

# ‘Do good, feel good.’

## The international activity of the Spiritual Health Foundation

Carolyn and Alexander Toskar’s healing work worldwide plays a significant part in the by them established charitable Spiritual Health Foundation. One notable and inspiring project of the foundation is the extensive co-operation with the Thai Ministry of Health.

‘Think good, feel good and do good’ - this is the path to harmony and wellbeing. When applied, this format of ‘do good, feel good’ acts as a vision and mission of the Spiritual Health Foundation established by us. Since 2010 the charitable foundation has been dedicated to the support of children and dependent adults. It aims to enhance the health and well-being of those in need and also their carers; in addition it provides training to develop their abilities to heal themselves.

Carolyn and Alexander Toskar give an energy transfer to nurses, doctors and other employees at Saraburi Hospital in Thailand.

The Foundation supports exclusively those projects whose founders we personally know; this is done in the form of personal visits, mediation and guidance of 3-Healing<sup>1</sup>, as well as donations.



### Ethical Principles

The central idea of the Foundation - ‘do good, feel good’ - can be attributed to the ethically based principles and virtues of Satya, Dharma and Prema. Satya stands for truth and truthfulness, Dharma means righteousness and order. The basis of truth and righteousness is love, Prema. We aim to direct all our efforts to the development and preservation of these life principles.

‘Do good, feel good’ defines the increase of energy and positivity through good actions. Herewith ‘to do good deeds’ can refer to the individual themselves, as it can be a motivating factor in maintaining well-being and good health in the sense of taking care of oneself. Similarly it is also intended to support other people’s actively; this too can give rise to one’s own happiness. The central idea can be understood as a cycle, because if the wheel of good action is activated, the ‘feel good’ factor, and the resulting additional energy, can trigger another ‘do good’ factor, and so on.

Over the last ten years we have propagated ‘Divine Straightening<sup>2</sup>’ in our healing centers in Germany and Switzerland. On our regular healing-tours to England, the US and Asia, we have met with sick or disadvantaged people, often with very challenging living conditions; hence arose the instantaneous wish to help locally. Following the first charitable healing days at health-care-facilities in Asia, we decided

to establish a foundation. We have acted since then in an honorary capacity, and its charitable status was approved only a few weeks after its founding. As our travel and auxiliary project-visits are usually at the end of the year, we feel that the work of the Foundation is also a form of thanksgiving for the workings of the past year.

## Ministry of Health Thailand

For the past ten years, together with the Thai Ministry of Health (Ministry of Public Health, MOPH), we regularly visited hospitals in Thailand's provinces. Here we spiritually treat patients, nurses and doctors, as well as give training in spiritual healing. During the numerous visits we have been able to gain much insight into the Thai healthcare system, and thus have learned about the professional care patient-support, as well as of an openness to complementary healing methods.

We are invited to visit specialized hospital departments, for instance Neurology to visit patients with brain traumata, to Traumatology, or to patients with age-related degenerative diseases. We each give them a spiritual healing treatment, and we give instructions to nurses or relatives on how to increase the life force, by the laying-on-of-hands and other spiritual applications. On subsequent trips and on occasions, we were able to see the patients anew, and doctors or relatives could give us news of their developing recovery. In that way, a paralyzed police officer, who had been shot in the neck was again able to greet us personally on our second visit, only half a year later. In another case, a patient in hospital as the result of a vehicular accident woke up on the day of our visit from a coma, which, at this early stage, the doctors were not expecting, but they were highly pleased about the progress.

We visited the Regional Hospital in the north-east of Thailand Udonthani In spring 2015. A typical day: we are picked up in the early hours of the morning in Bangkok by a large van of the Health Ministry that takes us to Dun Muang National Airport. Dr. Jakkris, the Chief Inspector of the Ministry of Health and his team await us, and we received our first briefing on the course of the journey. Frequently we already start at the airport treating flight-captains or stewardesses, who were informed in advance of our arrival. After a short flight we arrive at one of the North or South provinces of Thailand, where we are collected at the airport by the various hospital teams. On



the journey to the clinic, we receive more precise information, for instance about the number and type of employees, and patients and the related departments that we are due to visit. The regional hospitals cover large catchment areas and have to render especially fast accident and emergency (A&E) aids. In Udonthani, 4,000 patients are cared for per day with a total of 1,600 employees hired. Next to Oncology, the Traumatology and 24-hour open-heart surgery are important departments.

## A day at a clinic

First of all we are introduced to the director, who, together with the hospital management are given spiritual healing treatment. Our program starts at 9 clock. In the lecture hall, where we are officially welcomed by the Directorate of the Clinic, there are more than 300 nurses and doctors gathered. Complemented by the translation and explanations of Dr. Jakkris, the participants learn about Divine Straightening. In a subsequent workshop they discover the concept of the 3-Healing Principles, and how they may employ the method supportively in their work with patients. A film crew records every part of the visit; these documentations are shown on Thai television, and it is also used as training material for other hospitals.

At a platform-panel we firstly give an interactive presentation about spiritual healing. We report our experiences as healers, and of

Alexander Toskar atunes nurses, doctors and other employees at Saraburi Hospital in Thailand to the energy healing treatment.

Comments:

<sup>1</sup> 3-Healing® principles is a new spiritual concept, promoting physical, emotional, mental and spiritual health by the laying on of hands and the application of developed healing mediators, and to strengthen the inherent self-healing powers in humans.

<sup>2</sup> Initiated in 1989 by the Russian spiritual healer Pjotr Elkunoviz, Alexander Toskar's father, Divine Straightening® is a way which 'acts on cellular time-consciousness and procures visible effects on the physical level' (A. Toskar).

## 'Many Miracles occurred,' says Dr. Jakkriiss from the Thai Ministry of Public Health.



'Many state hospitals in Thailand have to make do with a modest budget and resources. Staff nurses and doctors work very hard, yet they do this with an excellent attitude. The situation has been like this for a number of years now, and probably will remain so for a few more years; it might even worsen. This is because of the social security policy of the Thai government

which allows every Thai person, when sick, free access to public health care. Although hospital staff are very busy, they nevertheless strive to find better-quality solutions. Whereas some people are helped with traditional school-medicine in some cases, more often than not, many are not cured by only taking medication.

As Chief of Staff of the Southern Region, I brought Alexander and Carolin Toskar to the large hospitals in my region in order to train and educate doctors and nurses. We currently have visited

the regional hospitals in Pattalung and Nakornsri Thammarat, as well as Chumporn, Trang, and many more. As my area extended to the Central Region, we were able to offer even more workshops in Nonthaburi, Lopburi, Saraburi ... Many doctors and nurses were enthusiastic about the training, and some could help their patients a lot more. Many miracles occurred, which allowed them to see successes with their own eyes. Those who had been practicing more, could get even better results. This was the case from my own experience.

As Head of the Chiefs of Staff who inspects all areas of the country, I consider what Alexander Toskar and his wife Carolin have given to the people of Thailand, and to the many other people world-wide, worth far more than can be imagined. I thank both for what they have done for our hospital staff. Our patients in turn benefit due to the training the doctors and nurses receive. Again, many thanks for what they have done for us in the last decade, and what they will do for us in the future.'

Dr. Jakkriiss. Bhumisawasdi  
Chief of Inspector General  
Ministry of Public Health, Thailand

the relationships that we see between health, consciousness and the spiritual spine. The act of 'Divine Straightening' that follows is presented on a treatment couch, and is shown live on a big screen. Each time when we come to select two or three people as model-patients, the rush forwards, and interest is very high. Once the effect of the spiritual power has become visibly evident to all, every employee receives a spiritual healing treatment. We consider and plan three hours for this. We then walk through the rows of tables in the lecture hall to the nurses with their white hoods, or, if there are more than 200 participants, they would come to us in rows to the podium, to receive the energy transmission as well as a healing-connection there, together with the activation of the chakras in the palms of the hand.

### Healing workshop at the hospital

The 3-Healing workshop starts after a short lunch break. It's a nice feeling, practicing together with so many people. We convey various ways to the doctors and nurses of how to harmonize the three levels of body-soul-spirit by laying on of hands, and how to recharge their healing power. The principle of the chakras and the energy pathways are fundamentally familiar to the Thai people; the practical application however is new to them. Hence they participate

with great enthusiasm when it comes to treating themselves and actively transmitting healing energies to one another in partner-exercises. Again and again we hear them say how good it feels to cherish their own health once more and to feel the beneficial effects, after the many challenges of their profession.

After each of the exercises there are many questions to be asked, and also patient's case-studies to be shared and discussed with us, as well as conversations on what action to take in particular cases. In the evening we conclude the lively day with a quiet guided meditation in a big healing circle. The official end is marked by a presentation of small traditional gifts to us and to Dr. Jakkriiss, on behalf of the hospital and the respective provinces. Above all, it shows the big hearts and hospitality of the Thai people.

For many weeks following the workshop, we receive e-mails and messages from the participating doctors and nurses who ask questions or write about their subsequent experiences. Amporn Pornpongsuriya, for example, a nurse in Pranangklaio Hospital, Nonthaburi Province writes: 'I'm so glad that I was allowed to participate in the healer-workshop.(...) I am grateful to have learned such an amazing complementary method of healing that I can use to treat my patients.'

## The Pattaya Orphanage

The children call Pattaya Orphanage their home because their families are unable to take care of them for various reasons. Without the support of the orphanage, many children would be homeless or victims of human trafficking. On average, 160 children, from infancy to student age, live in the orphanage, and all of them are given an education and receive guidance until they find permanent jobs, and can then look after themselves. Many of them even graduate from higher education. We found it particularly impressive that in the meantime, some of the former orphans of the first generation are working as teachers and supervisors at the orphanage, in order to give back the good they had received there.

Alongside, and belonging to the children's home, is 'Sotpattana School for the Deaf'. During their two-year period in pre-school, the children learn, in addition to art and arithmetic, reading and writing using the official Thai sign language, so as to enable them to communicate with friends, teachers and their families.

During our visits to Pattaya Orphanage, we always spend incredibly joyous and significant time with the orphans, the autistic and deaf children and their carers. Amidst sprawling, tree-shaded grounds, after our two-hour car journey from Bangkok, we are warmly welcomed by Khun Toy (Mrs Radchada Chomjinda), the director of the home. She immediately introduces us to the two new volunteers from Europe, who will help for one to two years. All together, after a little refreshment, we are shown the layout and learn about the latest developments regards premises and equipment. Everything is very well and colorfully presented; it is apparent that everyone makes sure that everything is in a good, clean condition. Equally, technical and electronic equipment are, whenever possible, kept up to date. With a donation from our Foundation, for instance, the ailing water tanks of the home could be replaced by new steel tanks. With another donation, a summer language camp could be organised for the children, and new computers purchased for the school.

For the first time this year, we were able to visit the home's baby unit. This had been made impossible in previous years, as quarantine was enforced whenever one of the children had a slight infection. Because of this, on previous



occasions we saw the newborns only from a distance through large windows. We were doubly touched when we entered the unit. The little ones, distributed throughout the room in 20 to 30 cradles, have one of the carers at almost every bed, who feed them, play with them or nurse them to sleep. Some of the babies are already accepted for adoption, others are still waiting for new parents, who mainly come from Germany and Denmark.

The babies instantly keep eye contact when we approach their beds. At the moment when we lay our hands on the belly and the heart chakra, and transmit healing energy, they smile and are visibly glad to receive the warmth and affection. We walk through the whole unit and stop at each of the little residents of the home. There are beaming faces everywhere. Since the energy of Divine Straightening acts, in our experience, on the prenatal period, past traumas and shocks can be released, so that the children can experience great reassurance on their pathway into a new life. For us, these meetings with the newborns and their reactions to the healing energies are especially touching.

We then walk along to a large playroom where 70 orphans are waiting for us, including 30 deaf children, aged 3 to 9 years old. The atmosphere is cheerful and lively. To start with each child receives an energized, 'do good, feel good' T-shirt. A small boy, who we see each year, comes running up to us and tells us excitedly, in broken English, that the T-shirt always helps him when he has a stomach ache, or when he is sad. Each year we bring T-shirts of a different color, therefore many children already know this little custom, ▶

Carolin Toskar with one of the children at the Pattaya Orphanage in Thailand.



At Pattaya Orphanage. From left to right: Alexander and Carolin Toskar, Mrs. Radchada Chomjinda (Khun Toy), charlotte Weber, Vicky Weber.

and immediately slip on their new shirts. The whole room is alight with the colorfully dressed children and assistants in merry healing colors.

We welcome the children and explain briefly the order of events during our visit. The carers translate simultaneously in Thai and in sign language. We walk through the circle to begin with, and transmit Divine Straightening to every child; we then also activate their energy centers in their hands. Everyone enjoys this meeting clearly, and the dedication was evident on their faces.

Afterwards, the children show us how well they meditate cross-legged since our last visit, and how well they have practiced. When their concentration lapses, we start with the applications for self-treatment. In particular they learn how to recharge themselves with energy by the laying-on of hands. They treat the head, the heart level and the solar plexus. When they experience how good this energy feels in their own body, they then intuitively lay their hands on the neighboring child, and thus playfully allow the flow of energies there. True to the motto: do good, feel good.

### ‘Thank you for the wonderful healing energy’

Khun Toy, the home’s director, wrote to us after our first visit: ‘This is the first time ever that the orphanage has allowed someone like you and your husband to introduce healing to our children. This is something completely new for

the children and teachers. We are deeply grateful to you both, for your time and knowledge. Although the children are deaf and our little ones are still very young, to our great surprise they participated with great concentration at the meeting.(...) Thank you for your support and wonderful healing energy.’

Our friend Vicky, who has known the orphanage since its inception in 1972, and who recommended this as a suitable project, was also deeply moved by the common experience with the children: ‘This was the most touching, the happiest and most holistic experience for a very long time!’

The happiness and cheerfulness in the eyes of these children accompany us everywhere, and for a long time on our return to Europe. We are so grateful that, despite the children’s challenging life stories, there is such a good and harmonious place, as well as lots of hope.

### Projects of the Spiritual Health Foundation

**Streetkids International e.V.:** The headquarters of the small children’s charity in Frankfurt manages three orphanages in Tanzania, as well as a medical center and education projects and schools for orphans. From the start, our Foundation supports this association with sponsorships and training.

**Breast Cancer Haven:** A London based daily therapy facility with three additional centers now, accompanies people with breast cancer on a voluntary basis with extensive complementary medicine offers. The Spiritual Health Foundation supports the women affected, with lectures, spiritual healing, 3-Healing courses and donations of spiritual books and CDs.

**Child Protection and Development Center (CPDC), Pattaya:** In Pattaya over 2,000 street children grow up under horrendous conditions. Social workers visit the children in the 17 slums and help them on the spot with essentials. The Foundation supports this project with healing treatments and donations.

**Palliative Care, Bangkok:** The Foundation for palliative and hospice care in Bangkok is an organization of volunteers. It cares for the terminally ill and accompanies their families and relatives in their grief. As part of the Spiritual Health Foundation, we have treated more than 100 of these palliative carers, and trained them in 3-Healing®. ■

### Spiritual Health Foundation

Legal form: Foundation • Purpose: Promoting spiritual health • Chair: Carolin Toskar • Established: since 2010 • Donors: Toskar Carolin, Toskar Alexander • Trustees: Bernhard Mettler, Barbara Portmann • Base: Zurich, Switzerland  
► [www.spiritual-health-foundation.org](http://www.spiritual-health-foundation.org)

### Spiritual Health Charity e.V.

The association emerged from an initiative by Carolin and Alexander Toskar; it was established in June 2015. The purpose of the association is to promote spiritual health and well-being of children in Cologne and internationally.  
► [www.spiritual-health-charity.org](http://www.spiritual-health-charity.org)