

The True Medicine

Excerpt from Keeping an Eye on Health, by Claudia Bernhardt Pacheco

Consciousness (love, reason and esthetics) is the true medicine that cures any illness, whether physical, psychological or social.

But which consciousness? All consciousness of good, beautiful and truthful reality. And principally the perception of our errors, defects and problems (pathology).

I would like to introduce some more from Keppe. In his book, Trilogical Metaphysics vol.3—Health Through Energetic Forces, the Authentic Medicine—he writes, "The more problems a person sees in himself, the less difficulties he will have. If a person sees few problems in himself, this is a sign that he's full of them. What is bad is not bad if it is admitted." The dialectics of consciousness Only a person who admits he's aggressive can manage to begin to neutralize the problem. After all, how could an avaricious person ever hope to leave this behind if he doesn't first admit that he has the problem? Dominant personalities, controllers, frequently see themselves as good guys who are oppressed; arrogant people feel rejected and humiliated by their colleagues; the most envious feel they are the objects of all the envy of others.

The humble person, meanwhile, feels full of defects and grateful to receive the attention and love of others, while feeling that he doesn't merit too much. Those who apply themselves always feel like they could produce more and better, honest people always worry themselves with loyalty in their relationships and avoid speaking badly of others—many times even their enemies—and avoid office politics.

The studious person always feels that he could be more accomplished and a dedicated person thinks he has a lot of luck that he wound up with such a great boss and colleagues that helped him to grow.

The big difference is the "spirit" of each one. A person who has the humility to see his weak points has the force to become a successful person while an arrogant person displays the weakness of the weakest individuals.