
From the editor

PROMOTING HEALTH

With most things it's hard to know where to begin. Not so with transformation. Transformation begins with oneself. We need not worry about how to help someone else change: a family member, a colleague, a client. We need only let go and allow the change to take place in ourselves, wherever we are.^{1(p102)}

This issue of *ANS* includes writings that derive from several differing concepts of health and what it means to promote health. The one underlying thread of connection is movement in the direction of some concept of wholeness, a wholeness that includes all of a life's experience.

As I reflect on my own understanding of health and health promotion, I realize that, increasingly, my understanding moves away from that which is related to existing concepts of either illness or wellness. A definition of health as "the absence of disease" leaves much to be desired if we seek wholeness. Although disease itself is a part of the life process—as are death, birth, growth, pain, wellness, and so on—defining health in terms of its absence or presence makes "disease" the starting point. If we seek wholeness, should it not be the starting point in our concepts of health and what we promote as health?

Viewing wholeness as the starting point is a radical transformation, a transformation of becoming whole ourselves. The transformation evolves as our awareness and living of wholeness grow. Gradually, a shift occurs so

that our starting point is indeed wholeness, a fullness of integration of all forms of experience.

For me, promoting health is a process of realizing one's own wholeness through

H—Healing. Integrating energy that enhances all life processes.

E—Envisioning. Reflecting through the inner eye the deep resources of the self: seeing the possible that lies beyond what is.

A—Acting. Using the energy of the self to move through time and space, drawing on that which exists while moving toward a fuller reality.

L—Listening. Hearing the inner voice, that which permeates the self and the universe, a deep hearing that integrates one's inner and outer lives.

T—Touching. Forming connections in both senses of being deeply affected and moved and of affecting and moving others.

H—Hoping. Sending a spirit: synthesizing what one experiences with what one envisions.

REFERENCE

1. Newman, MA: *Health as Expanding Consciousness*. St Louis, Mosby, 1986.

—Peggy L. Chinn, PhD, FAAN
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CREDIT

Dr. Sara Fry assisted in the development of "Covenantal Relationships: Grounding for the Nursing Ethic" (*ANS* 10:4, July 1988), by Mary Carolyn Cooper.