

# LIFE

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"The Breath of God"

By

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# OVERVIEW

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- Understanding life, health medical treatment.
- Early human spirituality
- A Judeo-Christian Perspective
- Body- God's temple
- Why is it difficult to treat the body as the temple of God?
- What should I know about healthcare today?
- Unpacking complicated medical terminology
- End of life care - Should I really be concerned?

# EARLY HUMAN SPIRITUALITY

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- ▶ Non- Judeo-Christian tradition
- ▶ Early human who began to live in caves had rituals
- ▶ Traditions surrounding birth, death and hunting celebrations
- ▶ Worshipped Sun, Moon, Water and Fire
- ▶ Painted and carved in stones their stories
- ▶ Shaman Medicine man, Medicine woman and Elders









# EARLIEST HUMAN MEDICINE.....

- ▶ Shamans and the tribal elders were the first people to attend to the sick

# AFRICAN

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Medicine Woman



# MANY HERBAL AND OTHER METHODS USED

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- ▶ Roots of plants
- ▶ Plant leaves
- ▶ Blood of animals
- ▶ Combination of natural products or whatever was available

RESPECTING  
THE BODY



# A COMMON THEME IN HUMAN HISTORY

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Caring for the body

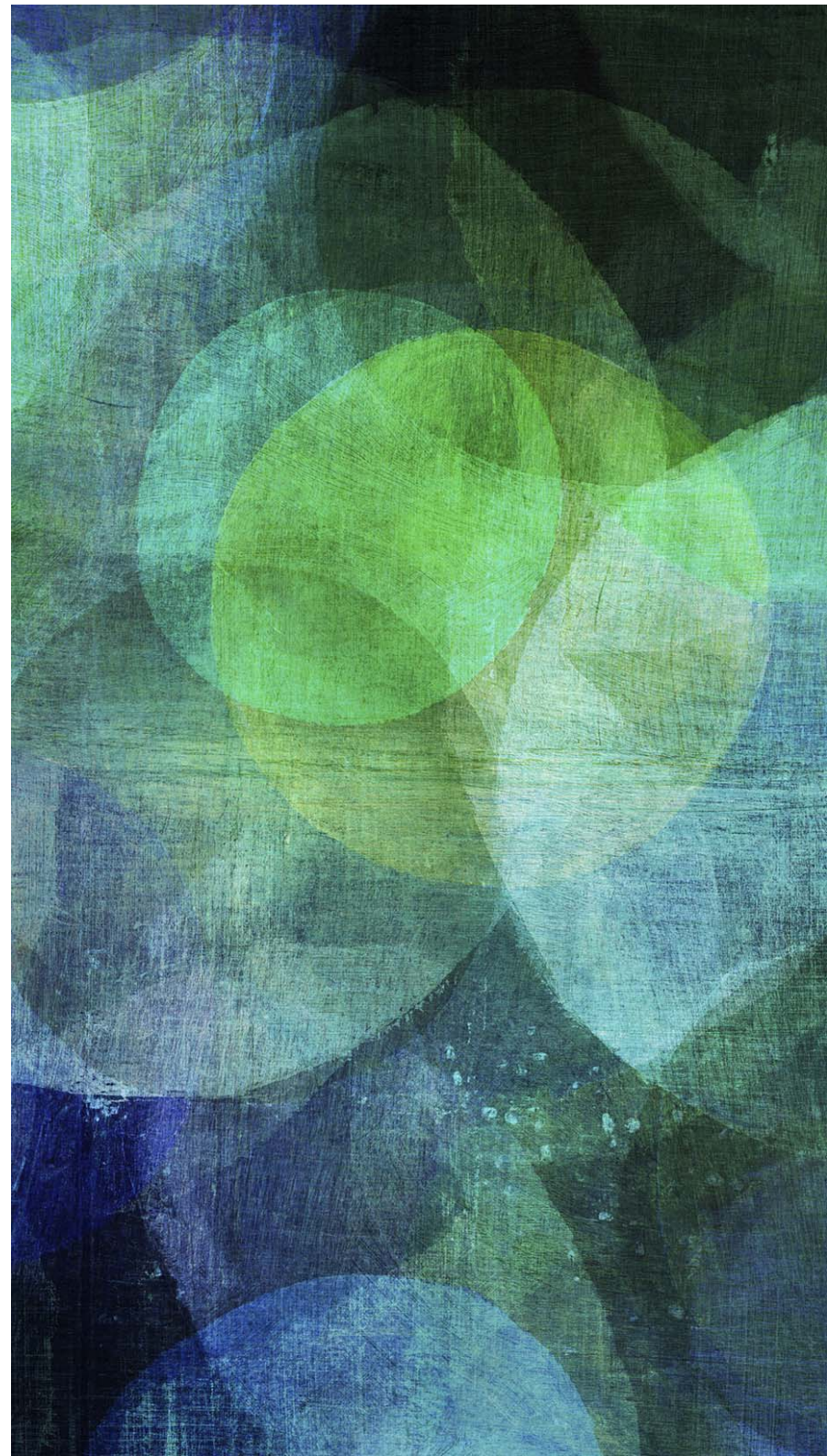
# THE DIVORCE AND REMARRIAGE

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- ▶ There was a split between the shamans/medicine man weather to look into the body to see what is inside
- ▶ The primary disagreement was the the soul would be defiled if a person is cut open
- ▶ The division at this point began the divergence of science and spirituality
- ▶ Today we have come full circle
- ▶ We realize we need to work together
- ▶ Some hospitals even pay "shamans" to care for the spirit while doctors and nurses care for the body

# EARLY HEALTH CARE

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Hospitality House





# CATHOLIC SISTERS

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- ▶ The earliest human intervention for the wounded or sick began with the Catholic Church
- ▶ Nuns or Sisters attended to to sick
- ▶ It was just a place where people went either to rest and get well or die

# A JUDEO-CHRISTIAN PERSPECTIVE

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- ▶ Why is life holy?
- ▶ We believe that it was God who created us in God's image
- ▶ Humans were lifeless until God breathed life into them
- ▶ Our breath is the breath of God
- ▶ First miracle that happens to humans is that we take that first breath and that is the last act we do
- ▶ How we live is the freedom God gives us
- ▶ That brings us to how we treat our bodies
- ▶ Even if you are not a person faith, you only have one life and one body

# WHY IS IT DIFFICULT TO KEEP IT HOLY

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- ▶ The definition "holy" varies in our culture and it has eroded over the years
- ▶ Take a look at how we Christians treat the Holy Book
- ▶ Take a look at the Jewish community
- ▶ Generally speaking we have become more complacent and casual about everything. From the way we dress to how we treat elders
- ▶ We have been losing how we use to integrate holiness



# FOOD

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- ▶ This is one example
- ▶ Are there any formal dinners anymore at home?
- ▶ Look at the way we prepare and buy food
- ▶ It is made so that we can walk, stand, be driving and eating

# EXTREME VS. EXTREME

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- ▶ Health Nut
  - ▶ Food
  - ▶ Exercise etc.
  
- ▶ Typical Consumer
  - ▶ Non-healthy food
  - ▶ Not adequate exercise etc.
  - ▶ Bad habits: Tobacco, alcohol and other drugs

# A CUMULATIVE EFFECT

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- ▶ Everything we put in our body effects us
- ▶ Air that we breath
- ▶ Water that we drink
- ▶ Sugars
- ▶ Salts
- ▶ Artificial food or Engineered food



# TODAY'S HEALTHCARE

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- ▶ It is one of the most complex issues in the world
- ▶ It divides us politically, philosophically and spiritually
- ▶ There are faith that do not use any type of medical intervention
- ▶ Faith's that will agree to a heart transplant
- ▶ Now they are working on a head transplant
- ▶ At what point do we stop being the human that we were created?
- ▶ When we reach 50% of ALL of our parts are not something we were not born with?

# TODAY'S MEDICINE

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- Creates an ethical, moral and a spiritual dilemma
- Do we PROLONG life or PROLONG death?
- Do medical interventions such as ventilators, High Flow O2 equipment and transplants of organs give quality of life?

# DEATH CAN BE VAGUE

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- ▶ There are two primary ways that death is defined
- ▶ Cardiac
- ▶ Brain



# DECISIONS TO BE MADE PRIOR TO DEATH

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- ▶ Do you know that the chances of you needing a decision maker is high if you end up in a hospital. (MPOA)
- ▶ If you do not have designated anyone the physician has a list that they go by as provided by the State Law
- ▶ If no one is available, DHHR will make decisions
- ▶ Do not assume the one's closest to you will make the decision you want made for your life
- ▶ A doctor must tell you ALL the options including no treatment
- ▶ Most medical interventions are suppose to be temporary !!

# ETHICAL AND MORAL DILEMMA

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- Conflict arise when
- Families disagree with each other
- Families disagree with the proposed treatment
- Religious and spiritual issues maybe violated for a certain treatment

# CONSIDER TALKING TO GOD

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- ▶ You identity...
- ▶ Since it is a political season...Are you a son/daughter of God first or the political party to which you belong?
- ▶ Have you accomplished what you feel God has called you to?
- ▶ Have you forgiven and received forgiveness?
- ▶ Have you told that person you love them?
- ▶ Have you let go of you grudge? Etc.
  
- ▶ Is God part of your health?
- ▶ Is God part of your death?