

## 'BE ILL BUT BE QUIET' IN THE ORDER OF THE SUBJECT TO THEMSELVES...

### THE WORD-CHILD

*First we have a vague, hazy idea of it... no more than a sensation.*

*Then we mobilise all our senses and the desire to express ourselves becomes urgent.*

*It must fit exactly and perfectly into the coherence of... the sentence.*

*We can feel it growing within ourselves... it is still at an embryonic stage !*

*It matures, becomes more precise, more perfect...*

*And then the well-looked-after word bursts from our throats and insides.*

*It is very smooth, brand new, very clean, CLEAR...*

*It is not ours any longer.*

*Thrown amongst an unknown audience, it becomes free.*

*Submitted to all forms of interpretations, misinterpretations, betrayals...*

*It becomes painfully unfamiliar and tenderly close to us.*

*It works its way in a persistent and persevering manner...*

*Implicitly supported by our attentive watchfulness eager...*

*To recognise it at last in its original nakedness...*

*Like a second skin radiant with truth.*

*The word-child, C.C.<sup>1</sup>*

It might be interesting to listen to the expression of someone's feelings.

It shows what is beyond the words that give them some shape and which indicates the desire of each person when they are confronted with what is told to be quiet within themselves or the 'betrayal' of what they feel deep inside them :

## BE ILL BUT (AND) BE QUIET !

This is about the 'non-communication' of the subject with themselves as regards what they feel and genuinely experience...

Everyone has their way of speaking about it and very often provides the thoughts which they have in their heads in a very confused manner...

From one type to the next, the odd face-to-face conversation between the person and their 'double', who speaks to and answers them within themselves, emerges.

Many an annoying, restricting, limiting order, of which the subject is not always aware but which the inner dynamics and certain problematic key features of their 'pathogénésie' permit to smell is whispered.

It can be summed up in a somewhat 'simplified' and 'caricatural' manner under a few headings which indicate the particular manner in which the subject 'converses' with themselves, approaches their illness and shows its presence<sup>2</sup> :

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<sup>1</sup> Thank you to her for her trust and valuable gift, even though she insists on remaining anonymous.

<sup>2</sup> In quite a visible and spottable manner as regards the modalities of their behaviour and psyche.

## 'YOUR ILLNESS BOTHERS YOU.... BUT BE QUIET... DON'T TALK ABOUT IT !'

- *'Do as if "it didn't exist" !'* :

Meaning : 'Being ill is unmentionable'...

*Unmentionable to oneself :*

NITRIC ACID : 'It appals me and I feel appalled at so many levels that I even have fissures in the parts of my body that open to the outside world... : my hands, nose, mouth, anus...'

SEPIA : "I won't<sup>3</sup> ! I can't, since I must... I mustn't be weak !"

NATRUM MUR : 'The weakness that exposes me to the eyes of others is unacceptable. It embarrasses me, hurts my pride and interrupts my ruminations... And what's more, it forces me to ask myself questions...'

*Unmentionable to others... :*

PLATINA: 'What will people think of me ? I, who want to be pictured only as someone strong and incomparable.'

CYCLAMEN : 'I mustn't... It isn't right... and then I'm already heaping reproaches on myself !'

PULSATILLA : 'If people left me to my illness, I wouldn't be able to bear it and would be overwhelmed with sorrow.'...

STAPHYSAGRIA : 'I must show "nothing" : nothing I feel and turn over obsessively in my mind must be known by others... And even less through words... This would smash me to pieces within.'

- *'Illness cannot exist. No !'...*

'I won't accept this Law of life... I refuse it, I can't stand it'... :

LYCOPODIUM : 'That hurts me... appals me, gets on my nerves and makes me angry. I rage inwardly, I cannot stand my weakness or disability !'

AURUM : 'That drives me mad... I even feel like exploding with impotent rage at someone or other, something or other... but, in the end, I can only do so at myself.'

- *'Illness, a limitation ! What a pain !'...*

It is constraining or (and) irritating heresy !

NUX VOMICA : 'There's no room for it... I too much need to move and prove that... And then how will I be pictured : as passive, dependent ? Really, it has become so unbearable that I have spasms, cramp, sciatica - I feel like giving kicks - and 'have it up to here !'

CHAMOMILLA : 'How painful it is ! That's so difficult to live through and so annoying that all I can do is to feel like howling, raging and moving about<sup>4</sup> !'

*'Illness... : that's "the end"... Treatment is useless... There's no point in it !'...*

PSORINUM : 'No use... It's hopeless !'

ARSENICUM ALBUM : 'All in all, what's really helpful ?'

PETROLEUM : 'I can't stand it any longer... I've reached the end of my tether...'

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<sup>3</sup> The anorexic and their desire to master their body and limits...

<sup>4</sup> 'It's a good thing I've got a car !'

## **' "BE QUIET" ABOUT THE TRUE MEANING OF YOUR ILLNESS ! '**

- *'And yet you know what it means ! ' :*

PHOSPHORUS : 'My sometimes kindled imagination can't bear reality if it's too disharmonious. It appals me... My only desire is to get away from it... to "play around", "be diluted and sometimes dissolve into blood and (or) water", alas, through all the orifices of my body too. Haemorrhagic proctocolitis is lying in wait for me', or PHOSPHORIC ACID with their colourless face, outside the world like an autistic or a catatonic.

SULPHUR : 'I enjoy life's pleasures too intensely... I overindulge in them to the point where I eventually eliminate, through all the pores of my skin and each of the openings to the outside world, what is toxic to me and bothers and encumbers me ! '

- *'You don't understand the meaning of your illness : your relationship with yourself is disordered.'*

*'You don't really know why you worry ! ' :*

ARSENICUM ALBUM, PSORINUM : the absolute fear of death.

ACONITE : the impulsion to commit murders.

ANACARDIUM : devouring aggressiveness.

ACTAEA RACEMOSA : submissiveness and revolt.

*'You don't understand the aim of your obsessions' :*

THUJA : the punishment for experiencing - or wanting to experience - pleasure,

STAPHYSAGRIA : emotional needs diverted to... sex, the point of concentration of a desire for caringness and contact.

*'You don't know the hidden meaning of your phobias' :*

ARGENTUM NITRICUM : as it engenders an amount of aggressiveness, pleasure is forbidden : the notions of 'without any benchmark' and 'without any limit', symbolic of a 'void' in which one can be lost in both the literal and figurative senses, are frightening !

*'You don't know why you're raging so vigorously' :*

STRAMONIUM : your fear of the violence that you experience and feel sometimes leads you to 'convulse' in all senses of the word.

NUX VOMICA : the passivity which you are fighting with all your strength is unacceptable to you.

*'You don't know why you're so restless' :*

CALC. FLUOR : insecurity, the notions of 'without any benchmark' and 'without any limit' are difficult to face...

CALC. PHOS : you cannot do without the contact with and affection of the other but you are not really aware of this !

*'You don't know why you're "choked" ' :*

LACHESIS : the need to seduce and give orders, your aggressiveness and muted anger 'stick in your throat'.

*'You don't know why you 'swoon' :*

MOSCHUS : your frustrated and painful unconscious desire is seen...

*'You don't know why you have palpitations' :*

LILIUM TIGRINUM : desires and fantasies mean so much to you that... your heart is hanging by a thread.

*'You don't know why you laugh or cry or blink' :*

CROCUS SATIVUS : you hesitate, not knowing if you must accept to 'see' and also to show your eyes !

*'You don't know why you yawn' :*

LACTUCA VIROSA : 'spasmophilia'...

*'You don't know why you feel so sleepy either' :*

NUX MOSCHATA : Trouble with your digestion ? A symptom of conversion disorder ?

HELLEBORUS : your brain seems 'numb'...

*'You don't know the meaning of the symptoms that you experience every day' :*

- Hypertension : anger and restrained drives : AURUM, LACHESIS... LILIUM TIGRINUM,

- 'Rheumatism' :

NUX VOMICA : sciatic pain and cramp, when the body and psyche are 'poisoned' by unexpressed anger.

- Diarrhoea instead of a job :

ARGENTUM NITRICUM : a way of obeying but also of expressing one's refusal...

- Diarrhoea as a sign of aggressiveness and rejection directed at oneself :

NATRUM MUR, MERCURIUS SOL, PHOSPHORUS and haemorrhagic proctocolitis,

- Weariness, which engenders sadness, and vice versa :

SEPIA : their asthenic depression (and) or depressive asthenia...

- Exhaustion due to demineralisation :

SILICEA and the fragility of their thread...

- Ulcer :

ARGENTUM NITRICUM and LYCOPODIUM and their hunger for love which is so 'ulcered' that it digests itself.

- Eczema and difficulty in bearing contact :

NATRUM MUR... ARSENICUM ALBUM... GRAPHITES...

- Pains and neuralgia : anger repressed to the point of 'hurting' :

STAPHYSAGRIA, COLOCYNTHIS, CHAMOMILLA.

- Dizziness :

'You're exhausted ! ' : COCCULUS, THERIDION, CHINA, FERRUM...

'The abstinence that is imposed on you makes you giddy' : CONIUM...

'Opening your eyes to reality lessens the dizziness, so try not to close your eyes ! ' : THUJA... LACHESIS...

*'You become so tense because of what upsets you that you "hit yourself" ' :*

SEPIA and CYCLAMEN and their migraines.

*'You don't really know why you're taking drugs ' :*

'You feel a "void" ' :

- as regards your family : they are not present or with reversed parental images,

- as regards ideals : mystics, travelling and religions appeal to you... You would like to go very far away... somewhere else...

- as regards support : help and plans are essential to you : PHOSPHORUS, PULSATILLA, TUBERCULINUM...

'You feel the need to destroy what neither recognised nor loved you' :

- you reject what rejected and hurt you : NATRUM MUR,

- you feel nostalgic about "your mother's lap" : drugs, drink and food make up for it a little : PULSATILLA.

'You find it hard to love yourself and live : you try to find yourself by "having a flirtation with death" and through the primitive fulfilment of your desire for power over your life and body' :

- SEPIA and their anorexic type,

- PLATINA, their aggressive defiance and (well) hidden depression...

- NATRUM MUR, sthenic Phosphoric subjects,

- FLUORIC ACID, their instability, casualness and thoughtlessness.

You are forever demanding things, your desires know no bounds and need immediate fulfilment. As you feel socially rejected, you are in quest of your identity which eventually amounts to : 'I'm a drug addict' :

- 'luétique' and psoric PHOSPHO-FLUORICS,

- polyaddicts : NUX VOMICA, HEPAR SULPHUR, MERCURIUS SOL, STRAMONIUM.

*'You don't know why you run away' :*

You dream of travelling and are in quest of somewhere else : PHOSPHORUS, TUBERCULINUM, LYCOPODIUM,

'You reject everything and want to be your own master' : SULPHUR, AURUM, NUX VOMICA,

'You're a born "wandering" unstable person' : FLUORIC ACID,

'Your feelings of panic lead you to need to "breathe fresh air" ' :

- ACONITE : 'Help ! I'm afraid of the aggressiveness that overwhelms me to the point where I feel ill at ease, but at the same time I want to show what's inside me',
- ARGENTUM NITRICUM : 'Something leads me to run.'
- ACTAEA RACEMOSA : 'So many ominous things about my future scare me ! '
- NAJA : 'Given the state of my heart, I really need fresh air... in the literal sense of the expression',

'Your wild anxiety that sometimes makes you convulse' :  
STRAMONIUM, BELLADONNA, HYOSCYAMUS.

'You are "sick and tired" of everything' :  
*A hundred* - and no - remedy(ies).

'*You don't know if you're really ill, you generally feel so well before an illness*' :  
PSORINUM, ARSENICUM ALBUM... : the paradox is beyond them.

'*You're not sure you don't trigger your illness yourself : the more you think about it, the more unwell you feel*' :  
MEDORRHINUM and IGNATIA and 'worsening through thinking about it'.

- '*The meaning of your illness is beyond you : it indicates a relationship problem.*'

'*You feel people don't "hear" what you say*' :

- PULSATILLA : 'They don't realise how afraid of separation I am ! ',
- SEPIA : 'What for... They don't even "see" me ! ',
- LYCOPODIUM, LACHESIS : 'They don't judge me correctly ! ',
- PLATINA, PALLADIUM : 'They don't respect or see me ! '

'*You don't want them to "hear" you*' :

- SEPIA : 'They make me headachy. Perhaps my hidden masochism prevents me from enjoying their company ? ',
- ARSENICUM ALBUM : 'They smother me to the point of making me suffer from asthma<sup>5</sup> ! ...
- NATRUM MUR : 'They give me nettlerash ! '

'*You feel that they don't understand you... You sometimes consider yourself a victim*' :

- LYCOPODIUM : 'They're not able to know how I feel',
- CAUSTICUM : 'They realise neither my weakness nor what I endure because of the pain that wracks my stiffened joints',
- SEPIA : 'I'm a nuisance, I know ! And yet I don't want to disturb anyone. I'm too afraid of feeling their indifference even more strongly',
- CALC CARB : 'I don't know how to "say with words" what I feel',
- STAPHYSAGRIA : 'If they could feel the anger that grumbles inside me, they would be smashed to pieces',

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<sup>5</sup> As a patient said, 'It's because the others are inflatedly self-confident that they take my breath away ! '

NATRUM MUR : 'I can't and won't say anything to them... They don't understand anything... I wish they'd leave me alone... !'

*'You'd like to say what you feel otherwise than indirectly' :*

- By means of show : MOSCHUS, LILIUM TIGRINUM, LACHESIS.
- By means of paradox : IGNATIA, ACTAEA RACEMOSA,
- By means of anger : NUX VOMICA, out of refusal of their underlying passivity,
- By means of anger-induced restlessness : STRAMONIUM,
- By means of instability-induced restlessness : TARENTULA, CALC FLUOR,
- By means of the silence of words but the production of cells, sometimes through excrescences on certain acupuncture meridians<sup>6</sup> : THUJA,
- By means of words through the body and somatisation : *all* polychrests with the determining roles of 'Since' and personal or family birthdays.<sup>7</sup>

To be continued...

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<sup>6</sup> They very often indicate the underlying painful organ.

<sup>7</sup> Translated by Pascale Tempka