

'BE ILL, BUT... "BE QUIET" ' IN 'THE ORDER' COMING FROM THE OUTSIDE WORLD.

A more or less expressed order, it can engender as many difficulties and as much ill-being as stimulation.

The disorders which are linked to it cannot always be immediately related to their real cause.

Order from the parents :

Numerous, more or less expressed and not always really conscious, they interfere with the child's psycho-affective development and later place in relation to others and the constraints imposed by the real.

'Be "perfect"... '

PLATINA, ARS ALB and LYCOPODIUM parents to :

LYCOPODIUM : they try to 'shine' and 'respond to the demand' but, when they are confronted with gaps that they are not able to accept, they are eventually sickened by it or have 'stomach ache' because of it,

CALC CARB : 'Fortunately, the larder is reassuring... '

SULPHUR : 'How can I escape it, if not by getting a little more slovenly ! '

NUX VOMICA : they rage and get even more irritable.

'Be "in conformity with"... '

CALC CARB says even less but protects themselves by 'curling up in a ball',

THUJA has doubts and their doubts eventually become 'fixed ideas'.

'Be clever... '

PHOSPHORUS dreams, takes refuge in their imagination ; sometimes, they are also creative,

TUBERCULINUM gets excited inside and 'agitated'...

'Don't speak... '

NATRUM MUR obeys and breaks their promise even more,

SEPIA is affected by the order and withdraws into themselves more,

PHOSPHORUS sometimes escapes to the point of autism...

'Don't grow up... '

PULSATILLA cries.

SILICEA does not grow up...

'Don't leave us... '

SEPIA stays, makes themselves indispensable - and therefore avoids abandonment, which scares them,

CALC CARB says nothing but eats to ease their anxiety,

NATRUM MUR withdraws into themselves... : they cannot cope well with hidden violence.

'Hurry up... quick ! ... '

ARGENTUM NITRICUM or NUX VOMICA mother or father :

ARGENTUM NIT obeys, runs and gets a little more stressed out,

CALC CARB tries to run, sometimes does so abruptly and sometimes stops, looks as if their mind was 'blocked' and becomes lazy !

'Be tidy... '

SEPIA or ARS ALB parent to... ; CYCLAMEN parent to...

The child more or less responds... :

MEDORRHINUM dawdles and does more different things at once, LYCOPODIUM argues and eventually obeys, but imperfectly... MERCURIUS SOL and AURUM 'resist'...

Order from the school :

More or less marked and set up as an expressed rule, it remains implicit even though its modalities of expression are variable.

' "Be quiet" and conform ! ' :

Faced with its authority, several modes of reaction :

- Those who submit too much : SEPIA, CALC CARB, PULSATILLA, GELSEMIUM, AMBRA GRISEA...

- Those who overreact : STRAMONIUM and AURUM,

- Those who react in an indirect way and speak through their bodies : LYCOPODIUM, COLOCYNTHIS and CHAMOMILLA.

' "Be quiet" and do as you like ! ' :

An unusual order in which the child, confronted with a lack of limits and reassuring benchmarks, very often suffers from not being 'contained' : LYCOPODIUM, AURUM, FLUORIC ACID, SOLANACEOUS PLANTS...

Order from the couple :

It is more difficult to define its scope because it is subtle and verbalised in various ways. It follows rules in which educational and social factors and the ideal and idealised images as regards the place of each within the couple and family unit play a marked role.

'Be "perfect" ' : LYCOPODIUM to :

PLATINA : they become so,

NATRUM MUR : they withdraw into themselves,

SEPIA : they try their best to do so and suffer,

PULSATILLA : they cry and therefore they scold them...

NUX VOMICA : they scream !

ARSENICUM ALBUM : they somatise.

'Be as I say' :

ARSENICUM ALBUM, LYCOPODIUM, NUX VOMICA... to... :

They react to the order in a variable and more or less visible way. SEPIA, CYCLAMEN, CALC CARB, PULSATILLA and sometimes PLATINA seem to respond to it without much visible opposition and prefer to give 'the impression of' : they often choose to react later on or sometimes in a different way, which is sometimes most 'torpid'. More reactive others come into open and 'armed' conflict. NUX VOMICA, AURUM, MERCURIUS SOL, ARSENICUM ALBUM, LYCOPODIUM, PLATINA and LACHESIS will be much more reluctant to let themselves be given orders without turning a hair...

'Be as I like' :

LACHESIS, NUX VOMICA, ARSENICUM ALBUM and AURUM to...

And they more or less let themselves be taken advantage of...

'Be as "I'd like you to be" '...

PHOSPHORUS : they keep questing after their 'ideal' - and idealised - image...

If some - generally 'tuberculinique' - homoeopathic types are sometimes able to respond to this demand which in fact echoes what constitutes a craving already being in them, others, who are basically less sensitive about and less sensitised to this aspect, respond to it in an imperfect way. CALC CARB, SULPHUR and NUX VOMICA have many other preoccupations. LACHESIS and more fluoric types sometimes try to conform to it, but with forms of distortions which are sometimes touching in the manner they are put into practice... Garish colours, a little spectacular if not unadapted way of following fashion show a real desire to correspond to... but also to be appreciated and above all else to be loved.

Order from the place of work :

Present, permanent and not necessarily verbalised in an obvious manner, it acts in a more or less subtle and veiled manner. It wreaks all the more damage as it very often rekindles mismanaged childhood conflicts and prompts one to play again known scenarios, which are nonetheless out of context there.

To spot them is all the more difficult as the place of work is more or less consciously confused with that of the family, and projection occurs with all the confusions therefore engendered.

' "Be quiet"... do as you're told... conform'

Meaning : 'It's like at school here... !' :

SEPIA, CALC CARB, CYCLAMEN... obey...

AURUM rebels,

LYCOPODIUM tries to find a way of...

STAPHYSAGRIA somatises !

' "Don't be quiet", fight, we need you' :

NUX VOMICA, LYCOPODIUM, AURUM... whether they are employees or employers.

' Always... innovate' :

For the company... As with sport... We must earn still more ! :

NUX VOMICA, AURUM, MERCURIUS SOL (?)... are often ready to do so...
For our common ideal - or my ideal - :
LYCOPODIUM, NUX VOMICA, TUBERCULINUM, SEPIA,
For Me ! : PLATINA.

Order from the doctor :

More subtle, it is nonetheless there and active according to the personality of the treating person and that of the one who faces them.

'You must be a "good patient", so you must question nothing nor challenge anything' :

- The knowledge of those who treat you... - or my knowledge,
- the authority... of those who treat you,
- the 'Institutions'... which give them orders,
- those who sometimes consider themselves the only 'officials' or 'people entitled' to give them advice and inspiration,
- the more or less expressed 'power'... of those who sometimes present themselves as the *only* Guarantors of Knowledge...

From a doctor :

- who is conventional, of the CALC CARB, THUJA, ARSENICUM ALBUM types :
'It is recommended to... We have to... '
- who follows fashion, of the :
 - PLATINA type, always ahead and at the vanguard of... improvement,
 - NUX VOMICA type : always new things, change, progress...
 - SULPHUR type : variety as a sign of life !
 - ARGENTUM NITRICUM type : newness, the avant-garde and... quickly !

Various but unusual orders, they very often tell the sick person :

- *'Be a "model" patient'* : ARSENICUM ALBUM, LYCOPODIUM, SEPIA, CYCLAMEN¹...
doctor to their counterparts in the homoeopathic type who conform, but also to many others who do exactly as they please and therefore generate worry and conflicts...
- *'Be "submissive" '* : ARSENICUM ALBUM, AURUM, NUX VOMICA, CALC CARB, SEPIA
doctor to... :
All the 'obedient people' who do not question what is said to them ;
All those who react, argue : idealists, 'tuberculiniques', worriers, phobics and obsessives who need to be reassured and to be explained everything ;
All those rebellious against any form of authority or constraint... SULPHUR, MERCURIUS SOL, AURUM, LYCOPODIUM...

¹ And many others, the list is not exhaustive... All are given only as examples...

- *'Be where I ask you to be and don't force me to "say", resay, repeat' :*

MEDORRHINUM doctor : 'I don't want to force myself to detail everything... I too need to "get away" !'

SULPHUR doctor : 'That's tiresome !'

NATRUM MUR doctor : 'I don't like to explain !'

THUJA doctor : 'I'm not sure I should explain everything... I might be mistaken',

SEPIA doctor : 'Speaking tires me'

ARGENTUM NITRICUM doctor : 'That's a waste of time'

PLATINA doctor : 'You don't need to understand everything since I know !'

SILICEA or ARSENICUM ALBUM doctor : 'Don't make me waste my energy'...

- *Be where I ask you to be... even if my message is unusual :*

PLATINA doctor : 'Don't contradict me, it gets on my nerves... I'll show you my "exceptional" skills !'...

NATRUM MUR doctor : 'I look uncommunicative and seem to reject you but, paradoxically, I'd like you to "come to me"... I understand you "inside" '...

LYCOPODIUM doctor : 'I react and am ruthless with you because I don't like "weak" people especially if they are psychologically diminished : they make me anxious and mirror what I loathe... in myself... And yet I need their company... It reassures me and makes me... exist !'...

- *Don't make me 'shout' or angry :*

NUX VOMICA : 'I might be snappish and throw you out',

AURUM : 'And then I'll be sorry about it... !'

- *Don't annoy me with your questions, I treat you... let's talk about something else !... :*

Football, politics... restaurants... : SULPHUR doctor...

- *Don't question what I say, I see this as a personal insult :*

- My 'narcissism' won't tolerate it : anger with me is the other side of depression :

NATRUM MUR, STAPHYSAGRIA, PLATINA...

- I'm a little 'paranoid' :

LYCOPODIUM, ARSENICUM ALBUM.

- *Don't challenge what I say :*

I might no longer know on what to base my assertions :

THUJA, CALC CARB, CAUSTICUM...

- *Be a preferably 'profitable' patient ! :*

- Unscrupulous doctor : Are there any ?

- But they feel guilty about it : AURUM, MERCURIUS SOL !

And other orders...

Unusual, sometimes visible, sometimes hidden, they nonetheless exist :

- You must correspond to the patterns of thought that I advocate :

An order expressed or still subtly present, it may concern :

Homoeopathy... if it becomes dogmatic,
Within it, 'Unicism'... if used in a dogmatic way,
Allopathy... when it is 'dogmatic' and refuses everything that does not belong to it... or is out of protocols,
Psychoanalysis... if applied or seen in a univocal manner and centred only on propositions built up as dogmas²,
Science... if thought builds it up as an *absolute dogma*,
And... all closed and unenlightened dogmatic people to whom *only one* way is *possible* and only one set of keys for understanding is *right... theirs...*

The following sometimes say in their surgeries :

- ARSENICUM ALBUM : 'I am *right*... Don't have any doubt about it... *I* cannot have any doubt about it'...
- PLATINA : 'I *know*'...
- LYCOPODIUM : 'You *must* ! '...

- *You're not ill, pull yourself together, make an effort... you're pretending :*

SULPHUR, NUX VOMICA : the simplifying and widely advocated therapy 'of the "kick"... up the backside' !

- *Your present and future health is very worrying :*

Pessimistic doctor :

ARSENICUM ALBUM : 'You are seriously ill and I must tell you that it's *very* worrying ! '...

Depressed doctor :

PSORINUM, PETROLEUM... : 'This is serious and, to pull through... it won't be easy...'

SEPIA : 'We all have "a rough time of it"... anyway... ! '

- *You're going to be very ill, so do what I tell you ! :*

'*Everything* must be anticipated and averted... : epidemics, the possible infections even if they rage in countries where you never go... You never know... (sic) ! '

These precautions are helpful if they are enlightened and individualised but problematic on a large scale especially if, as it has happened on many occasions, the remedy proves worse than the disease and the benefits are moderate, compared with the measures implemented and the public money used...

We are back to square one...

² Which Freud did not illustrate...

And this is the beginning of a *disaster film* !

A disaster film... disaster films at the disposal of a 'disaster' system with all its orders, demands, constraints and sometimes, depending on the latest fashion, its obligatory prescriptions... sometimes to the point of making one 'ill' when what is being set up becomes predictable if the problem is approached differently and the objections raised cannot be heard or studied, the appropriate response taking a long time to come whereas the damage is done...³

To be continued...

³ Translated by Pascale Tempka