

A Message for the Executive Director
Guest House Institute



In the realm of the spiritual many of us tread on shaky ground. Few of us maintain the confidence of faith and the hope of healing when we consider the dilemmas facing those with chronic and life debilitating illnesses. Many of us pray for a cure.

Only some pray without the belief that science and modern medicine are the ultimate solution. We are perhaps at a unique point in the history of modern medicine and science, a moment in which a convergence of clinical research, religious and spiritual experience, and scientific discourse brings spirituality out of the shadowy and suspect world of the mystic and lays itself open to such graphic images as those produced by scans of the human brain as in the work of researchers such as Andrew Newberg. According to Newberg,

“After years of scientific research... I further believe that we saw evidence of a neurological process that has evolved to allow us humans to transcend material existence and acknowledge and connect with a deeper, more spiritual part of ourselves perceived of as an absolute, universal reality that connects us to all that is.”(2001).

While much of the literature on spirituality and healing consists of personal testimonies and professional narratives of client experiences, science has moved deeper into the relationship between the flesh and the spirit. The current science is evidencing a return to the ancient world’s wisdom and intuitive grasp of the connection between the mind, the body, the soul, and health and wellness. Dr. Ester Sternberg in *The Balance Within* (2000), recounts the ancient origins of holistic healing in Greek culture at the temple of Asclepius...

“... the village people, who still live as one with rhythms of the sea and sun, knowing, as their ancestors, that emotions and health are one.”

The field of addictions treatment and medicine has preoccupied itself with the whole person from the beginning, knowing the power of the spiritual to effect change and healing. The need in the person for God gone underground has been the unconscious motive in the addictive behavior according to Gerald May, regardless of the type of

addictive behavior. (2007). Austin Ripley, founder of Guest House wrote in the Preamble of the Guest House Philosophy over fifty years ago,

“Because in His ministry Christ, Our Lord, placed such emphasis on healing the sick—the sick in body, mind and soul—we who are privileged to found Guest House, and we who serve here, would imitate Him in this respect”.

References

May, G. G. (2007). *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. New York, NY; HarperOne.

Newberg, A., et al. (2001). *Why God Won't Go Away: Brain Science and the Biology of Belief*. New York, NY: Ballantine.

Sternberg, E.M. (2001). *The Balance Within: The Science Connecting Health and Emotions*. New York, NY: W.H. Freeman.