

**Jaime's Notes on *Radical Healing*: SECTION TWO: SELF-ASSESSMENT**  
**CHAPTER FOUR: THE MEANING OF DIAGNOSIS**

**Western medicine is invested in Pathology & Disease**

p.121 ICD.9.CM the international diagnostic classification for medical personnel - 1500 pages of diagnostic codes for insurance forms.

**Mindset = FEAR OF BEING ATTACKED** (microbes or cancer). "Wars on"

Reaching for a suppressive medication is missing an opportunity for a small but significant reorganization – a strategic step forward in personal transformation.

"whether you take an analgesic for a headache or an antidepressant for those darker times, you are thwarting an inner demand for reassessment and change. When you ignore your body's many smaller calls for attention, you build up a growing inner urgency that almost inevitably will lead to a major illness or crisis of some sort." – Agree /disagree/ your comments?

Whether or not you can use the experience of an illness constructively will depend to a great extent on how you see it from the outset – the concept of it that you carry in your mind.

**Diagnosis by Renaming** – a non-diagnosis as it doesn't throw any light on the issue.

Transfers the power to the doctor – a ritual of words with the message "you are not in charge of this situation." Sets up a victim that has no control over the named disease.

Relies on the "magic" of conferring a name. The name as information that can be applied to analysis and integration is good and useful. As an alien entity, it is not. *Dia*-through *gnosis* – knowing...

*Samyama* – to become one with from Sanskrit.

Knowing that brings us back to wholeness.

**A Better Diagnosis** – one that contains new, useful and clarifying information about what is going on in our bodies! If you can translate it into English it throws light on the situation. Detective work can throw light on the process that has led to the patient's problems.

Lab tests:

+ can clarify the physiological process... the info about the body is made objective removed from the doctor –patient relationship.

-presents illness as molecules/cells gone awry. Any mental or emotional suffering is the result of physical causes. This pulls our *thinking toward the material* and away from the possible causal role being of the mind and emotions., The mystique of technology blinds us to deeper aspects of our being.

**The Best Diagnosis** – Eastern thought has always held that matter is secondary. (p.136)

Western science is based on the belief that consciousness arises from matter, awareness being a product physical processes occurring in the nervous system. By contrast, from the Eastern perspective, consciousness shapes the physical world. Looking at illness from this point of view might change everything!

**When we can see the way our habits and our attitudes affect our bodies we are free to change.**

Our culture has an intense resistance to accepting the power of the non-material, a prejudice in keeping with your focus on the acquisition of possessions and other material aspects of life.

The higher you go up the scale of functional levels, the more subtle, and the more strategic your point of intervention, the more leverage you have. The mystery of the East has always revolved around that paradox: THE MOST SUBTLE AND DELICATE IS THE MOST POWERFUL.

Chopra “Superstition of materialism”: (p.139) Dr. B: “By maintaining against all evidence to the contrary that only the material can work, we tie our own hands and eliminate a whole spectrum of healing methods that offer hope and help to those who need it desperately.”

p. 140 The assumption that consciousness is secondary to physical structures has created a huge schism between the physician who is working with medications, molecules and surgical repair and the priest or psychotherapist who is working with consciousness and spirit. Part of our challenge in applying the holistic approach is to reintegrate these two aspects of healing. – If we shift our perspective and restore consciousness to the position of playing a causal role, an immense new field of possibilities for intervention arises.

p. 141-142 – germ theory. Infection model jibed with materialistic slant and gave perfect object of paranoia. Killing off microbes uncovers the deterioration in function that allowed them to grow in the first place.

Question: to what extent do the microbes cause the disease and to what extent are they opportuning in a weakened system?

p. 142- I suspect we’ll eventually come around to the idea that most diseases involve disorder on multiple levels, and the proliferation of bacteria, fungi, viruses is merely one physical manifestation of a multilevel complex disturbance. (Mutli-koshic). If true, every disease will be found to have a psychological picture, energetic derangement, defined biochemical expression, and characteristic microbe. Which level is causal might vary from case to case: or even moment to moment in the same case.

### Even Better Than the Best?

To get past health challenge & max. capacity for healing, stop focusing exclusively on what’s wrong. GET BEYOND THOSE CONFINING PATTERNS TO SEE POTENTIALS AND STRENGTHS.

Doctors as “defectologists” (p. 146)

Rather see defects as **perfect ways to deal with an imperfect world, as evidence of our participation in a larger healing agenda.** What we call our imperfections might be considered ways we have embodied bits and pieces of the group mind and the conflicts of the collective unconscious. By taking on some part of the negativity of the planet, we can transmute it with joy and love, making of it something positive. Each of us, with a certain quota of that darkness, can collectively heal the whole, of which we are each a part. Defects seemed less damning and more like evidence of what each of us has volunteered to heal.

### Creation of a Healing Space (p. 147)

A space where we can see our common participation in a great effort to heal and be healed, a place where we can feel safe because we know we are all part of a shared process. It will be a place where we can rediscover connection and support, and focus on our strengths rather than bemoaning our defects. RATHER THAN ISOLATING AND JUDGING SOME ASPECT OF YOURSELF TO REACH A DIAGNOSIS, SUCH A SPACE IS CONCERNED WITH SEEING THE MEANING AND SIGNIFICANCE OF THAT DETAIL IN A LARGER PATTERN. Healing requires that we see and accept all parts of ourselves. Our ability to contain more, to expand our identity, to accommodate the multifarious aspects of ourselves is the basis of healing.