

CONTENTS

Foreword	vi
Introduction	viii
The Tao	3
This and that	5
The healing process	7
Acceptance	9
Interconnectedness	11
Presence	12
Emptiness	14
Knowledge	17
The homeopathic principle	18
Doing nothing	20
The unexpected	22
Susceptibility	25
Prevention	26
Outcomes	28
Action and reaction	30
Appearances	33
Being appropriate	34
Listening	37
Awareness	39
Cause and effect	40
Attraction	42
No substance	45
The wise practitioner	47
Questions	48
Individualisation	51
Less is more	53
Similar	55

Signs and symptoms	57
Learning	59
Simplicity	61
Potency	62
Quiet practice	64
Doing too much	66
Death and dying	68
Being and doing	70
Small steps	72
Doing what comes naturally	74
Seasons	76
Maintaining Harmony	78
Rules and regulations	80
Inside out	82
Better or worse	84
Completion	86
Transliteration	88
Acknowledgments	90
About the author and artist	91