

THE REACH APPROACH IN A NUTSHELL

The Reach Approach is a wonderful mix of past and present, of science and spirituality, of psychology and biology. It is an approach that unashamedly worships at the altar of synergy. We believe that the whole is indisputably greater than the sum of its parts, and although the spirit of competition has a place and has made some positive contribution to the human story, we equally believe that the focus on competition has created a blind spot on our path of progress. It is collaboration that is now needed if we are to move forward. The 'my knowledge is better than your knowledge' approach simply is not working. Science does not have all the answers, any more than philosophy, psychology, spirituality, alternative/complementary medicines, neurobiology, quantum physics or any other discipline. They all have valuable contributions to make and until we start thinking of all the knowledge, research and experiences we have gathered as pieces of a jigsaw puzzle, we will keep falling into the trap of thinking each piece is the whole. In fact, at best, each offers some insight to the whole, but by themselves they tell an incomplete story. Wouldn't it be wonderful if we were to take out the egos, personalities and competitive spirit from this debate, because then the pieces would come together beautifully.

Our agenda is to put the information in front of you so that you can decide for yourself whether there is any wisdom in our message. We believe that truth is most easily found when we as humans bring together the best that we have to offer around the same table. We also believe that although our differences are real, they are small and much time, energy and human life has been lost in the pointlessness of conflict and often petty, partisan debate. In this document we have tried to take the enormity and diversity of our model and condense it down into a more digestible form. In order to do this, we have taken the 'The Story of Health', which is the centrepiece of our model (see The Reach Approach in a Nutshell diagram) and shown how the four primary pillars underpin it. Each of these four subjects (N.O.S.E, Persuading the Body, The Three Aspects of Consciousness and All You Need to Know) do stand alone but their real power exists in the combining of their messages. Their coming together makes the Story of Health much clearer. As you can see in the diagram, the arrows point in both directions, demonstrating that in each case the information contained in one area serves all the other parts. If the diagram were to be taken to the n^{th} degree, there would be arrows going from each subject to all the others, and this would simply make it too complicated. What we have done adequately depicts the interconnectedness of each subject and in the end shows how each one adds to the Story of Health's message. The more each of these subjects is understood the better one is able to see the intricate yet simple pattern of synergy. Synergy often serves up paradoxes, which may at first look like contradictions, but under closer scrutiny it becomes clear that there is no contradiction at all. In fact, this is just the nature of the subtle dance of truth: by taking some time and patiently reflecting on the paradoxes one discovers that they offer incredible insights.

The Reach Approach in a Nutshell will hopefully help you to embrace our model in an instant but then it invites you also to take the time to properly study what we are offering for it is well worth the exploration. We have taken the time to bring antiquity and modernity together. We have also shown, through subjects like neuro-theology, that the differences between science and spirituality have been overplayed; as a result, we fail to see that what binds them is so much more than what divides them. Furthermore, we have tried to highlight the fact that our relationship with our environment, starting with the relationship with our bodies, must be made good if we are to have any chance of achieving the very best mental health. How can we have any hope of continuing to grow and evolve whilst poisoning our bodies and our planet? This model invites us all to take personal responsibility... change begins with you! Whilst we look to others to do something, nothing will get done. So, it is time to look at all that works whether it is past or present,

philosophy or science, whether it focuses on the mind or on the body because only a holistic and integrative approach will equip us for the challenges of the twenty first century. We hope you will enjoy your excursion in and around our model, we believe there is something here for everyone. Below is a summary that will help you with your journey...

A Brief Overview

THE STORY OF HEALTH - the secret to health is to understand the undermining nature of disease. Until we understand how disease is constructed and evolves, it is difficult to understand what needs to be done to achieve health. The two are always intertwined. However, health is not merely the absence of disease, it is the art of living optimally. The Story of Health clearly shows how we can claim this prize.

N.O.S.E. - is a simple and beautiful method for resolving those patterns and issues that keep disrupting your life. Anything you haven't resolved continues to define you moment by moment. It's easy to say one must live in the now but how can you truly be anchored in the present if your past continues to sit on your shoulder, influencing your choices, decisions, moods, attitudes and relationships? N.O.S.E. will show you how.

PERSUADING THE BODY - is a journey of respect for matter, starting with our bodies. We are so busy neglecting our environments and the material world, that we fail to see the connection between our world and our own well-being. Persuading the body offers you the opportunity to reinstate balance and peace in both mind and body. It will help you to understand that once you meet your body's needs, the needs of the mind are more easily met.

THE 3 ASPECTS OF CONSCIOUSNESS - is a unique view on the anatomy of consciousness. It illuminates the primary dynamics that underpin the internal politics of the self, offering invaluable insights into both the self and others. It clarifies why we repeatedly fall foul of the same patterns, habits, moods and perceptions and why the change that we seek eludes us. This is a 'mind-map' that can enable us to attain the destiny of our choice.

ALL YOU NEED TO KNOW - knowledge + application = personal power. It's not what you know that counts... it's what you do! Theory is useless without application. All You Need to Know is a promise that if you consistently apply what you know then all the mysteries of the self and of your life will be unveiled. This topic demystifies the whole subject of personal growth by showing how and why we keep relapsing and what we need to do to achieve and sustain peace of mind and that beautiful sense of fulfillment.

The first step is to take time to really study, reflect on and consider each topic before moving onto the next one. Look for the synergistic links. You will discover a beautiful interconnectedness between these subjects, if you take the time to bathe in their messages. Really become a student of these 5 areas and you'll be in awe of their countless insights. Enjoy...

"Who looks outside dreams; who looks inside wakes".

Carl Jung (1875 - 1961)