

Do We Live in a Sick Society?

Atul Kumar Mehra*

Director, Jaagran Psychoanalysis and Wellness Centre, Canada

***Corresponding author:** Atul Kumar Mehra, Director, Jaagran Psychoanalysis and Wellness Centre, Canada, Email: atul@atulmehra.com

Submission:  November 06, 2017; **Published:**  January 19, 2018

Opinion

We live in a world where success is an essential part of our life. People do not see us as who we are but how much successful we have been in our life. Do you have a big house, a profession of the year or how good looking you are? This list can go on but the simply hidden idea in fact is that “how much is your worth?”

The Society demands us to follow the rules and social obligations which is alright till the point it does not dominate us but when these rules and obligations go out of control in our life then things start to change. Let us look at the sentence “If you are not efficient then you are worth nothing”. Although this statement is not common to be heard in everyday life, nevertheless its subtle hidden message repeats almost in every area of our life. Do you think if you do not do your work efficiently in your office then you may be sacked very soon?

Mesmer knew that we live in a sick society. The efficiency plays an important role to get the recognition. To be recognized, accepted or approved is a basic essential part for the human happiness. Unfortunately the same struggle to get recognized can even take us to create a Cancer. The human brain emotions can trigger to any disease if the basic essential need to be recognized or accepted is not met in the history of one’s life.

Let me explain myself with an example “Let us say the hidden message to get accepted in society has 3 conditions although it sounds ridiculous to speak like that but for an individual emotional mind this can impact deeply. “A woman has to have a profession of the year, a model body and to be a naturally blue eyed blond” and now if she completes these 3 neurotic conditions then she

is accepted by the society and everything will go very well (but nevertheless sooner or later something else is going to affect her life). Now let us say that she does not possess these 3 qualities and cannot get that recognition. She has to bear the hidden pressure and will ultimately disturb her everyday life. Now let us say her self-acceptance defense mechanism takes charge and whispers “It does not make any difference if you are not blue eyed blond and you don’t have model’s body and profession of the year, however you have other qualities.” Now every woman will respond different to that conflict. Some would accept it and will go ahead feeling emptiness and other will find ways to express it through it a disease and other may live the rest of the life deciphering subconsciously how they should live, changing their hair colour and putting contact lenses, going to Gym to reduce extra weight or liposuction, feeling unsatisfied with their present job or finding a Coach or a Guru to fulfill these necessities.

Now you can see how those hidden messages are impacting in our life. There can be lots of similar things not only for women but also for men, children, pregnant women and Senior citizens and even new born babies or babies in womb. Everybody is in the constant stressful race whether you accept it or not. Even Mother Teresa suffered depression; Bruce Lee died something connected with Unconscious Mind. Today’s stressful, demanding life style, pleasing others to get recognition has contributed to too many mental and physical disorders.

Now the question arises how we can come out of this everyday struggle and how we can live a better life?