### 14th World Congress on PSYCHIATRIC & MENTAL HEALTH NURSING

5<sup>th</sup> World Congress on

## Mental Health and Wellbeing

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### The need for disease

95% of all people do not know that our body has the capacity to heal itself from any disease. If we can create a disease then against diseases and get quick relief from symptoms; basically, we go back to the state before the symptoms began and then continue on the same path as before when we received warning signs or just produce entirely different symptoms, and keep on cycling through the creation and disappearance of symptom for the rest of our lives. I medicines are useless, that while using medication, it is also of utter importance to integrate the working and accessing of the unconscious mind to find where of illness lie. For example, Bruce Lee was considered one of the strongest people in the world, yet he died at 32 years of age. While it was widely believed that he died of cerebral edema, there are still many rumors circulating about his untimely death. Was it that he was not able to confront his basic fears that were created during his childhood? We will never know the real truth unless we explore the depths of unconscious form of committing suicide or are willing to our unconscious and the connections working within it, be surprised to learn that although Mother Teresa sacrificed her life for the upliftment of humanity, she suffered from periodic depression, a chronic form of emotional darkness and that was, of course, created by her at an unconscious level. Does this mean that by serving others the way she did that she was trying to fill a dark void within her that was created in her childhood? All these questions remain a challenge us to our perspective we may research related to our unconscious mind in order to create a need for the disease.

#### Biography

Atul Kumar Mehra is an author, international speaker and a registered Psychotherapist in Ontario, Canada. He has participated in Moderated Panel Discussion Videos with Dr John Gray (The author of Women are from Venus and Men are from Mars) on various topics. He has presented in same international event He has been a guest speaker on hundreds of TV and radio shows in different languages, as well as a keynote presenter for national and international conferences. Atul has always had a love of writing and has published articles in several countries and in several languages. In addition to publishing his book The Unseen Wisdom of the Unborn, he is working on two other books - Addiction is Survival, Not Guilt and How to Program your Subconscious Mind.

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