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## CHILD REARING: SYNTHESIS OF EASTERN AND WESTERN CONCEPTS

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Western Medicine, tends to emphasize the well-being of mind, body and social. Pre and antenatal care tends only to think about the physical health of the baby and mother. The personality of the person is formed after the baby is born, influenced by education, child rearing, and the environment. Child rearing practices mostly focus on the period after the baby is born.

But in Eastern medicine, all people are considered have a spirit which exists from conception. Spirit is the source of our life, our knowledge and inspiration. It is important to consider the whole person, not only mind, body and socio-cultural, but also spirit.

In fusion the Eastern and Western concepts, I try to see a humankind in holistic terms as having mind, body, spirit, and sociocultural. The basis of personality is formed in the womb from conception to delivery. The emotions and attitudes of the mother at the time of delivery will be particularly influential. To have a healthy person we must prepare already from conception. My view of empowerment for the 21st century emphasizes a non gender-biased attitude in terms of dominance and power. Balinese society exemplifies this equality. This attitude promotes harmonious cooperation and love in relationships, family, community and work place in order to achieve equanimity and successful adaptation to rapid social change. I believe such is achievable in most societies.

As such, I have developed a spiritual meditation/relaxation method and taught it to large groups of adolescent students, adults and elderly. The critical factor in meditation for health and adaptation to a changing society is promotion of deep peaceful sleep. This biological process is integral to healthy development from conception right through life, until death. My theory of human bio-psycho-sociocultural-spiritual existence underlies the practical meditation method. It is utilized in all aspects of daily life. The theory and method apply to work, home, family, and the community.