

On Illness

Illnesses can, sometimes, represent a temporary refusal of the psyche to take on more than it can manage at one time. In other words, you may have pushed yourself to undertake more than the totality of yourself is ready for. This happened to me and I am quite probably wrong in seeking to see a similar pattern in you. Even if right, however, the event is by no means negative. ‘He who fights and runs away . . .’ etc. It also gives you an opportunity to re-assess your aims and expectations. One recovers and goes back to fighting, but a little more warily.

The accepted view is that these ‘illnesses’ occur when one has taken on too much at one time... To my mind, this accepted view is valid only for people who don’t understand the need for fighting these opposing forces in the psyche. If they fight, they fight only against symptoms, whereas the need is to fight the psychic weakness.

One of the biggest problems lies in acceptance of the fact that one is psychically weak-kneed, and that these external symptoms are but symptoms of an inner state. Men do not like to accept such things in themselves. They prefer to feel that they are really very strong, so that no one can blame them when ‘fate’ strikes them down...

When you understand that this is the sort of thing you have to fight, you are aware of the field in which the real weakness lies, so that you meet it where it is and do not have to wait for it to manifest in the physical form (and give you a socially acceptable escape route)...

Above all, work on understanding that the firm, unshakable centre of all things stands in you, as it stands everywhere. Only

the externals shake. It is truly not with your 'ego' that you must meet the difficulties and dangers of life, but with a sense that is supra-personal.