

Centre for the Humanities and Medicine
The University of Hong Kong

Convergence and Collisions: Disease, Religion, and Healing in Asia

**Integrative Eastern Body-Mind-Spirit Healing - Arts and Science of
Acceptance and Transformation of Pain and Suffering**

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Disease, frailty, disability and dying are painful, stressful, uncomfortable, and agitating. Despite old age and death are inevitable processes in living, people do hope that one can stay young, energetic, cheerful and happy all the time besides enjoying longevity. Western positivistic treatment focuses on an antagonistic stance of fighting the disease and treats illness as an enemy. Eastern integrative healing philosophy emphasizes on holistic harmonization of bodily strengths and energies. Ill health is seen as system imbalance which can be restored. Endurance of pain and suffering are seen as virtues in life. A reflective mechanism of acceptance can help foster a process of transformation from pain and suffering into enlightenment and peace of mind. This presentation will share arts and science of an integrative eastern body-mind-spirit healing in Hong Kong.