

# Torako Yui

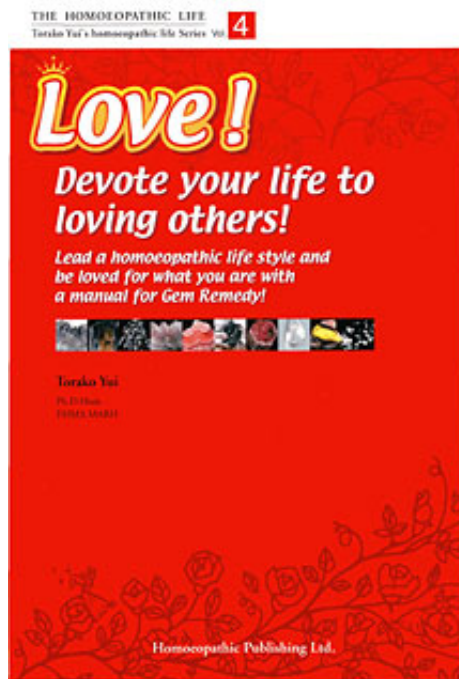
## HL Series - Love! Devote your life to loving others! - Vol 4

Extrait du livre

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de [Torako Yui](#)

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a moment to think about such a thing. I don't show my emotions much." She then crossed her arms as though telling me - do not touch this subject anymore. I prescribed her Nat-mur which is the crystallization of sadness and Ammonium-mur, of which, the characteristic is, "Even though capable of becoming angry, I am unable to cry." These remedies will match to the situation where people were hurt by many betrayals or heartless words, and have lost trust in others. What has happened to this person after taking these remedies? She became very feminine. She could acknowledge the femininity, and understood that she could be weak and also fragile. She became able to whine and weep. Not only is she capable of looking after others, but she has also become able to look after the inner child of her childhood.

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## **The cause of chronic sadness**

People who easily fall into sadness are holding a chronic grief within. This type of people, without exception, must have suppressed their sadness in the past, because they haven't solved that sadness of the past, the sadness will easily be triggered, and they become sad. Also in most cases, at the bottom of such sadness, there resides the grieving inner



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child. They must have suppressed sadness in their childhood. For instance, depending on the family, there may be environments where children are forbidden to cry or are not allowed to express their sadness like "Don't cry!" "Only weaklings cry." "You aren't a child anymore." "You are a boy, aren't you?" Or there may be the case in which their mother shows affection only to their younger brother or sister after their birth, or another case in which both parents are busy all the time with work and can't look after their children, or the parents are estranged from each other and blow off their steam at their children. In cases such as these, children come to believe that they are not loved, and become sad. Also, children cannot help thinking that they are not loved or they are hit because they are wrong. Eventually they will suppress that sadness.

The suppressed emotion of sadness will sink into the subconscious and this sadness will never disappear. Therefore they can easily fall into sadness. Similarly, their anger can erupt instantaneously. In the same way, those who easily belittle themselves must also have suppressed their emotions in the past, therefore it is necessary for them to face it and loosen the emotion which they had suppressed. For instance, if they take the remedy of sadness, the remedy will resonate with their own suppressed sadness that has been submerged in their subconscious mind, and this

emotion of sadness will float up into their consciousness. In these moments, not only the emotion but also the memory of those days will often be brought forth. It means that the unresolved problem of the past will be brought to surface. In homoeopathy, it is called aggravation as a healing process although people complain this is hard and painful. They start saying they want to quit homoeopathy. However, in order for you to solve the problem fundamentally, you must solidly acknowledge the problem once again. If you have not clarified this point, you will neither be able to truly love yourself nor love others. It will also become difficult to be loved by others.

## **The origin of a mind that craves for love**

We all have a primary craving for being loved.

Then, where are the roots of this craving for love? It resides in babies. Newly born babies are utterly incompetent beings. They can't talk. They can't walk. They can't do anything and the only thing they can do is to cry. No matter however hungry they are, however itchy their back feels, however cold it is, however hot it is, however sick they are, they can do nothing but cry. No matter how sad they are, how hard and painful it is for them, they can do nothing but cry. They are utterly powerless.

Have you ever thought what will happen to them if they are

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not loved? Even if they cry, if no one comes to them and if they are left alone? Without their mother who feeds them or people who look after them, babies will die. In addition to this, they can't talk, they can't move, they can't eat anything until their mother feeds them. It is such an enormous terror for them that they can't do anything.

For babies, not being loved means to die. By giving a little thought to it, you will understand how much fear it should be for babies if they can't sense love from their mother and father. Or in the case that they are isolated from their mother for a long time, I believe they will be seized with an enormous fear, wondering where their mother may have gone to. If you think that babies do not have a fear of death, then you are totally wrong, for once they are born, they all have the fear of death, because otherwise, they won't be able to survive. Babies are all crying out loudly "Please love me!" and this is the only expression of their intention.

As they grow from a baby into an adult, they gradually become able to live without being loved. Once they start working, and earn their own income, then they will be able to live without receiving the care of their parents or others, and their fear for not being loved will similarly be lessened. Whereas, we all still have a craving for being loved, haven't we? Although we can live by standing on our own feet even without being loved, we cannot help craving for love. Why is

it?

It is because during the process of growing into an adult, we had encountered many incidents in which we couldn't receive love and therefore we were hurt. This is because there resides a child within ourselves who is craving for love. In our subconscious realm, the fear of the past is left out. Therefore we are easily seized with an anxiety like, I may be not loved, I may be disliked, or I may be not accepted. The truth is, beneath this, lies the fear of death.

Although babies cannot speak words, they own the ability to grasp consciousness. When they cry, if their mother conceives such a thought in her mind as "How annoying!" then it will be enough to hurt them. They feel a fear that they may not be loved and it is so much more if they are hit. We can't imagine how much fear it is for them. It isn't the pain of being hit. It is a fear of not being loved, and a fear of death. This fear produces the pain.

Similarly, children also need the love from their parents. If they are disliked, they won't be able to live. Moreover, they are still very vulnerable. Once having grown into a child, they will become able to communicate their intention although they are often still



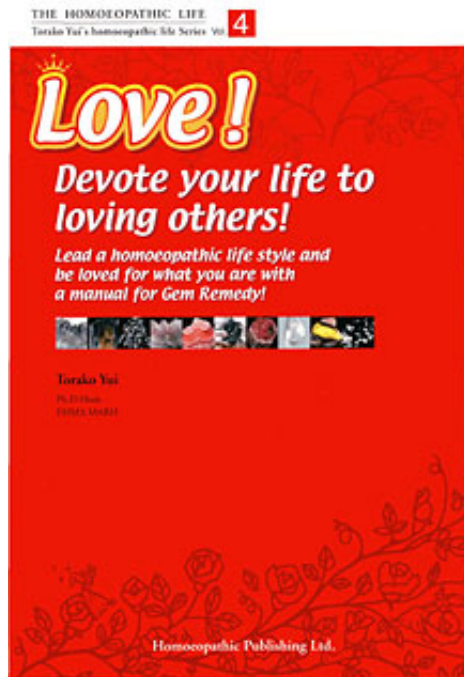
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unable to grasp what they are crying for. It is especially true with babies, but also with children, if they are hit, they cannot help thinking it is because they are wrong. They cannot think their parents are wrong. As they grow into an adult, and earn more understandings about the world, then they may be able to say "Parents are wrong." whilst children cannot help thinking "I am to be blamed." So much more if they are blamed by their parents like "Because of you, it went wrong, it has become like this." then children have no other choice than believing it. This will form a soil for a guilty conscience. Eventually, they begin to live nervously, constantly reading the expressions of their parents and currying favour with them. It is so pitiful. This is because people have experiences of having not been loved and were hurt in their infancy or in their childhood, they cannot help craving love even in their adulthood.

## **Pain, fear and anger**

What is the pain all about? It is said that we have developed the sense of pain in order for our bodies not to be damaged. Is it really so? More than that, the reality of the pain is genuinely a fear.

Thought is born from memory, and emotion is born from thought (belief.) The sense of physicality is born from



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