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**COSMOS – HUMAN HEALTH**

Challenges to the holistic medicine

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**“The Cosmic Nature of Man – The Key to Health”**

*by Marco Vukovic, Germany*

**The Human Being as Part of the Cosmos**

As a result of the in all domains advancing sciences, the modern human being becomes more and more aware of its complex Integration within a larger context, within the cosmos – on a macro as well as on a micro level. The understanding of health of the human microcosm must therefore also be seen in an extended dimension, fully implying the cosmic-biological order.

The view regarding the constitution of man, broadly taken in by all Western civilizations, does nearly without exception reflect on a physical-material aspect and to some extent on a psychological or emotional aspect, which yet again is only seen by sceptics as a mechanistic and material process within a biochemical system. The human being is understood as a random product of self-organizing cells and disease is understood as a dysfunction of this system. However, the almost exponential increase in psychosomatic illnesses within the last decade points very clearly to higher levels of human existence.

As a matter of fact, some advanced cultures complemented the physical and psychological point of view by a third aspect, by the **spiritual dimension**. Since Platon this “triad” is known by the humanities as *SOMA*, *PSYCHE* and *NOUS*.

In this threefolded understanding the somatical level is seen as necessity for perception and interaction within the physical world, the psychical level as an emotional sphere of activity, where feelings and desires, ranging from low to high, are the driving factors of human motions and the mental and spiritual level as the primordial and continuing level of existence, in which will and thought are at work, where intuition, altruism, and wisdom are unfolded and where mankind will find its cosmic connection. In the dimension of nous we all are part of a higher unity, part of THE UNIVERSAL LIFE, which manifests itself through an inexhaustible number of gradations of life, spanning from microcosm to macrocosm (see Leibnitz: “*Monadology*”).

These three levels of existence penetrate each other, while the respectively higher plane, depending on the degree of unfoldment and order, is directly exerting influence on the underlying level - as the decisive factor in the life of any individual. The natural sciences have already accessed these spheres of existence – consciously or unconsciously – through their specific approaches to the processes within nature. Outstanding examples are the fields of Quantum Physics and Global Scaling as well as

the modern researches on so called “bio-photons” and the element of water. These deliver proof of the multidimensional structure of the cosmos as well as the human being – besides the theoretical structures - by many practical and repeatable experiments.

### **Health – harmonious integration in the tensions of life**

The law of BIPOLARITY is a commonly confirmed fact – without the appropriate pole of opposition as counterpart of all manifestations, there is no tension - and without tension there is no current, no movement at all – and without movement there is no life. Therefore bipolarity is the fundamental condition for any appearance of life, rooted in the two primary poles of the cosmos - matter and spirit – depending on each other in their principal equivalence and in their oppositeness. Beyond that, the unity of all existence can be directly and absolute logically proven by regarding matter as crystallized and coarse appearance of spirit, which has nowadays already been partly discovered and proven by Quantum Physics as they regard matter only as a state of a temporarily coagulated and constantly changing form.

However, bipolarity should not easily be classified as good and evil, but directs through the scope of individual perception to the deeply felt problem of “joy and suffering”. These antipoles are life determining factors, in particular influencing the **quality of life** in the process of the psychological and spiritual development of every human being. For the reason to unfold the conscious striving for order within man it is necessary to gain experience through this field of tension. It is a precondition to develop distinctiveness (strength in differentiation) and willpower through the constant change between the lower and higher stages of life. This is for millennia practiced understanding of life in various Eastern wisdom teachings - aiming at the expansion of the consciousness of mankind.

It is a precondition for the **holistic view to human beings**, that the various inner realms of sensations and values are generally included in the scientific perspective on health. If the terms “joy” and “suffering” – suffering understood as state of sickness – are analyzed closer, it gets clear that in the case of sickness the wanted positive equivalent involves absolutely the dimension of “order” (Greek “cosmos”). *All physical manifested forms of life, starting from plants through to animals and to the human being are born into a multi-dimensional, biological environment and must orientate and align their striving towards a positive unfoldment of their being, regarding and respecting the given natural conditions* - unfortunately, man is indeed anxious to create his own, illusive laws, with the consequence that he cuts himself off from the compound of nature and as a result of this acting he summons many individual, social as well as systemic patterns of disease. Even crises, wars and natural disasters are to be classified as symptoms of diseases made by man, or more accurately expressed made by a spirit or mind which is not aligned with the higher laws of nature.

Only a developed consciousness leads the people to comply with the micro- and macro-cosmic laws of order as essential part for a life in joy and health - on basis of free will. Therefore, from a vaeological point of view, it is mandatory to harmonize the highly analytically exaggerated mind on a higher level. This is true for all those which are in a bold sense – consciously or unconsciously – dwelling in disharmony with the natural order which becomes e.g. clearly understandable if we take a look to pathological addictions. That is why the Primary task can only be to spread the knowledge about the laws of life in a commonly understandable way through an extended comprehension about health and in relation to that comprehension through a science of healing. Any healing process requires an initial and appropriate understanding that must be awoken in sick people through the healer. Through this understanding, the basics necessary for the correction of any misconduct – requiring the full cooperation of the patient and with the involvement of his co-responsibility – must be mediated in order to release the corresponding self-healing power. In the final analysis, the patient is also looking again for the access to the joy of life.

**“Natural forces within us are the true healers of disease.”**

- Hippocrates, the Father of Medicine -

The widespread joylessness in modern civilizations is among other things a result of the fact that the spiritual, mental and emotional basic needs are only satisfied on the most mundane, extremely multimedia-based and trivial level of instincts, emphasizing fun, amusement and pleasure, supported by many modern, within our civilization emerging drugs. We just need to take a closer look to the worldwide, partly governmental funded flow of capital in the area of illegal narcotics to reveal the magnitude of the spiritual-cultural crisis in which the people of the so called high civilizations are stuck. This cash flow alone has approximately a volume as high as the global sales in food products and in addition there are the profits of the legally traded drugs of the multinational pharmaceutical corporations which run into multi-billions of dollars.

**The meaning of the structures of the system and of society**

In principle, every person must find the access to the spiritual dimensions (nous) for him-self, to the source of continual joy, peace, courage and wisdom in order to achieve the strengthening of the character and to find personal salvation. There are plenty of land-marks or points of orientation for the seeker out there. Only in this orientation lies the key to individual health, because the spiritual sphere is the superordinated causal level, directly interfering with the level of emotions (psyche) and beyond down to the state of the physical body (soma). However, the human being is absolutely not an isolated unity of life; on the contrary, a human being is primarily a community being, inevitably compounded with the surrounding structures and therefore equally responsible for the condition of all surrounding living entities. The FUNDAMENTAL RIGHTS of man are of cosmic nature, yet these are directly connected to DUTIES. Everybody has to fulfill these as ethical-social IMPLICITNESS towards humanity. This basic and healthy attitude of order includes at the same time – amongst other things – a respectful behaviour towards the cosmic laws and thus towards nature as a whole. Only on this foundation joyful partnerships, families and a society reflecting order and harmony can arise – and with that health.

The various sciences, especially schools and educational institutions of all kind have by all means the duty to be helpful in guiding the people in their longing for spiritual orientation. It is obligatory for humans striving for health to receive knowledge about the laws of life, about the nomological order, in a scientific, clearly comprehensible and absolutely logical way. With this understanding the path to a profound and continual **optimism towards life** becomes clear.

However, in a broader sense, all structures of civilization must be in scope and have to be reorganized in regard to a cultural and primarily ethical alignment. This concerns govern-mental and parliamentary structures, finance and economics, facilities of education and all general corporative structures, social and infrastructural facilities as well as technology and research. Only then it becomes possible that a person can unfold positively and individually and that the experience of suffering is highly reduced. The science of ethics must be implemented as code of practice in all areas and levels of human interaction.

Ethics is a philosophical system for the valuation of all patterns of action and defines by involving “nous” – the spiritual sphere – the leading principles. All general as well as do-main-specific rules of cohabitation must be periodically checked against these principles.

**The individual in everyday life – self-development through work**

Each human being reveals himself – as a law of life – by his more or less constructive-minded performance, by his direct or indirect contribution of work for the well-being of the society, through

his creative and social activity, ranking from limited actions to broadly influential human motions. In this process, his self-development takes place, affecting significantly his energetic force field – constructively or destructively, strengthening or debilitating. Under the broader scope of the term “work”, the young people must already be encouraged to strive for becoming extraordinary through education, the development of qualitative characteristics and the development of capabilities of consciousness. A healthy society is ultimately focusing on the general aspect of quality and the quality in the enjoyment of life – on those areas in which the individual discovers his self in his spiritual-cultural core on an ethical basis, in which the individual develops a certain “hygienics of order” from within himself and aspires – self-motivated – towards ethical rules and laws. As a consequence, each fellow human being will be approached positively and with general goodwill by individuals living in a prospering society.

### **The individual and collective key to health – ethics**

1. Without an extended understanding of the placement and the integration of man in our cosmos, the phenomenon of life can't be entirely explained and apprehended.
2. A harmonious relation to all appearances of life is a precondition for health.
3. Harmony means to live in concord with the laws of nature - that is with the laws of our cosmos.
4. Sickness is a result of noncompliance, of breaking these laws.
5. Social problems, disasters, crises, wars, etc. are disease patterns.
6. In order to maintain health, the primary levels to foster are the spheres of causality, the spiritual, mental as well as the psychic realm.
- 7. Applied ethics is the road map to the cultural unfoldment of the individual and of the collective!**

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As co-organizers of this congress we are convinced of the wide importance of these issues which can be dealt with only within a certain frame during this event! All of us wish for a future in HEALTH and JOY! There is no exception to this burning desire. But the cosmic laws forming our life on Earth also impose on each earthling an active role and obligation for participation in shaping the conditions around – and the healers' role is of special significance, directing the patient to the better way of life! True healers deserve our high respect, our greatest appreciation – and our full GRATITUDE!

CRIMEA – in retrospective – has always been an ideal GLOBAL CENTER for cultural, but also socio-political and scientific communication! Over the past century, this peninsula even developed to become a world center for health research work, for progressive studies and significant developments.

**May this Crimean Congress – under the title “Cosmos – Human Health” – and our common endeavors be a strong contribution to the welfare of all mankind!**