Humanistic Buddhism and Holistic Health Management

Lung-Tan Lu

Department of Management, Fo Guang University, Taiwan

ABSTRACT: Master Hsing Yun said that humanistic Buddhism has six characteristics: (1) human nature, (2) life nature, (3) altruism, (4) joy, (5) contemporary nature, and (6) universal relief nature. Among the six characteristics, life nature is closely related to the health of the whole person. When the World Health Organization (WHO) was founded in 1948, the definition of health was: "Health is a complete sense of physical, mental, and social well-being and not only the absence of disease or infirmity." This definition is the beginning of focusing on holistic health. Most people in the Western Christian world have a good understanding of the word spirituality, but it is difficult for believers in other religious faiths in the non-Christian world to grasp its meaning. This is also an important reason why most countries at the WHO meeting were unable to reach a consensus to include spirituality in the definition of health. Therefore, the concept of "spirituality" must be interpreted and integrated into the culture according to local characteristics in order to implement holistic health with local significance. Lu (2022) proposed a holistic health model that integrates three parts: (I) Dimensions: Physical, Mental, Spiritual, and Social, (II) Status: Health, Sub-health, Illness, and Recovering, and (III) Approach: Western medicine, Eastern medicine and Folklore Therapy, Religions and Beliefs, Sports and Martial Arts. This study explores religion in the third approach within the holistic health model, exploring its relationship within (I) Physical, Mental, Spiritual, and Social dimensions, and (II) states of Health, Sub-health, Illness, and Recovering from a perspective of Humanistic Buddhism.

KEYWORDS: Humanistic Buddhism, Holistic Health, Needs Theory, Religions, Spirituality

I. INTRODUCTION

Master Hsing Yun said that humanistic Buddhism has six characteristics: (1) human nature, (2) life nature, (3) altruism, (4) joy, (5) contemporary nature, and (6) universal relief nature. Among the six characteristics, life nature is closely related to the health of the holistic health. It teaches us everything about food, clothing, housing, and even walking, sitting, and lying down. There are even clear instructions on family and dependent relationships, participation in social and national activities, and so on. This is the hope that all sentient beings in the human world can have a complete, healthy and happy life (Master Hsing Yun, 2017a). When the World Health Organization (WHO) was founded in 1948, the definition of health was: "Health is a complete sense of physical, mental, and social well-being and not only the absence of disease or infirmity." In addition to staying in good physical condition and not getting sick, the mental, emotional, and social aspects are equally important to health (WHO, 2022).

At the 36th World Health Assembly in 1983, representatives from 22 countries formally proposed that spirituality be included in the definition of health. If the revised definition of health is adopted, it will be: "Health is a dynamic state of complete physical, mental, spiritual and social well-being and not merely the absence of disease or infirmity" (WHO, 1997). However, in the working group of the 52nd World Health Assembly in 1999, the participants could not reach an agreement on the term "spirituality". This last definition was not submitted to the 52nd session of the General Assembly for discussion (Eto, 2004; Simone and Parati, 2001).

In 1986, the World Health Organization (WHO) defined health promotion as " Health promotion is the process of enabling people to increase control over, and to improve, their health." at the first Global Health Promotion Conference held in Ottawa.. This definition emphasizes that health promotion is the process of empowering citizens to improve their health. At the same time, five action plans for implementing health promotion were also formulated. These include: (1) developing healthy public policies, (2) creating environments that support health, (3) strengthening community action, (4) developing personal skills and (5) redirecting health services.

The Helsinki Statement emphasizes health in all policies, including: (1) developing the need for and priorities for cross-sectional health policies, (2) planning action plans, (3) identifying support structures and processes, (4) ensuring monitoring, evaluation, and (5) people and capacity development published by the 2013 Global Health Promotion Conference (WHO, 2014). The Shanghai Declaration emphasizes that good governance is critical to health and that cities and communities are key places to achieve health

and can enhance health through health awareness and empowerment. The 2016 Global Health Promotion Conference in Shanghai followed the hope of achieving health equality for all citizens (WHO, 2016). The above definitions and statements emphasize the three basic spirits of health promotion, namely empowerment, advocacy and mediation, which can serve as an overall thinking framework for health promotion.

II. HOLISTIC HEALTH MODEL AND HUMANISTIC BUDDHISM

In the definition of health given by the World Health Organization (WHO) in 1948, holistic health only includes body, mind and society, and does not include "spiritual". Most people believe that the absence of disease means health since ancient times. This dichotomous concept of health has been gradually replaced by the concept of "holistic health" since the end of the 20th century. The concept of whole-person health includes: (1) Physical health refers to the normal functioning of various organs and systems of the human body and sufficient functions to meet the needs of daily life; (2) Mental health refers to the ability to think and state one's opinions clearly and thoroughly. Emotions and the ability to deal with stress, sadness, and anxiety; (3) Social health refers to the ability to maintain harmonious relationships with others and happily integrate into social systems (Clark, Drain, & Malone, 2003). As the Hong Kong Hospital Authority defined holistic care, it also emphasized that health should be understood from a holistic perspective, and pointed out that the so-called holistic care includes all aspects of body, mind, society, spirit, culture and environment (Hospital Authority, 2001) . Health is generally divided into three states: healthy (first status), sub-healthy state (second status) and patient (third status). If according to the definition of the World Health Organization, health is a state of physical, mental and social integrity, not just the absence of disease, less than 25% of people are truly healthy and 75% of people are in a sub-healthy status.

Lu (2022) distinguished a fourth state in addition to the three states: recovery. When a patient in the second state enters the fourth state, he or she can enter the first state if handled properly. Otherwise, the patient will return to the second state if handled improperly. Moreover, Lu (2022) proposed a holistic health model that integrates three parts: (I) Dimensions: Physical, Mental, Spiritual, and Social, (II) Status: Health, Sub-health, Illness, and Recovering, and (III) Approach: Western medicine, Eastern medicine and Folklore Therapy, Religions and Beliefs, Sports and Martial Arts. The following is a brief description of the relationship between this holistic health model and Humanistic Buddhism. Western medicine is the foundation of many modern health systems around the world, dating back thousands of years. Although Greek mythology believed that health and disease were determined by the gods, the ancient Greeks were the first people to observe the body through biological means.

The Greeks at that time studied the health of the human body by observing four body fluids: blood, black bile, yellow bile and phlegm. Contemporary Western medicine is an emerging empirical scientific system based on anatomy, biology and modern science and technology. Contemporary Western medicine consists primarily of medical professionals such as doctors treating illnesses using medical procedures such as drugs, radiation, and surgery after making a diagnosis based on a person's individual symptoms. Although Western medicine also includes prevention aspects such as diet and exercise, it usually focuses on the use of internal medicine and surgical treatment. The health care systems of most countries in the contemporary world are based on Western medicine. Contemporary Western medicine is performed by doctors and medical personnel with formal degrees and licenses. As Western medicine continued to evolve after the Industrial Revolution, the key foundations of evidence-based medicine remained unchanged. These include: (1) questioning and examination of the body and its symptoms, (2) use of clinically proven scientific evidence to diagnose disease, and (3) health is a human right that needs to be protected (Li, 1996).

Taiwan's famous Dr. Yang Ding-yi discovered during his more than 20 years of medical practice that there are many diseases that cannot be treated by modern Western medicine. For example, chronic diseases are difficult to cure with Western medicine. Western medicine used medicine to suppress and improve symptoms as soon as symptoms appeared. Western medicine cannot solve the problem at its source, so treatments focus on alleviating symptoms. Therefore, patients with chronic diseases must take medication throughout their lives. According to the National Institutes of Health, complementary and alternative medicine (CAM) refers to "a diverse group of medical and health care systems, practices, and products that are not typically considered part of modern Western medicine. In addition to Western medicine, more and more people are looking for alternative medical treatments.

Complementary and Alternative Medicine (CAM) includes the following main parts: (1) Traditional Chinese Medicine and Chinese Herbal Medicine, (2) Natural Therapy, (3) Alternative Medicine, (4) Integrative Medicine, (5) Spiritual therapy, (6) energy therapy, (7) holistic medicine, and (8) manual therapy. On the website of the National Institutes of Health (NIH), complementary and alternative medicine (CAM) can be divided into five categories: (1) natural products, (2) mind-body medicine, (3) body-based procedures, (4) energy Medicine, and (5) Indian Ayurvedic medicine, Chinese medicine, Tibetan medicine and naturopathy (Chien, 2021). These different types of treatment methods can target different diseases and people of different age groups, and their therapeutic effects are also different. Traditional Chinese medicine (TCM) is a non-Western medicine with a long history and has extensive medical systems in China, Japan, South Korea and other places. It mainly uses herbal medicine, acupuncture, massage and other methods to adjust the balance of the human body. TCM therapy relies on many different TCM formulas, each targeting different conditions, as well as different characteristics of the human body. Acupuncture and massage help the body's blood circulation, relax tense muscles, and stimulate the body's natural healing functions. Naturopathy is derived from substances found

in nature and includes physiotherapy, aromatherapy, nutritional supplements, vitamins and minerals. Naturopathy is similar to traditional Chinese medicine, but the latter relies heavily on traditional Chinese medicine formulas, while the former focuses on single components of plants. For example, Bellman Naturopathic Medicine and Purity Naturopathic Medicine both use plant substances as treatments. Alternative medicine is a non-traditional approach to traditional Western medicine, surgery and radiation therapy. For example, many people choose yoga, Qigong, Reiki, etc. to help them relieve pain. These alternatives have no side effects and do not use drugs or surgery.

Alternative medicine often requires long-term treatments and is ideal for patients who don't like to use drugs or are afraid of surgery. Integrative medicine combines traditional medicine with alternative therapies to provide patients with a comprehensive treatment plan. Integrative medicine is particularly effective in treating cancer and chronic diseases. Integrative medicine can employ more than one approach, aiming to improve outcomes through a more comprehensive treatment. Psychotherapy is a nonpharmacological treatment that can help treat a wide range of emotional problems, such as anxiety, depression, and more. Psychotherapy includes a variety of treatments such as family therapy, group therapy, and cognitive behavioral therapy. In addition to formal psychotherapy, meditation, yoga, prayer, and so on, are also some practices that can help with mental health. Energy therapy is based on the concept of energy balance. Energy therapy is often used to help relieve conditions such as arthritis, muscle pain, insomnia, and anxiety disorders. Manual therapy includes massage therapy, hand therapy, touch therapy, etc. They use special hand movements to promote the body's natural healing functions. Manual therapy is often used to treat pain and relieve stress in the body. Manual therapy can also help restore athletic ability and prevent injuries, so patients feel like they have received a full-body treatment and recuperation. Many people use elements of Eastern medicine as a way to improve their health. Oriental medicine includes traditional Chinese medicine, Ayurveda and other traditional medicines of Asia.

Dr. Yang Ding-yi believes that we should combine our body and mind to practice holistic preventive medicine. He also believed that man should not be viewed as a machine but as a complete human being (Young, 2012). Traditional Chinese Medicine focuses on the invisible meridians of the human body to achieve a healthy balance. Traditional Chinese medicine has been used to prevent, diagnose and treat disease in the medical systems of China and some Asian countries for thousands of years. Traditional Chinese Medicine includes acupuncture, diet, herbal medicine, meditation, martial arts, and massage. Traditional Chinese Medicine relies on experience to diagnose disease throughout the body, focusing on overall health imbalances. Treatments are also more comprehensive and balanced for body health rather than individual organs. The purpose of traditional Chinese medicine is to maintain or restore balance and harmony between the body's natural opposing forces of yin and yang, which when out of balance can block qi and cause disease. It believes that Qi (the body's life energy) flows along the meridians (channels) of the body, maintaining balance in the spirit, mind, and body, and achieving a healthy state of the entire person (Lin, 2013).

Ayurveda is an ancient Indian system of traditional medicine that is thousands of years old. Its name is derived from two Sanskrit words, "Ayur" meaning life and "Veda" meaning knowledge. Therefore, Ayurveda can be translated as "knowledge of life" or "science of life". This system of medicine encompasses the health of the body, mind, and spirit and aims to achieve overall health and balance. The basic concepts of Ayurveda including: Firstly, Ayurveda believes that the health and balance of the body are determined by the balanced state of three biological energies called "Dosha". These doshas are wind (Vata), fire (Pitta) and water (Kapha), and their balance helps maintain the health of the body. Secondly, Ayurveda also links human health to the balance of the five elements (earth, water, fire, air, and space). It is believed that these elements make up the body's tissues and physiological functions, and their balance and harmony are crucial to good health. Thirdly, Everyone has his or her own unique constitution (Prakriti), which depends on the combination of Doshas. Ayurveda provides lifestyle, diet, exercise and treatment recommendations based on an individual's constitution. Finally, Ayurvedic therapy often uses natural herbs, foods, massage, yoga and meditation to restore balance and health to the body. Ayurveda in India focuses on patients recovering through dietary changes, massage, herbs and meditation (Lin, 2013).

According to the 2002 Health Census of the National Center for Health Statistics, 62% of adults over 18 years old in the United States have used complementary and alternative medicine, and the proportion of cancer patients in particular is as high as 70% （Chien, 2021）. Contemporary Western medicine has moved towards evidence-based medicine, and any effective treatment method requires a large amount of research data to be used. Although U.S. medical schools offer courses in alternative therapies and issue certificates of completion, alternative medicine remains controversial in Western medical circles. Most alternative therapies do not provide scientific research data to prove the effectiveness of the treatment. Most of the current alternative therapies use "user testimonials" to prove their therapeutic effects, which do not comply with Western medical standards. （Padit, Deepti, Srivastava, Shukla, Goyaland and Behari, 2016）. Physical fitness includes a person's physical condition and their ability to perform daily activities without undue fatigue or physical limitations. People who are physically healthy usually exhibit the following characteristics, such as: (1) adequate strength, endurance, and flexibility, (2) appropriate body weight, (3) appropriate nutrition, (4) regular exercise, (5) adequate rest, and sleep, and (6) not illness. Most people believe that a human body without disease is healthy since ancient times. Since the late twentieth century, this dualism of health has been slowly but steadily replaced by the concept of "holistic health."

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Interactionism advocates that human body and mind can influence each other. For example, when a person's body is injured by an impact, the psychological experience will produce a feeling of "pain"; then, the "painful" experience will affect the person's future behavior and avoid physical injury (Hodapp, 1999). Western Interactionism believes that human life is composed of body, mind and spirit. Only by maintaining balance and harmony among the three can people stay healthy and develop in an all-round way. Human physiological and psychological factors interact with each other. Whether it is physical illness or psychological discomfort, adjustments should be made from a holistic perspective. Interactionism focuses on the following health issues. First, health should be viewed as a combination of physical health, spiritual health, social health, and mental health. Second, people must take primary responsibility for their own health or illness. Third, practitioners have an obligation to act as teachers, teaching or helping people develop attitudes, dispositions, beliefs, habits and practices that promote well-being. Fourth, health care delivery systems should be changed to address behavioral, social and environmental sources of disease. Finally, personal health services should focus on natural or non-invasive techniques to promote health. (Twenge, Baumeister, Tice and Stucke, 2001).

In the early 1990s, Professor Chen from Hong Kong was inspired by traditional Chinese fitness methods such as vegetarianism, Qigong, and Buddha worship. He proposed and created the "whole-person health coaching model" to coach cancer patients. Model This model was originally used primarily for counseling patients with chronic illnesses and has been used in Hong Kong for 20 years (Chen, 2022). The theory of mind-body-spirit therapy proposed by Professor Chen covers Western positive psychology, forgiveness therapy, and Eastern Buddhism, Taoism, and Confucianism. It also adopts some traditional Chinese medicine theories. Empirical research has found that integrated psychotherapy of mind, body, and soul can effectively help cancer patients. The case transformed from the pain of illness into an experience of growth in life (Xiao Feixiu, 2017). The hierarchy of needs theory was proposed by Maslow in 1943 to describe how human needs are motivated from "physiology", "security", "belonging" and "love", "self-esteem", "self-actualization" and " Self-transcendence". He believes that human needs start from low-level needs (physiological) and gradually progress to high-level needs (such as self-transcendence). The hierarchy of needs includes: (1) physiological needs, (2) safety needs, (3) love and belonging needs, (4) esteem needs, and (5) self-actualization needs (Maslow, 1943). These five needs may appear 2-5 at the same time, unlike what Maslow said that the upper class can only satisfy the lowest level needs.

According to the survey results of the World Health Organization, only 5% of the people in the world are truly healthy (the first status), only 20% of the people diagnosed by doctors are patients (the third status), and 75% of the people are in a sub-healthy (second status). Sub-health can be divided into (1) physical sub-health, (2) psychological sub-health, (3) spiritual sub-health, and (4) social sub-health. First, the body is in a sub-healthy state. Due to improper diet and lack of exercise, the body's functions in all aspects are relatively weak and it is easy to get sick. Secondly, mental sub-health comes from the pressure of life, work and study, which leads to abnormal behavior and unhappiness. Third, mental sub-health will cause the mind and conscience, as well as lofty concepts belonging to concepts, beliefs, values and ethics, to fail to reach a healthy level. Finally, social interaction is sub-healthy, indifference to the external environment, and lack of enthusiasm for life and society, which makes one's body and mind more and more closed off, and the scope of activities becomes narrower and narrower. If the sub-health status is handled properly, the body can transform from the third status to the first state; otherwise, it will enter the second status. Lu (2022) also distinguishes a fourth state among these three states, "recovery". When a patient in the second state enters the fourth state, if handled properly, he can enter the first state. Otherwise, if the patient is handled improperly, he will return to the second state. In the fourth state, traditional Chinese medicine auxiliary treatment, exercise and other methods are often used.

The word mental generally refers to anything related to the mind or the processes and functions of the brain. It involves psychological experiences in cognition, thought, emotion, perception, and so on. The term "psychological" which encompasses the inner workings of the mind, including intellectual, emotional and behavioral aspects, refers to a condition, disorder or state that affects a person's mental and emotional well-being. It covers the overall state of a person's mental health, including their thoughts, emotions, behaviors, and ability to cope with life's demands and challenges, and may be termed mental health, mental illness, mental health, or psychological processes. Mental health ranges from optimal mental functioning and resilience to the presence of a mental illness or disorder that affects a person's thoughts, feelings, behaviors, and daily functioning. It is an important aspect of whole-person health and is linked to physical, social and emotional well-being. Discussions of psychology and religion or faith involve concepts such as meditation, contemplation, mindfulness, spiritual awareness and exploring one's inner experience. Psychology is used in many religions to describe inner workings and their relationship to spiritual growth, selfreflection, and the pursuit of religious or transcendent experiences. It involves cultivating virtues such as knowing right from wrong, concentration, and compassion, or overcoming negative mental states such as anger, attachment, or ignorance. Although the United Nations uses the word mental in its definition of health, some holistic health research uses the word mind, and the two have slightly different meanings.

"Mental" focuses on aspects related to psychology, thinking, and emotions, while "mind" is broader and can include these aspects as well as deeper consciousness and subjective experience. "Mental" is often used to describe something related to thinking, cognition, emotion, mental state, or mental health. For example, "mental health" refers to mental health, "mental state" refers to psychological state, "mental abilities" refers to cognitive abilities, etc. The term is often used to describe aspects related to brain

function and mental processes. Mental generally refers to anything related to the mind or the processes and functions of the brain. It includes aspects of psychological experience such as thoughts, emotions, perceptions, and cognitive functions. Psychology can be used to describe mental processes, mental health, mental states, mental abilities and mental activities. The word "Mind" covers a wider scope. In addition to referring to the brain and thinking process, it can also refer to consciousness, ideas, thoughts, memory, perception and subjective experience. It is closer to the whole of human mind, thinking and subjective experience. For example, "open your mind" means open your mind, and "peace of mind" means inner peace. The word "mind" focuses more on the subjective aspects of mental activities and consciousness. It refers to the collection of cognitive abilities, including perception, memory, reasoning, imagination, and consciousness itself.

Spirituality is a multifaceted, deeply personal concept that encompasses an individual's search for meaning, purpose, and connection to something greater than oneself. It refers to the exploration and experience of the sacred, transcendent, or divine aspects of life. Spirituality is an inner reflection, contemplation, and pursuit of understanding the nature of existence, human identity, and ultimate reality. It involves a deep sense of interconnectedness, compassion, gratitude, and the exploration of values, ethics, and moral principles to guide one's life. Spirituality can manifest in a variety of ways, including through practices such as prayer, meditation, ritual, mindfulness, self-reflection, or contact with nature and art. Spirituality involves the inner nature of human beings and the universe. Spirituality is a means of personal growth and development through introspection and practice that can guide people toward a more meaningful, peaceful and purposeful life rather than pursuing material fulfillment and happiness. The purpose of spiritual practice is to help people find their own purpose and meaning and to increase connection to themselves and others. It helps people discover their inner strength and wisdom to better cope with life's challenges. Spiritual practices can be achieved through practices such as meditation, yoga, sitting still, etc. These exercises help gain a deeper understanding of your own mind and create a harmonious relationship with your surroundings. For example, the Buddhist meditation method of counting breaths can allow us to adjust our breath, thereby regulating our mind, and improving physical and mental health and peace; through our nose, we can train ourselves not to be troubled by the choice of fragrance and smell. The nose is not only capable of receiving all external smells, heat and cold, but it is also a mirror for observing our attachment to fragrance (Master Hsing Yun, 2017b).

Spirituality is the pursuit and experience of a deeper connection with the divine, a higher power, or transcendent aspects of reality. It explores and cultivates one's relationship with the divine and seeks meaning, purpose, and transcendence in life. Spirituality is often associated with religious beliefs, practices, and the inner journey of personal growth and transformation. It discusses practices such as prayer, meditation, worship, and moral living, as well as explorations of philosophical and existential questions. The word "Spiritual" relates to the search for meaning, values, purpose, connection or awareness. It is related to personal inner growth, spiritual practice, connection with the universe or supernatural beings, etc. Spirituality is often thought of as an experience that transcends the physical world and includes aspects such as finding meaning in life, inner peace, harmony, love, compassion, and spiritual growth.

The concept of "soul" generally refers to the immaterial, eternal, and essential nature of a person's existence. The soul is considered to be the core, innermost aspect of a person that transcends the physical body and continues to exist after death. "Soul" is generally understood as the spiritual or spiritual essence of human or other living beings. In many religious and philosophical traditions, the soul is considered an immortal, separate entity from the body, responsible for aspects of life, consciousness, personal traits, and moral responsibility. The soul was thought to be distinct from the body, potentially eternal, and to have qualities distinct from those of the earthly world. "Soul" is also a description of one's spiritual nature, eternity, and relationship to the universe.

III. RELIGIONS AND SPIRITUALITY

In many religious traditions, the soul is considered the seat of consciousness, identity, spirit, or eternal existence. It is associated with qualities such as self-awareness, personal identity, and the potential for growth and transcendence. While spirituality focuses on the pursuit of a deeper connection with God and the pursuit of meaning and transcendence, the soul is viewed as the fundamental, eternal essence of one's existence. Spirituality is the path or journey of experiencing and cultivating this connection, while soul represents the essence of exploration and development through spiritual practice and faith. In religion, spirituality usually refers to the pursuit of a deeper connection with divine or transcendent aspects of reality. It explores and cultivates one's relationship with the divine, a higher power, or ultimate reality as understood within a specific religious framework. Religious spirituality generally involves the practices, rituals, and beliefs that promote this connection and cultivate a sense of meaning, purpose, and transcendence, including seeking a deeper understanding of God, engaging in prayer, meditation, worship, and other religious rituals, and striving to live up to religious teachings Personal transformation and moral growth. Spirituality can also include ethical and moral values, the cultivation of virtues, and the pursuit of inner peace, enlightenment, or union with God. However, different religious traditions and individual believers have very different understandings and expressions of the word spirituality.

Most people in the Western Christian world have a good understanding of the word spirituality, but in the non-Christian world of Africa, Asia and the Middle East, it is difficult for Muslims, Buddhists and other believers to grasp its religious meaning. This is why most countries at the WHO meeting were unable to reach a consensus to include spirituality in the definition of health.

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Therefore, the concept of "spirituality" must be interpreted and integrated into the culture according to local characteristics in order to implement holistic health with local significance. Christian spirituality is based on belief in God and an understanding of Christian moral values and is designed to promote an individual's intimacy with God and to manifest it in behavior, lifestyle and inner growth. The relationship with God is the most central aspect of Christian spirituality. Christian spirituality emphasizes the relationship between an individual and God. This relationship is based on faith in Jesus Christ, pursuit of God, and following the teachings of Christ. Christians connect with God in their daily lives through faith in Him. At the same time, Christians communicate with God through the Bible and prayer.

Christian spirituality is reflected in the respect, understanding, and study of the Bible. Through Bible reading and prayer, Christians seek God's guidance, revelation, and inspiration as they move toward a closer relationship with God. The moral life is an important aspect of Christian spirituality. Christian spirituality includes the understanding and practice of moral values and the expression of faith through behavior and lifestyle. This includes love, forgiveness, generosity, integrity, concern for others, and more. The practice of godliness is also part of Christian spirituality. Christian spirituality includes participation in church services, communion, worship, fasting, and other spiritual practices to strengthen connection with God and the faith community. By participating in church activities and spiritual practices, Christians can better understand and learn about the Christian faith. Inner transformation is the final aspect of Christian spirituality. Christian spirituality emphasizes the inner growth and transformation of the individual. Through the work of the Holy Spirit, the hearts and characters of others are renewed and transformed to become more like Christ. Through the work of the Holy Spirit, the Christian's character and heart will gradually be changed and improved. Christian spirituality is based on belief in God and an understanding of Christian moral values and is designed to promote an individual's intimacy with God and to manifest it in behavior, lifestyle and inner growth. Whether through reading the Bible, praying, or participating in church activities and spiritual practices, the construction of Christian spirituality is based on the pursuit of a closer connection with God and the search for a higher, deeper, and broader meaning of life at different levels.

The Catholic view of spirituality is similar to the overall Christian view, but there are some differences. Catholic teaching holds that the foundation of spiritual growth is a relationship with God, established through Jesus Christ. Catholics strengthen their relationship with God through faith, prayer, the Eucharist, and other spiritual practices. They believe that the Bible is the revelation of God and respect the teachings and doctrines of the church, seeking spiritual guidance and instruction from them. Spirituality is reflected in respect and understanding of Scripture and church tradition, which enables believers to understand the importance of spiritual practices and to integrate into the church community. Catholic spiritual practice includes participation in the liturgy and sacraments of the Church, such as Mass, Eucharist, Baptism, Confirmation, and Penance. These spiritual practices help believers connect with God and the church community, thereby strengthening faith and worship of God. Catholicism emphasizes a commitment to a moral life, including values such as love, justice, truth, and kindness. These values are reflected in care and service to others and obedience to the will of God. Catholic spirituality also includes various spiritual practices such as meditation, prayer, fasting, fasting, practice of the Word, and the traditions of saints. These spiritual practices contribute to personal spiritual growth and inner transformation. Catholic spirituality emphasizes a personal relationship with God, respect for the Church and its teachings, the practice of a moral life, and a variety of spiritual practices, which are all important ways to help believers achieve spiritual growth and inner transformation. Through these practices, Catholics can gain a deeper understanding of God's will and better understand their role in God's plan.

Spirituality plays a very important role in Islamic culture. It is not only a way to enhance one's spiritual state and inner piety, but also a way for Muslims to establish and deepen their relationship with God. Muslims' pursuit of spirituality is usually achieved through faith, worship, good deeds, repentance, and contemplation of God. Faith is the basis for spirituality in Islam. Muslims believe that there is only one God, and Muhammad is the messenger of God. Muslims follow the teachings of the Quran, which is considered a revelation from God. By studying and understanding the Quran, Muslims can seek spiritual guidance and enlightenment. Prayer and doing good deeds are also practices of Islamic spirituality, such as the five prayers, fasting, almsgiving and charity. Repentance and asking for mercy are also important forms of Islamic spirituality. Muslims improve themselves spiritually by admitting their faults, repenting and seeking forgiveness from God. Fear of God, reflection on one's lifestyle, and concern for morality and justice are also part of the spiritual practice of Islam. These actions are intended to enable Muslims to demonstrate piety and develop a deep spiritual relationship with God through servant-like humble obedience, reflection and good deeds. Muslim spiritual practice emphasizes the relationship between an individual and God. It focuses on personal faith, worship, good deeds, repentance and contemplation of God in order to enhance the spiritual and moral aspects of the individual. Through these methods, which are based on spiritual practices based on deep faith, Muslims can meet their material needs while elevating their lives to experiencing true meaning of spiritual reality. Islamic spirituality is a process in which Muslims delve into themselves and improve their spiritual realm and inner piety through faith, worship, good deeds, repentance, and contemplation of God. Through these practices, Muslims can develop a deeper and more robust spiritual relationship with God and enhance the spiritual value behind material externalization. This spiritual experience is not only beneficial to individual Muslims, but also helps people maximize their potential and adapt to the changing modern world.

IV. DISCUSSION AND CONCLUSIONS

Buddhism believes that spirituality refers to the pursuit of awakening, liberation and enlightenment through understanding the nature of reality and the cessation of suffering. It focuses on an individual's spiritual development, self-discovery and journey to the realization of ultimate truth. Buddhist spirituality is centered on the practices and teachings of gaining insight and wisdom, centered on the Four Noble Truths: acknowledging the existence of suffering (dukkha), identifying its causes, and proposing the path to liberation. The path out of suffering is called the Eightfold Path: Right View, Right Thought, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration. Meditation and meditation play a vital role in Buddhist spirituality as it enables individuals to develop mindfulness, concentration and insight. Through meditation, Buddhists seek to understand the impermanence (anicca), selflessness (anatta), and suffering (dukkha) of all phenomena, including their own thoughts, emotions, and experiences. Buddhist spirituality also emphasizes compassion, loving-kindness, and the interconnectedness of all living beings. It involves practicing ethical behavior known as the Five Precepts, which guide individuals to avoid harmful behaviors and cultivate healthful behaviors. The ultimate goal of Buddhist spirituality is to achieve enlightenment or nirvana. The Four Noble Truths are like the process of treating a disease. When a person is sick and suffering, this is the truth of suffering; knowing the cause of the disease is the truth of suffering; prescribing the right medicine and applying various medical methods is the truth of the Tao; medicine cures the disease and restores health. , is the truth of annihilation. Diseases in our bodies must be treated by doctors, and viruses in our hearts must be cured by Buddhist prescriptions. The prescription refers to the "Eightfold Path" - right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration. Following this Eightfold Path, we can permanently put an end to our worries and be freed from the suffering of reincarnation (Master Hsing Yun, 2017c).

A wise person should usually use precepts to deal with greed, concentration to deal with anger, and wisdom to deal with infatuation. If there are no delusions, why do we need righteous thoughts? Therefore, in the end, we must have no thoughts: (1) do not recall the past state, (2) do not be greedy for the present state, and (3) do not have illusions about the future state (Master Hsing Yun, 2017d). Meditation is a way to improve your health, but it does much more than that. Through meditation, we can expand our minds, strengthen our perseverance, inspire wisdom, harmonize our spirits, purify bad habits, strengthen our endurance, improve our previous habits, temper our minds, improve our understanding, and improve our memory. In particular, Zen can allow us to better understand ourselves. This is the so-called understanding of mind and nature, and enlightenment and return to the source. However, if we want to practice Zen, the most important thing for us is to control our own mind, keep it calm, and prevent it from being affected by the external environment. This is a very important skill. The method of meditation advocated by The Sixth Patriarch Huineng, does not necessarily involve sitting and meditating, but rather integrating the concept of Zen into one's own life and thinking. When we master the meditation method, we will be able to better communicate our relationship with the people and things around us, and then integrate into a world of equality, satisfaction, and happiness. Meditation can also help you realize your true nature.

The benefits of meditation are obvious. First, it helps us master our own state of mind, which is also the core of Zen practice. Through meditation, we can learn to control and balance our inner turbulent psychology, which not only helps improve our ability to control ourselves, but also allows us to reduce diseases caused by turbulent mentality. Secondly, meditation has a positive impact on our brains. Meditation can activate areas of our brain and enhance our cognitive abilities and ability to concentrate, which is very useful for improving our learning ability and work efficiency. Meditation also has the function of regulating the body and mind. Meditation can reduce our stress and allow us to face the pressure and changes in life more calmly. This mindset also promotes our physical health. Additionally, meditation can help reduce our anxiety symptoms, which is especially beneficial for people who are more anxious. Finally, meditation also brings deeper spiritual benefits. Through meditation, we can improve our gratitude and appreciate every day of our lives. In short, meditation has a very positive impact on our body and mind. Zen meditation is a highly recommended way to help us face future challenges more healthily, calmly and powerfully. After we start meditating, we will no longer see the rights and wrongs, good and evil, and shortcomings of others (Master Hsing Yun, 2017e).

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