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International Congress on CRIMEA, October 2013

**COSMOS – HUMAN HEALTH**

Challenges to the holistic medicine

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**“Ethical Acting – A Prerequisite for Spiritual and Psychic Hygiene for a Healthy Life”**

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With regard to contents and title of this conference we see to a most overdue and highly necessary topic: the micro-macro-cosmic UNITY. This, of course, is a big challenge and task, but also the significant lever in order to help humanity to quit a still geocentric and anthropocentric world-view and its global negative effects towards a broader spiritual-cultural world perspective and ethical understanding of life - for the benefit of the spiritual-psychological wellbeing of ALL of us.

**To Safeguard Life...**

Ladies and Gentlemen, being doctors and healers LOVING the human beings you are committed to the Hippocratic oath or the Geneva Declaration of the General Medical Council. Both declarations are of high ethical standards. How much it must hurt you that today - in spite of very great effort - only a fraction of what should be healed can be healed. This must be blamed mainly to the huge effects of negative and egocentric acting of politics and economics. How can human beings enjoy spiritual-psychological healthiness when they have to fight daily and fearfully for their physical survival due to lack of food - or due to wars? How is it possible that in our days the highest ethical law “Thou shalt not kill” – contained in *all* World-Religions – is still violated in many terrible ways? Abortions, suicides, psychic and mental diseases, alcoholism and other drug addictions, environmental pollution, but also societal injustice, poverty and exploitation are expressions of a war against humanity! I don’t want to continue such a negative list. One could call today’s “burn-out-syndrome” a psycho-energetic resignation. But when looking into the wonderful nature – and we human beings are a part of it – we can see the principles of joy and beauty, of mutually helpful community and thus harmony!

**The Medical System in the West: in the Claws of Economics**

Unfortunately, patients and their diseases are primarily considered today as an economic factor, especially in highly developed civilizations and as a result of a capitalistic economic system: expensive medical equipment must, of course, produce a return on investment! Instead of thorough case

history and precise examination of the patient doctors very often are absorbed by an escalating bureaucracy. A profound, careful search for the real causes of sickness does not take place – resulting in suppression or transfer of symptoms. In the West we have a high percentage of chronic diseases, with increasing tendency. Many patients suffer from painful experiences in their quest to eventually find a real doctor and healer. Traditional, alternative medicine is fiercely combated by the so called university medicine; the same goes for the gigantic pharmaceutical industry, which, for economic reasons as we can safely say, is *not* interested in healthy human beings... - even on the contrary!

### **Cosmos means: Order!**

It's high time to return again to a healing ORDER! Please, allow me to look UP towards COSMOS and also to refer to PLATO in this context. He described the human constitution as TRIADE: that is SOMA, PSYCHE and NOUS. NOUS is the SPIRITUAL and highest ranking part of the human being which connects him to the LAWS of ORDER of the cosmos, to the DIVINE, to the HIGHEST – no matter how it may be called by the respective Religions. It is very necessary to re-confirm this insight in order to – finally! – be aware of the incorruptible and unerring laws of order and to follow them according to the LAW of CORRESPONDENCE! The Law of EVOLUTION, of HIERARCHY, of COOPERATION and COMMUNITY, and above all the Law of CAUSE AND EFFECT must be re-activated in our consciousness because negative causes lead to negative short or long term effects - in the sense of suffering and sorrows. ALL Founders of Religions and Teachers of Wisdom, as for instance BUDDHA, JESUS the CHRIST, MOHAMMED, LAOTSE, KONFUZIUS, PLATO, DANTE and many Others defined these laws and grounded them. They are also embedded in the cultural treasures of all peoples for instance in sayings, quotations, legends and fairy tales - in the sense of crystallized ethical wisdom!

### **The Doctor's and Healer's Role as a MEDIATOR of Cosmic Laws**

In order to successfully take the path of spiritual-psychic healing with the patient it's crucial that doctors and healers understand themselves as BRIDGE-BUILDERS between macro- and micro cosmos. First of all they must look intensively into the Cosmic Laws in order to gain the best possible knowledge for themselves. Only by doing so they can transmit their knowledge as MEDIATORS not only to their patients but also to leaders of all societal areas and implement the necessary corrective measures in an appropriate way. In this context doctors and healers must take their spiritual and practical responsibility very serious! We have to differentiate between Medium and Mediator: the former has not the positive qualities of consciousness at his/her disposal to act as a helper and advisor. Due to a permeable aura, a medium is victim of outside influences, leading to possible spiritual-psychic instability. A mediator, however, is able to impart the knowledge of eternally valid truth for the benefit of the COMMON GOOD – due to his highly developed state of character, consciousness and heart. True mediators as for instance Leonardo da Vinci and great composers as Mozart, Beethoven and Wagner transferred in their works vibrations and messages from the Higher Spheres. The same, of course, applies to the founders of Religions and Teachers of Wisdom.

### **The Science of Ethics: a Practical and Medical Manual**

It was Plato who taught the SCIENCE of ETHICS along with aesthetics, logics, mathematics and physics. Ethics will play the most important future role to implement the cosmic laws of order. Ethics will convey decisive impulses for the broadening of consciousness and the development of character. Ethics will lead to a RENAISSANCE of true culture in the sense of a culture of acting and will initiate a SYNTHESIS of all branches of science. It's essential to acknowledge UNIVERSAL ETHICAL PRINCIPLES, as **justice, non-violence, equal rights, freedom and responsibility, community and common good, diversity in ethical unity and unity in cultural diversity - and: the duty to act!** All those principles are prerequisites for a healthy and healing environment - truly deserving such a good reputation. It's

imperative in this context to underline the great importance of the human HEART: it is not a mechanical pump but the home of our SPIRITUAL principle, connecting us with the HIGHEST, with humanity and the higher world(s). Therefore and in this sense it deserves thorough education with the help of parents and teachers – assisted by doctors, healers as well as social sciences!

### **Key-elements: Upbringing (Character) and Education (Consciousness)**

In former times, the term “TEACHER” was also a synonym for Thinker, Wise man or woman, Leader, Master, and reflects – with regard to the Law of CORRESPONDENCE – the high significance of **schoolteachers** as key persons for an optimal education in the sense of development of the consciousness of the young. In upbringing, that is development of character, **women** and **mothers** play decisive roles: they are bearers of life, HEARTS of their families and implement - as shining examples and by continuous self-education – the spiritual-ethical basics for the young and their future. **Families as nuclei of a nation** as well as teachers should benefit from educational measures in order to gain best possible competence for their respective tasks: by educational seminars and other measures – right into the smallest village!

### **The Transfer of Knowledge of Spiritual-Psychic Hygiene**

First and foremost we need a knowledge transfer of spiritual-psychic hygiene, since a positive state of health is based primarily on a person’s spiritual attitude. Negative thoughts and emotions create spiritual and emotional poisons. Infections are promoted by anxiety and fear. In other words, we have to study and apply the Laws of PSYCHIC ENERGY. Joy and enthusiasm are the best preventive and protective tools, whereas hopelessness destroys vitality. Self-perfection of the individual and public health are closely interconnected. Service to the common good constitutes a pillar of spiritual health. Cardio-vascular diseases, cancer, and chronic diseases can be significantly reduced by changing one’s mental attitude. Therefore, the foundation of a scientific “**Institute for the Research of Psychic Energy**” and an “**Institute for spiritual-cultural Heart Research**” would be a very wise step!

Knowledge about interdependencies between character and diseases, the importance of transmutation of bad character qualities into good ones, the service for the common good, the significance of beauty and joy and the principle of harmony for sound families in a spiritual and psychological sense: all this will lead to regain basic confidence in life, self-responsibility, courage and positive future prospects. Creative potential is set free and corresponds to the cosmic principle of COMMUNITY and PEACEFUL social life of mankind. As a by-product the cost to fight criminality will be reduced drastically.

### **Promotion of Interdisciplinary Cooperation by Political Leaders**

For political leaders it is vital to consider thoroughly the Laws of COOPERATION and COMMUNITY – in all scientific and societal areas. Both represent highest cosmic objectives and are prerequisites for EVOLUTION. They should even be established in all statute books! It is crucial to implement a WORLD-ETHICS-INSTITUTE in cooperation with the best representatives of RELIGIONS, as religions also represent highest ethical systems in their quintessence! For political leaders scientific insights will provide a wealth of new knowledge-transfer in the sense of a SYNTHESIS, be it for a new health-policy or for politics as a whole. It’s a Government’s most important task and duty to take full responsibility for the wellbeing of their people! To provide and to apply the BEST of the BEST for the BEST of ALL will be the future ART of STATESMANSHIP!

### **Towards a Healthy Future with a New, Wider Perspective of the World**

It was **Plato** who provided the first written statement of a living planet earth. **Kepler** described the earth as a living organism. **Vernadsky** and his colleagues opened up the doors towards HIGHER spheres, into macro-cosmos by scientific research of the biosphere and noosphere. The same applies for quantum physics. I want to draw your attention to the rich source of scientific inspirations in the life works of **Helena P. Blavatsky, Nicholas K. Roerich** and **Helena I. Roerich**. These sources are increasingly used by today's leading scientists. Sciences *must* provide TRUE KNOWLEDGE! Today's global helplessness results from a lack of knowledge of cosmic perspectives, interrelations and interdependencies: for instance the infinity of space and the endlessness of time. Man and cosmos are connected inseparably. There is no standstill in the cosmos. The Hierarchic Principle is directing the entire cosmos. The destiny of man lies in cooperation and community. Spirit and matter are two states of one energy. And: **the cosmic laws are not our enemies, but our rescue!**

### **Gratitude and outlook**

Every individual can contribute to the common good by beauty of thinking and acting and thus gain individual as well as planetary healing. As said by N. K. Roerich: "The *realization* of beauty will save the world". Due to negative causes, today's art of healing still focusses too much on "measures of repair". By the help and support of the cosmic laws and the SCIENCE of ETHICS, the "new" doctors and healers will become creative, preventive "Doctors without Borders" – and all of us together with them true COSMOPOLITANS!

Dear friends!

From here and today, as well as from further future conferences we will jointly and in harmonious cooperation open up important doors towards insights of macro-micro-cosmic interrelations – for the benefit of the individual and the whole human family. These doors can lead us even to the path towards WORLDPEACE. What a great joy is embedded in this vision and task! May mankind regain health! May peace prevail on earth! Welfare to our planet, the cosmos, to the universe!

May I express my wholehearted gratitude to all of you!

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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!**