

Father John Catoir

Spiritually Balanced

The human person is something like an iceberg with only one-eighth visible and seven-eighths beneath the surface.

There is more to a human being than can be detected by stethoscope, a blood pressure reading, a thermometer, a series of X-rays, a sonogram or a CAT scan.



Good health is more than the absence of disease. It is a state of vibrant well-being, where all our organs and systems, as well as our mental and spiritual faculties are working effectively and in harmony.

Dr. Alexis Carrel, a Nobel laureate, in his book, "Man — The Unknown," makes this point: "In illness, the body preserves the same unity as in health. It is sick as a whole. No disturbance remains strictly confined to a single organ ... Doctors have been led to consider each disease as a specialty by the old anatomical conception of the human being. Only those physicians who know man both in his parts and in his entirety, physically and mentally, are capable of understanding him when he is sick."

The spiritually healthy person is calm, considerate, understanding, caring and balanced

in judgment. All this occurs because of a belief system that fosters joy and peace of mind.

• "God our Father delights in me when I recognize that I'm an instrument through which His love flows to others, and when I allow this to happen, I too feel His abundant love," **Kathy Bombace, Ocala, Fla.**

• "I have at times wondered whether God allows sorrows and pain in our lives so that we can truly appreciate the times of happiness and joy ... a sunrise or sunset, birds soaring, flowers blooming, celebrating Christmas with the family and friends ... watching children play..." **Rosa Baines, Edmonton, Canada.**

• "That I could delight Almighty God, the Awesome, Holy One, the creator of all that is seen and unseen, even once would be enough to keep me happy all life long! The very thought that such a thing is possible destroys anxiety and withers away depression." **Bruce Snowden, Bronx, N.Y.**

Spiritually balanced individuals trust the future to God's Providence and the past to His mercy. This liberates them from much of the needless anxiety that leads to emotional problems.

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