

*Integrative Health
Via the 32
Intelligences*

By: Daniel Lousky

"I did not compose this composition to teach people the things
they didn't know,
But to remind them what they've known..."

Rabbi Moshe Haim Luzzatto.

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Summary

Integrative health combines treatment methods from different worlds and levels, body and soul – the combination of the scientific medicine, meaning, medications and surgeries alongside with holistic treatment methods. In the physical level, there will be treatments such as acupuncture, movement, massage, nutrition. In the emotional level, will be treatment methods, such as, combining arts, healing, and psychodrama. Mental treatment methods, such as, guided imagination, conversation, and questioning. At last, in the spiritual level, there will be treatment methods, such as meditation, the feedback way, forgiveness and prayer. The integrative health gives an answer for the different aspects of human body and soul and sees all his parts and levels uniting into one complete unit.

The five central characteristics to schematize and to create a framework of the integrative health via 32 intelligences, for medical centers and therapists are the health scale, the engine to a change, holistic remedies, the treatments basket, and the therapists' cycle. These five central characteristics are the consequences of the 32 paths (intelligences) pattern as it is indicated in the Book of creation¹: The one – the whole, divides into two parts – spheres and characters (male and female), which are the desire to give and the desire to receive (the engine to a change). The spheres (numbers from 1 to 10), are the 10 intelligences in the emotional level. The characters (letters) divide into three groups. Three intelligences in the spiritual level (letters: a, o, e, u, i, m, 'sh'). Seven intelligences in the mental level (letters: b, v, g, d, 'ck', 'ch', p, f, r, t). And twelve intelligences in the physical level (letters: 'hh', v, w, z, j, 'kch' t, 'y', l, n, s, c, 'aa', 'tz', q). This way, the Book of creation creates four parts from the whole (the health scale, which composed of four levels: spiritual, mental, emotional and physical). Each one of the 32 intelligences is a part of the whole and behaves like the whole. Every intelligence divides into two parts – male and female, and every intelligence contains the four levels. It is possible to train and practice each and one of the intelligences (like a muscle), by simple directed human actions, by treatments and collective work. Training the intelligences enable the movement from one level to another in the health scale in order to balance and open the channels.

¹ The pattern of the integrative health based on the Book of creation, which is attributed to Abraham (Biblical patriarch).

The central characteristics of the integrative health:

The health scale, which made up of four levels, describes the varying needs of a person, the abilities that someone can develop in every level, and the need of the movement between the levels in order to create balance. Complete health is possible by balancing the variable needs in each one of the four levels.

The engine to a change describes the contradictions that fixed in every person's universe, which creates movement and change. Temporary lack of balance that appears because of the meeting between good and bad, light and darkness, certainty and uncertainty, fear and love, it is the expression of the desire to receive and the desire to give, and it is the basis creating change and movement in the health scale. The movement upward or downward on the health scale is possible by an inner change, which caused by transformation of the desire to receive into the desire to give, and vice versa.

Holistic remedies are simple human actions (which enable to train and to practice intelligences) such as, sleep, shower, positive thinking, doing a good deed once a day, hug, kiss, sex, walking, and journey to a new place. In each of these simple actions, there is the desire to give and the desire to receive. The intention, which is given by the patient to the action, enables to create the inner change and the movement in the health scale.

Treatments basket contains different treatment methods according the four levels, such as, meditation (spiritual level), guided imagination (mental level), combining arts (emotional level), and acupuncture (physical level). Every treatment method has a natural place in one of the levels and it is the suitable method to treat this specific level. There are numerous treatment methods, which give an answer to the varied needs of each level, this way, every therapist and every medical center can choose the methods that suites them and their patients. Integrative health requires choosing the treatments according to the four levels, and according the limitations and the needs of their patients.

The therapists' cycle is a treatment process that made up of 10 stages; it is a genetic sequence for changing reality. The therapist must follow according to the stages in order to receive the right result; there is no importance for the time, which takes each stage. Some times the movement from stage to stage is very quick (seconds) and some times it can take much longer (years). Some times the progress is

continuous and some times, there is the need to go back and forward repeatedly, all according to the received feedback and the requested result.

According to the integrative health, the combination of different tools and skills is the key for successful treatment. The five characteristics behave like organs in the body; integrative action between them enables balanced and complete movement of the body.

The vision of integrative health is the combination between the scientific approach and the holistic one. According to this vision, in the emergency room of medical centers, a doctor who also has been trained by the holistic methods and a holistic therapist who has studied basic scientific medicine, will work together. The doctor and the therapist will examine the patient and take a common decision regarding the continuation of the process. When the examination reveals a physical problem, the course of the treatment will be based on the scientific medicine, parallel or after that, will be combined treatments according to the holistic approach. When there are no physical pathological evidences, the course of the treatment will be based on the holistic approach; at the same time, the scientific physicians will keep on examining the patient under their supervision. The holistic care will include activity in a holy space, personal treatment, participation in a development group, as well as a group of support for patients and their families. This way promises a combination of the various approaches and places the patient in the center, in other words, it enables to manage patient's health instead of managing the disease.

Introduction

According to my point of view, the Book of creation is the absolute truth. This book describes 32 paths – a flexible pattern which can be filled with every professional challenge. Life, according to the Book of creation, is a pattern of 32 paths. The pattern is like the tones that can compose many songs, like the colors that can paint many different paintings. The songs and the paintings are the variable truth, while the colors and the tones are the absolute one. This way, the pattern enables every person to create his own unique "painting" and "song". When medical centers will accept the integrative health approach, it will be possible for them to create a unique basket of treatments that deals with the circumstances of their patients, according to a fixed pattern. I feel a great deal of satisfaction with the fact that my research contributes to therapists and medical centers new knowledge that allows them to decide and choose different kinds of treatments according to the suggested model of integrative health in this research. I am pleased to see that the work I am doing gives a practical contribution to the integrative health.

The research procedure

This research asks to display a unique pattern of integrative health for medical centers and therapists. To achieve that, I open with literary study in purpose to introduce the varied subjects that concerned to integrative health via 32 intelligences. At first, I will display the holistic health, the existent experience in Israel in this field, the summary of the intelligences research, and finally the 32 intelligences according to the Book of creation. From here, I will display the five characteristics, which create a framework and a practical pattern of integrative health² via 32 intelligences, for medical centers and therapists, and will handle a discussion about it.

This research displays a unique pattern of integrative health via 32 intelligences. The research does not deal with its advantages or compares the integrative health via 32 intelligences with other patterns. The contribution of this research is by displaying simple and unique pattern of integrative health, according to it, medical centers and therapists can create a special mix of treatments, respectively with their patients. This

² Integrative health is a treatment approach that combines various treatment methods from the fields of complementary and scientific medicines into one integrative treatment.

research basing on vast theoretical material, which cannot be included as it is within this work because of the limitations that required in this kind of research; however, there will be references to additional sources for completing the whole picture.

The suggested pattern made up of five characteristics, which are secondary questions of the research and rising from the 32 paths of the Book of creation: the health scale, the engine to a change, holistic remedies, treatments basket, and therapists' cycle.

The health scale

In this part, I will display the 32 intelligences as a pattern that represents the whole person according to the Book of creation. Likewise, I will display the division into four levels as a complete health scale for creating complete medicine. According to the Book of creation, 32 intelligences give an expression to all human realities: desires, qualities, feelings, manners, faith, body organs, colors, fragrances, tones and so forth. Every person has a unique level and dosage of the 32 intelligences within him. I will display the way that the personal profile of a person, his unique language and the way it is functioning within him can bring him to excellence. I will show the way that intelligence in a receiving form creates a descent in a health scale, while intelligence in a giving form causes an ascent. Thirty-two intelligences divide into 4 levels, these levels express all there is, they create opposite and complementary desires that characterize the variable needs and challenges for complete life. The division into four parts reflects the complete arc of life – four elements: air, fire, water, earth. Four existences: inanimate, plants, animal, speaking. Four life missions: love, career, money, health. Four levels: physical, emotional, mental, spiritual. I will display the way that integrative action and movement between the levels promises physical and spiritual balance and allows complete healing.

The engine to a change

In this part, I will display the engine to an inner change, as indicated in the Book of creation through the desire to receive and the desire to give, until going up and down in the health scale. I will display the polarity that appears in every nature phenomenon, in every intelligence and level, and the stopples struggle between the desire to receive and the desire to give as the engine to inner change and the passage from one level to another.

Holistic Remedies

In this part, I will display 32 simple human actions and their connection with 32 intelligences, such as, shower, eating, hugging, kissing, and giving attention. While these actions done with awareness - the desire to receive and the desire to give, which is within them, turn into holistic remedies , into inner change, and into the movement upward and downwards in the health scale.

Treatments basket

It is required to include at least one kind of therapy from each level, in order to create treatments basket for complete medicine. In this chapter, I will describe four treatment methods, one for each level, in order to demonstrate treatments basket. Likewise, I will display some active treatment methods in complementary health. I will display the way every treatment method has a central aspect, which is connected to one of the levels, and the manner of choosing treatment method on a basis of the ability to treat that specific level. In addition, I will display the recommendation for medical centers and therapists to adopt combined treatments basket, meaning – to choose treatment methods respectively to the defined level.

Therapists' cycle

In this part, I will display the "therapists' cycle" – a process made up of 10 stages according to the Book of creation. The Book of creation declares that every treatment process carried out by 10 stages: "looked at, saw, investigated, understood, legislated, quarried, joined, created, thought, and succeeded". It is directed and aware process, a genetic sequence for creating new reality.

For summation

I will display the vision of integrative health, the working methods and the combination between the doctor, according to the scientific approach, and the therapist, according to the holistic one.

I will display the practical expression of integrative health (healing as educational process), the way I experienced it my self.

The target of the research and methodology

The target of the research is to develop a pattern of integrative health via 32 intelligences for medical centers and therapists.

High percentage of patients turns to complementary health that offers hundreds ways of treatment, which are not arranged or organized by the law. Many therapists and doctors define themselves as integrative health therapists, some of the medical centers opened additional departments and use the term "integrative health". The integrative health comes into being and turns into existing fact.

The contribution of this research is by displaying a framework – a pattern that designs the integrative health for medical centers and therapists, via 32 intelligences, according to the Book of creation. By a unique way, this frame matches the type of the therapy with the character of patient's problem. This frame is basing upon the translation of past wisdom (according to the Book of creation, which is attributed to Abraham) into a modern thinking and development (accordingly to the 32 intelligences).

The question of the research

What are the necessary central characteristics for creating a pattern and a framework of integrative health via 32 intelligences, for medical centers and therapists, according to the Book of creation?

The method of the research

The research combines the phenomenological and the hermeneutic methods. I have selected these kinds of research because of the wide personal expression they enable to the researcher. The wide expression of the researcher allows formalization of a unique method, which is necessary for the subject that yet been researched, so as for the complexity of the subject and the essence (that demands personal observing) of the research that stands in front of us. The research will be basing upon the phenomenological interpreted approach, which was established by Alfred Schutz (Schutz, 1971), according to it, actions and symbols always being interpreted by the unique situation of the person in his world, at any moment of his existence.

The phenomenological qualitative method based on the presumption that with the assistance of qualitative tools, the researcher can reach the center of human being in a much deeper and focused way, while processing and analyzing the findings by their general context (Miles & Huberman, 1984; Smith, 1979). According to the phenomenological approach, there is no one objective truth or reality, but a multiplicity of realities, which are commanded by the participants. The axiom says that the comprehension of reality is subjective and depends on the observer. The phenomenological research attempts to identify, describe and to understand these experiences. This approach emphasizes the advantage of the subjective understanding and the interpretation of social phenomena, it enables deeper understanding of the individual meanings and experiences, the way they conceived by it. The qualitative interpreted method (hermeneutic), basing upon the analysis of written sources. Hermeneutics is a theory or a philosophy that gives meaning to things by their interpretation (Bleicher, 1980). In this research, I choose the philosophical hermeneutics, which includes theories of Heidegger, Gadamer and Taylor, according to it, different meanings that may be founded in the text, depends on the commentator. Gadamer claims, "Each understanding is interpretation" (Levi, 1986). Earlier presumptions of the researcher carry an influence for his attitude to the text, this way; it allows him to judge the text and to discover new and original things.

Summation: The methodology of phenomenology characterized by research approach that tries to have no earlier presumptions. This methodology aspires to hold back research procedure, research techniques or concepts that can lead the research. Phenomenology and Hermeneutics has a specific ways of research, however, milestones do not fix the way, and it is there to be discovered or invented accordingly to the question of the research. This approach suits the approach of the Book of creation, which displays a method and destroys it in order to develop a new method, by this manner; it directs that in the end, there is no method. I express the main aspect of my research work by an original interpretation of the five characteristics according to the Book of creation, for the need of creating unique and simple pattern of integrative health. I will emphasize that the phenomenological approach is the "glasses" through which I am analyzing, investigating and wording the implementation of 32 intelligences, the way I understand it through others around me and myself. The hermeneutic approach deals with the interpretation of the Book of

creation and the possibility to bring out the explanations into a practical implementation.

Health in the mirror of Intelligences

In this chapter, I will display the field of holistic health as well as the integrative health in the mirror of intelligences research and the pattern of 32 intelligences according to the Book of creation. These subjects are the theoretical basis for the discussion about the question of this research.

Holistic health

Critical presentation of scientific health alongside the holistic approach, as well as describing the connection between body and soul by the holistic approach, is the rational for the meeting between the scientific medicine and the holistic one, in order to create integrative health.

According to Hebrew Encyclopedia (1961), the source of the word "holism" is Greek and the meaning of it is "whole". The holism takes up the totality as a basic factor in world's structure. The holism sees all the objects of the nature, the living things and the inanimate ones as wholeness that is bigger than the sum of all the parts together. The whole is the initial and the unique reality. The meeting between the different objects at defined space and time creates unique outcome, revelation of new qualities that could not be predicted by analyzing separately each part of the reality. Holistic health is a way of life and a worldview that sees the human in the center.

In order to understand the special role of holistic health, there is the need to compare it with the scientific medicine. Ben Dov (2005), scientist and researcher who deals with issues of body and soul claims, that "While we are speaking about healing, there is the need to refer to the whole person, and not only to his separated components. It is the basic difference between the methods of scientific medicine and the methods of the alternative one." (Ben Dov, 2005). According to Ben Dov's words, the scientific medicine based on the presumption, that it is possible to deal with separated phenomenon within the human system. As a matter of fact, scientific medicine divides the human being and specializes in each part individually. The ophthalmologist, for example, does not specialize in heart problems, and vice versa. Therefore, if the disease strikes the system within doctor's specialization, he can offer us a satisfying solution. However, usually we come to the scientific doctor with a disease that strikes systems from different fields of specialization. In that case, we will have to move amongst different specialists, when each of them can say different

things, and even to prescribe medications that contradict the things that the other specialist said and done.

If we look at the role of the complete human body in the healing process, we can come to understand the difference. According to scientific medicine method, the body does not have any role; it even appears to be a disturbing factor. For example, the surgeon doctor cuts body's tissue in order to reach the damaged part; therefore, the fact that the treated part is being located inside the living body considered as a problem and not as an advantage. At the same time, medications side effects appears because of the complicated relations between the body systems, that is why 'test tube' is the ideal condition for medication activity - when the cells are being separated from their surrounding. On the other hand, holistic health sees the whole person and bases on natural healing processes, in order to strengthen the body and to allow him to cope with the disease more successfully.

According to the aspect of body & soul "When we visit a doctor, we do not leave the soul outside the treatment room; the psychological aspects of the disease being an important part of the disease's progression as well as of the healing process" (Ben Dov, 2005). The principal difference between a scientist and a doctor is that the scientist is obligated to "scientific truth", meaning, the truth that can be revealed by scientific methods of research. On the other hand, the doctor is obligated to the healing process, which is why; he will prefer the situation in which his patient heals by the "wrong" reasons, instead of dying by the "right" ones.

The Integrative health

In this part, I will clarify what is integration, I will display the concepts related to the integrative health and examine the condition of integrative health in Israel by testing the varied treatments in different medical centers. It seems that integrative health treatments, mostly been chosen by considerations of comfort or "supply and demand", and not by a treatment rationale.

The meaning of "integrative health" is to combine various treatment methods (holistic and scientific) into the treatments basket, in order to bring the solution of healing for body and soul according to the four levels: spiritual, mental, emotional and physical³.

³ Details and expansion about the four levels model and the different approaches, located in the chapter "The health scale".

During the process of human history, many researchers displayed their stance in favor of integrative health, however, this issue never been fully developed in the practical field the way it comes into being these days.

The Book of creation⁴ (attributed to Abraham) was the first to point out at the integrative approach, to connect between the spheres and the letters (male and female) and to create four levels: spiritual, mental, emotional, and physical – senses, inner powers, external influences and the connection of the desire to receive with the desire to give. The connections between body organs and seasons, zodiac signs, stars, extents, depths, human characteristics and intelligences – all of these being connected, all is one (Lousky, 2005). These things can be a declaration of basic rules for integrative health.

Even 2400 years ago, we can find references to the holistic approach, when Socrates declared, that a part could not be healthy unless the whole is. At 1926, Yan Smutch suggested to see life as an existence, which is bigger and different from the sum of its portions. According to his words, some things are lost when we limit them by a specific perspective. Although we can examine each part individually, the perspective of wholeness, which is the higher stance, will be missing anyway.

The four levels model, which describes the whole human being (physical, emotional, mental and spiritual), appears in eastern theories as well; it appears in Buddha's Buddhism (eight paths, 2500 B.C) and in Confucius's Taoism (Kong Qiu Tze, 479-551 B.C) (Perla, 2000)⁵. The structural model for describing the whole is an inseparable part of holistic treatment methods. Also in Jewish medicine, as well as in western philosophy, we can find four levels that describe the whole.

Complementary health, also named as holistic health (whole) has few treatment methods, which based on two fundamental principles:

1 - Within the human being, who is one and complete entity, taking place dynamic relationships between body and soul according to four levels – physical, emotional, mental and spiritual.

2 – Every person has inner healing forces, which can be intensified and directed for healing process.

⁴ The Book of creation attributed to Abraham, details about the book located later on this chapter

⁵ Perla is a Chinese medicine therapist and the author of the book "Chinese medicine, the complete book".

Violation of the gentle balance between body and soul has a direct connection to diseases. Therefore, the first aspiration in healing process is to get to that balance point in order to supply solid platform and appropriate conditions for the inner healing forces to take an action. The aspiration for harmony and balance essential not only in times of illness, but even more for maintaining health and preventing development of diseases. The connection of body and soul and the interaction between them has a scientific foundation (Schechter, 2004)⁶, scientific field of researches which deals with these connections named 'Psychoneuroimmunology' (psycho – brain; neuro – neurons or nervous system; immuno – immune system activity; logy – science). Many researches proved the connection between science, which examines the brain, and the immune system, as well as the connection between stress and the activity of all body systems. According to Schechter's (2004) words, there is scientific proof for that stress strikes heart activity, enlarges the chance to sicken and disturbs healing process. Other researches demonstrated that it is possible to improve immune system activity by simple methods, such as, physical activity, right eating and slipping habits, optimism and even laughter. Researches which been examining the connection between optimistic thinking and the recovery from severe diseases as heart disease, stroke and cancer, found a directed connection between positive attitude as well as faith in the healing process and the recovery itself. Schechter (2004) claims that patients who believed in their recovery, or that their psychological condition was better than other's, had higher chances to recover and coped much better with the illness. This way, we are not talking about contradictory approaches – it is definitely possible to formulate a good version that combines the scientific medicine and the complementary health.

⁶ Dr' Liora Schechter is a physician and the manager of 'Maccabi Natural'.

Integrative health in Israel

Integrative health is not a simple parallel of complementary health. While complementary health deals with different diagnosis and treatment methods, which are not studied in medical schools, the integrative health has much wider meaning and a long distance purpose. It focuses on health and healing comprehension against the one that focuses on the disease. It sees the patient as a complete person who made up as well of soul and spirituality and combines these aspects within the diagnosis and the treatment itself (Rees, L. Weil, A. 2001)⁷. In addition, this method requires doctor and patient's involvement in health maintenance by turning attention to lifestyle components such as: nutrition, physical activity, rest, sleep and the quality of relationships. The complementary health carries a great treatment value for patients, that is why it must be combined within the future medicine – integrative health, a combination that not just includes the complementary methods as ways of treatment, but constitutes a fundamental change in the comprehension of health and lifestyle. Patients started to promote integrative health by their own opinion. According to perceptual point of view, Israel is one of the practical leaders in this field, it even went farther by opening the first integrative medical center at the University hospital 'Assaf Harofe' at the year of 1991, which got resistance from the medical institution at that time. By the end of the decade, the number of hospitals that combines complementary health grew up to 10. At the same time, health maintenance organizations started to provide complementary health services for their insured members, according to complementary insurance. Compared to West counties, the most varied treatments basket at the field of complementary/integrative health is given in Israel (Rees. L., Weil. A. 2001). There, it is been successfully combined not only between the complementary methods and the conventional medicine, but also between the complementary methods themselves. Israel being called the "world pioneer" in this field (Rees. L., Weil. A. 2001).

Managing patient's health instead the disease

Integrative health, combines treatment methods and varied approaches. The purpose of combining scientific methods with holistic approaches, as well as the holistic approaches with themselves, is to create integrative treatments basket that treats the

⁷ Out of an editorial - The general medical website, BMJ, by Dr' Lasley Rees and Dr' Andrew Weil.

person as one whole unit. The integrative health treats the physical level with medications, surgeries and holistic treatment methods, such as acupuncture, massage or motion. Treatments at emotional level, such as combining arts. At the mental level, treatments, such as: guided imagination. In addition, treatments at spiritual level, such as meditation.

In practice, most of the medical centers do not create that kind of integration. When they stand before the choice of treatments basket, medical centers tend to choose physical treatment methods, such as massage, nutrition, homeopathy, reflexology and motion. In many cases, they ignore the emotional, mental and spiritual treatment methods.

Lack of integration is not an exclusive problem of medical centers only. Holistic health defines itself and acts according to the pattern that combines four levels, but gives only partial answer for the combination of the varied approaches and methods. The holistic therapist mentions and details all the treatment methods that he deals with. He declares, "I'm shiatsu, reflexology and nutrition therapist". Other therapist declares: "I deal with healing and medicinal plants". Holistic therapist does not study and choose his own treatment methods by the need to create integration of four levels. He trains himself according to the tendency of his heart, or by the 'supply and demand' that exists at the field of complementary health. Despite the declared desire of holistic therapists to treat the whole person (four levels), in practice, there is no integrative implementation which refers to the four levels, accordingly, the patient does not receive real holistic care.

Touching therapies do not deal with the mental or the spiritual levels, and meditation does not give an answer to problems such as nutrition or motion. It is possible that a skilled meditator can reach that meditation level which will solve his nutrition and motion problems, but it is might be possible only after many years of training, which is not always available for every patient.

The importance of supplying correct integrative treatment basket is big; this main issue can be demonstrated by the next example. A person broke his leg (physical level), after some consultation, the therapists come to a conclusion that the fracture was caused as a result of difficult relationships, which caused to lack of attention and alertness, and then stumbling and braking the leg. Then, the therapists decide to take care the relationships (emotional level) first, before putting the broken leg in plaster. This decision is incorrect as it will be incorrect to treat with nutrition (physical level)

a situation of a job lost or lost of a family member (emotional level). The division into levels enables to treat the damaged level immediate and direct way, according to the right treatment method for that specific level.

According to the holistic approach, there is a transfer from one level to another; it means that every treatment at a certain level will influence the other levels as well (after some time). However, it is required to treat the damaged level (the result) first, and only after, or at the same time, to take care of the source (cause) of the problem which comes from other levels. This way, the patient gets to receive real holistic care.

It means that in practice, every complementary treatment method gives an immediate and direct solution only for a part of the whole and does not treat the person according to the declaration. Therefore, there is great importance to define the treatments basket, which includes varied treatment methods accordingly to the levels of the integrative health.

The holism is not a separated approach, but the integration between the approaches that designed according to patient's needs. The holism emphasizes the system and not just the approach itself. Holistic health means that the patient is the center – managing patient's health instead the disease.

The Book of creation

The model of integrative health based on the pattern which instructed in the Book of creation and the interpretation of that pattern, that is why I chose to dedicate this part for displaying the special place of this book within the philosophy.

In the book "The theory of creation by the Book of creation", Yehuda Liebes (professor of Israel philosophy class at Hebrew University in Jerusalem) says, "The Book of creation is exceptional work, it is unique by its language, form and contents, it is short, reasonable and laconic. This book appeared in Israeli culture from unknown place and time and redesigned the appearance of Jewish literature and philosophy. It is a book of guidance and instruction, and carries a strong expression about the appropriate spiritual leadership" (Liebes, 2000). According to Liebes's opinion, god's activity, which appears to be the main issue of the book, presented as a model for human's activity. God is the light and the human is the vessel (shadow), god has no beginning or end, while the human exists within these limitations. The vessel needs the light in order to receive, and the light needs the vessel in order to give. One is connecting and coming into being through the other, in order to create balance. God

created the universe using 32 intelligences (paths), and that is why the human should design and build his own world using these 32 intelligences.

The book of creation is the source of the 'Tree of life'; it is the seed for all the branches, all the comprehensions, the theories and the religions. According to the holy Ari"Zl (Berg, 1990), the Book of creation is a guidance book, it was given by the creator through Abraham for all the creatures, at the time of 3800 years ago. The size of the Book of creation is about three pages; however, there are many interpretations, compositions and research literature created around it. These works carries a great value for designing the face of Judaism, the Kabbalistic thinking and the Jewish philosophy (Liebes, 2000). Many wonderful works had been created around the Book of creation, such as Kabbalistic literature, the holy Zohar, cosmology and astronomy researches, the structure of human body, linguistics and grammar theories, mysticism, magic and so forth.

The wording of the Book of creation exists and develops together with the development of commentary literature. This phenomenon is known in other cases as well, but it is extremely strong in the case of the Book of creation (Liebes, 2000). Prof Liebes says that it is not the Kabbala that gives rise for the interpretations of the Book of creation, but the interpretations themselves give rise to the Kabbala, in other words: the interpretation of the Book of creation is the Kabbalistic theory.

The research of the intelligences – summary

The intelligences theory explains the way we create our comprehension of the world, in what manner we change our stances and beliefs, and how we set out targets and carry them out. The holistic approach, requires activating all the levels of human personality in order to succeed the process; in fact, it is the activation of varied intelligences. Here from, the contribution of intelligences research is the understanding of the holistic approach which is the center of integrative health.

The French psychologist Binet, referred to the intelligence as to a mental ability that can be quantified by a numeric measure of wit, named Intelligence Quotient (IQ). Binet composed a tree of age intelligence units, assuming that the intelligence changes according the age. Therefore, Intelligence Quotient (IQ) defined as a ratio between the personal ability of the examinee and the abilities of people with the same age. Alfred Binet and Theodore Simon developed the IQ test for the first time at the year of 1916; it was designed in order to sort students into regular and special schools.

On the same basis, IQ tests are still acceptable in the western world, for the need of sorting students and predicting their success in studying. IQ test measures the required abilities for succeeding in studying in conventional schools, such as: understanding and verbal ability, mathematical logical ability and the ability to remember words and numbers. According to Binet and Simon, there are three criteria for thinking process: thinking at defined direction, the capability of adaptation using temporary solutions and the ability to sort, judge and criticize every assumption or solution (Gardner, 1996).

The wide use of IQ tests arose with the time criticism that referred to the question whether intelligence is a single ability, which can be quantitatively measured, or it is a complex of varied abilities. The critics claimed that the definition of intelligence is very limited, and it examines only logical-mathematical and verbal abilities. This approach is an antithesis of the holistic approach; it refers only to one part of the mental level and does not see the whole person (four levels).

At the year of 1710, Giambattista Vico claimed that in the same manner as the divine truth is what the god discovers during the process of its creation and combination, also the human's truth is what the human discovers while he builds and designs it by his actions. Therefore – science (*scientia*) is the knowledge (*cognito*) of the sources, the way and the shape by which things are being created. According to Vico, the only way to know something is to create it, and only then, it is possible to recognize all the components that combined within it. Vico used the word operation (action), therefore, the knowledge is the awareness to the actions that creates the 'doing' world, and the 'doing' world (activation) is a product that develops the intelligence. Piaget (1977) opines that the activation of cognitive being organizes the experience world by organizing itself. Wechsler (1944) claims that intelligence is an ability that reveals through the challenges of the individual and through his resources. On the other hand, Thorndike (1921) opines that intelligence is the capability to reply correct answers.

"Emotional Intelligence" by Goleman (Goleman, 1995) was developed in order to answer the need of finding a different measure to quantify human abilities, to understand his behavior and the progression of his life. The Emotional Intelligence takes two concepts - intelligence and emotion, and creates a new definition of this concept, which explains in better way the social, organizational and the managerial world that getting more and more complicated. Through the "Triarchic theory",

Sternberg (Sternberg theory, 1985) opines that intelligence must be examined by three aspects and the relations between them:

1. Human inner thinking world, which includes knowledge acquisition components, knowledge processing and meta-cognition components - designs, regulates and organizes the knowledge acquisition components.
2. Thought process that comes in touch with human external world and includes the ability of adaptation to the environment, the ability of changing it or replacing it with another environment.
3. Human thought process and his experiences, in other words, human ability to cope with new situations and to turn the achieved abilities into automatic part of his actions repertoire.

The book "Successful Intelligence" by Sternberg (Sternberg, 1997), is considered to be a breakthrough of the last decade, by building a new theory that redefines the human intelligence. Sternberg's approach is mainly based on the triarchic theory (triple) of intelligence, which is founded on three components: the analytical component, the creative component and the practical component. According to Sternberg, successful intelligence is the one, which allows the individual to build himself by these components, and a high standard education system is the one that enables and encourages this kind of build. Sternberg's approach about the intelligence's essence is mainly expressed by terms of the context in which it occurs. He suggested a frame for understanding the intelligence by its context. Even from the seventy's and the eighty's of the last century, many researches dealt with the intelligence in connection with the individual's inner world. These researches provided a method to understand intelligence in terms of cognitive processes and structures, but did not contribute a thing for the connection between the intelligence and the external world of the individual. Sternberg says that if we see the intelligence, even a part of it, as an adaptive behavior in the real world surrounding, then it is not possible to understand the whole quality of the intelligence without understanding how the real world designs intelligent behavior by the social and the cultured context (Sternberg, 1997).

Multiple intelligences theory

The multiple intelligences theory of the psychologist and neurologist Howard Gardner (1996) caused a revolution of the intelligence comprehension. This theory presented evidences for that human intelligence is not a single mental measure, but a

combination of intelligences. All intelligence's characteristics have a distinct location within the brain. The unique mechanism of information processing and expression of it has an influence on our comprehension of human ability to live and function in this world.

Prof' Howard Gardner was skeptical about the validity of the IQ measurement, he emphasized the difference, which characterizes human's abilities, and by that, he expanded the view of human potential beyond the IQ bounds. According to Gardner, **intelligence is the ability of a person to solve problems. The solution of the problem must lead to outcomes that we can measure and evaluate** (Gardner, 1997). Gardner suggested examining the way people deal with different life situations by emphasizing that human intelligence is multi-dimensional and expressed in many levels of body soul system as a complex of ten intelligences or human abilities. These intelligences are different one from each other and can join in daily functioning. Gardner was basing on neurophysiologic aspect. A baby comes into the world with complicated nervous system that made up of neurons. These neurons wait to weave and join into an active array of thought processes. Active connection between the neurons provides to the system its characters, its meaning and its unique design. The design of the system is what determines eventually who is that individual and which abilities he will have. Non-development of these abilities means functional atrophy of some part of nervous system. The neurophysiologic researches show that most of the connections are created through experience and mainly at the preschool and the primary school period (Gardner, 1997).

The aspects of the intelligence that were suggested by Gardner are linguistic intelligence, mathematical-logical intelligence, spatial intelligence, musical intelligence, motorial intelligence, interpersonal intelligence, intrapersonal intelligence, naturalistic intelligence, moral intelligence and survival intelligence. Each of these intelligences appears within every person in a different "dosage", this way; people can be intelligent at fields such as, music, motion, interpersonal relationships, and not necessarily at the linguistic or the mathematical-logical fields.

Every person has a unique intelligence profile that designs his personality, his way of thinking, his comprehension of the world and his behavior. Although this profile is hereditary by its basis and the tendency for intelligences appears already at a very young age, the development of intelligences or a delay of it depends on environmental factors, such as, access to resources or experts who can give their assistance, and

historical, cultured, geographic, family or circumstantial factors. Considering the fact that intelligence has neuro-biological basis, the whole complex of intelligences is incessantly changing during our life.

Gardner claims that it is possible to improve and to develop any intelligence by the surroundings influence, by exposure and by appropriate stimulus and training, and when the motivation level becomes higher so the efficiency of the intelligences as well. On the other hand, by lack of exposure and training, the development of intelligence will be delayed (Gardner, 1996).

Human abilities develop also through neurological connections and brain electric current flow. Brain cells (like the intelligences) are physical beings that can be developed by varied methods and they respond like body muscles respond to training and exercising (Gardner, 1996). By training, it is possible do develop the nervous system and the neurological connections within the brain and the whole body which are necessary for acquiring knowledge and for optimal and balanced use of the 32 intelligences potential.

The 32 Intelligences

The active discussion about the essence of intelligence and the revolution which been caused by Sternberg and Gardner at the comprehension of intelligence, enables the appearance of 32 intelligences "pattern" according to the Book of creation and placing it within the discussion about the definition of human intelligence potential. The pattern of human potential according to the Book of creation is the pattern of integrative health (Lousky, 2005).

The Book of creation, attributed to Abraham, starts with a dramatic declaration: "In thirty two wonderful paths of wisdom did JAH engrave..." In other words: the world had been created by thirty-two intelligences: ten ineffable spheres and twenty-two foundation letters. According to the Book of creation, paths of wisdom are the method and the way of action, the place and the time, the paths of wisdom and the wisdom itself, the creator and the creation, the contents and the frame (Liebes, 2000). According to the Book of creation, God had created the world by thirty-two intelligences, therefore, so is the human designs and builds his reality using thirty-two intelligences. It is difficult to describe something that can be processed within the brain and body systems without using letters and numbers (spheres), because, before the action comes the thought, and before the thought come letters and numbers

(spheres). The 32 intelligences are the entirety and the wholeness, all there is by its all components, the whole spectrum of light reality. All human paths and patterns made up of letters, words and numbers. Every doing, production or creation is possible only by using numbers (spheres) and letters. The reality and the intelligences are two parts of the same being – the creator and the creation (Lousky, 2005).

The intelligences are the multiplicity principle; their number is their main essence. The number of letters in each set and the number of spheres (numbers) are the infinite multiplicity that derived from it: the spheres (numbers) according to generative decimal principal, and the letters according to the infinite combinations into words. However, the multiplicity exists only allegedly, but it is just an evidence for the one and the only God. The Book of creation has a dynamic and unpredictable world; it comes into being in the eyes of the observer and then destroyed the same way in a stopless process. The observer's look creates the multiplicity in the world, and by the same manner cancels its existence (Liebes, 2000).

The intelligence (DNA) is the building stones of the body. The body made up of more than billions of billions of living cells, which exists in the body in different sizes and forms according to their location and function. Each cell contains genetic memory which been transferred from one generation to another. The tree of life is the genetic memory and human potential. A molecule made up of three twisted reels, which create 32 intelligences by four levels.

Each section of that tree, which creates the triple reel, named as path and it is like a single page of the whole tree of life book. The 32 intelligences are the pages that create the complete human genome. Within each body cell, there is a perfect copy of the entire genome. The varied combinations of the 32 intelligences are the code of all human qualities that create his personality. By mapping human behavior according to the 32 intelligences, it enables the access for the need of diagnosis and treatment, training, practicing, improving, maintenance and repair (Lousky, 2005).

It is possible to define intelligences profile, which contains all the 32 intelligences for every person, every human behavior, every process and every simple human action.

Every person has a unique profile. Some people, whose mental intelligences are more developed, will prefer to work at professions such as accounting or business administration. People with stronger emotional intelligences will prefer to be involved in social work or education. These who have strong spiritual intelligences will prefer

to work in charity organizations or as spiritual teachers, and people with strong physical intelligences will usually work in agriculture or sport professions. Of course, there are many different kinds of intelligences combinations, which enable combined activities and professions.

Every person has a unique intelligences profile which designs his personality and being the "structure" of it. However, every person can reveal, arise, train and practice intelligences in order to redesign his personality according to his free will (Gardner, 1996). The combinations, which presented in every person are inimitable and express his unique personality "structure" and his private mission that derives from it. The unique profile of every person makes him to be the one, the only and the special and places him into the center of the universe, the center of the existence. Every person has a unique dosage of all the 32 intelligences, this personal profile is the unique language for humans functioning and excellence (Lousky, 2005). The understanding, that every person has a unique intelligences profile requires a change of the treatment approach, from the state of the disease management into management of patient's health. The management of patient's health is a holistic approach that enables implementation of the integrative health pattern.

The 32 Intelligences according to the Book of creation

Five characteristics of integrative health are the consequence of "The structure of creation by the Book of creation". According to the Book of creation, the life and the universe, all there is and the nothing, are one unity – thirty-two wonderful paths of wisdom and the 32 intelligences (Lousky, 2005).

The Book of creation enumerates 32 paths the next way: the whole divides into two parts: 10 spheres (numbers) and 22 letters. These two parts represents male and female, the desire to receive and the desire to give (the engine for a change). The spheres represent the emotional level. The letters (divides into three parts) represent the spiritual, the mental and the physical levels. This way had been created four levels (levels) of the whole (the health scale).

Every level contains a number of intelligences (3 spiritual, 7 mental, 10 emotional, 12 physical), total - 32 intelligences. Every intelligence is like a drawer that contains all that fits its frequency: personality characteristics, simple human actions, colors, tones and so forth (holistic remedies).

Each one of the intelligences is an independent unit and it is one of the thirty-two building stones from the whole building. Each intelligence is a microcosmos of the

whole (32 intelligences). Each intelligence, like the whole, divides into two: male and female, the desire to receive and the desire to give (the engine for a change). Each intelligence contains four levels: spiritual, mental, emotional and physical (health scale).

The spheres (numbers) – the nothing

Ten ineffable spheres (emotional level): ineffable or "empty" spheres (nothing inside), symbolizes the absence, the "no nothing", and describes the female passive aspect and the inner powers (Lousky, 2005).

The letters⁸ – all there is

Twenty-two letters divided into three levels (spiritual, mental and physical).

Twenty-two foundation letters symbolizes the active aspect, the initiation and the creation, the materials that builds the world and all there is.

The 32 Intelligences in four levels:

Level	32 paths	32 intelligences	Letters/Numbers	Elements
Spiritual	3 measures	3 kinds of desire	a, o, e, u ,i, m, 'sh'	air
Mental	7 doubles	7 educational influences	b, v, g, d, 'ck', 'ch', p, f, r, t	fire
Emotional	10 spheres	10 inner powers	1,2,3,4,5,6,7,8,9,10	water
Physical	12 simples	12 senses	'hh', v, w, z, j, 'kch', t, 'y', l, n, s, c, 'aa', 'tz', q	earth

⁸ The letters refer to the sounds that pronounced from the letters, there are more letters that sound. For example, the letters 's' and 'c' pronounced the same way.

The definitions of the abilities – 32 Intelligences

The 22 letters and the 10 numbers (32 paths) are the rules by which the world had been created. Every letter and every number represents human ability (intelligence). Thirty-two human abilities are the human potential (Lousky, 2005). Human abilities are the "holistic remedies" for inner change, for ascent and descent within the health scale, for healing, maintaining the balance and preventing problems and diseases. Practicing and training abilities (intelligences) are the central work of the integrative health.

Three Intelligences in the spiritual level, express the ability to define the desire and its direction:

The letters 'a', 'o', 'e', 'u' and 'i' created free will - The ability to notice that the universe is an empty space, which becomes full according to the free will.

The letter 'm' created desire to give - The ability to define the desire to give as the higher purpose and as the goal of life.

The letter 'sh' created desire to receive - The ability to define the intensity of your desire to receive for your self and the direction of it.

Seven Intelligences in the mental level, defines the ability to create a change of attitude and beliefs:

The letters 'b' and 'v' created wisdom - The ability to time an action, where, when, with whom, how much and how.

The letter 'g' created wealth – The ability to notice that more or less does not affects your happiness.

The letter 'd' created seed - The ability to put an intention and a motive as a seed which from grows the result.

The letters 'ck' and 'ch' created life - The ability to create inner transformation, to be in movement and to transfer further.

The letters 'p' and 'f' created government - The ability to free you from arrogance, knowledgeableness, self- righteousness and boastfulness.

The letter 'p' created peace - The ability to contain you and others, in order to create complete and completeness.

The letter 't' created grace - The ability to raise the events unto your self-awareness and to reveal yourself.

Ten Intelligences in emotional level, defines the ability to identify and diagnose absences:

The number 1 created power of light - The ability to know that everything comes from the light, and that everything is the light.

The number 2 created power of beginning - The ability to start all over from the beginning, anywhere, anytime, and at any age.

The number 3 created power of love - The ability to do things from love and with love as the higher remedy.

The number 4 created power of freedom - The ability to be or not to be anywhere you are.

The number 5 created power of thought - The ability to create new faith and reality by directed thought.

The number 6 created power of unity - The ability to emphasize the difference in order to create unity and harmony.

The number 7 created power of observing - The ability to know yourself through others and through your experiences.

The number 8 created power of healing - The ability to notice that as more you learn, less you understand.

The number 9 created power of immunization - The ability to learn how to learn, and to find the necessary information at the required moment.

The number 10 created power of revelation - The ability to accept the reality, and to deal with the reason in order to change the result.

Twelve Intelligences in physical level, express the ability to set targets and to realize them:

The letter 'h' created sense of sight - Visual, spatial, super sensual, imaginary and multi-dimensional ability to see.

The letters 'v' and 'w' created sense of hearing - The ability to hear voices, tones, frequencies, meaning and discipline.

The letters 'z' and 'j' created sense of smell - The ability to smell truth and lie, and to act from your inner truth.

The letter 'kch' created sense of speech - The ability of speaking, writing, shearing, lecturing, to notice between right and wrong.

The letter 't' created sense of taste - The ability to notice between good and bad, to act with good taste.

The letter 'y' created sense of action - The ability to initiate an action and to notice between allowed and forbidden.

The letter 'l' created sense of touch - The ability to discover through touch, body, nature, dance, motion, crafts, and arts.

The letter 'n' created sense of path - The ability to turn a process into a target, to solve complicated survival problems.

The letters 's' and 'c' created sense of abdomen - The ability of practicing, absorbing and self training, to make an action from your inner belief.

The letter 'aa' created sense of brain - The ability to play, be logic, sorting, processing, analyzing, and investigating, to do conscious research.

The letter 'tz' created sense of heart - The ability of socialization, compassion, obligation, responsibility and acceptance, to combine and to manage others.

The letter 'q' created sense of cell - The ability to cope with ethical and moral dilemmas, independence and respect for all human beings.

Thirty-two Intelligences are the human potential. Every person can set his targets and to be excellent at them through his unique intelligences profile.

Self image and the Intelligences

People who work for earning their living only, but do not have joy and interest, eventually will develop problems and diseases in order to avoid the frustrating job. The society can and should evaluate men's abilities according to their personal intelligences profile, and by that, to create openness and acceptance of many varied professions, such as, singing, dancing, painting, acting, sport, healing, carpentry, welding, mechanics and so forth. It enables for many people who do not want to be engineers, lawyers or doctors, to feel fitting within the society and allows them to excel at fields in which they can express them self their best way. It is a central issue of integrative health, which asks to prevent diseases and problems, by strengthening self-image as well.

Each intelligence has a connection with the environmental aspect; therefore, it should be examined by familiar and suitable aspects for the person, as well as to allow optimal conditions that expand intelligence expression ability.

Therapist's duty is to identify man's abilities, to assist him to reach the field, which suits his talents and allows him to be efficient and satisfied. This will cause him to strengthen his strong intelligences and to raise self-image in order to utilize his personal potential (Welicker, 1999).

Despite the differences between people and the infinite assortment of "intelligences profiles", the evaluation is still carried out by "conventional" uniformed exams. In this strange condition, the emphasized abilities based mainly on two intelligences: verbal or mathematical-logical. It means that people who excel at these two intelligences considered to be strong and successful, while others considered as having difficulties, weak and don't answer the demands. Therefore, they have a low self-image and they are situated within frustrating circles of ordinariness or failure.

Therapist's duty is to enable to every person a window of opportunity to express the varied intelligences that are sometimes hidden and not expressed at all. As much as the treatment will be more diversified with activities and learning materials, so it will be possible to reveal interest and motivation, and to express the inner self in varied ways according to the personal intelligences profile. More than the learning experience, it is necessary to make sure by a valid and reliable way (on a basis of patient's performance) that patients do understand the taught material and can have a rational use of the purchased knowledge. A therapist will be able to diagnose abilities, tendencies, points of strength and interest, together with the points for improvement and wrong comprehensions. Considering this diagnosis, the therapist can design the continuation of the treatment by encouraging patients to stand out with their strong abilities and the issues of their interest. From this positive perspective, it is important that the therapist will be aided by these strength and interest points as a stimulus for promoting other abilities that are not enough developed, or for the eradication of wrong comprehensions (Welicker, 1999).

If we will adopt this "educational" approach within the integrative health, it will be possible to create optimal conditions for stimulating motivation, encouraging patients' growth and for the utilization of their hidden potential. This treatment approach, which allows the patient to perform himself in varied ways that suits his personality, his tendencies and his abilities according to his own choices, may provide a feeling of

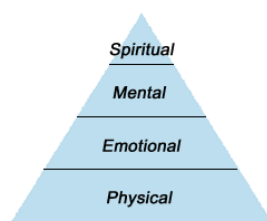
capability and a belief in his abilities. By that, we will cause them higher confidence and self-image. All these will bring higher motivation and openness for personal learning which will assist them to leave the ordinariness and failure circle.

The educational process is a process of self-healing (Lousky, 2005). Exposure, stimulus, practicing and training intelligences will assist to develop their efficiency, also for the need of self-healing (Gardner, 1996). When a person does not excel in speech intelligence (therefore has a difficulty to word verbal answers), but he is talented in touching (touch) intelligence, he should be encouraged to demonstrate his knowledge by painting, sculpting, building a model or a presentation, taking an action and so forth, all according to his choice. A patient, who got appreciation and recognition at the uniqueness of the developed intelligences within him, will find out greater interest for additional learning and improvement in his less developed fields as well (Welicker, 1999).

A pattern for creating integrative health

Five main characteristics for creating a pattern and a framework of integrative health via 32 intelligences according to the Book of creation, for medical centers and therapists are - **the health scale, the engine for a change, holistic remedies, treatments basket and therapists' cycle.**

The health scale



The health scale is the main characteristic of integrative health pattern. The health scale derived from the division of 32 intelligences into levels. The health scale is made up of four levels. It describes the varied needs of a person, the abilities that the man can develop in every level and the need to move between the levels in order to achieve balance. Complete health is possible only by balancing the varied needs within each of the four levels.

According to the vision of integrative health, the number of levels, the contents and the needs which characterize each level, and so the need for the transfer from one level to another are the milestones for complete medicine.

The levels of the health scale represent opposite and complementary desires, which characterize the varied needs and challenges for complete life. The division into four indicates the whole assortment of life. The importance of the health scale in diagnosing and scaling the patient's levels (from the weak level until the strong), is for practicing, training, treating and strengthening the weak levels.

Four levels of the health scale

The World Health organization defines health in a way, which does not leave any doubt about the importance of the varied levels which create the whole as a path for reaching complete health: "Health is a state of complete physical, mental, emotional, social, and spiritual well being" (world health organization, 1947). According to the Book of creation, the world divides into four (parts) levels – the health scale. The four levels represent opposite and complementary desires, which characterize the varied needs and challenges for complete life. The division into four indicates the whole

assortment of life – four elements: air, fire, water and earth. Four existences: inanimate, plants, animal, speaking. Four life missions: love, career, money, health. Four levels: physical, emotional, mental, spiritual. Four holy animals: Taurus, human, lion, vulture. Four creation processes: thought, words, effort, reality. Four stages of coming into being: body, psyche, spirit, soul. Four kinds of healing: motion, nutrition, energy, awareness. Four kinds of communication: supportive, analytical, mission, expression. Four kinds of teachers: problems solver, respecting, directing, challenging. Each level divides into number of parts, all the parts together creates 32 intelligences. Each of the 32 intelligences contains the desire to receive and the desire to give. The balance between the desire to receive and the desire to give creates the free will, which is the power of life (chi). In order to create complete healing, it is required to reach the balance between the desire to receive and the desire to give within every intelligence. Lack of balance between these two desires, after a period, will cause pain, mishaps and diseases.

I have chosen the term "scale" in order to describe the "complete healing" through the model of integrative health. The head of the health scale located in the air (air element/spiritual level), at the center of the scale there are the water and the fire (emotional and mental levels), and the base of the scale stands on the ground (earth element/physical level). I saw this image as well in the biblical story about Jacob's (Ya'akov) dream, which represents men's longing to live completely, in all four levels of the health scale. By this concept, when the head of the scale reaches the sky and its feet stands up on the ground, the "dreamer" can climb and go down at the scale according his free will. "He had a vision in a dream. A ladder was standing on the ground, and its top reached out toward heaven" (Genesis, chapter 28:12). Also the painting "Jacob's dream"(see picture next page) by Mark Chagall, in artistic way, describes complete health.

Climbing up in the scale is like swimming against the flow. Swimming against the flow will lead to the source of the water – the spring (like the source of the problem). Going down in the scale is like swimming with the flow – relaxation, like a leaf in the river that knows his way into the sea, into the destination, the destiny. Climbing up in the scale requires effort, a change of attitude and a change of values and beliefs (desire to give). Going down in the scale requires connection with the 'joie de vivre', the joy as a compass to success and destiny (desire to receive). In the meeting

between the desire to receive and the desire to give, there is the free will – the power of life for a change, for training and healing (Lousky, 2005).



Jacob's Dream
Mark Chagall, 1887 - 1985

Body soul connection within the health scale

The connection between the body and the soul is the basis of integrative health, which is the combination between the scientific medicine (body) and the holistic health (soul). This connection is essential for observation, for diagnosis, treatment and for climbing and going down in the health scale, which as previously mentioned is the main characteristic of the integrative health.

The body can be described in many ways: through pain, through the pose, the posture, or the body language. The recesses of the mind and the sorrow, or the joy of the soul, we describe through the body as well.

When we say "heartache", we maybe mean also the physical heart, but we usually mean sorrow (emotional). When we say "pain in the neck" we mean nuisance and inconvenience. When we say that someone is "stiff necked," it means that he is stubborn (mental). There are many expressions of this type, which express emotional state using physical terms. Holistic health refers to these expressions by their double meaning, "body and soul". According the holistic health, sentences which apparently describe physical problem but not only physical, have the expression in other levels as well. When a child suffers from constipation (physical), usually we call a pediatrician. However, why does not the kindergartner or the teacher can treat the constipation, which is a result of emotional blocking of the bowels (Reich, 1991)? The body is not a separated substance; the body is the expression of the soul the same manner as the soul expresses itself through the body. The body is the "home" of the soul, the temple. The body tells the story of the soul; it chatters incessantly, sometimes, even shouts, and sometimes the scream is expressed through the deafening silence (Reich, 1991).

The body expresses itself by varied ways: through pulsation, centralization, focus, breathing, holding, motion, communication and relationships. The body expresses the contents and the frame of it – the 'what' and the 'how'. Body language is sharp, intuitive, uncompromising and has no masks. The body investigates and burrows, it presents and participates when it does not move. The body expresses itself through the body language that is the expression of social and cultural conditions. Body pose and posture express the world-view, beliefs and educational influences. The body "takes notes" of everything, every emotional state is being inscribed within bodylines, body postures, body language and the body holding. When a person does not feel at home in his body, by many ways he is not balanced and it is not his best state. When this imbalanced situation lasts for a long time, it invited accidents and diseases.

The life is always in motion, even when there is no movement at all. Life is an instant motion and change. The movement of the body created by the pulsation (Reich, 1991)⁹, and there has to be harmony between the beats rhythm and the surrounding. Experiences (emotional level) create muscle spasms (physical level) and then transferred as a memory (mental level). Traumas are firmly fixed in the muscles (physical level) and turns into "armor" (mental level). Body armor is similar to the defense mechanism of psychology. This armor, like the defense mechanism has to be removed slowly and carefully. Armor removal will influence body qualities and body posture. The armor will appear between the width belts and the length belts of the body. There are seven width belts in the body and they are parallel to the energy zones according the chakras. The armor appears between the width belts (chakras) and the length belts (meridians). The armor is a blocking, which appears in the form of spasms, or body ache through which it can be localized and diagnosed. The blocking is like a dam that has imbalance from both of its sides. From one side there is a flooding and from the other side dryness. The blocking has to be slowly released and the flooding gradually dried.

Every emotional process leaves a record in the body. Every emotional imbalance started its way from the spiritual body that influenced the mental one – which created attitudes and beliefs, which created feelings of fear, which registered in the body. Armor is created because of insults, developmental traumas and from experiencing the word "No". The experience of insult is emotional impact. To say "you do not understand a thing" is to emphasize other person's inferiority and it is emotional exploitation in order to fulfill narcissistic needs (desire to receive). The insult stays in body memory and creates the armor. The armor can be melted or dismantled only through bodywork, such as, touch, movement, breath and voices. The body remembers these experiences, they will appear as spasms, and body aches. When a person ignores his feelings and experiences, and instead to take them out through the heart, he hides them in his backside storage, they will appear in the backside of the body – as pain in the back pelvis, in the back itself, behind the neck and in the head (Reich, 1991). We can see that every emotional process leaves a stamp in the body. When the therapist has the qualification to treat each of the four levels (levels), he can

⁹ Wilhelm Reich discovered the "orgone", the universal life energy that founded within inanimate matter, the cells and within the whole body. Through the orgone, he developed body and soul treatments.

treat the unbalanced level and stop there the failure before it appears in the physical body. The necessity to train therapists to treat all four levels (the health scale) is the basis of integrative health.

The health scale and the pyramid of human needs

The varied levels of the health scale express all there is, they create opposing and complementary desires that characterize variable needs and challenges for complete life. According the division of the health scale into levels, every person has different needs during the development process of his life. The pyramid of human needs describes men's motivation factors, which are being arranged in hierarchic form. The fulfillment of essential needs comes before the fulfillment of the less essential ones (Maslow, 1960)¹⁰. When part of human needs is unfulfilled, it creates imbalance in the incomplete level. If the imbalance lasts for long time, it will cause mishaps and diseases.

It is customary to describe the needs hierarchy as a pyramid structure. At the base of the pyramid located the essential needs, which are required for man's physical existence. As we go up towards the top of the pyramid, the needs turn into spiritual. When the needs of the lowermost level are fulfilled, rise up the needs of the level above. Each kind of needs accompanied by analysis regarding the outcomes of not fulfilling these needs:

1. The physiological needs located at the bottom of the pyramid: breath, water, nutrients, temperature and sleep.

2. The need for safety: this need located above the physiological needs. After the physiological needs are fulfilled, the person is troubled by the need for silence, safety, stability and security. When this need is not fulfilled, can be developed anxiety, tension and a series of behaviors because of this deficiency.

3. The need for love and belonging: it is the need for relationships with other people, the need for friends, love, children and the feeling of communal relevance. Lack of fulfillment of this, need causes the feeling of aloneness, social anxiety, etc.

4. The esteem needs: There are two kinds of this need: the appreciation by others – social status, titles, recognition, publicity and political power, and the need for self-esteem – self-confidence, ambition, independence and freedom.

¹⁰ Abraham Maslow, psychologist, developed the hierarchy of human needs.

Lack of this need rises up feelings such as lack of self-confidence, inferiority complex and low self-image, which causing mental problems and psychological disturbance. When the first four levels of needs are not fulfilled, the man feels deficiency, but after they are fulfilled, he feels nothing. These are existential needs, which are essential for maintaining physical and mental health of a person (Maslow, 1970). Severe lack of fulfillment of these needs at a childhood period might develop a distraction at man's behavior and can cause damage to his functioning, that man will be concentrated on feelings of frustration and souring most of his life.

5. The need for self-actualization: it is the fifth and the superior need. This need never comes into fulfillment or balance. It is a lasting need for self-expression, inner wealth, creativeness, and for the fulfillment of whole abilities. This need is not existential like the previous four. The motives for its fulfillment are seeking after the truth, morality, searching after beauty, perfection, vitality, uniqueness, justice, simplicity, wealth, playfulness, independence and meaning. When people fulfill their basic needs (four first levels), but do not succeed to reach self-actualization, they suffer from varied psychological problems, as depression, alienation, despair and the like (Maslow, 1970).

The whole (holistic) is created by fulfilling all human needs in all the levels of the health scale. All the needs express opposing and complementary desires that characterize the varied needs and challenges for whole life. According to integrative health, the key for holistic health is the fulfillment of all human needs (in every level).

The movement between the four levels of the health scale

The movement up and down at the health scale enables the combination of all human needs into a total design of a man's personality. Imbalance is being created when there are needs in some level, which are not fulfilled. The pattern of integrative health suggests some tools for creating a balance between the levels; by training weak intelligences and through holistic remedies, it is possible to support and strengthen weak levels.

Man's personality divides into four worlds (levels) – The objective world, the subjective world, the symbolic world and the holistic world. King emphasizes the

need for balancing between the levels through movement within the health scale (King, 1988)¹¹.

According to the **objective world** (physical level) – the presumption is that every thing has beginning and end. The colors of the trees, the aroma of the flowers, the singing of the birds, the feeling of coldness, the reality of the plants, the animals and the human beings. All the things we can see them, smell them and touch them - to collect and to process information by empiric experiments, are a pattern of objective thinking. The expression of objective world is the separation and it is external to the observer. From the observer's point of view, it looks obvious and accepted as the only possible truth. In the objective world, every thing is measurable and there is only one verity (scientific). In this level, the healing process carried out by medications, surgeries, massage, plants, motion and diet.

In the **subjective world** (emotional level), every thing is connected, everything exists within one circle. There is no single truth, but every thing is correct and true. The man is aware of the powers that acts around him, he feels as a part of them, as one inseparable unit. The past and the future taking place in the present time, the energy is the natural communication, thoughts and feelings transferred naturally from one person to another. Therefore, injury of a person or of the nature is everybody's injury as well. In this level, healing process performed through combining arts, energetic rebalancing, energy transfer, healing, shiatsu, crystals and so on.

The **symbolic world** (mental level) is a world of symbols; the man is a part of every thing. The birds sing the promise of the joy, the sunrise is the touch of the creating light and the man writes or paints in order to capture the symbolic of the moment. A dream is a symbol as well, that is why, the reality is a dream that can be changed. Every experiencing in the symbolic world is a person's reflection. In order to change the experiencing, the man can change its symbolic or himself until there will be a change in his reflection, after it, the event will change as well. It is an excellent tool for observing the way beliefs reflects in the body and in the experiences, and the way circumstances and relationships changes together with the beliefs. In the symbolic world, the meaning of something is the meaning that given to it by the person. In this level, healing process will be performed through varied treatment methods, such as

¹¹Serge King is an anthropologist, researched the field of oils by the aspect of holistic health.

dreams interpretation, NLP (Neuro Linguistic Programming), positive thinking, mantra, and different ways of treatment that involves patient's faith.

In the **holistic world** (spiritual level), the man is the light, he feels the way sunlight transforms into power. The presence of the man allows the light to be what it is. Everything has the same identity. "Everything is me"; "I am the thing itself". The man can perform many roles and experiences in a successful way so the experiences perform the man. In this level, healing process will take place through finding purpose and destiny, through forgiveness and prayer.

To move between the levels in order to create inner change

Imbalance appears when a person acts only in one level and does not combine between the varied needs. In order to move between the worlds, the person has to create inner change, to change his attitude and the attentions related to his targets. The man has to experience the world out of love, to hold the love and never let it go. Inner change taking place when there is movement from one level to another: "I am separated, I am within, I am a part, and I am the thing itself". The movement between the levels enables the change to take place for the need of improving the abilities (intelligences) and fulfilling the missions of life (love, career, money and health).

When the therapist deals with the physical level only, meaning, "I am separated", he can deal with the knowledge as if it was the "only truth", so he can treat the patient without any involvement. When a therapist climbs up the scale to the emotional level, he presents his knowledge as relative truth and examines it in front of patient's feelings. This approach empowers the patient and enables him to accept the responsibility for the treatment. When the therapist acts in mental level, "I am a part", he fits the treatment according to patient's beliefs and by that, he gathers inner powers for the healing process which enable a "quantum leap" (Chopra, 1997)¹². Quantum leap is an inner change that changes the genetic code and generates "spontaneous healing"¹³. When the therapist works in spiritual level, he becomes like the patient, he is the disease and the possibility for healing, one unit. Only patient and therapist's free

¹² Dr' Deepak Chopra is a neurologist and a brain scientist, the author of the book "Quantum Healing" (1988).

¹³ Spontaneous healing is a medical term which taking place by unexplained way according the scientific tools. Dr' Deepak Chopra (1988) relates spontaneous healing to the inner change which generated by the patient.

will be the one to determine the choice. The ability to move between the levels generates the hoped miracle and enables "quantum leap" and complete healing.

The man is a being made up of four levels that express the whole. Four levels express opposing and complementary desires that characterize the varied needs and challenges for complete life. The division into four reflects the whole arc of life – four elements: air, fire, water and earth. Four existences: inanimate, plants, animal, speaking. Four life missions: love, career, money, health. Four levels: physical, emotional, mental, spiritual. The body is the expression of the emotional world. The emotional level is the expression of the mental world (stances and beliefs). The mental level is the expression of the spiritual world, which is the ability to define the desire to give and the desire to receive and to set its direction freely. Every mishap or difficulties, so as the happiness and the success in specific level, will appear in the rest as well. The varied levels indicate the same phenomenon, just in transformed way. The air transforms into fire, fire into water and water into earth. It is the same entity, which goes up and down the scale. It is the same being, which speaks different languages. The four levels are one unity that expresses different frequencies of the complete human scale. We have noticed that only combined action and movement between the levels assures body and soul balance (King, 1988). Every moment during the life, the man exists and acts in one of the worlds (levels). Often it happens in two, three or even four worlds (levels) at the same time. Despite the fact that every person has the world (level) in which he acts more naturally, the way to integrative health is the balance between the levels. A person has to be aware of the desire to receive and the desire to give in every level and to balance between them. When a person does not deal some level for a long time, imbalance is being created. In order to bring back the balance, there has to be reversed action (reversed according the personal nature), to move from the bottom to the top at the scale. There is the need to change attitude and so the habits. At the end of 10 stages process ("therapists' cycle" – will be discussed later) the reality will be changed.

The engine for a change

The engine for a change is one of the five main characteristics of integrative health pattern. The engine for a change is like the polarity that appears in every nature phenomenon, just like in every intelligence. The incessant conflict between the desire to give and the desire to receive is the engine for inner change, for movement within the health scale and for the movement from one level to another (Lousky, 2005).



According to Kabbalistic approach of the Book of creation, the ability to act within the oppositions is so essential, that it looks like this ability alone can be the main tool for healing process. When this ability is missing, it can also be the main source for blockings and imbalance. Every diagnosis begins with the observation of the therapist upon patient's ability to act out of oppositions, to live with them and to turn them into an engine for a change, into ascent and descent in the health scale. The book of creation repeats 24 times over the words "male and female". It does so in order to teach us that every human quality, every body's organ, every nature phenomenon, everything has been created as male and female – a difference with a purpose to create unity, different parts with a purpose to create wholeness.

We should discuss about the concepts "male" and "female" relating their energetic frequency. Male and female are forms and bipolar energy, which exist within every nature phenomenon. Male and female are the desire to receive and the desire to give (spheres and letters), these two desires had been created out of the free will (the power of life) (Lousky, 2005). According to the Book of creation there are three elements: The air element (free will), which created the water (desire to give), which created the fire (desire to receive). At the end of the whole process, the water created earth as the fourth element. The earth (visible), like the reality, is the expression of the things, which take place within three other elements (invisible), which created everything. The Book of Changes (attributed to Confucius, 700 B.C.) mentioned for the first time in Chinese theory of yin yang (Perla, 2000). Yin and yang symbolize two qualities which are also opposites and complementary at the same time. According the Chinese medicine, each phenomenon defined by the measure of yin and yang. In any case, it contains these two qualities as complementary opposites. According to Taoism, it is

possible to explain universe's development and its order principles with the assistance of these two powers. The yang is the active aspect (letters), the male. The yin is the passive aspect (spheres), the female. These two powers cannot exist separately, but as long as they inspire each other and act mutually, the creation process exists. When the mutuality stops to be balanced, the good order is harmed (like in disease) and can reach until destruction (death) if one power is increased over the other or disappeared (Perla, 2000).

We can see the phenomenon of opposites that create unity within the 'Magen David' (the Shield of David), it made up of two triangles that located one on top another. These two triangles represent dual power which deriving from unity: yin and yang, male and female, human and divine. The upper triangle considered as male and the lower one as female. The oppositeness and the polarity that exist between the levels and the triangles, exist within everything in nature as well; in electricity (plus and minus), in human cell (positive electron and negative proton), in male and female, in day and night, in low tide and high tide and in magnetic polarity. The Book of creation was the first to mention these opposites (male and female), and later on it was mentioned in the Book of Genesis as the image of light and darkness, sky and land. The purpose of this polarity is to enable the man to produce energy out of him, as the engine for inner change. The presence of opposites is which creates the required harmony for inner change. It is the thing that enables the exposure of unity which hidden within the difference.

According to the Book of creation, every thing is connecting to the alike, but in reversed way¹⁴. The opposites create the whole. If there is no question, there is no answer. If there is no medication, there is no disease. The Chi (life energy according the Chinese) or the free will (according Kabbalistic approach of the Book of creation) was created by a polarity principle, which describes the primal connection between yin (desire to receive), and yang (desire to give). It describes the connection between sky and land, between energy and material (spheres and letters).The Chi (free will) contains both of them and connect them, together they create the ability to come into existence and to grow into the whole by all its parts. By seeing these things we can explain the whole world and all the occurrences that taking place in the world as a

¹⁴ Out of this principle was born the Homeopathic treatment method.

result of the opposite but complementary connection between the desire to receive and the desire to give, these are two qualities of the free will which is the power of life.

The essence of yin/yang connection can be explained by its literal meaning in Chinese calligraphy – yin "the shaded side of a mountain" is hidden from sunlight. The shaded side considered as passive, dark, wet, hidden, inner, shrinking, and its activity is slow. Yang "the lighted side of a mountain" is revealed to the sunlight. At the lighted side, the sun is shining, it is active, hot, dry, revealed, external, spreading, and its activity is fast and energetic. However, sun's location is never fixed. The clouds that drop their shadow upon the earth are always in motion. The place that is now shaded, might have been lighted just several minutes ago, and the place that is now fully lighted, will be in complete darkness with the nightfall. The shaded is yin and the lighted in yang. Related to the temporary quality of light and darkness, and the constant cycle of change, it is unavoidable that each of them turns into the other. The sunlight upon the hill is a play, which performs temporary and changeable quality. We can notice this temporary and changeable quality of yin and yang in every moment and every experience. According to this model, the warm is the desire to give (located at the upper part of the health scale), compared to the cold which is the desire to receive (located at the lower part of the health scale). This way, the lighted is compared to the darker, higher compared to lower, and so forth. All things are being ruled or influenced from this energetic connection between the sky and the earth – the unanimated world, the plants world, the animal world, and all the humanity as well. The desire to receive and the desire to give (spheres and letters) are the two primal powers that exist in every thing; it is the basic division of every phenomenon. We can only imagine what happens to a person's health when the movements up and down at the health scale stops. The movement within the scale through inner change is the holistic health – it is the foundation stone of integrative health.

Chinese describe every material, including human beings, as a bubble of Chi which being compressed inside until it becomes the body. Actually, material is a transformation of the Chi. According to the Book of creation, the source of this transformation is in the connection between the desire to give and the desire to receive (spheres and letters), the two qualities of the free will (Lousky, 2005).

Each quality needs the opposite one in order to get meaning and to exist. The existence of the one is essential for the existence of the other. Every thing in the world

has the opposite power to complete each other. It is like matter and anti-matter, like 'good' bacteria and 'bad' bacteria. Like the magnetic poles and the aspiration for balance, the desire to receive and the desire to give will be pulled one to each other. Every phenomenon holds within itself these two qualities at different levels. Each phenomenon defined by the measure of the desire to receive and the desire to give in it. Every desire to receive and desire to give is relative one to each other. Every desire to receive and desire to give is given to additional inner division. There is no such a thing as an absolute desire to receive or desire to give. The darkness has more characteristics of the desire to receive, but it has characteristics of the desire to give as well relating to the darker. Desire to receive and desire to give always turn one into another. The power relations between the desire to receive and the desire to give acts incessantly and mutually, this way they create life flow and transformation. The most significant transformation happens when the desire to receive reaches its peak and turns into desire to give, or when the desire to give turns into desire to receive in his turn.

Desire to receive and desire to give are the mechanism of life. According to the Book of creation, it is the power of life (Lousky, 2005), and according to Chinese philosophy, it is the Chi energy. According the Japanese, these two desires symbolize the Ki energy, and according the Hindu, they symbolize the Prana. This polarity appears in every nature phenomenon, in every intelligence and every level. This incessant struggle between the desire to receive and the desire to give (spheres and letters) is the engine for a change, for movement and passage from one level to another.

The factor for pains, mishaps and diseases is the imbalance between the desire to receive and the desire to give. Life does not enable a lasting imbalance, and the moment the imbalance is born, even if it is just in man's thought, life will take an action in order to fix it back and bring the balance. Pain appears because of imbalance, it is life's alarm and warning for that the man will look at him and fix the imbalance between the desire to receive and the desire to give. In fact, pain and disease are balancing actions that appear in exchange to the imbalance.

The light reduced itself, made room in order to give the man personal expression and freedom of choice. After the light reduced him, there was a meaningless, pointless and a free space, in order to become full with men's desires. This empty space is the vessel that wants to become filled with light. Every time that the vessel becomes

empty, the desire to receive appears all over again, the desire for a missing light. When the vessel becomes wider, a bigger deficiency appears as well, so as the greater desire to receive. When the vessel becomes a channel for transferring light into others, meaning, it receives only in order to give, it is always missing and always located at the state of the desire to receive. As the intensity of the desire to receive, so are the measure of the 'joie de vivre' and the happiness of the man (Ashlag)¹⁵.

Desire is a driving force of the universe, physical and spiritual, body and soul. The four worlds (inanimate, plants, animals and speaking) are measured by the intensity of the will power that beats within them, by the belief and the ability to fulfill it.

The desire, the power of life is everywhere and in every time, nothing limits the desire. Desire appears in unconscious way, and only after the desire appeared, there is a conscious thought regarding what to do with the desire. The limited thought (by its nature) limits the desire, the purpose of it and the desirable result. The limitation of the desire by the conscious thought is being done by many reasons that connected to the worldview and a person's belief in his ability to receive and contain the offered opulence, or in the belief of how much "I deserve it" (desire to receive). Whether he earned the opulence or he will has to work for it some more. In many cases, the desire presents but the person does not know what to do with it, he even does not know what the thing he wants is. In order the desire will flow and appear in life, and will be translated into results, there has to be a thought that limits the desire into a defined need and a clear purpose.

Defining the destination (the definition should be according to time and space variables – how much and when), is to define a finite space, like the death. To define desire, is like to put a fence to it. Only after the limitation appears, and the space is defined, the will power is being released and the defined space is being filled with it. The life (all there is) appears only after the nothing (nothingness) is defined. The unlimited power of life is released after the limitation was created. The infiniteness of the desire enables transfer of will power from one person to another or from one material to another; a process that does not lessens from the giver.

¹⁵ Rabbi Ashlag is ba'al Hasulam. Hasulam is the interpretation of the Zohar (written by Rabbi Shimon Bar Yochai).

The will power is like the light of a candle, when the light transferred from one candle to another, there will be two lights and the giving candle will not be lessened from his light.

This polarity appears in every nature phenomenon, in every intelligence and every level, the incessant struggle between the spheres and the letters, between the desire to give and the desire to receive is the power of life and the engine for movement between the levels of the health scale for the need of an inner change.

Holistic remedies

Holistic remedies are one of the five main characteristics of integrative health pattern. Holistic remedies are simple human actions such as, sleep, shower, positive thinking, good action, hug, kiss, love, sexual relations, walking, visiting new place, and more. Every human action contains desire to give and desire to receive within it, that is why, it is possible to direct for giving or for receiving. Every human action enables practice, training, maintenance, improvement or reparation of each from the 32 intelligences. The awareness to the desire to receive and the desire to give is the thing that moves the power of life (free will), and turned every simple human action into a "remedy" (Lousky, 2005). Holistic remedies are the tools to prevent mishaps and diseases, they are the remedies of the integrative health.



Holistic remedies are a product of intelligences and given for the need of training them. Understanding the function of each intelligence (see chapter about the 32 intelligences) will enable matching remedies with intelligences.

Intelligences are abilities or life capabilities (Gardner, 1996). The four stages for diagnosing and treating via 32 intelligences are the ability to identify the deficiency at the emotional level, the ability to define desire at the spiritual level, the ability to change attitude at the mental level and the ability to set targets and to implement them at the physical level (Lousky, 2005).

Training and practicing intelligences should produce measurable outcomes according to three measures: a change of physical condition (world), a change for a long time (year) and a change of the vitality and the joy of life (soul). "In proof of these things, and witnessing faithfully are the Universe, the Year of time, and Man himself, the Microcosm. He fixed these as testimonies of the Triad, the Heptad, and the Dodecad; the twelve constellations rulers of the world, the Dragon (THELE) Tali which environs the universe, and the microcosm, man" (Book of creation, chapter 6).

Every person has a unique dosage and level of 32 intelligences. Personal intelligences profile is the person's unique language, through that he functions and

excels. Human abilities develop through neurological connections and through electrical currents. The neurons, like the intelligences, are physical beings that can be developed by many different methods; they respond the way muscles respond to training and practice. By training, it is possible to develop the nervous system and the neurological connections of the brain and the whole body. They are essential for learning and for optimal and balanced use of the 32 intelligences potential.

Table number 1 "holistic remedies" displays simple human actions accordingly to the intelligences. Training and practicing these simple actions will enable strengthening or creating new neurological connections, thereupon, also the improvement, the maintenance and reparation of intelligences. It is possible to develop many other "remedies" for every intelligence. This table displays only one option for each intelligence, only for the need of demonstration.

Table 1**Holistic remedies**

Intelligences		Simple human actions as remedies
Letter	Desire	Spiritual level – Improvement of the ability to define the desire and its direction
a,o,e,u,i	Free will	For 7 minutes day be what you want to be.
M	Desire to give	Pray, ask for kindness for the whole world.
'sh'	Desire to receive	Ask for forgiveness before you go to sleep, also from yourself.
Letter	Educational Influence	Mental level – Improvement of the ability to change attitude and beliefs.
b,v	Wisdom	Set and write priorities, what's more important for you in life.
G	Wealth	Thank yourself 40 times a day and mean it.
D	Seed	Be tuned and bless others for success.
'ck','ch'	Life	Take a shower; dip yourself in water for 15 minutes a day.
p,f	Government	Love and sexuality are a good formula for releasing knowledgeableness.
R	Peace	Hug yourself 10 times a day, every day.
T	Grace	Connect feelings and thoughts; let your inner beauty to emerge.
Number	Inner power	Emotional level – Improvement of the ability to identify deficiencies.
1	Light	Light a candle once a day and say: "everything comes from the light, everything is for good.
2	Beginning	Travel in new places; do things you never done before.
3	Love	Stroke, spoil, flatter, and support others and yourself.
4	Freedom	Count until 10 before any action, be the influence instead the reaction.
5	Thought	Clean negative thoughts by positive ones.
6	Unity	Do a good deed once a day; every action is a good deed.
7	Observing	See a "movie" of your passed day.
8	Healing	Open doors for other people – connect, bring together, assist, help and guide others.
9	Immunization	Create, paint, sculpt, take a picture and be creative.
10	Revelation	Be wherever you are for one hour a day with no plans.
Letter	Sense	Physical level – Improvement of the ability to set targets and to realize them.
'hh'	Sight	Close your eyes for 7 minutes a day and see something.
v,w	Hearing	Listen to other person for 7 minutes a day and do not respond.
z,j	Smell	Take 9 deep breaths every day and smell it.
'kch'	Speech	Write 10 sentences a day in your diary.
T	Taste	For a day, eat and wear only the things you like.
Y	Action	This week, do 3 things you wanted to do this year.
L	Touch	Touch things; work with your hands for at least 10 minutes a day.
N	Path	Set targets for life and enjoy the process, then forget the targets.
s,c	Abdomen	Say, "I love life" once a day, 40 times.
'aa'	Brain	Play games, shout, initiate laughter and laugh for 7 minutes a day.
'tz'	Heart	Once a week, donate 1 to 3 hours of your time for community commitment.
Q	Cell	Sleep 7 hours a night, ask for dreams and document them.

Brain and human intelligence

"Holistic remedies" or simple human actions, act the same way chemical drugs do, men's resistance to pain is depends on biochemical materials named endorphins and enkephalin, which act as body's natural painkillers (Chopra, 1997). The word endorphin means "inner morphine" and the word enkephalin means "Inside the brain". In other words, these chemicals are like a version of morphine which produced by the brain itself. For example, strong feelings can defeat pain signals from the body, the same way it happens when a mother runs into a burning house to save her child.

Morphine and endorphins block the pain by attaching into neuron's receptor and by that preventing the entrance of chemicals that carry pain message. According to this model, endorphin molecule is like a word. Let us suppose that the word is "tranquility", so we can assume that every time the word "pain" gets brain's attention, the brain can return the word "tranquility" in response and so, to abolish the pain. The endorphin and the morphine are identical; the difference is that one of them produced by the man and the other by the opium's poppy. There is nothing special in the molecules themselves; the answer is the ability to create and to produce through humans' intelligences. It was not the adrenalin, which made the mother to run into a burning building to save her child. Moreover, not the endorphin molecules that prevent the pain from fire flames. The desire, the certainty, the determination, the love and the commitment are the things that protect her from the pain. These intelligences (remedies) found a chemical channel that the brain can use it in order to converse with the body and to protect it. Therefore, the consciousness expresses itself in the body through chemicals. These chemicals are not being produced only within the brain (which duty is to think), but also within the immune system and other systems as well. The claim is that the intelligences, which flow in the body, need a material basis. Cells' receptors are incessantly dancing on the surface of cell's paries and change their shape in order to receive new messages. "The consciousness and the body are like two parallel worlds. Everything that happens within the mental world has to leave a record in the physical world as well"[...] "Your body, the way you see it right now, is a physical picture, a three dimensional reflection of your thoughts"[...]. "There is nothing, which can move without to move all the other parts from the whole" (Chopra, 1997).

It is not only the brain that thinks, but also every spot in the body that has molecules receptors, which carries a message, in other words, in every cell of the body, there is thinking. Every place in the body, heart and brain, liver and skin, has the same DNA, meaning that heart cell or skin cell can behave exactly like the brain cell. "Till now, the science had determined that we are physical machines which learned somehow how to think. Now it becomes clear, that we are thoughts which learned to create physical machine" (Chopra, 1997).

Researches and holistic remedies

Researches prove that simple human actions (holistic remedies) have a connection with health. Holistic remedies are a main characteristic of integrative health, proving the validity of "holistic remedies" by empiric researches will give additional validity for integrative health pattern. Henceforth are the findings of few researches:

In the last years, it has been scientifically proven that prayer carries a healing power. Dr' Avi Blich from the psychiatric hospital at Lev Hasharon (Israel), has been writing at "The medicine" (2002) magazine about the power of prayer for healing diseases. He presented the concept "Distance Prayer" (D.P) which describes a situation when a person or number of people prays for the well-being of unfamiliar patient and that the patient never knew them as well. Dr' Blich claims that the efficiency of the distance prayer has been scientifically proved. Many other researches, which been quoted at the same magazine came to a conclusion: "Distance prayer can influence patients who suffer from blood vessels infections. The treatment is financially efficient and does not effect for the worse. It should be considered to use it as a part of the clinical routine" (Prof' Leibowitz, Rabin Medical Center, Petach-Tikva). In other situation, researchers from American Heart Institute in Kansas, USA, indicated that distance prayer has been proven as efficient in cases of a short stay at departments for heart treatments. The conclusion of the article is that prayer can be an effective supplement for common medical treatment.

Another "holistic remedy" regarding which there are valid findings is the sexual relations. One of the noticeable researches which been published few years ago at the medical magazine "British Medical Journal" (Shiraz, 2006)¹⁶, demonstrated that men

¹⁶ The article was published on YNET (Shiraz, 2006).

who have sexual intercourse more frequently, gain longer life and tend to die at young age much less. It became clear that the group that was less sexually active, the morality were higher twice as much compared to the more active group. The researchers examined healthy people who did not have sexual relations and ill people who had sexual relations. With the assistance of statistical tools, it was proven that sexual relations cause better health and longevity. Sexual relations have connection to lower frequency of men's prostate gland cancer. The same article describes an Australian research which been published two years ago, and which demonstrated that as much as the man experience orgasm more frequently (in sexual relations or in onanism), so it lowers his risk to develop prostate gland cancer. Prof' Graham Gills, the director of Cancer Epidemiology Center in Australia who was standing at the head of the research, summarized: "It seems that ejaculation in high frequency, prevents the cancer generating materials (which come with the blood flow into the prostate gland) from accumulating and from generating causing cancer changes within the gland". Sexual relations contributes to the immune system as well, which among other things helps to prevent autoimmune diseases (asthma, psoriasis, lupus and more, when the immune system attacks itself), as well as grippe, catching a cold and wounds healing. Regular sexual relations raise the level of antibodies from the kind of immunoglobulin in the blood, which reinforce body's coping.

Another holistic remedy that was examined by researches is "attention". In the book "Love & survival, the scientific basis for the healing power of intimacy" by Dr' Ornish (Ornish, 2004), he inserted into the equation of health and illness for the first time subjects which never been discussed before by the medical world. The method of Dr' Dean Ornish is being implemented these days in a number of hospitals in USA, as well as in the Medical Center 'Assaf Harofe', in heart recovery support groups. The heart healing method of Dr' Ornish proved regression of arteriosclerosis (a process which blocks heart arteries and eventually causes to heart attacks and strokes). Love, support and belonging have the most significant influence on our health. It was found that examinee with conventional risk factors (high blood cholesterol, high blood pressure, elder age, diabetes and ECG disturbances), were tending to develop another angina pectoris in the following 5 years by 20 times as much then others.

Those who answered the following question positively – "whether your wife expresses her love towards you", were suffering from angina pectoris much less even if they had the risk factors. Those who answered negatively the same question, suffered from constriction significantly much more. As far as the risk's factors were higher, so as the love feelings from the wife had more significant neutralizing effect. Researchers were summarizing this the next way, "wife's love and her support are an important balancing factor which eventually reduces the risk to be stricken by angina pectoris even if there are high risk factors" (Ornish, 2004). The conclusion is clear, "holistic remedies" have scientifically proven effect in their ability to heal or to immunize against a disease. Dr' Ornish not only points at the risk factors, but also details the way a risk factor can be turned into a defense factor, the way we can increase the sense of belonging, the support, the love and the intimacy in our life. He starts with the issue of inter personal communication. Then he leads us gradually towards communication that brings closer instead communication that sends away. According to Ornish, nearness and intimacy mean healing, while distantness, disbelief, cynicism and isolation lead to disease. He speaks about the power of words and thoughts. Words have the power of life and death, and thoughts have the ability to create new reality (Ornish, 2004).

Music has a healing power as well; music is one of the "holistic remedies" which was empirically researched. In the article that was published at "Other Life" magazine (February 2006), the author Shulamit Raz tells that according to a research which been held in a "Maccabi day care center", it has been found that listening to music encourage patients' recovery. In this research were tested people who been stricken with a stroke and people who their right hemisphere was damaged. During the research, the patients were divided into three groups: The members of the first group did not hear music at all, the members of the second group listened Mozart's Sonata and the members of the third group listened to a music that they liked to hear at home. The results of the research were that the condition of the second group members got much better compared with patients of the other two groups. This research was arranged by the inspiration of an American research that was held at the year 1993, in which students were examined on intelligence tests before and after listening to Mozart's Symphony. The results had shown a noticeable grades improvement after listening to Mozart. At that time, the book "Mozart Effect" was written because of the

research findings, cassettes were produced with the purpose to improve learning, healing, creativity, and relaxation abilities by listening to this music.

Prof Carraso, director of psychology department at Bar Ilan University, gives a series of advises for maintaining health and preventing heart diseases in his book – "The heart – the complete guide for health and rehabilitation" (Carraso, 2004). Prof Carraso suggests general "holistic remedies". Henceforth are some of his advices:

"Love yourself, spoil yourself and remind yourself that you are the most important and loved person in the whole world. Try to be optimistic, optimistic people are more successful, more loved and healthier. Pessimistic and skeptical people bring on themselves problems and diseases, as the self-fulfilling prophecy. Positive thinking helps in all life fields. Optimistic people are more loved by the society, and even doctors like them more. If you have fallen into a gloomy mood or self-pity – rent a funny movie or watch amusing TV show. Just get out of it, and the soon the better. Diseases or physical problems can be healed by meditation or by guided imagination. Do not get yourself into conflicts and unnecessary tension.

Even if you win a trial against somebody that you hate – the mental energy you will put in it will cause you much greater health damage than the profit. Avoid unnecessary fights, pressure situations and tension. Pointless conflicts, fights and arguments gluttonize your energy, bring the body into a stress, and depress the immune system. Let yourself to change. Let yourself be more flexible, to give up and to forgive, to understand and to accept new things. Do not be stuck because of fixated and fossilized thinking. Easier life is a smaller load on your immune system. Be good to others, help people without any profitability considerations. Good deeds which done with no expectation for a reward, create positive energy, and knowing that we've done something good helps us to feel better about ourselves. Give to other people more than they expect and do it joyfully. Take the responsibility for your health. Do not let a small fight to harm big friendship. Be open for changes – but not at the expense of your values. Learn the rules and then break off some of them from time to time" (Carraso, 2004).

Holistic remedies or simple human actions, act the same way as chemical drugs do. The consciousness expresses itself in the body through the chemicals that produces in the body too. All holistic treatment methods were born as a result of the observation on the miracle which take place with the performance of directed and aware human

actions, it is the "quantum leap" or a "spontaneous healing" (Chopra, 1997). Conscious and directed touch turned into massage – Swedish massage, Medical massage and Deep tissue massage, Tuina, Shiatsu, and Reflexology, from there it developed into a varied versions of healing – Energetic healing, Spiritual healing, Kabbalistic healing, Reiki, Karuna Reiki and more, and more. Physical movement developed into varied kinds of sports, Martial art, Tai chi, Yoga, Qigong, Alexander method and Feldenkrais method. The occupation with food turned into a whole science and a new world of possibilities. Simple human stories turned into bibliotherapy, and games developed into arts and competitive sport treatment methods. More and more simple human actions develop and turn into an organized treatment methods. There are therapies around the field of plants, stones, music, smells, oils, animals, water, space, dreams, sleep, and prayer. Eventually, every human action is a therapy method, and every therapy method is actually a directed human action. Every directed and conscious human action is a "remedy" (Lousky, 2005).

Healing intelligences is an acquired educational process (see therapists' cycle). Every inner change in one of the intelligences using "holistic remedy" will appear in all four levels of that intelligence as well. Every intelligence is a part of the whole, which is why every change will affect the rest of the body, the whole (body & soul).

The awareness to the desire to receive and to the desire to give in every action is the thing that moves the power of life (the free will) and turns every simple human action into a "remedy" (Lousky, 2005).

Treatments basket

The treatments basket is one of the five main characteristics of integrative health pattern. The treatments basket contains all holistic and complementary treatment methods, as well as scientific and western treatment methods. Every method of treatment has an aspect and central role in fixing the imbalance in one of the four levels. The choice of treatment method should be taken based on its ability to treat specific levels. Therefore, it is recommended that medical centers and therapists will adapt a combined basket of treatments. It means – to choose treatment methods respectively to the level. In order to create integrative health, the treatments basket must include at least one method of holistic care in every later.

In this chapter, I will display in details four treatment methods. I have chosen one method for each level as an example for a complete treatments basket. Each chosen method, acts respectively to the level that it practices and trains. The methods, which been chosen, foe example are meditation – spiritual level, guided imagination – mental level, combining arts – emotional level, and acupuncture – physical level. These methods of care have been chosen also because of the fact that they have been empirically examined, and there are scientific findings regarding these methods, which can establish the acquired skills in each level. Each of the chosen treatment methods must have the ability to train and to practice the intelligences of that level for the need of maintenance, reparation and improvement.

Henceforth are the acquired skills in every level:

In the spiritual level, being acquired the ability to define the desire (desire to receive or desire to give) and its direction (to receive in order to give or to give in order to receive).

In the mental level, being acquired the ability to change the attitude and the beliefs.

In the emotional level, being acquired the ability to identify emotional deficiencies.

In the physical level, being acquired the ability to set targets and to realize them.

In order to acquire the above-mentioned skills, the weak intelligences have to be trained and practiced with the holistic remedies, treatments according to the chosen methods, as well as group work respectively to the levels. Table number 2 displays a list of complementary (holistic) treatment methods, which are active all over the world, all accordingly to the levels. The level, which was chosen for each treatment

method, describes the main treated aspect from a therapist's point of view. Therapists and medical centers can choose treatment methods and group work from the list, respectively to their patients. The methods that have been chosen are the "treatments basket" of the integrative health pattern.

Table 2

Complementary treatment methods

	Treatment methods
Spiritual level:	Personal and collective treatments: Meditation/ Dreams/ Lousky method/ The feedback way/ Prayer/ Spiritual holistic psychotherapy/ Body soul/ Karma/ Channeling/ Tree of life/ Kabbalistic medicine/ Tao/ Zen Tao/ Ajurveda/ Rebirthing/ Retro healing/ Vipassana.
Mental level:	Personal and collective treatments: Guided imagination/ Psychodrama/ Creation cards/ Body wisdom/ Questioning/ Positive thinking/ Chinese medicine/ Astrology/ Numerology/ Graphology/ Homeopathy/ Japanese medicine/ Tibetan medicine/ One brain/ Biofeedback/ Psychology/ Speech therapy/ IPEC/ Carniosacral/ The voice of light/ Sutai/ Suggestion/ IMF/ Bowen method/ Bioenergy/ Grinberg method/ Avatar/ Hypnosis/ Silva method/ Psycho cybernetics/ Telepathy/ Palm therapy/ Scarab system/ Magnets therapy. Work in groups: Development groups
Emotional level:	Personal and collective treatments: Combining arts/ Healing/ Reiki/ Natural nutrition/ Fasting/ Experiencing processes/ Bach flowers/ Tarot cards/ Hydrotherapy/ Kinesiology/ Watsu/ Humor and laughter/ Music/ Sounds/ Frequencies/ Aromatherapy/ Fragrances/ Oils/ Jahara method/ Tantra/ Surrogate/ Magnets therapy/ Acting/ Jewish medicine/ Conscious breathing/ Rebirthing/ Retro healing/ Painting/ Creative writing/ Colors therapy/ Coffee reading/ Aura soma/ Baits method/ Naturopathy/ Medicinal herbs/ Shamanism/ Occupational therapy/ Therapy with animals/ Beauty treatments/ Anti aging/ Sujok/ Acupressure. Work in groups: Creative workshops/ Combining arts/ Support groups.
Physical level:	Personal and collective treatments: Acupuncture/ Massage/ Chirology/ Posture/ Feldenkrais method/ Avatar/ Iridology/ Crystals/ Twina/ Body language/ Touch therapy/ Cupping-glasses/ Hopi candles/ Microbiology/ Shiatsu/ Holistic pulsing/ Reflexology/ Fengshui/ Elbaum method/ Paula method/ Chiropractic/ Alexander method/ Structural integration/ Hindu medicine/ Osteopathy. Work in groups: Experience journeys/ Physical activity/ Yoga/ Qigong/ Meditation/ Motion therapy/ Dancing/ Martial arts.

Meditation Treatment

Meditation is a typical treatment method of the spiritual level. Through meditation, it is possible to train and to practice the ability to define the desire (desire to receive or desire to give) and its direction (to receive in order to give or to give in order to receive).

In the article "Destructive emotions"¹⁷ (2006), Daniel Goleman details the findings of the last years meditation research. The conclusion, which rises from the last scientific findings, is that people who practice meditation have an advantage. Researches have shown that meditation strengthens the immune system, and brain scanning has shown that it also helps to relieve tension.

Doctors recommend meditation as a way to prevent, to decrease or at least to control over the pain of chronic diseases, such as, heart problems, aids, cancer and barrenness. The meditation is being useful for increasing the balance in situations of psychological obstructions, such as, depression, hyperactivity and lack of concentration problems, combining the eastern mysticism and the western science. According to Daniel Goleman's words, for 30 years, meditation researchers have been saying that it works as a great remedy against pressure situations, but the exiting thing at the new researches is to see how meditation can train the soul and redesign the brain. Researches which been done with the assistance of the most sophisticated instrumentation of simulation, show that meditation can change brain's wiring and shift, for instance, the breaking point in which a traffic jam, for example, can cause people to run wild from nervousness. In his article, Goleman says about Richard Davidson, from Wisconsin university, who used brain scans in order to show the way meditation shifts the activity of brain's forepart (just behind the forehead), from the right hemisphere into the left one. Because of this research, Davidson claimed that a regular practice of meditation changes the brain's tendencies from a state of "fight or run" into a state of acceptance and relaxation. He says that this change increases the contentment.

Goleman continues by saying about Jon Kabat, who researched about Buddhism of the sixties and established the Stress Reduction clinic at the medical school in Massachusetts University at the year 1979, he tried to find scientific ways to prove

¹⁷ The article documents a conversation with a group of brain researchers. The article was translated and published on YNET under the title "Meditation: for body's and soul's health, and for longevity.

the healing powers of meditation. During the years, he succeeded to help over 14 thousand people to cope with pains without using any medications while teaching them to focus the pain and to accept it instead to fight it. Kabat says that the patients in the medical center suffer from cancer, aids, chronic pains, and if we think that we can do something for them, then we are in trouble. However, if we will change our attitude, and accept the idea that they can help themselves if we will provide them efficient tools, the situation will dramatically change. Lately, Kabat was examining a group of people suffering from psoriasis – an incurable skin disease, which's treatment includes hospitalization, protecting the eyes and standing naked in a room exposed to ultra violet radiation, this treatment arousing anxiety and stress among the patients. Kabat chose few of them and taught them meditation techniques that reduce the anxiety. According the two experiment he arranged, he discovered that patients who practiced meditation, their skin were healing four times faster then others. In other research, he injected grippe vaccination to people in two groups, and then measured the antibody's quantity they developed in their blood and the brain activity of the new meditators.

The findings showed that not only people who were practicing meditation developed higher quantity of antibodies, but those who's brain succeed to shift most of the activity from the right hemisphere into the left one showed even higher levels of antibodies in their blood. Kabat claims that as much as the meditation techniques is better, so the immune system getting stronger as well. Meditation is an adventure, the greater adventure that human consciousness could choose. Meditation is just to be without doing a thing – no action, no thoughts, and no feelings. Just to be, that is the supreme delight. The essential core, the spirit of the meditation is to observe, to know you (Osho, 1997).

Integrative health, it is a medicine which combines treatment methods from each of the four levels that combine the whole person. Meditation is a treatment method which enables to observe and to know yourself, the result of it, is training and practicing the spiritual level (free will) in each of the 32 intelligences (Lousky, 2005).

Guided imagination treatment

Guided imagination is a typical treatment method for the mental level. Through guided imagination, it is possible to train and practice the ability to change attitude

and beliefs. The guided imagination treatment starts with a short relaxation, then combining a relaxing background music through which the patient enters into the silence, and into long rhythmical breaths. This condition allows the patient to observe and to increase the power of life. The process continues with a story and images through which the patient is being guided into the source of the problem he asks to treat.

There are different kinds of guided imagination for the need of change: open imagination, programmed imagination and guided imagination (Fanning, 1995)¹⁸. Open imagination means to listen to the subconscious. By closing the eyes and then waiting to see what is rising in the brain. This kind of imagination suits for examining resistances to some change in life, for exposing feelings, for revealing personal image, and for clarifying the possibilities. Programmed imagination means listening and discussing with the subconscious according to predetermined scenario. This kind of imagination is being useful for reaching targets, improving athletic abilities, accelerating injuries healing and reinforcing images. Guided imagination is a combination of the open imagination and the programmed ones. First, a detailed occurrence being created in the imagination while dropping specific essential elements, and then letting the subconscious to complete them. Guided imagination suits for self-improvement, for psychotherapy, and for healing and controlling the pain. Fanning claims that, eventually, a person will develop his own supposition in order to explain why and how the imagination works – a supposition which suits the best way his world view and will explain the way guided imagination works for him (Fanning, 1995).

Jung created the concept "Archetype"; it is an innate universal symbol, which is common for many people. For example, cave is an archetypical image for uterus. Jung claims that if person believes that a ghost attacks him, he will respond to it the way he will respond to an armed robber. According to it, Jung established the idea that the only familiar reality is the conceptual images of the person, whether they are real or imaginary. Since then and until today, many experiments were arranged which proved repeatedly the connection between the power of thoughts and the imagination to the body. The modern medicine started to use the Biofeedback method, and by that, it recognized the power of thoughts onto controlling over varied actions of the body.

¹⁸ Fanning is a researcher and the author of the book "Visualization for change".

Biofeedback is a treatment method, in which the patient being connected into machines that measure different actions in his body. The patient can see the different measurements on the screen and learns to control them by the power of his thoughts. Many times, out of unawareness to the power of thoughts (and sometimes despite the awareness), we imagine a scenarios which are not good for us. A person, who for many years does not believe in his ability to change the current situation, will have a real difficulty to edit a change. For example, to stop smoking, to lose weight, to recover from a certain disease or to make some other dreams come true. The Psycho-neuro-immunological medicine is a new field of the medical science. This field examines the mutuality between the psycho (feelings and thoughts), the neuro (nervous system), and the immunological system (immune system), in other words, the influences of the soul onto the immune system. In situations when we do not have enough spiritual power to achieve something, the guided imagination can support the process and to create new and optimistic understanding that will realize it. Guided imagination implies the potential to make dreams come true, the ability to influence our life reality by the power of thoughts. Imaging of healing has the influence, because the human brain responds the same way to an occurrence whether it happened in the reality or whether it was imaginary.

Integrative health, it is a medicine which combines treatment methods from each of the four levels that combine the whole person. Guided imagination is a treatment method, which enables to train and to practice the mental level in each of the 32 intelligences, for the need of changing the attitude, redesigning the beliefs, and eventually, even changing the personal reality (Lousky, 2005).

Combining arts treatment

Combining arts treatment is a typical treatment method for the emotional level. Through arts combination within the treatment, it is possible to train and practice the ability to identify emotional deficiencies.

Combing arts treatment is an emotional treatment which being held with the assistance of visual tools while the arts function as an alternative communication tool which is not a complicated language (Case & Dalley, 1992). Creation is a tool for drawing away from helplessness, for becoming free from preventions. The art is a limitless world based on symbols, images and metaphors that becomes unique by

meeting the reality. One of the qualities of the arts treatment is its ability to communicate with the unconscious part of the human soul (Yiftah, 1992). Through arts, the person gets in touch with his feelings by a non-verbal means that enable to raise images, which represent conflicts, and distresses that is bothering the patient. Artistic expression increases the patient's ability to participate and to feel as a creator, without the need for logical, causal or circumstantial explanation. Every component of the creation reflects somewhat of the self-sensation. Visual translation of the self perception manifest itself, among other things, within the page components, in the proportions, in the completeness, in the details or their emphasis, and in the measure of use of the expression ways. It is possible to be assisted by checking the strength of the stroke and its color. By understanding the symbol and its personal meaning, it helps the patient to release burdensome subjects, and to reach understanding and a feeling of more control.

Integrative health, it is a medicine which combines treatment methods from each of the four levels that combine the whole person. Combining arts treatment is a treatment method that enables to train and practice of the emotional level in each of the 32 intelligences, for the need of closer meeting with the joie de vivre (Lousky, 2005).

Acupuncture treatment

Acupuncture is a typical treatment method for the physical level. Through acupuncture, it is possible to train and practice the ability to set targets and to realize them. In the Chinese medicine, acupuncture is a main treatment for every disease which accompanied by pain.

Acupuncture (Chinese puncture) is a Chinese method in which very thin needles being penetrated into different points of the body with the purpose to stimulate these specific points. This stimulation causes the wanted physical reaction that opens energetic blockings in the body.

Chinese medicine talks about different paths of energy in the body (meridians), through which flows the energy of life. This energy called Chi (free will); it reaches each body organ, nourishes and protects it the same way immune system does (Perla, 2000).

When from different reasons, a blocking at the Chi flow is being created – appears the pain. If the blocking is sudden, there will be very strong pain. In a situation of a

chronic and gradual blocking – the pain will be less strong, but more prolonged. The release of blockings is being done by puncturing or pressing upon the key points lengthwise the meridians (energy channels). At the next stage, the energy returns to flow freely and harmoniously, and the pain disappears. Pressing or puncturing the point between the thumb and forefinger, for instance, can release blockings at the energy flow into the head, and because of it to relieve in a significant way headaches, sinusitis, toothaches and more. The needles relieve the pain; because the puncture causes the body to release endorphins, (endorphin is a hormone that helps to ease the pain). Therefore, Chinese acupuncture considered as efficient with treating backaches, migraines, headaches, menstruation pain, joints pain and more.

At the last years, the pain relief field of the Chinese acupuncture been researched more and more (Levi, 2006)¹⁹. According to a comparative examination of few researches in this field, it becomes clear that acupuncture relieves pain with the efficiency of up to 90 percent from the cases. The data for this research was collected in Germany from thousands of participants. In the human body been localized 400 points that is suitable for puncturing. When a needle penetrates specific point in the body, the brain is being stimulated to secrete endorphin. The acupuncture opens energetic blockings in the body and relieves the focused pains by opening these blockings. According to the Chinese medicine, there are 12 meridians in the body, which are actually energy channels, up on which located the acupuncture points (Perla, 2000). Acupuncture relieves in a significant way different kinds of pains, and spares the patient the unnecessary use of medications, as well as the side effects that appear with a regular use of painkillers (Levi, 2006).

Integrative health, it is a medicine which combines treatment methods from each of the four levels that combine the whole person. The ability to set targets and to realize them is abstained from the patients because of the body pain. Relieving or preventing the pain by acupuncture helps in a significant way to improve the abilities (intelligences) at the physical level. In the condition of relief and a better physical functioning, a person can set targets and even realize them (Lousky, 2005).

¹⁹ Dr' Moti Levi published an article under the headline "To relief pains without pills". YNET (2006)

Therapists' Cycle

The therapists' cycle is one of the five main characteristics of integrative health pattern. Therapists' cycle is a description of the treatment process that the therapist has to cross with the patient, sometimes by observing and sometimes by guiding the patient. Therapists' cycle is a genetic sequence, a human process for creating a balanced reality by ten stages: "looked at, saw, investigated, understood, legislated, quarried, joined, created, thought, and succeeded" (Book of creation, chapter 6). Henceforth an explanation for each of the ten stages of the therapists' cycle:

1- Looked at – Observe upon the problem.

Observe the spoilage, the mishap or the delaying blocking. The spoilage is like the pain – it is protruding, because it asks you to notice it. Often it hides under shells and different excuses. Shift your attention and focus it on the mission you ask to achieve with the patient while marking the schedule. At the stage when you are looking, you search after the deficiency (emotional level), after the desire (spiritual level) which rising up from the deficiency, you observe at lack of attention, lack of support, lack of health or money. You observe at the beliefs and the approach for life (mental level). You look through the feedback which received from the surrounding's behavior and its relation to the patient. You observe at the purpose of life and the targets for which the patient lives and wakes up every morning. You look at the results he has achieved according to his words (physical level).

2- Saw – Do a presentation of the problem in order to see the reason and the profit.

Out of the observation, you notice and see the mishaps, the spoilages, and the delaying blockings. You see the reason, the seed and the source of the problem, you see the origin, how and when it started. You notice the attitude, the worldview and the results of it. You see the profits that the patient derives from the mishaps. Through the presentation, you notice the attention and the special relation that the surrounding gives the patient because of his problems. You notice and see the exposed qualities because of the pain and the mishaps, and you understand the lesson which summoned by the spoiling. The fear that attacks him, teaches him how to find his inner love, the pain comes to teach him how to find tranquility and the deficiency comes to teach him

that the joy has no connection to "how much" he has. The darkness comes to teach him to notice the light.

3- Investigated – Investigate the limits and the limitations.

You start to investigate in order to check whether what you saw is indeed the delaying factor. You investigate patient's rhythm of life, the approach for life and his beliefs, his body language, his nutrition and nutritional habits. You investigate the relationship with his parents, brothers, children, and his past and present friends. Investigate the paired relationship, and the connection with the work place and work colleagues. Remember that the weakness wants to stand out; it does that through the body pain in order to be noticed. Perform a detailed questionnaire, use conversations and questioning, dreams, palm, body wisdom, zodiac signs, stars influence, energy centers, and pulse. Investigate the beliefs, the principles, and the conditions that he sets himself; investigate his limits and limitations.

4- Understood – To understand the case that question.

In this stage, the patient is going to understand something about him. The understanding will come through an action, meditation, guided imagination, acupuncture, touch, smells, colors, sounds, painting, creative writing, or dreams. The understanding will come through a book he read, a movie or a conversation with a friend, and from a simple action that he used to do (holistic remedies).

5- Legislated – Set new game rules, make a decision.

In this stage, if you understood something from the investigation and the observation, create new game rules. Create new approach for life, shape different worldview and beliefs that suits patient' current being. Make a decision about the change based on the new game rules. Ask the patient to perform the usual actions in different way. Ask the patient to observe at the desire to receive and the desire to give of every action. Set new rules and put right intention in every simple human action.

6- Quarried – Quarry inward into the past, the future and into the beliefs.

Ask the patient to quarry, to dig, and to go deeply in, to observe at the new habits and at the new reality he is about to create as the result of the new rules and the decisions you took. Examine the tradition, the accumulated life experience. Check what happened in similar occasions, check whether it compatible with the principles and the limits of your actions. Perform guided imagination with the patient, enable him to observe by looking back, as it was long time after the performance and check whether he accepts his decision.

7- Joined – Join everything into a treatment strategy and executive plan.

Join everything you found into a whole treatment strategy, a practical treatment plan for execution. Set yourself a clear path and believe in the expected result. Infect the patient with your belief.

8- Created – Create a commitment for your destiny.

Create a connection between the decision and the commitment for patient's destiny, create a commitment for life's purpose and the supreme target which from derived all the secondary patient's missions and destinations. Create a commitment for the accepted decision.

9- Thought – Think about a motive and the next generations.

Observe at your and the patient's thoughts, observe at patient's motive that stands behind the decision, observe at the intention that stands before the action, and check whether it is desire to receive or desire to give. Check the plan's performance repercussion upon the near future and the distant one. Think together with the patient about the next generations and about the whole world. If it is not received the right way, check where the mishap is.

9- Succeeded.

After the performance, check whether a new and better reality has been created for the patient. If it succeeded, it is the indication that you have acted right. Whether it does not, start all the process anew, or go back a few stages, and do it this way until the reality will change (Lousky, 2005).

The treatment process

During the treatment process, you and your patient move from one stage into another, going back and further, and the patient understand one thing out of another. You and the patient understand something big out of a small thing, you understand body process out of the soul's one, you discover the way the behavior of a whole country is similar to the behavior of one single person. You notice the way soul influences the body. You observe at all the 32 intelligences and examine them. Know that when the patient starts the observation process and asks questions, the spoilage process stops and waits for the completion of the treatment process. Therapists' cycle organized the way that every stage displays at both of its sides the opposite complementary side as well. Moreover, between the edges of the cycle appear the

absolute oppositions (Lousky, 2005). The order of the therapists' cycle is the matter's essence. Every treatment process, as every diagnosis process, requires performance of all the ten stages according to the fixed order. Every human process, as every decision making process, requires to pass over all the ten stages. Each of the ten stages can be performed at a very short time (seconds) or at a very long time (years). The time is flexible and meaningless. The whole process is the one that creates the meaning.

The vision of the integrative health

The vision of the integrative health is the combination of the scientific approach, according to which, human body is the center of the empiric research, and the holistic approach, which sees human body as a reflection of the things that happens within the soul.

The scientific medicine concentrates on the physical aspects of the disease and does not deal with relationships, frustrations, fears, human qualities, thoughts and beliefs.

The holistic health refers to the levels that connected to relationships, frustrations, fears, human qualities, life habits, thoughts, values and beliefs, as a source of mishaps and diseases. The vision of the integrative health is the combination of the varied approaches into a one complete integrative treatment.

The body does not exist as a separate being; the body reflects the things that take place within the soul. Every body organ connected to thoughts, attitudes, beliefs, experiences and into the desire to receive and the desire to give that within each of them. Lack of understanding of "receiving / giving" mechanism is a risk factor and the cause for diseases. "To receive to him only" is like to eat without being vacant, like to declare about big love without the physical fulfillment, like to experience great fear without sharing, like to receive great learning material without taking an interval for absorbing or without passing it further. Lack of ability to pass further and lack of ability to move between the levels are the main risk factors, which cause to diseases. One of the discoveries of Carlos Castaneda²⁰ is that the world that people can comprehend is like onion, and that our interpretation system enables us to see only one layer from the onion (Magged, 1998). For the integrative health therapists, all the layers of the onion are accessible and should be a part of our human heritage. The other parallel worlds are multi-disciplinary, such way it is possible to live and to struggle within them, they are worlds in which man can live and die, exactly the way it is in the physical level.

According to the integrative health, love sends away the fear. The integrative health therapist starts every treatment with observation, in order to see at least one thing that he likes with the patient. This way releases the fear and assures different relationship

²⁰ Carlos Castaneda, anthropologist and writer, described his experiences among the Mexican shamans.

between the therapist and the patient. The integrative health requires from those who deal with it to show a great deal of openness and courage in order to reach understanding and learning. "We will do and hear" – the action creates the ability to see, to hear and even to create new meaning.

According to the integrative health vision, at the emergency room of medical centers, a doctor who in addition has been trained by the holistic methods and a holistic therapist who has studied basic scientific medicine will take place together. The doctor and the therapist will examine the patient and take a common decision regarding the continuation of the process. When the examination reveals a physical problem, the course of the treatment will be based on the scientific medicine, parallel or after that, will be combined treatments according to the holistic approach – personal treatment respectively to the level, awareness workshops, support group or a development groups. When there are no physical pathological evidences, the course of the treatment will be based on the holistic approach; the same time the patient will be examined and kept under supervision of the scientific physicians. This way assures that the patient will be in the center, to manage patient's health instead managing the disease.

According to the integrative health vision, there will be a holy space in every medical center. Holy space is a space that hallowed for the clean and pure higher consciousness and enables to work at all four levels: at the physical level, the emotional level, the mental and the spiritual levels. Inside the holy space there will be no eating and no drinking, there will be relaxing music during the whole day, burning candles, paintings and colors that connect to "home", salvia smell or incense for purification, stones, oils and musical instruments. At the holy space will be everyday meditation, varied activities, support groups for patients and their families, awareness workshops, love circles, listening circles, women and men circles and circles for solving mishaps and conflicts. The sitting will be on the floor, upon pillows which enable the body to connect with the ground while the head is rising up (in the imagination) high into the sky.

According to the integrative health vision, the therapist will diagnose the imbalance that appears in the body or in the soul. He will search after the source of the problem, he will burrow until he will find the reason, he will observe until the profits than the patient derives through the disease will emerge. The therapist will diagnose by a

series of non-invasive tools according to the holistic approach, and the doctor will deepen the diagnosis, as it required by the scientific approach.

Ill person is a person who lives in imbalance or with the feeling of deficiency. Healthy person lives in balance or with the feeling that he does not miss a thing, therefore he is happy with his lot. When the deficiency or the feeling of it lasts, the balance is broken, pain and body suffering appear as a sign and as alarm, it is the inner message to stop, to observe and to fix. Disease is the desire that appears because of non-realized deficiency, or a surplus that floods the "vessel" and cracks or breaks it. The source of the problem is the communication distortion between the body and the soul – a big hole in the soul that creates a small hole in the body. The seeds of the disease start with fears from the past, from non-acceptance of the existing in the present, and from worries and anxiety because of the future. When a strong pain appears, the body must be treated immediately and with any method in order to give a quick respond for the pain. However, we must understand that the source of the body failure problem located at the emotional, the mental or the spiritual levels .In each of the four levels can appear life energy blocking that will shake the balance and will disrupt the harmony.

At any case of mishap, pain or disease at the physical world, the reason and the solution located within the intelligences of the emotional level. At any case of disease at the emotional level, the reason and the solution located within the intelligences of the mental level. At any case of a problem at the mental level, the reason and the solution located within the intelligences of the spiritual level. When a problem appears at the spiritual level, its reason and solution located within the intelligences of the spiritual level, because spirit creates spirit.

Disease is a batch of blocked intelligences or a blocking of one path, which creates changes with the natural combinations that enable normal and balanced action. Occurrences at the spiritual level and lack of desire to give are caused by feelings of loneliness, loss of the path and of life purpose, fear from abandonment, feeling of victim, and feeling of being betrayed, guilt and shame. This situation can cause occurrences and mishaps at the mental level, such as, concentration difficulties, worry, shame, confusion, forgetfulness, low self-esteem, and difficulties with making decisions. This situation assists the development of occurrences and mishaps at the emotional level, such as, sadness and nervousness, changing moods, depression, fears, anger, feeling of emotional deficiency, feelings of guilt, aggression, seclusion,

overeating, exaggerated smoking, drinking and self-flogging, communication problems, accusing others, jealousy and hate. All these, eventually will cause diseases and mishaps at the physical level, such as tiredness, headaches, mouth dryness, vomiting, nausea, shivering, diarrhea, speech difficulties, gnashing of teeth, impotence, pre-ejaculation, blood pressure, heart problems, ulcer, asthma, cancer, diabetes, loss of job, failing in business, failing in marriage, ruined relationships with the surrounding, declining into crime, drinking, smoking, drugs and loss of immune system.

According to the integrative health vision, every directed human action is an artistic action of healing. Many people heal themselves with simple actions, such as sleep, laughter, crying, walking, nutrition, painting, writing, acting, movie, touch, love, speaking, shearing, listening, forgiveness, dreams, hugging, meditation and compassion (all these are holistic remedies). Every simple human action has healing power. The integrative health aspires to reach the balance between the desire to receive and the desire to give, in order to enable the power of life and the free will to flow freely in each of the 32 intelligences. Therapist who been trained by integrative health methods, will act according the trained treatment methods at the physical level (scientific medicine as well), at the emotional level, at the mental level and the spiritual level (treatments basket), in order to open the disease causing blocking. Opening of the blocked energy channels will cause fixing of the genetic code that caused the disease to appear. Patient's desire to fix, to find destiny and life purpose, as well as the belief in his ability to heal himself, are the basic principles for empowering the power of life, and these are the remedy and the hoped treatment "miracle".

The multiple languages theory

My personal experience.

I chose to finish this research with the description of my personal experiences that I have experienced during the last two years. My personal experiences went through struggle, internal conflicts, and hesitations, and been for me the "engine for a change". The ability to change myself enabled me to go up and down at the "health scale", within myself and out of myself. At the end of the process, I found the ability to train and practice my weak intelligences using "holistic remedies" for the need of achieving better health. Through the personal experience that I will describe, it is possible to see that the model of "integrative health" represents human "natural" behavior.

My personal experience went through the experiences that touched and healed each level within me, using different healing languages. My personal research starts with the basic understanding that people speak in different languages. I understood that I could speak through words and the speech as I know it, and that I can speak through gaze and feelings, through body movement, meditation, guided imagination, painting or writing, through sketching, sculpturing, singing or dancing. The most surprising thing for me was to discover that also pain speaks to me. The sculpture wants to design itself and the painting wants somebody to paint it. The walls in the room want somebody to look at them or to hang paintings on them, and the pages want somebody to write or paint in them. The thoughts want to realize themselves, and the motionlessness of the meditation, wants to be present and to take its place. I understood that I could speak with people as if with objects and pictures, and that I can speak with thoughts and feelings, with my imagination and the images that rise from it. All the objects, feelings, and thoughts in this universe, express themselves by their unique language. The picture speaks its language, the water and the flower speak their language, feelings, symbols and images speak their language, and everyone understands it.

At the beginning, it seems to be strange and weird, but with the time, I understood that there are relationships between the animal world and the inanimate, between the inanimate and the speaking, between the speaking, the plants world and the "mother nature". Everything is being connected by a magnificent way and each one speaks his language – many different languages. The most surprising thing was to see people that

speak a little, and just by their gaze and their body movement, they exposed the deeper meaning of what they wanted to say.

I understood that each human directed action is art, that every art is healing action and that healing must be an acquired educational process, as life is a process. "Trust the process," said over and over Prof' McNiff during the combined arts course, which I passed with him. I devoted myself totally into the process and I understood that my feelings now would not be the same feeling after five minutes, and that they would be different again after two days. The language is unique; it is being said in a way that does not repeat itself. Each sentence that being said is unique, whether it being said through words, through painting, dancing, feelings, thoughts, images or music. Spreading paint upon paper is a sentence, which been said by the painter to the paper that he paint on it, and the painting answers him in its unique way that only the painter can understand and feel.

I understood that the translation of human action from one language into another is creative action, which by a marvelous way brings the man closer to the one. I understood that every object under the sky speaks its own language, and that it is possible to translate from one language into another. An article will be translated into a picture, the picture translated into a movement, movement will turn into music, and the music will be translated into acting, the acting into a song, the song into words, then into a statuette, into a dance, laughter, a scream, and a gaze. Everybody speak about the same thing in different languages, and just the intention that comes out from the language ties everything together. The multiple languages explain the existence of the varied truths within each field. Every person has his unique "truth"; this truth is the unique language that he speaks. Even when we can understand the language of a person, he still speaks his unique language by using familiar words. Teachers will speak in many languages about the same subject; drivers will reach the same place through different ways.

During one of the processes, before I started to paint, I felt very strong drive to create. I did not know what I was about to create but I trusted the process that was standing before me, my feelings were intense and clearly expressed something, which only feeling knew how to say in their unique language. I started to paint and I drew the paintbrush, I was not leading the lines or the color, we were working together, the paintbrush and I were like two dancers on the dance floor. The paintbrush led me and I allowed it to lead, then I was leading and the paintbrush allowed me to, it was clear

to me then, that I was speaking the language of the paintbrush and that it speaks to me in mine. The paintbrush caused me big pleasure, and I caused euphoria to it. I felt its desire to express itself and to realize 'him' as a paintbrush, I was painting with it as if I was violinist who played the violin, like two good friend who were sitting and having a conversation. All that I ever knew, and all that I never knew about colors and paintbrushes, about cloth and paper, about the varied techniques, disappeared, an open space was created – the no nothing, with no purpose and no meaning. I drew the paintbrush up and down, I was performing pirouettes on the cloth, I was "me" without knowing or not knowing. We were totally "us", the paintbrush and me in a middle of intimate conversation; we were dancing and making love. The colors were good friends as well; they added their part into the conversation. The colors were there for us, they smeared exactly were me and the paintbrush led them to. They were looking and whispering between them, they were creating combinations of colors, and I felt as I was in a strange world of speaking objects. They were speaking between them; I was speaking with them and they were speaking with me, as it was the natural action to do. It was an artist's work, I felt an artist with all the meanings of it. I felt the wonderful feeling of creation that never repeats itself. The art turned into the knowledge of the fact that this is the way things work, and that I was not hallucinating some hallucination of a person who lost his mind. Actually, at those moments I knew that I was coming back into my mind, into the feeling of unity with "mother nature".

I understand well the painter's feeling, which is dancing, jumping, and speaking with the painting that he paints through the paintbrush and the water, the lights, and the walls that look at them. All of them conversing and harmoniously dancing, and only who present there, can understand the artistic action. This is the only way how big creations were created, the way when the painter and the painting create one language between them. When every person will speak his unique language out of knowing that all the universe is listening and cooperating, like dancing, like an orchestra that playing with different instruments and in different languages, the so hoped harmony will happen - one unity.

Before I started to paint, I was hesitant, as if I did not want to work with the painting, and the amazing thing was that the picture answered me the same way, it also not really wanted to work with me. Slowly, I could see a window and an opportunity in my resistances and obstacles, and instead to give myself to the doubts with my ability to paint, I decided to trust the process and to be sure that no matter

what the result will be, I will learn something from this process. Without to understand what I was about to do, just to do and see where it was taking me. The moment I trusted the process of my doing here and now, the resistances turned into milestones and guides. At those moments, I started to respect my resistances. I started to paint; the painting was my personal and unique expression, my personal stance, a conversation that I was holding with the paper, which I was painting on, a unique language that I have created. This way, my painting started to take shape, and the painting started to paint itself. I was painting it, and 'he' was painting me, our conversation was flowing, by this manner, we made love one long hour.

I understood that the more I allowed the disorder to be, so was created a new order. At the beginning, it seemed to be forced, artificial and unnatural, but as far as I held the picture, so it turned into something real and actual for me. I declared repeatedly over the things I believed in, I went out from the frame into my unlimited imagination and kept on being myself. I understood that as much as I bring my imagination and myself in, so I was touching more and creating special relationships with my painting. I saw that as much as I was being "me", so I could be anything. I could be the painting or the colors; I could be the paper on which I was painting. I was the walls, the lamps, and the air conditioner, which was warming the body. With a great deal of surprise, I could observe at my friends who were painting next to me and I could be each of them, to be them and to combine perfectly with the group that I was working with.

The place that I could take myself to was like a performance of many images on one stage. Every image kept its unique place. I was keeping the unique person within me, the paintbrush was keeping its uniqueness, and every color expressed itself and its unique personality. The walls that were looking, all the group members and the objects that they worked with, were keeping their uniqueness and their unique way to express themselves. All of us were on one stage; each one was deep within his unique role. The unique place of each participant was creating opposites, contradiction, and different confronting desires. This fact enabled the presence of harmony and one unity. The ability to contain grows when each one is being with himself and his uniqueness. Suddenly it looks like an orchestra that plays with marvelous harmony, and the orchestra conductor can be the presence of each and one, like the multiple languages that create one language. Words are language, which can be translated into painting, the painting can be translated into a dance, the dance into singing, and then the singing can be expressed again through words. However, song is not words and

words are not painting or dancing or eating, or touching. Each human action has a language that touches at different level of human essence. Each language touched me by its unique way and at different level. I can translate one language into another in a way that only I can feel through the varied languages and the varied possibilities, which I contain. However, I can never express dance through words, and the dance can never express the thing that the painting or the sculpture can express. I understood that I could express through words the feeling that I had while I was doing my work, while I was painting the painting, but it will never be the same like painting. Despite the fact that I can translate one language into another, words are words, and painting is a painting. No substitute can replace the experience of all the languages, which brought to us by the creation. Because of the fact that healing process is possible through any language and at any level, out of the work with the varied artistic languages, I can say that each language heals in its different and unique way. Each language has its unique place in which it can do the things that other language cannot. The multiplicity of artistic actions (each directed human action is an artistic action) and their wide variety, enables to touch in different sleepy levels, to wake them and to let them express themselves through the varied artistic ways for the need of healing.

Natalie Rogers, in her book "The creative connection" says: "When we practice different arts for the need of self-healing or treatment purposes, we do not have to be bothered from the beautiful artistic appearance, from the details, the writing ability, or from the harmony that comes out from the song. We use arts in order to release, to express ourselves, and to be relaxed. We can touch our internality by learning the metaphorical symbols and messages. If we will allow the inner messages to come to us, the arts will speak with us" (Rogers, 1988). Rogers's advice was guiding me through all my work, it was clear to me that it is not the quality of the painting, or the quality of the singing that will do the work for me, but the ability to express myself with no fear, without thinking about how I look or what will be the "artistic" result. Sometimes, I have found myself leaking and sweating, and at those moments precisely, few friend from the group came closer and expressed their love by different ways, including a close hug.

"Trust the process", it was a wonderful advice that Prof' Shaun McNiff was saying repeatedly. If I was not letting myself to trust the process, I could not reach the integration stage and to understand the whole process. There were moments, when the

question "Where does he taking us?" was hovering around, and I heard him saying, "Health means to go after the promise".

Human information doubles itself ones in two years, and only the DNA contains everything. Most of the information that man gathers during his personal life, located in the subconscious. Processes with arts have the ability to expose the information that exists in the subconscious; some times, it even shouts, "Let me out". Treatment methods that combine arts and arts experiences expose the things that stand behind the behavior. They expose the things that stand behind the thoughts. The arts do not deal with the symptom, which is visible here and now (physical level). Therefore, working with arts will not always show results that we can rise into the conscious of here and now.

The subconscious is like a shadow, like a painting, a dance, a movement, and the rest of the arts (emotional level). They are ready to reveal and expose themselves out of their hiding place. They play the game that life promised them. The subconscious does not ready to take life seriously, but it is ready to **play** seriously. The subconscious wants to play; it hides behind the paintings, the sculptures, the dances, the movement, the writing and the drama, it want to play. So, if you, as a therapist, or as a teacher, like to play, it might be that everything you should know about your patient, will be as a clear sight to your eyes through the game.

With the beginning of the arts course, under the guidance of Prof' Mitchell, he said in a simple way, "We are going to play together". I think it was the most accurate title I have ever heard, which is connected with the holistic health. As for me, I also see the arts therapies, therapies with guided imagination, acupuncture, and meditation as a game that we should play seriously. In this game, human consciousness can win.

Prof' Mitchell said a sentence that was engraved deep in my consciousness: "Teacher does not say what to do or what not to do, teacher should show the way for being aware, the awareness will tell you what to do".

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