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**Holistic perspective that incorporates mind and spirit into the healing process.  Signs of positive health as inner control, competence, self-confidence, creativity, sustaining healthy relationships, and having a sense of purpose in life. These qualities lead to spiritual awakening, the ultimate stage of personal development.**

**INTERGRAL INSTITUTE-Intergalinstitute.org**- The cite produces a severely split solution to problems that require an Integral approach. The Institute’s active scholars represent individuals throughout the world who are presently engaged in writing. They also define integral health practices as an attempt to develop a comprehensive map that identifies the relationship between and among all forms of human knowledge and experience.

**Mind and life institute- www.mindand life.org-** You may like this website because it saves you money. The Mind & Life Institute is a non-profit organization that seeks to understand the human mind and the benefits of contemplative practices through an integrated mode of knowing that combines first person knowledge from the world’s contemplative traditions with methods and findings from contemporary scientific inquiry.

**The insight Meditation Society-www.dharma.org-** This website provides information about Forest Refuge programs. It supports sustained longer-term retreat practice. It also discusses personal retreat under the guidance of the following teachers, helps strengthen practice faith, confidence and self-reliance. Their resources involve information on maintaining your meditation practice to bring forth mindfulness and lovingkindness into daily life. They even provide audio/visual teachings on the benefits of Meditation in many parts of the world, not just the US/.

I also wanted to add this wonderful book I read last year. It truly changed my crazy business driven life. I work many long hours at UPS and never get enough rest or sleep due to balancing a job and school. Mind relaxation sites are great because they provide information about natural healing. This booklet provides a guideline for achieving total mind, body, and spiritual healing. **Integral Health: The Path to Human Flourishing," by Elliott S. Dacher, M.D. Basic Health, 2006. Pg 46-47**