

# Spatial Medicine also Faces Unique Challenges and Opportunities in the Coming Century

Hellan George\*

Department of Reproductive Sciences, University of California, California, USA

## Editorial

Energy is, of course, a component of all interactions, thus the issue arises when the term "energy" is overly used to describe healing processes while their exact mechanisms are still unclear. Though it is fun to speculate about this, it is not known whether these therapeutic modalities are based on electromagnetic fluctuations, quantum processes, or some other as-yet-undiscovered field. We can understand the roots of psychiatry and psychotherapy in this way, even though it may not be immediately clear that there is a medicine of time. Psychotherapy is built on the idea that the brain is capable of excessively focusing on the past or the future. Both anxiety about adjusting to an uncertain future and the incapacity to integrate unpleasant past experiences are common in psychiatric practise. Bringing their patients into the present moment makes this type of healing appear to be a form of Buddhism and a medicine of time.

This ties psychiatry to shamanism, the first form of medicine in time. The necessity for clinical psychiatry has been greatly influenced by civilization and its problems. In this picture, we could conclude that the alienating effects of larger societies and cities have enhanced our propensity to become time-unmoored. It was challenging to become "lost" in the small tribal groups and villages (20e40 people at most) that dominated human experience from the mists of prehistory through to at most a few thousand years ago. If an occurrence knocked someone or a group out of the present, the shaman was there to help them get back on track. In the twenty-first century, Spatial Medicine will also encounter particular difficulties and prospects. At each stage of human evolution, the physical body appears to get more and more "extraneous," even if this is untrue. Your body is your closest buddy, your most immediate instrument, and the sine qua none of life on this earth, regardless of how detached your mental life may be in the coming decades of profound societal upheaval, somatic healers and physical educators will have a monumental task: re-establishing a balanced connection between the electronic culture and its body.

Some people bemoan the generation for moving from vehicle to vehicle with their heads down, thumbs active, and sometimes texting or tweeting the person sitting next to them. You can cry all you want, but the electronic djinn will never return to its lamp. Everyone enjoys how quickly the globe is connected, so instead of wishing for some organic utopia that has long since vanished, we need to accept this reality and work with it. One of the main issues is to transition spatial medicine into the systems era as it is currently still strongly based in industrial principles, such as vectors, levers, and nerves being viewed as telephone lines. The general public believes that the issue

of shape and how we position ourselves in space has been resolved. The remainder of this essay challenges that notion and urges contemporary spatial healers to come together around a fresh set of precepts. In the past 20 years, we have seen the idea of "plasticity" overtake genetic determinism on a number of fronts. Through the study of epigenetics, we now understand how diverse environmental factors can activate or inactivate different switches in the DNA. Different diets, exercises, trauma, and even meditation are among these triggers. The culture is still not fully aware of how flexible our genetic heritage is. The majority of people still believe that anything genetic is unchangeable, but in actuality, environmental circumstances, which are under our control, have a significant impact on gene expression [1-5].

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## Conflict of Interest

The Author declares there is no conflict of interest associated with this manuscript.

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\*Address for Correspondence: Hellan George, Department of Reproductive Sciences, University of California, California, USA; E-mail: hellangeorge@harvard.in

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