

THE TWO WAYS

The Way of God and the Way of Man

Essential Simplicity or mental Complexity ?

When we consider and reflect upon the life of human beings in general and, in particular, his problems of health, illness, and healing, we find ourselves confronted with a major paradox and two basic positions, or viewpoints, that are radically opposed. The first, I would call the “Way of God” and the second, the “Way of Man”. The “Way of God” basically asserts and teaches that what is best and that which gives the better results (particularly when applied to the health, illness, and healing of human beings) is always what is *simple* and *natural* and thus less expensive, non-dangerous (with few or no side-effects), and that which has a *systemic* rather than a *specific* impact. The “Way of Man”, on the other hand, affirms the opposite: what works best, what constitutes true *progress*, what gives the best results, is always that which is technologically more sophisticated and thus more expensive, with more imponderables and a specific or more specialized impact. These are the two basic perspectives which look at the same phenomenon in opposite ways being grounded in different and antagonistic assumptions which result from different levels of consciousness and being.

This raised a universal and perennial problem which all human beings have been and still are confronted with: Does nature and God *know best* and thus must be “left alone” without human intervention? Or does man *know best* and must intervene through “art and science” to perfect nature and actualize latent potentialities? The *interventionist/non-interventionist* controversy can be found in many areas of human knowledge and activity, in politics, religion, education, economics, government etc. but also and especially in *medicine* and *psychotherapy*. In my opinion, it can only be resolved and reconciled through the “human sky-scraper image and the “vertical axis of consciousness” analogy which postulate that Reality and Truth are functions of our level of consciousness and being and that people functioning on different levels will come to different and even opposed conclusions.

In particular, this controversy and paradox rest upon different conceptions of “knowledge” and different basic assumptions and postulates pertaining to the nature of Man, the universe, and Life which are both “correct”, on their own levels, but with the difference that one is temporal and the other eternal! If we look for, develop and prize *scientific knowledge*; if we assume that we are alone in the universe and that thus our being and becoming depend only upon ourselves; if we postulate that life on earth is all we have or at least the most “real” and “important part of our lives, then we must conclude that the interventionists approach, art and science, are truly fundamental and do constitute true and real progress. On the other hand, if we look for, develop and prize *wisdom*; if we assume that we are not alone in the universe which was created, as we were, by a much greater Intelligence and Power than our own; and if we postulate that life on earth is but a “school”, or a laboratory” for the true Life, then we must conclude

the opposite. Namely, that the non-interventionist approach is truly wiser and will work out for the harmony and long-range best of all.

One approach clearly comes from the personality and from the human ego which prizes *reason, scientific knowledge, and will* as its greatest assets. The other approach comes from the soul and the spiritual Self which prizes *intuition, wisdom, and the union of the human with a greater Will*. And, once again, it is the image of the “human sky-scraper” and the analogy of the “vertical axis of consciousness” that can explain and reconcile these opposites and contradictions. On one level of consciousness, one approach prevails and is clearly the “right one” whereas on another level it is the opposite approach that is the “right one”. For have not human beings been given *free-will*, the most sacred attribute they have in this world, the ability to choose between good and evil, better or worse; do they not have incredible faculties and potentialities at the physical, human and spiritual level and insofar as knowledge, love, and self-expression are concerned which only they can and must develop and actualize?

On the other hand, is it not true that by developing more egoism and individualism, by having more knowledge and power one can create greater disharmonies, injustices, and chaos in the universe which, in the end, return to those who have created them in the world and destroy their health, harmony, and happiness? The survival of the fittest and the competition, in the end, will only produce more powerful and cunning people who will create greater conflicts, battles and violence! Is it not true that human beings with their puny intellects and present level of consciousness cannot possibly have all the knowledge pertaining to themselves, their destiny, the world they live in and Life and so how can they act wisely and with justice for the *common good* which, in the end is also their highest *individual good*? As long as human beings and the human condition are what they are, these controversies and paradoxes will remain and will have to be individually resolved... until we reach a certain level of consciousness and maturity!

What I call the “Way of God” has its foundation and is grounded upon the premise that Man is not alone in the universe and that he will never be left without inspiration and guidance to realize his being and his destiny; in other words, that there exist a Power and Intelligence far greater than his own Which has created both Man and the universe and Who will guide and inspire human beings during the long journey of their evolution and becoming. That Power and Intelligence, which we call God, has created the universe, human beings, and all of creation with an incredible and, as yet, unimaginable wisdom; God has endowed Man with all the knowledge and means to survive, to remain healthy, to heal himself when he falls sick, and to accomplish his destiny.

For this to come to pass, however, there is a very important pre-condition and that is that Man does *his part* and gives the best of himself to know himself and to know the world in which he lives—to actualize and use his faculties and potentialities. To put it in a nutshell, that precondition is that human beings learn to live in a healthy, moral, responsible, autonomous, productive, creative, and joyful way. The essential “key” and “seal” of this position is *simplicitas sigillum veritas* (simplicity is the seal of truth). From this perspective and viewpoint, therefore, human beings do not need an artificial world

created by their mind, a complex technology, and knowledge and powers that are evermore complicated to survive and realize their being and destiny. It is obvious, however, that since the Creator has endowed human beings with free will, they can use that free will and create and use the above described conditions, but these are not essential!

The “Way of Man”, on the other hand, is rooted in and has its foundation on the postulate that man is alone in the universe and therefore that his survival and self-realization depend solely upon his intelligence and will, upon his creative efforts. Seen through this perspective, nature offers him an incredible “mine” of energies and materials that his reason and intelligence can know and manipulate to obtain what he wants. As such, nature is primitive, amoral, and indifferent to Man who is thus compelled to create, through his science and art, an *artificial world* that has an in-built dynamic to become evermore perfected and performing but also much more complex and filled with imponderables so that it is difficult to gage whether, in the end, the benefits will outweigh the draw-backs!

The “key” and “seal” of the “Way of Man” is that anything that is newer, more complex, and technologically sophisticated (even if more expensive and dangerous) is better and more efficient! From my standpoint, this perspective and viewpoint contain three fundamental errors and weaknesses that have affected most people who are alive today. These are: *to transform the means into the end, the part into the whole, and what is essential in what is secondary!*

Here, Man takes his personality and ego as his basic “reference points” and “ultimate values” to make his life in the physical world evermore comfortable and predictable—to maximize pleasure and minimize pain. From the spiritual viewpoint, this clearly implies “transforming the means into the end” in that human beings are not born in this world only to survive, to have an easier life, and to satisfy the desires of his ego! The true end and objective of his incarnation is to *grow and evolve*, to actualize his faculties and potentialities, and to realize his destiny. For the spiritual tradition, it is, unequivocally, to become the “temple” or the “instrument” for the conscious manifestation and expression of Spirit in the various worlds of creation and in the physical world in particular.

Man as an individual but also humanity at the collective level constitute but a *part* and not the *whole* which includes not only humanity, the earth, the solar system, and the galaxy (the human and physical aspects) but also the spiritual and divine aspects. To identify with one’s personality and ego, rather than with one’s soul and spirit, and to focus and utilize all of one’s intelligence, energy, and will to realize the needs and aspirations of the personality will, necessarily, create conflicts and disharmonies with others and with the universe.

This is the deeper reason why if Man truly wants *harmony*, which is *peace in the world* and *health in his own being*, he needs to be inspired and guided by a greater Power and Intelligence than his own, by spiritual consciousness, Which is aware of and takes into account the whole. In other words, it is truly essential for human beings to be aware of

and strive for the “right measure” and the “right proportion” as well as for the ultimate purpose of Man and Life on earth. When we transform the means into the end and the part into the whole, it is unavoidable that what is truly important, essential, will be drowned and sacrificed for details and trivialities. It is in this way that human beings get lost in a sea of details and trivialities, that they waste their vital energies and resources... to realize and obtain what they could also do without and, in this way, lack the energy and the openness to achieve what is truly essential for them!

From time immemorial, the spiritual tradition has affirmed and taught an insight and realization that are truly fundamental and most practical: *there is no human experience from which a human being cannot learn something valuable and thus grow spiritually!* Having a proper understanding of the “reconciliation of opposites”, the *coincidentia oppositorum*, a human being can learn just as much from his mistakes as he can from making the right choices but, obviously, in a very different and even opposite way. If a person makes the right and harmonious choice, then she will increase her life, consciousness, liberty, and wellbeing; whereas, if she makes the wrong choice, she will decrease her life, consciousness, liberty, and wellbeing thus going towards death rather than towards a life more abundant, towards greater unconsciousness, slavery, illness, and suffering. Her soul, however, which is immortal, will learn painful and difficult lessons which, nevertheless, will be precious and which she will not forget.

This is the reason for which evil does not exist in *eternity* but only in *time* because everything that has a beginning will also have an end. While evil begins by destroying *outside* of itself, it inevitably ends by destroying *itself*. Once a person has truly understood this basic principle, he will then be able to live without fear and without guilt, without a shadow in his consciousness even though he will continue to make “human mistakes”. This is why it is likely, but not certain, that human beings probably have to experiment and live with the “Way of Man” before reintegrating it with the “Way of God”.

Another way of putting these two “ways”, or paradigms, into proper perspective, is to take human evolution and the integrating and unifying principle of human nature as their basic “points of reference”. So long as Man was governed by his instincts and emotions (what I call the “primitive person” and the “normal person”), the “Way of God” was still the dominant paradigm because life was simple and natural and human beings were guided by tradition and authentic Sages and Initiates. Moreover, at that time we still had true *vocations* such as medicine, religion, education, art, etc. where people did what they did because they felt that this was what they had come to do in this world—for the “sake of doing it”, to be true to themselves and to fulfill their destiny.

Today, unfortunately, most vocations have transformed themselves into “professions” where the essential value is no longer doing what they are doing “for the glory of God” or to “render a service to their fellow humans” but, rather, to develop their professional career, their social status and, in ultimate analysis, to *make more money!* While this has affected all professions, it applies in particular to medicine which has now become very complex and demanding but which commends high salaries and prestige. With the

passage from the “normal person” to the “person of talent” and, historically, with the Renaissance, the Age of Reason, and the French Revolution we left the “Way of God” to enter the “Way of Man” which led to the increasing rationalization and secularization of consciousness, culture, and society. Reason, intelligence, and will (“*l’esprit de geometrie*” of Blaise Pascal) now prevailed over feelings, the intuition and imagination (“*l’esprit de finesse*” of Blaise Pascal). But evolution and the transformation of human consciousness did not stop and continued their forward march thus leading the “person of talent” to become the “disciple” towards the end of the 20th and the beginning of the 21st Century. Now *spiritual consciousness* emerges and brings with it *spiritual science* (for more details see my image of the “House of Science”) which will, once again, lead us back to the “Way of God”.

The “Way of Man” while progressively invading all academic disciplines and all areas of life also creates more and more problems of a technical, economic, and, especially, of a health nature. This led us to the *great contradiction* whereby in so-called “developed nations” people have never had *as much* (knowledge, education, money and consumer goods) but have never been *so unhappy and depressed* (see the statistics on psychopathology, suicide, anti-social behavior and depression)! It is at this point that the true pioneers of the race begin to slowly reconsider and “rediscover” the “Way of God” and to suggest a radical and qualitative paradigm change. This generates a conflict between these “two ways” and thus between conventional allopathic medicine and alternative, holistic medicine—naturopathy in particular.

Can we and if so *how can we* reconcile and integrate these two “ways” and perspectives? This is not simple or easy and it involves a great deal of confusion and ambiguities and thus requires a great deal of wisdom, prudence, and discernment but it *can be done!* Many are the factors that contribute to this just as many are its implications. It will no doubt be time, personal experience, and the results that we have obtained that will guide us to this achievement. There are, however, three fundamental insights and basic “points of reference” that can guide us in this endeavor. These are:

- The level of consciousness and evolution of the person and of the society in which that person lives.
- The conflict between the economic and material demands and constrictions and the desire to improve one’s living conditions together with the experimentation with new hypotheses and techniques and the genuine desire to help one’s patient and diminish pathology and suffering.
- The respect for the freedom and free-will of the individual vs. the social and political exigencies of the state and of society which consist in imposing certain protocols, criteria, and “measuring yards” and in achieving a basic compliance and conformity from their members.

The level of consciousness and evolution of the person and of society

For the well-known Roman doctor, Umberto Grieco, whom I have already quoted numerous times in my books and writings, there are four basic “types” or “levels” of medicine which fit perfectly with my human sky-scraper analogy. These are:

- a. *Physical medicine* (circa 1860...). Man is, essentially, a physical being described by his biological organism. Hence, health, illness, and healing, together medical theories, remedies, and interventions, must, necessarily be physical in nature.
- b. *Alternative, naturopathic medicine* (circa 1950...). Man is not only a physical/biological being but also a bioelectromagnetic being, and an energy and vibrational being. The body and the psyche are endowed with highly sophisticated and intelligent systems of self-repair and self-healing... but that will function only on the condition of having the necessary *matter* (food) and *energy* (awareness, attitudes, and faith).
- c. *Psychosomatic medicine* (circa 1940...). Man has two basic and distinct natures that are interconnected and interacting, the *body* and the *psyche*. Thoughts, emotions, and one’s state of mind can have a profound impact upon the *Vis Medicatrix Naturae* (what we call today the immune, hormonal, nervous, and circulatory systems). Positive and negative thoughts and feelings have the tendency to somatize themselves in the body.
- d. *Spiritual medicine* (circa 1975...). Man has three distinct but interconnected and interacting natures: the *body*, the *psyche*, and the *soul/spirit*. The spiritual dimension is the causal, structuring and governing, dimension that molds and fashions the other two. The specific focalization and contribution of spiritual medicine is not the elimination of dysfunctional symptoms or of the underlying pathology. Rather, it deals with the personal and experiential realization of peace, serenity, acceptance and gratitude for that which one is experiencing and living through. In other words, it is the ability to *perceive meaning, purpose, and value* in all human conditions and situations, good and pleasant as well as bad and unpleasant.

Physical medicine is the “heart” of the approach known as “allopathy” which corresponds to what I call the “person of talent” or the “adolescent” as does psychosomatic medicine. Alternative, energy and naturopathic medicine just as spiritual medicine correspond to both the “primitive person” and the “normal person” and the “disciple” but in different degrees. Thus, they are linked with the “Way of God”. As much time, patience, and experimentation were required to move from the “Way of God” to the “Way of Man”, from traditional medicine to allopathic and then psychosomatic medicine so much time, patience, and discernment will be need to move from allopathic and psychosomatic medicine to holistic and spiritual medicine; to reconcile and integrate the doctor and the healer and to extract the nectar, the very best, from both approaches.

The conflict between economic and material constrictions and the desire to be healthier and to truly help one's patients

To create a complex healthcare system for a large population is certainly not an easy thing! It requires much time, dedication, organization, money and the proper qualified personnel. It creates and requires many different jobs and various specializations. Thus, to use a graphic metaphor, it is like a huge ship, a transatlantic ship, that moves slowly and not always in the best interests of the patients, but that does move and evolve!

The respect for the freedom and free will of the individual vs. the social, political, and economic exigencies of society and of the state

This point continues and gives nuances to the former point, namely the struggle between the interests of the individual vs. those of society and of the state. Here, two opposed and contrary forces meet and clash: the healing and wellbeing of the patient vs. the interests and procedures of the medical profession with its various legal and scientific protocols. Life on earth and in human society always limits the freedom of the individual as it requires compromises and sacrifices (see the social contract). Healthcare and medicine are no exceptions!

From a spiritual viewpoint, however, there exist truly fundamental insights and assumptions that can greatly facilitate spiritual health, the essence of which is inner peace and serenity together with the ability to forgive others and one's self. Briefly put, these are:

- That a human being is essentially an *immortal* and not a mortal being.
- That Man is an *incomplete* being undergoing an evolution and not yet a complete being. Hence, that it is impossible for him, at this point in his evolution, not to make mistakes. If we were perfect we would certainly not have come in this world, at least not for ourselves! And this is just as true for medical doctors as it is for their patients and for normal persons.
- That Man can *grow*, learn, and become more than what he was before, which is the true purpose of his incarnation in this world.

Carl Jung, the great Swiss psychiatrist, stated: "Human consciousness can orient itself and focus in two fundamental and opposed ways: towards the external world and towards himself and his psyche". The first he called *extraversion* and the second *introversion*. To this Roberto Assagioli then added: "Human consciousness can orient itself and focus in two opposed but complementary ways: towards spirit or towards matter and this just as much in the world (extraversion) or in human nature (introversion)". The first he called *supraversion* and the second *infraversion*. Those basic insights give us a hermeneutic key that is very important to better understand ourselves and our experiences in the world. To

these, I would personally add what I called the “Way of God” and the “Way of Man” which are also opposed and that might well be complementary.

There obviously exist other possible ways of orienting and focusing human consciousness as, for example, looking towards the past or the future, or privileging the male or the female polarity. What I called the “Way of God” and the “Way of Man” beautifully bring together the components of extraversion and introversion and of supraversion and infraversion thus offering us an insight that can go a long way towards helping us to better understand the multiple paradoxes and contradictions of our times; and to bring more light upon many dark sides of our own consciousness and being as well as of the world and of the human condition.

As we have already seen (but with new concepts and insights a little bit of repetition can be quite useful at the pedagogical level!), the “Way of Man” is the perspective and set of assumptions that bring about an artificial environment created by human beings through the development and use of reason and will and their offspring, science and technology. The “Way of God”, on the other hand, is the manifestation and expression of a far greater Wisdom on the seven planes of creation and of nature on the physical plane. It is quite obvious for most people but for the great scientists and mystics in particular that a much greater Power and Intelligence than Man’s have created both Man and the world. It is this Power and Intelligence that we usually call “God”, the Ultimate Reality, whose ontological attributes are Life, Love, and Wisdom. God can manifest Himself on two different and opposed levels: at the *immanent* (unconscious) level in nature and in matter and at the *transcendent* (conscious) level in Man and on the spiritual dimension.

In nature and at the organic level, God manifests Himself through the *instincts*, in human nature through *reason*, and in the actualized and realized Person through *intuition* and *inspiration*. The extraordinary Life and Intelligence we call God always manifests Itself in a simple, natural, essential, effective, and harmonious way. Unfortunately (or fortunately?) one cannot always remain dependent upon powers and beings external to one’s self even if these are greater and more intelligent than we are. From a creature and a servant, Man must become creator (or better yet co-creator) of himself and a Son of God; that is, a “temple”, or “vehicle of expression” for the manifestation of spirit in nature. This means that during his evolution and becoming, Man must go through an organic evolution and a progressive development of his own being and consciousness. This evolution, in turn, goes through all the identical but analogical stages of biological life from the “baby” to the “adolescent” to ultimately become an “adult” (which is what I call the “primitive person, the normal person, the talented person and the disciple” to then culminate in the fully Realized or Christified Person.

Seen in the light of this perspective, it was inevitable that, having reached a certain point in his growth and evolution (the stage of the “person of talent”), Man would choose and create what I call the “Way of Man”. This requires the systematic use of reason and the development of the human will; thus, it is definitely under the dominion of the personality and of his ego. Its basic thrust and objective is to make life on earth more

predictable, easier, and more pleasant, avoiding, as much as possible, suffering, unpredictability, efforts and sacrifices. It consists in a truly major effort of extraversion and infraversion, in a male polarity, to study and control nature, the external world, with its abundant energies and material resources.

What human beings have done, having reached the “adolescent” stage, is to have transformed the means into the end, the part into the whole, and trivia into what is essential! The motto of the “Way of Man” is: “to see in order to know, to know in order to predict and to predict in order to control”; this means that logico-empirical knowledge must lead to *power*, the power to control so that one can get what one wants (that is what one’s ego wants!). The essential “means” or “instrument” of the “Way of Man” is the *scientific method* and *science* which give birth to technology, industrialization, and urbanization. So long as Man remain a “baby” and a “child” (the “primitive person” ruled by the instincts and the “normal person” ruled by the emotions), he cannot create the “Way of Man” for this perspective and approach is what characterizes the “person of talent” who discovers and begins to develop and use the power of the mind... which will then dominate him.

This gigantic human effort will, unquestionably, bring us a great deal more knowledge, science, money and technology but, unfortunately, it will not bring us a more healthy, moral, and happy life! It solves certain immediate and practical problems (essentially buying us more time and less effort) but it also creates many other problems. Man has conquered the world but, in the process, has lost his own soul! He has definitely obtained a great deal of knowledge and control over the external, material dimension but has cut himself off from the spiritual dimension which is the true causal and structuring part of his being and which is essential for the realization of being destiny. By doing this he has ended up by polluting his environment, nature, and his body which, in turn has led him to lower his consciousness and thus lose the sense of meaning, purpose and value of his life. Should this process continue unabated, it might, in the end, lead him to destroy both the world and himself!

Today, in our present historical period and with the level of consciousness and being that we have reached, the time has truly come to “change direction” and to return to and unfold a holistic and intuitive perspective and not only an analytical and rational one that does include the spiritual dimension. Roberto Assagioli, Pitirim Sorokin, Andre Malraux, and many other first class thinkers have all asserted that the 21st Century will either “be spiritual... or will not be!” The central point here is that Man has cut himself off from both the Spirit (the transcendental part of God) and from Nature (the immanent part of God) to create a humanistic, artificial world where Life no longer flows... particularly at the subtle levels!

At the symbolic and analogical level, we can represent this event by the killing of the King (symbol of the Spirit) and the Queen (symbol of Nature). In this man-made artificial world created by the “person of talent” (the adolescent) a purely secular and temporal dynamic is set in motion where things become evermore complicated, expensive and dangerous. Not only, but everything is also accelerating and intensifying thus creating

more *stress* which is destroying our higher faculties and the self-healing powers of our body. This is the fundamental impasse in which we find ourselves, at the dawn of the 21st Century, and from which we must, somehow, find a way out.

At the physical level, we know very well that every cause has its effects and that every action has its reactions. At the spiritual level we also know that that which we send into the universe, what we do unto others, will, inexorably, return to us because, at the highest level, we are all ONE! At the human level, Life teaches us that the laws and “measures” we use with others will be the same laws and “measures” that will be applied to us. And so, once again, we find ourselves before two basic “ways”: the *way of the law*, of justice, or the *way of compassion*, of love. Unfortunately until now and for the majority of people, the world has chosen the “way of the law”... with very painful consequences for all involved—with much more violence and suffering than would have been necessary and that we could have avoided.

This violence, suffering, and pain manifest themselves both in the world (the macrocosm) and in our health (the microcosm). Here, the basic qualities that are sought are reason and will, *power*, where the stronger is always right and the weaker is always wrong. Thus, what is truly important here is always how to *find and keep power* to then justify ourselves morally by applying the *lex talionis* (the “an eye for an eye and a tooth for a tooth of the Old Testament). As a wise rabbi once wrote to Ariel Sharon, “if you keep using your *lex talionis*, you will end by having a nation of people without teeth and without eyes”!

As Man is still an imperfect being who is not in control of his being and of his life, with the “law” alone he would never make it! He would continue to violate the law, on one or more levels, thus creating various reactions and consequences which would lead him to feel both fearful and guilty. This is the basic reason why the “other way”, the way of compassion, forgiveness and love are truly essential and must be integrated with the “way of the law”.

The “Way of God”, at least at this point in our evolution, is directly opposed to the “Way of Man”. It is simple, it points to what is truly essential, it is natural and brings harmony to the whole, justice and the greatest good for the greatest number. As such it integrates and balances perfectly the law and compassion, the male and female principle, both at the immanent (unconscious) and at the transcendent (conscious) level. But it manifests itself fully in *eternity* and not at each given *moment in time* where there can always exist momentary disharmonies, conflicts, and unbalances. Finally, it also reconciles free will, the personal choice of human beings within certain limits, and the determination of matter and of its natural laws.

At a concrete and pragmatic level, the “Way of God” always privileges that which is simple, natural, health, and moral and, as such, it is not expensive or dangerous. When it comes to true *salvation* of Man (which means, practically, integral health, the actualization of all of his faculties and potentialities, and the realization of his destiny), the “Way of God” already took into account and foresaw everything that is really

essential for a person without the necessity of creating and using complex technologies and chemical remedies. Wisdom (the theoretical part) and the basic means (the practical aspect) already exist in each person but at the potential and not yet at the actual level, at the level of the *superconscious* and not yet at the *conscious* level. In particular, it ensures that every person be able to answer the “Riddle of the Sphinx”, the greatest of all human questions which we call today the problem of identity, origins, destiny, and vocation.

To flow and manifest itself, Life, energy, always needs a polarity (as does electricity for example) and this just as much at the spiritual, at the human as at the physical level. Cosmic energy thus needs the polarity of spirit/matter to flow into and through the vertical and the horizontal dimensions. Unfortunately, the artificial world created by human beings (by their personality and ego) does not include this polarity and thus, in the long-run, creates a serious problem of survival and functionality. Not only, but the divine Intelligence is far greater and wiser than the human one, which is a pale reflection, and thus brings about two major imponderables: the impact upon *quality* and the impact upon *time*. This implies that God knows what He does and that He does realize His plans in eternity; whereas human beings rarely truly know what they are doing and only succeed in realizing a part of their plans and designs in the temporal dimension; and this, many times, with unforeseeable side effects that can be quite negative.

What can we learn and deduce from the above reflection and analysis? That human beings should abandon the “Way of Man” to return to the “Way of God”? I really do not think so in that human beings do have free will and the duty to develop and actualize their potentialities and faculties; In addition to that, human beings can also learn very important lessons that will mature and enrich them from their mistakes. Hence, to know himself, to master his energies and resources, to grow and become more than what he is, Man must be free to experiment, to make mistakes and to learn from his mistakes. He must also go through various stages of organic growth that will lead the “baby, the child, and the adolescent” to eventually mature and become a *full adult*.

The best way, I think, would be that of rediscovering and integrating, slowly and on various levels, the “Way of God” with the “Way of Man”. It would entail, in other words, uniting the *divine* to the *human*, distilling the nectar from these two approaches to create a harmony that will respect and that will be in resonance with Man’s present level of consciousness and evolution. And this is what the “substance” of this chapter/essay is all about. At the practical level this means to be able to reconcile opposites and to integrate the polarities in such a way as to be able to arrive at the famous *coincidentia oppositorum*. At the theoretical level, this implies rediscovering and integrating wisdom with scientific knowledge and thus to become aware that at different levels of consciousness and evolution correspond different solutions; which implies to accept and respect human differences and be able to work with different theories and solutions.

At the specific and pragmatic level, this means to become aware and accept the fact that health and wellbeing are the *normal* state of human beings; that his body and psyche are working 24 hours upon 24 to maintain and restore them when he knows and respects the laws of Life and of his own being. In this way, we will be able to avoid or eliminate the

causes that bring pathology and not only to eliminate or repress dysfunctional symptoms when these manifest themselves. Theoretically speaking, if Man is careful about his nutrition, if he maintains the necessary energy/vitality level, and if this is his destiny, he should be able to self-heal from all known and unknown diseases. And here, I have deliberately used the word “healing” and not “curing”, which are absolutely not the same thing!

To “heal” at the spiritual level means to achieve inner peace and serenity, to be able to accept and be grateful for *everything* one lives and experiences. In order to be able to truly do that, it is absolutely fundamental to be able to *perceive meaning, purpose, and value* in what one is presently going through, at least to a certain point. To be “cured” at the physical and psychological level, on the other hand, implies removing the symptoms and eliminating the pathology but not their causes. Thus, it is possible to reestablish the harmony between the body, the psyche, and the soul by allowing the energies and communication to flow freely between them and their organs and functions but not, necessarily, remove the symptoms and the pathology involved, from which one can even die if this is the “destiny” that the person has chosen before incarnating.

Lastly, health as well as illnesses and healing are multidimensional and interacting processes which always include the physical/vital, the emotional/astral, the mental, and the spiritual dimensions. These processes also follow the involution-evolution curve of human evolution. What this implies is that, up to a certain point in human history, medicine followed what I called the “Way of God” (when human beings were still mostly at the level of the “primitive person” and of the “normal person”) to then enter the “Way of Man” (when human beings reached the stage of the “person of talent”) to then “rediscover” and integrate again, but on a higher level, the “Way of God” when entering the stage of the “disciple”.

Today, at least in so-called “developed nations”, many people have entered and function at the level of the “person of talent”. Thus, we have chosen the scientific method and science as our basic “points of reference” and “measuring yard”. About 100 years ago, Western medicine chose allopathy as its primary medical approach which corresponds perfectly with the “Way of Man”. About 75 years ago, psychosomatic medicine was born to be followed by alternative/naturopathic medicine and, finally, about 29 years ago it was spiritual medicine that was born that that will have to find a synthesis and integrate the “nectar”, or the very best, of all approaches and levels to give birth to a truly “holistic” or integral medicine. The implication of this is that, little by little, raising our consciousness and moving from matter to spirit as our basic “point of reference”, we are bound to rediscover and integrate the “Way of God” (when the “person of talent” will transform himself/herself into the “disciple”).

Obviously, this will require an enormous qualitative effort, much intuition and inspiration, that will lead to a “paradigm shift” which, in turn, will enable us to end the enormous crisis and paradox that official medicine is living through today; namely, that it becomes evermore complex, hi-tech, expensive, dangerous, and contradictory (as it removes certain dysfunctional symptoms but also creates new ones that may be as bad or

even worse than the former). The life of Man, knowledge, medicine, and morality will, sooner or later, become simpler, more natural, less expensive and dangerous but with a very different price that one will have to pay... namely: to know one's self and the great laws of Life and of true health with the personal and conscious commitment to live and incarnate these laws.

At this point we could well ask ourselves what is the lesson and the conclusion of everything that I have presented to you pertaining to the "two ways", the "Way of God" and the "Way of Man"? In summary, this is what I would point out:

1. First and foremost, more than ever before, Man will have to learn how to live *consciously*; that is, in a responsible, autonomous, productive, healthy, moral, creative, and joyous fashion. We will no longer be able to remain "passive", guided by the collective unconscious as a sheep in a herd (a "patient" as it is said in the language of official medicine); rather, we will have to assume responsibility for our health, illnesses, and healing and thus *collaborate* with the healthcare specialists.
2. Man will also have to realize that health, pathology, and healing are functions of his level of consciousness and being that change when he changes the latter. Thus, when you transform the first you necessarily also transform the latter. Specifically, the medical approach, the therapy, and the dose and the time when remedies are given will vary from person to person as well as they will vary at different times in his life. Hence they must be *personalized*. It will no longer be possible to use the same approach and protocols, and give the same dose of medicine for the same length of time, to different people or people at different points in their lives because that would amount to doing violence to their nature and to frustrate the healing work of their *Vis Medicatrix Naturae*!
3. It is essential to be able to change our perception of illness from that of being an "enemy" to that of being a "friend". In other words, illnesses really are an "alarm signal" created by God and nature, to tell us that we cannot continue living as we are and that we must change something in our life style (for example: our attitudes, behavior, or relationships).
4. It is also most important to be able to distinguish between the dysfunctional *symptoms* of a given pathology and its *causes*. If we do not get at the underlying causes of an illness its symptoms will then reappear, sooner or later, and create even more discomfort and problems.
5. It is essential to take Saints, Sages, and spiritually awakened persons as "models" for our studies and researches—as our crucial "frame of reference"—and not only sick, normal, or successful persons. If we do not do this, we will never be able to understand the higher energies and laws that are responsible for what we still call "miracles" today.
6. Hence, it becomes evermore important today to reconcile the "Way of Man" with the "Way of God", spirit and matter, the physical body with the energy bodies, chemistry and biology with the electromagnetic fields and their specific frequencies, always distilling the best that each has to offer. In time and with the transformation and expansion of human consciousness, it is clear that the "Way of

- God” will become evermore important and will have priority on the “Way of Man”.
7. With the advent of spiritual medicine, it will also become much more important to be able to distinguish between *curing* (removing the symptoms and the pathology) and *healing* (to find inner peace and serenity as it will be to be able to accept one’s present condition and to thank Heaven for the opportunity to live what Life and our destiny have brought to us).
 8. Even though the human body and psyche have been designed so as to be able to heal and auto-repair themselves from all known and unknown diseases, every person who comes in this world has a specific *destiny* that he/she has chosen before incarnating. At times, this destiny is such that that person cannot be cured and must live and die of a given pathology. However, even if this be the case, that person can always *heal* at the psychological and spiritual level.
 9. The more a person evolves and raises her consciousness (hence moves from the physical to the spiritual level) the faster her healing and curing will occur and the more complete they will be as higher resources and energies have been activated.
 10. Finally, let us never forget that the greatest healing instrument is non other the *person herself*... with her divine spark or spiritual Self which is the living and inexhaustible Source of Life, Love, and Wisdom and not the therapies, hi-tech machines, remedies or knives!

To the fundamental question raised by this chapter/essay: “To preserve our integral health or to heal from serious degenerative illnesses, do we need a specialized medical training and evermore complex, sophisticated, expensive, and dangerous technology”? The answer is clear simple, and unequivocal: “No, the latter are a human creation (specifically of the mind, personality, and ego) which corresponds to a certain level of consciousness and evolution which we are about to go beyond in this century... when we will rediscover the “Way of God” and when we will pay the required price (a change in our life style).

There exists a fundamental difference between *Man as created by God* with infinite Wisdom and Love and the *machines created by men* which do undergo a growing evolution and progress. The law of the financial markets which asserts that the newer, the more sophisticated and expensive a product is, the greater will its quality and performance be do not apply to human beings. This because human beings are far different and more complex than material things and are already *perfect* at the *potential* if not at the *actual* level. Therefore, this law can in no way be applied to healthcare and authentic healing which yet remain, to a very large extent, to be properly understood and facilitated. These are the result of extremely complex and precise laws, interconnected and interacting factors, that exist not only in one but in several dimensions of which the physical aspect is the effect and the spiritual aspect is the cause.

To back up the above assertion, which is definitely controversial, we have the fact that the nation that has developed the highest medical technology and which spends far more money per capita is far from being amongst the first nations in so far as longevity and the quality of life is concerned. According to WHO (the World Health Organization), this

nation occupies the 35th position amongst developed nations. The perspective and basic insight I have called the “two ways” gives us a basic “key” to enable us to gain a much deeper understanding and to be able to explain much better situations that are superficially quite contradictory as well as many paradoxes.

Today there exists amongst the richest nations of the world a great deal of confusion and a basic loss of trust in the healthcare professionals and experts. This perspective and basic insight also help us to make the passage between *external wealth* (material and monetary) and *internal and essential wealth* (true knowledge, love, and creative energies); it helps us to move from being dependent upon external points of reference to the development of our own faculties and capacities. Our future truly lies at this level and is now in your own hands, in the hands of all of us! Let us make the most of it so that we can truly increase our knowledge of ourselves, of true health, illness, and healing and diminish the amount of suffering that still exists in the world.

**Source : Dr. Peter Roche de Coppens
Italy, December 2007**



**FONDATION PIERRE BEAUBIEN
17 Décembre 2007**