

# NUTRITION AND HEALING

## *Heal Thyself*

**T**O UNDERSTAND the nature of disease certain fundamental truths have to be acknowledged.<sup>†</sup> The first of these is that man has a Soul which is his real Self, a Divine, Mighty Being, a Son of the Creator of all things, of which the body, although the earthly temple of that Soul, is but the minutest reflection: that our Soul, our Divinity Who resides in and around us, lays down for us our lives as He wishes them to be ordered and, so far as we will allow, ever guides, protects and encourages us, watchful and beneficent to lead us always for our utmost advantage: that He, our Higher Self, being a spark of the Almighty, is thereby invincible and immortal.

The second principle is that we, as we know ourselves in this world, are personalities down here for the purpose of gaining all the knowledge and experience which can be obtained through earthly existence, of developing virtues which we lack and of wiping out all that is wrong within us, thus advancing towards the perfection of our natures. The Soul knows what environment and what circumstances will best enable us to do this, and hence He places us in that branch of life most suited for that object.

Thirdly, we must realize that the short passage on this earth, which we know as life, is but a moment in the course of our evolution, as one day at school is to a life, and although we can for the present only see and comprehend that one day, our



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*While we live in sea of physical and supersensible energies, our ability to specialize them and to maintain health requires that we think and act in harmony with spiritual principles.*

intuition tells us that birth was infinitely far from our beginning and death infinitely far from our ending. Our Souls, which are really we, are immortal, and the bodies of which we are conscious are temporary, merely as horses we ride to go [on] a journey, or instruments we use to do a piece of work.

Then follows a fourth great principle, that so long as our Souls and personalities are in harmony, all is joy and peace, happiness and health. It is when our personalities are led astray from the path laid down by the Soul, either by our own worldly desires or by the persuasion of others, that a conflict arises. This conflict is the root cause of disease and unhappiness. No matter what our work in the world—bootblack or monarch, landlord or peasant, rich or poor, so long as we do that particular work according to the dictates of the Soul, all is well; and we can further rest assured that in whatever station of life we are placed, princely or lowly, it contains the lessons and experiences necessary at the moment for our evolution, and gives us the best advantage for the development of ourselves.

The next great principle is the understanding of

<sup>†</sup> This article is from Dr. Edward Bach's book *Heal Thyself*, published by The C.W. Daniel Company, Ltd., 1 Church Path, Saffron Walden, Essex, England. Reprinted with permission.

the Unity of all things: that the Creator of all things is Love, and that everything of which we are conscious is in all its infinite number of forms a manifestation of that Love, whether it be a planet or a pebble, a star or a dewdrop, man or the lowliest form of life. It may be possible to get a glimpse of this conception by thinking of our Creator as a great blazing sun of beneficence and love and from the center an infinite number of beams radiate in every direction, and that we and all of which we are conscious are particles at the end of those beams, sent out to gain experience and knowledge, but ultimately to return to the great center. And though to us each ray may appear separate and distinct, it is in reality part of the great central Sun. Separation is impossible, for as soon as a beam of light is cut off from its source it ceases to exist. Thus we may comprehend a little of the impossibility of separateness, as although each ray may have its individuality, it is nevertheless part of the great central creative power. Thus any action against ourselves or against another affects the whole, because by causing imperfection in a part it reflects on the whole, every particle of which must ultimately become perfect.

So we see there are two great possible fundamental errors: dissociation between our Souls and our personalities, and cruelty or wrong to others, for this is a sin against Unity. Either of these brings conflict, which leads to disease. An understanding of where we are making an error (which is so often not realized by us) and an earnest endeavor to correct the fault will lead not only to a life of joy and peace, but also to health.

Disease is in itself beneficent, and has for its object the bringing back of the personality to the Divine will of the Soul; and thus we can see that it is both preventable and avoidable, since if we could only realize for ourselves the mistakes we are making and correct these by spiritual and mental means, there could be no need for the severe lessons of suffering. Every opportunity is given us by the Divine Power to mend our ways before, as a last resort, pain and suffering have to be applied. It may not be the errors of this life, this day at school, which we are combating; and although we in our physical minds may not be conscious of the

reason of our suffering, which may to us appear cruel and without reason, yet our Souls (which are ourselves) know the full purpose and are guiding us to our best advantage. Nevertheless, understanding and correction of our errors would shorten our illness and bring us back to health. Knowledge of the Soul's purpose and acquiescence in that knowledge means the relief of earthly suffering and distress, and leaves us free to develop our evolution in joy and happiness.

There are two great errors: first, to fail to honor and obey the dictates of our Soul, and second, to act against Unity. On account of the former, be ever reluctant to judge others, because what is right for one is wrong for another. The merchant, whose work it is to build up a big trade not only to his own advantage but also to that of all those whom he may employ, thereby gaining knowledge of efficiency and control and developing the virtues associated with each, must of necessity use different qualities and different virtues from those of a nurse, sacrificing her life in the care of the sick; and yet both, if obeying the dictates of their Souls, are rightly learning those qualities necessary for their evolution. It is obeying the commands of our Soul, our Higher Self, which we learn through conscience, instinct and intuition, that matters.

Thus we see that by its very principles and in its very essence, disease is both preventable and curable, and it is the work of spiritual healers and physicians to give, in addition to material remedies, the knowledge to the suffering of the error of their lives, and of the manner in which these errors can be eradicated, and so to lead the sick back to health and joy.

What we know as disease is the terminal stage of a much deeper disorder, and to ensure complete success in treatment it is obvious that dealing with the final result alone will not be wholly effective unless the basic cause is also removed. There is one primary error which man can make, and that is action against Unity; this originates in self-love. So also we may say that there is but one primary affliction—discomfort, or disease. And as action against Unity may be divided into various types, so also may disease—the result of these actions—be

separated into main groups corresponding to their causes. The very nature of an illness will be a useful guide to assist in discovering the type of action which is being taken against the Divine Law of Love and Unity.

If we have in our nature sufficient love of all things, then we can do no harm; because that love would stay our hand at any action, our mind at any thought which might hurt another. But we have not yet reached that state of perfection; if we had, there would be no need for our existence here. But all of us are seeking and advancing towards that state, and those of us who suffer in mind or body are by this very suffering being led towards that ideal condition; and if we will but read it aright, we may not only hasten our steps towards that goal, but also save ourselves illness and distress. From the moment the lesson is understood and the error eliminated, there is no longer need for the correction, because we must remember that suffering is in itself beneficent, in that it points out to us when we are taking wrong paths and hastens our evolution to its glorious perfection.

The real primary diseases of man are such defects as pride, cruelty, hate, self-love, ignorance, instability and greed; and each of these, if considered, will be found to be adverse to Unity. Such defects as these are the real diseases (using the word in the modern sense), and it is a continuation and persistence in such defects, after we have reached that stage of development when we know them to be wrong, which precipitates in the body the injurious results which we know as illness.

Pride is due, firstly, to lack of recognition of the smallness of the personality and its utter dependence on the Soul, and that all the successes it may have are not of itself but are blessings bestowed by the Divinity within; secondly, the loss of the sense of proportion, of the minuteness of one amidst the scheme of Creation. As Pride invariably refuses to bend with humility and resignation to the Will of the Great Creator, it commits actions contrary to that Will. Cruelty is a denial of the unity of all and a failure to understand that any action adverse to another is in opposition to the whole, and hence an action against Unity. No man would practice its injurious effects against those near and dear to



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### **Adam and Eve**

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him, and by the law of Unity we have to grow until we understand that everyone, as being part of a whole, must become near and dear to us, until even those who persecute us call up only feelings of love and sympathy.

Hate is the opposite of Love, the reverse of the Law of Creation. It is contrary to the whole Divine scheme and is a denial of the Creator; it leads only to such actions and thoughts which are adverse to Unity and the opposite of those which would be dictated by Love.

Self-love again is a denial of Unity and the duty we owe to our brother men by putting the interests of ourselves before the good of humanity and the care and protection of those immediately around us.

Ignorance is the failure to learn, the refusal to see Truth when the opportunity is offered, and

leads to many wrong acts such as can only exist in darkness and are not possible when the light of Truth and Knowledge is around us.

Instability, indecision and weakness of purpose result when the personality refuses to be ruled by the Higher Self, and lead us to betray others through our weakness. Such a condition would not be possible had we within us the knowledge of the Unconquerable Invincible Divinity, which is in reality ourselves.

Greed leads to a desire for power. It is a denial of the freedom and individuality of every soul. Instead of recognizing that every one of us is down here to develop freely upon his own lines according to the dictates of the soul alone, to increase his individuality, and to work free and unhampered, the personality with greed desires to dictate, mould and command, usurping the power of the Creator.

Such are examples of real disease, the origin and basis of all our suffering and distress. Each of such defects, if persisted in against the voice of the Higher Self, will produce a conflict which must of necessity be reflected in the physical body, producing its own specific type of malady. We can now see how any type of illness from which we may suffer will guide us to the discovery of the fault which lies behind our affliction. For example, Pride, which is arrogance and rigidity of mind, will give rise to those diseases which produce rigidity and stiffness of the body. Pain is the result of cruelty, whereby the patient learns through personal suffering not to inflict it upon others, either from a physical or from a mental standpoint. The penalties of Hate are loneliness, violent uncontrollable temper, mental nerve storms and conditions of hysteria. The diseases of introspection—neurosis, neurasthenia and similar conditions—which rob life of so much enjoyment, are caused by excessive Self-love. Ignorance and lack of wisdom bring their own difficulties in everyday life, and in addition, should there be a persistence in refusing to see truth when the opportunity has been given, short-sightedness and impairment of vision and hearing are the natural consequences. Instability of mind must lead to the same quality in the body with those various disorders which affect move-

Truth is within ourselves; it takes no rise  
From outward things, whate'er you may believe.  
There is an inmost center in us all,  
Where truth abides in fullness; and around,  
Wall upon wall, the gross flesh hems it in,  
This perfect, clear perception—which is truth.  
A baffling and perverting carnal mesh  
Binds it, and makes all error: and, to know,  
Rather consists in opening out a way  
Whence the imprisoned splendor may escape,  
Than in effecting entry for a light  
Supposed to be without.

—Robert Browning  
from *Paracelsus*

ment and coordination. The result of greed and domination of others is such diseases as will render the sufferer a slave to his own body, with desires and ambitions curbed by the malady.

Moreover, the very part of the body affected is no accident, but is in accordance with the law of cause and effect, and again will be a guide to help us. For example, the heart, the fountain of life and hence of love, is attacked when especially the love side of the nature towards humanity is not developed or is wrongly used; a hand affected denotes failure or wrong in action; the brain being the center of control, if afflicted, indicates lack of control in the personality. Such must follow as the law lays down. We are all ready to admit the many results which may follow a fit of violent temper, the shock of sudden bad news; if trivial affairs can thus affect the body, how much more serious and deep-rooted must be a prolonged conflict between soul and body. Can we wonder that the result gives rise to such grievous complaints as the diseases amongst us today?

But yet there is no cause for depression. The prevention and cure of disease can be found by discovering the wrong within ourselves and eradicating this fault by the earnest development of the virtue which will destroy it; not by fighting the wrong, but by bringing in such a flood of its opposing virtue that it will be swept from our natures. □