

Integrated Healing

Integrated Healing at first blush refers to what can be done (therapeutic options) with the body (the what) that houses the Incarnating Soul (the who) when and where that body falls ill in some way. It is an attempt to come to terms with the multitude of treatment options that are available or may become available by looking at multiple perspectives and manifold techniques at many levels. Beyond that, it is about the mind and spirit of that Incarnating Soul itself and the various ways of handling the difficulties that arise out of what may be called the human condition.

First let us look at the physical body from a physiological perspective of body systems. The systems themselves can be broadly categorized as structural, metabolic and regulatory; and within each of these categories we can see the systems as well as organs that are specialized in function. The vision here is a division of functions into those concerned with definition, maintenance, direction and integration. And this organization can be seen and applied not just to organ systems but to the whole body and to the cellular level of that body (and its organs), meaning there are regulatory, metabolic and structural elements to the whole body, all the tissues in the body and to each cell. In chart form:

	Regulation	Metabolism	Structure
Integration	Endocrine	Circulation/ Perfusion	Cranial*
Direction	Neurological	Respiration/ Energy Production	Organ Tissue (e.g., muscle)
Maintenance	Inflammatory	Detoxification/ Regeneration*	Architectural Tissue (e.g., bone)
Definition	Immune	Digestion/ Elimination	Barrier Tissue* (e.g., skin)
X			
Cellular Level			
Organ System			
Whole Body			

* Cranial refers to the cranial system in osteopathy; Regeneration includes Reproduction; Barrier Tissue includes skin, encapsulating fascia, lumen surfaces and membranes.

Integration and Direction are connected (and assisted) through various tree or web-like organizations in the body, namely the nervous system for Regulation, the circulatory system for Metabolism and the fascial (connective tissue) system for Structure. The nervous system includes the peripheral, central and autonomic nervous systems; the circulatory system includes all the arterial, venous and lymph vessels; and the fascial system connects all tissues from skin to bone (indeed the skin and bone can be considered specialized connective tissues), surrounds and connects all organs and organ systems, gives structure to the extracellular fluid matrix and even extends from the cell membrane to the organelles (including the nucleus and access to the DNA) via microtubules.

From this integrated physiological perspective, diagnosis is more about understanding system dysfunction (at the cellular, organ and whole body levels) in a given individual than finding a name for a disease (although similarities in system dysfunction amongst many individuals does warrant a disease name), and it is more about understanding the relationship among all these systems. Treatment is then about restoring multisystem function and prioritizing therapeutic options. The restoration of function cannot be complete, and possibly can't even occur, without addressing what the body, organs and cells have to deal with—broadly speaking, the effects of lifestyle and environment. No one intent on healing themselves or helping others can ignore the basics of diet, exercise and sleep, and more and more the issue of all types of exposures. Opening this window of healing opportunity a little further, and organizing it along the same lines as the above chart, we have:

	Regulation	Metabolism	Structure
Lifestyle (behavior)	Relaxation/Restoration (sleep and stress response) Hygiene	Nutrition (food, water, air) Intake (stimulants, relaxants, etc.)	Exercise/Activity Ergonomics (overuse/misuse)
Environment (exposure)	Infectious agents, allergens and stressors	Toxins/Pollutants (incl. dysbiosis)	Trauma (macro/micro)

But this is not yet a complete enough representation of physiological processes or even the physical body. Since we are really talking about the Incarnating Soul and its material manifestation in individual bodies, which is a spiritual perspective, lets develop the physiological systems organization more fully to represent a septenary of spiritual principles (structures of seven and three playing major roles in spiritual perspectives). This will be but an introductory example of working with organizations of seven, and we have already been working with organizations of three.

Principle	Material Manifestation		
1	Determination		Genetics
2	Qualification		Epigenetics
3	Expression		Biophysical Chemistry
4		Regulation	Metabolism
	Integration	Endocrine	Circulation/ Perfusion
5	Direction	Neurological	Respiration/ Energy Production
6	Maintenance	Inflammatory	Detoxification/ Regeneration
7	Definition	Immune	Digestion/ Elimination
			Structure
			Cranial
			Organ Tissue (e.g., muscle)
			Architectural Tissue (e.g., bone)
			Barrier Tissue (e.g., skin)

Biophysical Chemistry includes all that is known or is to be discovered in the fields of Biophysics and Biochemistry as they elucidate the underlying material mechanisms of our physiology. The upper three principles in this organization of seven represent the processes behind the lower four principles of systemic (cellular, organ and whole body) manifestation. These upper three principles are in a way causal (from the standpoint of material mechanisms of manifestation). Specifically:

Determination	Genetics	Constitutional Causes (set up)
Qualification	Epigenetics	Conditional Causes (triggers)
Expression	Biophysical Chemistry	Contributing Causes (mediating/moderating factors)

For a fuller physical picture, we again turn to an organization of seven and an understanding of the Gross physical sphere derived from spiritual perspectives.

Level*	Issue	Network	Complexity
Etheric Subspheres 1-3	Prana	Nadis	Aura Chakras Petals (and component pranas)
Energetic Subsphere 4 Nuclear Emag Gravity	Qi	Meridians	Body Energy Organ Energy Cell Energy (and constituent qis)
Material Subspheres 5-7 Gas, Liquid, Solid	Biophysical Chemistry	Trees/Webs (neural, circulatory and fascial)	Whole Body Organ Cell

* **Emag** = electromagnetic and is bolded to reflect it being the major force/field of interest in the human body at what is defined here as the energetic level; and it also seems to be specifically related to qi at this level, although it could be said that life force comes into the prana and then into the qi. The separation of prana and qi from each other and the physical body is supported by viewing the meridians as preferentially pathways of electromagnetic organization and not physical structures in themselves (although many vessels, nerves, fascial planes and microtubules follow the meridian highway for part or even much of their course, which would make energetic and efficiency sense). Furthermore, in my view, there are pranic representatives of all physical structures and meridians but there are not meridians or physical structures for all the nadis. Lastly, qi referring to life force is arising from what will be called the vital part of the sub-Subtle (or astral) body, and prana really refers to Subtle energies from the Subtle body that find their way into the Gross physical sphere through the etheric subspheres. Both the sub-Subtle and Subtle will be discussed in later sections.

The prior organization of physiological systems focuses on the material subspheres, as does western biomedicine in general. There are energetic and etheric approaches in the

west (consider homeopathy and various treatments of the etheric body), but the most developed systems use traditional systems of healing, specifically Traditional Chinese Medicine at the energetic/qi level and Ayurveda and Yogic practices at the etheric/pranic levels. That said, new insights and approaches to the energetic and etheric levels are being developed all the time as more and more people are uncovering sensitivities and perceptual abilities on these levels. So physiology is more than meets the materially perceiving eye, and the physical body is being known by more and more people as more and more complex on many levels.

But who is in this physical body? And what factors are impinging on this body and this who?

Next

[The Incarnating Soul](#)