

BLUE FIRE HEALTH

Medicine for the Soul

What is Blue Fire Health?

Blue Fire Health is an wide-ranging examination and redefinition of health from the position of the individual self, embracing the broader archetypal and spiritual dimensions that both influence and direct it.

How does Blue Fire Health achieve this?

Blue Fire Health explores many disciplines in an educative and experiential manner to define the emerging health paradigm and its relationship to our attitudes, values and beliefs.

An educational approach is utilised in differing formats, from lecture and seminar to workshop and retreat. This approach increasingly uses interactive and experiential methods so that any changes can be appreciated beyond knowledge in a more integrated, empowered and transformative manner.

What is the outcome?

The participant will learn and gain:

- ☒ A different and broader understanding of health with the knowledge of how to utilise this information to their best interests
- ☒ How to manage matters of health, healing and personal power in a more authentic and insightful manner under their own self-control and determination
- ☒ That health connects to a fundamental sense of self, or soul, and how this connects to attributes such as creativity, wisdom and leadership
- ☒ How the spiritual dimension impacts on all of this... and more

Is there a broader outline of Blue Fire Health?

In summary...

- ☒ A revised perspective on health and wellbeing is essential for personal growth, self-belief and integrity.
- ☒ Blue Fire Health uses modern and complementary medicine, depth psychology and comparative spirituality in an educative and experiential manner to define the emerging health paradigm.
- ☒ Blue Fire Health resurrects the ancient art of alchemy in a modern way to provide a creative framework for a spiritual sense of self and a revised definition of soul that meets the demands of our times, and serves as a blueprint for us as teachers, mentors and leaders.
- ☒ Blue Fire Health provides a unique and transformative product that guides and informs **all** those involved in this process.

Now read on...

BLUE FIRE HEALTH

Medicine for the Soul

Blue Fire Health is based on a new, yet also ancient, conception of medicine and medical practice. Medicine is returned to its role as a provider of “a spell, charm, or fetish believed to have healing, protective, or other power”. Rather than managing or tending illness and disease, we at Blue Fire Health (BFH) see medicine in terms of healing and power. We are not managers of disease, death and dying but educators and nurturers of health.

BFH restores medicine to its holistic roots; as a tool to treat and manage ailments of both body and mind that is deeply rooted in the mystery of existence and the spirituality that invigorates life. When embedded in this broader vision, the individual self, or soul – unifying body and mind – undertakes the journey of life with deeper and richer senses of inspiration, passion and meaning. For those in BFH, medicine's purpose is to provide the soul with direction and to enable the fulfilment of the soul's agenda, or life purpose, through accepting and embracing risk and adversity in the journey of self-actualisation.

BFH treats the journey of life as the unfolding of a personal narrative. Our lives are magical stories rich with symbol, imagination and creativity; not mere events strung together. Challenges and difficult experiences, such as disease, grief and rejection can become crucial parts of our story of personal growth, integration and health if only we can grasp their deeper significance. This perspective is, itself, empowering and leads to a greater strength and integrity through using the changes and deeper transformations such experiences have upon us to deepen, enrich and harmonise our stories of ourselves.

Undertaking life as a story being written as we traverse it provides the ability to deal with stress in a balanced and grounded manner, as we are both involved in and direct the process. Such a confident perspective, itself born of the stress and challenges of life, leads to an honest and authentic sense of self, especially when supported by sound nutrition, exercise and spiritual practice. This does not lead to a withdrawal from life, but to a deeper relationship with existence at both the personal and social levels.

Although an authentic existence is fundamentally self-taught, demanding honesty, integrity, self-responsibility and personal discipline, the support of others is essential. These include valued individuals within the family and community, especially those who take up specific roles in our lives, such as teachers and mentors.

Ultimately, however, the core commitment is to taking responsibility for our personal growth and self-development and trusting in the life process and its inherent wisdom, despite the fear and anxiety this might provoke in us.

A revised perspective of health and wellbeing is essential for personal growth, self-belief and integrity.

Modern medicine's focus on illness and disease is pathological and fear-driven. While those engaged in *alternative medicine* have revived the concepts of health and wellbeing, they often lack an adequate appreciation of the historical and spiritual traditions that are fundamental to traditionally-based medicine.

The terms themselves must be revisioned. *Health*, can be reconnected with the old English word 'hal' which, in turn, must be understood as synonymous with *whole*, *hale* and *hearty* and, going further, used to evoke *holistic* and even *halo*. This perspective on health emerges from deeper patterns and embraces illness and wellness in a unified – whole – state: We can't know one without knowing the other. Wellbeing is more correctly 'being well', where the focus is on *being* and the process of health.

For BFH, health embraces both the wellness and illness states. A focus on the latter maintains continuity with modern medicine, but this is achieved in a more comprehensive and creative light. This perspective takes us away from the mechanical, rational and narrow scientific attitudes that dominate medicine, and unites the deeper patterns of health and the process of wellbeing with the structures of modern medicine. The consequence is that medicine becomes more personally available to the individual pursuing authentic health.

Taking control of our health in this manner requires self-discipline and self-responsibility, yet it is also personally empowering, and requires both honesty and integrity. Most importantly, this perspective reveals that power, in all its forms, is an essential component in the process of being well and is not to be ignored or eschewed.

BFH's holistic definition of health includes both the more limited one to which we are accustomed and extends to other, interconnecting, patterns. The relationship with the doctor, therapist or healer is an integral component of health delivery. The setting in which health services are delivered is important though usually neglected in the modern setting. In addition, the somewhat vexed term of healing itself must be redefined and included in a broader picture of holistic health.

Crucially, the suffering associated with illness and disease must be accepted as a teacher. So, too, must experiences such as the grief over the death of a loved one, the psychological trauma of rejection, or the experience of isolation and despair. Providing we trust the process and the various guides and guidelines that assist us through it, these *teachers* lead us to a deeper appreciation of ourselves in an inwardly focussed or intrinsic manner, allowing us to return restored and renewed.

This process of self-examination and personal growth leads to a truly meaningful sense of self and culminates in strengthened self-belief. This translates into all aspects of our lives. A revisioning of our own health is not the only effect of this new approach to modern medicine, as, through the BFH approach, health issues can be used as a profound initiator in our journey toward integration and authenticity.

Blue Fire Health uses modern and complementary medicine, depth psychology and comparative spirituality in an educative and experiential manner to define the emerging health paradigm.

BFH engages with modern medicine in a critical manner and as a means to develop our own health profile, all the time ensuring that this profile remains under our personal direction. BFH's more balanced and integrative approach to modern medicine enables an investigation of its relationship with other medical and complementary health disciplines.

Modern psychology is also approached critically. Particular attention is paid to those forms of depth psychology that connect with the wisdom of ancient traditions through an engagement with religion or mysticism, mythology and phenomena such as dreams, vision and creativity. Arts such as alchemy and astrology, as well as the medical and psychological disciplines of other cultures, are also used to broaden and deepen the overall perspective.

The exploration does not end there, however, as the insights gained from other disciplines, such as neuroscience, anthropology, sociology and modern physics, demand inclusion in any model that will provide real guidance. Yet the overall focus remains on personal health and its relationship to our fundamental, or core, attitudes, values and beliefs.

BFH's principal tool for promoting its new perspective is education. Information and

knowledge are imparted in a creative yet systematic manner. The form of education adopted by those involved in BFH is essentially that of guide, teacher and mentor (in the genuine sense). We reject the mechanical or robotic use of knowledge and seek to instil self-responsibility and insight by providing supportive information in a creative and ritualised manner.

BFH's approach progresses from the scholarly format of lecture and seminar to the more interactive style of workshop and the more intensive experiential approach of retreat. In a retreat, ritual and ceremony provide the framework for deeper levels of personal involvement and commitment, with the potential for change to develop into more authentic transformative and life-changing experiences.

This approach demands different levels of intelligence. The intelligence associated with rational thinking may be relevant at the mundane level of the physical. This is the domain of conventional medicine, with its causal, reductive and quantitative orientation. BFH, however, requires a broader understanding for its expanded vision of health. Emotional intelligence is needed at the deeper level of self or soul, as this is a prerequisite to being grounded in this domain. Intelligence is truly holistic and inclusive of all other levels when it comes to the spiritual realm. Thus, we must recognise another form of intelligence: spiritual intelligence. Each of these levels of intelligence is subject to its own rules of understanding or knowledge.

Blue Fire Health resurrects the ancient art of alchemy in a modern way to provide a creative framework for a spiritual sense of self and a revised definition of soul that meets the demands of our times, and serves as a blueprint for us as teachers, mentors and leaders.

Alchemy and shamanism – the discipline under which authentic traditional medicine is known – have a long history in the healing arts and their disruption and negation is relatively recent. Many commentators have recognised the place and relevance of these disciplines, confirming their role in promoting health and wellbeing.

Alchemy is commonly seen as involving the transformation of matter, specifically turning base metals, such as lead, into gold. Yet alchemy is deeply meaningful for understanding the inner process of psychological and spiritual transformation. Alchemy is without peer as a metaphor for inward contemplation, as it provides supportive maps for the personal material unearthed in the self-examination process. Alchemy's connection with medicine has been profound, and this is why BFH has chosen an alchemical approach in developing the experiential processes used in workshops and retreats.

To date, the term *self* has been used to represent the innermost core of our personality, the one from which our fundamental attitudes, values and beliefs stem. In many ways, this modern rendition of *self* can be considered synonymous with the traditional use of 'soul'; a position adopted by those involved in BFH.

The inner core perspective of self or soul connects with a religiosity or spirituality that is the source of our values and beliefs. We discover these, allow them to take shape within us, often in a creative or imaginative form and, in turn, recognise them by their emotional and physical effects on us. These values and beliefs form our sense of place, purpose and meaning in life. We are now at the authentic centre of our being and the healing and power we engage there will direct us into the roles of teacher, mentor or leader.

While leadership, and its associated qualities of performance and excellence, has received the greatest attention in recent years, it is important to recognise that leadership depends upon other associated roles. While some leaders may provide their own internal

mentorship, leaders are more likely to be effective if they also have an external mentor figure. It is impossible to be all things to all people; so, we must recognise the need for us to find our place in our own and other people's lives. As we engage with ourselves authentically, our purpose or vocation will become clear and the balance, or mix, of roles that reflect our self, or soul, will become apparent.

Our need for connections, such as a leader needs for connection with a mentor, does not represent a limitation or failure, as we are validated through the network of connections and personal relationships we form. While we receive levels of support from spouses, family members, friends and colleagues, we also need to form relationships of a more archetypal nature, such as those of teacher or mentor, or even artist, visionary, mystic or rebel.

We are multifaceted beings, both within and without. Yet, just as a home has many rooms that serve differing purposes and in which we behave somewhat differently, there remains the unified core that is the home and the sense of *belonging together* it invokes. It is this belonging together that we pursue through Blue Fire Health.

*Blue Fire Health provides a unique and transformative product that guides and informs **all** those involved in this process.*

Blue Fire Health delivery is...

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With others in various capacities as research and support