

Holistic Way of Life

(The following article was written by Master Lawrence Todd Karol, C.A., as an introduction to his holistic approach to healing at the Tai Chi Chuan Academy and Acupuncture Clinic of Isla Vista.)

In these times of dynamic change, a world synthesis of culture, philosophy, and science is emerging in America. A holistic world view of mankind as “Planetary Citizens,” and as an integral part of the Universe’s organismic being is now dawning, clarifying the Conscious Self in all of humanity to better live in harmony with nature’s laws. Each individual must live in balance with his/her Self and the community/environment. This is our ultimate path to world health and prosperity. And this is the foundation of a holistic world society.



The word holistic is derived from the Greek word ‘holos’ meaning entire, complete, or total. Therefore, the holistic view of life employs the total vision of the integration of Spirit (Consciousness), Mind, and the physical realm. And so it is that the holistic principles may also define our approach to health care and education, for true health and well-being are achieved when a balanced relationship is maintained by all the dimensions of our being.

In man’s search for the cause of disease, his developing technology has intervened to assist as instruments for the diagnosis of the problems. And in today’s modern society, science has provided increasingly greater insights into the realm of the chemical composition and processes of our organism, which have become the basis for most modern medical therapeutics. But science is only looking at the physical condition, yet what of the other dimensions of the human problem? Truly, what are those problems? Where did they come from? And Why? These questions must obviously be answered in terms of an overall look at the total picture. Probably a departure from our own Self-Knowledge may be the underlying cause of humanity’s present state. Some important observations of the Mystery Schools of life suggest the basis for a science of being.

The human body is actually a four-fold body. Contemporary science has concentrated its study on the physical chemical laboratory of our body. But now Bio-feedback researchers and Kirlian photography are verifying the view of mystics and saints and opening in recent decades a new scientific study into the nature of a second body of an energetic nature. The aura and its channels of energy do exist, interpenetrating our physical chemical laboratories. As well, the ancient metaphysician refers to the presence of a “Mental Body” which is the source of all our thoughts. Also there lives the “Noetic Sphere” of mind which is the roots of each individual’s true identity as the Divine Conscious Light. In most of humanity, the actualization of the Noetic Sphere is limited as indicated by the undeveloped activity of the pineal gland. Yet, when fully awakened, there will be experienced a Self-Knowing Identity as a Conscious Light brighter than

10,000 stars, that floods the pineal gland, filling the entire nervous system with Light Energy-Awareness.

The quest for illumination has been the secret goal of all human striving: To return to the self-knowledge of our Immortal Being. Thus, the answer of our problems at best must be a complete look at the vision of God, the Universe, and Humanity. And this is the essence of the holistic relationship, for we are all individual onenesses that are not alone, but are an integral part of the whole of Universal organism. The philosophy of all the ancient teachings has always been holistic in viewpoint. Yet, in modern man's struggle to survive the rugged life of nature, the brute in man has sought to rule by the power of might, the force to conquer anything that might be in his way... It is no wonder that we now must pay for our gross neglect at having not loved all life as one, for today we stand at the crossroads of history, and we must choose the only good and humble road, right back to our original unity, and learn to live in harmony with nature's ways... Not struggling against our Divine Mother, but learning to flow with Her unceasing changes. We have increasingly specialized our thinking and we now must learn to think in greater fundamental generalizations. To perceive the whole of relations first, and then down to specific. We must break the habit of seeing narrowly through life's experiences, but must comprehend all of life's experiences at once. To do so will regenerate the atrophied muscle of Real-Thinking and lead on to increasingly greater illumination in the clear lights of God's Conscious Awareness.

The birth of the holistic health care professional must of necessity now emerge upon the scene of an overly specialized health care system, educating our world society to the ancient song of healing, the story of the Conscious Light, and thus awaken humanity to its inherent goal as guardian of future generations and the perfection of the organismic whole of our being. The accomplishment of this vision may transform the world society into a paradise for all. The path and the necessary tools are present by which we may each improve the unification of our being toward its ultimate perfection. For, by increasing our awareness of the true value of a balanced diet, exercise, relaxation, self-massage, chiropractics, oriental medicine (acupuncture, moxabustion and herbology), and Self-Awareness, we may become increasingly stronger within our physical and spiritual beings. In recognition of our holistic relationship with all life, we may all experience the ultimate peace within ourselves and the world we create.