CARDIO-MENTAL HEALTH

SALUTOGENESIS IN APPLICATION

(Stephen I. Ternyik & Alfredo Fermelia)
The physiological link between somatic medicine and spiritual healing is **cardio-mental health**, i.e. the heart brain interplay.

We need to understand the medical working principles of the living human body and spirit as a whole life-span cycle.
The fetal heart beat starts ~3 weeks after conception as separate blood system. All this starts on a neural platform as zygotic process.

The brain begins to develop out of this neural plate in the 6-7 week.
Medical healing methods work on distinct intervention levels (physical=palliation; physiological=cure; psychological=early detection; spiritual=prevention).

This levels of treatment correspond to different physical theories (anatomy=mechanics; physiology=relativity; regulation=quantum; information=field).
The heart as primordial organ seems to possess the psycho-mental capacities to be a neural pathway for emotional intuition, conscious cognition and anticipatory pre-cognition (awake and in sleep).

The heart and the brain are in a non-stop (24/7) communication process. Cardio-mental health is the vital link between somatic and spiritual healing therapies (based on light, air, water, earth).
New medical approaches like psycho-neuro-immunology (PNI) point to the role of pathological stress stimuli in physio-mental health.
Treating the patient’s underlying spiritual problem and enhance spiritual well-being, which is the source of the physical malady, can factually affect the physical symptoms.

The medical power of healing words, in search for spiritual health and truth in this life, is the classical ancient pathway to target the root problem (besides drugs and surgery as emergency techniques).
Mastering (controlling/steering) our heart beat frequency by conscious cognition is the medical key (vortex of neural energy) to develop our holistic health behavior.

Communicating with the complexity of our living human body is a medical matter of feedback and response, to mentally (spiritually) master the necessary physical slave functions of the working body. The physical heart-beat and breathing of the destructive materialist ego can be properly spiritualized and purified by attaining a higher state of perpetual awareness and consciousness. Behavioral transgressions of spiritual principles affect corresponding physical organs.
The heart of our medical problems can be targeted by the concept of cardio-mental health. Salutogenesis is about activating our resistance resources against pathological stressors by conscious cognition.
Psycho-mental disharmonies create physical stress, which result medically in pathological heart-beat frequencies and blood pressure.

The only real budget that we are given is our lifetime.

“Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn’t fit in with the core belief.”

Frantz Fanon
Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalm 51:10-12