PHD—former secretary of the Dalai Lama, Islamic professor and teacher
- ⑩ Each discussed healing principles, methods, and qualities from their great faith traditions.

Mind-Body-Spirit Medicine

Day 3: Applications

- Extract and organize healing principles from the great faith traditions into cognitive behavioral or mind-body medicine practices.
- Practice these ourselves and teach them to our clients.

Cascadia: Spirituality and Healing Group

- Clinic survey
- Spirituality and Healing: first choice
- The “Meditating Doctor”
- Universal principles, methods, and qualities

Cascadia: Spirituality and Healing Group

- Recovery and spirituality values overlap:
 - You are not your illness. You are a human being with a heart, psyche, and soul. We are all equal on this playing field.
 - Humility, Love, compassion, understanding, forgiveness, patience, kindness, gentleness, non-injury, strength, courage, perseverance, peace, joy, humor, and more
 - Address not just illness, symptoms, and medication but the Big Questions of life

Cascadia: Spirituality and Healing Group

- The Big Questions
 - Who am I?
 - Why am I here?
 - What is the meaning and purpose of life?
 - Why is there so much suffering and evil?
 - Can I find peace in the face of suffering and evil?
 - Is there another dimension, perhaps higher or more subtle that can help?
 - Is there a God? If so, what is Its nature?
 - Is there something I can hold on to that doesn't change?
 - How do I get through all of this?

Cascadia Spirituality and Healing Group

- A member: "I never felt so respected."
- Herbert Benson M.D: Political, Scientific, Medical Platform
- "Healing Power: Ten Steps to Pain Management and Spiritual Evolution: Revised (2010)"

Healing Power: Ten Steps to Pain Management and Spiritual Evolution

1. Deconstruct: religion into discrete pieces
2. Eliminate: dogma, ritual, and other non-essentials.
3. Extract: the wisdom of the ages—the elegant essence of religion.
4. Organize: into doable practical steps and tools
 - Ten steps, 15 methods, 100 spiritual qualities
 - Cafeteria of options
5. Any person: atheist, agnostic, religious, spiritual
6. Anywhere, any time: home, work, play
7. Any problem: physical, mental, emotional, spiritual
8. Self-help
9. Self-Healing

Healing Power: Ten Steps to Pain Management and Spiritual Evolution

Some advice as you listen

1. Take what you need and leave the rest.
2. Nuke offensive language and substitute your own.
 - The Higher Power as you understand it
 - God, Buddha, Consciousness, Mystery, Love
3. Stay in your own lane.
4. Do not proselytize.
5. Discuss without debate.
6. Reform yourself, not others.

The Ten Steps

1. The Core Drive
2. Duality and Brutal Reality
3. The Compromise
4. Habits
5. Tools Become Barriers
6. The Seeker
7. Soul and Spirit
8. The School of Life
9. Spiritual Practice
10. Spiritual Experience

Ten Steps

Steps 1-5: The Pain Story

Steps 6-10: The Healing Story

The Last Place They Will Look

The Creator gathers all the animals and says:

“I want to hide something from humans until they are ready for it—the realization that they create their own reality.”

“Give it to me, I’ll fly it to the moon,” says the Eagle.

“No, one day soon they will go there and find it.”

“How about the bottom of the ocean,” asks the Salmon.

“No, they’ll find it there, too.”

“I will bury it in the great plains,” says the Buffalo.

“They will soon dig and find it there.”

“Put it inside them,” says the wise Grandmother Mole.

“Done,” says the Creator. “It is the last place they will look.”

Step 1

- The Core Drive: We want Unlimited Peace, Love, Joy, and Safety, more time and no pain.
- The Core Drive is the motivating force behind all of our actions. It does not shut off. It can't. It is built into the genetic code. We have to have it.

Step 2-3

- We try to achieve The Core Drive exclusively in the outer world of impermanence, limitation and suffering. This is impossible. On the physical plane, suffering is inevitable, time is limited, and death wins in the end.
- We can achieve a little peace, love, joy, and safety through people, activities, events, and things but any attempt to get more on the physical plane leads to attachment, addiction, and reactivity.

Steps 4-5

- When we persist in our effort to achieve The Core Drive on the physical plane, our motor overheats. We get stuck in the mud. We become unnecessarily reactive.
- Reactivity: an imposing array of problems
 1. The restless mind
 2. Highly reactive emotions
 3. Excessive material desires, attachments, bad habits
 4. Hyperactivity
 5. Physical pain
 6. The ego

Reactivity is Reversible

- There are 2 levels to our pain
 1. The inevitable suffering of life. We cannot control this.
 2. Our reaction to it. This is reversible. This is where we do the work.

Step 6

- We see the need to get help.
- We become seekers

Steps 7-10

- We discover the teachings of the saints and masters of the great faith traditions.
- They diagnose our problem: we are trying to achieve The Core Drive outside.
- They give us the good news: The Unlimited Peace, Love, Joy, and Safety we seek is inside. In fact they tell us, it is already there, waiting patiently for our discovery as the true self.
- They call it The Buddha, Image of God, Child of God, The Soul, Love, or higher self.
- It doesn't matter what you call it.
- Just practice Love and watch everything improve.

Steps 1-10

- Steps 1-5 describe our pain: the inevitable suffering of life and how we make it worse (reactivity)
- Steps 6-10 focus on healing our pain with Love.
- The key:
 1. The entire story of religion is the triumph of Love over pain
 2. Love is the supreme healer.
 3. It is more powerful than any painful problem.

The Universal Healing Wheel

- Our job is to respond to our pain with Love a little bit more every day.
- To do this we need:
 - A definition of pain
 - A definition of Love
 - A mechanism to carry out the principle that Love is more powerful than any painful problem

The Universal Healing Wheel

- The Universal Healing Wheel answers that call.
- The Universal Healing Wheel = PMQ
- PMQ is the essential healing principle of all religion.
- P = pain
- M = Method
- Q = Quality

The Universal Healing Wheel

- To evolve, all you have to do is:
 1. Find a problem
 2. Practice a method
 3. Cultivate a quality
- Problem: any problem
- Method: 15 methods
- Quality: 100 qualities

The Universal Healing Wheel Pain

- This is about any kind of painful problem: physical, mental, emotional, interpersonal, or spiritual.
- Remember, this is about the residual suffering that cannot be relieved by your doctor or other healthcare professionals
- This pain-ball is in your court and can only be managed by you through self-help, self-healing techniques.

Universal Healing Wheel

The Qualities

- Extract the essence from the texts and stories of the sacred traditions and summarize in one-word qualities
- Perfume Bottle: The Elegant Essence of Religion
- Call it Love, Truth, Power, Wisdom, Knowledge, Soul, The Buddha, Atman, The Image of God, Higher Self, Spiritual Qualities, or whatever you prefer

Healing Qualities

1. Acceptance
2. Appreciation
3. Balance
4. Beauty
5. Belief
6. Changeless
7. Cheerfulness
8. Clarity
9. Community
10. Compassion
11. Confidence
12. Contentment
13. Courage
14. Creativity
15. Desireless
16. Devotion
17. Endurance
18. Energy
19. Enthusiasm
20. Equality
21. Eternity
22. Even-minded
23. Faith
24. Fearlessness
25. Forbearance
26. Forgiveness
27. Freedom
28. Friendship
29. Fun
30. Generosity
31. Gentleness
32. Gratitude
33. Harmony
34. Healing
35. Honesty
36. Hope
37. Humility
38. Humor
39. Immortality
40. Infinity
41. Integrity
42. Interconnected
43. Introspection
44. Intuition
45. Joy
46. Justice
47. Kindness
48. Knowledge
49. Laughter
50. Light
51. Listening
52. Loyalty

Healing Qualities

- | | | | |
|--------------------|------------------------|--------------------|------------------------|
| 53. Mercy | 66. Positive-thought | 78. Service | 92. Truthfulness |
| 54. Mindfulness | 67. Power | 79. Silence | 93. Unconditional love |
| 55. Mystery | 68. Practicality | 80. Simplicity | 94. Understanding |
| 56. Non-attachment | 69. Pure awareness | 81. Sincerity | 95. Unity |
| 57. Non-injury | 70. Pure consciousness | 82. Spaciousness | 96. Usefulness |
| 58. Oneness | 71. Purity | 83. Stillness | 97. Warmth |
| 59. Openness | 72. Receptivity | 84. Strength | 98. Will |
| 60. Order | 73. Reverence | 85. Success | 99. Wisdom |
| 61. Patience | 74. Rhythm | 86. Surrender | 100. Witness |
| 62. Peace | 75. Safety | 87. Sweetness | 101. other |
| 63. Perfection | 76. Security | 88. Tenderness | |
| 64. Perseverance | 77. Self-control | 89. Thoughtfulness | |
| 65. Play | | 90. Tolerance | |
| | | 91. Trust | |

Universal Healing Wheel: Qualities

- You have an army of 100 healing qualities = Love
- They are in the genetic code = the inherited wisdom of the body.
- Not just words but actual healing powers.
- We can deploy them in response to any pain or problem.
- They are more powerful than the painful problem.
- We know how to make them grow.
- Grow one and the others grow with it. They are interconnected.
- USA: unconditional, spontaneous, automatic
- As they become unconditional, spontaneous, and automatic, the locus of control shifts from outside to inside.
- Expansion of healing qualities leads to higher states of consciousness.
- The most important question: are the qualities growing?

The Universal Healing Wheel Methods

- There are 15 methods: 3 on the horizontal axis and 12 on the vertical axis
- The methods contain, reduce, or eliminate reactivity.
- For any person: atheist, agnostic, religious, or spiritual
- For any problem: physical, mental, emotional, interpersonal, or spiritual.
- Practice anywhere, any time, at home, work, or play.

The Universal Healing Wheel Methods

- No method is better than another.
- Start anywhere: pick the method that appeals to you at this moment.
- Incorporate and balance according to your current motivation and life style.

15 Methods

Horizontal Axis

1. People
2. Activities
3. Belief system

Vertical Axis

4. Affirmations
5. Habit transformation
6. Progressive Muscle Relaxation
7. Breathwork
8. Contemplation
4. Meditation
5. Prayer
6. Mindfulness
7. Presence of God
8. Service
9. Yoga
10. Transformation of Emotion

People

- We tell our story seeking understanding, validation, comfort, and relief. This works. Social support helps us heal and manage our pain.
- The idea is to have the best possible network of like-minded, warm, wise, and compassionate people: the right people, at the right time, at the right dose.

Activities

- Constructive meaningful activities contribute mightily to pain management and healing.
- We need a variety of activities such as: school, training, volunteer, work, hobbies, culture, exercise, martial arts, sports, Internet, TV, radio, music, culture, reading, the arts, and more.

Belief System

- Belief systems work whether fixed or opened, secular or spiritual.
- Positive thought, meaning, and purpose
- Church, synagogue, mosque, 12 steps, DBT, or other healing ceremonies

Affirmations

- The mind has great power to do harm or good.
- Fill your brain with powerful positive thoughts and wisdom pearls

Habit Transformation

- All of us have a mix of good and bad habits.
- In this chapter, we learn how to eliminate bad habits.

Progressive Muscle Relaxation

- Calms the body and mind through tensing and relaxing the muscles.
- Reduce stress, anxiety, fear, panic, depression, insomnia, and fatigue.
- Body scan

Breathwork

- Learn how to use the breath to heal body, mind, and soul.

Contemplation

- Crack open the shell of a wisdom pearl to release its hidden secrets and soothing healing powers.
- Fill your brain with wisdom
- Sit with a saint

Meditation

- Right now, there is a place inside of us that is absolutely still and serene but our mental restlessness bars us from entering. Meditation is the solution to this problem.
- When you learn how to meditate, you will learn how to slow down the mind, replace negative with positive thought, and eventually get into the Room of Stillness.
- The experience of peace in the Room of Stillness surpasses understanding. Here you will find Unfathomable Beauty, Joy, Compassion, Light, Energy, Power, Elation, and Ecstasy.
- Learn how to meditate. Experience deep healing in the Room of Stillness. This doctor charges no fee.

Prayer

- Prayer is communion with your Higher Power or Higher Self.
- In this chapter you will study some of the dimensions of prayer: oneness, humility, individuality, stillness, concentration, visualization, devotion, will power, faith, awareness, acceptance, and peace.

Mindfulness

- Here you will learn how to shift gears when the mind goes for an unwelcome ride on the train of thought.
- Mindfulness is paying attention in the here and now to one moment at a time.
- The technique has four steps:
 1. Stop
 2. Breath
 3. Present Moment
 4. Reframe: Witness, Service, School, Entertainment, Ritual, Warrior, and more.

Practicing the Presence of God

- This is the same as mindfulness for those who have a personal relationship with God.
- This chapter offers a variety of options to help the student make contact and get a response.

Service

- In service to humanity, we discover who we really are and what really helps.
- It is not what you do but how you do it. Add Love to every action.
- The healing power of Love is a magnet that draws to itself all good things.
- The way is small acts of gentle humble service without attachment to outcomes.

Yoga

- Yoga is union of the soul with Spirit through:
 1. Love: Bhakti Yoga
 2. Service: Karma Yoga
 3. Wisdom: Jnana Yoga
 4. Stillness: Raj Yoga
- The science of yoga teaches us to still the waves of mental restlessness, excessive material desire, and emotional reactivity in both meditation and activity.

Transformation of Emotion

- Painful emotions are a part of the normal, natural, intelligent healing process.
- When we learn how to process emotion into self-knowledge, we gain strength and peace.
- In this chapter, you will learn how to
 1. Let the story unfold.
 2. Spiritualized the story.

The Universal Healing Wheel: Problem, Method, Quality

The Universal Healing Wheel: PMQ

1. Problem: any physical, mental, emotional, interpersonal, or spiritual problem
2. Method: choose any one of 15 methods
3. Qualities: choose any one 100 qualities

Example:

1. I am anxious. (P)
2. I practice meditation and mindfulness. (M)
3. I cultivate peace of mind. (Q)

The Universal Healing Wheel

PMQ Examples

PAIN

METHOD

QUALITY

| | | |
|--------------------|-----------------------|-----------------|
| ▪ Lonely | People: meet a friend | Joy |
| ▪ Bored | Activity: volunteer | Generosity |
| ▪ Loss | Belief system: Church | Community |
| ▪ Physical Illness | Affirmation | Acceptance |
| ▪ Anxiety | Breathwork | Peace |
| ▪ Irritable | Mindfulness | Even-mindedness |
| ▪ Guilt | Service | Forgiveness |
| ▪ Worry | Yoga | Harmony |

The Universal Healing Wheel

In response to your pain:

- Practice any method
- Cultivate any quality
- Focus on the quality, not the pain.
- You are not your illness. You are the qualities. The qualities are the true self. This is huge.
- There is slow but sure growth of the qualities.
- We must still deal with the inevitable suffering of life.
- But now there is less reactivity and more peace of mind.

Roll The Universal Healing Wheel

- Practice cultivating your quality for a week.
- Read about that quality.
- Discuss it.
- Affirm it.
- Breathe it.
- Visualize it.
- Concentrate on it.
- Permeate your being with it.
- Create from it.
- Make it your faithful guide and companion.
- Write your experience.
- Share in a group or with a friend.

The Universal Healing Wheel

- PMQ is the $E = mc^2$ of all religion and other psychosocial and spiritual healing models
- PMQ = Buddhism = the connecting link to all religions
- PMQ is cognitive behavioral therapy.
- PMQ is the inner physician-healer-counselor.
- Cannot reduce any further
- Necessary and sufficient
- Roll the wheel
- You will evolve

The Universal Healing Wheel

- For many The Universal Healing Wheel is enough.
 - ⑩ Least invasive, threatening, or toxic
 - ⑩ There is no theology or deity here.
 - ⑩ Addresses the root cause of much of our suffering.
- For others, The Wheel is not enough.
- Some people need theological traction devices.

Traction Devices

- A traction device is any concept, image, or aspect of a great wisdom tradition that gives inspiration.
- Healing is work. Traction devices help us do the work. They help us get traction so we do not get stuck when the going gets rough. They help us stay in the game when we feel like quitting.
- With the proper fit, traction devices add power to the healing equation. They help us manage our pain and heal.
- Traction devices are:
 - ⑩ The stuff of the religion and other healing models
 - ⑩ Story, metaphor, language
 - ⑩ Rituals

Traction Devices

- Omniscient, Omnipotent, Omnipresence
- The God of Love
- A personal God as Father, Mother, Friend, Beloved, Teacher, Guide, Protector, Confidant
- Saints, sages, masters, teachers, and gurus
- Christ, Buddha, Krishna, Rumi, Bal Shem Tov
- An impersonal God as peace, love, joy, power, wisdom, or other combinations of spiritual qualities

Traction Devices

- Nature, reason, the subconscious
- Collective unconscious and archetypes
- The Mystery
- Karma and reincarnation
- Grace
- Mystical experiences: eternal peace, pure love, ecstatic joy, intuitive wisdom, protection, guidance, prophetic dreams, many others
- And more

Traction Devices

- Inclusion: all of the options cited above are referred to in the ten-step model.
- However, traction devices can become a distraction or a source of conflict.
- To avoid this problem in groups:
 1. Promote the wheel for everyone as it is universal.
 2. Offer traction devices as a cafeteria of options.
 3. One person's traction device is the next person's gag reflex.
 4. Focus on the wheel and not the traction device.

The Universal Healing Wheel with Traction Device: Examples

- An atheist with an anxiety disorder might choose meditation to cultivate peace of mind. The PMQ here is anxiety (P), meditation (M), peace (Q). There would be no welcome theological traction devices.
- A Buddhist with the same problem might want to meditate with the Buddha and focus on compassion. The PMQ would be the same: anxiety (P), meditation (M), peace (Q). With the addition of the compassionate Buddha as the traction device, the meditation would have more power.
- A Christian might visualize Jesus and the God of Love during their meditation.
- A Hindu might add Krishna and even mindedness under all conditions.
- With the addition of these traction devices, individuals may find more comfort and solace.

Roll The Wheel

When you realize you have gone for a ride on the train of thought, and you want to get off the train:

1. Stop
2. Breathe
3. Present moment
4. Reframe

Roll The Wheel

When you realize you have gone for a ride on the train of thought, and you want to get off the train:

1. Stop
2. Breathe
3. Present moment
4. Roll The Wheel

Roll The Wheel

When you realize you have gone for a ride on the train of thought, and you want to get off the train:

1. Stop
2. Breathe
3. Present moment
4. Pain
5. Method
6. Quality
7. Traction device (Optional)

Roll The Wheel

Atheist with Anxiety

- When you realize you have gone for a ride on the train of thought, and you want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Anxiety
 5. Meditation
 6. Peace

Roll The Wheel

Christian with Anxiety

- When you realize you have gone for a ride on the train of thought and want to get off the train:
 1. Stop
 2. Breathe
 3. Present Moment
 4. Anxiety
 5. Meditation
 6. Peace
 7. Add Jesus and the God of Love to meditation for inspiration and guidance

Appendix C (p. 499): Staging Disease and Recovery Using the 15 Methods

Horizontal Axis

1. People
2. Activities
3. Belief system
 - a) Fixed
 - b) Opened

Vertical Axis

4. Affirmations
5. Habit transformation
6. Progressive Muscle Relaxation
7. Breathwork
8. Contemplation
4. Meditation
5. Prayer
6. Mindfulness
7. Presence of God
8. Service
9. Yoga
10. Transformation of Emotion

Appendix C: Staging Disease and Recovery Using the 15 Methods

1. Level 1: No options
2. Level 2: People and activities
3. Level 3: People, activities, and belief system
4. Level 4: add any one or combination of vertical axis options; shift the locus of control from outside to inside
5. Level 5: add meditation and transformation of emotion; locus of control is primarily inside; expanded consciousness

Summary

- This model reduces complex, contradictory, confusing religion into a simplified practical spirituality
- All religion derives from and leads to Love = the essential healing principle = the healing qualities
- Love is more powerful than any painful problem.
- All you need is Love and a way to make it grow
- The Wheel answers that call.
- Roll The Wheel with or without traction devices.
- Love grows until Love is all there is.
- Spin → Float → Integrate → Liberate

Summary

- To see how this works, you have to unpack the wisdom through direct personal experience.
- You have to sit with your pain and ride the waves to get your upgraded enhanced power.
- This model shows you how to do this but you must do the work.
- Think, reflect, and practice.
- Use every opportunity and experience, good and bad, to Roll The Wheel.

Summary

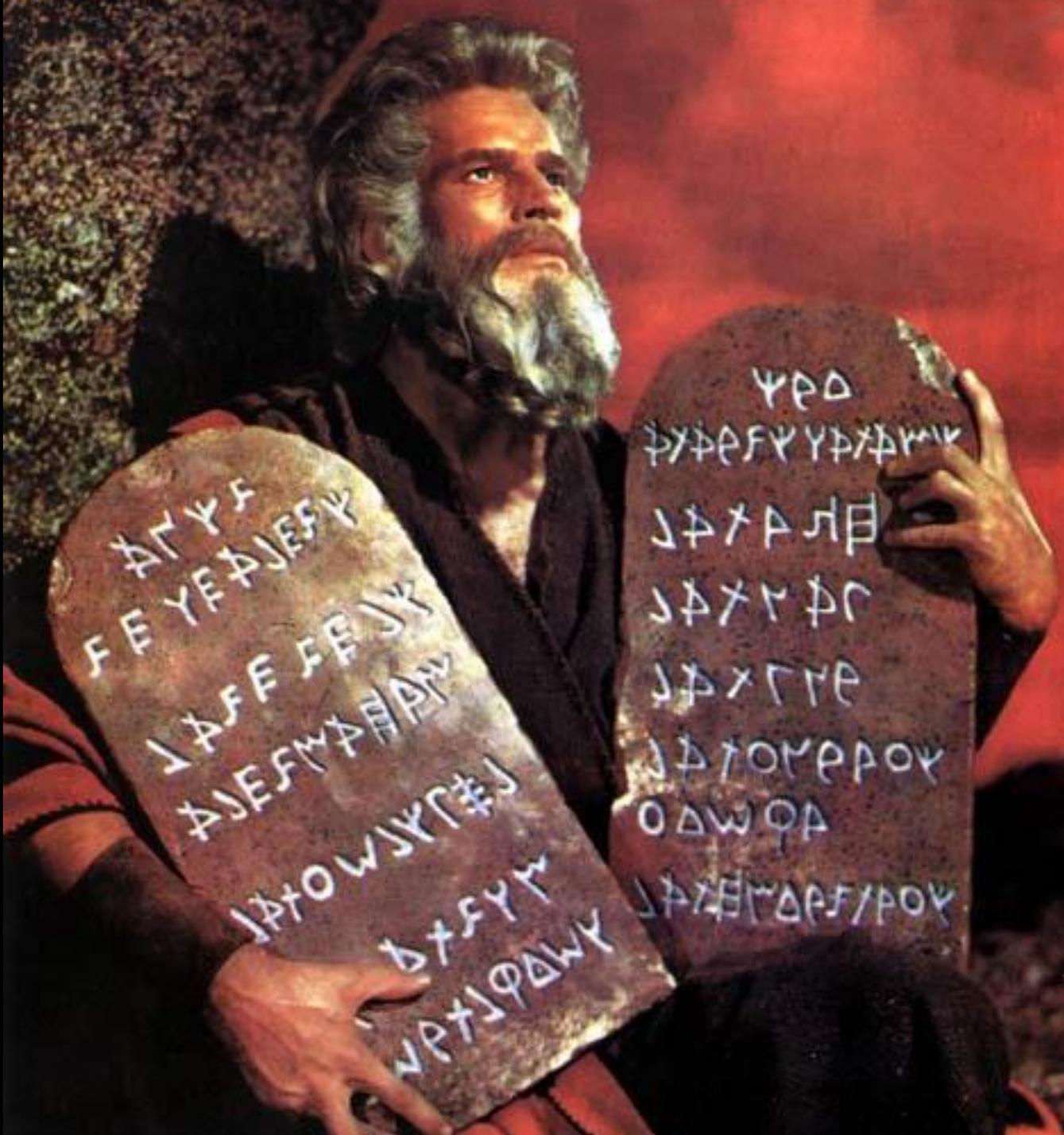
- This work integrates physical and mental health with spirituality and consciousness.
- It brings the wisdom of the ages to the street and healthcare.
- It bridges the deepest suffering to the deepest healing.
- The professionals role: Love, map, and a rope
- The client's role: From zero to 15 pain management options



Ten Steps

Steps 1-5: The Pain Story

Steps 6-10: The Healing Story



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With this prescription
May we learn to Love
more and better
no matter the condition
of our world or body.