

HOLISTIC MEDICINE & HEALTH

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We may have grown up feeling unloved or believing we had to perform heroic feats to deserve love. True love and spirituality are indivisible: There can be no love without the selflessness of an evolved spirit and no spirituality that is not based on love. When you set about finding love, you will encounter everything from sexual obsession and needs-based love that takes more than it gives, to "free love Every healthy relationship requires *love*

1. **LOVE IS...** being willing to have your life complicated by the needs and struggles of others without impatience or anger.
2. **LOVE IS...** actively fighting the temptation to be critical and judgmental toward another while looking for ways to encourage and praise.
3. **LOVE IS...** making a daily commitment to resist the needless moments of conflict that come from pointing out and responding to minor offenses.
4. **LOVE IS...** being lovingly honest and humbly approachable in times of misunderstanding.
5. **LOVE IS...** being more committed to unity and understanding than you are to winning, accusing, or being right.
6. **LOVE IS...** a making a daily commitment to admit your sin, weakness, and failure and to resist the temptation to offer an excuse or shift the blame.
7. **LOVE IS...** being willing, when confronted by another, to examine your heart rather than rising to your defense or shifting the focus.
8. **LOVE IS...** making a daily commitment to grow in love so that the love you offer to another is increasingly selfless, mature, and patient.
9. **LOVE IS...** being unwilling to do what is wrong when you have been wronged, but looking for concrete and specific ways to overcome evil with good.
10. **LOVE IS...** being a good student of another, looking for their physical, emotional, and spiritual needs so that in some way you can remove the burden, support them as they carry it, or encourage them along the way.
11. **LOVE IS...** being willing to invest the time necessary to discuss, examine, and understand the relational problems you face, staying on task until the problem is removed or you have agreed upon a strategy of response.
12. **LOVE IS...** being willing to always ask for forgiveness and always being committed to grant forgiveness when it is requested.
13. **LOVE IS...** recognizing the high value of trust in a relationship and being faithful to your promises and true to your word.

14. **LOVE IS...** speaking kindly and gently, even in moments of disagreement, refusing to attack the other person's character or assault their intelligence.
15. **LOVE IS...** being unwilling to flatter, lie, manipulate, or deceive in any way in order to co-opt the other person into giving you what you want or doing something your way.
16. **LOVE IS...** being unwilling to ask another person to be the source of your identity, meaning, and purpose, or inner sense of well-being, while refusing to be the source of theirs.
17. **LOVE IS...** the willingness to have less free time, less sleep, and a busier schedule in order to be faithful to what God has called you to be and to do as a spouse, parent, neighbor, etc.
18. **LOVE IS...** a commitment to say no to selfish instincts and to do everything that is within your ability to promote real unity, functional understanding, and active love in your relationships.
19. **LOVE IS...** staying faithful to your commitment to treat another with appreciation, respect, and grace, even in moments when the other person doesn't seem deserving or is unwilling to reciprocate.
20. **LOVE IS...** the willingness to make regular and costly sacrifices for the sake of a relationship without asking for anything in return or using your sacrifices to place the other person in your debt.
21. **LOVE IS...** being unwilling to make any personal decision or choice that would harm a relationship, hurt the other person, or weaken the bond of trust between you.
22. **LOVE IS...** refusing to be self-focused or demanding, but instead looking for specific ways to serve, support, and encourage, even when you are busy or tired.
23. **LOVE IS...** daily admitting to yourself, the other person, and God that you are unable to be driven by a cruciform love without God's protecting, providing, forgiving, rescuing, and delivering grace.

How do I love thee? Let me count the ways.

I love thee to the depth and breadth and height

My soul can reach, when feeling out of sight

For the ends of Being and ideal Grace.

I love thee to the level of everyday's

Most quiet need, by sun and candlelight.

I love thee freely, as men strive for Right;

I love thee purely, as they turn from Praise.

I love thee with the passion put to use

In my old griefs, and with my childhood's faith.

I love thee with a love I seemed to lose

With my lost saints,—I love thee with the breath,

Smiles, tears, of all my life! –and, if God choose,
I shall but love thee better after death.

- [Elizabeth Barrett Browning](#), *Sonnets from the Portuguese*

One can give without loving, but one cannot love without giving

Real love is total oneness with the object loved and with the Possessor of love.

having the most he truth is, indeed, that love is the threshold of another universe.

- [Pierre Teilhard de Chardin](#),
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Love is the active, working principle in all true faith. It is its very soul, without which it is dead. "Faith works by love."

- [Jonathan Edwards](#),

I believe that we don't need to worry about what happens after this life, as long as we do our duty here—to love and to serve.

- [Albert Einstei](#)

Love is most nearly itself

When here and now cease to matter. T.S. Eliot

Love is divinity

The only gold is love,

to fill your [heart](#) with love is enough! Richard Feynman and better than science

form of divine drunkenness that we can all try. All life is just a progression toward, and then a recession from, one phrase— 'I love you.' F. Scott Fitzgerald

n [art](#) as in love, [instinct](#) is enough.

- [Anatole France](#),

A tale without love is like beef without mustard: insipid.

- [Anatole France](#)

The truth – that love is the ultimate and the highest goal to which man can aspire. Viktor Frankl

a man who is in love declares that "I" and "you" are one, and is prepared to behave as if it were a fact.

- [Sigmund Freud's Civilization an](#)

for one individual which excludes the love for others is not love, Erich Fromm

Love is an act of [faith](#), and whoever is of little faith is also of little love. love is an [action](#), the practice of [human power](#), which can be practiced only in [freedom](#) a "Love is the only sane and satisfactory answer to the problem of human existence"

- [Erich Fromm](#) one can and must hope for the collective regaining of a mental health that is characterized by the capacity to love and to create...[omm](#)

Love is an irresistible desire to be irresistibly desired.

- [Robert Frost](#),

And I believe that love is stronger than [death](#).

- [Robert Fulghum](#)

We don't love each other; we love the *idea* we have of each other. Very few humans understand this or can bear to contemplate it. They have blind faith in their own powers of creation. All love, ultimately, is self-love.

- [Robert Galbraith](#), *The Silkworm* (2014)
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- each day I love you more,
Today more than yesterday and less than tomorrow.
- [Rosemonde Gérard](#)

Love is a universal migraine.
A bright stain on the vision
Blotting out reason.

- [Robert Graves](#), "

Nothing is impossible for pure love.

- [Mahatma Gandhi](#),

For love is sufficient unto love.

- [Khalil Gibran](#), in [The Prophet](#) (1923)

Love is a sacred mystery.
To those who love, it remains forever wordless;
But to those who do not love, it may be but a heartless jest.

- [Khalil Gibran](#), [Jesu](#)

love is sufficient unto love.

- [Khalil Gibran](#), in [The Prophet](#) (1923)

Love, the strongest and deepest element in all life Emma Goldman

How long will I love you?
As long as stars are above you,
And longer if I may

- [Ellie Goulding](#),

Love of consciousness evokes the same in response
Love of feeling evokes the opposite
Love of body depends only on type and polarity.

- [G. I. Gurdjieff](#),

Love and [compassion](#) are [necessities](#), not luxuries. Without them, [humanity](#) cannot survive.

[Te](#)All religions are incorporated in the principle of Truth, Simplicity and Love.

[Haidakhan Babaji](#), *T*

- [nzin Gyatso, the 14th Dalai Lama](#) i

love. It is one with everything.

- [Nhat Hanh](#), *Cultivat*

The more you love, the more you *can* love – and the more intensely you love. Nor is there any limit on how *many* you can love. If a person had time enough, he could love all of that majority who are decent and just.

- [Robert A. Heinlein](#), *Ti*

Love is the most important thing in the world. It may be important to great thinkers to examine the world, to explain and despise it. But I think it is only important to love the world, not to despise it, not for us to hate each other, but to be able to regard the world and ourselves and all beings with love, admiration and respect.

- [Hermann Hesse](#), *Siddhartha* (1922)

lack of love that always produces the feeling of age.

- [Josiah Gilbert Holland](#), reported in Josiah Hotchkiss Gilbert, *Dictionary of Burning Words*

There is scarcely anything else in the world but that: to love one another.

- [Jean Valjean](#) in *Les Misérables* (1

. With the lover it is the end which is fixed, the path may be modified indefinitely.

- [William James](#), *The Principles*
- Where your treasure is, there will your heart be also.

- [Jesus Christ](#) in [Matthew 6:21](#)
- Greater love hath no man than this, that a man lay down his life for his friends.
 - [Jesus Christ](#), in [John 15:13](#)

There is no reason not to follow your heart.

- [Steve Jobs](#), [Stanford University commencement address](#) (12 June

My sole occupation is love.

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- [John of the Cross](#)

He that feareth is not made perfect in love.

- [John the Evangelist](#), in [1 John 4:18](#)

Addictions come from shortages in infancy. People try to compensate this way. Alcoholism is generally produced from a shortage in mother's milk. And heroin addiction is usually due to a lack of being, the absence of recognition; the drug fills the emptiness of not being loved.

- [Alejandro Jodorowsky](#) *Psychomagic*

Love between man and man is impossible because there must not be sexual intercourse and friendship between man and woman is impossible because there must be sexual intercourse.

- [James Joyce](#), [Dubliners](#) (1914), chapter "A Painful Case"

Love was without beginning, is, and shall be without ending.

- [Julian of Norwich](#), *Revelations of Divine Love*

Our life is all grounded and rooted in love, and without love we may not live.

- [Julian of Norwich](#),
- • Where love rules, there is no will to power; and where power predominates, there love is lacking. The one is the shadow of the other.
- • [Carl Jung](#), *The Psychology of the Unconscious*

Love is the reason for all things. It was here before all and will remain after all else is gone.

- [Eyrán Katsenelenbogen](#), *One Time*

I possess no weapon but love. With that I have come to do battle. Help me!

- [Nikos Kazantzakis](#), *The Last Temptation of Christ* (19

ove and friendship, and sits high
Upon the forehead of humanity.

- [John Keats](#), *Endymion*

Love feels no burden, regards not labors, strives toward more than it attains,
argues not of impossibility, since it believes that it may and can do all things.
Therefore it avails for all things, and fulfils and accomplishes much where one not a
lover falls and lies helpless.

- [Thomas à Kempis](#) (1380-1471), in *The Imitation of Christ*

Our souls are brought together so that we could love each other.

- [Alicia Keys](#), *We Are Here* (

fully entered the realm of Love, the world – no matter how imperfect – becomes
rich and beautiful, it consists solely of opportunities for Love.

- [Søren Kierkegaard](#), *Works*

bove all do not forget your duty to love yourself.

only that which never becomes something else is love, th

Love and friendship are the very height of self-feeling, the I intoxicated in the
other-I. The more securely the two I's come together to become one

love is recognizable only by love.

- [Søren Kierkegaard](#), L

Love is made out of ecstasy and wonder;
Love is a poignant and accustomed pain.
It is a burst of Heaven-shaking thunder;
It is a linnet's fluting after rain.

- [Joyce Kilmer](#), *Main Street and Other Poems*

maybe love can end the madness
Maybe not, oh, but we can only try.

- [Carole King](#), *Tapestry* (1971), Beauti

We must meet hate with love. We must meet physical force with soul force. MLK,
jr

when we discover that we will be able to make of this old world a new world. We will be
able to make men better. Love is the only way.

- [Martin Luther King, Jr.](#), Loving Your Enemies (November 1957), [Delivered at Dexter Avenue Baptist C](#)

Agape is something of the understanding, creative, redemptive goodwill for all men. It is a love that seeks nothing in return. It is an overflowing love; it's what theologians would call the love of [God](#) working in the lives of men. And when you rise to love on this level, you begin to love men, not because they are likeable, but because God loves them.

- [Martin Luther King, Jr.](#),

There can be no deep disappointment where there is not deep love.

- [Martin Luther King, Jr.](#),

Love is the **key** to the solution of the problems of the [world](#).

- [Martin Luther King, Jr.](#), in

Love is the supreme unifying principle of life.

- [Martin Luther King, Jr.](#) ,

What brings understanding is love [Jiddu Krishnamurti](#)

- The feeling of being in love is utterly without conflict. There is no loss of energy in being in love.
- When we have such compassion we will not despoil the earth as we are doing now, and we will have no wars.
- Compassion is the essence of the wholeness of life
- Truth is not to be bought any more than love can be bought.
- Only the free mind knows what Love is.
 - [Jiddu Krishnamurti](#)

And Love is like the lightning in its might,
Winging where least bethought its fiery flight,
Melting the blade, despite the scabbard's guard.

- [Letitia Elizabeth Landon](#)

Give in to love, or live in fear.

- [Jonathan Larson](#)

only the loving find love,
and they never have to seek for it.

- [D. H. Lawrence](#), S

The bond between true lovers is as close as we come to what endures forever.

- [Ursula K. Le Guin](#),

TO LOVE is to find pleasure in the happiness of others.

- [Gottfried Leibniz](#),

Without love no life left on earth.

- [Donna Lewis](#)

Love is so simple and spiritual. It is not related to social status, age, or even sexual identity.

- [Li Yinhe \[3\]](#)
- • **He who is in love with himself has at least this advantage – he won't encounter many rivals.**
- • [Georg Christoph Lichtenberg](#), *Aphorisms* (1

Love is the reason for everything and the reward for everything. Harold Lloyd

Love is the state of enlightenment and enlightenment is the state of love. You can't make any separation between them. Enlightenment is the state of no feelings and pure knowledge and so is love.

Love does not leave men and women. Men and women leave love.

- [Barry Long](#), *Knowing Yourself: The True in the False* (

human love as the person learns from society to confuse love with sex.

- [Barry Long](#), *The Way In* (2000)
- **I love thee, as the good love heaven.**
 - [Henry Wadsworth Longfellow](#), *The Spanish Student* (1843), Act I, scene 3, line 146
- Love keeps the cold out better than a cloak

everything that is against love is ultimately doomed and damned.

- [Halford E. Luccock](#), *Keeping Life Out of Confusion* Sermon (11

loving, and not by being loved, that one can come nearest the soul of another;
George MacDonald,

love comes more naturally to the human heart than its opposite.

- [Nelson Mandela](#), [Long Walk to Freedom](#)

Henceforth I will look upon all things with love and I will be born again. [Og Mandino](#), *The Greatest Salesman in the World* (19

But love, like the sun that it is, sets afire and melts everything.

- [José Martí](#), *My Race* (1893), "Mi Raza", first published in *Patria* (16 Ap

Learning to love yourself, it is the greatest love of all.

- [Michael Masser](#) and [Linda Creed](#),

inner sense of worth that comes with being in love does not seem to depend essentially on whether the love is returned or not.

- [Rollo May](#), *Love and Will* (1969), p. 84

in the end the love you take is equal to the love you make.

- [Paul McCartney](#), in "The End" from *Abbey Road* (1968)

Love is the root of all joy and sorrow.

love is the foundation of all the commandments.

- [Meister Eckhart](#), *Meister Eckhart's Sermons*, translated into English by Claud Field (1909), Sermon III: [The](#)

To love or not; in this we stand or fall.

- [John Milton](#), *Paradise Lost*

Love is a fruit in [season](#) at all times, and within reach of every [hand](#). Anyone may gather it and no limit is set. Everyone can reach this love through [meditation](#), [spirit](#) of [prayer](#), and sacrifice, by an intense inner [life](#).

- [Mother Teresa](#) in:
- Righteousness & Love are inseparable for he that loveth another hath fulfilled the law.

Anxiety is love's greatest killer.

[Anaïs Nin](#)

Every beloved object is the centre of a Paradise.

- As quoted by [Thomas Carlyle](#)

Love is Lord of all.

- [Alfred Noyes](#), *T*
- • If you want to be loved, be lovable.
- Variant: To be loved, be lovable.ovid
- The heart has its reasons, which Reason does not know. We feel it in a thousand things. It is the heart which feels God, and not Reason. This, then, is perfect faith: God felt in the heart.
- • [Blaise Pascal](#),

The three most important things to have are faith, hope and love. But the greatest of them is love.

- [Paul of Tarsus](#), in 1 Corinthians

- • It's love that is inescapable.
Sex is the merest accident.

- • [Fernando Pessoa](#),

One can't love man without hating most of the creatures who pretend to bear his name.

love is reverence, and worship, and glory,
without thought, there can be no love.

- [Ayn Rand](#),

Psychic illnesses are the result of a disturbance of the natural capacity for love.

There is only one thing that counts: to live one's life well and happily...

- [Wilhelm Reich](#), *The Function of the Orgasm* (1927), General S
-

if you believe in love, acting lovingly Tim Robbins

vastness is bearable only through love.

- [Carl Sagan](#), *Contact*

Reverence for Life is the ethic of Love widened into universality.

- [Albert Schweitzer](#), *Out of My Life and Thought*, An A
love is sustained by action, a pattern of devotion in the things we do for each other every day. ~ [Nicholas Sparks](#)

he dies unloved his life must be a failure to him and his dying a cold horror.

- [John Steinbeck](#) in *East of Eden*

Love is more than a candle, love can ignite the stars.

spirit is truly known only by love

[Rabindranath Tagore](#),

Love will conquer at the last.

- [Alfred Tennyson](#),

It is best to love wisely, no doubt; but to love foolishly is better than not to be able to love at all. Some of us can't: and are proud of our impotence, too.

- William Makepeace Thackeray,

only reality in the worldn is love, all else is folly.

- [Leo Tolstoy](#) in *War and Peace* (1865-1869)

Love gives energy.

- [Vincent van Gogh](#), [Letter to Theo van Gogh from Nuenen, \(c. 9 March 1884\)](#)
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- • Love conquers [all](#) and we must yield to Love. Virgil
- Love is where you find it. I think it is foolish to go looking for it, and I think it can often be poisonous.
 - [Kurt Vonnegut, Jr.](#) fr
 -
 - An ounce of love is worth a pound of knowledge.
 - [John Wesley](#), *The Works of the Rev. John Wesl*

Love lights more fires than hate extinguishes,
Hell is wherever Love is not

- [Ella Wheeler Wilcox](#),

To love oneself is the beginning of a life-long romance.

- [Oscar Wilde](#),

How can anyone be against love?

- [Malcolm X](#), *By an*

Only love can break your heart.

- [Neil Young](#),
- • Love? say on.
"Two souls and one thought only
Two hearts that throb as one."
- • Von Münch Bellinghausen

- [Love - Wikiquote](#)
- <https://en.wikiquote.org/wiki/Love>

5 Spiritual Love Signs That You Are Really In Love



by [OMTimes Magazine](#)

August 29, 2013

Wouldn't it be nice if there were spiritual love signs to let you know that it is the real thing? Well, there are!

The 5 Spiritual Love Signs

by **Cori Savenelli**

How do you know if you are in love? What are the 5 Spiritual Love Signs That You Are Really In Love?

Love Signs #1 – It feels easy

You are wildly attracted to the person

You can communicate effortlessly

You are not afraid

When you are in love, you don't fear unfavorable outcomes. You are positive! You are not wrought with feelings of pessimism or doubt, you don't struggle to make the pieces come together, you don't feel that you may be hurt by the other. This does not mean that you do not have a realistic view of life, or do not know that things happen that change the course of our paths, but simply that this feeling does not consume you, or make it difficult to carry on with the relationship without fear.

Love Signs #5 – There is no sense of urgency

One of the tragedies of the Renaissance was the exclusion of spirituality from medicine. Indeed, it was not even significantly reintroduced until 1978 when the American Holistic Medical Association was founded. While medicine advanced significantly in physiology, the mind was also separated to a huge extent with the great nonsense of Freudian analysis and the ascendance of the PharmacoMafia as the controller of medical care. The first medical insurance covered ONLY treatment in hospitals, which led to excessive manipulation of "healthcare". Although Carl Jung, the greatest psychiatrist in history, had spirit guides and clearly incorporated spirituality in his practice, his work is as ignored by psychiatrists and psychologists as is everything but drugs and surgery.

Spiritual attitude is a major factor in the life of everyone except atheists; and interestingly, atheistic denial is essentially a major spiritual belief! Although the 2014 General Social Survey reported that 21% of Americans had no religion with 3% being atheist and 5% being agnostic, even the no official religious affiliation have their spiritual beliefs. Thus at least 92% of

Americans have a basic spiritual philosophy which influences beliefs, habits and health.

Most physicians are too brainwashed by the PharmacoMafia and remain sheepishly oblivious to the broader humanistic perspective. In 1971, I found that 94% of the 400 chronic pain patients referred to me for pain control were too damaged from 5 to 7 surgeries plus Percodan® and Valium® to be candidates for spinal cord stimulation. I sensed the broad **spiritual crisis** that these patients had endured required a return to spiritual healing at all levels. However, the PRACTICE of comprehensive Holism never took hold and soon the acceptable term became Complementary and Alternative. Finally, the current **pretend** is Integrative Medicine, with many hospitals paying slightly more than lip service and offering a few alternatives—**never holistic or comprehensive**.

At least a huge majority of disease is the result of **spiritual distress**, leading to anxiety and depression and ultimately to most illnesses!

If the CAUSE is spiritual, the solution must be HOLISTIC—the basic meaning of which is HOLY. This spiritual **existential** crisis leads to hopelessness, poor self-esteem and failure to take care of SELF. Ultimately it is acknowledging that the body is the temple of the soul which requires attention to the SELF—mind, spirit and soul working together to heal the body and to keep it healthy.

With the advent of the Unaffordable Care Act, it is estimated that 30% of physicians will retire early and the system may well collapse, while offering, at best, drugs and surgery—appropriate perhaps 15% of the time and failing almost always even to acknowledge the underlying spiritual crisis. Even with our

system already costing over twice that of any other western country, the U.S remains about number 37 on the totem pole of health. The only Hope is a turn to Holism!

In 2008, my movie, *MEDICAL RENAISSANCE—THE SECRET CODE*, was released. It is the best overall demonstration I know, demonstrating the effectiveness of Holistic Medicine.

In general, with acute illness, conventional medicine is essential. When the problem becomes chronic, the requirement for return to health is COMPREHENSIVE and HOLISTIC. There are many roads to Holism, but the foundation is addressing the basic spiritual crisis of anger, guilt, anxiety and depression. Whatever the cause, most of the time the solution is forgiving all whom you believe harmed you, releasing them into the hands of God, and DETACHING from those things you cannot change. This is done with the body, mind, spiritual mental retraining I call BIOGENICS. Experientially, it involves relaxation, sensory biofeedback and physical sensory balancing, emotional retraining to detach from all past issues and spiritual attunement. There are many supplemental electrical and alternative energetic tools, all of which have been the core our holistic practice and remain so at The International Institute of Holistic Medicine.