

Dynamics of differences

Jamsheed K Mody

The Human Potential Clinic, India

The Earth we live in is increasingly becoming a battlefield for the forces of integration versus the forces of fragmentation. The play between opposites has encumbered our world as it has our family lives as well. Psychologists, counsellors, management gurus have all been working hard to find solutions to a growing 'relationships' crisis, at both the macro and micro levels. In the developed countries, mental illnesses are on the rise. Growing intolerance has begun to seek release through violence. The trends are disturbing, and there is a growing need for change. What we need now more than ever, perhaps, is a completely new perspective. Perhaps the need for change must be fulfilled at the individual personal level first instead of always resorting to institutional or structural changes in society. Interventions and strategies would be required that target

both individuals as well as institutions. This paper seeks to explore the possibilities of creating a more integrated individual in the family, in the community, in the socio-political scenario of the world. The underlying belief being that we must start at the level of the individual and his/her search for increasingly realistic expectations leading to greater meaningfulness.

Biography

Jamsheed K Mody is a Psychotherapist in Mumbai. He is also a certified Reiki and Pranic healer, who brings to his psychotherapy practice a healthy mix of spirituality. He has given many talks at various Rotary Clubs in Mumbai, Sophia College, Indus Women's Association, as well as many other venues.

tamingthefire@gmail.com