



No full stops in healing

At a major conference recently organised by Dr Issac Mathai in Bangalore, healers from across the world came together to celebrate the glorious future of integrated medicine in the new millennium

Holistic and Integrated Medicines for the 21st Century. This was the theme of the week-long Global Holistic Health Summit, which was attended by over 500 people from 35 nations—healers and patients, sceptics and believers. Noted Bangalore-based homoeopath Dr Issac Mathai, who is also a strong proponent of integrated medicine, organised the conference. The summit opened on January 12

The Soukya touch

The Global Holistic Health Summit also witnessed the inauguration of Dr Mathai's dream project: Soukya—The International Holistic Health Centre. This centre employs dedicated and talented healers to give various concepts of holistic medicine a practical purpose. At Soukya, every patient is treated holistically. It incorporates different systems of medicine and therapies appropriate for them. While deciding the treatment for an individual, all aspects from the mind-body-spirit to the person's lifestyle and dietary habits are taken into account.

This residential centre, spread over a 30-acre farm at Whitefield, 23 km from Bangalore city centre, offers a restful and healing environment. Facilities include deluxe rooms, suites and cottages for the guests. It also has spas and special equipment for massage and hydrotherapy. The food served is made from the produce of the centre's own gardens.

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with a message of blessing from His Holiness the Dalai Lama. Spiritual guru Sri Sri Ravishankar delighted

Deepak Chopra inaugurating Soukya; (top) Dr Issac Mathai with Sri Sri Ravishankar at the conference



the audience with his childlike and yet profound exposition on health, life and happiness.

But the true success of the summit lay in the presentations made by over 90 speakers from various fields of holistic healing. These included Kakkib li'Dthia Warrawee'a, an Australian Aboriginal spiritual teacher and healer, who shared the wisdom of Aboriginal healing, the oldest healing tradition on earth. Dr Susi Reich from Argentina discussed her work on incorporating integrated medicine into family counselling and the results

she had achieved with patients.

Among Indian speakers, Dr Darshan Shankar discussed his research work on local health cultures of southern India, and his efforts to promote their integration into the medical mainstream. Prof S.S. Moharana, from the B.D. Jatti Homoeopathic Medical College in Karnataka, discussed his new synergistic approach to homoeopathic treatments. And Deepak Chopra left the audience in a transformed state with his brilliant speech on the Vedas and quantum physics.

The summit also discussed the overall social responsibility of healing. Horst Rechelbacher, founder of the Horst M. Rechelbacher Foundation, a major sponsor of the event, spoke on the true meaning of business and its responsibilities towards people's health and the planet's environmental sustainability.

Inspired by the proceedings at the summit, the participants resolved to establish an International Institute for Integrative and Holistic Health in Bangalore. This institute will promote education, R&D, and dissemination of integrated and holistic healing sciences.