

Mental Wellness

Mental Wellness is the absence of Mental Illness, Mental Unwellness & Mental imbalance and is essential to my Emotional Well-being.

Mental Illness

Mental Illness is diagnosed as a mal-function of the brain causing a disorder in personality and behaviour.

It is thought to be the inability to function as a normal, rational human being due to a problem that is inherent within the brain circuitry.

Mental Illness is diagnosed by a Psychiatrist.

Due to a historical lack of success in past psychiatric treatments, the treatment of mental illness is being undertaken more and more by a Neurologist.

A neurologist studies the brain and nervous system to discover the areas that appear to be malfunctioning and to diagnose a treatment or operation to rectify or alleviate the problem.

Mental illness is seen to be a problem with the mind that is caused by a mal-function of the brain.

With no distinction between the Mind and the Brain, they are looking for an illness of the mind as being present in the brain.

Seeing no clear distinction between our mind and our brain may well turn out to be the greatest insanity of this modern age.

Mental Unwellness

Mental Unwellness is diagnosed as the inability to be happy.

My inability to be happy is diagnosed as a problem with my mind.

Mental Unwellness is the province of the Psychologist.

Psychologists deal with a brain that is physically healthy but mentally unwell.

The only distinctions that the medical profession has between our mind and our brain are determined by whether we need a psychiatrist, a neurologist or a psychologist.

Psychology works on the principal that mental unwellness is created by unhappiness, which is a state of mind.

They believe that if they can change the state of our mind, they can make us happy.

To change our state of mind, they believe that they must change our personality and our character.

It is based on the belief that it is our personality or character disorder that makes us unhappy and therefore unwell.

Mental Imbalance

We all suffer from some form of mental imbalance.

Mental Imbalance is the norm in a relative world of duality.

In a dual reality world it is normal to be out of balance.

Being out of balance means that my perspective is biased towards one extreme or other of what life has to offer.

My views and my perspectives need only be marginally in favour of one extreme or the other to put my Self out-of-balance mentally.

Mental Imbalance is created by the polarity and the gender of my choice that determines the intensity of my life.

A congruent life of harmonious effortless and flow is not normal in this world due to our mental imbalance.

My mental imbalance is created by the experiences, views, opinions, beliefs and convictions that I hold about life.

It is the total sum of my fears, anxieties and apprehensions that are caused by the sub-conscious limiting beliefs that I hold as my truth.

Mental imbalance determines my state of Emotional Well-being.

Emotional Well-Being

Emotional Well-Being is a measure of my ability to be Happy.

Happiness is emotional, being the sum total of my positive emotions.

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It is therefore not rational.

My happiness is the result of my positive emotional experiences.

Happiness is seen to be a positive emotional experience.

It is a feeling that is caused by my state of being.

The more positive my emotional state of being, the happier I become and the more emotionally well I am being.

Emotional well-being is a measure of the positivity of my emotional state of being and how well I am being.

Emotional Unwellness, currently undefined by the medical profession, is a measure of the negativity of my emotional state of being.

The negativity of my emotional well-being is always caused by the negativity of my mental thoughts.

Emotional Well-Being is not a medical problem; it is a Life Coaching Opportunity.

Keith Collins

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April 2011