

## Spiritual Empowerment

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One of the benefits of working in a holistic clinic for over 21 years has been the opportunity to observe health care evolve during perhaps the most explosive period for Body/Mind connection work. Whereas, the mental state as a causative factor in the individual's health has rarely been given credence except as a last resort, the emphasis has shifted to early mention of such things as "Mind is the builder," or "Thoughts are things."

Of all the possibilities being explored in progressive medical environments, the one most intriguing and volatile is the reevaluation of ancient psychologies based on some knowledge of spirit influence and possession. As a natural outgrowth of hypnosis and regression, reports of multiple personalities, spirit possession and other external entity influence is beginning to filter into medical literature. Usually reserved for religious practices, spirit exorcism has become a viable option in some cutting-edge holistic establishments.

Throughout history, most medical concepts at the primitive level employed some form of spiritual release; in fact, rarely do we find healing taking place in the absence of release.

In my own practice as a pastoral counselor, spiritual empowerment has often meant dealing with this delicate issue and many times has been imperative in the case of addiction.

In the case of a chain smoker who has passed into spirit, many clients are amazed to learn that the deceased smoker still wants a drag but can't find satisfaction until he or she can vicariously enjoy one through the addiction of an individual still in the physical realm. A whole list of addictions can easily fall into this category: alcohol, drugs, sugar, sex, obsessive/compulsive behavior, etc.

The holistic/metaphysical community has always been quick to acknowledge the possibility of positive spirit influence, i.e., angels, The White Brotherhood, ancestors, elementals, etc. but we can't accept one energy without considering the other.

Though to equate all psychological dysfunction with spirit influence is foolhardy if not ludicrous; some acknowledgment of our past, as well as the success achieved by those who came before, is in order.