

**State of the Art and State of the Heart:
Spirituality and Health in 2019
and into the Years Ahead**

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Part I:

Aliveness

Aliveness matters

Aliveness and spirituality

Spirituality as...

The vital center of a person; that which is held sacred.

C. Everett Koop, MD

Sometimes people get the mistaken notion that spirituality is a separate department of life, the penthouse of our existence. But rightly understood, it is a vital awareness that pervades all realms of our being... wherever we may come alive, that is the area in which we are spiritual.

Brother David Steindl-Rast

Aliveness and healing

All the greatest and most important problems of life are fundamentally insoluble. They can never be solved, but only outgrown. This "outgrowing" proves on further investigation to require a new level of consciousness. Some higher or wider interest appeared on the horizon and through this broadening of outlook the insoluble problem lost its urgency. It was not solved logically in its own terms but faded when confronted with a new and stronger life urge.

Carl Jung

Aliveness and ripples

We're not on our journey to save the world but to save ourselves. But in doing that you save the world. The influence of a vital person vitalizes. The world without spirit is a wasteland.

Joseph Campbell

Aliveness and community transformation

Don't ask what the world needs; ask what makes you come alive and go do it. Because what the world needs is people who have come alive.

Howard Thurman

Recognizing and measuring aliveness

- You know it when you see it
- Germane published inventories, e.g., 2 dozen validated resources from University of Pennsylvania)
- Fred; Wellness scale...

Wellness scaling

Please use this scale to rate your overall quality of life today

0 1 2 3 4 5 6 7 8 9 10

I am NOT living
well and
fully

I AM living my life
my life well and
and fully

Some elements of aliveness

Seeing what is there

Miracles... seem to me to rest not so much upon faces or voices or healing power coming suddenly near to us from afar off, but upon our own perception being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always.

Willa Cather

Honoring who you are

People say that what we're all seeking is meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive, so that our life experiences on a purely physical plane will have resonances within our innermost being and reality, so that we actually feel the rapture of being alive.

Joseph Campbell

Engaging causes

... The greatest pleasure for me was being with black civil rights leaders and followers, because they were so alive. You can be more alive in pain than in complacency. These often very poor blacks in Alabama, Mississippi, and Georgia, were so wonderfully alive, so cheerful, so courageous. It was inspiring.

William Sloane Coffin

Embracing risk and change

All changes are a risk... but change makes you know that you're alive. You're exploring, you're stumbling-almost certainly stumbling if my past is any indication-but there is a certain exhilaration, too. You can't wait to see what happens next... What I like most about change is that it's a synonym for "hope." If you are taking a risk, what you are really saying is, "I believe in tomorrow and I will be a part of it."

Linda Ellerbee

So

- **Seeing what is there**
- **Honoring who you are**
- **Engaging causes**
- **Embracing risk and change**

Exercise

- **Earlier birthday person:**
 - Tell a story about a time when you have felt alive
- **Later birthday person**
 - Explore this with your partner and together reflect on what this says about what makes for aliveness.

Part II

Transformation

Three data sets

• An Eckhart Tolle Edition •

THE
LEAP

THE PSYCHOLOGY OF
SPIRITUAL AWAKENING

STEVE TAYLOR

AUTHOR OF THE CALM CENTER

FOREWORD BY **ECKHART TOLLE**

Elements of transformation

- **Unity, moving beyond separateness**
- **Inner stillness**
- **Freedom of inherent wholeness**
- **Compassion and altruism**
- **Conduit of life force**

Triggers

- Intense psychological turmoil 24%
- Contact with nature 18%
- Meditation 13%
- Watching or listening to arts performances 13%
- Lesser; psychoactive substances, fasting/sleep deprivation

And...

- **The harder you try, the more elusive it is.**
- **Gradual or sudden (often, having tilled the soil)**

QUANTUM CHANGE

WHEN EPIPHANIES
AND SUDDEN INSIGHTS
TRANSFORM
ORDINARY LIVES

WILLIAM R. MILLER

JANET C'de BACA

Quantum change

- **Insightful and mystical**
- **One-way door**
- **Half Hell, half Limbo**
- **10 year follow up**

And

- **Men before**
 - **Wealth, adventure, achievement, pleasure, being respected**
- **Men after**
 - **Spirituality, personal peace, family, God's will, honesty**
- **Women before**
 - **Family, independence, career, fitting in, attractiveness**
- **Women after**
 - **Growth, self-esteem, spirituality, happiness, generosity**

Marilyn Mandala Schlitz, Ph.D.
Cassandra Vieten, Ph.D.
Tina Amorok, Psy.D.
Foreword by Robert A.F. Thurman, Ph.D.

Living DEEPLY

The Art & Science of
Transformation in Everyday Life

*Based on a decadelong research
program at the*
INSTITUTE of NOETIC SCIENCES

with wisdom from: Angeles Arrien • Sylvia Boorstein
• Ram Dass • Stanislav Grof • Gerald Jampolsky •
Jon Kabat-Zinn • George Leonard • Noah Levine
• Rachel Naomi Remen • Huston Smith • Starhawk

Triggers

- **Pain (including inauthenticity)**
- **Noetic experiences/extraordinary events**
- **Non-ordinary states of consciousness**
- **Meeting a teacher**
- **Finding the extraordinary in the ordinary**

And...

- **Noetic experiences happen all the time, but...**
- **Hesitancy to share**
- **Require fertile soil and attention**

So...

- **Pain and turmoil**
- **Nature, stillness and wonder**
- **Non-ordinary states of consciousness**
- **Practice**

Fred's addendum

- **Forgiveness**
- **Gratitude**
- **Listen and trust the mystery**

So, Part II

- **Taylor, Miller, Schlitz**
 - Pain and turmoil
 - Nature, stillness and wonder
 - Non-ordinary states of consciousness
 - Practice
- **Fred**
 - Forgiveness
 - Gratitude
 - Listen and trust the mystery

Exercise

- **Later birthday person: Describe any experiences that you might now see as having opened your eyes to new ways of seeing the world and your place in it**
- **Earlier birthday person, explore this with your partner and together reflect on what this says about what makes for transformation.**

So what?

- **Practice**
- **Pay attention**
- **Listen for stories, and treat them with reverence**
- **Honor what makes you come alive**

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Part II

Community

Conversation 1

- **What's the one thing you don't want to forget from today?**
- **What have you learned today that has been meaningful for you, personally or professionally?**
- **What do you take away today that particularly resonates with you?**

Conversation 2

- What excites you about how *you* might follow up with the ideas we have been exploring today in the next five years?
- What would you be excited to see in terms of *public* follow up... research, health care programs, and community initiatives... of the ideas we have been exploring today?

Contact Fred

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