

# Spa Asia

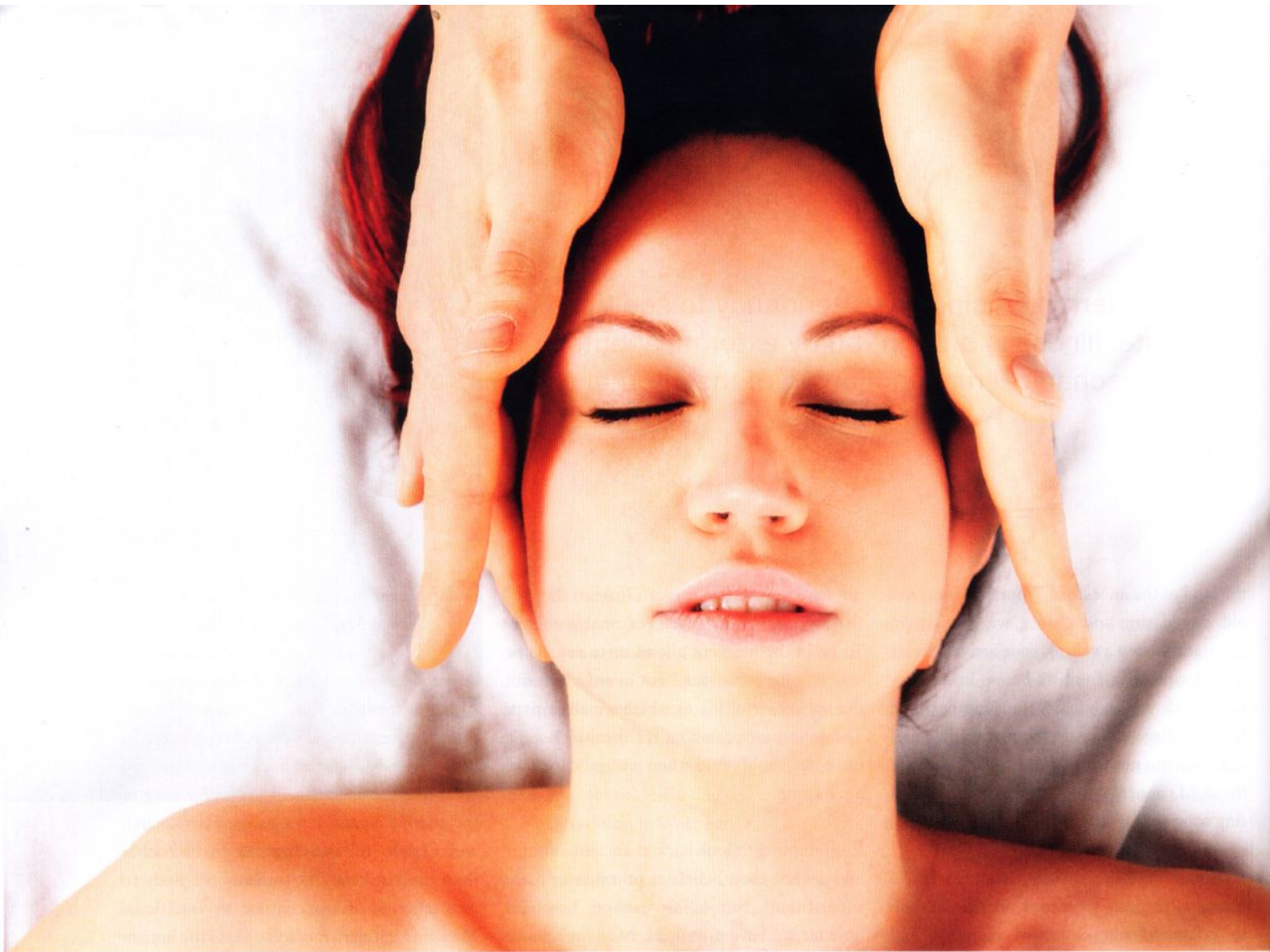
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also architects, poets, astronomers and philosophers. Is modern medicine's missing out on the grandeur of human experience and the beauty of life itself?

Medicine alone cannot heal. Understanding the mind and body connection takes us a step further but not far enough. For some innate, if inexplicable reason, we are still searching the night sky and longing to see our reflections there once more.

As I write these words, I am more than aware of my physical limitations and feeling far less than infinite. Exhausted, my body had simply collapsed. But my infirmity allows me

to understand and appreciate the profound wisdom of our early ancestors at a deeper and more personal level.

As I lay in my hospital bed, I am thankful for the advances in medicine that enable my doctors to analyze and determine the cause of my condition. But, I also take comfort in knowing that my body has already begun the process of repairing itself. My mind, though drained, maintains its clarity. And, my spirit soars at the thought of coming home. I know there is more to me than eyes can see. ❧

*For comments and feedback, please write to Adria W. Lake: [adria@awlakeonline.com](mailto:adria@awlakeonline.com)*

**“Traditional medicine provides much more than cures for our ailing bodies. Its approach is not only holistic but also cohesive and all encompassing.”**

