

# Mental health through spiritual insight and an holistic approach to addressing suicide and self-harming

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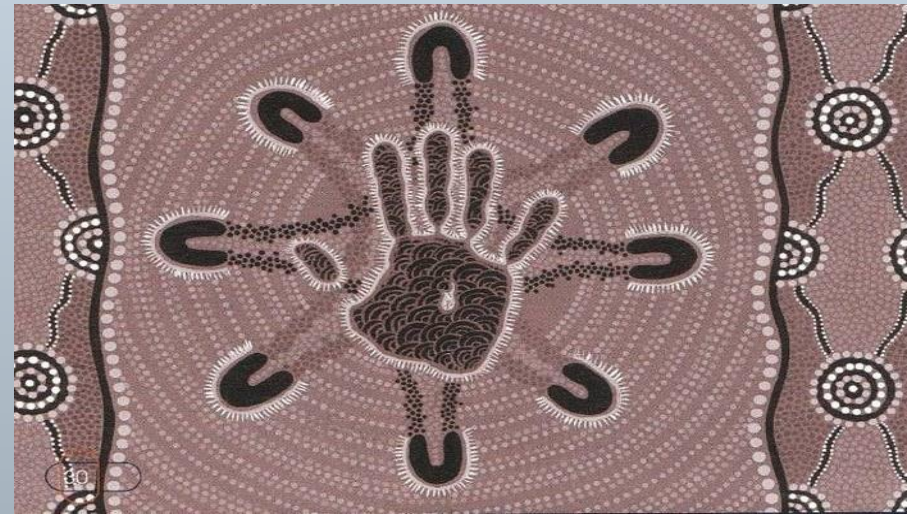
Kingston, TASMANIA, AUSTRALIA, 7050

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# Acknowledgements

I acknowledge God in our midst, the traditional custodians of this land, those who have ended their lives through suicide, and those left behind.



# Australian Bureau of statistics

## Deaths By SUICIDE

2010 : **2,361** lives lost

2013: **2,522** lives lost

2014: **2,864** lives lost

2015: **3,027** lives lost

## Motor Vehicle Deaths

2010: **1,503** lives lost

2013: **1,298** lives lost

2010: **1,153** lives lost

2015: **1,209** lives lost

# Spiritual distress

(distress of the human spirit), a nursing diagnosis....the cause of the condition may be separation from religious or cultural ties or a change in beliefs or value system, intense suffering, severe stress, or prolonged treatment. The defining characteristics include stated anger against the deity or questions about the meaning of the suffering being experienced.

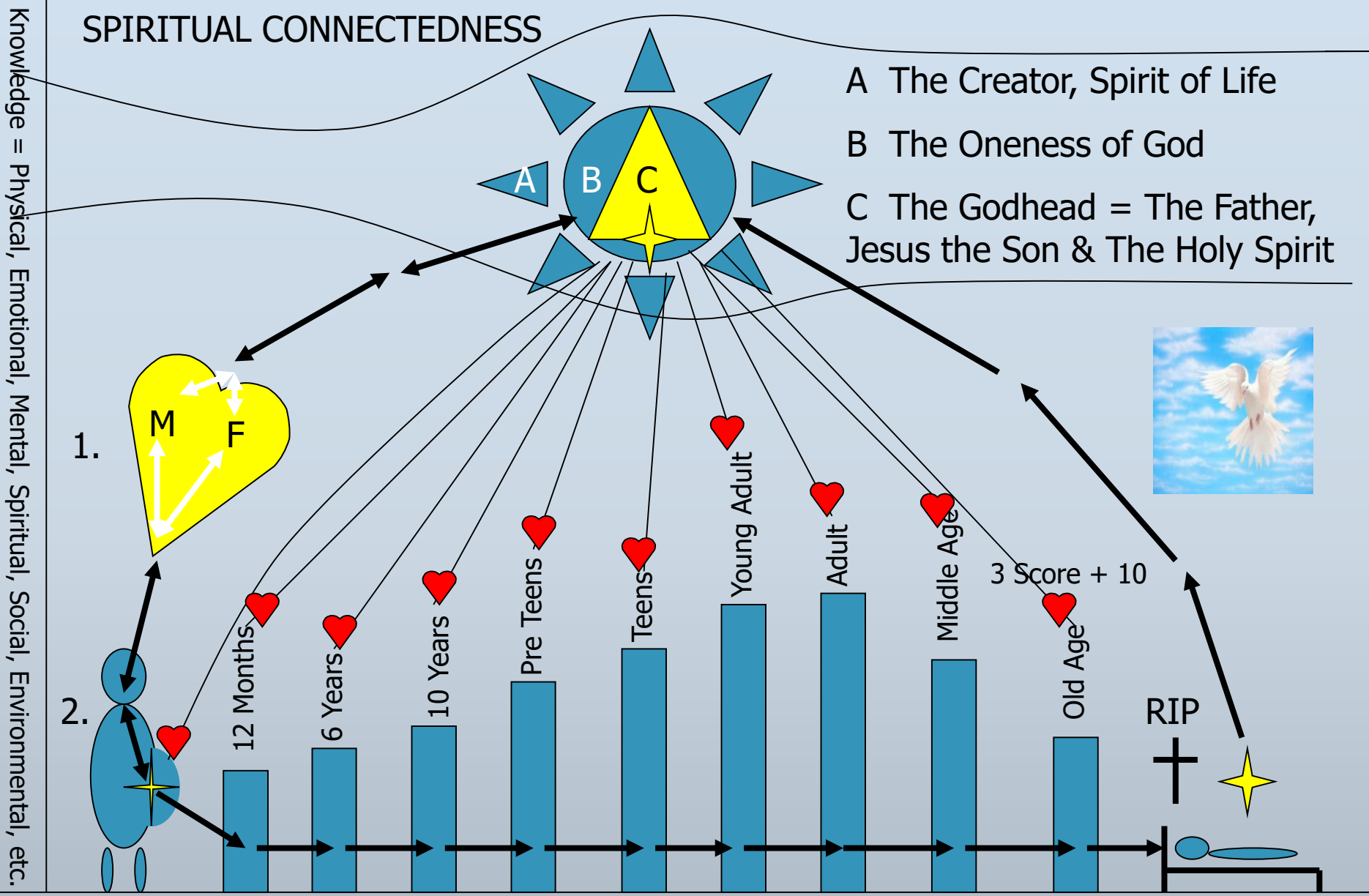
# Underlying causes of mental health issues \* contributing to self-harming and suicide

Underlying causes may be due to:

1. Physical, verbal, emotional, sexual and/or social abuse in childhood, in adolescence, or as an adult – (including bullying) & resulting in crippling, chronic fear and timidity, disempowerment, insecurities, worthlessness, shame, guilt and remorse
2. Other behaviour that has caused unbearable shame, guilt or remorse
3. Unbearable losses- a loved one, a home, a job, a body function, (others)
4. Insurmountable problems with relationships and/or finances
5. A sense of not belonging, loss of culture, or a lack of purpose in life
6. Addiction to illicit drugs, prescription medications, alcohol, sex, gambling, violence or crime
7. Intractable, chronic, physical pain or terminal illness, (and others)

# SPIRITUAL CONNECTEDNESS

- A The Creator, Spirit of Life
- B The Oneness of God
- C The Godhead = The Father, Jesus the Son & The Holy Spirit



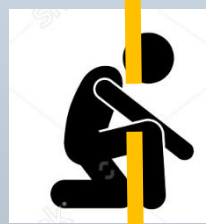
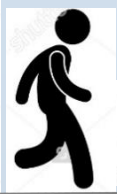
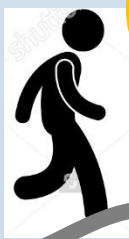
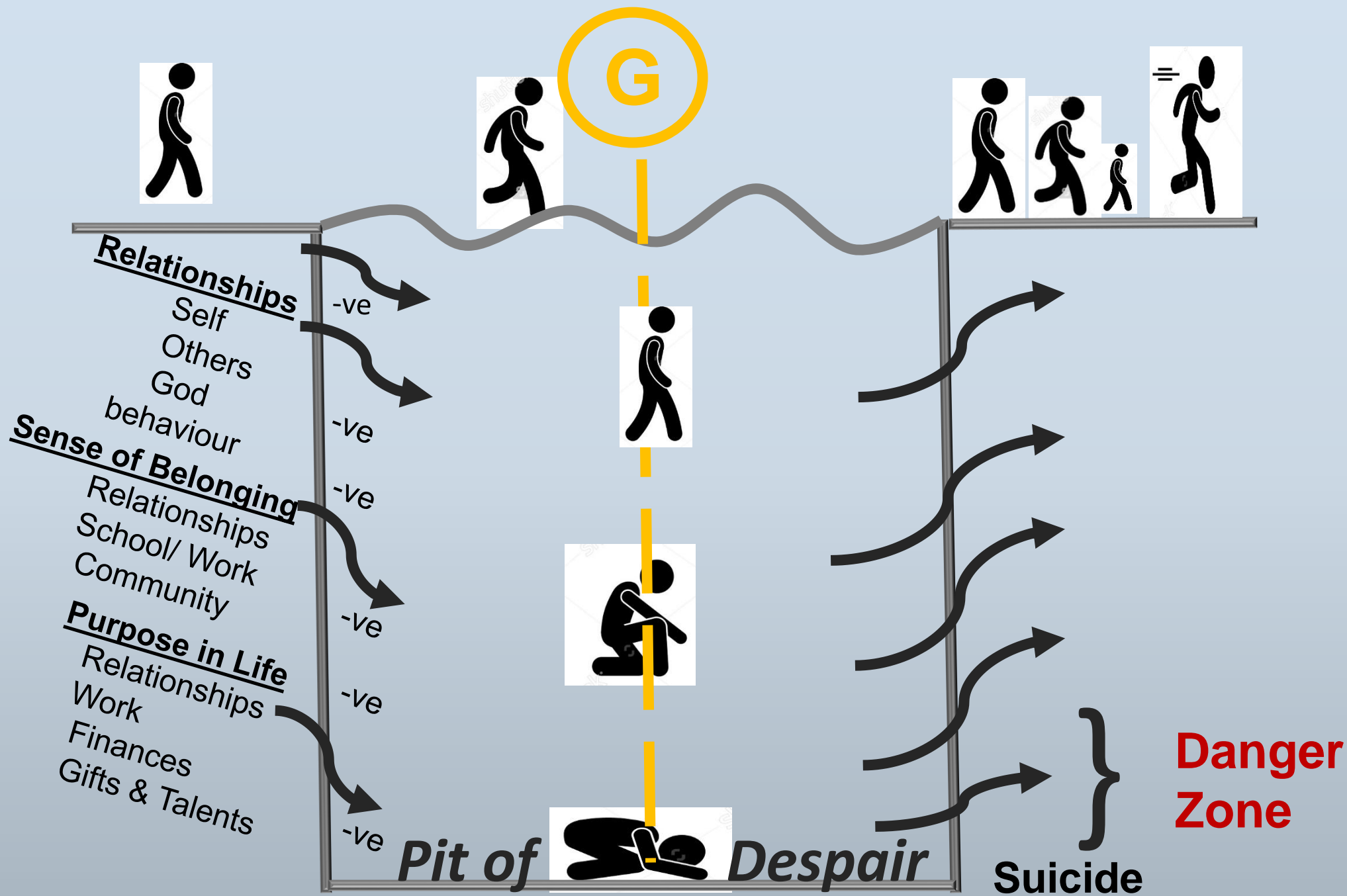
Knowledge = Physical, Emotional, Mental, Spiritual, Social, Environmental, etc. =

Birth      3.      4.      5.      6.      7.      8.      9.      10.      11.      Death

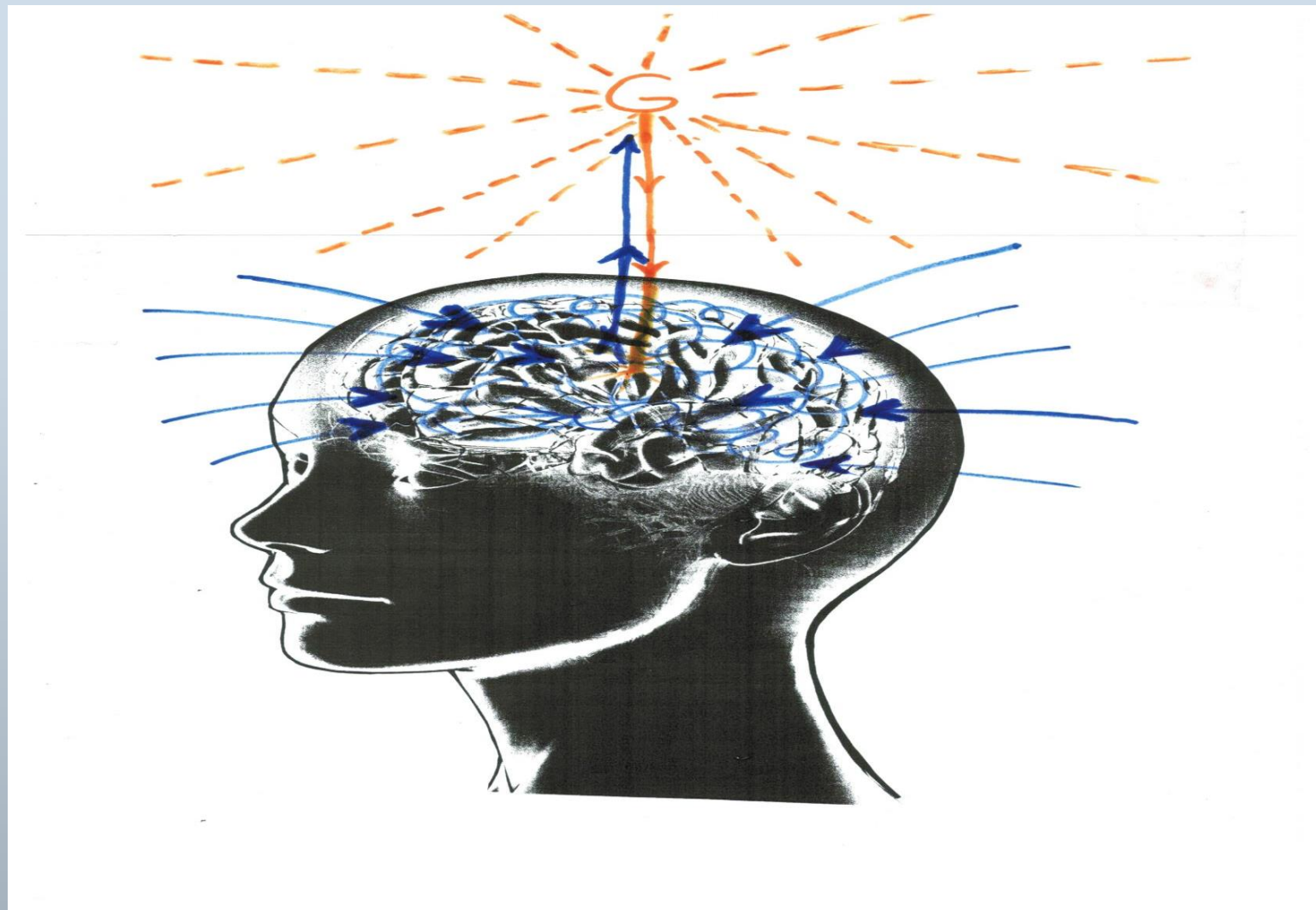
Formative Years - Sexual Awareness - Search for Meaning - Self Actualization

## The JOURNEY of LIFE

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# The Congested Mind





# Spiritual Warfare

Spiritual warfare is the battle within the human mind, triggered by conflicting thoughts of good and evil, right and wrong, truth and falsehood. Also known as cognitive dissonance.

## New Testament reference:

“My brethren, be strong in the Lord and in the power of His might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armour of God, that you may be able to withstand in the evil day....”

Ephesians 6:10-18 by Paul of Tarsus approx. 48AD

# Drugs & Suicide



4 Years of use

*Never be afraid to trust an unknown future  
to a known God*



# A New Era in Medicine

“I firmly believe that we are on the brink of a great new era in medicine; a time when health professionals will begin to help people regain (gain) control over their lives by providing them with the spiritual tools to maintain health and wellbeing, and thus enable them to take maximum advantage of the healing power that faith can give us all.”

Harold G KOENIG, MD,  
‘The Healing Power of the Mind’ (1999)

Director of the Centre for Spirituality, Theology & Health  
Professor of Psychiatry and Behavioral Sciences  
Duke University  
Durham, North Carolina

# Spiritual Tools

1. Belief and faith in God – the Creator Spirit
2. Knowledge of God and His rules for life
3. Knowledge of the power of prayer
4. Knowledge of the ministry of reconciliation
5. Knowledge of the spiritual realm and spiritual warfare
6. Knowledge of how to love self, others and God
7. Knowledge of the sacredness of life

# Mental health through spiritual insight is based on New Testament Scriptures:

***“There is a natural body and there is a spiritual body.”***

1 Corinthians 15:44, NT (Paul c50AD)

**The 2 new commandments from Jesus based on love:**

- i. Love the Lord your God first, with all your heart, soul, mind and strength***
- ii. Love your neighbour as your self.***

Matthew 22:35-40, NT (Jesus c27-29AD)

***“All things are of God who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation.”***

2 Corinthians 5:18, New Testament (Paul, c50AD)

***“God has not given us a spirit of fear but one of power, and of love, and of a sound mind.”***

2 Timothy 1:7, New Testament (NT)

(Paul of Tarsus, c48AD)

# *Fear.....cripples lives*

*Fear = fight, flight or paralysis (survival or destruction)*

***“God has not given us a spirit of fear, but one of power, and of love, and of a sound mind.”***



**Paul of Tarsus, 48AD, 2 Timothy 1:7, NT**

# Definition of Spirit and Soul

**Spirit** – 1. the principle of conscious life, the vital principle in man, animating the body or mediating between body and soul. 2. the incorporeal (not matter) part of man; present in spirit though absent in body. 3. the soul as separable from the body at death.

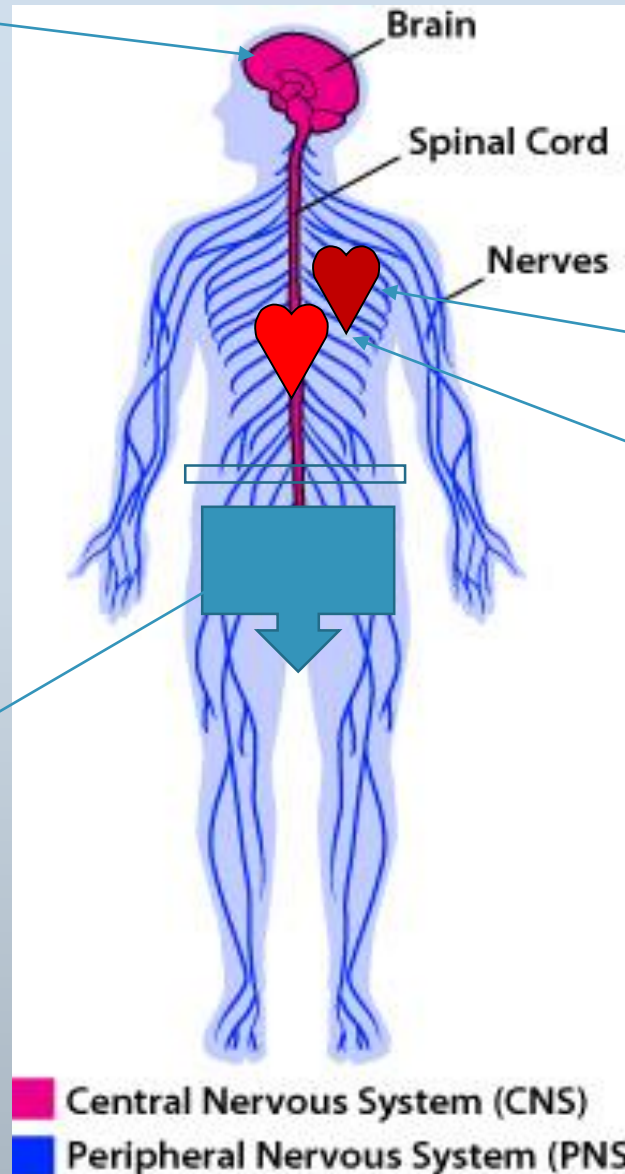
**Soul** – 1. the spiritual part of man regarded in its moral aspect, or as believed to survive death, and be subjected to happiness or misery in a life to come. 2. the emotional part of man's nature; or the seat of the feelings or sentiments. 3. the animating principle or essential element or part of something.



# physical and spiritual

## Mind

- The natural body and the spiritual body co-exist to maintain life within the being
- Life ends with the separation of the spirit and soul from the body
- Sexual organs, **sexual feelings**, & body elimination region



- The six senses of taste, touch, sight, hearing, smell & gut reaction (intuition), through our intellect and world view produce our responses to life

Physical heart

**Emotional centre – feelings (spiritual heart)**

- The total being is:
  - physical
  - mental
  - Spiritual

Sight

Smell

Taste

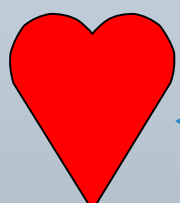


Hearing

Touch



Intuition



gut reaction

**Input into our brain & mind  
is from our six senses.**

# Thoughts, emotions, attitudes & behaviour

Visual impact on thoughts – i.e. lusting, coveting, envying, resenting, hating, appreciating, loving etc.



Audio impact on thought from the spoken or sung word or from sounds

Thoughts impact on emotions, feelings & attitudes

produce

Behavioural responses







# Mother and child



# Old Testament Warning

Deuteronomy 5:29, Old Testament

“Oh, that they had such a heart in them that they would fear Me and always keep all my commandments, that it might be well with them and with their children for ever.”

Moses, Approx. 1440 BC

# Reclaim the Sacred



Indigenous  
40,000 YRS BC Approx

Adam + Eve  
6000 YRS BC Approx

Abraham  
3000 BC Approx  
Ishmael = Islam  
Issac = Judaism - Christianity

Moses 10 Commandments  
1440 BC Approx  
Judaism

Jesus  
29 AD  
2 love commandments  
Reconciliation  
Christianity



RCC 380 AD

Islam 612 AD  
Religious confusion

Dutch  
1606 AD

1st Fleet/Colonization  
1788 AD

21st C  
Chaos

Reconciliation

Indigenous  
confusion

21st C  
Chaos

Religious  
Spiritual

Spiritual



# Reconciliation and the path to peace



**There is one God and one Mediator between God and men, the Man Christ Jesus, who gave Himself as a ransom for all, to be testified in due time.** 48AD, Paul of Tarsus, 1 Timothy 2:5, NT

# The Human Spirit

The human spirit comes from God and is of God.

Ecclesiastes 12:9, OT, King Solomon, 930BC

*“The fruit of the spirit is love, joy, peace, patience, goodness, kindness, faithfulness, gentleness and self-control”.*

GALATIANS 5:22-23, Paul, app. 48AD

**“Now here is the conclusion of the matter: Fear God and keep His commandments, for this is the whole duty of man...”**

Ecclesiastes 12:13

# Reclaim the sacred

## Life in all of its forms is sacred:

- **The human body**

“Don’t you know the body is the temple for the Holy Spirit”! (1 Corinthians 6:19)

“Flee all sexual immorality” (1 Corinthians 6:18)

Sex is a sacred and deeply personal act

- **The Earth**

Be responsible stewards of the Earth and all that’s within it.

- **The Word of God** – living and powerful

# Implement a spiritual clean-up

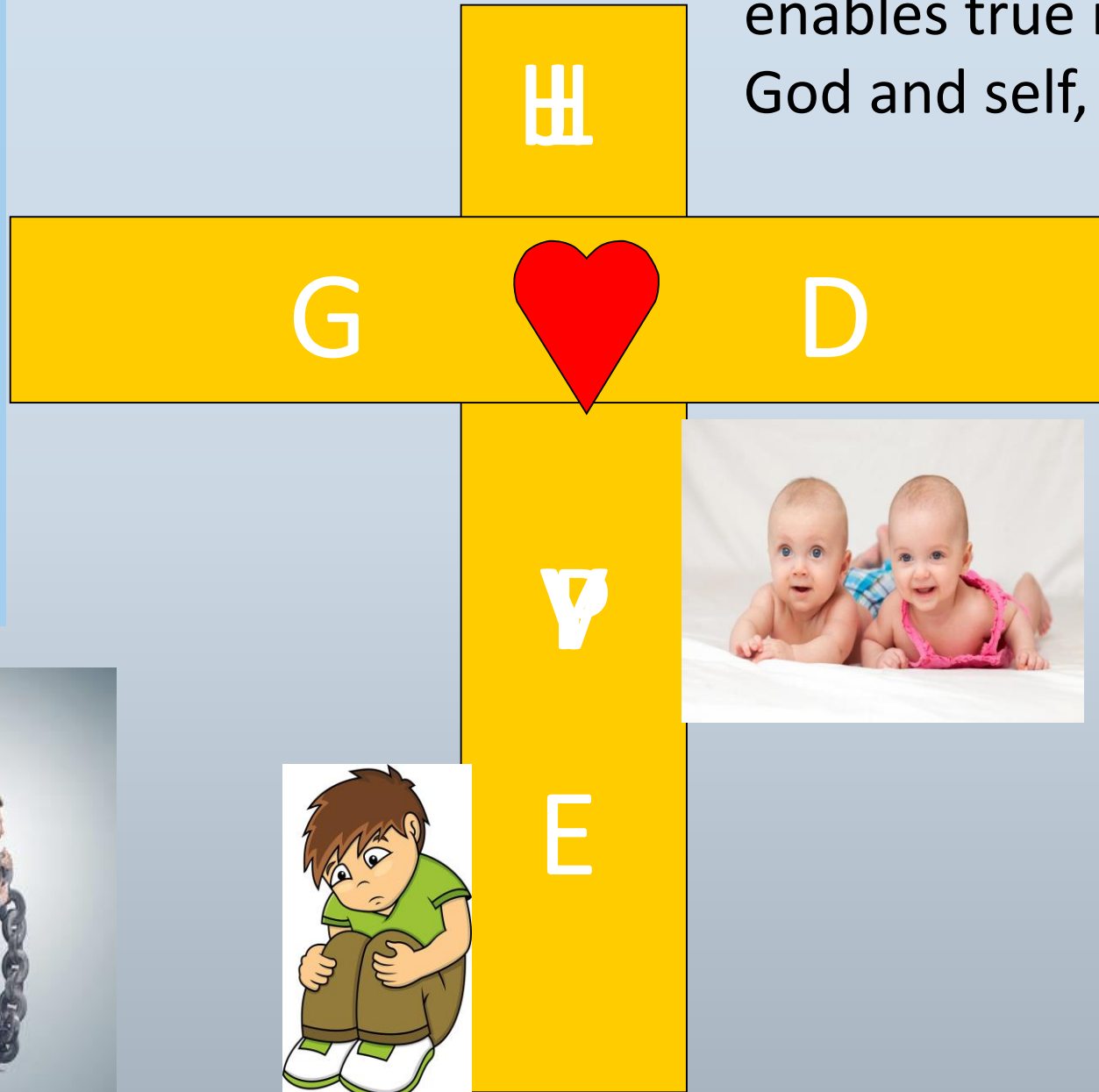
- ❖ Reclaim and promote the sacredness of life
- ❖ Advance an understanding of total wellbeing – physical, mental, and spiritual
- ❖ Acknowledge God, the Creator Spirit
- ❖ Acknowledge the role Jesus has in the peace process
- ❖ Acknowledge the healing power of God's Spirit
- ❖ Acknowledge the fact that we are all God's children

Hope is an anchor of our soul and God's love is the bedrock that secures it!

Jesus makes this possible.

Jesus takes our burdens and enables true reconciliation with God and self, through the cross

Jesus is a friend and companion throughout life



# Love underpins hope

Two vital sources of hope are faith and love.

*“Abide faith, hope and love....the greatest of these is love”*

1 Corinthians 13:13

- Our earthly source of love should come from family and friends
- The eternal source of love, available to every one of us, is God
- Knowledge of salvation and eternal life with God provides hope

*“This hope we have as an anchor of the soul.”*

Hebrews 6:19

*Where there is hope, life is worth living*

# Solutions for society

- Early intervention through spiritual insight
  - Educate parents-to-be of their responsibilities
  - Teach and enforce God's rules for life
  - Teach resilience and empowerment in young people
- Establish integrity and courage in leadership
  - Parents
  - Politicians
  - Religious leaders
- Make religious leaders and educators accountable for truth

# Solutions for Individuals\*

- Acknowledge the need for help and seek it
- Be open to change for personal growth
- Be prepared to deal with uncomfortable challenges
- Place a value on your self and be empowered - spiritually
- Accept that **all** human beings are faulty – including our self
- Open your mind and heart to God, His love and His Laws
- Forgive your self and others - reconciliation
- Learn to love unconditionally yourself, others, and God
- Nurture yourself – diet, relaxation, exercise, sleep,  
enjoyment, unconditional, loving relationships



# The Biblical definition of love

Love is from God. God is the source of love. God is love.

1 John 4:8

## ***Biblical definition of love:***

*Love suffers long and is kind; love does not envy;*

*Love does not parade itself, is not puffed up;*

*Does not behave rudely, does not seek its own, is not provoked, thinks no evil;*

*Does not rejoice in iniquity, but rejoices in the truth;*

*Bears all things, believes all things, hopes all things, endures all things;*

*Love never fails.*

1 Corinthians 13:4-8

# Reconciliation\*

“Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation.”

2 CORINTHIANS 5:18

Life as God intends it to be lived on Earth is dependent on loving relationships, religion, and reconciliation, based on truth.

# Reconciliation \*

- Reconciliation is about making our self right with God, with others, and with our self for inner peace
- Reconciliation restores relationships and friendships by removing barriers of negative thoughts, feelings and attitudes
- Reconciliation is fundamental to mental wellbeing and inner peace
- Reconciliation is a spiritual weapon against suicide and certain other mental health issues

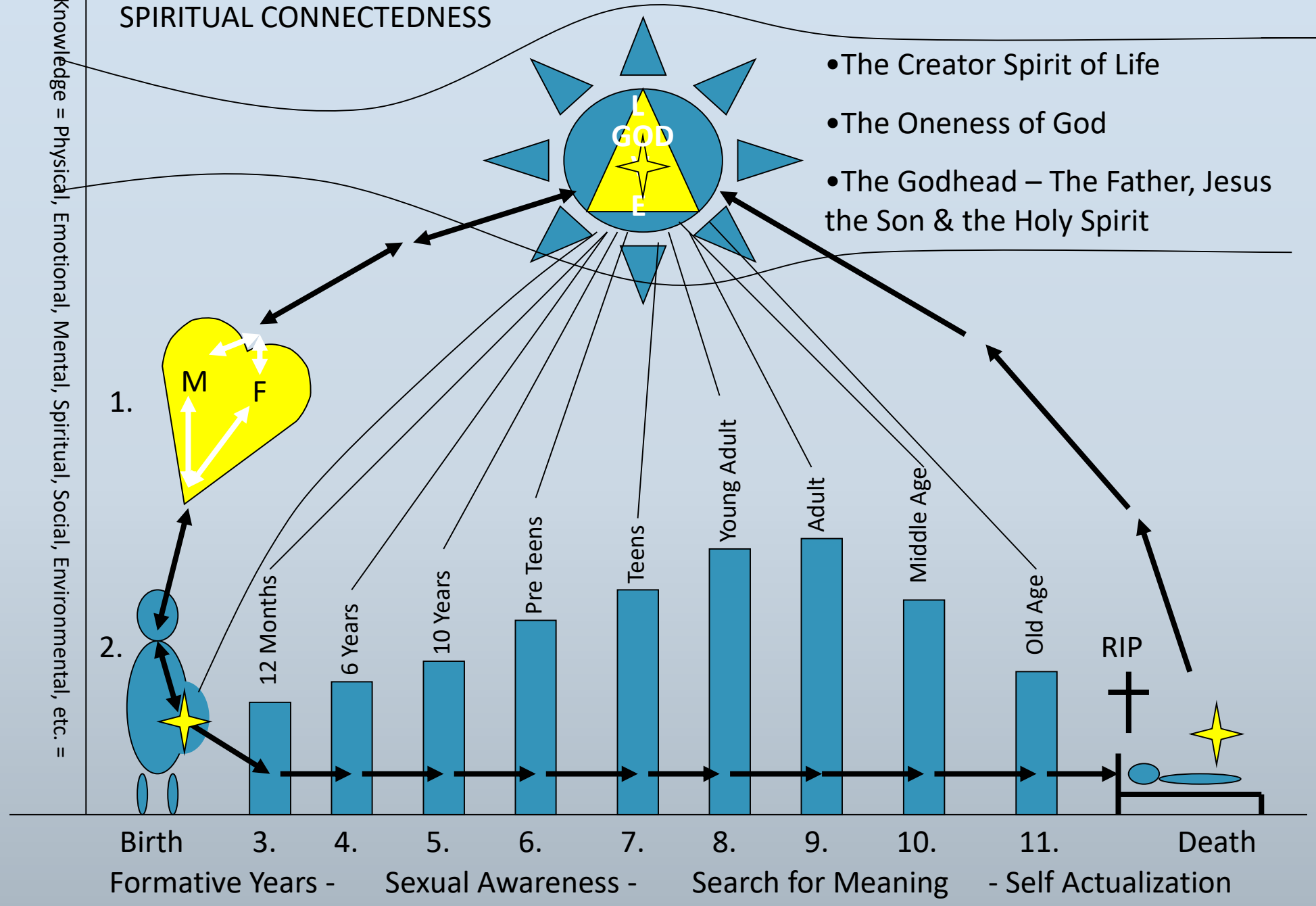
# Reconciliation

- **Renews our spirit by:**
  - Clearing our conscience (soul) from the consequence of sin
  - Bringing peace to our mind
  - Settling our emotions
  - Restoring our joy
  - Energizing our being
- **Reaffirms our humanness**
- **Reinforces the significance of forgiveness and love**
- **Restores hope through renewed relationships**

# SPIRITUAL CONNECTEDNESS

Knowledge = Physical, Emotional, Mental, Spiritual, Social, Environmental, etc. =

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- The Oneness of God
- The Godhead – The Father, Jesus the Son & the Holy Spirit

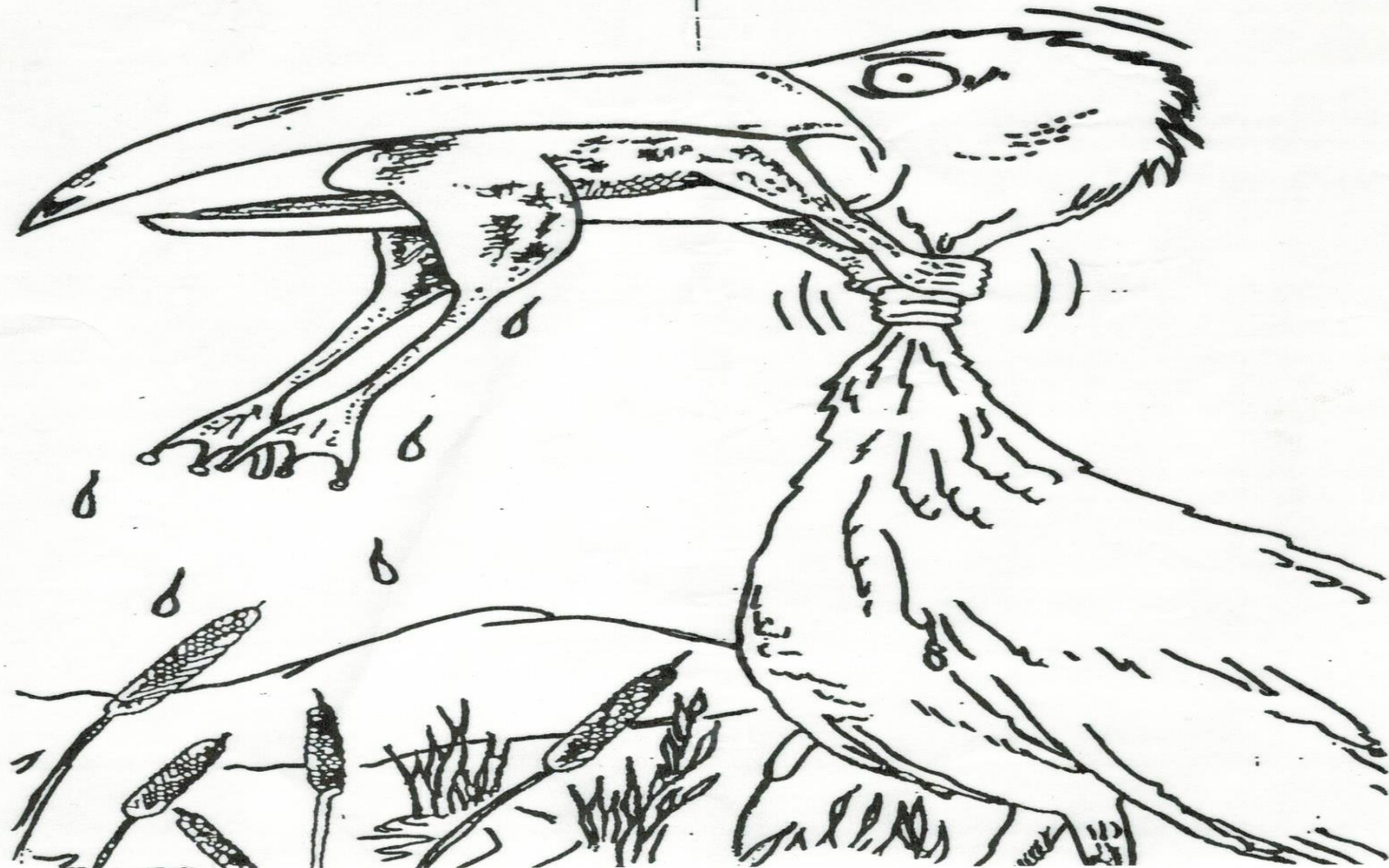


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Formative Years -      Sexual Awareness -      Search for Meaning      - Self Actualization

## The JOURNEY of LIFE and the spiritual dimension

NEVER NEVER NEVER GIVE UP



Nehemiah 8:10

*“The joy of the Lord is my strength”*  
*prayer, praise, and worship*  
*singing*  
*music*  
*dancing*  
*nurture through nature*

*“I will never leave you nor forsake you”*

Hebrews 13:5