

MENTAL ILLNESS AND HOMOEOPATHY

We speak for convenience of physical illness and mental illness, but in reality all man's sickness is always the sickness of the whole human being, whether the symptoms are of the mind or the feelings or the body; and it is always the result of his own actions, past or present; and similarly the cure depends on him.

Through that within him which is boundless and unchanging man partakes of the eternal and heaven is his home: from the source of his being he draws grace, light, inspiration, genius, wisdom, the great art and music of all times, every noble thought and action, everything that quickens human existence. He is not generally aware of this dimension of his being.

Through that within him which is limited, which changes and evolves in perpetual becoming, he experiences separate selfhood and lives in manifestation. The individual is a focus of universal life, and the complex and wonderful human organism is his vehicle; in it he acts out his destiny in time and space and participates at the same time in the collective destiny of mankind. The boundless becomes differentiated, identifies itself with a physical body, feels itself separate, enters into subjective relationship with countless other beings, things, and situations, all appearing equally separate, chooses, exerts the will, acts, experiences pleasure and pain and the pairs of opposites, develops qualities, learns, grows. Not only what we call health but everything in the human condition is essentially the relationship between these two parts of man, the higher and the lower. When they are in harmony there is true health, when the lower loses touch with the higher man is out of tune with the universe and with himself, and suffers. The purpose of suffering is to bring the two together again.

The human condition is ruled by the law of causation, which states that we reap what we sow, and determines the consequences of action on every level of being. By it the universe is sustained; by it man and manifestation become; by it man creates his own destiny; by it the spirit makes its long journey through matter, man suffers and learns, until at last he perceives his identity with the universal spirit; by it the lower is consciously united with the higher, the part to the whole.....and this is the goal of life.

THE MIND

The mind is the highest part of the organism in which the ego incarnates to evolve. It is that part of man which is closest to his center, essence, soul, that which decides, chooses, judges, remembers, wills, and acts, expressing in manifestation his purpose and what he is. In its lower aspect it thinks and is connected to the emotions and exerts its separate selfhood, its higher aspect is the heart, the seat of intuition and conscience through which it touches the

divine, perceives or expresses beauty, loves. Through the mind man is in contact with heaven and with hell, constantly choosing a little more of one or the other. Through it he creates the world he lives in and his own future. It penetrates all the levels of being and contains also the personality, all those traits and idiosyncrasies by which we are uniquely ourselves and by which the world knows us—the walk, the smile, the tone of voice, the endearing ways which touch the heart.

Through the mind we not only manifest what we are individually, but participate also in the collective mind, which manifests collective conditions in the world about us; civilisations, with their social conventions, their civic institutions, and the way they function, and the monuments of color, stone, sound, or words which capture and perpetuate them to posterity.

MENTAL HEALTH

In its highest aspect it is that freedom from separate selfishness which is the goal and purpose of life; and, at each step towards that goal, it is the right attitude and conduct which brings us nearer to it. All the great religions have stated the one essence of such a life in ways that were appropriate to their different times and places; faith in the creator, in whatever way we understand him; faith in our own immortality and ultimate return to him; a willingness to fulfill the requirements of reaching him to the best of our understanding in the circumstances of our life. This surrender to the divine is mental health for all men at all times and places. It is the natural condition, in which we are properly related to all life.

What then is mental illness? It is not the disfunction of a part or circumscribed system, like digestive or circulatory disease, but the disorder of the human being in his relationship to life, in his purpose and conduct.

The greatest disease of our time is not heart disease or cancer which sends us from life; since death is for each of us inevitable the particular disease which brings it is a messenger, not a cause; and we can at best postpone it, not prevent it. The greatest disease of our time is mental illness, for it turns the joy and blessing of life into a living death. As technological medicine has more and more efficiently suppressed outer symptoms of disease hospital beds are increasingly occupied by the mentally ill. Outwardly we interfere with nature in every way possible, despoiling the land, polluting the atmosphere, the rivers and oceans, the food we eat; inwardly our lives become increasingly materialistic, selfish, devoid of higher purpose or beauty. Mental illness is not limited to the patients of psychiatric hospitals or those who give employment to so many analysts and psychotherapists. It is endemic to modern life. We see it in the unhappy, alienated lives of our great cities, in the explosion of crime, in the decline of marriage and family life, in the cynical despair of our youth, in the decay of education, in the morbid and obsessive pursuit of sex for entertainment or pleasure, in a whole culture and way of life based on drugs, in the corruption, opportunism, and demagoguery in govern-

ments, in racial, national, and class hatred, in a socio-economic system based on material gain, and just as much in the growing number of people who react so violently to everything established that the destruction of all that ever was honorable, noble, or sacred becomes the highest of goals. The state of the world today is the outer manifestation of collective consciousness, and if we would taste its quality and flavor we have only to look objectively at the model of life offered us by commercial advertising, television, and the media.

PSYCHOTHERAPIES

Mental illness can properly be considered as a medical problem only if we consider it first of all as a human problem. No medical drug can outweigh karmic causes. The heart and mind of any individual at any time can only be properly understood in the total context of his journey through life. It cannot be separated from his purpose, his relationship to everything around him, or from the countless invisible factors that converge on the present moment from an immemorial past. Nor can it be separated from moral and spiritual laws; least of all can it be cured by imagining that we may emancipate ourselves from these laws.

Homoeopathy has always been a psychotherapy. It is based on a vitalistic, holistic understanding of man's nature and the laws which govern life. It is infinitely respectful of all that is visible and invisible in man, treats him as an indivisible whole, gives priority to his mind because it is the highest part of him, does not try to reach causes by manipulating results, considers sickness or health as a state of the whole patient himself and not as an entity or as the disorder of only a part, treats the patient and not symptoms or diseases, can never interfere with man's total development by suppressing the symptoms of what is wrong, can never aggravate his condition by adding to it the effects of drugs, uses only nature's own classification of the patient's disorder—the name of the one substance which will cure it.

There is nothing perfect in manifestation, and least of all can we find perfect health. But Homoeopathy can give consolidation and balance to suffering man, and a reasonable measure of repair to the marvelous vehicle he uses, so that he can with courage and faith continue his journey to the sun. One day he will discover that its light has lit every step of his way and that he has never been separate from his destination since the very beginning.

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