

quotes some interesting figures, for example, that in 1972, sixty per cent of the British population were taking tranquilisers or sleeping pills. He lists sixteen illnesses from hypertension to tuberculosis that he says are recognised as having a stress background. How does one explore a process which takes years to complete, the signs of which are subtle and only clear to those who have gone through some of the processes themselves? Gail Sheehy's "Passages: Predictable Crises in Adult Life", based on reports by one hundred and fifteen American men and women is an interesting beginning and worth reading.

What other methods of research are possible? Perhaps at this stage, observational research would be most useful, to explore the effect that personality growth has on various aspects of life. One suggestion is that a group of people should keep a record of events both within themselves and in other people which suggest growth (or the lack of it) in the fields already mentioned, (the emotions, fantasy, intuition, intellect) and also in two other fields I would like to talk about later: accidents and physical health. If these records were kept for a number of years, and if the group met from time to time for discussion, perhaps we would gain some idea at least of what to look for. I would be glad to hear from anybody interested in the idea.

#### References

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Marcus McCausland

## Creative Self-Development during a Practitioner/Patient relationship

*'Good health is catching, and greatly improves the quality of life of those who are infected'.*

#### General

The prevention of ill health is intimately linked with a deep understanding of what happens during the process of healing - and vice-versa. Attempting to produce a permanent cure in someone who does not understand himself or is not prepared to change his way of life, is often not possible. Pain, tension and discomfort can be suppressed with drugs, acupuncture, osteopathy, or spiritual healing. But these measures are often only a temporary expedient. An individual who comes for help to a practitioner may be asking for guidance

in self-understanding, and help with self-development and personal growth - even if this request is not consciously expressed. The Inner Self has guided the individual - to go through a personal transformation - to become a whole and healthy being.

### **A typical scenario**

The drama played out by a patient and a practitioner is described in a series of ten scenes. One can almost visualise this as a play in a theatre, where two actors build a relationship over a period of time. Certain happenings and actions take place during the play. With different actors, the sequence would be different - the permutations and the sequence are as diverse as are human beings - but the underlying principles are always the same.

#### **Patient**

#### **Practitioner**

##### *Scene 1 - Initial meeting*

A cry for help from an unhappy, disordered and unbalanced individual, possibly displaying symptoms of pain and suffering at one or more levels of being.

The patient has been 'guided' to someone who can help. His quality of life has greatly deteriorated - he may have been searching for help for years and may be desperate.

Meets the patient with love, warmth, compassion and understanding; is prepared to devote time (perhaps two hours or more) to the meeting; starts to build a continuing, close relationship. Develops a belief in the need of the patient for help together with the intention to assist.

##### *Scene 2 - Counselling*

Relaxed discussion - unburden problems - relax further - release of tension - perhaps tears.

Start of Counselling: this requires an ability to listen sympathetically: to pick out relevant points and give a judicious lead to the direction of the discussion: to help with emotional release: to administer suggestions skilfully: to use humour to assist in releasing tension: to build a sense of expectation in the patient.

##### *Scene 3 - Building rapport*

Beginning of hope that help is possible - growing confidence in the practitioner - defences crumble and the patient opens himself to the practitioner as a friend and confidant.

Build a close rapport with the patient at every level, using sensitivity, intuition, suggestion or any other method. Become one. Ensure the environment provides a suitable feeling of security. Give hope.

#### *Scene 4 - Locating cause(s) of problems*

Relax and co-operate with any and every form of investigation -have confidence that it is possible to locate the cause(s) of the pain and suffering, to remove them or come to terms with them. Develop expectation that a cure will take place.

Use every means available (conventional and unconventional) to locate the underlying cause(s) at whichever level they may be, so that restrictions in the free ebb and flow of energy can be removed.

Look at energy: the body: the self: the intellect: the emotions: the subconscious: the Higher Self and the Environment.

#### *Scene 5 - Acting as catalyst for self- healing*

Relax and co-operate with any and every form of therapy designed to remove restrictions to the free flow of energy at every level.

Start the self-healing process.

Act as a catalyst to start the self-healing process in the patient - use as many methods as are necessary to remove the causes of the pain and suffering - to help energy to start flowing freely. Work on all levels simultaneously, using the simplest possible methods involving minimum side-effects.

#### *Scene 6 - Balancing energy*

Continue relaxing, co-operating and self-healing.

Balance energy and restore order within the patient at all levels Use whatever method will help at each level. Because every level interacts with all other levels - all levels must be checked, until the whole system is in balance.

#### *Scene 7 - Positive Health Education*

Through self-understanding, more active participation in self-healing begins. Self-awareness grows. Changes become obvious to friends and relations - pain is relieved and tension is lessened. Changes take place at all levels. Life begins to take on new dimensions.

Learn forgiveness and how to give and receive graciously.

When the time is right, through counselling, suggestion and relaxation exercises, give Positive Health Education. Help patient: to develop the will to be healthy: to adopt positive attitudes: to find a purpose in life which offers a personal challenge and creative stress: to accept responsibility for his own thoughts, and actions and health: to learn to adapt

to and flow with events rather than fighting for existence -to change his life style and environment if this is necessary.

### *Scene 8 - Self-help*

Use practice, perseverance and persistence in the self-healing process.

Co-operate and use whatever methods are suggested.

N.B. Progress is not always straightforward. There will be moments when it appears progress has stopped or worse - the situation has deteriorated. This is normal and to be expected. Have confidence and learn the lessons to be learnt.

Learn to relax and hand over the healing process to the autonomic system.

Stress self-help from the beginning and the need for practice, perseverance and persistence. If a severe health problem has been building up for 20 years it is unlikely to disappear overnight - time is required, with hard work to produce the changes required. Recommend meditation and prayer.

Help the patient to look on the bright side and to learn the lessons hidden in this creative relationship - this illness.

Teach patient how to solve personal problems using all levels of consciousness and abilities.

### *Scene 9 - Transformation - rebirth*

Work towards wholeness and health; clarify purpose in life and motivation; achieve a balance of material and spiritual values and a philosophy of life and death; give thanks for the help received; set and keep regular times for relaxation and meditation; perhaps join a self-development group. Co-operate with others: learn to give and receive love; feel wanted and needed; admit to having a need for others; play an active part in community life.

An enormous improvement in the quality of his life, which also affects the quality of life of those around him at home and at work, is experienced.

The patient has to be helped towards a personal re-birth or transformation - otherwise no cure can be permanent. As signs of transformation are seen, reinforce strengths - encourage the patient - help him to change his life-style.

Ensure the patient understands:- the cause(s) of his ill health and how to avoid a recurrence; how to exchange energy at every level and that self-responsibility is essential - not to be dependent on anyone else for his own problem-solving and health.

### *Scene 10 - Rehabilitation*

Settle into family and community

Ensure the patient can comfortably

life - become a 'beacon' to help and guide others with their problems - thus personal growth continues up to the last hours of life together with health and the avoidance of illness.

reintegrate into his family and community - and is accepted by all.

There may be a need to help and to educate the family.

Continue to give support when required.

## NOTE

It can be seen that the patient who has undergone a creative self-development whilst overcoming a health problem, has learnt a great deal about himself and will be in a good position to avoid ill health in the future. This is true prevention.

### Reasons For Unsuccessful Healing

Why are there cases where an individual is not helped? Here are some of the possibilities:-

- \* The rapport or harmony between the practitioner and the patient is not right.
- \* The practitioner may have personal problems which interfere with his work and his health.
- \* The patient may be under too much tension to be able to relax - until the patient is fully relaxed the body cannot heal itself.

There are many reasons for excessive tension - e.g. chronic pain: severe illness: an acute fear of approaching death: intense frustration: seemingly insoluble emotional, family or financial problems. By searching around, the patient may be able to find another practitioner who can help to remove this tension.

- \* The environment may be completely unsuitable for a successful healing. . N.B. 1. Members of a family who are over-emotionally involved, can completely upset the rapport which is essential between practitioner and patient. 2. Individuals who are actively hostile or are negative in other ways can prevent the interchange of the subtle energies which are involved in the healing process.
- \* No practitioner can prolong life beyond the allotted time span of any individual - however, lives can often be saved by prompt action where accidents have occurred.
- \* If a patient is under heavy sedation or under the influence of drugs such as LSD, it is very difficult and sometimes impossible to build a rapport.
- \* A patient may be possessed by the entity or personality of someone who

has died (perhaps through violence or in an accident) so that the entity is unaware that death has occurred.

*N.B. This is a rare problem and can be overcome by helping the entity and the patient, with love and compassion to understand the situation so that the entity leaves the patient..*

- \* The time may not be right for the individual to be healed. Ill health is a learning process - perhaps the necessary lessons have not been learnt.

One example would be someone who has suffered an imagined hurt and nursed this negative emotion for years. Until the individual has learnt the true meaning of forgiveness and love, no permanent healing can take place.

Another example might be that of an individual who has been made redundant at the age of 35. This can be a tremendous blow to the Ego and cause many symptoms of illness. Until this individual has acquired a proper balance of material and spiritual values, healing may not take place.

- \* The patient may have a death wish - once the will to live has departed, there is very little that any practitioner can do except to pray for the patient.

The patient may wish to remain ill in order to attract sympathy and attention from relations, friends or the practitioner, or to bind someone to them, through pity.

**NOTE:-** The ethics of helping others should be clearly understood. The practitioner needs to be reasonably sure that the patient is asking for and wanting help. It is wrong to insist on helping another. Help can be offered once - or twice - whether it is accepted depends on the free-will of the patient. If it is refused or ignored then do no more until *being asked* for help. Do not become emotionally involved.

