

Powers of Homeopathy Newsletter Copyright 2004,
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<http://www.powersofhomeopathy.com>

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Welcome!

A warm welcome to each and every one of you! I am so grateful for the opportunity to write and am grateful to those who read what I write! I appreciate you!

If you would like to send this newsletter to someone you care about, simply forward it to them and they can subscribe with the link at the bottom of the last page or, have them subscribe at www.powersofhomeopathy.com

Today's Issue:

Feature Article: Flies and Plasters (band-aids)
Pet Corner with Alison Merritt: A Stitch in Time
Home Tips: Resources for Home Prescribing Homeopathy at Home
Testimonial: Arnica Saves the Day!

I am very glad to be writing this newsletter today. On October 28th, I was involved in a motor vehicle accident. My mom was with me and not to worry, we are both doing fine although it has been a challenge the last 2-3 weeks to be a patient and to be patient with the time that it is taking to heal! It is a concrete reminder to me that it is important for me to care for myself just as I would expect my own patients to care for themselves as they are healing.

It's a very humbling process, as I have to accept that there are limitations to what I can do. I am used to living life at a fairly brisk clip!

The theme of this issue is about seeing a homeopath "before the serious problems". Alison has written about this in the Pet Corner section. First aid attention can greatly reduce the likelihood of further complications. Also, check out the Arnica testimonial! It's another great example of homeopathy preventing a much more serious problem.

I knew it was important that I phone my homeopath right after the accident. Too many times I have heard from patients with fibromyalgia that they had one or more serious car accidents as part of their health history and they have never been well since. Arnica again, is one of the best remedies to use right after a

motor vehicle accident. I even heard myself saying things like “I’m OK. I’ll be fine.” It was four days later that the shock finally started to subside and I have been very grateful that my treatment began with Arnica and that my homeopath gave me a repeat of my constitutional remedy (that is the remedy that most reflects all aspects of a person in total). I know that I am recovering at an optimal rate but that it is still important for me to accept that my body and mind are in recovery and that it will take time.

So, in the interests of self-care, this issue is going to be quite simple. I am reprinting an article that I originally wrote for my graduating class which was later published in a peer newsletter.

I took up homeopathic studies much later in life than most. I wanted to help people heal. I still do. Little did I know then what I do now; healing others is an opportunity to heal my own self. Healing is about mutuality. This accident has reminded me of that. What I ask of others/patients, I must do myself. It is the only way.

The article speaks at length about the student/teacher relationship and it was about my schooling but perhaps you can find something for yourself in here. I believe deep down that we all look for healing in our lives at all levels; freedom from physical complaints, peace of mind, feeling that our lives have purpose/meaning and that we belong. Ultimately, we are all students...students of life...and we all have teachers in our lives...may you find something in this issue that is helpful to you. (by the way...a plaster is a band-aid!)

Do you have questions about homeopathy? What is homeopathy? What does a homeopath do? Answers are just a phone call (403-230-8505) or email donna@powersofhomeopathy.com . Following a ten-minute phone call, I will send you a preliminary package of information that will help you be well informed before you make a consultation appointment.

Here are a couple of websites too that I would highly recommend to those of you who are very new to homeopathy.

In Canada, http://www.csoh.ca/Homeopathy_About.htm The Canadian Society of Homeopaths is an excellent resource; check it out!

In the U.S. http://www.homeopathy.org/directory_entrance.html The North American Society of Homeopaths
www.homeopathic.org The National Centre for Homeopathy

In Britain <http://www.homeopathy-soh.org/> The Society of Homeopaths

If you would like to learn about how to find a homeopath that is right for you, check out Miranda Castro's article at www.mirandacastro.com Or you can go to The National Centre for Homeopathy's Article "How to Find A Homeopath" <http://www.homeopathic.org/find.htm>

Flies and Plasters: Reflections on Healing

I shared these thoughts at my graduating class's convocation at the Vancouver Homeopathic Academy. They are gratefully dedicated to instructors, classmates and patients, to my family, husband, children, and friends...all teachers for me these past four years.

I have been reflecting on the meaning of the last four years of my homeopathic education specifically and my life generally. A poem by Rumi quoted in the book Heal Thyself: Lessons on Mindfulness in Medicine by Saki Santorelli expresses what I feel in my heart:

Trust your wound to a Teacher's surgery. Flies collect on a wound. They cover it,
Those flies of your self-protecting feelings,
Your love for what you think is yours.

Let a Teacher wave away the flies
And put a plaster on the wound.

Don't turn your head. Keep looking
At the bandaged place.
That's where The Light enters you.

And don't believe for a moment
That you are healing yourself.

Thank God for teachers who can wave away the flies! My imagination takes me to the place "where there are flies, maggots aren't far behind." If that's not motivation for a teacher's surgery, I don't know what is. But then again, we've all heard stories about injured people being kept alive by the maggots cleaning the pus away- the person is lying in a swamp, on death's doorstep, and is saved because the maggots fed on the infection preventing putrefaction. My preference is a Teacher to a maggot any day.

Back to the bandaged place...We all enter homeopathic studies for our own personal reasons. Some are very noble, generous, idealistic, and practical or even unknown (I can't even remember what mine were at the time). But looking back on four years of study, I can't ever remember filling out a form and writing "I

want to study homeopath because I have this gaping wound inside my soul and I would like it to be healed.”

And so the learning began...the first lesson of the first year...that “first layer of self-protecting feelings.” I want to learn how to heal with homeopathy but before we begin, the Teacher asks, “Tell me about the sore.” “Oh that?” I say, “Just a scratch, nothing serious.” Then I hear him say, “...many issues will come up for you as you begin your studies. Pay attention to them. Learning will be a challenge and perhaps not for the reasons you may think.” I did not recognize the offer of a plaster. Then there came the readings, the assignments, the red ink, the evaluations, the exams, the struggle, the confusion, the failures, the successes.

The first year was mostly fun, a challenge...the second year- confusion and struggle...the third year- a falling apart. The fourth year- the Teacher asks once again, “Tell me about the sore.” “Well...after four years, it’s still here. It’s more than a scratch though. Ignoring it has not made it any better. In fact, it’s developed into quite an ulcer.” “So, tell me about the wound” “Well...yes...it is a wound, isn’t it? For four years it has festered...for as long as I have been learning to be a homeopath.” And as I speak of the wound, the Teacher listens and he brushes away the flies, puts on a plaster, and the Light enters. I have needed the struggle, the confusion, the falling apart, the evaluations, the red ink, my fears and failures to fully understand and appreciate that even though I did not write it on my application form, I did in fact embark on homeopathic studies because I have a wound. Now after four years, I have experienced grace in my life. I could not have done this by myself. And on the last class of the last year, he says, “You have what you need to practice.”

In the words of Saki Santorelli: “Oh, servant of the healing arts...Aren’t you searching for the cure too? Aren’t you curled up close, protecting that old interior soreness, that longing for remedy you secretly hope for but hardly dare to admit?...What could have drawn you to this calling if not this reference point, this open, inside wound that needs tending? “Look, my friend, we are all wounded...Fragmented and longing, aren’t we all searching for the cure that will restore us to wholeness? Isn’t helping simply an expression of our longing to recover this completeness? At its center, the profession of healing is the fulfillment of our wish to serve, to give- and to be restored. Outwardly, we direct our efforts toward restoring others, but somewhere maybe we know there really is not other.”

May I remember the wound always and be open to the Light, as I become a healing art practitioner of homeopathy.

Pet Corner with Alison Merritt: A Stitch in Time

The beauty of homeopathic remedies is that they can be obtained ahead of time so that in an acute situation they are available for use on a moment's notice. This, and the ability of a correctly chosen remedy to stimulate the vital force to begin healing in the specific way that will best correct the problem before complications develop, makes homeopathy an ideal tool in the care of animals.

Take for example something simple like a hornet sting. Within seconds of the sting happening, pain and swelling are obviously well under way. Depending on the location of the sting, such swelling can create severe problems if not rapidly controlled. A sting to the eyeball can result in tearing of the inner structures due to the extreme swelling, whereas a sting on the tongue or in the mouth can cause difficult breathing as swollen tissues restrict the airways. However, if a dose of an appropriate homeopathic remedy matching the symptoms is given at the first opportunity, this over-reaction is quickly controlled, averting the development of a more advanced condition. It is very satisfying to watch a rapidly-swelling lump stop in its tracks and then return to normal after a dose or two of Apis 30C. Instead of taking several days to dissipate, the swelling may be gone within a few hours.

Other accidents like bumps with bruising or puncture wounds can also be treated as soon as they occur.

This limits the tissue damage and begins healing before complications such as abscesses develop. Antibiotics are not required, which helps the environment and future human plus animal health by not encouraging the development of antibiotic-resistant strains of bacteria. When the body's own immune system takes care of the invasion, everybody wins!

Being prepared by having a remedy kit containing those items most likely to be needed by your particular animals will allow you to act quickly in an acute situation and thus limit the development of secondary complications. A stitch in time may very well save nine.

Home Tips: Resources for Home Prescribing

Here are some suggestions to get you started:

1. Request an introductory mail out information package that includes the Beginner's Guide to Homeopathic Remedies for Home and Travel and the handout Acute Complaints. Contact us. donna@powersofhomeopathy.com

2. Websites with articles about sore throats and homeopathic remedies:

Visit The National Centre for Homeopathy's website at <http://www.homeopathic.org> and search the website for digestive upset

information. This is an excellent site with tremendous resources; articles and lists of homeopathic practitioners...look for a homeopath near you!

<http://hpathy.com/cause-symptoms-treatment/gastric-complaints/>
[great email newsletter...tons of information and it is all free]

<http://www.nesh.com/main/nejh/samples/winston.html>
[if you want some historical information on homeopathy's success in the 1918-1919 flu pandemic, do read this!]

http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/Homeopathic_Medicines_for_Indigestion.html
[Dana Ullman's website with lots of articles]

3. Homeopathic books.

Everybody's Guide to Homeopathic Medicines by Dana Ullman.
Again one of my very early books that I used quite successfully with the flu! An excellent place to begin your own library. www.homeopathic.com
Or Minimum Price Books at www.minimum.com or Whole Health Now at www.wholehealthnow.com

Homeopathic Medicine for Children and Infants by Dana Ullman. This was one of my first books and introduction to homeopathy. I used them all the time! Follow the link to Dana Ullman's site to order www.homeopathic.com or Minimum Price books at www.minimum.com or Whole Health Now at www.wholehealthnow.com

Since my early prescribing days I have found two other books that I would highly recommend. The one is by my teacher, Murray Feldman (Vancouver Homeopathic Academy, <http://www.homeopathyvancouver.com/>) and Gabrielle Pinto called Homeopathy for Children www.minimum.com

The other book is by one of my favorite homeopaths, Miranda Castro (www.mirandacastro.com) called The Complete Handbook of Homeopathy". www.minimum.com

4. Here are two classes being offered as teleseminars to support you in your homeopathic at home prescribing. Check www.powersofhomeopathy.com for updates on when they are being offered.

1. Homeopathy for Babies/Young Children and Parents.

We will be covering common childhood diseases and illnesses such as colds, fevers, teething, colic, diarrhea, chicken pox, accidents/injuries; how to treat them homeopathically and at some point we will have a discussion about vaccination.

There will also be opportunities to cover such issues as breastfeeding, mastitis and morning sickness if there is a demand. This is a 4-week class and the text used is Homeopathy for Children by Gabrielle Pinto and Murray Feldman. To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email donna@powersofhomeopathy.com for more information or to register.

2. An Introduction to Homeopathy

This course aims to teach those new to Homeopathy: the history and philosophy of homeopathy; essential principles; self-prescribing and practice exercises to match symptom pictures with remedies. This is a 4-week class and the text to be used is Miranda Castro's "Complete Handbook of Homeopathy". To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email: donna@powersofhomeopathy.com for more information or to reserve your place.

5. Customize your own 5-remedy kit with a 1-hour consult on how to use the remedies. First aid booklet included with the remedies and consult. With just 5 well-chosen remedies, you can handle many home first aid situations and then add remedies as you learn more about homeopathy. Phone me at 403-230-8505 to arrange your consult or send me an email

donna@powersofhomeopathy.com

I leave you with one other quote by Saki Santorelli.

Imagine if we were all to care for ourselves as we care for others; be as kind to ourselves as we are to others. To imagine this is to imagine a world that understands what healing is all about.

Wishing you an abundance of love and joy, Donna

"When we say Yes! to serving, we are actually saying: This is my Way- a way of actualizing in daily life, caring for the world as I would care for self; a recognition and affirming action expressing the realization that to take care of self is to take care of others, to take care of other is to take care of self. To live in such a manner demands direction, commitment, and an expanded sense of being that

sees beyond the self as a tightly packaged, narrowly defined entity called “me”. Perhaps this sounds crazy. Maybe we are neither crazy nor tender enough to attempt to live our lives in this way. To do so will break us open. And yet, if we are not broken open, we cannot really help very much. ...

This means that we attempt to see everything-all of our encounters with people, situations, events-as none other than our own lives. In this way, taking care of our own lives is taking care of the world. This is the quintessential element of practice that demands practice.

Each moment of return to the breath, to our willingness to open to this moment, to this person, this discomfort and insecurity, and our willingness to move out into the vast wilderness containing these landmarks is a living expression of vow.”

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Please contact Donna at donna@powersofhomeopathy.com if you have comments or suggestions for future issues.

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This newsletter is sent every second Tuesday only to those who have requested it. Homeopathy is a wonderful medical science/art and it is the intention of each issue to help you find and provide the resources you need to learn about homeopathy, how you can use it safely at home with family and pets and how you can benefit from classes and private consultations.

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