

C4 HOMEOPATHY PERSPECTIVE

After learning material medica, repeterization and basic homeopathic therapeutics, the student is faced with the awesome task of making choices for the patient. What is the right remedy? Are they a mineral, animal, plant, nosode? Is there a miasm casting a veil over his life? How much of the disease process is karmic, genetic, inherited, programmed from birth by conditioning? These are the questions that challenge every practitioner. We are trying to help, and to really help it seems that we must know a lot. Every day we hear about new remedies being published by famous homeopaths – always more knowledge to integrate. The sheer volume makes the practitioner always feel a little inadequate. At what point can a practitioner confidently prescribe remedies with the knowledge that they do have? Is higher knowledge a question of volume, or rather a question of depth of understanding – or wisdom?

The answer seems to be in a different realm from our traditional way of thinking about things. Leaving the realm of acquisition of knowledge of remedies and details, there comes a point where the real question is how well do we understand the patient. As a practitioner it seems of utmost importance not only the details of the remedy pictures, but also to understand where the energy is blocked, where the person is stuck in the process of healing. This is where a higher understanding of the remedies helps. Also helpful is to understand the overall categories of animal, mineral, plant, nosode, and how they relate to the developmental stages.

Through the past three decades we have gained a new language in how we look at the development of human beings. We know that the bonding of mother to infant is very important in the first six hours of birth. We know that a second birth occurs when the child becomes a separate individualized being. We know that these early childhood experiences can have an enormous impact on behaviour and health later in life. This is why understanding the psychology of the developmental stages is so important in prescribing. It is also why we must understand the remedies on a higher level.

The answer to understanding remedies on a higher level seems to be the recent development in C4 remedies. When we learn about common remedies from traditional proving methods, we see their applicability in the physical, emotional, and sometimes the mental realms. But when we see the trituration provings continued to a higher level, such as T4, or T5, we see a resolution occurring within the remedy story itself. We see that within each remedy is a story bigger than we could ever perceive before. Here the remedies reveal, on an energetic level, a resolution stage of healing. We see a level of acceptance where the pathology is no longer viewed as a constellation of symptoms, but as a pattern of a wholly holistic nature. We see that the remedy at higher levels of trituration reveals information on the spiritual, karmic and relational levels.

Just as humanity is evolving as a species, in all realms, so is the understanding in homeopathy. Rather than a fixed state, pathology can be seen as process. Healing occurs in small steps which take us to a bigger understanding of the forces underlying all of human existence.

Suffering is a human trait. We suffer physically, emotionally, mentally and spiritually, often as a result of relational or environmental forces. When there is suffering, there is a process involved in resolving it. First there is acknowledgement of the problem. Then there is articulation of it. Often this is sharing with someone, like your mother, a healer, your health practitioner. These people are connected to you and help you to make sense of your experience. There may also be advice on how to overcome the problem. How to make the rash go away, the bowels stop running, the depression to lift, the outlook to improve – this involves a certain problem solving process.

The healing process is one which often involves all levels of human existence. The healer or homeopath is the being who is often chosen to guide the process of healing. It is assumed by a patient that the healer will know and understand more than they do. It is a relationship of trust. The patient will choose a helper who they feel is in tune with the situation. This is called resonance. If the patient is totally fixated on the physical

problem, and not on the behaviour or the mental processes which were the underlying cause of the problem, then they will choose a healer who matches their world view in a comfortable way so that they can deal with their problem. They choose a practitioner that they resonate with, and the practitioner will choose a remedy that resonates with the patient.

In the world today, there has evolved a higher consciousness than was present during the time of Hahnemann. We are collectively experiencing things together which we never did before. Gender barriers have loosened. We are exposed to a vast array of experiences from the rest of the world mainly through the media and technological communications. World travel is common. In all of this, we see that the human experience is similar, regardless of external factors. We know and have discovered that this common human experience is also the experience of other objects and beings in the world.

When we triturate a substance four or more times, we are looking for the resonance of the substance on different levels. We are training ourselves to really connect with the essence of the substance itself, and resonate with its healing messages. By understanding and resonating with the substances themselves, we find that we can resonate with our patients better. We have a better overview of their process and their healing path.

In homeopathy we believe in the healing power of the vital life force. We know that we can support this force by unblocking the disease process of the individual and restoring healing flow inherent in every living being. This allows the person to work through their healing in their own way. So we are not working allopathically to take away symptoms and suppress the process of healing.

If we see symptoms as an expression of the individual's vital life force, there to bring attention and to restore balance, then we know that merely removing the symptoms is not the answer to the problem. We know that disease actually involves the whole being, on all levels of existence. We know that healing a disease is not just a removal of the

physical or emotional symptoms, but also a reconciliation of the mental, spiritual and relational aspects of the individual.

In this way C4 or T4 homeopathy is a movement into the unexplored collective consciousness of humanity. It is accepting that for all suffering, there is a resonant potentized substance which may offer an opening in the healing channels. We can liken this understanding to wisdom of the ancients – charkas, kabala, etc. It is taking a cosmic view and bringing into the practical realm.

T4 homeopathy is an exploration of the depths, rather than the breadth of homeopathy. By exploring remedies in triturations, we connect with the substances on a personal level, and bring this higher understanding to our healing practices.

There are several examples where we can see additional relevant understand is revealed through further trituration of well known remedies. For example, Sepia, Ignatia, Lac-h, Nat-m...