



International Association

PEACE through CULTURE Europe

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COSMOS – HUMAN HEALTH

Challenges to the holistic medicine

Starting from the very title of our congress, the question is **how can we build the bridge** to an understanding of human life and to health from a **macrocosmic perspective**?

Some basic ideas from a spiritual and cultural point of view shall serve as a fundament of such a reflection.

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Plenary session lecture

“Cosmos – Human Health”

by Wilhelm Augustat,

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The Human Individual in the High Cultures

The fact that we can look upon a great variety of scientific findings gives us the possibility to understand that our Cosmos is mainly ruled by the great law of **Causality**, a law that is decisive for **everything**– in a direct as well as indirect manner! ... and, therefore, it is valid for the most minute elements – but just as valid for the most remote solar giant. There is no “outside” of the Cosmos. This finding is the main reason why we have chosen this provocative title for our Congress – considering that the principles, confirmed by physics and chemistry since long, are all the more valid for the human being himself!

All high civilizations of the past including the indigenous peoples were convinced of the natural unity reigning in the macro-cosmos – as a Higher Power encompassing everything – called deity or GOD in a religious, spiritual or cultural sense! The term “God” representing order – as the impersonal sum of all natural laws! From a cultural, religious and philosophical point of view we – planet Earth and humanity – are integrated into “GOD”, into a natural and spiritual order based on causality, demanding our attention, full respect and thorough research for a better understanding!

And a significant sign for the individual correspondence with the macrocosmic order of life on Earth is, no question about it, the human **health**.

All scientific findings in the humanities and social fields have proven since long that the cosmic or universal laws of order and human life are as valid for the mental, psychic and social state of the human being as for the physical part!

The high civilizations and cultures of old, used the term **Homo Cosmoi** for the human being – since they understood man as cosmic, even as copy so to say of the Macro Cosmos. There was no doubt

that the overall health aspects are based on **cosmic healing fundamentals – as the source of the required healing energy!**

In addition, the spiritual relation and all dimensions required for building the human consciousness were represented by a highly educated **priest class** over millennia. The knowledge around all healing processes was taught, explored and further developed in temples and monasteries – with amazing results and examples to be seen in India (with Ayurveda) or China with their variety of selective therapies and ingredients, all basing on natural substances and cosmic knowledge.

Europe was very late in joining this process of this awareness process which – in the meantime – is forming to become a **synthesis**, though in a very slow motion.

The Human Individual – a mental-psychic-physical Unit

Our present time is experiencing a dynamic awakening process, trying to deepen knowledge and understanding of the macro-energetic influences and respective correlations towards the human being. The latest findings by physics stipulate that the inner core of matter is **spirit**– in other words: matter does not exist as a separate element, seen from an objective view. The micro-elementary transition stage from matter to **spirit** or **mind** seems to be the **quantum level**. A new understanding based on quantum physics and quantum physiology for healing technologies and therapies will form a new fundament also for health matters in the near future.

Therefore, man as a patient can only be considered as a mental, psychic and physical unity – as a cosmic-energetic **being** – requiring assistance and support with respect to his own understanding of his three-stage constitution.

All human beings – irrespective of race or ethnicity – reflect the very identical cosmic principles – both in structure and **constitution**. At the same time, however, they differ in their individuality and personality – giving room to a great variety within mankind on the whole! This very fact truly reflects the maxim: **unity in diversity** – and also **diversity in cosmic unity!**

New disease require new therapists and therapies

Mental problems of all kinds: weaknesses in consciousness and other mental and psychic disorders reflect the diseases of our present time severely, especially in the countries of high civilization where this development has reached almost epidemic proportions. Most conditions of this kind are reduced or smoothed by chemical substances having a narcotic rather than a healing effect on the mental or psychic part of the individual – apart from the severe side effects.

New approaches, new therapies, new healers (!) are required everywhere!

Considerations with regard to therapies for the benefit of people needing help, especially within the mental and psychological field, should not exclude the religious approach and assistance by learned theologians in addition to the normal medical treatment. Priests and theologians have originally been the competent and responsible partners for the mental and psychological state of the human being over centuries. However, owing to the extremely refined measuring technologies developed since then, new university chairs are urgently required to integrate the findings and influences of the astro-physical and astro-biological dimension.

The overall environmental impact on nature – on plants, animals, mankind – has reached a point where the entire state of human health is jeopardized and endangered. The primary care for naturally pure air, drinking water and clean earth can no longer be guaranteed and has become a “living condition of yesterday”. Let us just look at the example of radioactive exposure – a field where

the limits of the limit-values are officially lifted randomly on a regular basis – a process which reflects the reality we all have to face on a worldwide basis.

How to preserve and strengthen one's health condition

Apart from various aids and methods of healing and treatments, today we have to direct our attention to the healthy condition most human beings are provided with from the moment of their birth. This basic condition has to be preserved by a disciplined life style in both physical respect as well as in attitude towards life and environment in general!

It is common knowledge today that a great part of all diseases experienced in our civilized world – such as cancer, heart and circulatory weaknesses, but most of all also the psychic over-reactions could be avoided or at least reduced by eliminating certain negative stimulants such as nicotine, alcohol, caffeine, sugar and others. The healing process of patients with such background habits is at their own responsibility, in the first place. A therapist or doctor with ethical principles, however, will call the attention of his patient to the fact that he or she must keep certain rules of hygiene, life attitude as well as behaviour for his or her own benefit – before the doctor would even use any therapy on the patient.

In view of the fact that our life foundations: earth, water, air – are burdened in many forms and, in addition, we ourselves contribute to our own health condition with everything we do and consume, doctors, healers, representatives of politics and culture – all of them have the obligation to make very clear the present state of our environment and of the person concerned asking for assistance!

The primary therapeutic approach: The strengthening of Psychic Energy

This self-help in applying a conscious and active hygiene on our own health potential needs an understanding of the **inner energy**, inherent in each human being which we all are given as primary life energy, also called **Psychic Energy**, Prana, Chi and so forth. Medical sciences should give priority to the research and deepening of knowledge around these energies and the laws connected with them. Churches and religions in general should offer knowledge and understanding about the threefold constitution of man, but at the present time do not provide for structures enabling them to do so. They are not in a position to meet the present requirements for strengthening caused by the dramatic increase of mental and psychological problems. There is a great vacuum hindering the successful work of all kinds of doctors and health carers in general, since a variety of diseases has to be attributed to the lack of Psychic Energy in the first place.

Astro-Biology – Cosmology – Religion

Regarding the gigantic progress of findings in space sciences over the past century and the dynamic continuation of this development in many countries of the world, a new cosmic understanding of the human being is due to emerge. It is true that man today is considered a cosmic being, not in a clerical or confessional sense, but even in a biological view.

Nobody today can have any doubt about the numerous cosmic influences upon the human condition. Let us take the example of the solar storms having an obvious impact on the stability of all electronics and other fine magnetic fields, left alone the fine energetic and electro-magnetic constitution of the human being. Therefore, the field of astro-biology which meanwhile developed its

own area of knowledge within the space research group NASA, reports about biological life forms existing in the past of planet Mars – evidence for this statement given in analysing meteorites found on Mars. This very fact again allows for conclusions about the fundamental potential of life in our cosmos – expressed as a principle in the instinct of animals, for instance – a really new field of exploration for all healing sciences.

It is more than logical that the **Religions** will have to join the scientific circle as partners again in order to disseminate the ever increasing knowledge about our Cosmos and ourselves. THEOLOGY in all cultures and civilization has always been a science revealing the ORDER OF THE UNIVERSE, though the emotional and mystic tendencies in history often emphasized issues separating scientific facts from religious knowledge – **a mission impossible, since everything is connected to everything – on Earth and in Universe and our cosmos!**

Meanwhile, scientific cooperation in many fields has become normal on our planet – including clerical theologians and religious scientists together with cultural researchers. The **unity** of our **cosmos** dictates a spiritual and biological superiority of all principles promoting life in a limitless **diversity!** Cosmologists today affirm the fact that they could not find any identical stars, suns, planets in Macro-cosmos within the uncountable number of space objects. Sciences and the humanities including theology ultimately have to cooperate in the field of **synthesis**, for the benefit of all mankind! The similarity between the human brain structure and the cosmic structure when viewing it as interconnected with all the objects is quite amazing and a clear evidence of the statement “as above, so below” – the world-wide web (our internet) is even some help in imagining this **Cosmic Web**, though the dimension is unthinkable for a human being!

Modern medicine or the healing arts in general will have to strongly integrate all effects and interactions of the living cosmic spheres on all levels to come up with new findings in their fields of expertise. We all are aware that the term RELIGION means the relation to the higher worlds, to the COSMOS and UNIVERSE!

Self-responsibility – self-discipline

Each human being, however, has the ethical obligation to COOPERATE not only in maintaining his health, but also to regain a healthy condition once problems have developed during his lifetime, in the awareness that the Cosmos has given us self-responsibility in order to safeguard our health – by using our willpower and most of all self-discipline! The lack of SELF-DISCIPLINE has developed into a popular disease all over the world and should in no case be supported by any healer, doctor or therapist. Parents, teachers, churches and religions in general, must work together to prepare our youth in applying discipline and ETHICS in their life journey as a curative education, since health and order in everybody’s life starts from here!

NOOS-Sphere

We all are aware that the Ukrainian state possesses a great potential of scientists who have contributed a great deal to the subjects I have just outlined. The revolutionary discoveries by Vladimir Ivanovich **Vernadzki** have almost caused a quantum leap in the social and health field which still has not found its recognition in the West. His fundamental research confirms the findings already made by Plato describing the fine energetic SPHERE around our globe! The thinking process of mankind is built on electro-magnetic fundamentals – not only keeping the individually marked QUANTUMS developed in this process “alive”, but they surround our planet. This electro-energetic

energy field is called “NOOSSPHERE” and its reflecting effects are more and more confirmed even by science. We, as individuals and mankind, exist in this TRANSITION SPHERE! Numerous universities are exploring this field of knowledge to find out what impact and interactions of this electro-magnetic field have an influence on the human being.

Also the famous Ukrainian theosophist Elena Petrovna BLAVATSKAYA, born in Dnjepropetrovsk, has dealt with the existence of this **noosphere** and connection to other fields in her spiritual and scientific lifework with a most profound thoroughness.

Quite a number of researchers have confirmed that human thoughts and emotions such as prayers, fears, rage, but also JOY and others – produced by individuals or by groups – must be classified as physically existing energies! These energies charge the noosphere not only in quantity, but also in quality. At the same time, a connection is maintained to the noospheric magnetic field so that a retroactive effect towards the “producer” of certain thoughts and emotions is generated. Taking a cautious conclusion from this statement, we could imagine that a person with many negative thoughts, emotions etc. could easily develop cancer or a depression.

Another thesis states that if a greater amount of thoughts or energies of the same kind cumulate in the mental sphere, the discharging process can develop an epidemic degree, even resulting in earthquakes or tsunamis or in promoting regional virus infections.

What type of social structure would be in Harmony with the Cosmic Order and Laws?

One of the major psychological factors leading to illnesses of all kinds – also confirmed over the past hundred years or so by researchers of the social environment of patients – no doubt, is the social system or fundament of a nation. As long as the social, economic, financial system in a state does not comply with the cosmic and ethical principles, no social harmony can be achieved by the state leaders. Any one-sided structure or even degeneration – lets take the capitalist and communist systems as an example – will cause injustice so that in the long run the citizens get demoralized, lose their interest and trust in the state and ultimately fall ill.

A wise leadership will have to review the social order regularly in cooperation with medical specialists and sociologists, but also with suitable representatives from the various religions and churches – plus scientists from the economic and financial field.

Preferably, faculties should be invited to take part in this examination of the existing social structure who are able to understand and interpret the aspects and principles of the cosmic laws – especially the law of causality, of cause and effect, for the benefit of the system concerned!

Such a **socialism** encompassing the entire state society would rightly be called **natural socialism** or **human socialism!** ... and is the only true option contributing the necessary values for the individual and for the emotional and social health of the citizens on the whole.

The theses described here, of course, require a critical examination by scientists, but especially by healers – as to their justification or rightness.

However, it is out of question and a millennia-old knowledge that **emotions**, thoughts and the **thinking process** itself are an important part of the human health condition, holding gigantic reserves and potential for all kinds of findings and improvements.

Therefore, the primary focus in our everyday behaviour has be put on the application of a conscious ethical attitude, reflecting not only satisfaction, but **Joy** through the **heart**, through the conscience, through the inner voice. In addition, all sciences connected to culture, society and health will confirm that the ethically based individual who also acts ethically, is the ideal citizen – stable and mainly healthy and predictable in his reactions.

On account of today's situation, where vast groups among the population are suffering from severe health problems, HEALERS, undoubtedly, are taking the first place in the sequence of trustworthy people for the citizen. The patient will reveal not only his physical problem to him, but all the more so his inner needs and his psychological and emotional dilemma! Therefore, the healer himself must have a high mental and character quality, since part of his inner (psychic) energy is transferred to the patient.

Religions and all educational institutions such as schools, universities and others have a great responsibility for the ethical stabilization of the individual in daily life. And we welcome sincerely the fact that many European countries have meanwhile introduced **ethics** as a school subject and that churches in many ways actively support this process of raising the **ethical awareness!**

Even those civilizations dating back to the Stone Age had already developed certain ethical values based on the religious understanding of that time. World Teachers and founders of world religions spread the significance of these laws as philosophers, cosmologists and the like – among others Plato, Confucius, Buddha, Jesus the Christ, Mohammed etc. They are the real fathers of all spiritual and social sciences.

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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!