

Slow Medicine: Reflections on Health, Healing & Homeopathy

JOURNEY INWARD, JOURNEY OUTWARD: THOUGHTS ON HOMEOPATHIC HEALING & PRESENT MOMENT AWARENESS

Or 'What's Love Got to Do with It?'

READ MORE 

THE BEGINNING OF THE HEALING JOURNEY – THE OUTWARD

Often it is an illness that first takes you to a conventional medical practitioner or specialist. You want to know, ‘What is ‘wrong’ with my body part or my child’s immune system (insert your complaint whatever it might be) and what can you give me to make it go away or get better?’ Perhaps a prescription is given and yes, many times the physical symptoms ‘go away’. Sometimes medical intervention is lifesaving. This is important to remember. Western conventional medicine excels with emergency medicine. Alternative medicine excels with acute and chronic conditions. Both are needed and necessary.

But often and although the symptoms ‘disappear’, you can be left feeling that the root cause of what has become a chronic problem has not been addressed. The physical symptoms may have disappeared, but you have a nagging feeling that there is ‘something more’ going on than just an ache or a pain or a condition. You might even begin to ask questions like ‘How is it that I have MS? How is it my thyroid low/high? How is it that I am always getting sick? How is it that I can’t carry a pregnancy to full term? What is wrong with me? How is it that my body is betraying/attacking me? My whole life is affected, and I am restricted in what I can do. How is it my child continually get ear infections/sore throats? We can’t keep giving/taking antibiotics. What is wrong with my child? Will medications be the only way to live the rest of life?’

So begins the inner journey toward healing and wholeness, with the outward appearance of physical symptoms and complaints. Physical symptoms have immediacy to them. They make us pay attention! Symptoms are neither good nor bad (although they can be painful and debilitating) but symptoms are a way that the invisible Vital Force makes known that energetically, something is out of balance.

THE HOMEOPATHIC PARADIGM

In the inaugural Birth Issue of [Homeopathy First Magazine](#) (free when you sign up for the subscription starter package) the [Organon of Medicine](#) was introduced with Aphorism 9¹.

¹ an aphorism is a concise statement of a principle

In the healthy condition of man, the spiritual vital force (autocracy), the dynamis that animates the material body (organism), rules with unbounded sway, and retains all the parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher purpose of our existence.

An invisible vibrational or resonating energy, the Vital Force organizes us in our physical bodies; it is an all-encompassing organizing energy. All of our sensations and functions are ruled with ‘unbounded sway’. Without that vital force, we are dead. (Aphorism 10²) Hahnemann then proposed that the only reason we have physical symptoms is that the Vital Force is deranged. The ‘invisible’ is made visible through symptoms. (Aphorism 11³)

What has happened that the invisible Vital Force has become deranged? How is it that there are physical symptoms? Has something physical happened, like a virus or bacteria? If you think about it, even something like an emotion or a thought can make us sick. Take fear for example: when we are in a state of fear or anxiety, our heart pounds, we get light-headed, we get chest pains and we get short of breath. The energetic Vital Force responds energetically to the thought with physical sensations and functions in the body.

In chronic disease especially, something is so deranged at the level of the Vital Force, that we are energetically in some kind of continuous loop that seems to have a life of its own. How do we even begin to understand what is happening and how do we begin to heal? How do we ‘break the loop’?

BECOMING CONSCIOUS – THE INWARD JOURNEY

With chronic physical symptoms, we have the opportunity to become conscious of what is happening, at the physical level but also at the mental, emotional, sensation and energetic levels. This is the art and science of a homeopathic consult. You have the opportunity to begin the healing process by talking about your physical complaints. With skill, the homeopath will journey with you as you explore the many levels to get to the source or root of the energetic disturbance that is ‘keeping you in the loop’ of chronic illness.

² <http://organonofmedicine.com/aphorism-10/principle>

³ <http://organonofmedicine.com/aphorism-11/>

WHERE DOES THE ENERGETIC IMBALANCE BEGIN?

Something happened that we are sick now. Where in the past did imbalance begin? How do we find our way back to the beginning?

We begin in the same place that many who have spiritual practices begin...with present moment awareness. Start where you are, now, in this moment with what ails you. This is where the homeopathic journey begins – with the physical manifestation...with what is happening now, in the present moment.



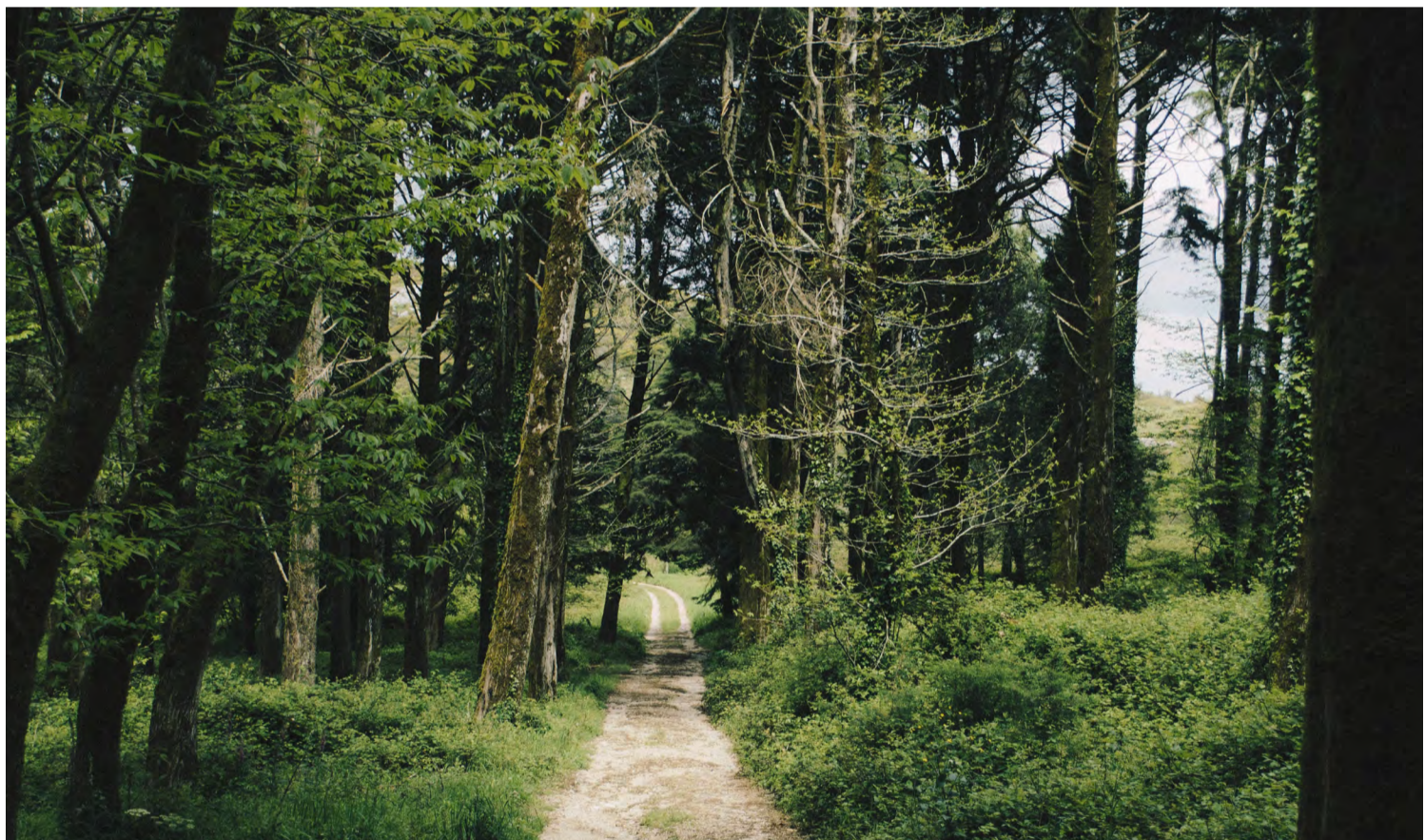
Michael Brown in his book, *The Presence Process: A Journey into Present Moment Awareness* defines the presence process as “...essentially a journey of acquiring emotional development through activating awareness of our physical presence, coupled with mental clarity.”

In the homeopathic paradigm, this would be becoming aware of physical symptoms and tapping into our emotions about our illness and understanding the thoughts that accompany the illness. If the Vital Force is disturbed at the energy level, it follows that the disturbance will express itself on all levels – the mental and emotional. What is felt at a physical level in terms of sensation and function will have similar sensations at our higher levels of functioning.

Our work, according to Brown is to know that ‘...we are commencing a movement “inward” toward vibrational awareness.’”

He gives a lovely example of all the levels (physical, mental, emotional and vibrational) with the illustration of a small child at prayer.

“Our inward journey along the pathway of awareness isn’t unfamiliar to us. Whenever we wish to make contact with our source, we automatically take this journey. To see this in action, watch a child pray. First it kneels down and puts its hands together (the physical). Then it speaks to source (the mental). Then its words of innocence touch our heart and activate felt-states (the emotional). The return journey into source-awareness along the pathway of awareness is from the physical, through the mental, through the emotional and into the vibrational.”



In his book, Brown explains that much of what we experience as adults was formed even in the womb. What I like about his work is that blame is taken out of the equation. Our present circumstances are not just our experiences in the first 21 years of our life but what he explains as emotional imprinting, which is:

“...the unconscious passing on to us of our parents’ or caregivers’ unintegrated emotional condition. By the time we reach seven years of age, we are emotionally picking up where they left off.

...Imprinting is an unfolding of a sacred agreement we have with each other. Imprinting is therefore not something done to us by our parents, or something we do to another when playing the role of parent. It’s an experience we enter together.

Our potential for our life experience is downloaded vibrationally during the last seven months of womb life, emotionally during the first seven years after birth, mentally between seven and fourteen years of age, and physically by the time we turn twenty-one.”

Brown’s book is a map that helps you navigate the journey to living in the Present Moment Awareness. Where did his journey begin? With a debilitating chronic illness. Becoming conscious and living in present moment awareness can have the effect of healing the physical body. *“The return journey into source-awareness along the pathway of awareness is from the physical, through the mental, through the emotional and into the vibrational.”*

Homeopathy understands this as well. With a homeopathic remedy (vibrational), the Vital Force (vibrational) is supported so that it no longer needs to produce physical symptoms; the body has energy available to self-heal by using the mind and emotions for further understanding.

“The Presence Process invites us to consider the possibility that we are on the brink of a healthcare evolution. Instead of running to another for insight into our own condition, looking to this person to initiate the changes required for integration, we are invited to consider that all these capacities are present within each of us.

The Presence Process also invites those of us with chronic, incurable, and supposedly terminal afflictions to challenge the current belief system of the allopathic and psychiatric community. Imagining that what we suffer from is incurable just because doctors tell us so is nothing more than a belief system. In the language of authenticity, the word ‘incurable’ means, ‘I don’t know what to do for you.’

Yet doctors use it to mean, 'you are going to die and there is nothing, you or anyone can do about it'. Challenge all belief systems, because they only scratch the surface of life.'

As we approach present moment awareness, we feel increasing gratitude for each aspect of the journey, especially the rough parts. All of our past reveals itself as steppingstones that led us into present moment awareness.' Michael Brown *The Presence Process: A Journey Into Present Moment Awareness*



CONSCIOUSNESS - THE SPIRITUAL JOURNEY TO HEALING LOVE

When we begin to self-heal with the support of homeopathy and/or present moment awareness, we raise the vibrational resonance of what we have inherited, in the womb and in the first 21 years of our life. We heal and in turn we can offer to the world a path toward healing. This is conscious evolution. You begin right where you are now.

This is the sacred agreement that has been entrusted to us in the way Brown explains in the process of present moment awareness. We bring our ailments into the greater field of energy...this is the field where Love resides. As we evolve and heal, we are able to offer compassion, healing and witness to another's healing journey. This is the evolution of humanity as envisioned by Barbara Marx Hubbard. In her work *Emergence: The Shift From Ego to Essence: 10 Steps to the Universal Human*, she uses the words egoic self and Essence as a way to describe a similar process as in Brown's work.

We need the ego with all its wants, needs, desires, compulsions and reactions as the way to evolve and find our way to our Essence. Our shortcomings, our ailments, our suffering are the way to healing when we can bring our hurts into the field of the Love.

“It is a two-step process: First, the Beloved invites the local selves to come forward to describe as deeply as possibly any pain or deficiency being experienced – the needs, wants, pain. We don’t defend against the feeling, don’t try to fix or solve it from the egoic point of view, but rather completely allow it to be present and fully feel it – its location in the body, its density, vibration. Second, we stay with that pain and follow it all the way to the root, the source where we first felt such pain.

... when we follow the deficiency as deeply as possible, it leads us to that part of essence or Beloved that the local self has been seeking by trying to have some strategy in the outer world. In other words, we let our local selves discover that the fulfillment they’ve been seeking is already present in the Beloved. Ego becomes the guide to essence.

We discover that underneath all specific symptoms which feel so personal and unique, there is usually one fundamental source from which the particular problem springs. That is ego’s separation from essence, or in traditional language, the human separation from God. Therefore, the prime solution to almost all our problems is the reunion of ego and essence. This is the shortcut to human transformation.

When the problem is brought up into the domain of the Essential Self, with probing intelligence the Essential Self helps the local self see that the source of the problem is its own illusion of separation. It reveals that the Beloved within holds the very qualities local self was seeking outside.

In the field of resonance, the ego experiences a reunion with essence and the pain disappears. The local self-releases its sense of judgment on itself and others. It stops trying to negotiate and be right and experiences compassion for itself and others, taking on the vantage of the Beloved toward itself. The local selves become wise enough to see themselves through the eyes of their own divinity. From this view, there is no right and wrong, no good and no evil, only truth, and the truth sets us free of judgment.

In the resonant field, local self-distress is unstressed. Egoic problems are not in the first instant solved. They are dissolved. In the resonant vibrational field of the divine essence, problems fade and no longer seem to exist.”

Emergence: The Shift from Ego to Essence by Barbara Marx Hubbard

Your physical ailments can be the beginning of a healing journey with homeopathy. Your homeopath will listen and witness your suffering at all levels tracing imbalance from the physical through to the emotional, the mental and the vibrational. This is our training. When you become well, it is so that you are free to *use your indwelling, reason-gifted mind to freely employ this living, healthy instrument for the higher purpose of your existence.*

Hahnemann did not call this conscious evolution, but he was astute enough to know that our symptoms are neither good nor bad, but an opportunity to discern what is to be cured so that you might be free to make the world a better place. We all have a purpose. May your physical ailments be the beginning of an inward journey that takes you to outward health and vibrancy. Let your heart be open, even in sickness.

“Remember, if you love life, nothing is worth closing over. Nothing, ever, is worth closing your heart over.” —Michael Singer

Yours in health, healing and compassion,
—Donna



My personal mission is to have a homeopathic kit in every home and to provide you with the knowledge of how to safely and successfully use your kit in acute illness or accident situations, whether at home or while travelling. All of our courses and kits are affordable and accessible to all. Check out our pay-what-you-can model www.powersofhomeopathy.com.

Thank you for being a part of creating a natural, safe, non-toxic world with homeopathic remedies.

Yours in health and healing,

Donna Powers

Disclaimer

Powers of Homeopathy, Website and Online Educational Courses offer information for educational purposes only and are not intended to replace or serve as medical care or advice. Any ideas mentioned in any publication should not be interpreted to be neither medical diagnoses nor treatment or cure of any disease or injury.

If you have a health issue of any sort, it's critical you find and work with a professional practitioner, doctor or physician of your choice. Claims of having experienced success or any other result treating acute issues with homeopathic self-care are solely the opinions held by those sharing that information. Chronic illnesses or any other health issue needs the care of a qualified healthcare professional. Pregnant women should not attempt any self-care without the approval of their physician.

The authors and publisher disclaim any liability arising directly or indirectly from the use of the techniques in the online courses or any website information. Powers of Homeopathy does not accept responsibility for your use of information presented here or any damage or harm caused by treatments its course participants or readers choose to undertake. We strongly suggest you seek medical supervision before using any options or experiences presented here.

All writings appearing in Powers of Homeopathy Publications do not necessarily reflect the opinions or policies of its publishers. Inclusion of an advertisement or reference link does not constitute an endorsement of the advertiser, product, or service.

Want to Republish this Article? Request Permission Here info@powersofhomeopathy.com It's Free.

© 2018 - Powers of Homeopathy. All Rights Reserved.