CHRISTIAN MEDICAL FOUNDATION

SPIRITUAL WELL-BEING

Health is an evanescent thing. How can it even be defined? Is it the possession of a disease-free state? Can it be obtained from a doctor, or the government, or from a wellness clinic? What is health and how can one obtain it, particularly if he is elderly or becoming so? Is being elderly to be ill or infirm? The aging process should not be equated with disease.

Health to this writer is best defined as the possession of wholeness, being a whole person, free of disease and balanced in all three realms of human life: spirit, mind and body. Health and wholeness are the same and the term Wholistic (Holistic) Health is redundant. Spiritual Well-Being is a part of wholeness; in fact it could be called the primary evidence, or symptom complex, of wholeness. One does not have spiritual well-being if he is not whole. Illness of body and mind is destructive of wholeness. Wholeness (health) implies an achieved balance between the regenerative and the degenerative forces (anabolism and catabolism).

In the 1971 White House Conference on Aging, Spiritual Well-Being was said to relate "to all areas of human activity". "It centers around those aspects of life which pertain to man's inner resources, especially his ultimate concern, the basic value around which other values are focused, the central philosophy of life whether religious, anti-religious, or non-religious, which guide a person's conduct, the supernatural and non-material dimensions of human nature." The National Interfaith Coalition on Aging (NICA) defines Spiritual Well-Being as "the affirmation of life in a relationship with God - self - community - and environment that nurtures and celebrates wholeness."

In order to understand the term "Spiritual Well-Being" one must come to the basic realization of what man is. Modern Medicine has considered the human being as a psychosomatic entity. He is seen to consist of mind and body, both of which interrelate. If man is psychosomatic, where is his spiritual nature? Is spirituality a part of mentality or the psyche? If this were so one would expect to see spirituality evolving as a product of intellectual endeavor. But we do not see this as being so in our highly educated society. Paradoxically, increasing intellectualism diminishes spirituality.

Jesus Christ tells us (John 3:7) that spirituality is a result of regeneration. One must be born of the spirit in order to become spiritual. The natural man is a psychosomatic being whereas the Spiritual Man is Logo-Psycho-Somatic (spirit, soul, and body). Spiritual Well-Being must be a characteristic of Triune man and not of the natural man who consists of carnal-mind. The natural man may have "well-being" but not Spiritual Well-Being.

Wholeness is the result of spiritual regeneration in which the human being achieves the Triune nature of spirit, soul and body. The immediate product of the new life, the logo-psycho-somatic life, is the sense and knowledge of Spiritual Well-Being.

The characteristics of Spiritual Well-Being are Love, Joy, Peace, Patience, Gentleness, Goodness, Faith, Meekness and Temperance (Gal. 5:22,23). These are also the symptoms of health and wholeness. When these characteristics of life are present, continuing wholeness is the result produced in the life of the patient.

These considerations are not conceivable in a Godless society. They are the product of Judeo-Christian knowledge and have resulted in the progress of American society to the present time. Spirituality must be reconsidered today because it is being lost in Medicine, in government and even in the church and is being replaced by humanistic philosophy and psychologic and psychic methodologies.

With reference to the care of the elderly it is imperative that Spiritual Well-Being and Wholeness be considered. These considerations cannot be expected to materialize when the older years and retirement come about. These values must be conceived in the early years of life so that they may come into complete fruition later on as one becomes older. In my own experience with elderly patients I have found that those who have deep
spiruality are healthier and happier than those who have none. Patients who possess Spiritual Well-Being go through illness and surgery and even death victoriously. As age progresses, spiritual regeneration becomes more difficult. The self-reliant atheistic or agnostic patient is not a happy patient and when dying usually goes through the stages of dying described by Kubler Ross--1) denial, 2) anger, 3) bargaining, 4) grief, 5) acceptance.

As life comes toward its terminus and when illness is proving fatal, those endeavors related to mind and body become of less and less importance. The considerations of the spirit become paramount--such things as prayer, the reading of the Bible, Holy Communion, Unction and the singing of hymns. These are the tools of spiritual healing bathed in Love and Peace. C. S. Lewis wrote, "When pain is to be borne, a little courage helps more than much knowledge, a little human sympathy more than much courage, and the least tincture of the love of God more than all." Regarding prayer and hymn singing it is interesting to note that the modern era of American surgery began in 1809 in Kentucky when Dr. Ephraim McDowell started his operation with prayer and Mrs. Crawford, his patient, sang hymns and psalms in lieu of anesthesia.

It has been said that modern medical science with all of its great triumphs in treating and operating upon disease states has largely failed in the areas of compassion and caring, particularly as concerns the elderly patient. Medicare and Medicaid have helped older people financially but have not served to increase the Quality of Life in the declining years. The placing of elderly patients in hospitals, nursing homes, skilled care centers, etc., has not created happiness or contentment in most patients. One study cites approximately 50% dissatisfaction. (Noelker and Harel, Gerontologist, Vol. 18, pg. 6, Dec. 78) According to Robert Morris (Brickner 1978, p. 257), between 250,000 and 500,000 persons are annually assigned to long-term care institutions for reasons other than medical care. Between 1960 and 1970 there was a 105% increase of patients in nursing homes. (Franck, Nursing Research, Vol. 28, Nov./Dec., 1979)

Most patients in hospitals other than general hospitals receive less than optimal medical care. Since most elderly patients are in nursing homes and extended care units, the medical care which they are receiving is less than optimal. Spiritual Well-Being is poorly considered; physical needs are taken care of to some degree; and psychologic needs are often ignored. This has been my personal observation in Michigan, Florida, Oregon and Texas with little or no variation.

In the majority of American hospitals of all types Spiritual Well-Being is rarely considered. Chaplains' visits are haphazard. Spiritual therapy is almost nonexistent. Most American doctors profess Christianity but practice atheism. Most doctors do not pray with their patients and nurses are forbidden to do so. The testing area of true total patient care are those areas where the dying, the comatose, the senile and the hopeless are situated.

The Hospice Movement which seeks to provide care for hopeless and dying patients is struggling with the whole area of spiritual care since it cannot countenance the Christian hope of divine healing and miracles and thus must restrict its endeavors to preparation for death. One would hope that hospices could include the opportunity for spiritual therapy and Christian healing. However, since the federal government is involved in hospices, it seems remote that hospices will be spiritually oriented toward a consideration of spiritual healing.

One must differentiate between spiritual healing and psychic healing. Spiritual healing is the production of wholeness through the action of the Holy Spirit upon the human spirit brought about through prayer and/or unction. Such prayer has tremendous anabolic effect upon the soul and the body and does cause healing to occur. There is no disease entity which is not amenable to spiritual healing. (Luke 6:19--"And the whole multitude sought to touch him: for there went virtue out of him, and healed them all.") (See also Psalm 108:15-21.)
Psychic healing is powerful and has positive effects upon mind and body. Christian Science, Unity, Positive Thinking, Possibility Thinking, Spiritualism, Occultism, TM, EST, Therapeutic Touch, Psychiatry and Psychology are all in the psychic healing realm. Do not think there is no power in soul power! (Watchman Nee, "Latent Power of The Soul")

The danger of psychic healing is similar to the danger of somatic healing—it is part of the death system. (Romans 8:6; John 6:63) One cannot achieve wholeness through mental processes. Some areas of psychic healing are so persuasive that those involved in these areas may fail to receive spiritual regeneration which can only come from God and thus lose their eternal higher life. This is a hazard not only to the elderly but to patients of all ages.

As a result of the consideration of Spiritual Well-Being and Whole Person Medicine in the care of patients and the elderly who are not ill, Christian Medical Foundation was formed. It consists of a nonproselytizing spiritual healing center for the Tampa Bay area. It is medical, nondenominational, Christian, and charismatic and does not make charges. It is an outpatient facility.

It provides opportunities for work, volunteer activities, craft production, group therapy and Bible study. It is also a spiritual counseling center. CMF holds annual physician conferences for the teaching of the New Medicine. Three thousand doctors are members and fifteen thousand lay people are part of this work. From this body of people comes the support of CMF.

It is our belief that the patient has basic fundamental rights as a human being. See "The Patient's Bill of Rights" from Healing The Whole Man—Mind, Body, Spirit by WSR, pg. 147. Also consider:

1) Right of Individuality
2) Right of Privacy
3) Right of Dignity
4) Right of Care (or Right to not be neglected)
5) Right of Hope (that will not be rudely removed by "harsh honesty")
6) Right of Peace (or to be quiet)
7) Right of Worship
8) Right of Beauty, Joy, Love (being allowed to have one's own comforter, pet, pillow, pictures)
9) Right of Creativity (or usefulness)
10) Right of Family, Friends
11) Right of Freedom
12) Right to Die (without pain, without gadgetry, without heroics, without isolation)

At Christian Medical Foundation our physicians believe in treating the Whole Person and working aridently to assure his rights. Our methods are those of standard American medical and surgical practice. We do not use the armamentaria of Holistic Medicine—(psychic surgery, Rolfing, Mediumistic diagnoses, biofeedback, mind control, acupuncture, TM, out of body experiences, diet fadism, astral traveling or consciousness modifications). Nor do we work in the area of psychiatry or psychology which include the recent ideas of Inner Healing or Healing of the Memories since we have restricted our therapeusis and investigations to Christian spiritual healing. At CMF we use the Holy Bible as our basic text and guide book. We view psychiatry and psychology and inner healing as legitimate areas of endeavor but feel that these disciplines must become Christ-centered. Inner healing is seen as Christian psychotherapy and must not be confused with spiritual healing. It is a most beneficial method for the healing of the psyche and the psychosoma, and hopefully will become the psychotherapy of the future.

It is our contention that Modern American Medicine has deficiencies. Specialization and impersonality along with cold professional aloofness have alienated the doctor from his patients. This does not mean that Medicine, including the care systems for the elderly, is wrong. The adoption of an alternative health system whether National Health

See last page.
ARTS AND CRAFTS

Again, deep thanks to everyone contributing to the weekly arts and crafts sale at CMF. Into each item has gone love, a sacrifice of time, an exercise of God-given talent, and support of the work of furthering God's word. The proceeds from this sale are being used to help defray our monthly salaries and expenses.

In preparation for the sale, we are holding arts and crafts classes on the first and third Thursday of every month. (Note: this is a change from every other Thursday.) Instruction is from 9 AM to 12 Noon in the CMF mobile home. In March, we made beautiful Easter baskets and our eggs were like jewels--durable, yet delicately blown out and hand-painted! You do not have to have "special" talent, for when we each contribute our hands and hearts, something wonderful always happens. We hope that more of you will join us. Bring a light lunch item to share.

For those who cannot attend classes, we would like to suggest a direction for your efforts--we hope that our "shop" will become known as a place where mothers and grandmothers can find adorable baby things, affordably priced. So, we suggest that you make or donate layette items, (especially flannel receiving blankets with pretty borders), summer outfits in toddler sizes (please include the size), "tooth fairy" pillows and other baby pillows.

To those who send us gifts from different parts of the country, please know that we are so grateful and delighted with your gifts--hand-painted china, quilts, and handmade items of every sort. We will certainly continue to have a general display of these items for sale.

We pray that the Holy Spirit of Jesus will continue to anoint both your imagination and ours--and bless the creativity, the management, and the economic application of this arts and crafts endeavor.

\[
\begin{array}{cccccccc}
\text{1980} & \text{MAY} & \text{1980} & \text{JUNE} & \text{1980} \\
\hline
\text{S} & \text{M} & \text{T} & \text{W} & \text{T} & \text{F} & \text{S} & \text{S} & \text{M} & \text{T} & \text{W} & \text{T} & \text{F} & \text{S} \\
4 & 5 & 6 & 7 & 8 & 9 & 10 & 1 & 2 & 3 & 4 & 5 & 6 & 7 \\
18 & 19 & 20 & 21 & 22 & 23 & 24 & 15 & 16 & 17 & 18 & 19 & 20 & 21 \\
29 & 30 & & & & & & & & & & & \\
\end{array}
\]

Blocked dates are CMF Auxiliary days.
Circled dates are crafts days.

Kay Reed, Eph. 3:20

When Kay and I were in Edmonton, Alberta recently, we were shocked to read in the newspapers that four churches had been seriously desecrated. This included the Roman Catholic cathedral, the Jewish synagogue and two Protestant churches (Seventh Day Adventist and Nazarene). The Catholic cathedral damage was at its high altar. The synagogue fire destroyed irreplaceable scrolls. Those who can are asked to help. Let us all pray that the satanic forces in Edmonton and in the Western Hemisphere be bound.

WSR

***
MONTHLY HAPPENINGS NOTICE

CHRISTIAN MEDICAL FOUNDATION INTERNATIONAL, INC.
4821 Memorial Highway, Tampa, Florida 33614
813/884-7559
CANADIAN ADDRESS: P.O. Box 107, Keswick, Ontario

DAILY PRAYERS AT 1 PM IN THE CMF CHAPEL. EVERYONE WELCOME!

May 1980

EVERY TUESDAY--10 AM, Ladies' Bible Study and Sandwich Luncheon. (PLEASE BRING A SANDWICH IF YOU PLAN TO STAY FOR LUNCH. Only beverages will be served.) Kay speaks at 10:30 AM, Dr. Reed at 1 PM, healing service at 2 PM.

MAY 9, 10, 11--Dr. Reed and Kay, Christian Healing Foundation, Annapolis, MD. Contact Myrtle Rawlings, Pres., Box 384, Annapolis, MD, 301/263-6943.

MAY 21, 22--Dr. Reed and Kay, Annual Regional Spring Healing Conference, Order of Saint Luke, Shrinemont, VA. Contact Arthur-Greeley, Regional Warden, Region 2, OSL, 8312 Thoreau Dr., Bethesda, MD, 20034.

MAY 24--Dr. Reed, Daytona CMF Station Meeting, First Presbyterian Church, 620 S. Grandview Ave., Daytona Beach, FL, 7:30 PM.

June 1980

EVERY TUESDAY--10 AM, Ladies' Bible Study and Sandwich Luncheon. See above.

JUNE 3--Dr. Reed, Pasadena Community Church, St. Petersburg, FL, 7:30 PM. Contact church office, 813/381-2499, or Mrs. Ben Mantz, 16005 4th St. E., St. Petersburg, FL, 33708, 813/391-3957.

JUNE 12, 13, 14--Dr. Reed, Southeastern Regional FGBMFI Conference, Atlanta, GA. Contact Lynwood Maddox, Atty., 4542 Memorial Dr., Decatur, GA, 30032, 404/292-2626.

JUNE 22-27--Dr. Reed and Kay, New England Christian Ashram, St. John's United Methodist Church, 28 Cataract Ave., Dover, NH, 03820. Contact Rev. Daniel V. Weaver, Director, at the same address or 603/742-1025.

JUNE 28--Daytona CMF Station Meeting, First Presbyterian Church, 620 S. Grandview Ave., Daytona Beach, FL, 7:30 PM.

Healing The Whole Man--Mind, Body, Spirit by William Standish Reed, M.D., published by Fleming Revell Power Books, is now available through CMF and your local book store. You may contact CMF if you wish to obtain a copy. Please send $3.95 a copy plus postage of 60¢ (U.S.) or $4.95 a copy plus postage of 60¢ (Canadian currency). If you order several copies, additional postage will be required.

CASSETTE TAPES AVAILABLE: the annual Doctors' Conference meetings, 1973-1979 (catalog available), the weekly Women's Auxiliary Bible studies given by Kay Reed and by Dr. Reed, 1969 to the present (catalog available), and two series of lectures by Kay Reed, "Your Home, Christ's Sanctuary" and "The Women of the Bible." Please contact CMF for catalogs, cassettes, or further information.
scheme or Holistic Health model is not needed and would be disastrous. What is needed is the re-injection of love and compassion into the present day health system. This is already happening as the moving of the Holy Spirit is being experienced by doctors and nurses across America and Canada. There are more young doctors becoming family physicians today. The medical school at Oral Roberts University is an example of the New Medicine which is evolving using the best of the old system and bringing Christ-like compassion into all areas of patient care.

The health care delivery system to the elderly must strive to eliminate or transform the nursing home and to encourage home care. Most older people prefer to maintain their independence and desire to avoid entering an institution of any sort feeling that such institutions tend to dehumanize and ultimately to destroy. The new physicians will again visit their patients in their homes and work in concert with compassionate public health nurses. Where nursing homes are needed, the principles of true caring and love are to be encouraged.

In all of this there needs to be the development of a true team ministry which truly and not just theoretically includes the minister, rabbi and priest. The spiritual neglect of the elderly and the dying require immediate correction. The Hospice movement must have spiritual priority offering all of the modalities of spiritual healing to the medically hopeless patient. This is also true for patients in general hospitals who also suffer from psycho-spiritual neglect. The minister is not considered a part of the healing team and is often only seen as necessary when there is a requirement for the last rites. The enlightened, trained and spiritual clergy must play a part in the new LPS Medicine. Doctor, Nurse, Paramedical Personnel and Clergy together--excellently trained, compassionate and filled with the Holy Spirit! True Hope for a truly New Medicine! "A reason for the hope that lieth within us" in Christ!

WSR

******

EIGHTH ANNUAL CONFERENCE ON LOGO-PsyCHOSOMATIC MEDICINE: October 1-5, 1980, Tampa, Airport Host Hotel. This year our conference will concentrate upon disciplines in LPS Medicine which we have not covered in previous meetings. When the program is finalized, it will be sent to the entire CMF Physicians mailing list which is now near 3000. We would be most pleased if we could have a large scholarship fund established allowing us to bring in foreign physicians and medical students as well as some vital clergy. Your prayers, financial help and assistance are humbly requested.

CONCERNING FINANCES: Can you--will you consider CMF in your giving? Your giving is urgently needed to sustain this work. God bless all of you who are helping. More concerned givers are needed now!