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The mentally ill doubt the sanity of the mentally sane

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Life is the unfolding tragi-comical drama of insanity claiming sanity by appeal to rationality. The brain is not the mind but reified rationality is the dominant approach to reason. It makes reason quantifiable and measurable. It recognises the mind or the soul as separate from the body and, of a quality different from the body. This dualism is yet to establish the connection between body and mind. But Western psychology, understood as *sielkunde* (art of the soul), rests on the presumption that this connection has already been proven and established. By contrast, *tša semoya*, (matters of the soul or spirit) in Africa proceeds from the premise that the human being is a wholeness; body-mind, living life not as a body and a mind. According to this perspective, whispers of the spirit impact upon reason and influence human conduct. Insanity is the announcement of turbulence in the whispers of the spirit. It is not necessarily a leap beyond the boundary of reason. It invites the community to calm down the turbulence in the spiritual ocean. And so, even when they are in psychiatric asylum, the insane can have their musings about the sane.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**