

Discussion: Health in Cheon Il Guk (led by Dr. Dieter Schmidt)

Summary of points discussed:

-definition of health in Cheon Il Guk and what next steps can we as UC health professionals take to promote this?

- need to develop the ability heal ourselves; to take responsibility for our health and know our body (being sensitive and knowing anatomy), to recognise our own value and focus on prevention.

-potential initiatives:

- **review** of different medical approaches around the world (like World Scripture but for medicine/health) and define what we consider as health in CIG (overall theory), what approaches we promote . Formation of a study group to develop and overall structure and theory of health. We need identity and vision.
- **prevention & awareness raising**: eg at HARP workshops; promoting and supporting health in our older population (1st gen), breastfeeding support. To offer 'health days' or seminars in Camberg where we offer different types of treatment eg massage/acupuncture
- long-term: **an education body** in Europe teaching and incorporating different approaches (uniting eastern and Western medicine).
- **projects** in poorer countries. The Japanese have initiated projects in third world countries

(comment: mental health is being addressed separately by the Healthy Minds project at this point. In our movement, it has been a much neglected and less understood aspect of health care and deserves special consideration).

Dieter started out by reading a short extract from CSG which stimulated questions and comments about the definition of health in CIG, the goals and aims, based on words of TP.

Comments from participants:

-Religions traditionally promote denial of the physical body. TF has said that eating, sleeping and sex are all given by God. However, in the fallen world Satan can use the physical world and body to give us pain and misery. So how can we advocate true health? TF said we can be our own doctors. In CIG, if you get sick or break something, you can look inside your own body, and may only need medical attention for more serious matters.

-Our body is a temple of God to be kept clean. I tell my patients that I am not a repair shop to exchange broken parts. We are responsible to make changes. But this is not easy! Both mind and body are important.

-Even though we are healthy, if we work hard our muscles become hard. Sometimes our body gets to have problems even when we eat well and exercise. There are some steps that can be taken such as going to get a massage, or physiotherapy. But for example my treatment is for more difficult people, not really for very healthy people. If we know about physical constructions and anatomy then we can cure ourselves. I use a tennis ball for my hip or back and front side. Even internal organs I press sometimes. If we know such techniques we can cure ourselves. If that doesn't work then we can go to the doctor.

-We should also detoxify ourselves. TM talks about purifying our environment. Detoxification is physical and spiritual. Fasting is a way to detoxify. Veganism is also detoxifying. Spiritually it's the same, it's through prayer. We realise our sins and impurities by prayer.

-How to make unity, TF said that the spirit is subject and body is the object. Love is main point in unity. At that point our mind and body are one. So practice of love is important for health.

- As a western doctor I refer patients to the hospital but in our clinic we also have all types of oriental medicine; chi gong and tai chi, emotional healing, nutritional therapy, do distant healing, and acupuncture. It's an attempt to fulfil a universal approach and our patients like this

Finally, based on the discussion and comments, **proposals** were made for potential initiatives:

- **review** of different medical approaches around the world (like World Scripture but for medicine/health) and define what we consider as health in CIG (overall theory), what approaches we promote . Formation of a study group to develop and overall structure and theory of health. We need identity and vision.
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This conference was surely a great start!

Reflection Sheet Health Conference 03.-05.11.2017 / Reflektion über die Gesundheits-Konferenz vom 03.-05.11.2017

1. Please rate the success of the event (1=not successful, 10=very successful)

Average:8,1/10

Average:8,1/10

0

2. Describe what aspect of the event/schedule worked well:

Lecture and break time well balanced, organisation of schedule (e.g. summary of presentations and powerpoint) x8

Different fields of health were introduced x6

Good discussions, time for good amount of communication/networking x6

Food was very good/ great job of kitchen staff x6

Mental health was good as a main topic

Nutrition lectures

Nice atmosphere

Miriam's practical treatment

Morning sports

Ice breaker games

3. Describe what aspect of the event/schedule requires improvement in future:

More substantial/resulting projects should be discussed

Avoid parallel sessions

clarification about our goals and targets (target contributors/audience)

Meditation session (e.g. to conclude the day)

More outside activities/walks

Distribute information of lectures after the conference to the participants

More participation of medical doctors

3 minutes of exercises in between sessions

More sources (Quellenangaben) in the lectures/statements

II

4. I found the event to be useful in terms of building my network:

Strongly agree: 37,5%

Agree: 37,5%

Neutral: 25%

Disagree and strongly disagree: 0

5. I could learn something new:

Strongly agree: 57%

Agree: 43%

Neutral, Disagree, Strongly disagree: 0

6. I was satisfied with the level of professionalism and service:

Strongly agree: 39%

Agree: 44%

Neutral: 11%

Disagree: 6%

Strongly disagree: 0

7. I would recommend Cranes Club events to a friend in future:

I would recommend CC events to a friend in the future

Yes: 100%

No: 0

8. I would like to be involved in supporting future Cranes Club events:

Yes (9 people)

9. Which topics/aspects of the conference did you find most interesting/useful Welche Themen waren am interessantesten?

Food at conference, Eating the right way (which was also presented by the cooks) IIII

Mental Health Project (Healthy Minds, by Elisa Brann) IIII

Practical sessions (Nobu, Systemic pressure therapy and Miriam, treating tension headaches) IIII

Networking IIII

Information about vegan food II

Discussion about moral issues in medicine (e.g. Euthenasia)

Morning sport/ dancing
Oriental medicine

10. Feedback on the presentations/workshops. Rückmeldung zu den Präsentationen/Diskussionsgruppen. Was könnte verbessert werden?

more professionalism (first hand professional backgrounds)

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11. Which part of the program was your favorite part? Welcher Programmpunkt war dein Lieblingsprogrammpunkt?

mental health

FOOD

12. Which topics would you like to hear about/talk about next time? Welche Themen würdest du nächstes Jahr gerne tiefer besprechen?

more about healthy diet (well substantiated information)

Heilpraktiker

Dieter Schmitt addressing common health issues in our movement (and how to address them with Western/Eastern medicine)

Vaccinations

e.g. which influences mental health has on certain body parts

mental health

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energy healing and spiritual world when people are ill

What does health mean from principle point of view - how can we implement ti in family/life/community?

practical workshops

more information about health industry, pharmaceutical industries (lobbyism)

how the collaboration of CC members can be improved (e.g. how to develop a common health center concept--> collaboration in everyday work life)

COMMENTS:

there are many more brothers/sisters in this area--> e.g. we could make website/newsletter for other to give more information on health (-related topics)

working group for education and health/which was mentioned already

we could combine next meeting with visiting some health institution e.g. an hospital for alternative medicine

we should expand the list of members in the health field