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Building Your Spiritual Toolbox: Self-Care



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Spirituality is something that is deeply personal. True spirituality is more than just seeking a connection with the Divine. It is also seeking a connection with yourself. In order to do this, you must practice self-care. Self-care is about taking care of the body as well as the mind. Much of this is accomplished through the practice of self-control or the development of discipline. Anything that combines physical and mental training leads to developing self-discipline, which enhances your self-care. Exercise is an obvious path towards developing discipline and maintaining wellbeing. Developing any number of disciplines contributes towards self-control in settings you may find stressful, anxious, or exciting.¹ There is a preferred side effect when developing regular self-care through exercise. Exercise causes the body to generate endorphins which allow the body to relax. They also help in managing stressful events.² Exercise also moves Qi, which allows you to feel invigorated. Mindfulness exercises and mental health care practices may provide better care than using medications.³ However, you should not ignore your physician's advice.

One of the aspects of meditation is breathing. Through breathing, we learn of the impermanence of all and the interconnectedness of all. Breathing is also a way for us to focus our attention. There are different practices associated with deep breathing. One of them is Qigong, a healing method utilizing the techniques of meditation, controlled breathing, and controlled movement. Qi, sometimes referred to as chi because of its pronunciation, is the life force energy and gong is the cultivation of Qi.⁴

When breathing, people tend to breathe with their chest, which is shallow breathing. Proper breathing, or deep breathing, should be done with the diaphragm. When using breathing as an exercise, you should breathe with the diaphragm, meaning your stomach area expands instead your chest area, and air should be taken in through the nostrils.⁵ A short exercise for you to try right now is to take a deep breath through the nostrils. Now hold

¹ (Myers, 2008)

² (Bowling, 2009)

³ (London, 2022)

⁴ (Fan, Lu, Yang, Dong, & Liu, 2019)

⁵ (Altman, 2000)

it. Slowly, release it. Once more, a deep breath through the nostrils. Hold it. Slowly release it. One last time. Deep breath through the nostrils. Hold it. Slowly release it. Take a moment and note how you feel. You may notice that you feel more relaxed and at ease.⁶ You may also notice your breathing has probably more regular. You may also notice a sense of invigoration as Qi responds to your breath. This is also a good exercise when experiencing anxiety or depression.

When using breath as a vehicle for meditation, you do not change how you breathe. You focus on how you breathe. You listen to your breath as it moves in and out of your lungs. You feel your breath as it moves⁷ through your nostrils into your lungs, and then back out through the mouth. The idea here is to focus on the rhythm of your breathing. As you breathe in and out, you focus on the sound of your breath, or you focus on the sensation of breathing. This is what was discussed earlier about the different methods of meditation. Remember, meditation is about focusing your mind. Through focusing your mind, you develop discipline. This approach to meditation may be good for those who have difficulty remaining in one place because you can do this at any time.

Combining breath with movement

Meditation can take a variety of forms which may be considered exercises for the mind and body. These exercises initiate what has been called the relaxation effect which includes mental clarity, a reduction in anxiety, relief from pain, and an improved sense of wellbeing.⁸ These types of exercises are beneficial for your physical health, your mental health, and your emotional health. They cause Qi to move through the body, loosening any energetic congestion.

Traditional Chinese medicine includes a variety of non-pharmacological interventions of which Qigong is one of those preventatives.⁹ Qigong is known as vital energy cultivation

⁶ (Dudois, 1997)

⁷ (Rosenberg, 1998)

⁸ (Baldwin, Fullmer, & Schwartz, 2013)

⁹ (Fan, Lu, Yang, Dong, & Liu, 2019)

and may be referred to as chi. The purpose of Qigong is to move the vital energy or the life-force energy from one point in the body to another.¹⁰ Qi is the vital life force existing within each living being, more precisely, Qi exists in all things. From a scientific perspective, Qi is called the biofield. Everything that exists has a biofield. One of the components of the biofield is electromagnetic energy.¹¹ The electromagnetic field may be what connects, or possibly causes everything to stay together. Think of it as glue. I could be mistaken in this, but it appears that electromagnetic energy exists in everything. Everything has a vibration or oscillates. If you would like to test this theory, rub your hands together and then hold them apart. Slowly bring them together until you notice a slight resistance. This is your biofield, or your Qi. For the next part of this experiment, you will need an inanimate object such as your cup or your water bottle, anything that is not living. Bring your hand up against it, and then move it away. Slowly return it until you feel a slight resistance. When you did this with your hands you felt the some distance between each hand. With an inanimate object, that slight resistance will be much closer to the object itself. You may also notice that with your hands you sensed a pulsation. When doing this with an inanimate object, such as your cup or water bottle, the slight resistance will be steady or static. This is Qi. All things contain Qi. In living things, the Qi is dynamic, it pulses. Those things that are not considered living, the Qi is static or steady.

Qigong is also described the synergy of flowing energy of movement, meditation, and breath.¹² Again, remember that meditation is focus, and your focus is upon all three. As a mind-body exercise, the important elements of Qigong are the movements of the body and controlled breathing. This means you breathe out during one movement and breathe in during another movement. The third element is spiritual guidance.¹³ This exercise, or I should say, this form of meditation, builds healing energy.¹⁴ The healing energy is held until it is applied. Moving the life-force within you is internal Qigong and moving the life-force out

¹⁰ (Klein, Baumgarden, & Schneider, 2019)

¹¹ (Rubik, 2002)

¹² (Klein, Baumgarden, & Schneider, 2019)

¹³ (Lin, et al., 2022)

¹⁴ (Nutter, 2004)

of you is external Qigong.¹⁵ The act of healing may be considered a mind exercise, because it is the mind that directs this vital energy you are storing within your body for the purpose of healing. It is through the direction of your mind that the healing energies of Qigong are released.¹⁶ You can release this healing energy upon yourself to relieve pain, to heal from illness, or from a disease. You can also release this healing energy upon another through the direction of your mind. The interesting thing about energy healing is that the stronger field, the stronger energy field, draws the weaker energy field after it. This means the stronger field will cause, or initiate, the weaker field to correct itself.¹⁷

Hinduism is the root of all of the Eastern religious philosophies,¹⁸ because of this Qigong has a variety of forms associated with it.¹⁹ Those meditations and exercises involving breathing, bodily movements, and mind may be considered branches of Qigong. Tai chi, which is popular, is a branch of Qigong,²⁰ also known to be part of Martial arts training, which also includes movement, deep breathing, and meditation. The movements of Tai chi are slow, fluid, and continuous.²¹ In the United states, many of those providing instruction for Tai chi move through the stances rather quickly, making it difficult for those with physical or mental disabilities to keep up. Many of us consider Tai chi to be a spiritual practice that also promotes good health, healing, and longevity.²²

Tai chi and Qigong can be grouped with the other meditation practices we have reviewed. These practices are also considered part of the energy healing approach to life. The reason for this is because these practices deal with Qi, the life-force. Before we leave the idea of Qi we should point out that we also obtain Qi through the foods we eat, the water we drink, and the air we breathe.²³ In today's environment with all of the pollutants that appear to be permeating the planet's ecosystem, it is difficult for us to be mindful of

¹⁵ (Eisenberg, 1993)

¹⁶ (Eisenberg, 1993)

¹⁷ (Rein, 2004)

¹⁸ (Bahm, 1964)

¹⁹ (Lin, et al., 2022)

²⁰ (Lin, et al., 2022)

²¹ (Fan, Lu, Yang, Dong, & Liu, 2019)

²² (Klein, Baumgarden, & Schneider, 2019)

²³ (Lin, et al., 2022)

what we put into our body. One of the prominent pollutants in the environment is plastic particles which can be found in our food and water.²⁴ Due to the widespread wildfires, there are also particles of ash containing plastic particles moving through the air. Another thing we have to keep in mind is what we are putting on our foodstuffs. Many of us have turned to gardening, raising our own fruits and vegetables in an effort to avoid insecticide contamination and to have better control of how our food is processed. For those of you taking an organic approach to your food, keep in mind what is being put into the soil. Some countries and states use gray water to irrigate their fields. Gray water differs from black water, which is considered raw sewage, or sewage from your toilet. Grey water is comprised of used water from laundry, dishwater, and other types of water runoff from households. When you read of food containing bacteria that is harmful, it is most likely because graywater was used for irrigation. Even the rain carries pollutants. All of this waste carries Qi.

Relaxation

Relaxation falls in line with meditation, but it is not meditation because of its purpose. The relaxation response is an assortment of physiological changes such as a decrease in the consumption of oxygen, heart rate, respiration, and muscle tension. All of this leads to lower blood pressure and a shift in brain patterns or thinking.²⁵ Our thinking shifts from beta waves, typical to wakefulness, to slower waves ranging from alpha to theta. This is part of our self-care or spiritual care. We want to nurture ourselves and part of that is to recognize when to rest, when to relax, when to move on, and when to move through whatever may be troubling us. Think of relaxation as an opportunity to contemplate what is going on in your life whether it is happening at this moment, happened in the past, or considering what to do in the future.

How we choose to relax varies from person to person. Some prefer a type of mindful meditation; others might prefer yoga, Tai chi or Qigong, or some other form of exercise.

²⁴ (Joyce, 2019)

²⁵ (Altman, 2000)

There is also prayer and imagery, also known as visualization.²⁶ Any of these techniques will initiate the relaxation effect, which is what you are trying to do. The purpose of relaxation is to alleviate undue stress. Stress can be considered the most influential aspect of our lives because stress can cause our health to deteriorate, or it can motivate us to adapt. For any of these to be successful they must be practiced.²⁷ These are good skills to learn, and they lead you toward a better state of being.

When we meditate for relaxation it is not meditation. We are not exploring the mind. We are relaxing the mind or releasing the mind and we are relaxing the body. Relaxation is a method for releasing stress from the body and from the mind. When the mind is stressed, it affects the body. When the body is stressed, it affects the mind. The two are connected and if we treat them as separate entities we are doing ourselves a disservice and potentially harming ourselves. The body communicates with us, and it communicates with us through the brain. The brain operates through the mind. The mind communicates with the body through the brain and causes the body to function. The two are related, they are symbiotic. One is dependent upon the other. The body is dependent upon the mind to cause it to move, and the mind is dependent upon the body to carry it. Therefore, we cannot ignore one in favor of the other. The two are connected. This is the importance of meditation, which is to bring the two together in a purposeful fashion.

There are many who are of the opinion that imagery or visualization is the same as fantasizing. This is not the case. Fantasizing is essentially wishful thinking, and we are not being wishful about anything, we are setting an intention or purpose. You are focusing the mind and through focusing you will cause the body to relax and release stress. Proper visualization is to visualize, or see yourself, doing something you find enjoyable. It is more than just seeing yourself; you have to feel it. You have to see yourself going through the motions. For instance, if you were to engage in meditation as a means of relaxation, you would visualize yourself, you would see yourself in a relaxing atmosphere. You would focus

²⁶ (Altman, 2000)

²⁷ (Olness, 1993)

on that image. If you were engaging in self-healing, you would visualize yourself as being well. You can see yourself being healed, but you must also see yourself as being well. If you choose to engage in this practice, you must do so regularly, just as you would with exercise. This is a routine, a pattern you are developing for when you experience stress. You can close your eyes and see yourself on a beach, sitting in a lounge chair, dressed in colorful clothes, looking out into a lagoon, or something similar. The idea is to initiate the relaxation process. You might visualize yourself as dancing as a means of releasing stress. You might visualize yourself strolling through a forest as a means of releasing worry. You feel yourself moving through the motions, taking in the environment. The idea is to develop a habit, to develop a pattern that works for you. This will be difficult when you first attempt to do this. With practice it becomes much easier. For myself, when I begin to experience mental stress, I sit and close my eyes. I focus on breathing, and when exhaling, I exhale all that might be troublesome. I focus on nothing but relaxing. You may even consider focusing on a word. When I began this method, I repeated the word *relax* over and over. As I repeated this word, as I focused on this word, the tension began to leave my mind and body. This process has been shown to be good for reducing headaches and reducing reliance on medications.²⁸

The purpose of these relaxation skills is to disrupt your daily routine, or activities, particularly those that may cause undue stress.²⁹ We have discussed visualization, Qigong and Tai chi. Now we are going to touch on exercise, which is also something that generates the relaxation response. All of these practices allow the body to release what is called endorphins and other hormones, allowing the body to release stress and anxiety. Regular exercise is not only healthy for the body, but it is also healthy for the mind because it allows the body to release tension. As I said earlier, stress is very influential upon us. There are two types of stress. There is stress that encourages us to adapt, and there is stress that we hold on to. Typically, the stress that we hold on to are traumatic events, both major and minor. Using myself as an example, I like to walk, sometimes mixing it up with a little bit of jogging

²⁸ (Olness, 1993)

²⁹ (Bowling, 2009)

at the beginning of the day. I do this regularly first thing in the morning, and this carries me through the day. I can feel its effects all day. Exercise can be relaxing. Exercise can allow you to contemplate. Exercise helps in clearing the mind and one of the side effects is that it is healthy for the body.

Tones

Another way of relaxing and releasing stress is through listening to tones. Specifically, those tones that correspond with certain brain waves. For instance, during a study, investigators discovered that those who took a break from cognitive tasks and listened to sounds of the sea, waves breaking upon the shore, birds, and such, showed an increase in their mental performance. Their thinking improved.³⁰ The tones, when listened to through headphones, are slightly different in each ear, causing the brain to generate a phantom third tone. This is known as a binaural beat and is a way of entraining or synchronizing the brain's wave patterns. This demonstrates that the stronger field, or the stronger wave, will draw the weaker after it. This idea was discovered when investigators were looking into the biofield, or the Qi, also known as the aura. This is part of energy healing. Through these investigations, they discovered that these binaural beats draw the brain waves after it, initiating a state of relaxation. During this state of relaxation, extraneous distractions, what we often experience doing mental tasks, are filtered out.

Studies also revealed in the late 1960s that long term meditation caused the meditators alpha wave frequency to move towards the theta wave frequency. Alpha waves are associated with mental processes such as problem solving, or learning. What made this study interesting was that the alpha waves were detected during meditation with the eyes open.³¹ This suggests that the distractions encountered during meditation were not dismissed. They were integrated into the meditation. Typically, when we focus on our mental work, we tend to screen these distractions out. Meditation with the eyes open allows a person to remain continuously aware of the distractions. This allows the meditator

³⁰ (Kraus & Porubanova, 2015)

³¹ (Stewart, 1974)

to integrate them into the meditation. Other studies also suggest that brain wave entrainment is a good way to reduce stress, pain, and even headaches.³²

Binaural beats, or rather, binaural sounds, are low frequency sounds that often go unnoticed. We may unknowingly hear these low frequency sounds being generated by the earth. If you have attended spiritual events, you may be familiar with Tibetan singing bowls. You may even have experienced them. Low frequency sounds can have a permeating effect, but it is the pulse of the sound that gets our attention. It is the pulse that affects us. When it comes to our well-being, the frequency range we want to be in is the alpha wave range.³³

Tibetan bowls can easily be purchased through many of the online platforms or metaphysical stores. Bowls and other sound instruments have been used for religious and spiritual practices for thousands of years.³⁴ It is the combination of metal alloys and size that give bowls their unique tone.³⁵ Singing bowls can be struck with a striker or a puja, or they may be rubbed with the puja or the finger along its edge, creating a tone. As that tone increases, you begin to hear its beat or pulse. This pulse creates a phantom beat, which is why it is called a binaural beat. This is what entrains the brain waves. The brain has two hemispheres, and each hemisphere generates its own specific wave pattern.³⁶ Using binaural beats to entrain the waves of each hemisphere is what allows us to receive nonlocal information. As the wave of each hemisphere begins to synchronize, clarity is experienced. This is also what happens when we meditate. Usually, the frequency is heard through headphones and is sometimes masked by music or other sounds. When not heard through headphones, the effect is still experienced, though not as pronounced. If you like the sound of the singing bowls when meditating there are apps available now for your phone or tablet.

³² (Kraus & Porubanova, 2015)

³³ (Aarts, Ouweltjes, & Bulut, 2014)

³⁴ (Aarts, Ouweltjes, & Bulut, 2014)

³⁵ (Aarts, Ouweltjes, & Bulut, 2014)

³⁶ (Kraus & Porubanova, 2015)

You do not have to use Tibetan bowls in order to experience a soothing state of wellbeing. Prerecorded tones of specific frequencies are available through various companies and online platforms. The frequencies we are concerned with are alpha, theta, and gamma waves.

Alpha waves are associated with information processing.³⁷ Think of them as enhancing your problem solving abilities, studying, focusing, anything that utilizes your cognitive abilities. Most of us shift between alpha and beta waves throughout the day. Beta is our natural waking state. When meditating, we typically move into alpha wave range and will pretty much stay there. Sometimes we will move into the theta wave range and occasionally shift into the gamma range. Research has revealed that there are quantum cell structures within the human body that allow us to access nonlocal information which allows us to solve problems and access memory. Perhaps the particular wavelength your brain is generating is part of some sort of combination or pass code allowing you to access nonlocal information. Your alpha frequency is typically going to be around 7.83Hz,³⁸ and this may fluctuate. Studies have also revealed that a lack of alpha waves may lead to poor health. Another reason to meditate regularly.

For those of us who wish to improve our creative and intuitive skills,³⁹ we may want to consider listening to theta wave binaural beats. During your meditation you may slip into a theta wave pattern. This makes sense because it is during the theta state that we will have a mystical experience. Theta wave patterns are also part of our sleep rhythm and what allows us to recall our dreams⁴⁰ and visions and is also why we feel well rested afterwards. Theta wave patterns deepen our connection to our emotions, which may enhance our sense of compassion.⁴¹ Regular meditation may condition our mind and body to maintain a tranquil state long after meditation or possibly lay the groundwork of us to achieve a

³⁷ (Belov, getmanenko, Kilodyazhanye, & Kanunikov, 2009)

³⁸ (Tatar, 2016)

³⁹ (Aparecido-Kanzler, Cidral-Filho, & Prediger, 2021)

⁴⁰ (Scarpelli, Bartolacci, D'Atri, Gorgoni, & De Gennaro, 2019)

⁴¹ (Aparecido-Kanzler, Cidral-Filho, & Prediger, 2021)

tranquil state at will. For some, this is their goal. When this goal is achieved, they are in a more perceptive state of being and may be perceived as being enlightened.

This leaves gamma waves. During Transcendental Meditation, or deep meditation, we occasionally slip into what is known as pure consciousness. Pure consciousness is described as self-awareness free of mental content.⁴² The best way for me to describe this to you is through those occasions you experience what can only be termed as experiencing another reality, and when you become aware of the experience, you are no longer there. This is the same description as quantum events. Until these events are witnessed, they remain in the quantum realm until a consciousness observes them and they break through the quantum froth. These wave patterns allow us to deepen our connection to nonlocal information, allowing us to deepen the processing of information received.⁴³ Gamma wave patterns appear to be tied to our emotions, which could lead us towards emotional intelligence, empathy, and similar developments⁴.

It would seem that each successive pattern we purposefully experience, alpha, theta, and gamma, deepens the previous experience. This would also be a good place to add that specific beats, such as those experienced during drumming, may also influence our brainwave patterns. For instance, Shamanic drumming uses a rhythm of 4 to 4.5 beats per second, which increases theta wave patterns.⁴⁴ Group drumming deepens the experience and strengthens a person's social resilience.⁴⁵

Social connections

Before we talk about the advantages of social connections to your wellbeing, let us explore why you might want to consider establishing and maintaining social connections. Loneliness is something that is nearing, if not having already reached, epidemic proportions. This is not something that is isolated in the United States or even to a specific

⁴² (Travis, 2013)

⁴³ (Aparecido-Kanzler, Cidral-Filho, & Prediger, 2021)

⁴⁴ (Sideroff & Angel, 2013)

⁴⁵ (Fancourt, et al., 2016)

demographic, while studies may suggest this, that is not the case. Loneliness is becoming a global event.⁴⁶ What makes it a global event is the advent of social media. People have substituted Facebook and similar social platforms for local friends who are available for visiting. Loneliness is typically defined as lacking a sense of belonging, and through this lack of belonging, the quality of social relationships, including friends and family, diminishes. One of the drawbacks of Western culture is its insistence upon individuality. There is no community with individuality. There is only the self, the individual. This is not inherently detrimental when we look at the animal kingdom. We should always look to nature for our guide. There are those individuals that prefer to be by themselves, but they are not truly alone. They are still part of a group. Albeit a distant group, but they are still part of a group. Now I want to come back to what loneliness is, which is when your sense of belonging has diminished, or you feel as though you belong nowhere, and because you feel you belong nowhere your social relations, the number of friends you have, the number of family members you associate with begins to drop off.⁴⁷ If you are not sure you are experiencing loneliness, here are some of the signs to consider. Poor sleep, poor emotional health, and poor mental health are all factors of loneliness⁴⁸ contributing to a poor life experience. This may sound vague, but when you take this into consideration, you may begin to see a connection.

Too many of us refer to the good old days, not realizing that *'the good old days'* are forever in the past, and that our communities have changed. For the most part, our extended families of church, workplace associates, and the idea of community have disappeared. Perhaps they have not. Perhaps their addresses have changed. They are now referred to as support groups and support systems.⁴⁹ Our support system today may include a therapist, a pastor, a best friend, and a stranger. What do we do with these support systems? We share our problems with them, which is good for our peace of mind. What if we did something different? What if we recreated the extended family? What if we

⁴⁶ (Barnes, et al., 2022)

⁴⁷ (American Psychological Association, 2017)

⁴⁸ (Penn State, 2022)

⁴⁹ (Olness, 1993)

recreated our circle of friends? What if we expanded it, made it more inclusive. What if our circle of friends were introduced to each other and became a community? We have to keep in mind that a group of individuals interact with each other form a cohesive group, a community with resonating energy.⁵⁰ A group of people that are incoherent or distracted emotionally and mentally create conflict and tension.⁵¹ An incoherent resonance interferes with the quality of the relationships one may be seeking.

Why groups instead of a support system? When we form or attend a group that works together, we gather with those who are having similar experiences, and we find ourselves with like-minded people. Not only have these people had or are having similar experiences, but some are able to offer potential solutions. When we are able to share what is happening with us in a safe environment, which is of extreme importance, we are able to reestablish our sense of belonging, our sense of purpose, and our sense of worth.⁵² This is important. This is what allays the symptoms of loneliness. For the most part, many of us will never realize we are experiencing loneliness until someone points it out. One way others can determine we are experiencing loneliness is through our conversation. We seem to run off at the mouth, endlessly, and because the conversation seems to be never ending and pointless, those people will not want to talk with us. Therefore, it is best to be part of something bigger than yourself. It is good to have a group of people you can go to that you can hang out with. Not only will you begin to feel good, but it will be much easier for you to maintain that sense of wellbeing you are seeking.⁵³ The nice thing about being with others is that your self-consciousness begins to fall away, and you begin to feel less constrained.⁵⁴ Through this feeling of connection, we are able to pool ideas and make discoveries we may never have thought of. Those in attendance also make connections never considered. Groups like the one you are experiencing right now, like the ones many of us experience in church, like the ones we experience in support groups, or gatherings of

⁵⁰ (Myers, 2008)

⁵¹ (Bradley, 2007)

⁵² (Jackson, 2006)

⁵³ (Hunter, et al., 2019)

⁵⁴ (Myers, 2008)

like-minded people are interested in finding ways to ease the challenges of each other's life.

Groups are also beneficial for deepening your spirituality. When we are within a group of like-minds, the energy resonates at a frequency beyond your own.⁵⁵ It is amplified. One of the important aspects of Spiritualism is the seance. The seance requires those in attendance to be focused,⁵⁶ to be of like mind and it is this resonance that allows non-local information, non-local experiences, and the attending souls to communicate through the Medium. Non-local information moves through a corridor formed by the resonant minds of those present.⁵⁷ The experience can be tremendous. This resonance acts as an attractor. The natural principle of attraction is not about objects or people. The natural principle of attraction is about events. Non-local events. A group of resonant minds may attract events or a specific event that is in line with their focus. Consider meditation, which is not only an exploration of self, but also a way of bringing together like thoughts. As an example. During the pandemic the group I was with had instituted a no-touch healing policy. We were to focus our minds, sending healing energy towards the one requesting healing. My experience with this was that I was able to sense the thoughts, and the emotions of the entire group. This can be overwhelming. Particularly when unexpected. However, it is a unique experience that demonstrates how interconnected we truly are. Any one person may experience personal amplified existential events while attending these gatherings. Experiencing the interconnectedness of minds can be overwhelming, frightening, or life altering. To avoid the downside of the experience, it is good to share it with the rest of the group.

As you can see, spirituality or the spiritual path is about holistic living. You do not focus on one aspect or another, even though any improvements in any area of your life bleeds over into the rest of it. The spiritual path is a holistic path. It includes the development of the mind, of your emotions, and of the body. This is how you achieve and

⁵⁵ (Bradley, 2007)

⁵⁶ (Edmonds & Dexter, 1853)

⁵⁷ (Bradley, 2007)

maintain your general well-being. All aspects of yourself come together. One of the more important aspects of maintaining your well-being is social interaction. Something to keep in mind. None of us should be strictly homebodies. We should get out. We should form relationships. We should form connections with other people. We should interact with other people. If these excursions are disturbing to you, and some do find them to be disturbing, I encourage you to find a group or form a group. People of like minds will not only assist you, but you will insist on assisting them as well.

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