CONSCIOUSNESS & HEALING:
INTEGRAL APPROACHES TO MIND-BODY MEDICINE (Book and DVD)
Edited by Marilyn Schlitz, PhD and Tina Amorok, PsyD
With Marc Micozzi, MD, PhD

Table of Contents (TOC)

Foreword: The Integral Vision of Healing -- Ken Wilber

Preface: The Integral Impulse: A New Perspective for Medicine -- Marilyn Schlitz

I: Defining Integral Medicine

Section 1 begins by introducing the implications of an integral perspective for medicine. In order for the transformation to an integral approach to medicine to take place, a full system shift is needed. Section 1 essays detail the needs of this transformation.

Editors Introduction Overview
- Towards a Post-Modern Integral Medicine -- Elliott Dacher
- From Integrative to Integral Medicine: A Leap of Faith -- William Benda

II: Mapping the Healing System

Section 2 explores the nature of the healing system through the review of recent developments in mind-body medicine. The subfields in this section (new perspectives on the body, a re-visioning of illness, and honoring the spectrum of life) are not well-known within modern medicine, but the contributors present a valid argument for their place in medicine.

Editors Introduction Mind-Body Medicine
- Mind and Mindlessness in Mind-Body Research -- Harris Dienstfrey
- Psychological Aspects of Mind-Body Medicine: Promises and Pitfalls from Research with Cancer Patients -- Stephanie Simonton-Atchley and Allen C. Sherman

New Perspectives on the Body
- Meaning and the History of the Body: Toward a Postmodern Medicine -- David Michael Levin
- Breathing, Moving, Sensing, and Feeling: Somatics and Integral Medicine -- Don Hanlon Johnson
- Transformational Surgery: Symbol, Ritual and Initiation in Contemporary Cosmetic Surgery -- Loren Eskenazi
- Healing and Transformation Through Expressive Arts: Dance as Integral Therapy and as a Healing Force -- Anna Halprin and Michael Samuels
Re-Visioning Illness

- What Does Illness Mean? -- Larry Dossey
- Living with Cancer: From Victim to Victor, The Integration of Mind, Body and Spirit -- Caryle Hirshberg
- Our Evolving Views of Health and Illness: What Does it All Mean? -- Richard B. Miles

Honoring the Spectrum of Life

- The Conflict of Biological & Cultural Imperatives -- Joseph Chilton Pearce
- Aging with Awareness -- Ron Valle & Mary Mohs
- Timeless Mind, Ageless Body -- Deepak Chopra
- An Integral Approach to the End of Life -- Karen Wyatt
- Consciousness Beyond Death -- Marilyn Schlitz

III: Healing: A Move Toward Wholeness

Section 3 presents more markers for the expanding role of consciousness in healing and embraces other dimensions of the healing system, including religion and spirituality. The essays in this section reveal the epidemiological data that better health is correlated with religious participation. In society, there is increasing interest in the influence of prayer on healing, both at bedside and intercessory prayer at a distance.

Editors Introduction Psychology's Movement Toward Wholeness

- Integral Psychology: Psychology of the Whole Human Being -- Bahman Shirazi
- Psychology of the Future: Lessons from Modern Consciousness Research -- Stanislav Grof
- Transpersonal Images: Implications for Health -- William Braud

Spirituality, Religion & Healing

- Etiology Recapitulates Ontology: Reflections on Restoring the Spiritual Dimension to Models of the Determinants of Health -- Jeff Levin
- The Practices of Essential Spirituality -- Roger Walsh
- Opening Your Heart: Anatomically, Emotionally, Spiritually -- Dean Ornish
- The Return of Prayer -- Larry Dossey

Essential Capacities

- A Prolegomenon to an Epidemiology of Love: Theory, Measurement, and Health Outcomes -- Jeff Levin
- The Art and Science of Forgiveness -- Frederic Luskin
- Gratefulness -- Brother David Steindl-Rast
- The Contemplative Mind in Society -- Jon Kabat-Zinn
IV: Honoring Multiple Ways of Knowing

Section 4 focuses on the multiple ways of knowing that are involved in an integral approach to healing. With the increasing popularity of alternative medicine in the United States, biomedicine is being forced to view health and healing within broader cultural contexts. These essays examine the assumptions in the medical field about health and healing and the role of worldviews in shaping healing experiences.

Editors Introduction Epistemological Pluralism

- The Implications of Alternative and Complementary Medicine for Science and the Scientific Process– Marilyn Schlitz and Willis Harman
- The Technologies of Shamanic States of Consciousness -- Stanley Krippner
- Multiple Ways of Knowing -- Frances Vaughan

Integrating the Wisdom of the World’s Healing Systems

- Restoration of Dynamic Balance: Traditional Ways of Healing Expressed through Navajo Consciousness -- Nancy C. Maryboy and David Begay
- The Spiritual Heart of Tibetan Medicine: Its Contributions to the Modern World -- Sogyal Rinpoche
- Changing Perspectives on Healing Energy in Traditional Chinese Medicine -- Garret Yount, Yifang Qian, and Honglin Zhang

V: Envisioning a New Story for Health & Healing

Section 5 reviews the challenges facing Western medicine: economic factors, an increasing burden of chronic illness, higher levels of physician and patient dissatisfaction, and environmental and social ills. The essays in this section call for a shift in individual and collective consciousness: one that leads to a more expanded, humanistic, ecological, and life affirming model for ourselves and future generations.

Editor Introduction Transformations of Medicine

- Recapturing the Soul of Medicine -- Rachel Naomi Remen
- Through Conventional Medicine to Integral Medicine: Challenges and Promises -- Tom Janisse
- Transformation of the Healer: The Application of Ken Wilber’s Integral Model to Family Practice Medicine -- Larry George
- Metaphysics of Virtual Caring Communities -- Jean Watson

Socio-Political Transformations of Integral Medicine

- Sociopolitical Challenges of Integral Medicine -- Sumedha Khanna
Healthy Earth-Healthy Human

- The Eocozoic Era -- Brian Swimme and Thomas Berry
- Living in the Earth: Ecopsychology, Health and Psychotherapy -- Sarah Conn
- Surviving the Great Dying -- Michael Lerner
- Healing through Collective Consciousness: The Therapeutic Nature of the Human/Animal Bond -- William Benda and Rondi Lightmark

Social Healing

- Social Healing: Herald of a Shift in Human Consciousness -- James O'Dea
- Reinventing the Human -- Thomas Berry

DVD packaged with the book

Video: Contains 50 minutes of video footage that explores the revolution that is rethinking everything from the nature of healing and curing to the roles of healer and patient; that is studying the dramatic effect of consciousness on healing; that believes that we exist within vast systems that profoundly affect our personal health.

Marilyn Schlitz narrates the video, introducing topics and defining terms that are discussed throughout the interviews. Topics discussed by the interviewees are as follows: The Big Story in Healthcare, The Mystery of Healing, and The Search for a New Healing Model. Interviewees include the following medical field experts: Mitchell Krucoff, MD (cardiologist and medical researcher at Duke University Medical School), Larry Dossey, MD (doctor of internal medicine and book contributor), Marie Mulligan, MD (family practitioner), John Astin, PhD (medical researcher at California Pacific Medical Center and book contributor), Tom Janisse, MD (director of physician's health and senior manager with Kaiser Permanente and book contributor), Loretta Ortiz y Pino, MD (pediatrician in private practice), Paul Choi (fourth year medical student at Stanford University and a voice of the next generation in health care), Stanley Krippner, PhD (a leading authority in the study of healing at the Saybrook Institute and book contributor), and Nancy Maryboy, PhD (Navajo cosmologist and book contributor).

Audio: Nine essays are narrated on the DVD in audio format only:

- Returning the Soul to Medical Education -- Gail Bernice
- Holland Breaking the Taboo on Private Knowledge in Public Discourse About Medicine -- Elizabeth Lloyd Mayer
- The Dark Side of Consciousness and the Therapeutic Relationship -- Larry Dossey
- In the Service of Life -- Rachel Naomi Remen
- Creating Healing Teams, Organizations, and Societies -- Robert Kenny
- Health and Healing Inside Mainstream Medicine -- William Stewart
- Questions That Matter: Stories of Courage and Grace -- Wayne Muller
- Consciousness and the Healing Process -- Maureen Redl
- Eight Motifs of Dying: An Investigation into Dying and the Inner Life -- Betsy MacGregor and Michael J. Yedidia

Guides: Integral Health and Healing Resource
Provides web links for the following areas: Medical Research and Education Services, Integral Education and Philosophy, Integral Health and Healing Associations and Organizations, and Government Resources