

The Road Less Traveled

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Discipline

With discipline - we can solve life's problems

By delaying gratification – confronting problems

Self-discipline is self-caring. We schedule and organize our time because we consider our time valuable. You must take the time to problem solve. Many choose not to take the time and discipline to work through and solve life's problems. Problems do not go away they must be worked through.

Responsibility

We must accept responsibility for a problem before we can solve it.

Neurosis – take on too much responsibility

Character disorder – do not take enough responsibility

Dedication to Reality or the Truth

Live a life of continuous self-examination (annual reflection and goal setting). We must live in the truth and look at ourselves truthfully. We cannot mature and evolve if we are not truthful with ourselves about our limitations and areas we need to grow and improve.

By exercising the courage to live in the truth we become free from fear. Be truthful but use discretion in determining if the recipient of a communication is receptive to the truth.

The best decision makers are those who suffer over their decisions but still retain their ability to be decisive.

Laziness

The dialogue between good and evil should occur within the minds of human beings. In debating the wisdom of a proposed course of action, we routinely fail to consult God's wisdom within us. The knowledge of rightness inherently resides within the minds of all mankind. We often fail to hold the debate because we are lazy. It is work to hold these internal debates. To conduct the debate is to open ourselves to suffering and struggle.

A major form of laziness is fear, the fear of change in the status quo, a fear that we might lose what we have if we venture forth from where we are now. Fear of the work we will have to do if we are to change and grow.

Most people want peace without the aloneness of power. They want the self-confidence of adulthood without having to grow up.

Grace

Mental illness occurs when the conscious will of the individual deviates substantially from the will of God, which is the individual's own unconscious will.

The path of spiritual growth is a path of lifelong learning.

An illness exists long before the symptoms. Rather than being the illness, the symptoms are the beginning of its cure. The fact that they are unwanted makes them a phenomenon of grace – a gift of God, a message from the unconscious to initiate self-examination and repair. Most reject this gift and do not heed the message. They do this in a variety of ways, all of which represent an attempt to avoid the responsibility for their illness. Even if they do accept the fact that they have symptoms, they will blame the world outside them.

Only those few who accept responsibility for their symptoms, who realize that their symptoms are a manifestation of a disorder in their own soul, heed the message of their unconscious and accept its grace. They accept the pain of the work necessary to heal themselves. It is only the rare patient who enters therapy with a willingness to assume total responsibility from the beginning and see it through. Those who have faced their mental illness, accepted total responsibility for it, and made the necessary changes in themselves to overcome it, find themselves not only cured and free from the curses of their childhood and ancestry and living in a new world. Thoughts previously unwanted become helpful insights, sources of energy and guidance.

Psychotherapy is only a tool. It is up to the patient to choose or reject the tool. Ultimately, people heal themselves with or without the tool of psychotherapy.

Love

Everyone wants to be loved. But first we must make ourselves lovable. We must prepare ourselves to be loved. We do this by becoming ourselves loving, disciplined human beings. If we seek to be loved – if we expect to be loved – this cannot be accomplished; we will be dependent and grasping, not genuinely loving. When we nurture ourselves and others without a primary concern of finding reward, then we will have become lovable, and the reward of being loved, which we have not sought, will find us.

Kahlil Gibran – Love is Separateness

Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
And though they are with you they belong not to you.

You may give them your love but not your thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.
For life goes not backward nor tarries with yesterday.
You are the bow from which your children as living arrow are sent forth.
The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrow may go swift and far.
Let your bending in the archer's hand be for gladness;
For even as He loves the arrow that flies, so He loves also the bow that is stable.

Marriage

A good marriage can only exist between two strong and independent people. Marriage should be a truly cooperative institution, requiring great mutual contributions and care, time and energy, but existing for the primary purpose of nurturing each of the participants for individual journeys toward his or her own individual peaks of spiritual growth. Male and female both must tend the hearth and both must venture forth. It is the separateness of the partners that enriches the union. Genuine love not only respects the individuality of the other but actually seeks to cultivate it, even at the risk of separation or loss. The ultimate goal of life remains the spiritual growth of the individual, the solitary journey to peaks that can only be climbed alone. With all genuine love, “sacrifices” on behalf of the growth of the other result in equal or greater growth of the self.

Kahlil Gibran – on marriage

But let there be spaces in your togetherness,
And let the winds of the heavens dance between you

Love one another, but make not a bond of love;
Let it rather be a moving sea between the shores of your souls.
Fill each other's cup but drink not from one cup.
Give one another of your bread but eat not from the same loaf
Sing and dance together and be joyous, but let each one of you be alone,
Even as the strings of a lute are alone though they quiver with the same music.

Give your hearts, but not into each other's keeping.
For only the hand of Life can contain your hearts.
And stand together yet not too near together:
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each other's shadow