

PHILIP SHAPIRO, M.D.

HEALING POWER

Ten Steps to Pain Management
and Spiritual Evolution

REVISED



*Introducing
the Universal Healing Wheel*

Healing Power Ten Steps To Pain Management And Spiritual Evolution

Judd E. Hollander



Healing Power Ten Steps To Pain Management And Spiritual Evolution:

Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised Philip Shapiro, M.D., 2010-07-21 With the advent of mind body medicine it is now possible to combine the healing principles of both the medical and spiritual fields To this end Dr Phil Shapiro has developed a ten step self help model that he uses himself and teaches to his students and patients After you have received your medication surgery or natural remedy and you are still in pain there are a variety of psychosocial and spiritual methods that can help you manage that pain skillfully The ten step model described in this book is a composite of healing principles and methods extracted from the great wisdom traditions and organized into cognitive behavioral practices These techniques are designed to help the reader accomplish three goals 1 Expand healing power for body mind and soul 2 Become more skillful pain managers for any pain problem disease or disability 3 Evolve spiritually feel better become a better person and experience higher states of consciousness To take advantage of the healing principles embedded in the religions we need to solve the problem of toxic language and traumatic religious history There is a way to do this We can design healing models that serve people of all persuasions Baptists Sufis ethical humanists scientific atheists true believers true non believers all of us have the same magnificent healing power in every cell of our bodies and we know how to make it grow The ten steps do not declare answers to life s big questions such as why we are born why there is so much suffering and evil whether there is a God and where we go after death However we can apply the wealth of healing wisdom in the great faith traditions to help us manage our pain and heal This book is written for atheists agnostics religious or spiritual persons Anyone can play in the expanded field of healing power *Healing Power Ten Steps to Pain Management and Spiritual Evolution* Philip Shapiro M. D., Philip Shapiro, M.D., 2005-07 We seek unlimited peace love and joy in an uncertain world where suffering is inevitable Because we manage our pain poorly we get into trouble The wisdom of the ages taught by the world s diverse religious traditions offers a solution to this dilemma by pointing out the connection between pain management and the cultivation of spiritual qualities When we develop a spiritual practice we learn how to transform our suffering into spiritual power Dr Shapiro describes a self help method of ten steps that propel spiritual evolution The ten steps teach us how to expand our healing power improve our pain management skills and cultivate spiritual qualities The central premise is that life through a series of painful lessons teaches us that the peace love and joy we seek in the outer world can and must ultimately be found within Dr Shapiro elaborates twelve spiritual methods derived from the world s great religions These methods help us unlock healing and spiritual powers inherent in the body Detailed instructions explain how these methods help us cultivate peace love joy strength and courage in response to any pain of the body mind or soul These qualities are the jewels of this life They are healers They help us eliminate or endure any painful condition of body mind or soul They are more powerful than any barrier or challenge we may face We encounter trouble no matter which route we take but the way offered here is the path of least resistance the way through our pain to peace power and strength As we

move forward through the steps we find ourselves living the richest possible life a journey where our spirit is in charge and we are ready for anything

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Healing Power: the Workbook Philip Shapiro MD MPH, 2016-01-19 This workbook is a companion manual to Healing Power Ten Steps to Pain Management and Spiritual Evolution Revised 2010 It is a pain management manual but much more It outlines a path of healing and recovery from beginning to mastery It defines the importance of unconditional love in the healing process Here you will find the wisdom of the sages translated into universal methods we can use in healthcare The model offers a host of techniques and tools designed to help healthcare professionals and consumers transform physical mental emotional interpersonal and spiritual suffering into peace strength and wisdom It addresses the root causes of our suffering and offers corresponding deep healing solutions You control depth speed and complexity You can take it as far as you wish all the way to liberation or enlightenment Dr Phil Shapiro This work is a masterpiece and a must read for anyone wishing to transcend their suffering It s all here The reasons we suffer and more importantly the way out This is a tried and true life changing work Beautifully presented Dr Shapiro shares his wisdom experience and the tools necessary to liberate ourselves from suffering and live our lives in freedom Corbett Monica Founder Dual Diagnosis Anonymous If we receive our medication surgery or natural remedy and are still in pain there are a variety of psycho social and spiritual methods that can help us

manage that pain skillfully To this end Dr Phil Shapiro created Healing Power a self help self healing model for healthcare professionals patients and consumers Healing Power has fifteen methods one hundred qualities wisdom pearls and a variety of religious traction devices the best of the best a highlight reel of sorts extracted from great spiritual books teachers and masters and translated into spiritually oriented cognitive behavioral therapy mindfulness and contemplative practices These are your choices You can go as far as you wish using this cafeteria of options for deeper healing Dr Shapiro's model lights a fire of hope and possibility under traditional medical practice It allows us to function under the umbrella of a great idea bringing the wisdom of the sages to health care and the street It spiritualizes the practice of medicine by infusing it with a story and a soul It improves healthcare outcomes Healing Power's contribution to medical practice and mind body spirit medicine is unique and powerful I highly recommend this work Dr John Bischof Psychiatric Medical Director Central City Concern Old Town Recovery Center The thing I really enjoy about this workbook is no matter the page we read it is about love manifested in many forms Kealy Slaughter Peer Support Specialist Modern Community Mental Health Kenneth Yeager, David Cutler, Dale Svendsen, Grayce M. Sills, 2013-03-21 This is the first truly interdisciplinary book that examines how professionals work together within community mental health It takes into account the key concepts of community mental health and combines them with current technology to develop an effective formula that redefines the community mental health practice

Twelve Wisdom Steps Andrea Travers, 2011-11 Beneath the well known twelve steps of Alcoholics Anonymous A A are concealed the universal principles of spiritual practice as they are expressed in traditional religions and wisdom traditions including Buddhism Christianity Cosmology Hinduism Islam Judaism Native American Spirituality and Taoism This wisdom expressed itself in a 20th century movement known as A A The purpose of this book is to ensure that seekers from all faith traditions have an opportunity to realize and appreciate the universality of transformative spiritual practices We humans share common ground today despite cultural and superficial differences In Twelve Wisdom Steps Unifying Principles of the 12 Steps of A A Found in the Wisdom Traditions Rev Dr Andrea emphasizes that amid all the seemingly unique and distinct religious expressions and forms there is an underlying binding truth which is shared that promotes a universal experience This perceptive engaging work challenges us to set our own traditional and cultural lenses aside and open ourselves to merging what we know with a new understanding of shared principles at a time in our world when we are seeking to better understand each other and find common ground on which to relate *Spirituality in Business* J. Biberman, L. Tischler, 2008-05-12 An innovative look at some of the latest research on the intersection of spirituality and business

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