

Connecting Mental Health

13 November 2017

A reader asks:

Some conditions I'm aware of allow for a heightened spiritual connection, but many I feel don't. With the current shift taking place and the number of mental health conditions being recognised and treated where possible, is this dual rise of mental health conditions and the moving forward of the shift a complimentary thing?

How can people who have a history of mental health conditions, build on and improve their connection to spirit? I know many people take various prescribed drugs to help them cope (for instance bi-polar disorder), that may impinge on their ability to communicate. How can they get around this?

The Committee speaks generally:

"First we say greetings to all upon whom these words come, for we appreciate your consumption of them, considering that we use them not normally and not usually, yet we enjoy much as might a reader, their effect and observance in use and action.

Second we ask, is there a difference between mental and physical health? There is not.

Is there a living human without a brain? Is a brain not a part of the body? We will say, mental health connections are translation, and mental problems, as humans define them, are interpretation challenges.

To all and the many psychiatric conditions which have afflicted humans through existence, we say, these are one and all, as different as they seem and are, bad connections between a soul and a body, set into and against the environment in which the body operates.

There are several aspects to this, and a large one drawing attention in greater volume, is the use of mind altering drugs. These are really brain altering drugs, much as corrosion in a radio transmitter's circuits is not the radio signal content sent or received. Humans confuse, because of the physical body perception, that a mental behavioral issue is of the mind.

The mind is not the brain. To the reader who might consider a problem with the soul using the brain in the body which forms the person deemed by the majority of humans to be mentally ill, we say simply, no troubled soul incarnates. It would be possible, however no soul so distorted in function considers incarnation.

Does a damaged radio transmitter from a radio station attract many buyers interested in putting it back to use? None, unless it is repaired and the terms of sale reflect that need for repair.

Likewise, no such soul achieves incarnation, the would-be guardian angel guides acting in Heaven just as would inspector engineers, consultants, advisors and repair technicians would be involved in the possible sale of damaged radio station equipment, on Earth.

The conditions being treated are more in number, in the perception of humans, because of the increased ability to treat them and the greater information available.

Adding to this, is the increase in many humans' mental states now being treated as disorders, conditions or diseases which were not previously considered to be. We refer to differences in

behavior, such as attention deficit disorder, autism, hyperactivity disorder, manic depression, bipolarity and many others.

We say not that these are not disorders; we say the expansion of degree of such symptoms is greatly increased. The human habit of categorization, a necessary piece of organization, fuels this expansion as does the motive for profit.

A related aspect is the use of drugs, chemicals to alter the function of the brain temporarily. Some of these are considered legal, some illegal and the principal difference lies along the ability to regulate thus tax production.

There are safety considerations a doctor's advice can improve. However many consumers of drugs considered illegal also observe safe limits as they understand these to be. Detrimental side effects occur, from contamination and occasional overuse, overdose. This happens with many things humans do; overspeed, overeat, oversleep, over exercise and the list continues.

The attraction to a mind altering substance is the way it helps disconnect or unhook the soul from the brain and the human ideas which the human prefers become different, what s/he prefers be changed. Humans do this with meditation, also. Essentially the human consumer of these substances discovers the ability to bring a dream condition connection closer, and pursues this without understanding in many cases, that s/he is seeing and sometimes experiencing the home of Heaven from which we all come, to which we return and in which we live always.

The challenge and problem are distortion of and to the human life. The alteration of the brain and inability to become or remain integrated into a human society, the physical effect on the body and resulting stress, displeasure, discomfort and despair which result from lessened physical abilities, are effects, as all of you know well.

The effects of the shift in energy washing over and through Earth, contribute in a large way to the increase in awareness of what humans deem a mental condition, disease, stress and drug use, both legal and what is considered desirable or what is made illegal thus more profitable, considering legal producers and suppliers are also interested in profit.

The way to improve and build stronger connections to spirit is simply to believe it is possible, which requires a belief there indeed are such energies, unseen by human eyes, surrounding spirits and energetic beings.

The human habit and need to see everything translated into visible light, audible sound waves or tactile sensation by human body nerve endings, can be expanded to include something else, if the expander is willing. Religion is a common, widespread example.

We will say, mental health treatment specialists are in the best and worst position to achieve this. They can best and most easily suggest to a person whom they hope to help - or treat, as would be said - to consider the expanded connection to an energetic being.

These practitioners are in the worst position also, because licenses, accreditation and certifications would likely be withdrawn for making such suggestion, tragically the most likely effective thing such practitioner might do.

Much ground humanity can still cover. Be well, one and all."