

Choosing Power or Choosing Love

With the dissolution of the Soviet Union, a vacuum of power was created in the world that many leaders who seek power have sought to fill. These individuals utilize tactics of mind control, hate, and fear to achieve their ends, with ensuing war and chaos.

Such conflicts create crossroads for each individual, for nations, and for the entire world. In responding to these crises, will we choose love or will we choose power?

The original definition of the word "stress" invoked by Hans Selye meant change. Change in any system creates stress. As the blocks of an individual's well patterned world burst into pieces, fear often clutches the heart. The unknown now is a threat to the known. This is often accompanied by a feeling of loss of innocence. The naiveté is gone.

What are the keys to survival in this world of great stress and change filled with terrorism, nuclear threat, uncontrolled diseases, the breakdown of families and an uncertain economy? With the illusion of safety and security gone, it becomes increasingly important to find a sanctuary within ourselves. A sanctuary is a place of safety. It exists as a balance point within us. Our friends, family and patients often look to us as healers, to help them find that sanctuary.

One of the great gifts of homeopathy is that it can help individuals find this sanctuary for themselves. Homeopathy can help those experiencing fear, stress, grief, denial, and anger. It can help individuals move out of their painful ruts, bringing freedom into their lives. We as homeopaths and healers are greatly needed today and will be needed in the days to come.

We have the choice of choosing love or power amongst ourselves. In choosing love, it is critical that we come together as a community. Homeopaths must learn to work together and put aside their differences. It will be imperative to go beyond interprofessional boundaries and work together as a community of healers.

For many, there is a need to do something. It is tempting to try to help others by forcing the grieving process. This is a more subtle form of choosing power over love.

There is the story of a biologist living in China who brought the cocoon of an emperor moth to his lab for study. This moth is one of the most beautiful of all moths. The scientist noticed that the cocoon was shaped like a bottle, wide at the bottom but very narrow at the top. The top was surrounded by a concrete-like substance. He watched the moth struggle for a long time, trying to get through the hard material. He grew increasingly impatient and finally decided to help the moth out of the cocoon. With a small scissors, he carefully cut through the concrete-like rim at the top of the cocoon. The moth popped out immediately. He waited for it to spread its beautiful wings, but the moth was misshapen with a huge body and very tiny wings. Eventually it died. Later, in reading about the moth he discovered that as the moth tries to squeeze itself through the narrow neck of the cocoon, fluids are squeezed from the body into the wings.

The biologist realized that he had done the moth a disservice by sparing it what he considered unnecessary hardship. In our need to help others, we sometimes interfere with their growth. We best serve others by helping them help themselves.

Which will it be? Will we choose love or will we choose power in the days to come? The choice is ours.

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