

FULFILING HEALING PROMISE OF HAHNEMANN

Excerpts from Sujata Owens's interview with Glenn Brooks of Berkshire Radio, MA.

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Articulate what homeopathy is?

Homeopathy is one of the most effective complementary healing modalities to live my mission (to create world of vibrant health by using my gifts through science of homeopathy), to restore health, to create freedom at the body-mind-spirit level.

Homeopathy is an effective and systematic way of working with our body and its innate ability to heal itself. Homeopathic remedies have a way of stimulating our immune system, creating balance and restoration of health.

Disease is expressed by signs and symptoms. Each disease has a unique expression in each person. A comprehensive and thorough interview with the client is a doorway to understand individualized unique expression.

Homeopathy is a science and art to identify the unique signature of the disease in individual and match that unique signature to the substance in nature that has ability to heal.

Homeopathic remedies have way of stimulating and balancing defense mechanism.

Homeopathic remedies are individually prescribed.

Homeopathy treats the person as a whole and sees the interconnections between mind and body.

Diane Miller describes it as, "Homeopathy is a magnificent tool that helps me remove blockages which cause me to be ill. It clears pain; it helps me move through unthinkable, unfaceable emotions. It brings peace and calm. It brings most of all, flexibility and a deep knowledge of my own self, my uniqueness, my wants, my needs and my preferences. I have learned the

self-exploration I experience in working with a homeopath and the clearing that the actual energetic remedies bring provide me with self-knowledge and awareness that is only for me. This enables me to experience the joy and mystery of being myself, finding pure joy and beauty, part of the source of all beings.”

Nancy Holden writes about her homeopathic journey in the article “Homeopathy to rescue”: I had been told that it might take some time—even months—to see a significant improvement. But Sujata also said there might be an immediate improvement. I told her that “would be a miracle.” So, I didn’t expect anything major right away. I know I needed to be patient and let the remedy “do its thing.” Well, you can imagine my surprise, delight, ecstasy when my allergic reactions at night decreased significantly; my sleep improved considerably; and I had a bounce to my step within the first two weeks.

In the ensuing months, I’ve had some allergy episodes, some rather annoying, but they seem to be shorter in duration and not nearly as frequent. I’ve had many good nights of sleep; my arthritic pain in my hands has diminished; my fibromyalgia pain is not nearly as prevalent. I have cut down on many of the prescription medications I was taking. I no longer take a pill once a week for sleep; I have cut out the diuretic for arthritis pain in my hands; I have eliminated the pill for restless leg; I have cut out one of the two pills I was taking for menopausal hot flashes. And I have not taken any antihistamines or Tylenol PM. Wow!I'm not on edge anymore. I have hope that my health will continue to improve. I feel like I am on the right journey for me at this time. I still don’t know how homeopathy works, but I am convinced it does work.

1. Homeopathy is safe, effective, natural, integrative medicine.
2. Homeopathy strengthens immune system, treats disease at the cause level. It has ability to prevent susceptibility to illness and may prevent lifelong dependence on drugs.
3. Homeopathy effectively treats chronic disease like no other science can.

Freedom?

Let me tell you **my own story of freedom at body-mind-spirit level and experiencing magic of homeopathy:**

I had chronic ear infections and throat infections that were quite painful and debilitating for me. I had tried drugs for 15 years which led to a weakened immune system, imbalanced intestinal flora, overgrowth of yeast and worsening of symptoms as years went on. I was suggested to try homeopathy and I did. First homeopathic remedy I received was plant belonging to nightshade or Solanaceae family. Lo behold, I got well quickly from that acute episode. For the first time in my life I felt healthy and the vicious cycle was broken. I was not only symptom free but I felt freedom and balance at mind, body and emotional level. That lasted for a long time. That was truly magical. I became a true believer.

That led me to go to homeopathic medical school **where I witnessed patients experience the same sense of freedom and restoration of health day after day.** We saw homeopathy being used for all ages, from babies to very old and very sick, in acute conditions and chronic illnesses.

As homeopathy works by stimulating and enhancing the immune system, in most cases drugs are not needed because of the strengthened immune system. Homeopathy offers **freedom from life long dependence on drugs.**

How does it work?

Present day science cannot explain how it works AND WE KNOW IT WORKS. It cannot be explained with language and understanding we have.

I am pragmatic person, for me my own experience was enough to go to medical school to learn more about this healing modality and witness its effectiveness.

This reminds me of the **quote from Douglas Adams**, so long and thanks for all the fish "A scientist must... be absolutely like a child. If he sees a thing, he must say that he sees it, whether it was what he thought he was going to see or not. See first, think later, then test. But always see first,

otherwise you will only see what you are expecting. Most scientists forget that.”

I would like to end with a quote by Mahatma Gandhi.

Mahatma Gandhi, father of India and ardent follower of homeopathy said, “Homeopathy effectively helps a larger percentage of people than any other science, and is beyond doubt the safest and most economical form of health care.”