

## SECTION TWO: SELF-ASSESSMENT

### CHAPTER FOUR: THE MEANING OF DIAGNOSIS

p.121 ICD.9.CM the international diagnostic classification – for medical personnel w/ 1500 pages of diagnostic codes for insurance forms. Western medicine is invested in PATHOLOGY AND DISEASE. This is dominated by FEAR OF BEING ATTACKED (microbes or cancer) Reaching for a suppressive medication is missing an opportunity for a small but significant reorganization – a strategic step forward in personal transformation. “WHETHER YOU TAKE AN ANALGESIC FOR A HEADACHE OR AN ANTIDEPRESSANT FOR THOSE DARKER TIMES, YOU ARE THWARTING AN INNER DEMAND FOR REASSESSMENT AND CHANGE. WHEN YOU IGNORE YOUR BODY’S MANY SMALLER CALLS FOR ATTENTION, YOU BUILD UP A GROWING INNER URGENCY THAT ALMOST INEVITABLY WILL LEAD TO A MAJOR ILLNESS OR CRISIS OF SOME SORT.

p.123” I’ve learned to see the critical importance of all the little pieces of insight and understanding. Eventually they all add up to the big AHA – the experience that culminates in a powerful healing.

Whether or not you can use the experience of an illness constructively will depend to a great extent on how you see it from the outset – the concept of it that you carry in your mind.

1. Diagnosis by Renaming – a nondiagnosis it does not throw any light on the issue. Transfers the power to the doctor – a ritual of words. Message “you are not in charge of this situation.” Doctor = knower, doer/patient = receiver. Sets up a victim that has no control over the named disease.

Giving up and stating “I need Help” is a first step and some respite may be needed, but then to change gears, you may need to change doctors.

THE DISEASE... magic of conferring a name. The name as information that can be applied to analysis and integration is good and useful. As an alien entity it is not. Dia-through gnosis – knowing... samyama – to become one with from Sanskrit. Knowing that brings us back to wholeness. Understanding the information available in the knowing.

Diseases have become the target for our fearful sense of lack of control and power in our lives. War on . . .

HOW WE CAN WORK WITH THIS TENDENCY TO SPLIT AND PROJECT IS A FACET OR WORKING WITH THE MIND...

2. A Better Diagnosis – one that contains new, useful and clarifying information about what is going on in our bodies! – if you can translate it into English it throws light on the situation. Detective work can throw light on the process that has led to the patient’s problems.

Lab tests can clarify the physiological process... the info about the body is made objective removed from the doctor –patient relationship. Disadvantage is lab tests present illness as molecules and cells gone awry. Any mental or emotional suffering is the result of physical causes. This pulls our thinking toward the material and away from the causal role of the mind and emotions, the mystique of technology blinds us to the more important aspects of reality. The religion of medical science/ labs and machines as power objects... we fall sway of the high priests of medical orthodoxy and become passive recipients of its treatment.

3. The Best Diagnosis – Eastern thought has always held that matter is secondary. P. 136  
Western science is based on the belief that consciousness arises from matter, awareness being a product physical processes occurring in the nervous system. By contrast, from the Eastern perspective, consciousness shapes the physical world. Looking at illness from this point of view might change everything! – WHEN WE CAN SEE THE WAY OUR HABITS AND OUR ATTITUDES AFFECT OUR BODIES WE ARE FREE TO CHANGE.

OUR CULTURE HAS AN INTENSE RESISTANCE TO ACCEPTING THE POWER OF THE NONMATERIAL, A PREJUDICE IN KEEPING WITH OUR FOCUS ON THE ACQUISITION OF POSSESSIONS AND OTHER MATERIAL ASPECTS OF LIFE.

The higher you go up the scale of functional levels, the more subtle and the more strategic your point of intervention, the more leverage you have. The mystery of the East has always revolved around that paradox: THE MOST SUBTLE AND DELICATE IS THE MOST POWERFUL.

By maintaining against all evidence to the contrary that only the material can work, we tie our own hands and eliminate a whole spectrum of healing methods that offer hope and help to those who need it desperately. P 139 Chopra- the superstition of materialism.

Healing of the magnitude needed in order for this planet to meet its present challenges will require a no-holds-barred, totally fearless curiosity. This means a willingness to examine ourselves as well as the world around us and to step past the all-too-human tendency to cling to what is familiar and reassuring.

Evolution sees consciousness as an effect not a cause. A creation myth that expresses our belief in the primacy of matter. This underpins our medical model.

p. 140 The assumption that consciousness is secondary to physical structures has created a huge schism between the physician who is working with medications, molecules and surgical repair and the priest or psychotherapist who is working with consciousness and spirit. Part of our challenge in applying the holistic approach is to reintegrate these two aspects of healing. – If we shift our perspective and restore consciousness to the position of playing a causal role, an immense new field of possibilities for intervention arises.

p. 141-142 – germ theory. Infection model jibed with materialistic slant and gave perfect object of paranoia. KILLING OFF MICROBES UNCOVERS THE DETERIORATION IN FUNCTION THAT ALLOWED THEM TO GROW IN THE FIRST PLACE.

Question: to what extent do the microbes cause the disease and to what extent are they opportuning in a weakened system?

p. 142- I SUSPECT WE WILL EVENTUALLY COME AORUND TO THE IDEA THAT MOST DISEASES INVOLVE DISORDER ON MULTIPLE LEVELS, AND THAT THE PROLIFERATION OF BACTERIA, FUNGI, OR VIRUSES IS MERELY ONE PHYSICAL MANIFESTATION OF A MULTILEVEL COMPLEX DISTURBANCE. IF THAT IS TRUE, THEN VIRTUALLY EVERY DISEASE WILL BE FOUND TO HAVE A TYPICAL PSYCHOLOGICL PICTURE, A DISCTINCTIVE ENERGETIC DERANGEMENT, A WELL-DEFINED MEABOLIC OR BIOCHEMICAL EXPRESSION, AND A CHARACTERISTIC MICROBE THA TENDS TO GROW. WHICH OF THESE LEVELS IS PLAYING THE MORE ‘CAUSAL’ ROLE MIGHT VARY FROM CASE TO CASE – OR EVEN FROM MOMENT OT MOMENT IN THE SAME CASE.

#### 4. Even Better Than the Best?

To get past the health challenge and maximize capacity for healing you need to get past the tendency to focus exclusively on what's wrong. WHILE IT IS ESSENTIAL TO IDENTIFY CLEARLY THE PATTERNS YOU ARE TRYING TO FREE YOURSELF OF, YOU REMAIN LIMITED AND TRAPPED UNTIL YOU CAN GET BEYOND THOSE CONFINING PATTERNS AND BEGIN TO SEE YOUR POTENTIALS AND YOUR STRENGTHS.

p. 146 a defectologist – The Body Sacred – reexamine attitudes towards our defects and reframe them. Defects as **perfect ways to deal with an imperfect world, as evidence of our participation in a larger healing agenda**. What we call our imperfections might be considered ways we have embodied bits and pieces of the group mind and the conflicts of the collective unconscious. By taking on some part of the negativity of the planet, we can transmute it with joy and love, making of it something positive. Each of us, with a certain quota of that darkness, can collectively heal the whole, of which we are each a part.

Planetary healing – the ecological crisis and relief of widespread suffering – is accomplished as each of us heals ourselves – defects seemed less damning and more like evidence of what each of us has volunteered to heal.

#### WORK TOWARDS TO CREATION OF A HEALING SPACE. P. 147

This will be a space where we can see our common participation in a great effort to heal and be healed, a place where we can feel safe because we know we are all part of a shared process. It will be a place where we can rediscover connection and support, and focus on our strengths rather than bemoaning our defects. RATHER THAN ISOLATING AND JUDGING SOME ASPECT OF YOURSELF TO REACH A DIAGNOSIS, SUCH A SPACE IS CONCERNED WITH SEEING THE MEANING AND SIGNIFICANCE OF THAT DETAIL IN A LARGER PATTERN. Healing requires that we see and accept all parts of ourselves. Our ability to contain more, to expand our identity, to accommodate the multifarious aspects of ourselves is the basis of healing.

WHEN WE SEE OUR QUIRKS AS DEFECTS WE UNDERCUT THE INTEGRATIVE IMPULSE. EVERY ACKNOWLEDGEMENT OF A SYMPTOM NEEDS AN ENLARGING AFFIRMATION TO FOLLOW, SO WE DON'T TIGHTEN THE TRAP OF LIMITATION AROUND OUR NECKS. ...  
Louise Hays, "New Thought Patterns"