



The Myth about Mental Hospitals

There is a myth going around that mental hospitals are full of people experiencing a spiritual awakening. It is certainly not the case that people who experience mental inconveniences automatically are in a spiritual awakening process. Nevertheless, some are, in between. Meeting people who have a spiritual awakening and receive some psychological treatment is less uncommon. A genuine spiritual teacher can discern a spiritual awakening from mental issues and provide individual support and guidance for a spiritual awakening process. This support and guidance from the spiritual teacher is not to be seen as a replacement for any regular treatment of an active or latent mental, emotional, or physical disease.

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