

My purpose in laying out these compelling forces which underlie destructive behaviour is to make it clear that anyone who is attempting to change these patterns, whether in himself or by helping another, is undertaking an immense job. But this we already know. My second point in delineating the compelling forces to a destructive pattern is as follows: the destructive pattern in the adult sits upon a deeper destructive pattern which began in early childhood and continues into adulthood, namely, the loss of the body's (and person's) warm, natural vitality through the unwitting suppression of emotions and actions. Therefore, to my mind, the proper therapy of any destructive pattern involves not only eliminating the patterns, but also, and more importantly, finding other means to regain the body's natural warmth and vitality. After all, if healing does not include the regaining of this warmth, then for whose benefit is the destructive behaviour pattern given up? Certainly other people. But not necessarily for the person who is at issue and agent.

Constance Tottle

Homoepathy

Homeopathy is a system of medicine based on the principle that 'Like' cures 'Like'. This means that medicine capable of producing certain symptoms when taken by healthy human beings, is also capable of curing any illness that displays similar symptoms. For example, if a healthy person takes a dose of Belladonna, that person would become extremely hot, getting a high temperature, dilated pupils, and a red burning face. According to homeopathic law that like cures like, any person having such symptoms. Whatever the name of the disease (e.g. feverish cold, scarlet fever etc) will be cured by certain doses of Belladonna, as the symptoms of both are so similar.

The approach to healing through homeopathy is therefore fundamentally opposite to the orthodox school of medicine, as instead of attacking, and subduing the symptoms of disease and driving further inwards, a homeopath chooses a remedy because it has been

proved to cause similar symptoms in a healthy person. Such a remedy chosen for its similarity to the patient as a whole, and to a specific disease, activates the patient's vital or inner force, and enables him to do as nature designed him to do, that is to throw off the disease.

Homeopathy works from within and drives the illness outwards, so that it is eliminated or expelled instead of being suppressed only to show up again in the same or a different form of disease later.

When the first experiments in this direction were made over 150 years ago by Dr. Samuel Hahnemann, the discoverer of homeopathy, he realised that large and frequent doses of the symptom provoking drug, although effecting cure in the long run, often caused a considerable aggravation of the patient's condition, before the cure was completed. This caused him to try much smaller doses, and found they gave equally effective results.

It can be understood that Homoeopathy stimulates the body's vital force and so sets in motion the patient's own healing powers.

Strangely enough Homoeopathy and Acupuncture are sometimes practised together. Although dissimilar on the surface, they are in fact basically the same in concept and teaching. The Chinese accurately traced this flow of energy throughout the body. They taught that this Life-force or energy, flows in certain directions along specific courses. These courses are known as meridians or Bonghan ducts. Each is controlling a different body function or organ. The state of these meridians can be assessed at the radial pulse and then the pattern of energy regulated according to the

acupuncture law.

The main value of acupuncture lies in its rapid effect compared with homoeopathy. So when the body's life-force is under great pressure from a disease, homoeopathy and acupuncture should be used together. Homoeopathy grew in the West and Acupuncture in the East. They both have the same basic teaching, and the same approach to disease and its eradication. They both recognise that the life-force the same is the only factor that can rid the body of disease, and that any form of medicine can only work by stimulating this force. Homoeopathy and acupuncture are both therefore entirely natural forms of healing.

Ronald Ullmann

Some Preliminary Thoughts on T-Groups and Sensitivity Training

In 1947, T-Groups were born by accident at the National Training Laboratories at Bethel in the U.S.A. Since then centres of T-Group training have grown up in the U.S.A. and in England, Denmark, Holland, and elsewhere. Successful T-Group trainers have written papers to explain their understanding of their methods and of the processes that occur within groups.

There has emerged an Orthodoxy of T-Group training. It seems to me that this Orthodoxy is perhaps falling into the same trap that all orthodoxies are prone to. Whether the orthodoxy concerns religious beliefs, or theories in physics or in biology or in psychology, there is a natural tendency to resist the change of accepted principles. In the 'exact' sciences, however, principles governing each of several parameters can be tested by controlled experiments. By 'controlled' it is meant that parameters not under test can be kept constant. In the other sciences such as psychology, controlled experiments are difficult and sometimes impossible, so that progress (notwithstanding the use of statistical techniques) is by the dubious process of general acceptance. Theories which are mutually inconsistent are supported by different schools of thought. The evidence is chosen by each school to support its theories. Sometimes, it seems common sense and much evidence is thrown to the winds rather than modify cherished theories.