Practical Methods for Inner Balance
The Divide Between Psychology and Religion

“Religion is comparable to a childhood neurosis,” a “defense against childish helplessness” whose “infantilism is destined to be surmounted.”

—Sigmund Freud, *The Future of an Illusion*
Religious and Spiritual Psychopathology

Discerning the content of delusions and distinguishing them from true spiritual experiences is not an easy task. —Dr. W. Patrick Sullivan, Spirituality: A Road to Mental Health or Mental Illness (2009)

We disseminate spiritual intellectual culture, decency, refinement, logical analysis, conceptual synthesis, academic culture, higher mathematics, philosophy, science, art, religion, etc. Therefore, in no way whatsoever are we willing to continue to accept the gossip of hallucinating people nor the madness of dreamers.

—Samael Aun Weor, The Perfect Matrimony
First and foremost, what is considered delusional thought and belief is heavily influenced by culture.

—Dr. W. Patrick Sullivan, Spirituality: A Road to Mental Health or Mental Illness (2009)
Mental health is not possible if conscious faith does not exist.

—Samael Aun Weor,
*The Revolution of the Dialectic*
Perfect mental equilibrium is of vital importance for those who want spiritual progress. Almost all the aspirants of esotericism easily lose their mental equilibrium and usually fall into the most absurd things. Whosoever yearns for direct knowledge must ensure that their minds are in perfect equilibrium.

—Samael Aun Weor,
The Perfect Matrimony
They that be whole need not a physician, but they that are sick... for I am not come to call the righteous, but sinners to repentance.

—Matthew 9:12-13
The Requisite

The crude reality of facts demonstrates to us that many are those who have not comprehended the transcendence of the Gnostic esoteric work, and that great majorities are not good heads of households.

When one is not a good head of household, it is clear that one is not prepared to enter onto the path of the razor’s edge. In order to work on the revolution of the dialectic, one needs to have reached the level of being a good head of household.

A fanatic, lunatic, whimsical type of person, etc., cannot be good for an integral revolution. A subject who does not fulfill the duties of his home cannot achieve the great change. A person who is a bad father, a bad wife, a bad husband, or a person who abandons his home for whichever man or woman, will never be able to arrive at a radical transformation.

The cornerstone of revolutionary psychology requires that one has a perfect equilibrium at home by being a good spouse, a good parent, a good sibling, and a good child. One must have perfect completion of his duties that exist with this suffering humanity. One must convert himself into a decent person.

Whoever does not fulfill these requirements will never be able to advance in these revolutionary studies.

—Samael Aun Weor, The Revolution of the Dialectic
The World of Relations

Body
Relationships
Self
It is impossible to know the fundamental cause of any mental disequilibrium without expanding psychiatry with Theosophy, Rosicrucianism, Hermeticism, yogic philosophy, and high Gnostic esotericism. This is how expanded psychiatry can discover and cure the alienated. [...]

We need psychotherapy. It is necessary to study the syndromes or psychic sicknesses. The criminological diagnostics must be based on expanded psychiatry. It is necessary to analyze the mental alterations of ourselves based on Theosophy. It is urgent to know the mental body. It is necessary to expand forensic psychiatry. It is necessary to study, in a didactic way, psychobiology and psychopathology.

—Samael Aun Weor, *Sexology: The Basis of Endocrinology and Criminology*
Meditation Essentials