Staying Sane in a Divided World: The increasing divisions and widening splits in the world around us can make us feel more isolated, more vulnerable and less stable. When the whole world seems increasingly fragmented, any sense of wholeness may have to be found within ourselves.

The word individual can indicate “a single, separate person.” Yet, to individuate means to become someone who is “undivided or indivisible” within themselves.  If a person becomes truly individuated they have found some unity within themselves. When that happens, you can’t divide them, no matter how much outside pressure you bring upon them.

The wholeness of the world exists behind all the divisions and oppositions we now must experience. The wholeness of the deep self within us waits to be found below all the divisions and conflicts we have within ourselves.