

Editor's Note



After such a lovely, long summer followed by a short autumn, winter has finally arrived. Energy levels have dropped and people are already going into hibernation mode. Of the seasons, English poet William Blake (1757 – 1827) wrote, *In seed time learn, in harvest teach, in winter enjoy*. At ACCH, we are making your winter much more appealing by combining all three aspects – learn, teach and enjoy – with the introduction of two exciting courses during the winter months. For details see the first two pages of this newsletter.

Also in this issue, we present the second part of American homeopath Todd Rowe's research into Desert Remedies with the inclusion of a case of a desert remedy.

Many thanks to Todd for his generosity in sharing his work with us.

Enjoy.

Kathy

Advanced Education for Homeopaths

The Auckland College of Classical Homeopathy (ACCH) is offering an Advanced Education Course to homeopathy graduates and students as part of part of a stimulating new series entitled *Contemporary Homeopathic Philosophy: Theory and Application*.

This programme consists of three Saturdays during 2008. Each day comprises of two independent sessions.

Designed to meet the needs of modern homeopathic practise, the morning lectures offer comprehensive tuition in the latest techniques

of case-taking and analysis espoused by Jan Scholten and Rajan Sankaran. Following the morning sessions will be lectures on a variety of topics of importance to the modern homeopath.

Dates for the Advanced Education Course for 2008 are: May 24th, August 2nd and November 1st.

the morning sessions

The morning session on 24th May, *On the road to the new method*, is the first of three lectures on Sankaran's methodology of *vital sensation*.

Jeannette Bennett, who has been using this method since its inception, will be running this session. The aim of the session, says Jeannette is to allow homeopaths to become, in Sankaran's words, *human understanders not just symptom collectors*. To facilitate this transformation, Jeannette aims to revisit concepts such as the *basic parameter*, *delusion*, *posture for survival* and *central disturbance*. Use of a case, allows participants to apply this knowledge.

This session is designed to be the first of three morning lectures which explore Sankaran's theories in depth.

During the 2nd session of this series, *the vital*

sensation and the chief complaint (August 2nd), Jeannette will explore the theme of *the language within* by looking at *source*, *kingdom* and *non-human song*.

The final session of the series (November 1st), entitled *the art of case-taking*, is an in-depth look at application of Sankaran's theories to case-taking. Rules of case-taking and interpretation of patient language are discussed with practical examples. Jeannette covers the concept of *local to global* as well as Sankaran's theories of *levels*.

the afternoon sessions

Dr Ruby George will be teaching the second session on May 24th, *Treating allergies with homeopathy*.

Here's what she has to say about her lecture:

May 18th to May 24th is the *Allergy Awareness Week* in New Zealand. New Zealand has one of the highest incidences of allergic disease in the developed world. Up to 20% of the population, mainly young people of working age and their children, are affected. Why are we so allergic? Or are we merely intolerant? What is the difference? Can homeopathy help? What about cases of hypertension, diabetes, arthritis, tonsillitis, eczema,

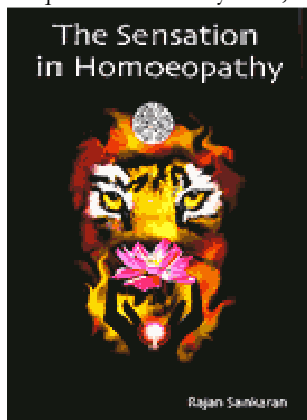
migraines, etc.? Do they have any relationship to allergies?

At the senior seminar, we will examine cases that have been effectively treated with homeopathy, revise the definitions of allergy, idiosyncrasies and intolerance and discuss practical approaches to treat these in the clinic.

Topics for the remaining afternoon sessions for 2008 are:

nosodes and sarcodes with Estelle Kruger (August 2nd) and *using cell salts and bach flowers* with Kathy Coulson (November 1st).

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practical details

The cost for each day is \$50, with morning and afternoon tea provided. Please bring your own mug. Each day will run from 9am to 4pm with a lunch break from 12 – 1pm.

Senior Seminars are pitched at graduate level. Any practitioners are welcome to attend, as are students from any college (minimum of one year’s study).

Attendance at ACCH’s Advanced Education Course is

recognised by the NZCH as hours for the professional development requirements for practitioner registration. Attending one day amounts to six hours. A *Certificate of Attendance* will be sent to all attendees in December confirming their hours of study on the Advanced Education Course course.

registration

To register for ACCH’s Advanced Education Course, please email or phone the ACCH office: ☎ Ph 09 377 2214; ✉ admin@homeopathy.nz.co.nz.

Sankaran’s Advanced Video Course

A complement to the ACCH Advanced Education Course, *Sankaran’s Advanced Video Course* will run this year from June till October. Comprising of 10 lecture sessions facilitated by Dr Pratibha Dalvi (right), this course is suitable for homeopaths with advanced knowledge of Sankaran’s methods. If you have little knowledge of Sankaran’s work with the *vital sensation*, or you feel you need a brush up, we recommend you attend the ACCH Advanced Education Course which starts on May 24th. Here’s what Pratibha says about this course:



As homeopathy gains popularity, and becomes the most preferred choice for alternative therapy, the need to make it easy to practice and reproduce fantastic results is felt by homeopaths who seek guidelines to simplify their practice. Homeopathy works - we have all seen it in our own practice. Occasionally we get a miraculous result, which leaves us exhilarated and our patient satisfied. How we wish we could do the same for each and every one of our clients. We often ask ourselves the following questions: Is there any way we could improve our success rate? How could we help those patients who show initial improvement but then do not seem to progress any further? Can we get any more data in a different way, without getting lost in the story? What do we do with the data we get, which we know is unique to our client, but is not as yet covered in our materia medica? Is there an easier way to remember our remedies? Can our remedies be learnt as members of the kingdoms? Is it possible to study them as belonging to a group eg the sea remedies or birds? Can we make use of existing classification like the periodic table in chemistry to understand our remedies from the mineral kingdom?

Dr. Rajan Sankaran answers these queries in his *Advanced Video Course*, where he takes attendees through cases.

Sankaran’s Advanced Video Course explores the following:

- ✍ The new method of case taking
- ✍ Levels of case taking. How to progress through levels, what to do when stuck at a particular level
- ✍ How to trace the sensation
- ✍ How to recognise the sensation. The qualities of the sensation
- ✍ The three subdivisions of sensation
- ✍ Identifying the kingdom. Differentiating the 5 kingdoms (plant, animal, mineral, nosode, sarcode). Sankaran’s cases from all kingdoms
- ✍ Understanding the criteria for potency selection based on levels (X, C, M, LM)
- ✍ Taking the patient to the source of the remedy
- ✍ Picking up source words throughout the case
- ✍ How source words can confuse if levels are not followed
- ✍ Difference between *vital sensation* and *sensation*. Importance of going from local to global.



Dr Rajan Sankaran

also be explored.

Since introducing his new theories, Sankaran has further developed the method to make it reproducible. The guidelines are now clearer and sharper with the emphasis now on practical difficulties and how to overcome them. This will be illustrated during the *Advanced Video Course*.

The course comprises 30 hours in total, divided into 10 sessions of 3 hours each. Two sessions will be held every month on alternate Thursdays. The first session is on 12th June with the expected finish date being 6th November. Sessions start promptly at 9.30 am and finish at 1 pm.

The course will be held at the Auckland College of Classical Homeopathy in Kingsland, Auckland. Morning tea will be provided. Please bring your own mug.

The cost of each session is \$60 if paying by single session; or \$500 for the entire course of 10 sessions (pre-paid). Hours attended can be claimed as on-going education with NZCH.

To register for *Sankaran’s Advanced Video Course*, please email or phone the ACCH office:

☎ Ph 09 377 2214; ✉ admin@homeopathy.nz.co.nz.

Case Analysis through the Desert Environment

Part II: A Case of Constriction

A Case Example (A Case of Claire Green, ND taken January 2006)

45-year-old woman. Current complaint: Familial hyperlipidemia (Cholesterol over 300; elevated triglycerides).
Past Medical History: Acute Pancreatitis.

P: I can tell you I'm delicate in lots of areas; my knees, my finger joints; I don't look delicate, but I bruise easily. I have to be careful and gentle with myself in every way. (Observation of gestures: flexing hands a lot)

H: Tell me more?

P: My middle joints..., tender and loose and painful and popping especially middle three fingers; may be worse with cold weather; my neck is a definite sore spot; history of three herniations; problematic, goes out easily: when sick, pain radiates to scalp. But that is a minor problem, not major.

H: Weight?

P: I would love to be thinner; I lost a lot of weight with the pancreatitis, lost 50 pounds... but have gained 30 back (weighs 180ish); wasn't able to eat anything... boring, could only maintain, eating light does not support me; I don't have enough substance when eating like that... doesn't feel full... I want to eat all the time.

H: Enough substance?

P: I don't feel sustained; I don't want to have to watch what I eat all the time.

H: Tell me more about delicate?

P: Since the herniations of my neck I feel that way. I bruise easily, in pain, popping Arnica, I use my hands all day long (she is a Chiropractor); I could fall apart and be out for the count longer than you might think, so I am delicate.

H: Tell me more about delicate?

P: It is like a really thin delicate piece of porcelain... translucent. You put it on the wrong temperature surface and it can crack; delicate is easily broken. Delicate is like a flower just ready to bloom could fall apart easily. I can be emotionally delicate too, and start crying easily. My heart is very open; but it is ok, in fact it is good to be delicate... that is not my problem.

H: What is broken?

P: My pancreas... it completely broke me.

H: Tell me about the pancreas thing? (Obs: becomes very animated)

P: It was extremely physically painful; I just wanted to check out as in die. In fact I was dying. First few hours not sure I if would make it. I was not being sustained. If not for life support at the hospital I would have died. The whole thing was very intense. It was all so sudden, I was totally fine in the morning and by the afternoon my body was so swollen it totally filled out my loose baggy T-shirt. My abdomen just blew up (Gesturing like huge abdomen). Now I must take meds and don't like it, scary drugs.

H: How did you feel?

P: I felt complete surrender to the system, there was nothing else to do... I was weak and vulnerable. Just give up, to accept whatever they have to do... and that was freeing for me. It has completely changed me. I am not the same person I was before. I live my life differently, I am in the moment, in the here and now. I felt surrender, relief, I felt my body leaving the planet. Felt detached; the cords were loosening, was beginning to let go. (Gestures; hand spread out above head). I was also really drugged, on a lot of morphine (laughs) you can be here or you can leave. Our time here is delicate; you never know when you are going to go.

H: Tell me more.

P: Why did I get this Near Death Experience (NDE)? Felt like I was given this NDE so I could stop the progression ... How come I got this? I am just this big solid tree trunk, a fireplug. I was like this as a toddler..., big solid legs, strong trunk. I feel angry and ripped off. I can get really angry with my partner. Just zero patience. Frustrated, yelling, screaming, people tell me I act like my Dad; makes me pissed off. Short lived anger then over, I can move on. But it is not loving, not myself. That state of mind is not all loving and it just keeps coming up.

H: What is this state of mind?

P: It feels constricted. (Grips fist) Not free, burdened; I don't have freedom. I can't have this; gets way over the top, everything is constricted like a rubber band ball... when I get like this I have to go dance, or any movement is helpful... I want to go swimming in a turquoise ocean. I am a tightly wound ball; I was really sick last year, I thought I had asthma. My chest was so constricted, had no air coming through. I had to do steroids, etc. I looked like hell... Scary enough I did steroids and not just herbs. I was on it. (Gesture: curling fingers in to palm)

H: What is that about? (Gesture)

P: About not being able to breathe, it is constriction.

H: What is the opposite of that?

P: Freedom; not being constricted; freedom of thought, freedom of speech, to move about, to be free and not having any burdens, restrictions, constriction. Way free. I have not been that free for a long time. I kicked my daughter out of the house ... But even though it was a disaster I was free, it felt good, I had a lot of energy... I was like whoooooo! I am free, I am out of here, open heart, free to be more open. (Gestures: arms outspread).

H: What is the opposite of this?

P: Shut down, constricted, closed down, can't go anywhere, too many responsibilities, too many burdens. Too many patient burdens. I never felt that way when I had a massage practice. Now I am responsible for so much. I feel constricted, I can't go anywhere, Not creative anymore. When I left my husband I had a lot of feelings like this. Pissed off he could not be the person I wanted him to be.

H: What is healthy in your life? What makes you feel good?

P: Being at the beach out in nature. I long to live at the beach..., the ocean, the texture of the sand, the vast space... there is just a whole lot of space at the beach; lots of clean air; can feel my heart opening; feels connected to the source instead of that tight

ball feeling. Without that I am not protected.

H: Protected?

P: We all have armour. If you take off the armour, you get down to the core; when in layers of clothing you never know who you are up against: who knows what could happen? You need some sort of protection or you will be in trouble. I put on positive protection.

H: Tell me more about your art?

P: Beadwork, collage... did a collage of a rock with a crack opening with a woman. There was a feeling of desiring freedom, open heart: reminds me of dance, when the child is able to dance free from any judgment: used to dance a lot, started lessons at five years old: jazz, tap, modern, ballet, was on the dance team in High School, but got in bad motor vehicle accident. In traction for six months. That was first neck injury. There was too much pain to dance after that. Before that art not so important, movement was, but after that I went into studio art. It was lonely for me. Did bodywork because I needed massage.

H: Favourite book?

P: *The Earth Path* by Starhawk - The name morning glory was given to me when younger... I could not relate to it. How come I don't have a circle name? Then I read that snake star was an old name for the morning glory..., the snake that wraps itself around a thing to protect it. That feels right to me... I would protect the circle...the vine snake that wraps around and holds together. (Gesture: cupped hands.)

H: Tell about hands.

P: I hold things together, I am a container for many different things (draws a circle in the air).

H: What is this circle?

P: That is the container, the vessel. It's like my pottery: always functional, they hold stuff. Non-functional art doesn't interest me.

Other health stuff:

Leg cramps due to the medicines she takes, but prone to them whole life. They are in the gastrocnemius - unbelievable constriction (Gesture: grips fist). It takes a long time to dissipate: I just want to go into the belly of the muscle and rip it up so it will go away. Perimenopausal: menses regular now but have been spotty. Some hot flushes.

Analysis: Typhoid Miasm (Sudden attacks of near death which resolve and then is well). Cactaceae plant family (Sensation of constriction vs. expansion; closed down; narrowed down; Swelling; Hand gestures of constriction and expansion).

Desert themes of Case: Contraction and expansion; swelling; large weight gain; water/beach; spirituality and religion; circle; amour and protection; freedom to move about, to wander; freedom of speech; open free heart; intense and sudden; life and death; bruising/easily injured: drug themes.

Prescription: *Carnegiea gigantea* 1 M

Summary of Follow-up

After two months: Did very well on the remedy: muscle cramps and hot flushes receded. She had a relapse when a friend brought a lawsuit against her. *I felt so attacked by a sister.* (After a lot of rain, a huge pine tree toppled over into the driveway where a friend had just parked, she almost died!). All resolved after repeating *Carnegiea gigantea* 1M.

After four months: Lost 35 pounds. Stopped her cholesterol meds. Asked partner to move out and two months later met a man and incredibly happy.

After six months: Lipid Panel showed her cholesterol is below 200 and triglycerides normal. It had been over 300 even while on several anti-cholesterol meds before the remedy.

After ten months: *My whole world has contracted!* Her relationship has broken up. *Incredibly sad, crying a lot. It was my idea to break up, not his: he is just not able to be there for me sexually. I want a whole relationship.* Repeat *Carnegiea gigantea* 1M: order LM 1 to take as needed.

After twelve months: Doing well. Got more in control almost immediately after repeating the remedy. Feels healthy and *like it is being integrated into me.* Using LM every few days.

Plan: Repeat lipid panel (remains normal): use LM as needed.



Materia Medica of *Carnegiea gigantea* (above):

Desert themes and symptoms include swelling and contraction; large size: slowness and patience: holes: attack and defence: ancient: death and dying: drug themes: religious themes: purification: bulimia: darkness; violence; water: fornication: poison: spiral motions and apathy.

Core Sensation: Contraction versus Expansion

Central Movement: Waving in and out

Miasm: Typhoid

Key Points:

- 🏠 Home is not safe. Intrusion, stealing. Sexual abuse, violated boundaries. Warrior. Violence.
- ❤️ Heart. 🌊 Water.
- 👁️ Edginess, hyper-vigilance.
- 🌀 Hallucinations, confusion.
- 🧠 Detachment, dissociation, emotional numbness.
- 🕷️ Poison. Spiders and snakes.
- 👴 Deterioration, aging, dilapidation.
- 👤 Large/small.
- 📏 Expansion, constriction.

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Articles for ACCH newsletters are welcome.

Submit your article via email to the editor (Kathy Thomas) at pukekahu@xtra.co.nz. We accept: Letters to the editor; articles on homeopathy; case studies; book reviews; editorials; photographs; cartoons; information regarding future courses or seminars.