

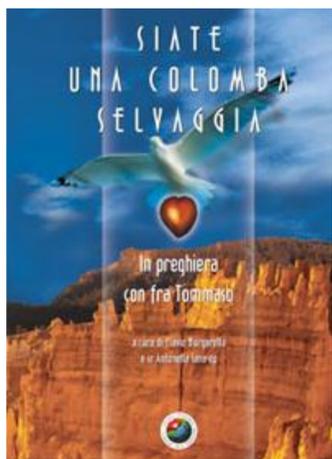
# Telehealth and the Medical Spiritual Dimension

**Telehealth** is a non-profit association that promotes the spiritual dimension of medicine. It operates through the Aid against the Suffering, the Development of the Impermanence, the Promotion of Healing and Non-local Healing (website: [www.telesalute.it](http://www.telesalute.it))



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The **Aid against the Suffering** is given through the teaching of spiritual practices such as mindfulness meditation directed to the **Acceptance of the Present Moment**. Other spiritual practices are also promoted, such as reciting the rosary as a prayer and the repetition of mantra. Specific issues for this purpose have been published by Telehealth, both in the form of books ("**Be a Wild Dove**", "**Praying with Friar Thomas**", "**When Love blooms**" and "**St. Mary of Olive Trees - words to relieve suffering**") and in the form of iconographic publications (images of **Friar Thomas from Olera** and of **St. Mary of Olive Trees**).



Be a Wild Dove

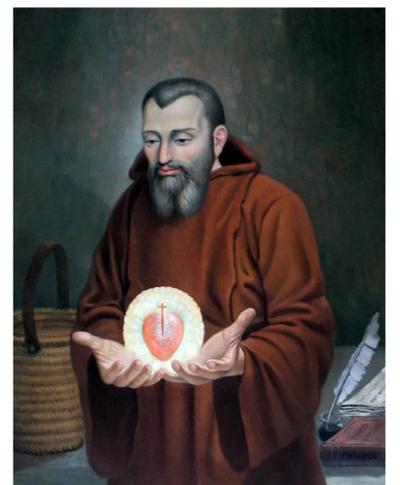


When Love blooms

The **Development of the Impermanence** is a quality that comes after a suitable period of practice of mindfulness meditation that leads to a **"Non-Attachment."** For this purpose the contemplative prayer of St. Teresa from Avila and St. John of the Cross is also proposed. As a consequence of the practice of mindfulness meditation, **Compassion and Feeling of Sharing** are spontaneously developed over time. Together with the Doctor Patient Education, they promote Healing. We intend for **Healing** a process which is fully internal within the patient and leads to optimize the care of his/her illness to the point of recovery or, if the illness is not curable, to accept it and live in a way as serene as possible.



St. Mary of Olive Trees



Friar Thomas from Olera

**Non-local Healing** is a research area for Telehealth: it includes the **Distance Prayer** as a practice favoring the **Healing process**. The most advanced research involves the **Transcendental Consciousness for Healing** and the Telehealth method is a technique for Spiritual Healing. It is based on an "at distance" evolution of **Sat Nam Rasayan**: here the Doctor becomes Healer, postulating the possibility of transcending time and space with the intention of healing during a particular meditative state.

