

From Shadow to Light

The WISE Processes in Homeopathic Case-Taking



Rajan Sankaran

From Shadow to Light

The WISE Processes in Homeopathic Case-Taking

Rajan Sankaran



Homoeopathic Medical Publishers

Mumbai, India

© **Dr. Rajan Sankaran**

All rights reserved. No part of this publication may be reproduced, transmitted, or translated into any language in India or abroad in any form or by any means without permission of the publisher.

Printed in India

First Edition: March 2021

ISBN: 978-93-80355-71-9

Printed at:

SAP PRINT SOLUTIONS PVT. LTD., Mumbai - 400 013



Homoeopathic Medical Publishers

201 Dinar, 20, Station Road, Santacruz (West), Mumbai 400 054, India

Tel.: +91 22 2605 8328

E-mail: sales@onlinehmp.com

Website: www.onlinehmp.com

Acknowledgements

The journey of developing the WISE processes began many years ago with the support of the doctors from my clinic and *the other song: International Academy of Advanced Homeopathy*. These doctors included Dr. Maithili Talreja Kapoor, Dr. Nishita Shah, Dr. Kshiti Mehta and Dr. Meghna Shah among others.

From there, we worked on the WISE processes at the Sampooranam healing centre with the support of the core team including Dr. Rupal Shah, Reema Shah, Carolyn Shanti and others.

The clinical use of these WISE processes was applied extensively by Dr. Sarah Coutinho, who has been a great support in fine tuning the processes, and also in the writing of this book.

The organization and editing of the book have been done by Armeen Jasavala, who guided the direction of the book into a well-structured and effortless read.

The following people reviewed the book and gave very useful feedback: Laurie Dack, Misha Norland (who also helped with the chapter How a Homeopath Prepares for WISE), Luke Norland (whose comments have been included on the back cover), Sonja Claas, Sabrina Holdener and Dr. Meghna Shah.

I would also like to thank Mr. Haresh Shah from HMP, who coordinated the publishing of this book.

To all these wonderful people, a heartfelt thanks is due from both the reader and myself.

Contents

Introduction	9
Overview of Concepts	
Holism	15
Individualization	15
The Levels of Experience	19
Sensation	22
Kingdom Differentiation	24
An Introduction to Subclasses and Superclasses	27
WISE : Witnessing the Inner Song Experience (WISE)	31
How a Homeopath Prepares for WISE	35
How WISE Begins	39
General Guidelines for WISE	41
Initial Instructions for Patients	43
When to Use WISE	45
Questioning During WISE	47
WISE Processes	49
WISE: Images	51
About Sankaran's DeWise	52

Instructions for WISE Images	63
Analysis After WISE Images	65
My First Case Using WISE Images	67
The 5 Levels of WISE	73
Level 1: Now	74
Level 2: Past	74
Level 3: Imaginary Level	74
Level 4: Non-Human Pattern	75
Level 5: Energy	76
Implementing the Wise Processes in Case-taking	77
Techniques used for the WISE Processes	81
Illustrative Case Examples	85
Case 1: Irregular menses and headaches	86
Case 2: Migraine and hypertension	93
Case 3: Ankylosing Spondylitis	96
Case 4: Recurrent allergies and headaches	100
Illustrative Cases using DeWISE Images	
Case 1: Vitiligo, psoriasis and knee pain	105
Case 2: Psoriasis and polyarthritis	142
Case 3: Shoulder pain, tennis elbow and irritable bowel syndrome	178

WISE: The Doodle	213
A New Look at Doodles	214
How to Do the Doodle Exercise with Patients	215
What the Homeopath Does with the Doodle	216
Illustrative Case Example	217
WISE: The Wall	233
Instructions	234
Illustrative Case Example	235
WISE: Free Strokes	243
Instructions	244
Illustrative Case Example	246
WISE: Posture	253
Instructions	254
Illustrative Case Example	255
WISE with Sound	
WISE: Keyboard	259
WISE: Nonsense Talking or Blabbering	260
Awareness of Body, Mind, Spirit and Human	261
Resources	265

Introduction

As homeopaths, we strive to heal our patients on various levels.

In order to do this, we need to discover the individuality or uniqueness of each patient, which is expressed at many levels including the physical, emotional, delusional, sensation level and energy pattern.

Fundamental to this individuality is the perception of how the patient experiences stress in his or her life. The deeper we go into their unique experience of stress, the more their individuality will be revealed.

We must realize that stress is not a result of external causes, but it is from the way we perceive and react to external reality. This comes from an embedded pattern within each one of us, called the inner song.

If one becomes aware of this pattern, two things result:

1. The awareness itself can help the process of healing.
2. The revelation of the pattern aids in selecting the appropriate homeopathic remedy.

The homeopath must explore this pattern through several windows.

One of the most telling windows are the imaginary situations that lie in a patient's subconscious mind. Interestingly, these imaginary situations are frequently triggered whenever we face any kind of stress. These imaginary situations are associated with an underlying sensation or somatic (i.e. bodily) experience. For example, in homeopathic case-taking, if a patient expresses that they have any kind of fear, we ask how does the fear feel, or we ask them to take us to an imaginary situation where the fear would be more appropriate. In day-to-day life, adult patients sometimes hesitate to express their fears because they feel the fear is illogical. If asked to describe a situation where they feel having this fear is justified they will speak about it more openly. For instance, if we ask them to describe their fears as a child and tell them to imagine it from the eyes of the child, they are more readily expressive. This is because the logical mind says that for a child to have fears is acceptable. We could ask them to imagine a situation where this feeling or fear is appropriate. This situation may not be in their conscious awareness.

In the end, we look for an experience that is more individual to that patient, which is not logical. This experience can be also called the ‘sensation’, and this is a part of the pattern in which the individual is stuck. The uncovering of the ‘sensation’ is a vital part of the case-taking process.

During the case-taking, sometimes a patient will freely go into their inner experience or sensation, but there are many times when the patient has difficulty in doing so. In this case, we use various meditative processes that utilize sensation words from the patient’s consciousness to find an entry into their subconscious. But be forewarned, the barrier between conscious and subconscious in most patients is very strong. For example, some people remember their dreams and are surprised by them. However, a large majority of people do not remember their dreams when they wake up because the barrier between the conscious and subconscious mind is very strong.

The logical, conscious mind does not allow the patient to see the illogical or the unconscious within themselves.

This process becomes much easier for the patient if they project their imagination on to something or someone else. The projection process helps the patient remove the focus from themselves, creating detachment. Then, if we ask the experience of that ‘someone else who is undergoing that situation’, it is much easier for the patients to relate without any sense of threat and much less vulnerability. This is because the logical mind says this has nothing to do with the situation that the patient is in.

Many years ago we started exploring different ways to travel deeper into the experience. A group of my colleagues would periodically come together to meet, discuss, and more importantly, experiment with different windows that could lead us to our own deeper experiences. It was then that I discovered a relatively simple way for patients to reach their inner pattern and it has proved very useful in my practice.

In one of our first meetings, we showed everyone a picture of the Taj Mahal, something that they readily knew and could identify with. We asked each doctor to write five words about the Taj Mahal to describe it. We then had a group sharing in which each person shared the words they had written. Some of the responses that came up were common like, “white”, and “love”, and so on. But it was also evident that each person also added something different and unique. Each participant then had to circle the words that were peculiar or used only by

them. They would then use these words to go deeper into their imagination and experience it. There were so many different experiences of the same image! We really did not imagine that a picture of the Taj Mahal could elicit such varied responses. This simple experiment helped to show us that whatever you see on the outside, it reflects your inner reality.

Following this successful experiment, the next window we wanted to explore was imagining a human, every day situation. We told each of the doctors to imagine a shopping mall, where they were inside and looking around. After reflecting for a few minutes, each person wrote down what their experience was to be there. One participant said that he felt excited and joyful, fascinated by the different colours and lights around. Another said that it felt overwhelming, that it was too crowded, and that she just wanted to go away from it all. As expected, each person came up with their own unique pattern.

The Taj Mahal and the shopping mall are simple, introductory WISE processes that we use even today, and they yield very good results.

I started exploring more and began using simple pictures with patients, students and participants in the Sampoonam retreats. I continuously observed that even though the images we used were the same, each person in the group would come up with their own imagination, and through the imagination, we were able to access each participant's individual experience. From this I understood that whatever we see in anyone (or anything) has to do with our own sensitivity, and it comes from our own perception.

By using the word (or words) that are individual to a person, we are able to inquire further and eventually access their imagination and experience. By doing this, we get a glimpse of the perception that is behind the emotion and stress that they experience. A patient's whole inner world can open up beautifully through this process.

Often in our clinics, patients tell us stories of their lives that are very intense and absorbing. It is very easy to get lost in these stories and miss out on what is really important in the case. So, to detach them from their logical mind I started using carefully selected images from my own photo album that seemed to speak to me.

To start, I used two very different photos of a pair of swans (see below), to understand the inner experience of a patient in their two polarities.

SWAN 1



SWAN 2



In some cases, these opposing images can bring out two polarities in a patient. For example, in the first picture there could be a perception of conflict and in the second picture, that of togetherness. We need to further understand the experience in both of these cases. However, some words of caution to note: there is no fixed rule that a clear polarity will be revealed, it varies from patient to patient.

The WISE process of viewing photos and the other WISE processes, including doodles, postures, the wall, and free strokes, are devised to bring out the patient's inner song for them to observe. These activities are very useful for bypassing the logical mind and bringing the inner pattern into consciousness.

We use the WISE processes as therapeutic tools to allow the patient to witness their own pattern over various processes, and soon enough, they experience a similar pattern repeating itself. In our clinic, many-a-time when doing these processes with individual patients we find that with each picture, they describe things more vividly and go deeper into their experience. They become more aware of their inner pattern. This process itself is therapeutic for them and also greatly helps the physician in identifying their homoeopathic remedy.

We also use these WISE processes in group settings during workshops for patients and in the Sampoornam retreats. When the processes are done in a group, there is an added advantage that is beautiful to witness. When all of the participants share their unique inner experience in front of each other, each person is able to see their own uniqueness and pattern, and thus, recognizes that what they experience comes from within and not from external circumstances.

With the awareness of and insight into their own pattern, the individual also begins to understand many aspects of their own life that they previously were unaware of. Often, they leave the group session with a completely different outlook on life. Even years later when we follow up with them they report being so much more at ease with themselves. Though nothing had changed in their outer life, living life with the awareness of their pattern helped them respond to situations in a healthier manner.

The breakthroughs that we achieved with our patients who underwent the WISE processes were so extraordinary, that we decided to share these invaluable tools with you all. The reason for writing the book is primarily to demonstrate the technique of using these tools in your practice. It is an art, like the art of case-taking, and needs to be learnt step by step.

This book can be used in conjunction with Sankaran's DeWise, a very useful clinical tool that helps to reveal a patient's inner song. We have also included many illustrative case examples within for further guidance on the application of the WISE processes in case-taking.

Overview of Concepts

The WISE processes are based on certain concepts that have been the foundation of my practice for the past forty years.

These concepts are very important to understand and should be studied in depth before using the WISE processes in practice.

HOLISM

The idea of holism suggests that the body is born as one, functions as one, reacts as one and dies as one, and when affected by sickness, it reacts as a whole.

Various symptoms represent this reaction and they surface in the patient's physical body and mental state.

If we want to get a true and complete picture of the sickness, we must not only consider the chief complaint of the patient, but also the symptoms manifested in all parts of the body and mind.

Homeopathy not only recognizes that the mind and body are two parts of a whole, but also that they are closely tied together. Homeopaths give a single medicine in order to heal the patient as a whole and to remove their ailments.

INDIVIDUALIZATION

The concept of individualization is very important in homeopathy. As mentioned earlier, no two people are alike, which in turn means that no two people react alike in sickness, even if they suffer from the same complaint.

The patient's language and speech, doodles, hand gestures, handwriting, manner

of dressing, choice of profession and the way they present their complaints, all act to individualize them.

Homeopathy is essentially the treatment of the individual patient. The homeopath considers, studies and treats every patient individually.

The movie *Rashomon* directed by Akira Kurasuwa beautifully encapsulates this concept. The film is set in 1950's Japan. It is known for its innovative plot device that involves various characters providing subjective, alternative, self-serving and contradictory versions of the same incident (a murder). As the movie unfolds, each of the people that are connected with the incident give a completely different version of the same situation. Following the movie's release, the term, 'the Rashomon effect' was coined. The Rashomon effect occurs when an event is given contradictory interpretations by the individuals involved.

Interestingly, this concept runs parallel with the homoeopathic principle of individualization, where it holds that each person's perception of the same thing, event, or situation, is different from others.

These thoughts were in my mind when I visited a forest in Romania during the autumn season one year. There, I saw many trees that were full of leaves and amongst them, one in particular caught my attention. I saw this tree without leaves standing alone in the backdrop of the sunset. It somehow seemed to stir something within me. Being interested in photography and thinking that it would make a good photo, I clicked it. (*See photo on Page 17*)

An Introduction to Subclasses and Superclasses

I first started exploring the idea of kingdoms thirty years ago.

This was followed by the systematizing of knowledge based on the individual sensation of families in plants, rows and columns in minerals, and subkingdoms in animals.

Recent research in the plant kingdom has taken this idea one step further.

A Special Note

To make the best use of the information provided in this book, we need to have knowledge of the Sensation Method, seen in terms of Kingdom, and now, in terms of Subclasses and Superclasses.

Through the WISE processes, patients generally reach level 5, describing their experience and sensation.

Therefore, it makes sense to have a thorough understanding of the sensation and various responses of the Subclasses and Superclasses, so that the pattern that the patient expresses can be distilled into a remedy easily and without confusion.

In plants, we start with the kingdom, then class, subclass, order, family, remedy and the source. Each of these levels have a certain quality. The main idea behind this research work is to understand the common sensation in each of the plant subclasses.

WISE: Witnessing the Inner Song Experience

WISE: Witnessing the Inner Song Experience

Witnessing

Inner

Song

Experience

Witnessing means observing from a distance, without judgement, without wanting it or not, without likes or dislikes. Witnessing is observing in the most minute detail. Witnessing is called *Saakshi Bhaav* in Sanskrit.

To further understand this, we will look at an example of a court witness who gives testimony under oath with the penalty of perjury in a court of law. Here, he has to give evidence of exactly what he has seen or heard, without any additions, emotions or judgement. He has to go into the most minute details of the incident and narrate it exactly as it happened, with no interpretation.

Inner simply means inward looking. Once we realize the drama is inside and not outside, we then see what the effect of the outside on the inside is. Whatever may be happening on the outside, the focus should be on the effect of that on the inside.

Song means the inner pattern. The pattern or song is like a melody that is playing within us. Irrespective of what is happening externally, the same melody plays within us. This is our inner song.

The *experience* of the pattern is not a thought, an emotion, nor an image. It is a sensation or an energy pattern. It is beyond the mind, logic, and reason, and is felt in the body as well as the mind at the same time, revealed through non-human qualities, gestures and energy.

Interestingly, WISE also means wisdom. Wisdom comes from directing your attention and looking within.

William Cowper, a well-known English poet (1731-1800) wrote the following poem about wisdom and humility:

*Knowledge and wisdom, far from being one,
Have oft-times no connection. Knowledge dwells
In heads replete with thoughts of other men,
Wisdom in minds attentive to their own.*

*(Extracts from the Task: Meditation in Winter
from book VI, The Winter Walk at Noon)*

As previously mentioned, the journey towards healing begins with an awareness of the *other song* playing inside you.

In a supportive and relaxing environment, patients have the chance to discover their inner song through thoughtfully created, reflective processes, called WISE, leaving them with a feeling of being inspired and deeply nourished.

Being aware of and experiencing their inner song allows one to understand the causes of stress, and also, helps to reduce the intensity and effect of that stress on us. As this happens we can come out of the fixed melody that rules our lives and have freedom to be and live in the now. This is WISE.

One of the main intentions of WISE is to empower the patient to look inside at their own pattern. This inward journey is quite therapeutic.

These processes can be done with individual patients and in group settings. If the WISE processes are done in groups, it is essential that each participant not only discerns their own song but they should be able to see the unique pattern of others as well. This is vital because only then one can understand their uniqueness. Otherwise everyone would harbour the delusion that their truth is the only truth. This makes group sharing an extremely integral part of the WISE processes.

How a Homeopath Prepares for WISE

When we first started exploring with the processes, my colleague Dr. Meghna Shah, dean at the other song academy, posed a very interesting question to me regarding WISE. She wanted to know what type of prerequisites were required of the doctor who was performing the WISE processes, and also, what they needed to develop within themselves to ensure they could effectively carry out the processes on others.

I discussed this at great lengths with Dr. Meghna and another colleague of mine, Dr. Sarah Coutinho, who has been deeply involved and instrumental in the development of the WISE processes. We brainstormed about what kind of process the homeopath needs to undergo before attempting it on a patient.

Firstly, the homeopath needs to understand that in order to conduct a WISE process, he or she must have a certain level of maturity and compassion to provide the space for a patient to express their pattern without identifying with it.

It is certainly possible that the processes can be draining if the physician does not prepare themselves adequately. The kind of information that we receive from the patient can be difficult to handle as it may provoke powerful empathetic responses. If this occurs, we lose objectivity, and our minds, that require objectivity, will feel the urge to find a fix. This involves our minds wanting to understand and classify things, ultimately leading to some definite conclusion. We tend to want to put the information received from the patient into classifications of kingdoms, miasms, rubrics, or conveniently into the picture of a remedy that we recognize and know.

How WISE Begins

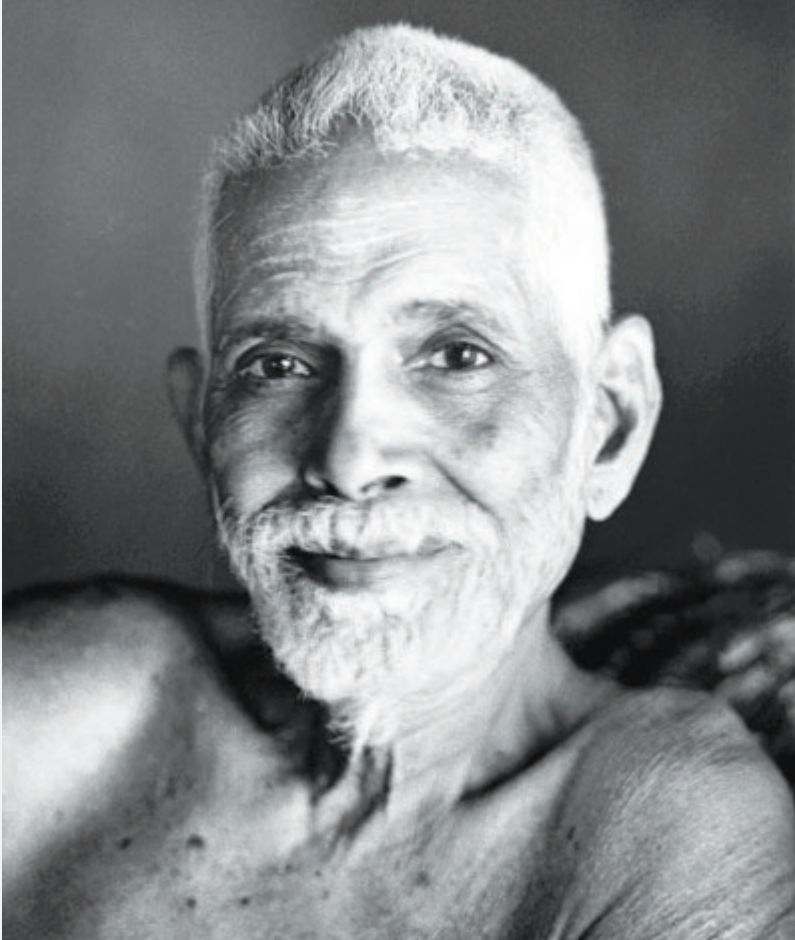
Before any patient begins the WISE processes, a questionnaire is given to them on the previous day.

It includes the following criteria:

1. Fears: What are your fears spanning from childhood to adulthood?
2. Sensitivities: What are you sensitive to physically and emotionally? What do you hate?
3. Interests and hobbies: What do they do to you? How do they make you feel?
4. Dreams: Are there any recurrent dreams you have?
5. Situations: Are there any specific situations that have affected or affect you?
6. Preferences: What are your favourite colours? Smells? Aversions?
7. Complaints: List the complete details of your physical complaints in the past and currently.

The patient is also asked to write *how* each of the above affects them.

These pre-WISE questions serve a couple of purposes. Firstly, in many instances during the WISE processes, patients come to us and want to talk about themselves and their complaints. They may be resistant to stick to the process exclusively. In such situations, assuring them that we have already gone through



Ramana Maharshi

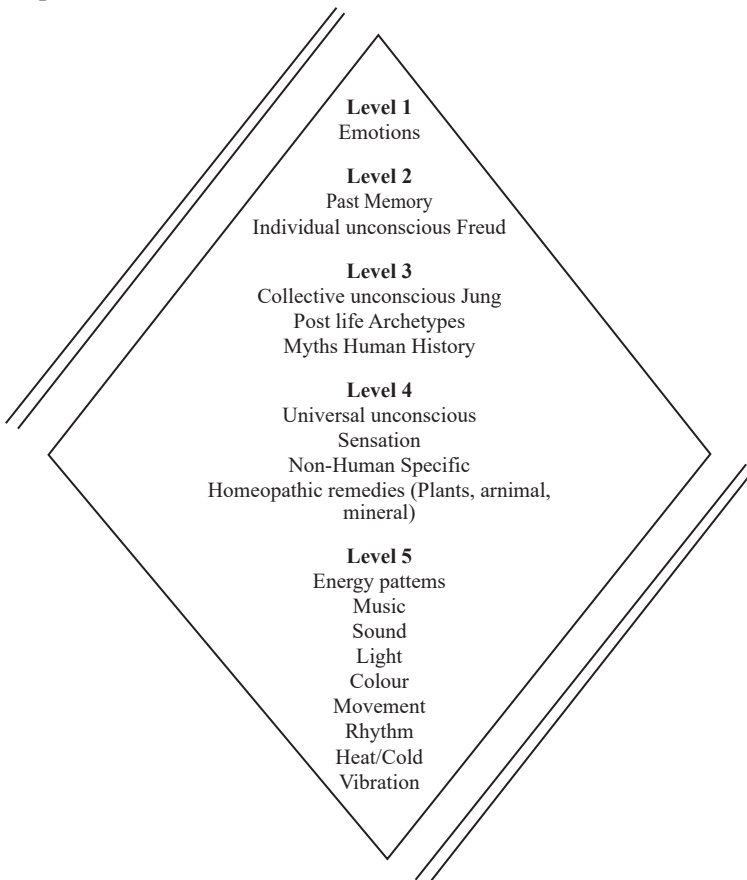
Each of the WISE pictures adds something to the patient's pattern, either in the form of imagination, images or experience, and therefore, all of them need to be given due consideration.

It is important to note that all of the WISE images do not need to be used in one session, but there are no hard and fast rules. It depends on the requirement of the case at hand. Sometimes, it so happens that the pattern becomes clear through only a few pictures. If this occurs, there is no need to go through all of

The 5 Levels of WISE

There are 5 levels of depth that the patient will potentially experience during the WISE processes.

The image below illustrates the 5 Levels of WISE and we will examine each level in depth.



Illustrative Case Examples

In the following illustrative case examples, the language of the patient and doctor has not been heavily changed or edited for authenticity sake. The cases have also been edited for brevity sake, making for easy reading.

In this section, we specifically included case examples that illustrate the above techniques used in the WISE processes. We have not added the cases in entirety, but we have included the parts of the case that are pertinent to understanding these techniques.

The index of short forms includes D: Doctor, P: Patient, HG: Hand gesture.

In between the transcripts, you will find Dr. Sankaran's thoughts and comments (in italics) at that moment in the case-taking.

Case 1: Irregular menses and headaches

Case 2: Migraine and hypertension

Case 3: Ankylosing Spondylitis

Case 4: Recurrent allergies and headaches

WISE: The Doodle

A doodle is a drawing produced aimlessly or absentmindedly while doing something else.

It is abstract, irrational, illogical in nature, and unconnected to external reality.

A doodle is spontaneous, done without a plan, and without the involvement of the mind or intention.

It comes from a very deep level, namely, the sensation level.

Many of us, at some point in time, have gotten bored during a lecture or phone conversation and found ourselves scribbling some forms or repetitive shapes on any piece of paper. I noticed that when I got tired or sleepy during a conversation, I would automatically (that is, involuntarily) start drawing repetitive shapes and patterns. After years of doing this, one realizes that inevitably there are two or three patterns that spontaneously repeat themselves. Very naturally, one tends to wonder where these come from and what they might mean. I was certain that these doodles were individual, varying from person to person, and not logical, because they were obviously unconnected with external reality. Yet, if “I” did them repeatedly, they came from “me”, from deep within my own self.

Psychologists across the globe have conducted extensive research into the interpretation of doodles. Interpreters of doodles consider not only the actual drawing, but also the line pressure with which it is drawn. For example, light lines indicate sensitivity or a tentative nature; the artist worries about making errors. Medium-weight lines suggest a balanced, confident personality. Heavy

WISE with Sound

We also experimented with sound as a doorway to within and found it to be quite a successful way to reach the inner pattern.

There are two main processes we use for WISE with sound:

- i. WISE: Keyboard
- ii. WISE: Nonsense Talking or Blabbering

We will explain the instructions for both (in brief).

WISE: Keyboard

We bought Casio Keyboards and let the patient play freely. They were told to produce sound without any reasonableness. It had to be as spontaneous as possible.

Here, special care should be taken in giving the instructions. The biggest note is that they should not play what sounds good. They must play something with no meaning, but that which comes to them in the moment.

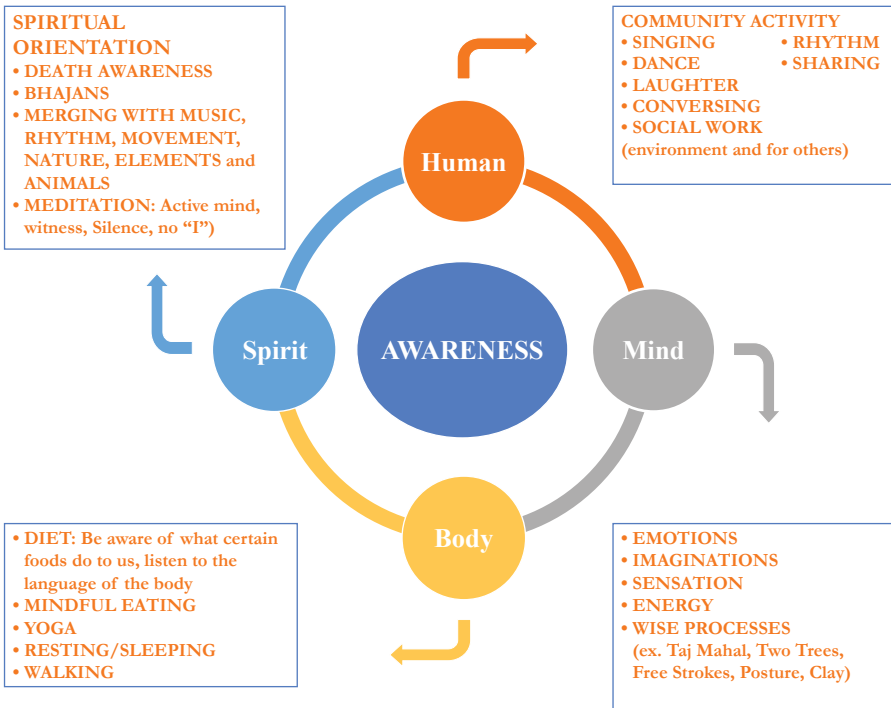
This is recorded on video and then played back to the patient. This biofeedback technique triggers the patient's inner state.

The pace, speed, and movement of energy that emerges is completely from their inner pattern.

Awareness of Body, Mind, Spirit and Human

The awareness of body, mind, spirit and human can be compared to four wheels of a car. When all four wheels are functioning smoothly, the car can move forward.

Similarly, healing happens only when we have the four wheels of awareness of: the body, mind, spirit and human.



Resources

To perform the WISE processes optimally (and correctly) one requires knowledge and systematic training in Dr. Sankaran's methods and approaches.

We have included the below list of resources to help with this process.

Recommended Book List

The following list of books (published by HMP*) are recommended to read before performing the WISE processes with patients:

From Similia to Synergy

Dr. Rajan Sankaran began his career in traditional homoeopathy and later introduced his concepts of delusion, kingdom, sensation, and levels of experience. *In Similia to Synergy*, this evolutionary process is revealed and explained. During this progression, he discovered that the secret to success lies in an integration of the original concepts of homoeopathy, like Materia Medica, Repertory and case-taking, with contemporary approaches. This book demonstrates the benefits of this integration with illustrative case studies.

The Sensation in Homeopathy

Using numerous case examples, *The Sensation in Homeopathy* describes the concepts and use of the Sensation Method, the Seven Levels of Experience and the Vital Sensation. By understanding cases in this way, a definitive pathway for case-taking is provided, and it is a means by which we can observe and utilize

the active energy patterns of the patient. Dr. Sankaran's system of analysis also includes the understanding of miasm and kingdom classification (plant, animal, mineral, nosode, etc.), which help to facilitate a comprehensive way of analysing the patient and case.

Sensation Refined

Sensation Refined addresses the problems and pitfalls that practitioners of the Sensation Method face. This book answers many queries about the sensation, its expression, and how to understand it in a clear and simple way. Through illustrative cases, the reader learns how to take the patient from one level to another, and how to follow the Sensation Method way of case-taking. In *Sensation Refined*, the three sublevels of Sensation (Level 5), the features of the various levels, the rows of the mineral kingdom, and the classes in animals, are much clearer.

The Synergy in Homoeopathy

In the traditional approach to homoeopathy, treating on the basis of symptoms, rubrics and keynote has stood the test of time. The introduction of more contemporary ideas like kingdoms, levels, miasms, and sensation (the system), have brought homoeopathy into a new paradigm. In *The Synergy in Homeopathy*, the reader will see that the symptoms and the system are two sides of the same coin and the secret to success in practice begins with an integrated approach.

Exact, Complete, Depth: The Eight Box Method Of Case Analysis

The Eight Box Method is Dr. Rajan Sankaran's most recent development in homeopathic practice. It is a simple analysis tool that involves classifying a patient's information into 8 (or more) different aspects. It compels the physician to look at various aspects in the case to find the thread that connects them all. This approach allows for the use of several methodologies in any given case, is easily reproducible, and helps to achieve consistent results. This book aims to help the homeopath reduce the chances of error arising from prejudice, or from looking at the elicited information only partially.

Sankaran DeWise

Sankaran DeWise is a very useful book that resembles a desktop calendar. The *DeWise* tool is synonymously linked with the WISE Processes (WISE: Witnessing the Inner Song Experience). *Sankaran DeWise* contains important images used in the WISE processes, along with instructions of use for the homeopath. It is a quick, handy reference, also providing information on many of Dr. Sankaran's concepts such as kingdoms, miasms, levels of experience, and plant subclasses. *DeWise* also highlights his latest ideas on meditation and awareness, and how both can help in healing. The images within, hand-selected by Dr. Rajan Sankaran, are used as a gateway into the patient's unconscious, and help the patient uncover their own inner pattern.

Other Useful Resources

***Homoeopathic Medical Publishers (HMP):** HMP has published the above titles authored by Dr. Rajan Sankaran. These books (and more) can be purchased from the HMP website : www.onlinehmp.com

HMP also offers several comprehensive online courses:

WWR 1: In WWR 1, Dr. Sankaran presents a comprehensive series of lectures (102 hours). Students will learn how to successfully integrate traditional homeopathic knowledge of the Organon, Materia Medica and Repertory with the Sensation Method. Topics range from the basics to the latest advancements in homeopathic medicine, with the help of cases.

WWR 2: Wednesdays With Rajan 2 takes the student from fundamentals to mastery. In this course, Dr. Sankaran is joined by 23 of the world's leading homeopathic practitioners, each bringing their own unique approaches to their lectures. This course not only teaches how the Sensation Method and other contemporary, advanced methods are used in practice, but also shows how the Sensation Method can be integrated with traditional or conventional approaches.

WWR 3: In Wednesdays With Rajan 3, students learn the intricate art and skill of case-taking, case-analysis and follow-up. Here, the Synergy Approach and The 8-box Method are highlighted, and Dr. Sankaran presents an integration of all methods in case-taking and analysis. WWR3 highlights the techniques

used in follow-ups and how to manage long-term follow-ups in practice. In these lectures, Dr. Sankaran goes into great detail and explains the process of case-taking and analysis with step-by-step instruction, allowing participants to get a sneak-peak into his own thought process and understanding of the art of homeopathy.

The 3 S's of Plants in Homoeopathy-Sensation, Subclass, Superclass (SSS):

In this course, Dr. Sankaran presents his new homoeopathic insights into the botanical Subclasses, which was previously a missing link in case analysis. In this course students will not only learn the Sensations of different plant families in great detail, but they also will learn about the plant subclass evolution and the correlation of the plant kingdom with the animal and mineral kingdoms. Furthermore, the student will learn how to understand the inner pattern of a patient through the WISE processes.

For more information, please send email to : hmpinfo@onlinehmp.com

WISE (Witnessing the Inner Song Experience) Workshops: *WISE Workshops are conducted a few times a year at the other song: International Academy of Advanced Homeopathy in Mumbai, India. These workshops are for those who want to learn how to conduct and facilitate the WISE processes in practice.*

For further details please visit : www.sampoornamhealing.com

For details about books and other courses please visit : www.onlinehmp.com

HOPE (Homeopathy Online Portal for Education): *HOPE is the latest advancement in homeopathic e-learning that aims to enhance the quality of homeopathic education globally. It is an online platform that provides video seminars and various lecture series online. Many re-nowned homeopaths around the world lecture about topics including the Organon, case-taking, provings, posology, materia medica, repertory, contemporary approaches in practice and many more.*

For more information please visit : <https://hope.synergyhomeopathic.com>

the other song: International Academy of Advanced Homoeopathy (TOS):

Located in Mumbai, India, TOS primarily focuses on advanced clinical training for students and practitioners. The team, led by Dr. Rajan Sankaran, consists of many highly qualified and experienced homeopaths, who are passionate about advancing homeopathic education to create better practitioners. the other song academy provides clinical experience to students via live-case based learning.

For more information about our courses please visit : www.othersong.com

For free videos please visit : <https://www.youtube.com/user/theothersong1>

WISH (World Institute For Sensation Homeopathy): *WISH* is a worldwide, not-for-profit collaboration of homeopaths who practice the Sensation Method. The core group represents homeopaths from all over the world. WISH was formed to provide a forum of communication and education, ensuring that a certain standard is maintained, whilst allowing development to serve the needs of practitioners and patients in a more effective way.

For more information please visit : <https://www.wish4healing.net>

Synergy Homeopathic: Synergy Homeopathic (formerly KHA) is an international company comprised of homeopaths who are dedicated to empowering practitioners, teachers and students through the development of reliable, comprehensive homeopathic software and teaching tools. In 1986, David Warkentin started to develop the homeopathic software programs that we now know as *MacRepertory and ReferenceWorks*.

For more information please visit : <https://synergyhomeopathic.com>

Sampoornam: *Sampoornam* is a holistic healing centre initiated by the charitable trust *Homoeo-pathic Research and Charities*. A team of dedicated homeopaths, health and wellness professionals came together with a shared vision to create programs for healing the body, mind and spirit, in a safe space. In our five-day retreat, *Sampoornam Healing*, individuals participate in unique inner work processes called WISE (Witnessing the Inner Song Experience), along with other activities like meditation, music, yoga, and nature walks, fuelled by a whole foods, plant-based diet.

For further details please visit : www.sampoornamhealing.com



From Shadow to Light

"The ideas in this book are very stimulating, as always, and reminded me of the effectiveness of Dr. Sankaran's case-taking approach. I found myself immediately becoming more aware and in-tune with the non-human-specific expressions and hand gestures of my patients. The descriptions of how to engage in the WISE case-taking process are very clear. The instructions given for helping the patient access their inner pattern and deeper levels are the clearest yet! It can be put into practice straight away within the context of a regular consultation.

To summarise, it is a very clear distillation of Dr. Sankaran's case-taking process. For those who are already familiar with Synergy and Sensation, it is a very clearly laid-out reminder of how to understand and work with the levels in case-taking. I imagine that, even for those unfamiliar with the previous works, that it would be a very good primer to stimulate interest in exploring previous works.

This title really hones in on the case-taking process itself, which makes the technique much more accessible. Even when you are familiar with the process, you still need reminders of how to use it in the most effective way. This book definitely achieves that!"

- Luke Norland

About Dr. Rajan Sankaran



Dr. Rajan Sankaran, M.D. (Hom), is a homeopath, researcher, teacher and author known around the world for his revolutionary concepts in homeopathy.

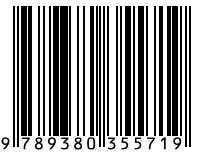
He began his practice in 1981, soon after he graduated from the C.M.P.H. Medical College, Mumbai, where he later served as the Associate Professor of Repertory. His idea of disease being a delusion was a path-breaking concept that laid the foundation of a new era in homeopathy. He developed the concepts of Sensation, Kingdom, and Levels of Experience and added many more miasms to the existing ones. He advocated and practiced the synergistic use of the classical and contemporary methods in case analysis.

Dr. Sankaran has rich clinical experience spanning more than 40 years, and has a busy practice in Mumbai, where he guides patients to health, not only through medicinal treatment but also concurrently through the right diet, inner witnessing processes and meditation. He uses a holistic approach in healthcare, founded on empathy and compassion.



Homoeopathic Medical Publishers
www.onlinehmp.com

ISBN 978-93-80355-71-9



9 789380 355719