

de l'application d'une théorie.

David n'est pas en faveur d'une thérapéutisation aveugle, mais il considère que le droit de s'aider soi-même et de s'aider mutuellement est trop fondamental pour que cela devienne le monopole d'une spécialisation.

David Boadella est un psycho-thérapeute et l'éditeur du journal "Energy and Character" (Energie et Caractère) et l'auteur de plusieurs importantes publications sur l'oeuvre de Wilhelm Reich et des développements de thérapéutiques qui y sont associées.

Brigitte Kluge

The Effect of Lifestyle on the Personality

Last summer I spent some time in Norway to get to know new kinds of lifestyle. I visited some alternative agricultural collectives to find out the influence of the way of living on the psychological structure of the collective members.

In the mountains on the south coast of Norway I had some particularly interesting experiences. There were eight young people just building up their own living existence on a farm. They lived together in couples or singly in self-made huts. But they were busy building a central communication house.

The young people had lived in the city before but were unsatisfied with the life there.

I think it is very honest if you move away from the industrial consumer society if you are disappointed with the lifestyle there. It is very easy to be against an existing social structure and stay there nevertheless because of the convenience.

You need much more power and personal strength if you want to build up another lifestyle.

The group mentioned before left the highly populated cities and began a new life in undeveloped natural surroundings. Their aim was to build a self-supporting farm with biological dynamic agriculture and to become independent of the sick industrial society.

In the natural surroundings of the mountains it is much easier to connect with a natural cycle of living. The food for example is not in a slot machine, but you grow it on your own fields and prepare it yourself. The work on a farm is healthy, creative and satisfying, compared with the monotonous work in some factories or offices. You work with both body and mind in a friendly atmosphere and clean environment. I think the working conditions there are very good and consequently have a strong influence on their mental health.

With regard to the personal life of the group members, an important part is the different levels of communication. The separation between working time and private life is not so strong as usual, which has a positive effect on the work and the people doing it. The communication is very open and honest. In this atmosphere it is easier to talk over problems and conflicts. People have to learn to live as individuals but within the loose structure of the group.

The collectives often have visitors from Denmark, Holland, Germany etc. so that there are different cultural influences which I think is important. In Norway the collectives contact each other to share their experiences. In this way the new living communities are not isolated, strange groups but are connected with each other in a national network.

Now another description of a collective on a small island near Stavanger: Two couples, one girl and a family with two children were living together in one house, They earned their living growing vegetables in a biological way, and by breeding sheep. The atmosphere in that house was influenced by Eastern culture; some people were practising yoga and music, and were interested in astrology and natural medicine (homeopathy) so that they would be able to help themselves.

The interpersonal communication was very warm and open: one pregnant mother was preparing for the birth of her baby in the house. Everywhere I felt that the natural surroundings gave a lot of positive energy to the people. And it is true that the living is much easier and more harmonious without the technical inventions and the traffic in the cities and the complicated bureaucracy. The group members are not influenced by the outside world and its consumerism and mass media. They have more time to concentrate on themselves and the other group members. That is one reason why there is less tension and fear amongst them and increased mental well being. The people have more contact with their own bodies and feelings; they are grounded. But this takes effort: it is not a comfortable, easy existence.

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