

SCIENCE AND SPIRITUALITY IN HUMAN HEALING OUTCOMES

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Abstract

This world is a wonderful wonder. Both science and spirituality are in search of the utopia, satchitananda. While science tries to study the world through the use of five senses and experiments thereof, spirituality, on the other hand, tries to look deeper into man's inner world to find peace within. Both are scientific in that they both believe that the world is worth studying to find out how it works. Spirituality is derived from the word "spires" which means the breath. The breath is the essence of life itself-*praana*. This talk shall confine itself to spirituality in human healing. When spirituality and science develop greed, as the saying goes "that man with his proclivity for comfort and his greed would eventually destroy all God given resources of this universe", they will be instrumental in causing human misery without realizing that he/she is dependent on all creatures on this planet for survival. Interdependence is the secret of good health. Future depends on both science and spirituality trying to see the writing on the wall that unfettered, both of them could destroy the world and not rebuild it. Health is defined as the enthusiasm to work and have universal compassion as defined by Richard Smith, the editor of the *Cases Journal* in London and the former editor of the *British Medical Journal*. With that definition spirituality becomes the basis of human healing.