

Purity of thinking and “hygiene” of the soul

Czystość myślenia i „higiena” duszy

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Artykuł dotyczy filozofii i kultury zdrowia. Autorka przedstawia różne punkty widzenia na temat głównych elementów zdrowia i zdrowego stylu życia oraz oferuje wykładac kurs kultury zdrowotnej studentom medycyny. Zdrowie jest częścią ogólnej kultury każdego człowieka. W związku z tym ważnym zadaniem na dziś jest szerzenie podstawowej wiedzy o ewolucji człowieka, jako istoty duchowo-fizycznej. Jednym z najważniejszych zagadnień dla ogółu ludności jest wdrożenie prozdrowotnego stylu życia, odkrywanie i zrozumienie koncepcji filozoficznych odnoszących się etiopatogenezy ludzkich chorób, wiedza waleologiczna, tj. na temat promocji zdrowia (ochrona zdrowia, optymalne żywienie przeciwdziałające nadwadze i otyłości, kultura fizyczna dla przeciwdziałania brakowi aktywności fizycznej, a w szczególności: jak podążać drogą ewolucji duchowej?). Tę wiedzę nasi studenci (przyszli lekarze) mogą wykorzystać w praktykach sanitarno-edukacyjnych z ludźmi. Mogą oni zaoferować prelekcje nie tylko dla specjalistów, ale też dla zwykłych ludzi, jako pomoc w tworzeniu podstawowych umiejętności prowadzenia zdrowego stylu życia i ochrony ludzkości przed poważnymi i nieuleczalnymi chorobami.

Słowa kluczowe: ewolucja, bilans energetyczny, psychosomatyka, moralność, duchowość, „filozofia serca”, zdrowy styl życia, kultura zdrowotna

The article deals with the philosophy and culture of health. The author presents different points of view on the main components of health and healthy lifestyle and offers to teach the course of “Health Culture” for students of medical universities. Health is a part of general culture of each individual. Therefore the important task for today is the dissemination of elementary knowledge of the evolution of a human being as a spiritual-physical creature. Most important for humans is the introduction of healthy lifestyle in everyday practice, deep understanding of philosophical concepts of the origin of human diseases, and valeological knowledge (preservation of health, optimal nutrition against overweight and obesity, physical activity against lack of exercise, and especially, how to follow the spiritual evolution). This knowledge could be used by our students (future physicians) in sanitary-educational practice with the population. They can give popular lectures not only for specialists, but for ordinary people to form the basic skills of a healthy lifestyle and protection of human population from dangerous and incurable diseases.

Key words: evolution, balance of energies, psychosomatics, morality, spirituality, “philosophy of heart”, healthy way of life, culture of health

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People have to be responsible for the quality of their thoughts as it is an important point of communication at this period of evolution. Positive thinking fills us with energy, which is comfortable for the surrounding people, children, animals and plants. Children “feel” people with positive energy and communicate with them easily. They subconsciously try to avoid communication with people of negative energy (angry or cranky). It does not depend on gender, nationality, skin color, education, intellectual level, money or respect. My teaching experience proves that. We have to do our best to teach children. There should be order in our thinking, following the purity of soul, because it is the best basis for communication with the growing generation. We have to remember that the majority of them have specific talent (they are

scanning our energy). The future of pupils in many cases depends on positive thinking of their teachers. A child’s creative mechanism is very tender and easy to break. Afterwards it will be difficult to “promote, stimulate, and encourage” the child’s cognitive activity. From the early childhood we should support the creativity at all levels of upbringing and education. It should not be the domination, but cooperation. Children have pure souls and their way of thinking is unconditional. Energetic balance of tutors and teachers is very important for children, because they are sensitive towards this characteristic.

My own experience of communication with people of different nationalities, genders, social position and welfare enables me to make a conclusion that human health is the mirror of the spirituality. Nobody can

give us health. A doctor’s task nowadays is not just treatment of body, but also explanation of the origin of diseases to patients [1].

Psychosomatics explains that a disease is a result of accumulation of negative thoughts. It will last even if a surgeon cuts a diseased organ, until the understanding of the causes of the disease [2].

Some people are absolutely sure that medicine will help and there is no need to support and preserve own health. Why for? There are doctors with modern medical equipment and medications. It is true, and our doctors can heal. As a rule, they use inner spiritual energy for healing. Nature is wise and our body is immediately affected by a wrong way of thinking. We feel pain or functional disorders. We have to understand the rules of life. These rules are simple. Each person comes to this world to get the lesson, to develop three main powers: power of spirit, power of intellect and power of love. If an intellectually developed person does not give themselves the chance to understand the truth of the compulsory care of the physical body – the spirit leaves such a person despite the intellectual level. People usually point out that they have rights. Unfortunately, they forget their duties. The main duty is a realization of being human. When we forget this duty – we will suffer (physically or emotionally). We should live developing the inner wisdom.

Moral aspect of formation and development is very important. There are three components of morality: moral activity, moral relations and moral consciousness. The majority of people want to leave good memory after their death. They try to realize definite ideals. These are the components of moral activity. The process of moral activity has to be accompanied by moral relations. Here we should remember that the fall of states and death of civilizations in human history always started with the deviation from the Greatest Law of Life: from the transformation of love to one woman into a sexual feeling to any person (male or female).

Love is an individualized feeling directed towards a definite object – a woman or a man. Nobody can substitute the beloved person.

Sexual feeling is not individualized – anybody can be a sexual partner.

True love is a mean of cognition. Rudolf Steiner (founder of anthroposophy) in his lecture in Dornach (Switzerland), in February, 2, 1924, mentioned that on the way of cognition “we transform the power of love into the cognitive power” [3]. It connects people and opens the soul, positively affects children, who are the result of such phenomenon.

Life without love, just limited to material welfare leads to loosing the instinct of love and selection.

Children in such families physically are weaker and have lots of diseases. Destruction of the world starts from the demoralization of family.

Love is one of the sacred attributes of moral consciousness.

Moral consciousness is a spiritual point of morality. It helps to solve moral problems. Spiritual immunity is an important point in the formation of moral consciousness. Heart-centrism and orientation towards a human being are the main features of Ukrainian national character. National philosophy is full of anthropocentrism. It is “philosophy of heart”, according to which a human being is a macrocosm, reflecting everything in the world. Heart has to be the source of the behavior verification. Mind sometimes makes mistakes. It cannot see the danger. Logic is a way to death. Each decision has to go through the censorship of heart.

Unfortunately, we still have many old approaches in education, which do not help in the formation of a high level of spirituality. Old educational means form mostly intellect, but ruin the wisdom. A result of hyper-developed mental abilities is our similarity to machines or robots; we lose the feeling of empathy and stop to differentiate right and wrong.

True Love is very important in our life:

*Duty without love makes person irritable,
Responsibility without love makes person unceremonious,
Justice without love makes person tough,
Truth without love makes person critical,
Upbringing without love makes person two-faced,
Intellect without love makes person cunning,
Politeness without love makes person hypocritical,
Competence without love makes person uncompromising,
Power without love makes person user of violence,
Honour without love makes person haughty,
Richness without love makes person greedy,
Faith without love makes person fanatic.*

If the soul preserved the ability to distinguish what is good and what is bad, the spirit tries to create something, everything would be possible. In the struggle of right and wrong human beings strengthen their souls to achieve the ultimate aim – to become a person with pure soul. We should form our wisdom and spiritual immunity. In this case we will not increase bad things in our life.

Culture of health is an important component of a general culture of an individual. It defines the formation, preservation and strengthening of health. Each person is not just a “consumer” of health, but also a “producer” of it. Human beings have to remember that health is “a gift of grace” and we should use it very carefully.

The level of health culture can be high or low. A high level of health culture means being in harmony with nature and the surrounding people. Among the important elements of health culture there are the following points: careful and right attitude of individuals towards themselves, pursuit of self-knowledge, formation, development and perfection of their own identity. The people who have a lot of diseases, excess weight, drink alcohol, smoke, are irritable and do not feel comfortable in communication with the surrounding people, do not follow the principles of a healthy lifestyle, have a low level of health culture.

A high level of health culture is characterized by some very important aspects: the *spiritual one* includes the understanding of our holistic nature, defines our sense of life, internal and external harmony in communication with the surrounding people; empathy and compassion are essential parts of spiritual health, conscientiousness, benevolence, decency and tolerance. The *psychological one* is a balance of psychic processes and their revelations, the ability of a person to control the behavior in stressful situations at the basis of co-understanding and emotional comfort in the society and individual inner comfort. The *physical aspect* includes optimal functioning of all systems of a human body (cardio-vascular, respiratory, muscular, etc.); the idea of "physical health" is closely connected with the skillful control of the body, endurance and high level of efficiency. The *social aspect* is closely connected with the understanding of health as a system and gives the chance for realization of a conscious attitude to it of a person and society. Each person wants to have a long and fruitful life. The society has to do everything for the health of its citizens, because only healthy people can make the maximum for the development of society [4].

It is necessary to understand that health culture is not only the sum of knowledge, skills and experiences, but also a healthy, human-oriented lifestyle. The level of health culture depends not only on spare capacities of a human being (physical, psychic and spiritual), but also on the skills to use them in a right way. So, longevity, healthy and happy life depends mostly on the human being.

People have to evolve in all directions. The most important is the balanced evolution of physical, astral and mental (spiritual) bodies of a human being [5]. The speed of evolution for each individual is different. The second half of the 20th century was the evidence of degradation of mankind in the sphere of optimal nutrition. Professor Hellmut Lützner in his book "Aktive Diätetik" had written of the death rate increase between 1950 and 1980 in Germany because of cirrhosis (2.5 times in male population and 1.5 for females), diabetes, cancer of large intestine and breast

(doubled) [6]. Professor H. Lützner connected these problems with the increased consumption of some products: pork – 4 times, beef – doubled, wildfowl – 3 times, eggs – doubled, cheese – 2.5 times, sugar – 50 per cent.

A modern human being of any age, nationality or race has to go through the mutation in the sphere of spirituality and in perfection of physical and emotional body [7].

In sphere of spirituality

- In practice we should follow moral laws and principles (we have to remember that God knows everything about all our thoughts and deeds);
- We have to take care of people around us, and we should not forget about ourselves;
- We should not create any gods;
- We should be pure both in deeds and thoughts;
- We should not hate anybody or anything (because hatred dries up the soul), as a result we will get the chance to feel the grace;
- It is necessary to refuse negative emotions, because they lead to unhappy life;
- We should be humble and follow God's will doing everything for realization of our mission on the Earth.

In perfection of physical body

- It means that we have to prepare physical body for the vibrations of a new epoch, by eating light food without toxins and harmful additives;
- Tobacco, narcotics, and alcohol ruin human immune system, as a result people get cancer, allergies and other incurable diseases;
- We have to limit the consumption of products causing problems of digestive system (they are individual for each person);
- We should eat tasty and useful food without overeating;
- We should not forget about the necessity of drinking minimum 10 glasses of pure still water per day.

Perfect body is one of important marks of high health culture. Each person can have a long, healthy and happy life, if they accept all those lessons of wisdom, which they got at different stages of development [8]. Unfortunately, today the majority of the population has a low level of culture and knowledge in the sphere of nutrition. People do not know about damage of some products to health. It is dangerous to be illiterate in this sphere.

Among the factors of human health we should mention: lifestyle 50%; system of public health (10%); environment (20%); heredity (20%).

In conclusion:

- One of the main tasks of each person is a responsible attitude towards own health;
- We should do our best to give the body necessary and useful food, water and clean air;
- We should regulate our thinking to accept all current events as useful, important and necessary lessons (positive thinking with philosophical attitude for life).

And also:

We should take care of our physical body health (exercising every day), and remember the ancient wisdom: «In healthy body there is a healthy spirit». But we have to remember that the world around fills us by energy and supports our existence. Scientists proved that electric impulses and processes of vegetable life are similar to human energy. There were noted the reactions of plants inside the room, after scandals or negative emotions of humans. A human being is at the higher level than plants and animals, therefore people have to seek the best “bio-energetic” way of communication with flora and fauna [4]. Our psychic energy influences the surrounding world.

Sources of energy for a human being:

- *Energy of nature* (solar radiation, lunar gravity and geomagnetic field);
- *Food and air* (for life we have to eat and breathe);
- *Way of thinking* (human intellect is one of the most effective sources of bioelectric energy);
- *Physical exercises* (transform fats of our body into “Tsi” that cause the electro-dynamic power) [6].

We have to remember about the role of stress in our life. It can cause many diseases. At the basis of cardiovascular diseases there is a feeling of guilty; fear affects kidneys and adrenals, and malevolence causes dermal affection. Moreover, we should take into account the level of stress (low, middle, or high), which is also important. A mixture of all stresses (feeling of guilty, fear and malevolence) causes health problems from psychological disorders up to oncology [8].

Therefore, the author offers an elective course “Culture of Health” for medical students, because nowadays it should be the compulsory component of education. Future doctors have to get the information about basic principles of a healthy lifestyle and share it with their patients.

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