

SUBJECT: The Concepts of Body, Mind and Spirit Informed by Osteopathic Philosophy

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REFERRED TO:

Check one:

- Resolution is intended for Arizona Osteopathic Medical Association
 - Resolution is for consideration of the American Osteopathic Association House of Delegates
 - Resolution is intended for both the Arizona Osteopathic Medical Association and for consideration of the American Osteopathic Association House of Delegates
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Whereas, the Tenets of Osteopathic Medicine acclaim that, “The body is a unit; the person is unit of body, mind and spirit,”¹ now, therefore be it,

Resolved, that

As Osteopathic philosophy describes the body as an aggregation of inert atoms, the concept of “body-mind-spirit” can be described with modern scientific language:

- The “body,” including the brain, is an aggregation of inert atoms from Earth’s environment.
- “Spirit” or “consciousness” likely does not arise from the inert atoms that are aggregated to form the brain but may be a form of energy that was released during the Big Bang that did not become atoms. Approximately 5% of the energy released during the Big Bang became matter, became atoms, therefore 95% of the universe could be described as “non-material”² and yet to be methodically evaluated by modern science.
- “Mind” arises from the interaction of the material body and brain and the non-material consciousness or spirit.

A metaphor for body-mind-spirit is that:

The body and brain are like a saxophone, an aggregation of atoms whose structure and function are related,

Spirit, or consciousness, is like the wind blowing through the saxophone to produce,
Mind which is like music which is a vibration in environmental matter containing information that results from the interaction between the body and consciousness, and be it further

Resolved that,

Osteopathic philosophy applied to current scientific evidence suggests a new paradigm of biological sciences which explores the concept of spirit or consciousness, that within organisms which is non-material, which interacts with but is not made of atoms.

References

1. Seffinger DM. (2018) Foundations of osteopathic medicine (4th Ed.). Lippincott Williams and Wilkins.
2. Papers Submitted to Astrophysical Journal from Wilkinson Microwave Anisotropy Probe : https://wmap.gsfc.nasa.gov/universe/uni_life.html