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Through darkness into the light

a path to health as described by adults after having lived through a personal suffering

Background: Understanding health the viewpoint of human beings themselves is crucial for becoming in health.

Methodology: Hermeneutical approach → interviews with ten adults who have lived through personal suffering and regained health. Texts were interpreted through hermeneutical reading.

Results:

A path to health:

- is love
- demands a sacrifice
- Is loving the almost other



The path to health leads through a darkness. Love is the inner source of strength. Faith and hope gives life new light. The source of strength demands a sacrifice - the human being's smallness. Communion enhances strength. The source of strength awakens the love for the almost other which is a health potential.

Aims: Understanding of health by exploring human being's strength of becoming in health.

Questions:

- 1) What is the source of strength for the suffering human being on the path to health?
- 2) What enables dedication of strength when becoming in health?

Conclusions:

1. The darkness of suffering conceals the keys for a movement in health.
2. Actively loving the almost other is the basis for becoming in health and covers a continuous dedication of strength and love.

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