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### MIASMS

The next cornerstone of the Sensation Method is the classification by miasms. Miasms are the coping mechanisms a person tends to use in approaching his or her problems and obstacles. As homeopaths, it is not enough to determine the sensation in the complaint. We also have to identify the degree, the depth and the severity of it. People with similar sensations will cope with their problems in varying ways. This coping mechanism is what we call a miasm. We will learn more about miasms when we discuss the Plants cases, describing how the specific remedy was picked for the person being treated.

## THE TECHNIQUES OF A HOMEOPATH

### WORDS

The primary tools of homeopathy are words. Other healing modalities use other tools: manipulating energy channels or pressure points in the body, using pressure of fingers and hands or needle points, visual art or music in art therapies, movement and other aspects of the physical body in bodywork. In homeopathy we talk. We ask questions and listen to what the person has to say. And more than just listening to *what* they say, we listen to *how* they say it. To elicit important qualities we need to listen to the words the person is using. There is a certain aspect of words we use that draws us to them. If we listen to the words we frequently use, we begin to hear some recurrent themes and so might understand more about ourselves than with emotional exploration. Sometimes emotions can send us on winding roads of our spirit, and we might get lost. A shortcut can be found when we listen to the simple utterances we use in telling our complicated story. That's what homeopaths do.

In homeopathic case-taking, we ask patients to tell us about their inner sensation. When talking about their inner sensation,

people can talk about it without the pain attached to it. It just is. They can talk about it without getting emotionally involved in it. They talk about it from outside that pain-body Eckhart Tolle (1999) talked about. Helping a person talk in this manner is an important attribute of homeopathic case-taking. By going into the sensation without the emotions attached to it, we can explore it without so much drama. The process goes deep, exact and does not cause suffering. Once the sensation is identified, it can be addressed. This might explain how some people get well after the interview, even if they have not yet received their remedy. Usually, however, this effect of the interview is short-lived; long-term benefits are experienced only after taking the appropriate homeopathic remedy.

### **HAND GESTURES**

Another great tool that shows underlying energy is following the hand gestures a person uses. Body movements are manifesting the same energy as words, in a slightly different format. When we use our hands while explaining something or putting more emphasis on our thoughts and words, we unknowingly use a telling venue of energy. Energetic patterns that express our inner sensations are manifesting not only through words we use or ailments we suffer from. The body is embedded in these energies, and all our movements are governed by them. That is why often, when people are not sure how to express a feeling they first gesture with their hands and then the expression in words follows it. Most often these patterns are unconscious, which is exactly why they help us opening a door to the innermost sensations that we are not aware of but which affect our whole being.

### **DOODLING**

Doodling is one of the tools used for confirming the vital sensation or creating the right state of mind to talk about the vital sensation. A doodle is an abstract drawing that the person

creates absentmindedly while in the presence of the homeopath. Usually, we tend to doodle when we're bored or while our mind is wandering without consciously thinking of the drawing. Since a doodle is not planned or conscious, and is in a way *nonsense*, it exactly matches the kind of experience we are looking for in our homeopathic case-taking. Using these doodles we can reach the vital sensation. This can be done at the beginning or the end of the interview, as an encouragement to enter the state of the sensations or as a confirmation to see whether the person arrives at the same sensation through the doodle as through telling their story.

In this approach, the client doodles something with a black pen on a white piece of paper. If he or she has a recurrent scheme of doodles they should doodle that. They can draw several doodles and then pick one that has the most impact on them. The next step is for the person to just look at the doodle without thinking or interpreting it. It is an intimate time when only the person and the doodle are present, so to speak, and the person is asked to concentrate on the experience, the sensation the doodle brings out. After this the client is asked to explain their experience. If they talk about the same experience they described earlier, and they use gestures as well, we know we are in the right track. Otherwise, we can use this experience as a starting point for further discussion.

Drawing a doodle can have a healing effect on its own because when a person looks at it, they experience their own sensation as in a meditative state. Homeopaths often observe that after drawing the doodle the person revitalizes or feels better, as they experienced something profound in their inner world.

The tone of voice we use, the way we dress and the way we move are all expressions of the energy we carry within. When homeopaths listen to the words one speaks, and apply all these other tools to deepen their understanding, they will get a clearer picture of that inner essence they are looking for.

### CASE-TAKING

Case-taking is the first step in understanding a person's inner reality. The flow of the interview is set by the patient during the interview, with occasional guiding questions or requests for more specific information. The homeopath usually lets the patient lead the way in this process, instead of trying to fit them into a preset mold. The homeopath wants to find out about the inner experience of the person regarding the chief complaint. Once that is covered the flow of the interview proceeds to whatever areas the person takes it to. As you will see in the cases discussed in detail, there are several complaints and areas one talks about. The inner sensation — the core — can be reached from anywhere. In fact, the goal of case-taking is to reach the same spot from all manifesting areas. If a person has arthritis, depression, recurrent colds and some inability to concentrate, describing these problems one by one will point to the same vital sensation. Underneath each of our individual problems is the same vital sensation.

Once that vital sensation is elicited, the remedy will address that sensation. Consequently, once the healing response starts, that sensation will dissolve and bring healing to the manifesting ailments. All this will not emerge when talking to a person casually. Deep probing is required in order to elicit symptoms on this level.

### SOURCE LANGUAGE

Reaching a level where the person thinks their story does not make sense anymore is a very important aspect of the Sensation Method. We have to arrive at a point during the interview when there is enough trust and rapport between homeopath and client for this to happen. It is important to have this comfort zone; otherwise, the person telling their story would feel uncomfortable and leave the level of nonsense, escaping back to "reality," to the world of common sensibility. But on the level of common