

## Positive Regard; Life-Long Learning and Spiritual Commitment

by Mel Suhd

**Abstract.** Techniques for finding and balancing chakra disturbances are described with emphasis on the use of symbols.

I will be presenting three aspects of my healing heart that are integrated and have occupied my life rather fully these past few years; "Positive Regard", "Summit University of Louisiana," and the "Association for the Integration of the Whole Person". The following are brief descriptions of each, taken from source materials:

From the book, *Positive Regard, Carl Rogers and Other Notables He Influenced*.

This book grew out of the idea for a "bioanthology" — a mosaic of biographies that connect one noted person to some of the people who drew inspiration from him or her. Focusing on a principle person or charismatic leader, this format recognizes others as part of a whole - a *gestalt* - and as part of a human continuum that spans continents and disciplines.

Aside from acknowledging and honoring the central figure, this format helps change the way we understand and write about people, their work, and their effect on the rest of us. I believe we can pay homage to special people without deifying them on unattainable pedestals. We need not perpetuate history as a description of elitists who acted alone, created great ideas in a vacuum, and were unreachable. Ideas do not have to die with a single person or freeze because others saw that person's master scheme as impenetrable.

The persons we honor can be human beings who walked with us and helped us reach higher levels of consciousness. We can advance the "good life" by paying respect to more of our peers and showing how our lives and ways of thinking are interwoven. Showing our uniqueness as well as our togetherness, we can develop a sense of interdependence that moves our world to greater peace and love.

I wanted to help create a book about Carl Rogers and people in his "extended family" because so much of their work is about interconnectedness. Each life story in this book represents someone who has made his or her own contribution to the greater community, and all are connected in that they acknowledge Carl's influence.

Our world thrives according to whether and how we recognize our interconnectedness as people in the human family. Without denying our differences with each other, we may do well to experiment with other perspectives about our conflicts and our unity. On a global scale, as Robert Spitzer has said, an extraterrestrial anthropologist viewing Earth from millions of miles away might see us as billions of homogenous creatures moving together, connected in some unheard rhythm of rising, moving around, and relaxing again in the course of a day. We might be called the Dancing Planet.

### **Summit University of Louisiana: A brief description:**

Summit University of Louisiana (SUL) is the only community assessment university in the USA that evaluates an individual's life-long learning and issues BA, MA and PhD degrees. SUL believes that a school campus, a classroom, a required course, an assigned professor, are not the only route to achieving knowledge and wisdom. SUL respects learners' use of community resources; learners and their resources together enliven education Through SUL's assessment of community learning, learners gift themselves an Associate of Arts degree; the Associate of Arts degree is often a powerful incentive to continue their process of pursuing academic validation. Degree programs are in any field of personal interest that is uniquely the learner's and meets the learner's life, career, and academic goals. Empowerment of the learner is fundamental to the philosophy of

## Touch For Health International Journal, 1995

SUL. The Learner is the central figure in determining what is to be done and how it gets accomplished.

### **Excerpts from the Association for the Integration of the Whole Person materials:**

#### *AIWP Mission Statement:*

*The Association for the Integration of the whole person was funded so that spiritual persons, prepared to serve their communities, can do so in ways that ensure the blessings of Self-Empowerment, psychologically and educationally, leading to peace for persons of good will.*

The Association for the Integration of the Whole Person (AIWP) appoints qualified people who can perform the functions sought by individuals in their pursuit of self-fulfillment.

AIWP was established because there is a need for people to join together in re-affirming their right to share and use their knowledge and skills for serving self and others. Our goal of integrating the whole person is in itself a religious commitment, but must be free, within the tenets of the association, from the dictates of church doctrine or state regulations.