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# FETZER INSTITUTE

HEALTH:



MIND



BODY



SPIRIT



## What Is the Fetzer Institute?

The Fetzer Institute is a nonprofit, educational organization that promotes the research and dissemination of lower-cost, scientifically tested health care methods that utilize the principles of mind-body phenomena. A growing scientific literature now shows that a large variety of mental, emotional and spiritual activities can influence the physiology of the body. The Fetzer Institute believes that the study of the mind's influence on the body—and of the relationship of body, mind and spirit—can provide the basis for developing precise and dependable approaches that will expand the scope of medical science and simultaneously give individuals greater control over their own health.

## How Does the Study of Mind and Body Lead to Useful New Approaches to Health Care?

Western science has already begun to demonstrate that new understandings of the mind's powers can lead to helpful new methods of health care. Biofeedback and the relaxation response are two examples. Biofeedback is based on studies showing that human beings can learn to regulate seemingly involuntary processes of the body. It is now used to treat a variety of clinical problems. The relaxation response is a simple technique

of concentration that measurably "quiets" the body. It was identified in studies that explored the physiological effects of meditation, and it is now used to reduce anxiety and to moderate high blood pressure. The aim of the Fetzer Institute is to expand the development of health care approaches in which the mind, in all its dimensions from the emotional to the spiritual, is applied to the health of the body.

## Does the Fetzer Institute Have a Special Area of Interest in the Study of Mind-Body Phenomena?

The Fetzer Institute believes that the study of energy—the energy of a living being—is a critical element in the interactions between mind and body. Virtually every medical system other than the medical system of the West maintains that health cannot be understood apart from the energy of the body. The Fetzer Institute joins such investigations with controlled scientific studies of the body's energy.

## How Does the Fetzer Institute Do Its Work?

The Fetzer Institute works on the two fronts of research and education, in collaborative ventures with other organizations and institutions. In the

area of research, it aims at exploring the links between mind and body. In the area of education, it works with schools in disseminating a wider understanding of effective and practical treatments that utilize the mind's capacity to influence the body. In these research and education endeavors, the Fetzer Institute has worked with such institutions as the Harvard Medical School, Princeton University, the University of California, and Michigan State University.

## What Is the Vision Behind the Fetzer Institute?

The Fetzer Institute was established by John E. Fetzer, a pioneer in the development of "wireless" radio. Fetzer's understanding of "invisible" waves that produce sound led him to a deep and practical appreciation of phenomena that "you can't see but that you know are there." His hope for the Institute is that it will help illuminate the integral relationships among the physical, mental, emotional and spiritual dimensions of experience and that the new understandings will foster human growth and improve the human condition.

For more information, please write to:

The Fetzer Institute  
9292 West KL Avenue  
Kalamazoo, Michigan 49009