

Spirituality in Medicine

Advancing the Practice of Healthcare along the Continuum

Lecturers: **Mr. Masaaki Fujisaki** – Sukyo Mahikari, Regional Director of North America
Mrs. Margaret Levine – MSN, CNS, PHN Marin County
January 25, 2009



The purpose of this lecture was to bring to light the virtues of *Spirituality in Medicine* and how it can uplift healthcare professionals as well as contribute to the wellbeing of their patients.

Presentation Highlights

As a healthcare professional, you not only provide essential physical care to patients, but you have the possibility of helping them understand the significance of their condition and to offer positive support which can help patients strengthen their spiritual and mental health as well.

Sukyo Mahikari teaches the “principle of spirit first, mind next, and body follows.” Establishing the habit, or practice, of expressing gratitude for everything helps us focus on the “spirit first” aspect, which generates positive vibrations and a positive attitude. Having a positive attitude influences the body and contributes to increasing its natural healing power.

When Mr. Fujisaki’s mother was dying of cancer when he was 15, she asked him to hold her hand and repeat “Thank you very much.” Although he did not understand why at the time, when he did this throughout the night, his mother felt less pain. This was a hard time, but the kind support of the doctors and nurses who cared for her helped the family accept her illness and to become more spiritual in the process.

Many people have a change of attitude when they go through illness. It is a time of reflection. When we are healthy we can easily take things for granted. But when we become ill, we have to think about things – what we eat, exercise, etc. You can support and facilitate your patients’ change of attitude with your own positivity, which can lead them to accept their condition and even to express gratitude for their experience. Out of acceptance and gratitude, the patients feel more positive which, in turn, can cultivate the body’s natural healing power, leading to a higher cure rate.

Everything is energy, and energy vibrates. Studies show that plants respond to vibrations. In one gardener’s experience, when he complained about planting seeds - that is he sent out negative vibrations – they did not grow well. Once the gardener apologized for his negativity, the seeds sprouted and grew. This principle applies to people as well. A woman puts on make-up the same way every day. Why does she look beautiful one day and angry another day? It depends on the attitude she is vibrating.

Anger and stress are examples of negative vibrations. The practice of expressing gratitude is an example of a positive vibration which can help us overcome stress. Expressing gratitude for your life (family, food, home, work, etc) helps you feel good about your life. Things look different when you are positive. When you are angry, you become self-centered. Negativity such as resentment or holding grudges can create a source of illness.

Spirituality in Medicine

Advancing the Practice of Healthcare along the Continuum

Lecturers: **Mr. Masaaki Fujisaki** – Sukyo Mahikari, Regional Director of North America
Mrs. Margaret Levine – MSN, CNS, PHN Marin County
January 25, 2009

As a healthcare professional, you can help people think more positively by being positive yourself. Changing your own attitude changes the vibration of your surroundings. This can bring about a more positive attitude in patients which can cause a change in how much pain they feel and in their healing process. One ER nurse reported that when she stayed calm and positive, even that stressful environment changed. Positive vibrations can influence the body. When a doctor or nurse tells a patient “You look better today,” his or her blood pressure can change just from this greeting. It is important for healthcare professionals to use positive language and to act in a cheerful and forward-looking way.

We don't need others to change. We just need to make our own efforts, step-by-step, day by day. Things can change just by our efforts to change ourselves. If we respond to negativity with positivity, things change. For instance, if we clean up a messy environment, we create positive vibrations, and, of course, it is important for hospitals to be very clean. Greeting people is a simple but important and positive way for people to connect, too, whether through words, handshakes or hugs. A man who worked in a tough school began cleaning the school, as well as greeting everyone who entered the school building. In the beginning, he stood alone in his efforts. Over time, however, the entire town changed as people followed his example.

During volunteer nursing experiences in both Cambodia and New Orleans following Hurricane Katrina, Mrs. Levine was inspired by how much gratitude people expressed. In Cambodia, where people had so little, they were cheerful and grateful for everything. In New Orleans, when she took breaks from the stressful work by playing with children, she found them enthusiastic and grateful for the attention and contact. Their positivity and gratitude helped her, just as her nursing care was helping them.

Sukyo Mahikari members practice the three core virtues of gratitude, acceptance and humility to raise their vibration level. The goal is to express gratitude for everything, to stay open and suspend judgment, accept the way others do things and to communicate positively with others.

We hope that this Lecture and the Highlights above may encourage you in your endeavors to contribute to society and that you will join us at future events.



The Union Square Center
Lecture Series are Co-Sponsored by:

Sukyo MahikariSM
Center for Spiritual Development
www.sukyomahikari.org

And by:

