

F E E D

In this section we are asking people to let us know what they feel about themselves and about the world. In fact themselves and their societies. Last month we heard from an ex AHP committeeman— Mark Matthews. This time it's the editor's turn to be in the hot seat. He has been interested in the Growth Movement for the past six years and is also Treasurer of the AHP, and (keeping one foot in the traditional camp) is Secretary of the Open University Psychological Society.

Why not let us know where you are at in about 500 words?

*Me—I am nearing a 100% position on psycho-somatic illness: that all illness, including broken legs and headaches is to some extent self-inflicted. I am now also using this model in a positive direction—i.e. all good, success, achievement is also to some extent self-made. I read from this that *I make my environment*—good, bad; successful, unsuccessful. I people it with friends, associates, enemies.*

I am an energy field involved in the continuous creation of my world.

How? At the moment I am much influenced by Castaneda's 'not doing' concept. This suddenly makes sense to me and incorporates Rogerian acceptance, Christ's 'turn the other cheek', Zen's total involvement in one's doing, Perl's 'here and now' emphasis. With this insight I can from time to time experience myself as a still centre like the hub of a turning wheel into which, and from which cosmic energy flows and acts and operates and achieves: all this without my conscious volition.

*Dangers? Pride; the blurring of reality from smug satisfaction; immediate surface excitement getting in the way of an inner contentment. I am loved and love, I am well nourished in mind and body, my working life is intellectually and socially rewarding. I find it too easy to relax in a self-preening day-dream of *satisfaction*. A recent very much to the point I Ching reading warned me 'he blindly advances upwards and is in the highest place—but there is decay in store for him, he will not (preserve) his riches.'*

Objectives? Again from the I Ching—'a maintenance of firm correctness' which I translate into an increased awareness. I want to be more totally

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aware of my pleasure and success, as of my pain and failure. I do not want to be smug, self satisfied, 'I'm all right Jack' but am aware that in some ways I am—and again accept that I am without corroding myself too much with self criticism.

Society? The first essential is to accept that our society is not likely to change radically in my lifetime. It is and will be for many years rigid, formalised, stultifying, corrupt, limited and for millions of our fellows an acceptable and workable way of dealing with the anxieties of human existence. All I want to do is communicate in as many ways as possible that there are valid alternatives; express in my attitudes and way of life that there could be other choices; be open to other people's existence and needs, whether they notice me or understand me, or not.

The 'movement'. I want all the energy, time, love to be directed to shewing what positive life alternatives we can offer, and not wasted on criticising each other, knocking the conventional life, proving how wrong Freud, the behaviourists, traditional psychology are (even if they are).

Let Margaret Thatcher bury Harold Wilson (or vice versa). We have a new, exciting, life-enhancing vision to live by, delight in, and bear witness to.

Vivian Milroy

References

Castaneda. The Teaching of Don Juan.

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Frederic Perls. Gestalt Therapy.

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