

Combining therapies by the Imaginary in Action and by Energy Balancing for healing Psychosis

Michel Depeyrot
September 2017



« Free Wakeful Dreaming » per Georges Romey's « Rêve Éveillé Libre »

« Free » Waking Dreams are spontaneously started Self-Therapeutic process steps enabling TIA:

The “Therapy by the Imaginary in Action”

Their Vocabulary is that of Symbols of the Psyche.

They proceed according to a Grammar of inner Transformations.

Their Semantics (meaning) are based on the Union of Opposites.

Self-individuation or healing result from a series of such steps.

Abstract

The Therapy by the Imaginary in Action (TIA) and the Immuno-Therapy by Energy Balancing (ITE) enable the complete healing of psychosis or neurosis, as illustrated on a case of Schizophrenia.

The patient's progress toward health is illustrated by the symbolic images emerging from his unconscious through:

- scenarios of Waking Dreams and
- responses to Applied Kinesiological Testing (AKT).

Georges Romey's "Grammar of Dreams" serves to identify the Jungian instances of Unions of Opposites, which are fairly explained by Stefan Lupasco's concept of the Excluded Third.

The contributions of George E. Vaillant and Candace B. Pert provide the theoretical and practical basis to assert that all diseases are psychosomatic.

Le rêve éveillé selon Georges Romey

- L'analyse syntaxique du rêve montre un processus bien structuré par des « parenthèses » qu'il ne faut pas interrompre avant son terme naturel :
 - Un symbole, négatif au début, réapparaît en version positive à la fin ;
 - Il révèle l'actualisation d'une union de contraires.
- L'imaginaire est un processus spontané curatif, déclenché par un déséquilibre entre des contraires qui se traduit par l'émission d'archétypes : de l'énergie et des symboles.

De l'unité de la Science

Healing is spontaneous through
a series of unions of opposites:
Case of a Mitral Valve...

TIA

Therapy by the Imaginary in Action

Five Taoist Elements
and Meridian Testing

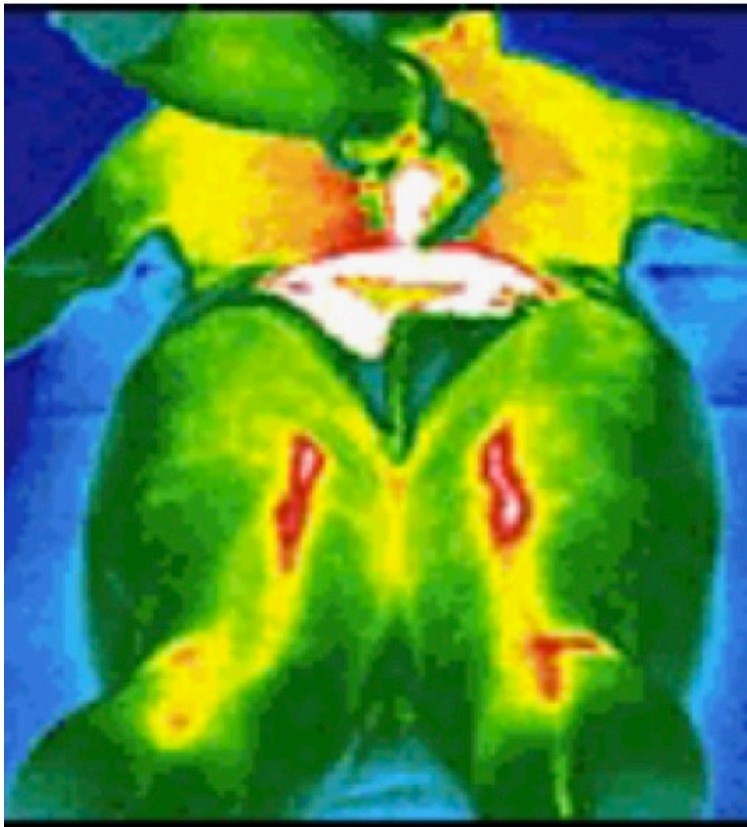
AKT
Applied Kinesiological Testing

Immuno-Therapy by
Energetics (ITE)

Treatment is performed through
a series of Allergy and Anergy
desensitizations

Orient and Occident meet!

The Link: the 12 bodily Meridians



Example of a meridian:

Infra-red emission, by a German scientist, along the Urinary Bladder Meridian:

P'ang Kouang

Acupuncture points are wherever a needle can reach a meridian without piercing anything but skin and collagen.

Only part of meridians are close enough to the skin.

"Simple Questions"

The Foundations of Chinese Medicine:
A Comprehensive Text by Giovanni Maciocia

- When the Lung meridian is in Anergy (exhausted), the patient dreams of white objects (Grief), or of cruel killing of people.
- When the Lung meridian is in Allergy (excess), in dreams the patient is frightened in dreams, cries (Sadness) or soars through the air (escape).
- When the Lung meridian is in extreme difficulty, "the patient dreams of soaring through the air or sees strange objects made out of metal."

Two psychotherapeutic techniques with the Unconscious in control

One dream scenario – Leda's - sufficed for Georges Romey to develop the rules of his "[Grammar of Dreams](#)":

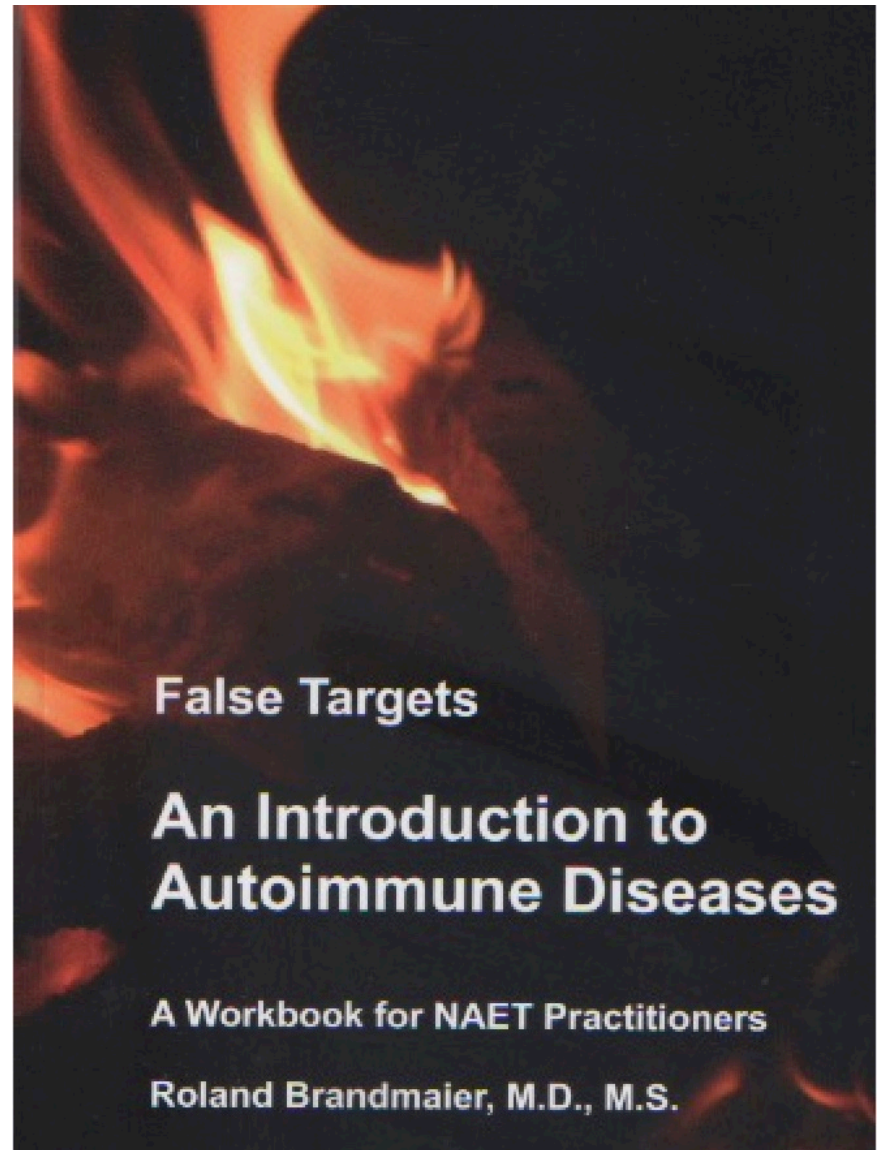
- enabling a novel syntactic analysis
- far from Noam Chomsky's Grammar of Languages
- quite helpful for facilitating the interpretation of dreams
- most astounding discovery in this field, ignorant though he was of CG. Jung's
- yet to be acknowledged by the Scientific community.

Five years later, I attended the training in "Allergy Elimination Technique":
an effective and holistic "Therapy by Energy Balancing" (TEB)
due to Devi Nambudripad's genial intuition,
confused though she was about Allergy (excess of energy) versus
Anergy (Immunodeficiency), or simply about Energy versus Information.

Therapy by “Energetic Immunotherapy”

The most scientific publication on the TEB (be it NAET, or now Total RESET) has been published by the German doctor Roland Brandmaier for the treatment of auto-immune diseases, as we found-out that **Auto-Antibodies** can be rigorously depolarized. Meanwhile, official medicine can do nothing worthwhile against them.

- diverse infections and antibodies are involved in Psychosis and Neurosis.



AKT: Aiming the thumb at the big toe gives to the arm muscles the strength of the sum of all meridians (12 times)

The first meridian of the day, Fei the Lung, exits through the thumb

The last meridian, Kan the Liver, enters through the big toe

☀ The vertical arm is weak when the brain perceives negatively some message

☀ The message may be emitted electro-magnetically by a substance or mentally by the therapist's concentrated thinking



Getting answers from the Unconscious

My **clinical practice** involves thorough AK Testing (AKT), with scientific rigor and the sorry acknowledgement that it is able to diagnose illness or choose a treatment by testing muscles for strength and weakness, but that it is poorly taught and all too often poorly practiced.

Unique mode of dialogue with **the patient's unconscious**, discovered by George Goodheart, Jr. in the fifties, prerequisite for the practice of Immunotherapy-Therapy by Energetics (ITE) and a powerful enrichment for understanding Jung's collective unconscious as well as facilitating dream interpretation for guiding the Therapy by the Imaginary in Action (TIA).

A symbol of the Unconscious



- Prehistoric cave
- Animal images
- Warm colors
- Lighted
- Echo

Getting answers from the Unconscious

There is an underlying creed in both TIA and AKT, and thus TEB:

our Unconscious always acts for the best of our whole being,

proclaimed by Carl-Gustav Jung, by Georges Romey and by Devi Nambudripad,

at least Body and Spirit if not Soul,

as opposed to the conscious Ego, stuck with obstinacy in a wrong direction

This is why we must rely on AKT to find the patient's true state of health and needs.

It proves how much the patient's unconscious knows the therapists thoughts!

On the nature of Psychological Depression

The lack of understanding of the interactions between the conscious and the unconscious results:

 in weird attempts at treating a depression,
 that energetic contradiction between the directives of the Self and the decisions of the conscious Ego.

ALL IMBALANCED OPPOSITES MAY CONTRIBUTE TO IT!

Once understood, it is clear that only a serious realignment of priorities can provide healing, oftentimes resulting in a surprising reorientation of life, like changing job, changing country, changing spouse, etc. when it is confronted too late in life...

Interestingly, the conscious trilogy “Thesis-Antithesis-Synthesis” won’t do the healing. Reasoning leads to conclusions, but only emotions lead to actions for changing.

Transparency versus Appearance

The imbalance of opposites in such a crisis means that one value is prevalent in consciousness, while its opposite in the Shadow – “potentized” per Lupasco - gets projected, causing confusion.



Stefan Lupasco's Excluded Third

Stefan Lupasco founded a new logic, by questioning the principle of the « excluded third » in classical binary logic.

He introduced the third state, going beyond the duality principle of logic, the T-state (third): it is neither 'actual' (kinetic for energy), nor 'potential' (categories replacing the 'true' or 'false' values of standard binary logic in Lupasco's system), but it offers a resolution of the two opposite elements at a **higher level of reality** or complexity.

Stefan Lupasco generalized his logic to a new theory of consciousness, which describes the healing process. The “harmonization of opposites” challenges occidental binary reasoning and demands the intelligence of its dynamics.

Lupasco made explicit the tri-polar nature of Matter-Energy (Physical, Biological, Psychological) resulting from the dynamics of the ultimate “non-excluded third” in some homeostasis: when two antagonist energies within us, either emotions (Psychological) or forces (Physical) or hormones (Physiological), get balanced. It paves the way to a new awareness, a new stability or a better state of health.

The Chambord castle stairway

Symbol of Right
versus Left brains:

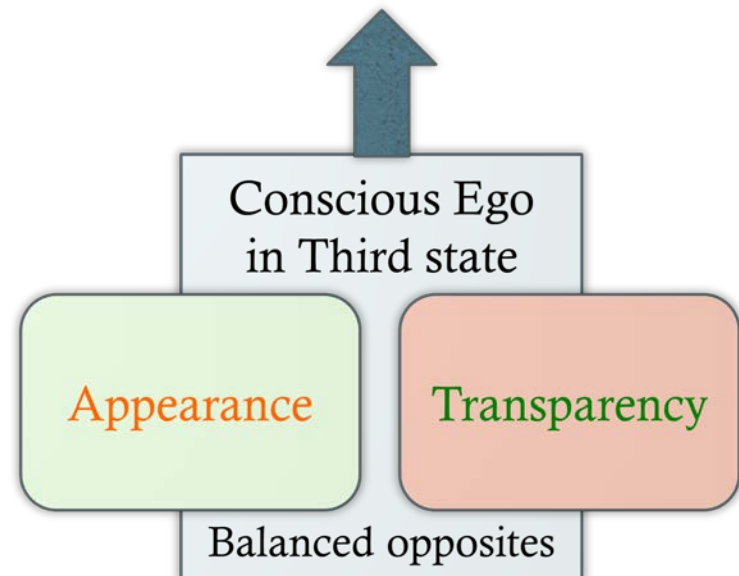
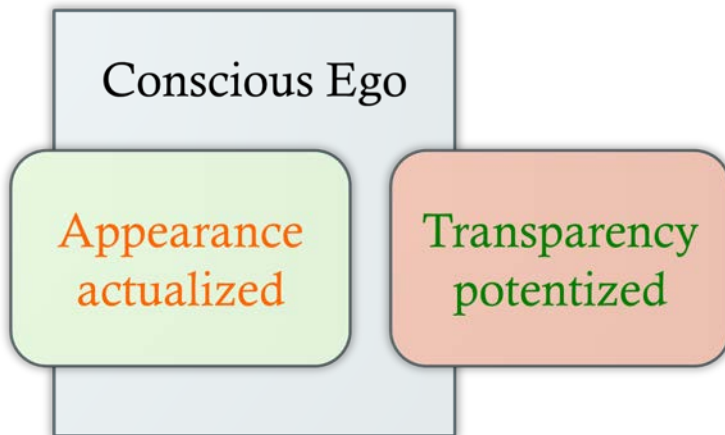
Upward Rightward
and
Downward Leftward
never meet!

Except through a
Waking Dream!



Ricochet onto further Unions of Opposites per Lupasco's actualization/potentization

Initial imbalance → Ready to face the next imbalance



Therapies by Energy Balancing

1. www.naet.com

The official name of NAET is "Nambudripad Allergy Elimination Technique", whereby Devi Nambudripad's genius has consisted in putting together in the eighties an efficient protocol to deal with allergies (excess of energy), and unknowingly also with anergies (lack of energy).

In doing so, she has designed a holistic therapy and she has paved the way to the effective healing of any Auto-immune Disease, which I now teach under the name of "Elimination of Auto-allergies".

Notice it could also be reported as "elimination of allergies to the self" in the sense given by biochemistry experts: a purely biological meaning of the self here, not the Self as center of the whole Psyche.

For treating cancers, healing must be approached as an "Elimination of Anergies to the non-self", again an issue of [histocompatibility](#).

Therapy by Energy Balancing

2. www.total-reset.com

Progress thus demanded a rapprochement with advanced knowledge from biochemistry:

- starting with the work of Candace Pert [6] on the molecules of emotions (Hormones and Neurotransmitters),
- But also from the merger of bio-chemistry with electro-magnetism. This is why I prefer to refer to the range of such paramedical treatments, which do not require any ingestion of drugs or special foods, as ITE.

My clinical practice at this stage – although we do not hold a valid protocol yet against Acute Myeloid Leukemia – applies most often to cancer patients, who end-up, once healed, perplexed and deeply disturbed by the opposite feelings of being "[relieved but anguished](#)" and the need to be harmonized:
an invitation for TIA to perform their re-unions of such opposites
an experience akin to an auto-hypnosis

Dream Catcher

Nightmares are just interrupted dreams

Stefan Lupasco's presents that nature is essentially ternary, where the "excluded third" bypasses binary logic and emerges from the union of disharmonized opposites. TIA performs, through every dream session, at least one such union.

Jung's statements are enlightening:

- "Young people have to emerge from the parental Triangle for confronting life"...
- "Mature people have to appreciate the value of Opposites for preparing to confront death".
- "The solution of the problem of opposites can be reached only irrationally, by ways of contributions from the unconscious, i.e. from dreams."



The disharmonized opposites

When pondering the opposites herein below, just imagine how personal these unions may be, depending on the person's character, experience, knowledge, faith, etc.

Conscious Ego versus Unconscious Shadow

Reason versus Intuition

Animus versus Anima

Sensation versus Feeling

Aspirations (objectives) versus Inspirations (instincts)

Love versus Control

Super-ego versus Sub-ego (Id)

Inspirations versus Emotions

Primary (short-term) versus Secondary (foreseeing)

Materialism versus Spirituality

Doubt versus Faith

Extraversion versus Introversion

Art versus Science

Transparency versus Appearance...

Transparency versus Appearance

This last pair of opposites above is quite common and is among the earliest unions of opposites, which must be performed. It is likely to be an issue rooted in the young child's challenge to be oneself at the same time as looking in a way which could please the parents.

All symbols of such opposites in a TIA scenario point to some disturbed homeostasis, i.e. imbalances of antagonistic Values, Neurotransmitters, Hormones, Enzymes... and Archetypes must be triggered to compensate such imbalances:

A scenario from the imaginary performs some harmonization of the opposites, and strong inner changes appear with all the decorum when « Crossing a Threshold », as discovered by Georges Romey.

Upon its rebalancing, the same symbol is evoked – as if closing a syntactic parenthesis around the transforming sequence - with opposite features or context, like worrisome at the start and happy at the end, to mean that the imbalance now is re-harmonized. The patient feels a bit more adapted to life.

« Dear Zindagi »

a recent Indian film quite commendable

The atypical Jungian psychoanalyst also performs re-unions of opposites

But it takes an exceptional wisdom for proceeding in the proper order for the patient not to quit his healing process

Intense meditation is required of the intelligent and motivated patient for a successful cure of short duration

Typical symbol of Opposites



- Mineral versus Vegetal
- Physical versus physiological
- Growth versus Sturdiness
- Flexibility versus Rigidity
- Life and Death

George Vaillant and the Mechanisms of Defense

Now how are these sequences of rebalancing related to the patient's symptoms?

Georges Eman Vaillant [8] has published his findings from the longitudinal [study of Health](#) started in 1939 at Harvard University.

He has revisited Freud's **Defense Mechanisms** in a way enabling to classify syndromes as levels of adaptation to life. He provides some scale for mental health in lieu of the classical look at illnesses.

His review of symptoms of imbalance provides correlations between psychological and somatic illnesses, with the basic consideration that every imbalance is psychosomatic (even breaking your leg when skiing).

SYNDROMES
SYMPTOMS

- 1 Reality testing is virtually abandoned
- 2 Wish-fulfillment
- 3 The responsibility for acknowledged internal feelings still is projected
- 4 Affects perception of external reality more than internal
- 5 unpleasant feelings are claimed as due to others, versus replaced with their opposites
- 6 Fantasy remakes the outer world not the inner
- 7 Fully believes and insist on acting out fantasies
- 8 Sadomasochistic
- 9 inhibiting to the point of loosing, not postponing, goals
- 10 Blocks just perception of instincts and feelings, but not response to external events
- 11 More comprehensible to others
- 12 More considerate of others and less prolonged
- 13 Provides real, not imaginary benefits to others
- 14 At least partially gratifying for the subject
- 15 Excludes other people
- 16 Instincts are channelled instead of dammed or diverted
- 17 Regression in servicing the ego has real consequences
- 18 Subject's feelings are attributed to an other person
- 19 Feelings are redirected to an object of lesser importance

	Psychotic mechanisms								Neurotic defenses									
				Immature mechanisms					Mature mechanisms									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	Delusional projection	Denial	Distortion	Projection	Schizoid fantasy (autistic)	Hypochondriacal Introjection	Passive-aggressive behavior	Acting-out	Displacement	Displacement	Intellectualization	Reaction formation	Repression	Sublimation	Altruism	Suppression (procrastination)	Humor	Anticipation
1	Yes			No														
2	No	yes																
3	Yes				No													
4		Yes											No					
5	Yes		Yes															
6					Yes			No										
7		Yes			No													
8						both both												
9								Yes								No		
10		No										Yes						
11			No					Yes										
12							No	Yes										
13	No						No								Yes			
14											No				Yes			
15					Yes												No	
16									No	No	No	No	No	Yes				
17														Yes		No		
18	Yes													No				
19									Yes					No				

Patient's awareness of the therapist's thoughts and feelings

A live demonstration of AKT is mandatory at this stage ([by a practitioner](#)), for the only truly scientific posture is to refuse or accept a new concept, not on the basis of a belief, but on the evidence of a proven fact.

Whatever the patient's inner conflicts, the deep posture of the therapist must be non-judgmental, lest the patient become unconsciously aware of it and turn quite uncomfortable with this therapist: an all too common happenstance!

Indeed, we are not in a field of medical authoritarianism: rather in a field where the creations from the imaginary always are on the verge of artistic work. Remember among the strong believers in the dominance of the unconscious and its expression in symbolic language, the artistic current of "surrealism".

The « surrealist » French poet Louis Aragon of « the Rose and the Reseda » provides a poetical basis for ethical neutrality, far from indifference, rather passionate empathy with respect to the opposites of Atheism and Faith in God. Their common “excluded third” is the soul-searching doubt.

Le rêve selon Salvador Dali



The TIA case of Fabian's Schizophrenia

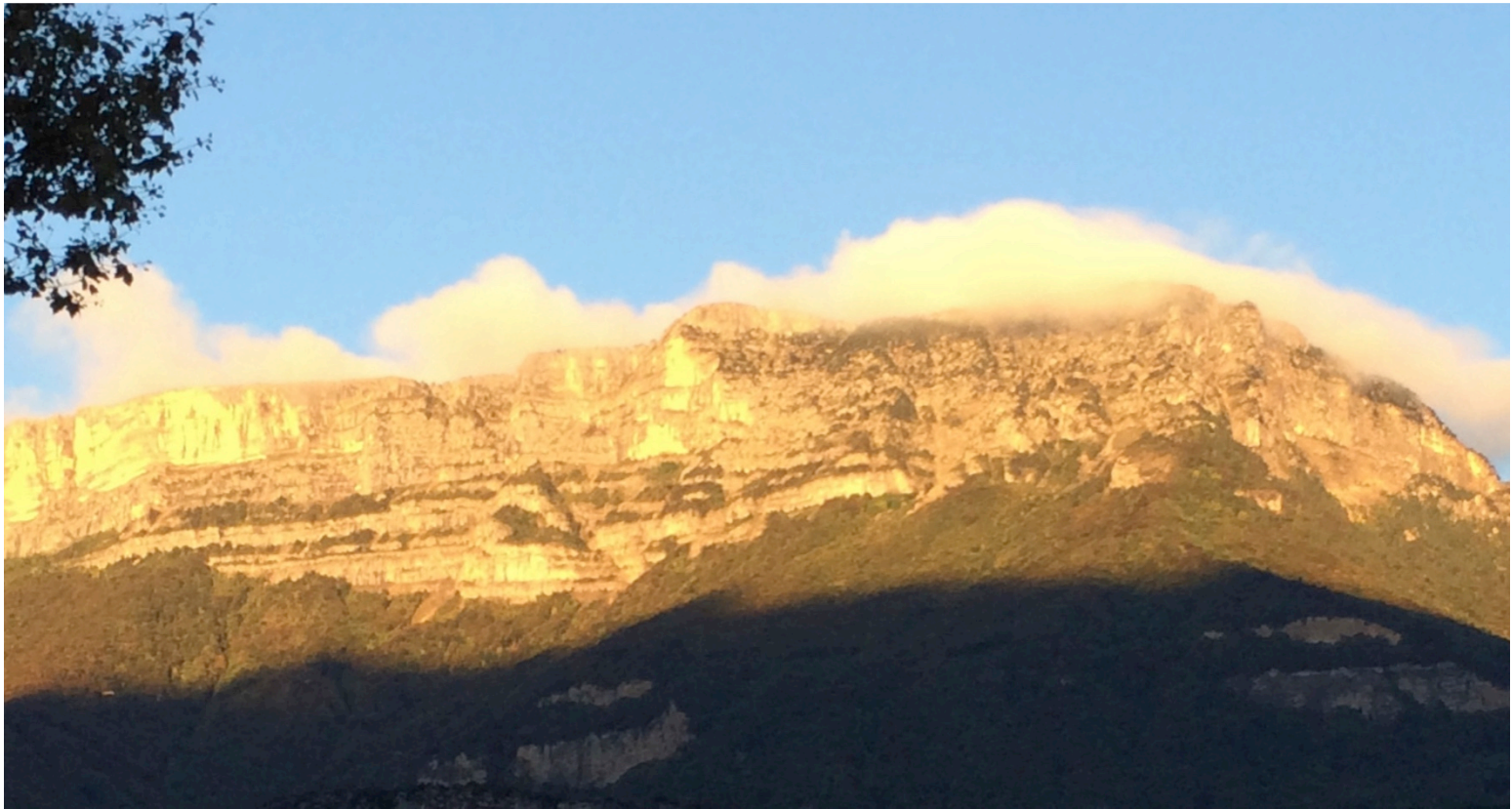
The unconscious Imaginary is wise enough for not confronting opposites more brutally than the conscious Ego may withstand it: successive pairs of opposites are dealt with so as to move progressively from troubled **toward more mature mechanisms of defense**.

Each conciliation of opposites **ricochets** to some new challenge, while the « included third » is a step up in maturity and psychological harmony.

Notice (the interested reader may ask for an extract of the scenario) how this patient on the one hand does not project a smooth scenario but rather a sequence of its symbols without the interpolations usually performed by the brain to turn the cartoon into a film.

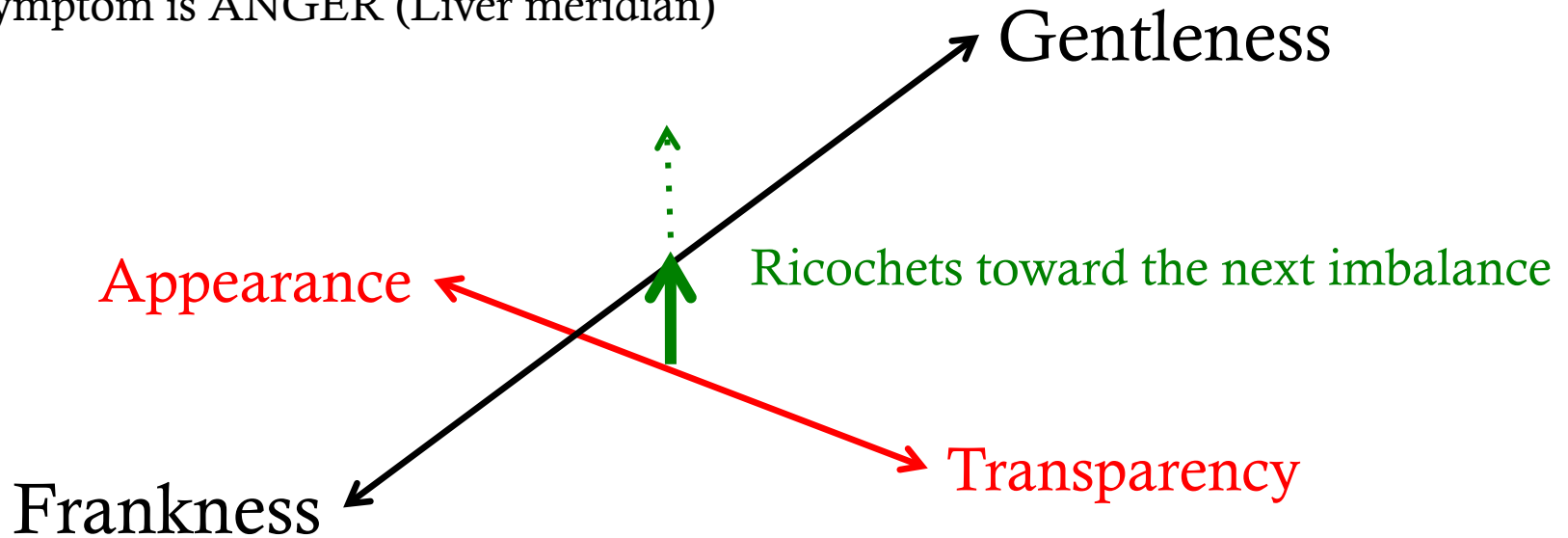
On the other hand, he constantly, obsessionally, reports the interruption by the mysterious vision of the same mountain called "Moucherotte" until its destruction by an Avalanche which signals Fabian's healing.

« Le Moucherotte », that Image symbolizing
the Black and White opposites



Our maturation proceeds stepwise through a series of **unions of opposites**

Frankness without **Gentleness** makes us inefficient in dialogue:
the symptom is ANGER (Liver meridian)



Appearance without **Transparency** makes our behavior BIPOLAR:
the cause is FEAR (Kidney meridian)

The need for a Lexicon between Symbols and Concepts

In view of the large number of "dictionaries of dreams", "dictionaries of symbols", "guides to interpret dreams"... I was struck by the lack of a clear language for describing the interpretation of each symbol and of events along a scenario driven by the imaginary. I concluded that we should face the challenge of dream interpretation with a Lexicon, much like what we had for translating between French and Latin, either way.

Obviously volume 1, specifying the **Concepts and Processes** involved, had to suggest common symbols and sequences which would best illustrate them.

E.g. the re-emergence of the patient's Instinctuality is best symbolized by the furtive appearance of a Fox or a Squirrel. Volume 1 thus provides the material for teaching.

Volume 2 in return can now make reference to well-specified Concepts for each **Image serving as a Symbol** according to the context. It is the tool for practicing.

Progress through the unconscious



- Virgin
- Dark but pink
- Cold and white
- Calm
- Plenitude
- Path toward the unconscious

The need for a grammar of dream scenarios (1/2)

Georges Romey has discovered through the structure of his celebrated dream of Leda, that all dream scenarios abide by rules and functions comprising a grammar. It enables a very useful syntactic analysis of any scenario, quite helpful for deciphering the meaning of its action in process and coming-up with its interpretation.

Principle of the imaginary: Each symbol contributes the meaning and the energy fueled by some archetype for resetting the balance to some pair of opposites.

1. The determinative function of « a chain of composite images » is their sharing of one or several common symbols.
2. Substituting images in a chain comprising « a common symbol » manages to draw-in auxiliary symbols in order of lessening additional energy.
3. The convergence of symbols into one composite image performs the addition of energy from the archetypal symbol of their respective chains.
4. The function of complementarity ensures that various symbolic chains criss-crossing the scenario address diverse issues needing to be treated at once
5. Bringing-in additional symbols into a chain around a common symbol manages to order them progressively with increasing energetic affect (psychic action)

The need for a grammar of dream scenarios (2/2)

Principle of smoothing between snapshots of images: the apparent story is not important as the scenario is hidden in the series of snapshot images with symbolic value.

Rule I: the apparent tale of the dream is secondary to its series of symbolic chains.

Rule II: The symbolic difference between first and last instance of some active image, forming a parenthesis along the scenario, expresses some reversal of behavior, some resetting of balance.

Rule III: The farthest apart the instances of various parenthesis are, the most crucial their role.

Principle of Minimal affect: a transformation threshold is crossed as closely as possible to avoid any energetic excess with pathological resonance effect.

Principle of prevalence of durations: the measure of inner work is the duration of phases in a scenario, not the number of words, as silences are periods of inner activity.

Fabian comments after his tenth session in October 2012 led to switching from TIA to ITE

First TEB treatments were applied that day to removing the imprints: Fear [Kidney meridian] and Decision-Making hang-up [Heart meridian].

His psychiatrists have then changed the diagnostic from **Schizophrenia with the negative slant and suicidal tendency** to a diagnostic of **Asperger** syndrome.

At this stage, he states feeling a deficit in psychic energy, an inhibition about pleasure and desire... an issue to be addressed through the SAM cycle of mitochondria by TEB.

The resolution was confirmed in the eleventh dream (last) on November 30, 2012, which concluded as:

"An avalanche which starts from the Moucherotte.

The sun at the top of the field of my eyesight to the right: it sheds light on myself..."

Fabian's need for a union of opposites on Moucherotte

Jung's fear of treating Psychotic patients has been freed by Romey. Schizophrenia can be a mere case of over-presence of the unconscious. Fabian' ultimately revealed this personal symbol significance: Sharp opposition of vegetation versus cliff, The shady area displays the "included third", ultimately blending the two opposites through [an Avalanche](#).

The dreamer is going to learn about:

- his inner imbalances between opposites, causing energy blockades called Complexes and
- his related projection of the repressed value and Defense Mechanisms blocking perceived aggressions, then
- their harmonization by the crossing of thresholds.

The visit of the unconscious always is fascinating, be it symbolically represented by a mountainous landscape, a convoluted cave, etc.

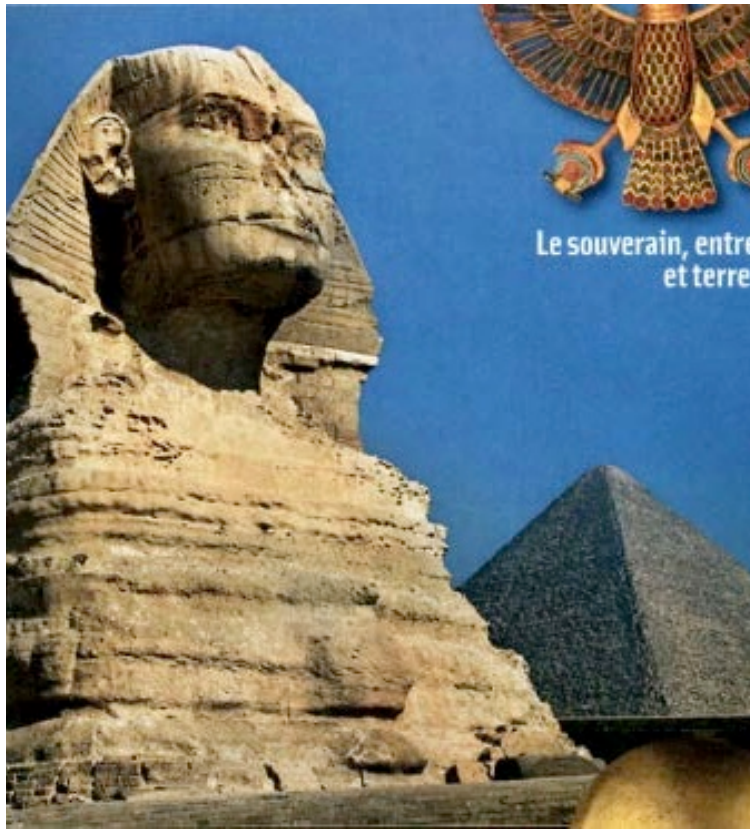
The need for Ternary Logic

In brief, the dynamics of the Psyche requires a kind of ternary logic where the harmonization of opposites triggers the emergence of a third value:

- Physical matter evolves toward homogeneity (entropy)
- Biological matter enables heterogeneity (neguentropy)
- The contradictory tension between these opposites drives toward **Psychic matter**: activities of the imaginary up to consciousness and thought.

The emergence of Consciousness and the Ego results from the union of Yang and Yin, alias the Super-ego and the Sub-ego (Id), the spiritual values and the earthly values, the circle and the square...

The female Sphinge



- Strong Anima from a dream of the Pharaoh buried in the nearby pyramid
- Enigmatic
- Beautiful African woman
- Protective

The pains from Binary beliefs

Stefan Lupasco explains **the resistance of so-called rational minds** against the “excluded third” much like Georges Romey explained it:

- Men with a weak anima are reluctant to delve into psychological material: their awareness is reduced to the appearance of their emotions, sensations and thoughts, to the physical and the physiological.

- But they are not immune to immature mechanisms of defense...

Now AKT and TIA provide a unique way to make them realize and to reconcile them with this powerful hidden presence.

Psychological versus Physiological: which is the cause?

After being classified as an Asperger patient, Fabian had a chance to meet his peers. I had warned him that he was not so, but he did not believe me and he came back from this gathering with a big laugh, now convinced he was not like that.

But he was still troubled for not being "normal". I told him I am not normal either, and that he had better replace his expectation of normality by the mere sense of being OK.

Fabian went back to work lastingly happy...

« Every individual needs revolution, inner division, overthrow of the existing order, and renewal; but not by forcing them upon his neighbors, for unconscious urges to personal power. C. G. Jung.»

Each progress in the harmonization of opposites proceeds with a step along this inner revolution.

Recent findings correlating Psychosis, Neurosis and Energetic Imbalances

Biochemistry points to microbial infections and auto-immune diseases associated with psychosis and neurosis: "whither Psychotherapy?"

- Obsessive Compulsive Disorder (OCD) ⇔ PANDAS syndrome due to Group A beta-hemolytic Streptococcus (GABHS).
- Bulimia is a similar case.
- Autism (may be a genetic disorder but reveals to be improved significantly by the elimination of nutriment allergies.
- Asperger is a lighter case of autism.
- Anorexia appears to be associated with a feedback loop involving Escherichia coli emitting ClpB and Heat Shock Protein, thus disturbing the hormone aMSH in an antigen-mimetic process.
- Bipolar depression ⇔ deficiency in Lithium, due to an allergy to this trace element.
- Alcoholism ⇔ allergy to Alcohol, much like Nicotine triggers haptens...
- Fibromyalgia ⇔ Lyme disease with its large spectrum of resulting auto-antibodies.
- Schizophrenia, as for it the case of Fabian gives us to thinking.
- Paranoia ⇔ Streptococcus Pyogenes, a cause of an auto-immune disease.

Physiological Self versus non-Self

An auto-immune disease is caused by a weakening of the capability to identify and protect the Self thanks to the Major Histocompatibility Complex (MHC), the genetic system characterizing our own cells' DNA.

A proliferative disease is caused by a weakening of the capability to identify and destroy the Non-Self (infectant and malignant cells) by their DNA differences.

But it is not ruled by binary logic, **as the excluded third is the Flora**, whose protection leads to letting go as with Tooth Abscesses or Candidiasis, etc. easily fixed by TEB.

Toward a Drug-free world

So, are we - Psychotherapists - going to be replaced by the medical establishment, by Psychiatrists and their drugs?

To begin with, the proliferation of some population of our microbiote (flora) may well be an imbalance due to our emotions, much as we don't know what is causal between our hormonal humoral milieu and our moods and emotions:

this presentation is a call for open trans-sectorial research and a reminder of Descartes' belief in the Unity of Science.

Bibliographical references

- [1] Michel Y. Depeyrot. Healing processes driven by our unconscious in "Free Wakeful Dreaming". A translation of Georges Romey's work enriched by a practitioner. 2009. Bascom Hill books.
- [2] Roland Brandmaier. "Secret enemies". The mould toxin illness: a workbook for NAET practitioners. 2014 epubli GmbH, Berlin.
- [3] Roland Brandmaier. "False targets". An introduction to Autoimmune diseases: a workbook for NAET practitioners. 2015 epubli GmbH, Berlin.
- [4] R. H. Gin, B. N. Green. "George Goodheart, Jr., D.C., and a history of applied kinesiology". Journal of Manipulative Physiol. Ther. 1997 June; 20(5): 331-7.
- [5] Michel Y. Depeyrot. The lexicon in love with the Psyche.
Tome 1. "Vocabulary of concepts and processes" for a Therapy by the Imaginary in Action. 2014. Éditions Persée.
Tome 2. "Vocabulary of symbols and images" for a Therapy by the Imaginary in Action. 2014. Éditions Persée.
- [6] Candace B. Pert. "Molecules of emotion". Why you feel the way you feel. 1997. Scribner.
- [7] Basarab Nicolescu. "À la confluence de deux cultures, Stefan Lupasco aujourd'hui." 2010. Éditions Oxus.
- [8] George E. Vaillant. "Adaptation to life". 1977. Little, Brown and Company.
- [9] Joan Chodorow. Encountering Jung: "Jung on Active Imagination". 1997. Princeton University Press.

APPENDIX

« CHINESE » MERIDIANS

Chinese seasonal progression and resolution of imbalances

- WINTER: Water = Kidney Meridian = FEAR ≠> GENTLENESS
 - Interseason: Spleen Meridian = DESPAIR ≠> SELF-ESTEEM
- SPRING: Wood = Liver Meridian = ANGER ≠> KINDNESS
 - Interseason: Spleen Meridian
- SUMMER: Fire = Heart Meridian = EGOTISM ≠> LOVE
 - Interseason: Spleen Meridian
- AUTUMN: Iron = Lung Meridian = GRIEF ≠> COURAGE
 - Interseason: Spleen Meridian

More on Meridians and Dreaming

When the Kidney meridians are weak, one dreams of approaching a ravine, plunging into the water, and being immersed in water, or of drowning men and swimming after a shipwreck; if the dream takes place in winter, one dreams of plunging in water and being scared.

When the Kidney meridians are in excess, in dreams one feels like the back and waist are split apart and that the spine is detached from the body...

When the Liver meridian is weak, one dreams of forests in the mountains and of very fragrant mushrooms; during the Spring, one dreams of lying under a tree without being able to get up.

When the Liver meridian is in excess, in dreams one feels angry.

When you were guided by a theory which led to the cure of a single patient, you have a good reason to believe in this theory and to want to delve into it.

