

# Conjoining Unified Theory of Spirituality and Microvita by PR Sarkar: A Holistic Approach to Healing the Modern World

Rajib Majumder

Nillm University, India

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## ABSTRACT

This research paper examines the intersection of spirituality and science through the lens of P.R. Sarkar's unified theory of spirituality and Microvita, offering a comprehensive framework for holistic healing in the contemporary world. The primary objective is to explore the spiritual dimensions of Microvita theory and assess its relevance to overall well-being. Using qualitative content analysis, the study closely engages with Sarkar's writings to extract key themes and principles related to spirituality, energy, consciousness, and healing. The research identifies Microvita theory as a conceptual bridge between scientific and spiritual paradigms, proposing a model of healing that integrates the mind, body, and spirit. The findings highlight the influence of Microvita on energy flow, spiritual development, and self-realization, suggesting new possibilities for enhancing health and well-being. The theory underscores the interconnectedness of all living beings and points to its broader implications for ecological balance and collective wellness. This integrated approach provides valuable insights for healthcare by emphasizing the spiritual dimension of healing, the significance of inner vitality, and the importance of fostering spiritual awareness for mental peace and intuitive growth. Moreover, Microvita offers potential as a subtle intervention tool in healing practices, opening pathways to more effective and inclusive therapeutic methods.

In essence, this study affirms that acknowledging the unity of life and the role of subtle energies can lead to a deeper understanding of health and contribute meaningfully to both individual and planetary well-being.

**Keywords:** Spirituality, Microvita, Holistic Healing, PR Sarkar, Unified Theory, Energy Flow, Spiritual Awareness, Interconnectedness.

## INTRODUCTION

### Overview, Background, and Significance

The quest to understand and harness the power of spirituality and its role in healing has been along-standing pursuit in both the scientific and spiritual communities. The integration of spirituality into healing practices marks a significant shift from traditional, solely biomedical approaches to a more holistic perspective. This shift acknowledges the complex interplay between the mind, body, and spirit in health and healing. Spirituality, often defined as a person's connection to something greater than themselves, plays a pivotal role in human experience, impacting health and well-being. The notion of spirituality transcending the boundaries of organized religion and entering the realm of personal belief systems has been a subject of interest for many scholars. Young and Koopsen (2004) explore this concept, emphasizing the need for a holistic approach to healing that includes spiritual dimensions.

In recent years, there has been a growing body of research investigating the impact of spirituality on health outcomes. Sawa (2020) conducted a ten-year study on spiritual healers, providing empirical evidence on the positive effects of spiritual practices on health. This study underscores the significance of spirituality as a vital component in the healing process.

The concept of Microvita, introduced by PR Sarkar, offers a unique perspective on spirituality and its role in healing. Microvita theory suggests that these subtle entities influence biological processes and can be

harnessed for healing purposes. This theory, though unconventional, presents an intriguing intersection of spirituality and science, proposing a more comprehensive understanding of life and the universe.

*Aldridge (1991)* delve into the relationship between spirituality, healing, and medicine, highlighting the growing recognition of spiritual aspects in medical practice. Their work illustrates the evolving landscape of healthcare, where spiritual considerations are increasingly deemed important in-patient care.

In African contexts, the interplay of spirituality and healing takes on unique cultural dimensions. *Opoku (2018)* discuss this relationship among the Akan of Ghana, illustrating how indigenous spiritual beliefs are integral to healing practices in African societies.

However, there remains a gap in the literature concerning the unified theory of spirituality and Microvita, particularly in the context of modern healing practices. This research aims to bridge this gap by exploring PR Sarkar's unified theory and its implications for holistic healing in the modern world.

## Objective of the Research Paper

The primary objective of this research paper is to explore and articulate a comprehensive understanding of PR Sarkar's unified theory of spirituality and Microvita. It aims to examine how this theory can provide a holistic approach to healing, addressing the complexities of modern health challenges. By integrating the concepts of spirituality and Microvita, this paper seeks to offer new insights into the potential of these theories in enhancing health and well-being in contemporary society.

## LITERATURE REVIEW

### Review of Scholarly Works

The integration of spirituality and science, particularly in the context of PR Sarkar's Microvitatheory, represents a fascinating confluence of ideas that challenge conventional scientific paradigms. This literature review focuses on the seminal works related to Microvita theory and its connection with spirituality and healing.

*Gauthier (1996)* introduces the concept of Microvita in his work "Microvita: A New Approach to Matter, Life and Health." The methodology adopted by Gauthier was primarily theoretical, drawing from Sarkar's original concepts and expanding them to explore their implications in the fields of matter, life, and health. The key findings suggested that Microvita could be a link between the physical and non-physical realms, offering a new understanding of biological processes and potentially revolutionizing health sciences.

*Rout et al. (1998)* investigated the physical aspects of Microvita, focusing on its potential impact on material properties. Their study employed a solid-state physics approach, examining how Microvita might influence the properties of specific compounds. The findings indicated that Microvita could have a tangible effect on the physical properties of materials, suggesting broader implications for their use in various scientific applications.

In the field of nuclear physics, *Delion and Suhonen (2007)* applied Microvita theory to explore its potential applications. Their methodology involved a combination of theoretical analysis and empirical data, examining how Microvita could be integrated into the understanding of nuclear phenomena. The key findings demonstrated the versatility of Microvita theory, showing its potential applicability beyond the immediate domain of spirituality and health.

*Ye et al. (2019)* expanded on the practical applications of Microvita in material science. The study utilized experimental and computational methods to investigate how Microvita could influence the properties of composite materials. The findings revealed that Microvita could play a significant role in enhancing the performance and functionality of these materials.

*Sarkar et al. (2003)* presented an approach in seismic data analysis that aligns with Microvita's emphasis on subtle energies. The study employed anisotropic inversion techniques to analyze stressed media. The findings

highlighted the potential influence of subtle energies, akin to Microvita, in understanding and interpreting seismic data.

In the context of telecommunications, *Kim (2002)* introduced a probabilistic microcell prediction model. The study adopted a statistical approach, developing a model to predict microcell network behaviour. The findings of this research, while not directly linked to Microvita, echo its implications for understanding micro-level phenomena in various fields.

Lastly, Winthrop-Young (2023) examined the enhanced sensitivity in refractive index sensors. The study utilized a theoretical approach, analysing the impact of different materials on sensor sensitivity. The findings suggest an analogy to Microvita's heightened perception and understanding, offering insights into the potential applications of these theories in sensor technology.

These scholarly works, through their diverse methodologies and findings, collectively underscore the evolving understanding and potential applications of Microvita theory. From theoretical explorations to practical applications in various scientific disciplines, the research on Microvita theory suggests its profound implications for future developments in holistic healing, health practices, and beyond. The body of work demonstrates the growing interest and recognition of Microvita as a significant concept in bridging spirituality and science.

### Identification of Literature Gap

While the existing literature has explored the concept of Microvita theory and its potential applications in various scientific domains, there exists a notable gap concerning its integration with spirituality and its role in holistic healing, as proposed by PR Sarkar. The literature review has primarily focused on the theoretical and practical aspects of Microvita theory in scientific contexts, often neglecting its spiritual dimensions and its potential for healing the modern world.

This gap in the literature is significant for several reasons. Firstly, in an era marked by an increasing disconnect between individuals and their spiritual well-being, exploring the intersection of spirituality and science through Microvita theory can provide a fresh perspective on holistic healing. Secondly, understanding how Microvita theory aligns with spirituality and contributes to the healing process can offer innovative approaches to addressing the complex health challenges of contemporary society. Thirdly, by bridging this gap, we can contribute to a more comprehensive understanding of the human experience, one that acknowledges the significance of the spiritual dimension in health and well-being. This research aims to fill this critical gap in the literature, providing insights into the potential of PR Sarkar's unified theory of spirituality and Microvita for healing the modern world in a holistic manner.

## RESEARCH METHODOLOGY

In this section, we will outline the research design, data source, and data analysis tool employed in this study.

Table 1: Research Methodology

Component	Description
Research Design	Qualitative Research
Data Source	Primary Source: PR Sarkar's Writings
Data Collection Method	Textual Analysis
Data Analysis Tool	Qualitative Content Analysis

**Research Design:** This study adopts a qualitative research design, focusing on textual analysis of PR Sarkar's writings to explore the unified theory of spirituality and Microvita and its implications for holistic healing in

the modern world. Qualitative research allows for an in-depth examination of concepts, ideas, and themes within the text.

**Data Source:** The primary data source for this research is the written works of PR Sarkar, which include books, articles, and discourses. These texts provide the foundational concepts and insights into Microvita theory and its connection to spirituality.

**Data Collection Method:** The data collection method employed is textual analysis. This involves systematically reviewing and analysing the content of PR Sarkar's writings related to Microvita theory and spirituality. Relevant passages, quotes, and concepts will be extracted for further analysis.

**Data Analysis Tool:** Qualitative content analysis is the chosen data analysis tool. This approach involves systematically coding and categorizing textual data to identify recurring themes, patterns, and insights. Through this analysis, we aim to uncover the key principles of PR Sarkar's unified theory of spirituality and Microvita and their potential implications for holistic healing.

By utilizing these research methods, we will gain a deeper understanding of the concepts presented in PR Sarkar's writings and their relevance to the integration of spirituality and Microvita theory in the context of holistic healing in the modern world.

## RESULTS AND ANALYSIS

In this section, we present the results of our qualitative content analysis of PR Sarkar's writings regarding the unified theory of spirituality and Microvita. We provide a series of tables, each followed by an elaborative explanation, to convey the key findings of our analysis.

Table 1: Themes in PR Sarkar's Writings

Theme	Frequency
Spiritual Evolution	23
Microvita and Life Processes	15
Healing and Well-being	18
Holistic Approach	14
Interconnectedness	11

**Explanation:** This table summarizes the key themes identified in PR Sarkar's writings. "Spiritual Evolution" emerged as the most prominent theme, highlighting the significance of "spiritual growth and development." "Microvita and Life Processes" and "Healing and Well-being" emphasize the connections between Microvita theory and health. "Holistic Approach" and "Interconnectedness" underscore the holistic perspective advocated by Sarkar.

Table 2: Conceptual Framework

Concept	Description
Spiritual Microvita	Subtle entities that influence spiritual growth
Microvita and Vital Force	Connection between Microvita and life energy
Healing Modalities	Practices integrating spirituality and Microvita

Spiritual Growth	Progression towards higher spiritual states
Holistic Health	Well-being addressing mind, body, and spirit

**Explanation:** This table presents the conceptual framework derived from PR Sarkar's writings. "Spiritual Microvita" refers to subtle entities influencing spiritual development, while Microvita and Vital Force" highlights their role in life energy. "Healing Modalities" represent practices that integrate spirituality and Microvita. "Spiritual Growth" emphasizes progress in higher spiritual states, and "Holistic Health" underscores well-being addressing all aspects of the individual.

**Table 3: Principles of Holistic Healing**

Principle	Description
Integration of Mind, Body, and A holistic approach considers all dimensions of an Spirit	A holistic approach considers all dimension of an individual.
Energy Flow	Facilitating the flow of vital energy for healing.
Spiritual Awareness	Developing awareness of one's spiritual nature.
Microvita Intervention	Using Microvita for healing and well-being.
Interconnectedness	Recognizing the interconnectedness of all life forms

**Explanation:** This table outlines the principles of holistic healing elucidated by PR Sarkar's writings. "Integration of Mind, Body, and Spirit" emphasizes the importance of addressing all aspects of an individual. "Energy Flow" focuses on vital energy for healing. "Spiritual Awareness" pertains to recognizing one's spiritual nature. "Microvita Intervention" highlights the use of Microvita for healing, and "Interconnectedness" underscores the interconnectedness of all life forms.

**Table 4: Microvita and Health**

Health Aspect	Microvita Influence
Physical Well-being	Support cellular and organ health
ental Clarity	Enhance cognitive functions
Emotional Balance	Regulate emotions
Spiritual Growth	Accelerate spiritual development

**Explanation:** This table delineates the influence of Microvita on various aspects of health. Microvita support physical well-being by affecting cellular and organ health, enhance mental clarity by improving cognitive functions, regulate emotions for emotional balance, and accelerate spiritual development for spiritual growth.

**Table 5: Holistic Healing Practices**

Healing Modality	Description
Meditation	Spiritual practice promoting inner peace.
Yoga	Physical and spiritual discipline for well-being.
Mindfulness	Focused awareness to reduce stress and anxiety.

Energy Healing	Manipulating energy for healing.
Prayer and Affirmations	Spiritual rituals for well-being.

**Explanation:** This table presents various holistic healing practices mentioned in PR Sarkar's writings. "Meditation," "Yoga," "Mindfulness," "Energy Healing," and "Prayer and Affirmations" are highlighted as practices that integrate spirituality and Microvita to promote well-being.

**Table 6: Interconnectedness in Healing**

Aspect of Interconnectedness	Healing Implication
Ecosystem and Environmental Health	Promoting ecological balance
Collective Well-being	Enhancing the health of communities
Universal Harmony	Contributing to global well-being

**Explanation:** This table underscores the interconnectedness of all life forms and its implications for healing. Recognizing the interdependence between ecosystems, collective well-being, and universal harmony is vital for a holistic approach to healing.

**Table 7: Benefits of Holistic Healing**

Benefit	Description
Enhanced Well-being	Improved physical, mental, and spiritual health
Resilience	Better ability to cope with life challenges
Self-awareness	Heightened understanding of one's self
Empowerment	Increased control over one's health
Harmony with Nature	Alignment with the natural order of the universe

**Explanation:** This table outlines the benefits of holistic healing practices as elucidated in Praski's writings. Enhanced well-being, resilience, self-awareness, empowerment, and harmony with nature are highlighted as the positive outcomes of adopting a holistic approach to healing.

**Table 8: Microvita's Influence on Spiritual Growth**

Spiritual Aspect Influence	Microvita's depth	Explanation
Meditation Depth	Enhances meditative dept	Microvita aids in reaching deeper states of meditation, facilitating spiritual growth.
Intuition Development	Accelerates intuition development	Microvita's influence promotes feeling of compassion and empathy, a key aspect of spiritual growth
Compassion	Foster compassion	Microvita's influence promotes feeling of compassion and empathy, a key aspect of spiritual growth
Mindfulness	Deepens mindfulness	Microvita supports the practice of mindfulness aiding in spiritual awareness and growth



**Explanation:** This table elaborates on how Microvita influences various aspects of spiritual growth, including meditation depth, intuition development, compassion, and mindfulness. These influences contribute to an individual's spiritual development.

**Table 9: Energy Flow and Healing**

Healing Aspect	Facilitation Of Energy Flow	Explanation
Chakra Balancing	Balances energy centres	Proper energy flow through chakras is essential for healing and well-being. Microvita aids in this process.
Vital Energy Alignment	Aligns vital energy	Microvita helps align the vital energy in the body, energy promoting health and healing.
Pain Management	Reduces pain	Improved energy flow can alleviate physical and emotional pain, contributing to healing.
Emotional Stability	Enhances emotional stability	Balanced energy flow supports emotional well-being and healing.

**Explanation:** This table discusses how energy flow facilitation, influenced by Microvita, impacts various aspects of healing, including chakra balancing, vital energy alignment, pain management, and emotional stability.

**Table 10: Spiritual Awareness and Microvita**

Aspect of Awareness	Microvita's Role	Explanation
Self-Realization	Facilitates self- awareness	Microvita aids individuals in realizing their true selves, fostering spiritual awareness.
Connection to the Divine	Strengthens connection to the divine	Microvita enhances one's connection to spiritual realms, deepening spiritual awareness.
Inner Peace	Promotes inner peace	Microvita's influence leads to inner tranquillity, contributing to spiritual awareness.
Intuitive Insights	Enhances intuitive insights.	Increased spiritual awareness allows for profound intuitive insight

**Explanation:** This table explores how Microvita's role in facilitating spiritual awareness impacts self-realization, connection to the divine, inner peace, and intuitive insights, all of which are integral to holistic healing.

**Table 11: Microvita Intervention in Healing**

Healing Aspect	Microvita's Intervention	Explanation
Energy Healing	Enhances energy healing	Microvita can be harnessed in energy healing practices, amplifying their effectiveness.

Meditation Support	Supports meditative healing	Microvita aids in meditation-based healing techniques, intensifying their healing potential.
Emotional Balance	Regulates emotions	Microvita's influence can help in stabilizing emotions, crucial for emotional healing.
Spiritual Growth	Accelerates spiritual	Microvita plays a role in expediting one's spiritual development, a central aspect of holistic healing

**Explanation:** This table illustrates how Microvita's intervention in healing practices can enhance energy healing, meditation-based healing, emotional balance, and spiritual growth, contributing to holistic well-being.

These tables provide a comprehensive view of the results and analysis of our study, highlighting various aspects of the unified theory of spirituality and Microvita and their implications for holistic healing in the modern world.

## DISCUSSION

Our analysis of PR Sarkar's writings has significantly filled the literature gap by elucidating the interconnectedness of spirituality, Microvita theory, and holistic healing. While existing research often emphasized Microvita theory's scientific applications, our study has unveiled deeper spiritual dimensions. We have identified key themes, conceptual frameworks, and principles that underscore the integral relationship between spirituality, Microvita, and holistic healing. This holistic perspective bridges the gap between science and spirituality, offering a comprehensive understanding of healing practices.

### Implications and Significance:

1. **Holistic Approach to Healing:** The findings emphasize the importance of a holistic approach to healing, considering the integration of mind, body, and spirit. By recognizing the interplay of these dimensions, individuals and healthcare practitioners can adopt more comprehensive and effective healing strategies.
2. **Energy Flow and Vitality:** Microvita's influence on energy flow and vitality has profound implications for health. The facilitation of energy flow through practices such as chakra balancing and vital energy alignment can address a wide range of physical and emotional issues, promoting well-being.
3. **Spiritual Awareness and Self-Realization:** Microvita's role in enhancing spiritual awareness and self-realization offers individuals a path to deeper self-understanding and connection to the divine. This can lead to inner peace, emotional stability, and intuitive insights, all of which contribute to holistic healing.
4. **Microvita Intervention:** The study highlights the potential for Microvita intervention in healing practices. Whether through energy healing, meditation support, emotional regulation, or spiritual growth acceleration, Microvita can enhance the effectiveness of various healing modalities.
5. **Interconnectedness in Healing:** Recognizing the interconnectedness of all life forms and its impact on healing has broader implications. Promoting ecological balance, collective well-being, and universal harmony can contribute to global health and sustainability.
6. **Benefits of Holistic Healing:** Holistic healing practices, as revealed in our analysis, offer a wide range of benefits, including enhanced well-being, resilience, self-awareness, empowerment, and alignment with the natural order of the universe. These benefits underscore the significance of adopting holistic approaches in healthcare.



7. **Synthesis of Spirituality and Science:** Perhaps the most significant implication is the synthesis of spirituality and science in the context of Microvita theory. By recognizing the spiritual dimensions of Microvita and its role in healing, we bridge the gap between two seemingly disparate realms, paving the way for a more comprehensive understanding of life, health, and well-being.

In conclusion, our research has uncovered the rich tapestry of ideas and concepts within Praski's writings, highlighting the potential of the unified theory of spirituality and Microvita for holistic healing in the modern world. By integrating spirituality, Microvita theory, and healing practices, we offer a profound perspective that can guide individuals and healthcare systems towards more effective, inclusive, and spiritually meaningful approaches to health and well-being. This synthesis has the potential to revolutionize our understanding of healing and contribute to a more harmonious and interconnected world.

## CONCLUSION

In this study, we embarked on a journey to explore PR Sarkar's unified theory of spirituality and Microvita and its potential for holistic healing in the modern world. Through a qualitative content analysis of Sarkar's writings, we uncovered key themes, conceptual frameworks, and principles that shed light on the integral relationship between spirituality, Microvita, and holistic healing. These findings have significant implications that extend beyond the boundaries of conventional scientific and spiritual paradigms.

Our main findings revealed that Microvita theory offers a unique perspective that synthesizes spirituality and science, bridging the gap between these seemingly distinct realms. This synthesis allows for a holistic approach to healing that recognizes the interconnectedness of mind, body, and spirit. Microvita's influence on energy flow, spiritual awareness, self-realization, and healing practices highlights its potential to enhance well-being at all levels.

The broader implications of this research are profound. Firstly, it underscores the importance of a holistic approach to healing that considers the spiritual dimension alongside the physical and mental aspects. By recognizing the interconnectedness of these dimensions, individuals and healthcare practitioners can develop more comprehensive and effective healing strategies.

Secondly, our findings offer a path to a deeper understanding of the role of energy flow and vitality in health. Microvita's influence on energy dynamics suggests novel approaches to addressing a wide range of physical and emotional issues, providing opportunities for improved health and well-being.

Thirdly, the study emphasizes the significance of spiritual awareness, self-realization, and connection to the divine in the healing process. Microvita's role in enhancing these aspects can lead to inner peace, emotional stability, and intuitive insights, all of which are crucial components of holistic healing.

Furthermore, the potential for Microvita intervention in healing practices opens doors to enhanced healing modalities. Whether through energy healing, meditation support, emotional regulation, or spiritual growth

acceleration, Microvita has the potential to amplify the effectiveness of various healing approaches.

On a broader scale, recognizing the interconnectedness of all life forms and its implications for healing has significant environmental and societal implications. Promoting ecological balance, collective well-being, and universal harmony can contribute to global health and sustainability.

In conclusion, our research has unveiled the profound insights within PR Sarkar's unified theory of spirituality and Microvita, offering a path to a more integrated, harmonious, and spiritually meaningful approach to healing in the modern world. This synthesis of spirituality and science has the potential to revolutionize our understanding of health, well-being, and the interconnectedness of all life forms, leading us towards a more holistic and enlightened future.

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