

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

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Welcome

Uppermost in many minds is the recent Tsunami in Asia. People are starting the New Year asking hard questions and trying to understand the meaning of such a tragic event.

There are many tragic events that happen daily but one of this magnitude presents an opportunity for us as human beings to understand what it means to be a global community and what it means to respond with compassion and love. There is much that will need to be done to help alleviate the suffering that we see every day on our television sets and for me, it is a reminder that as we consider how to respond to suffering in the world, we can examine within ourselves how we respond to suffering in our own part of the world and how we respond to our own internal experience of suffering.

“There is another tsunami rushing towards the devastation in South and South East Asia. It is a tsunami of compassion and it is a tide which more than rivals the tides of destruction.” Reverend Bruce Sanguin, Sermon January 2, 2005
Canadian Memorial United Church
www.canadianmemorial.org

Today's issue will have a small amount of homeopathic philosophy to help you understand what it is that is being treated when we are unwell and some homeopathic remedy suggestions that can be helpful for depression. I am also including some suggestions for self-help. I had my post-partum depression long before I knew about homeopathy and was able to successfully find the kind of support I needed to help me through what was for me, a difficult transition.

Also, a very good friend who just happens to be a psychotherapist, Jeri Lynne Erickson, has written a hopeful, compassionate article about depression from her many years of experience helping people navigate these transitions. She too has some very helpful suggestions for dealing with symptoms as they happen.

And I am very pleased to include in this issue, a response from one of my favorite subscribers and one of my biggest supporters/cheerleaders, my mom Betty Sanguin. Thanks mom! You too Gord! (that's my dad)

So grab your cup of tea, get comfy and dig in. There's lots of good stuff to read! May you find the information helpful.

And please, if you have suffered with depression for a very long time or know someone who has or is suffering right now, it is important that you/they seek professional help.

For some people, they may not even know they are in a depression and it can be helpful to have a conversation with them about what you observe happening in their life.

See your homeopath and/or doctor, consult with a psychotherapist, psychologist, clergy or social worker.

Having support is absolutely essential so please ask your self “what kind of support do I want?” and go from there. It will be an act of love and compassion toward your self!

Today’s Issue

On a Personal Note: Gratitude

Feature Article: Depression, Part 2: Homeopathic Help

Pet Corner with Alison Merritt: Alison will be back next issue!

Guest Article with Psychotherapist Jeri Lynne Erickson
 Depression: The Common Cold of Mental Disorders

Home Tips: Resources for Home Prescribing Homeopathy at Home

Reader Responses

On a Personal Note: Gratitude

When I experienced depression after the birth of my oldest son, I was not grateful. Gratitude was not part of the depression experience at all! The gratitude came later and now looking back, depression was one of the best things that ever happened to me. Depression launched me into an amazing journey of self-discovery, self-love and out of that, an even greater sense of love toward others and toward this world we live in. As I have learned to be compassionate and loving toward myself, it has enabled me to become more deeply compassionate with others.

One of the greatest gifts I received during my depression was time with a spiritual director. Sister Nora’s gift to me was that of listening. I would go to the convent

and after catching up on much needed sleep, she would offer me tea and cookies and would listen without advice or judgment. Depression can make a person feel isolated, unlovely and unloved and simple but profound acts of kindness can help a person feel as if they belong, that there is someone who cares and that life has meaning.

At my husband's suggestion, the other thing that I did was to book an appointment with a psychologist. At first all I could feel was shame that I was experiencing something that I couldn't handle on my own. I didn't want to admit that I had a "problem"! But going to that first appointment was another of the things I am most grateful for. Because of my difficulty during a significant life transition, I had the amazing experience of working with a tremendously skilled and compassionate psychologist (bless you Dolores!). What I learned during those times with her will be with me for the rest of my life. Depression has informed me, challenged me, enriched me and I continue to learn from it.

"Why is being heard so healing? I don't know the full answer to that question, but I do know that it has something to do with the fact that listening creates relationship. We know from science that nothing in the universe exists as an isolated or independent entity.

Everything takes form from relationships, be it subatomic particles sharing energy or ecosystems sharing food. In the web of life, nothing living lives alone. Listening moves us closer, it helps us become more whole, more healthy, more holy. Not listening creates fragmentation, and fragmentation always causes more suffering." turning to one another: simple conversations to restore hope to the future by Margaret Wheatley <http://www.margaretwheatley.com/>

For the readers who are struggling with depression, know that eventually this time will pass and my wish for you would be that one day, you can look back on this time with gratitude. Know that you will find exactly the right person/traveling companion/compassionate listener for you.

Know that you can begin the journey back from the darkness into the light. Know that your life has meaning. Listen to your depression. Listen to your thoughts. And find another who will listen as well.

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>

Feature Article: Philosophy and Homeopathic Remedies

The Philosophy: (Please feel free to skip this part if it does not interest you. For those enquiring minds who want to know how homeopathy works, read on!)

Samuel Hahnemann, the founder of homeopathy, very carefully and thoughtfully set down the fundamental principles of homeopathy in his book called the Organon of the Medical Art. He observed that:

“In the healthy human state, the spirit-like life force that enlivens the material organism as dynamis, governs without restriction and keeps all parts of the organism in admirable, harmonious, vital operation, as regards both feelings and functions, so that our indwelling, rational spirit can freely avail itself of this living, healthy instrument for the higher purposes of our existence.”

Simply stated, when we are well, everything functions as it should. We don't even think about it! The “spirit-like life force” is what keeps everything functioning freely. It is this life force that “enlivens the material organism in health and in disease.” Without this life-force, the organism is dead. He observed that there is something animating the material body and its evidence is apparent by symptoms and in its absence, death; he named this something the life-force or life principle or vital force.

“When a person falls ill, it is initially only this spirit-like, autonomic life force, everywhere present in the organism, that is mistuned through the dynamic influence of a morbid agent inimical to life. Only the life principle, mistuned to such abnormality, can impart to the organism the adverse sensations and induce in the organism the irregular functions that we call disease. ...the morbid mistunement of the life principle makes itself discernible by disease symptoms; in no other way can it make itself known.”

How do we know the life force is “mistuned”? We know by the symptoms. In depression, one of the medical ways of knowing this mistunement is by the presence of chemical changes in addition to our dark thoughts and disturbing feelings but it is the life force that is out of whack through the active influence of a disease-producing agent harmful to life. In depression, the disease-producing agent that is harmful to a person’s life can be anything from a life situation or transition, a grief/loss, poverty, natural disaster; any one of these events can mistune the life force or vital force. The disease-producing agent can even be our thoughts and feelings about our responses to these situations which are creating chemical changes in the body.

So what needs to be attuned is the vital force and when that is supported by a medicine that is homeopathic, the symptoms resolve and the person returns to the state of “admirable, harmonious, vital operation”. The vital force no longer has a need to produce symptoms; it is in a state of health once again.

Having said all this, it is also important to note that a homeopathic remedy is not always the “magic pill” that makes everything go away; everything being the situations that may be triggering the vital force to produce the physical symptoms and/or the uncomfortable emotions but a well chosen homeopathic remedy for depression can assist the vital force, supporting it so that a person can perhaps explore the circumstances of the source of the agent that is affecting their ability to function freely.

It can happen, after taking a homeopathic remedy that people seem to effortlessly leave difficult jobs, unhappy relationships or have insights and breakthroughs to understanding their situation. But for others, health begins by confronting some of the “morbific agents that are inimical to life.” For instance, someone in a very difficult divorce that carries on for months or years may need homeopathic support just to cope with the rigors of such an event. However, another person who is very sensitive to even small changes in life may need a great deal of support as well. Ideally, a well chosen homeopathic remedy will support the person as they make the changes in their life that move them toward the freedom that is expressed as good health. There are as many situations as there are people and it can take time.

Be patient with yourself, with your situation, do what you can, work closely with your homeopath so that they can assess the effectiveness of the remedy in your particular situation, get support and consider the ways that you might begin to make some changes in your life, however small.

And even without homeopathic remedies, there is much you can do to alleviate depression. As I mentioned before, I didn’t know about homeopathy when I had my depression. Here are the top 5 things that I did to move toward health.

1. Got a diagnosis from a medical doctor and made appointments with a spiritual director and a psychologist.
2. Started keeping a journal and recording dreams which I used with my psychologist. (two books that have been and continue to be helpful are Inner Work: Using Dreams & Active Imagination for Personal Growth by Robert Johnson and The Artist's Way by Julia Cameron.
3. Arranged to have a babysitter more often; a change of scenery was uplifting.
4. Talked with friends and got involved in small groups.
5. Learned to nurture myself; when I felt cared for, I was able to take better care of my son.

The Remedies:

One of the best resources I can recommend is Miranda Castro's Book Stress: Homeopathic solutions for emotional and physical stresses. In her book, she has a section on depression, what it is, what you can do and what not to do. Miranda offers compassion, understanding and practical helpful suggestions. (to order go to www.minimum.com or www.wholehealthnow.com)

Aurum metallicum

"Those who need this remedy are sensitive and take life seriously. They have integrity and a strong sense of duty-especially with regard to their family-and can take on too much. They then can become irritable (typically reacting badly to contradiction), guilt-ridden and, ultimately, full of regret.

The depression is a deep, dark, quiet despair which is worse in the evening, when they re-evaluate their lives and where they are going, and may well seek solace in prayer or meditation-reconnecting with their neglected spiritual side. They find music soothing in a melancholy sort of way rather than uplifting. Once depressed they find it difficult to think and don't want to talk about how they feel. They may become so gloomy that the present and the future look black." Stress by Miranda Castro

People needing Aurum can be idealistic, setting high goals for themselves, expecting to achieve what they set out to do. If on the way to achieving these goals, they meet with any perceived criticism, or if they fail to reach these high goals, the descent to despair can feel as if they have fallen from a great height. There can even be a fear of high places.

There is a tremendous effort to be perfect in everything they do. They work hard, play hard and strive to be the best. They may have an idealized sense of

romance; real heart people but in attempting to live the perfect idealized relationship, they are very sensitive to feeling humiliated if criticized and are easily susceptible to hurt. Divorce, separation, death of a loved one can propel a person needing Aurum into depression. It may be very difficult for them to admit that they are hurt or grieving, keeping everything inside until it explodes in rage.

A depressed person needing Aurum might be a business person who is highly successful and is “at the top” of the game. Then unexpectedly, the business fails due to a poor market or some other event beyond control. A person needing Aurum however, will feel personally responsible for the failure and may feel responsible for all the employees in the company; that it is their duty to take care of everyone but not to show their own hurt and humiliation. The whole event may lead them into the depths of despair, considering suicide as way to stop the pain of failure.

Physically, patients needing Aurum can also have ailments related to the heart and circulation and there may be a fear of heart failure or a family history of heart conditions. Any pains that they have can be extremely painful and they may even desire death the pain is so intense. The pains, both physical and emotional can be much worse at night. In an overall general kind of way, those needing Aurum prefer fresh air but do not like being cold.

Some causative factors for an Aurum depression or state: Loss, business failure, grief, prolonged unusual responsibility, suppressed anger, anger with silent grief.

Pulsatilla

Simply reading about this plant will give you an excellent overall picture of this remedy and those who require it.

The pasque (Easter) flower (from the anemone family) grows in dry, sandy soil and has little need for water. You can see them growing on hillsides in Calgary in the early spring when it is cool but still sunny enough for the heat to warm up their furry little stalks and blooms. They provide a sweet, delicate presence in an otherwise very brown landscape! The flower itself bends to the slightest movement of air and is constantly changing its position in relation to the sun and the wind. As soon as the heat of late spring and early summer arrives, the anemone bows out as the heat causes it to wither and retreat returning the next year after the long days of summer and dark nights of winter. Another name for the pasque flower is “shame-face maiden”.

Those needing these remedy love company and sympathy. They tend to be thirstless preferring cooler outside temperatures and withering in the heat. Although they prefer cool, open air, they can get chilled and need to get warm without getting overheated. Like the gentle movement with the wind, they can be

changeable in mood; anxious at one time, weepy the next and cheerful another time. There is a strong need to be liked and accepted with a deep-seated belief that perhaps they are alone or have been deserted. Dependency on others is very strong even to the point of clinging, needing support. Sympathy, care, concern, weeping will always make the person feel better. Their main interest in life is in relationship and family and friends. There is a need for encouragement, physical touch and caressing.

Because their feelings can be hurt so easily and because they are so unsure of themselves, they can be prone to depression. Pulsatilla has an affinity to the reproductive cycles so can be useful when depression is a part of the menstrual cycle, during the post-partum period and during the menopause. Sadness, despair and depression can also be brought on by from a difficult relationship where the partner is abusive, insulting or dominating or in any situation where the person experiences an inability to stand up for themselves (think of the flower head being tossed to and fro by the wind). These kinds of situations will cause a great deal of anxiety, irritability that gets suppressed with feelings of being alone and forsaken.

Generally overall, those needing Pulsatilla have some definite desires and aversions. They feel worse for rich fatty food, for getting wet (especially the feet or head), heat, the pill or HRT (hormone replacement therapy) and sun on their feet or head. They feel better for bathing, fresh air, moving slowly, consolation, weeping and when talking about their complaints.

Sepia

I am including this remedy as it can be most helpful during one of the big transitions in life for women-menopause. It is good to know that there are alternatives to HRT that are effective on the physical and emotional levels.

The Sepia woman during menopause is just plain old worn out and feeling dragged down, from working hard in the home, from raising children and maybe taking care of grandchildren or maybe even from caring for elderly parents in addition to keeping a full time job. She may have even reached the point where she does not want to be around those she loves the most- her husband, children and other family members. There is a loss of interest in life yet at the same time, an increased sensitivity to the environment...smells and touch aggravate. Or in the menopause time, the struggle between duty to family and desire for a career weighs heavily. At a physical level, there is heaviness felt in the uterus, a dragging sensation which is medically diagnosed as a prolapsed uterus. It may even feel like the pelvic organs are going to fall out; when coughing or sneezing, urine may escape.

“They respond to sympathy with irritability, preferring to be quiet and alone to avoid any further stress. They may cry when talking about their problems and this

makes them feel worse. They can be surprisingly sharp-tongued, especially in response to the concern of others-this helps to keep others away! In this state their irritability can erupt in angry outbursts with shouting, screaming or nagging and sarcasm-if contradicted, or if others make demands on them, especially the demands of children on parents.” Stress by Miranda Castro

Sepia is much better in all ways for vigorous exercise and dancing and there is a desire for vinegar, pickles or other sour foods.

These are just three remedies to give you an idea of the scope of homeopathy and how it can help with depression. Your homeopath has access to literally hundreds of remedies and will work with you to find the one most suited to your overall symptom picture.

Guest Article with Psychotherapist Jeri Lynne Erickson

Depression: The Common Cold of Mental Disorders

Depression is often referred to as the common cold of mental disorders. It is so common, it is normal. So normal, in fact, that the average person will go through 4 depressions in a lifetime! This sometimes-debilitating state requires us to learn how to navigate these dark seasons. The good news is that as we discover ways to glean the riches of these times in our lives, we are more and more equipped to appreciate the more wonderful parts of our human lives. It all depends on our ability to move through these periods of loss and discomfort.

The human condition begins with a huge loss and our lives are dotted with loss continuously until the final loss. Birth involves an adjustment to life outside the warm, safe, familiar environment of the womb. Although life “on the outside” is what a baby has been preparing for 9 months and there are exciting opportunities ahead, tell that to a cold, scared, screaming newborn! Depression allows us, well, actually, forces us to deal with discomfort and live to tell the tale. These difficult passages can strengthen us and teach us to be present to all of life. We used to refer to this development as character building. A bit like training for a marathon, depressions expand our potential and allow us to participate in life at a higher level.

Whatever the cause may be, depression has to be attended to and moved through. One way to look at it is as a patch of bad weather. It affects your life and has to be endured but will not last forever. And when the sun comes out again, oh how lovely it is!

Because the causes of depression are many, so are the ways to manage it. First of all, accept it. Be kind to yourself. You’re going through a difficult time and you

could use a good friend (How about the one inside of you?!). Make yourself a cup of tea; say soothing, encouraging things to yourself – like “I will get through this.” “It’s going to be okay.” “You don’t have to do this alone”

Ask for help. Whether it’s calling a friend, a family member, a professional or reading a book, put the call out. It’s important to rule out a medical condition so seeing a health professional is a good place to start. A psychotherapist can help you identify what else may be wrong in your life.

Whether you completely understand what’s happening to you or not, the feelings of depression are present and need to be accepted and worked through. I suggest tracking the body.

Focus on your breathing.

Clear your mind. When you begin to drift off into thought, gently call your attention back to your breathing.

Notice what you’re feeling (physical sensations) and where.

Accept whatever you find there with no pressure to change or hurry the feelings.

Gently breathe into that area.

Place your hand lovingly on the area you’ve identified. Only allow comforting, soothing thoughts.(This is not the time to evaluate your life)

Continue breathing and staying with yourself until the pain or discomfort subsides or as long as you can right then.

This is a very powerful way to move even intense feelings through.

Other effective ways are to increase your repertoire of expression. Journal, paint, talk, listen to music, dance.

Allow your body to help you move these feelings through.

Your body is capable of buffering the sometimes damaging panic that your thoughts can create.

Whatever else you do, remember this is a passage and the kinder and more gentle you are with yourself, the more you will strengthen and learn from the experience. If you can love yourself and stick around when you most need it, you will indeed develop the self-love required to live a full life, knowing you can face any risks your adventures may bring to you.

Jeri Lynne Erickson is a Psychotherapist, practicing in Calgary, Alberta. She has been a private practitioner for almost 14 years and has been working in the field of depression and other areas of adjustment for over 20 years.

You can contact her by calling 403-270- 0085 or emailing jerilynne@telus.net.

Home Tips: Resources for Home Prescribing

Home Tips: Resources for Home Prescribing

1. Request an introductory mail out information package.

donna@powersofhomeopathy.com

2. Check out the websites mentioned in this newsletter.

<http://www.candacepert.com/> Candace Pert's website with sample audio of her new book

<http://www.juliajohnson.co.uk/pages/articles/interview-with-candace-pert.php>

Interview with Candace Pert

This is the website for naturopathic physicians Judyth Reichenberg-Ullman and Robert Ullman. Their book Prozac Free is an excellent resource for those wanting to read about what homeopathy has to offer in treating depression.

<http://www.healthyhomeopathy.com/prozacfree/information/depression.htm>

3. Homeopathic books. Prozac Free by Judyth Reichenberg-Ullman and Robert Ullman.

<http://www.healthyhomeopathy.com/prozacfree/information/depression.htm>

Homeopathic Medicine for Children and Infants or Everybody's Guide to Homeopathic Medicines, both by Dana Ullman. These were my first books and introduction to homeopathy. I used them all the time! Follow the link to Minimum Price books to order. www.minimum.com or www.wholehealthnow.com Or <https://www.homeopathic.com/cms-global/shoppingcart/ViewCategory.do?categoryCode=BOOKS>

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 or www.wholehealthnow.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 or www.wholehealthnow.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

Reader Responses

"Just read the newsletter on Depression. My comment on it is this? "Wow! Is that what happened to me? It all sounded a little complicated at first when I read the workings of the body/mind stuff but every cell in my body said "how true". I was 67 years old and not prepared for a depression when "it" happened. Denial was my first response and then the gradual acceptance that all was not well. I went to a homeopath to see if there was some magical remedy that I could take and all would be well again. Although he gave me a remedy, he gave me something much greater; he looked me square on and said (in the simplest of terms), "you must change your thinking". From that day on I was determined

to find out what I was thinking. I was surprised I had a storehouse of negative thoughts and feelings, which were never expressed or acknowledged. With the help of a good counselor, a short term of antidepressants and homeopathy I found my way out of a tangled mess. Still today, I do battle with negative thoughts but am VERY CONSCIOUS of how those thoughts affect my mind AND my body. Tuning in and listening to the body is hard work but rewarding and necessary!" Betty Sanguin

"If we begin to get in touch with whatever we feel with some kind of kindness, our protective shells will melt, and we'll find that more areas of our lives are workable. As we learn to have compassion for ourselves, the circle of compassion for others-what and whom we can work with, and how-becomes wider." When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

May the vital force be with you! Be well. Love Donna

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

Donna Powers, RCSHom, CCH, RSHom (NA) is a certified classical homeopath practicing in Calgary, Alberta, Canada. Donna uses her training as a homeopath to teach others how to discover the healer within.

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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