

# Holistic Synergetic System for Human Health Rehabilitation in the Third Millennium

Prof. Haiu Aurelia, PhD

**Abstract**—In the XXI century, science applies the holistic method of research on the human being as a whole: biological, social, physical and spiritual. The synergistic vision of Human as a complex organized system is enlarged. The problem of complex research on the influence of non-traditional methods for health rehabilitation and maintenance on morpho-functional parameters and on the physical, psychic, energetic and social aspects of health is very actual problem and has practical relevance. The Human can potentially access the infinite forces, power and knowledge from the Universe, through the energy-informational canals on the body and recover its inner power and harmony.

**Index Terms**— Human Health, Holistic Synergetic System, physical development

## I. THE ACTUALITY

The level of active health and longevity, the realization of the individual human potential indicate the social progress of the society. The Human of the third millennium is an integral, multilaterally developed personality that embodies the ideal of spiritual and physical development. It's topical nowadays to have a holistic approach of life. In the XXI century, science applies the holistic method of research on the human being as a whole: biological, social, physical and spiritual. The synergistic vision of Human as a complex organized system is enlarged. Interest in non-traditional methods of health rehabilitation and maintenance, as well as the need to cultivate a healthy lifestyle are increased. Focusing on self-cultivation and continuous evolution throughout all life, the Human can recover its psychical power, mental capacity, inner harmony.

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## II. THE RESEARCH HYPOTHESIS

The application of the non-traditional complex rehabilitation system presented by the author represents an efficient method for combating stress, eliminating psycho-emotional tensions, harmonious personal development, enhancing creative potential, strengthening health, uprooting harmful habits, and increasing active longevity. Regular application of the proposed method will contribute to the formation of a healthy lifestyle.

## III. OBJECT OF STUDY

The new complex method proposed by the author for psycho-physical-energy-informational rehabilitation is created on the basis of the integration of Oriental and Western scientific knowledge in the medical-biological, philosophical-historical, psychological, as well as energy-informational fields.

## IV. AIM OF STUDY

Developing the optimal way of applying the new complex psycho-physical-energy-information rehabilitation system, understanding the real connections between physical and subtle energy-informational structures.

## V. THE SCIENTIFIC BREAKTHROUGH

1. For the first time the concept of complex synergetic system as a holistic method of psycho-physical-energy-informational rehabilitation was formulated in a theory and achieved in practice

New ways to activate the body's internal reserves have been revealed.

2. The role of Eastern and Western systems was revealed in the evolutionary development and spiritual perfection of the human being. Awakening creative capabilities at any age.

3. The energy-informational structure of the human being has been revealed.

4. The results of the influence the author's method had on the participants psycho-energetic-informational health and morpho-functional parameters has have been systematically documented.

5. The author developed a concept for rehabilitation and health maintenance, whose main features are the action on the human energy-information structure, and the choice of the individual method for the optimization of the energy-information structure, depending on the diagnosis and the state of the person.

6. The author's method to ensure psychological, physical, and energetic-informational health has been justified.

## VI. THE THEORETICAL IMPORTANCE OF THE RESEARCH

results from establishing the theoretical foundation of the method as instrument of holistic action on the body and its energy-information structure. The theoretical model of the energy-information structure of the human being as a research object is developed on the basis of biophysics, which investigates both the physical body and its

energetic-informational component.

#### VII. THE PRACTICAL IMPORTANCE OF THE RESEARCH

The developed methods can be successfully used for efficient rehabilitation and health maintenance by coaches, therapists and for self-development.

We share the hypothesis, based on the idea of the Universe as a grandiose system of energy-informational interactions, which represent the universal pattern of real situations on the physical body.

The information represents the universal building material and is the primary source of the energy, movement and mass. The physical body is the coagulated information. The author's method focuses on the opening of specific "centers", which represent the energy-informational channels, leading to the universal informational space.

Since ancient times, the view of the unity principle of Creation, "all in all", was a sign of higher wisdom": perceiving the human as a Microcosmos, small Universe and the Great Universe as Macrocosmos and "Big Human". The Human, as the fullest reflection of the Universe, has all the content of the Macrocosmos. Therefore, the Human can potentially access all the forces, power and knowledge from the Cosmos, through the energy-informational "centers" on the body and recover its inner power and harmony, mental capacity.

In esoteric literature more often are described 7 main and 50 secondary "centers", so the body represents a surface with informational vortexes. The functionality of informational channels system determines the level of reception of spatio-temporal information represents the bridge between the Human and the Universes and leads to the Human Health.

*The author's system* represents an unique in its complexity program, for rehabilitating and maintaining health, preserving vitality, diminishing effects and delaying the aging process, increasing active longevity

#### VIII. CONTAINS

energy-informational canals releaseing, techniques for the column, detoxification and energizing of organs, breathing techniques, self-massage, emotional release, mind calmness, cerebral hemisphere balancing, increasing brain energy, psycho-energy-information purification.

It is used to prevent and heal the following conditions: headaches, migraines, neurosis, overwork, lapsus, insomnia, hypertension, chronic fatigue, dizziness, sinus diseases, eye disorders, auditory, fainting, various cervical pain, neuralgia, eczema, joint pain, tonsillitis, convulsive cough, thyroid disease, colds predisposition, vertebral malformations and deformities, gastritis, bloody, digestive, gastric, bloating, allergies, rheumatism, joint aches, pain, anorexia, gastritis, asthma, cystic fibrosis, arthritis, asthma, cough, lumbar / sacral / coccyx, hemorrhoids, constipation, cramps, tired legs, swollen feet, knee pain, enuresis, poor peripheral circulation, menopause disorders, impotence, premature ejaculation, sterility, frigidity.

#### IX. HEALTH BENEFITS

- decompresses intervertebral discs, increasing blood circulation;
- lengthens and balances the vertebral muscles;
- opens access to each vertebra, increase mobility through developing the independence of each vertebra;
- opens limb joints and activates micro-natural movements of the cranial joints, massaging the brain and the cerebellum;
- stimulates and regulates endocrine, circulatory and lymphatic systems, thalamus, hypothalamus, pineal and pituitary glands;
- opens the sinuses and stimulates the olfactory bulb;
- regenerates the reproductive system;
- restores natural breathing;
- allows cartilage regeneration;
- prevents decalcification of the bone system;

Though opening the energy-informational centers the Human reaches a higher perception, extends its limits of personal capacities and capabilities and can really become super-healthy.