

ventures of the Menningers. His unshakeable belief in the healing powers of love and acceptance of those with mental disorder in human affairs in general, and in the care of children in particular, came under critical attack as going beyond the claims that could be validly made on behalf of psychiatry. But innovators know instinctively that they must exaggerate and over-simplify if they wish to communicate their message.

In the 1950s Menninger's had trained 80% of psychiatrists and psychologists engaged in the field of mental health. With the growing expansion of training and facilities across the United States, and the emergence of biological psychiatry in the seventies, the influence of the clinic waned. But the imprint left by the Menningers upon the practice of psychiatry in North America and wider afield remains.

MR

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Wisdom

A short series of short pieces (with questions)

4. Mystery

The ancient texts which survive speak highly of mystery. It is not only inevitable for the human mind to find fascination in mystery. Mystery is at the heart of things. Through wisdom it may be penetrated. We are taught acceptance of mystery, to meditate upon it; to relax and find comfort there, inspiration, succour, confidence.

"Tao" may be translated as, "Natural Law". In *Tao Te Ching* ("The Strength – or Virtue – of Natural Law") the teacher Lao Tsu has written:

"The Tao that can be told is not the eternal Tao.
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The named is the mother of ten thousand things.
Even desireless, one can see the mystery.
Even desiring, one can see the manifestations.
These two spring from the same source but differ in name;
this appears as darkness.

Darkness within darkness
The gate to all mystery."

And again:

"The greatest virtue is to follow Tao and Tao alone.
The Tao is elusive and intangible."

The 17th Century Japanese treatise on swordsmanship, *A Book of Five rings*, echoes Lao Tsu's poetry of 22 centuries earlier. I quote from the fifth ring, *Book of the Void*.

"Of course the void is nothingness. By knowing things that exist, you can know that which does not exist. That is the void.

People in this world look at things mistakenly, and think that what they do not understand must be the void. This is not the true void. It is bewilderment.

Polish the twofold spirit, heart and mind; and sharpen the twofold gaze, perception and sight. When your spirit is not in the least clouded, when the clouds of bewilderment clear away, there is the true void."

Why have these strange, apparently meaningless, texts survived? How can mystery be fathomed?

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