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Suppose 'Mental Health' is a Reductionist View for 'Soul Health'...

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Learning Goal:

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How to help people practically in distressed states and psychosis?

To remember how to recognize and appreciate the human being before us: what do we see, hear, feel, think...

How we can learn from those we seek to support?

The importance of understanding someone's behavior in a context...

Abstract Text:

Suppose Mental Health is a Reductionist view for Soul Health...

Introducing a view of the Human Being as a *Creator* able to *think* creatively, able to *feel* and work freely with feelings and to *act* intentionally.

However, the pressure to homogenize human beings for reasons of finance and convenience has created psychotic societies where only the Head (intellect) is developed thereby alienating individuals from the Wisdom of their Heart and the Wisdom of their Will.

The term Mental Health suggests that human beings, like machines, consist of parts. The medical model with its innumerable diagnosis, anti-psychotics and other medications suggest parts of us can be fixed in isolation. Human Beings are incredibly complicated. Supporting the healing journey calls for wisdom and is also an artistic process. What we do know, is that medicating people against their will rather than assisting them to work through traumatic and debilitating life experiences, is not working. People are choosing suicide over living the life of a zombie, disconnected from their inner fire: their clarity of thinking, heartfelt feeling and creative doing; from all that makes us human.

Inner Fire is a proactive healing community in southern Vermont offering striving individuals the choice to recover from traumas without the use of the mind altering, psychotropic medications. We are not anti medications but believe in *choice*. Inner Fire's comprehensive program taps all aspects of the human being: via biodynamic gardening, cooking, cleaning and forestry, artistic therapies and peer work, meditation and study.

Inner Fire, an alternative to suicide, was founded with the sole purpose of helping struggling individuals to taper and begin connecting with their unique, creative, resilient Self. By digesting and working through life's challenges, empowered individuals are reclaiming their lives and better able to appreciate the wonder and joyful mysteries of life.



**ON THE HEALING POWER
OF HUMAN RECONNECTION**