

**Various Principles of Magic (Religions)  
as They Relate to Healing and Wellness  
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<https://optimalhealthsecrets.com/library/WellnessRiskManagement/36-various-principles-of-magic-religions-as.pdf>

**Although magic/religion play an integral part in multidimensional Wellness, there are specific problems that require careful consideration.**

1. Magic does not exist in our world.
2. Healing miracles are an integration between the brain, the mind, the body and the environment.
3. Healing miracles are able to be understood. They just remain to be discovered and so, are called miracles by some people, but not all people.
4. The method to heal oneself is to look at the science behind Wellness strategies.
5. **Self-Help** is a new concept we are bringing to the public integrated with another new concept called **Wellness RISK**.

**People who have not learned, or taught themselves, that magic does not exist, use coping skills to cope with the uncertainty and to cope with the strong demands of organized religious companies demanding their loyalty and money. Most people stay with whatever religion their parents brought them up in.**

- We see the coping skills as just what they are, mechanisms to cope with reality and an easy way to integrate with other groups of people.
- We believe people should be allowed to have their coping skills as they see fit just like we allow children to believe in fairytales as we see fit.
- We don't see a distinction between the religious stories and children's fairytale stories mostly because there is no evidence for either one. They are just made up stories by other people.
- The coping skill provides a service to the person and we believe that is OK.
- Those people who want to grow past the coping skills. . . , that is OK too. We believe that science should lead the way in that regard.
- We believe that tearing a person's coping skill down without having a viable alternative to substitute, is doing a disservice to that person and is irresponsible behaviour toward others. Consequently, we remain out of the field of magic/religion and focus our attention on the science behind Wellness and **Chronic Disease Prevention Strategies**.
- Believing in science is not just believing in another form of religion. Science is not religion. Science requires proof and evidence. Religion has no such requirements.
- They are fundamentally different at the structural level. Science does not serve as a coping skill as religions do. Science provides an evidentiary pathway that a person can have a high level of trust in. There is no blind trust required in science. There is no faith required in science. There is however, an upgrading of knowledge as science progresses toward evidentiary truths.