



## Hello again!

**The Source** is a new newsletter dedicated to bringing you news, views, reviews, and anything else to do with the Sensation Method of Homeopathy.

We have had a fantastic response to Edition 1; emails of encouragement, articles and suggestions - and so a big thank you to all of you who are supporting The Source's aim—the sharing of Sensation Method practice, activities and news.

Please keep your International news and articles coming.

### Inside this issue:

Letter from America, Jo Daly	2
Sensation gathering in the Cotswolds, Misha Norland	3
Homeopath in the Spotlight: Dr Sujit Chatterjee	4
Case: the nervous young man, Jo Daly	6
Review: Gurmej Virk seminar	8
Review: Sujit Chatterjee seminar	8
Review: Joshis seminar	9



## Editorial

**Welcome once again to *The Source* Newsletter, the newsletter that focuses on the sharing of the Sensation Method and all its delights and trials!**

Homeopathy in the last few months has seen yet another grouping of negative publicity pushed out to many by the very few. Our strength in Homeopathy is our commitment to our patients and their health and wellbeing, as well as our openness to new ideas and developments. Dogma is of course not the fuel for any positive development in any part of life. Passion is the fuel. With the constant attacks on our practice, whether you are a Sensation fan or not, it is important to share the knowledge that one has for new developments and also for areas of homeopathy that are continuing to grow from strength to strength. And so for those of you that are not practicing Sensation Method enthusiasts, I offer you the Newsletter as a sharing of information and knowledge from your colleagues in the community of Homeopathy. Sharing after all makes us stronger. And it's quite a nice thing to do too!

We've had a fantastic response to the first edition from all over the world. We are trying to make the content reflect this global interest so please send us news from wherever you are. Whether you are on your own, or whether there is a thriving sensation community where you are—let us know what you're up to! Let's join up the dots all over the world, and become a global Sensation community!

This Second Edition of *The Source* has a great and wonderful bounty of delightful articles, cases and seminar reviews. We have the first of our Letters from America from Jo Daly, an experienced homeopath in the Sensation Method sharing her first of many tales of the Method and its use in prac-

tice in the USA. Jo has also kindly shared a very interesting case of Rubidium.

Keeping the International focus is the delightful and learned Dr Sujit Chatterjee, one of the foundation builders of the Sensation Method with Rajan Sankaran. Sujit shares his thoughts and experience of using the Method in 'Homeopath in the spotlight'.

Misha Norland provides us with a beautiful prose-like article on the first Sensation Teachers week in the Cotswolds. Misha takes us through the delights of learning and debate in his flute-like style that will leave you wanting to read his poetry!

We also have the usual light-hearted article to perk you up with a great statistical comparison of simillimum compared with winning the lottery! All good hearted fun you know!

Reviews this edition are three-fold with a review of Gurmej Virk's 'Curing Miasmania: a definitive understanding of Sankaran's Miasms' by Anne Baker; Val Landenberg provides us with a review of Dr Sujit Chatterjee's seminar in Brighton and the Joshi's 'Mammals and big cats' is reviewed by Dr Charles Innes. Our events page is also updated for the coming six months. If you have any additional dates to add to the Autumn Edition, please email me the details.

I hope that you are all as excited as we are here at the Aroga School as the long-awaited Rajan Sankaran Week comes ever closer! I hope to see you at the most exciting event of 2009, with Rajan providing a new insight into his current thinking on the Sensation Method, and his first ever UK Masterclass – this is a week not to be missed! See you there!

All warm wishes,

Dawn



## Letter From America

*Jo Daly*

As an English homeopath practicing in the US for the last 20 years I am thrilled to be asked to do this column reporting to you on Sensation Method homeopathy here!

First of all I have to say how impressed I am that this newsletter has been created as a vehicle for sharing thoughts and ideas on the Sensation Method. I think it is very important to be sharing resources within our small, but growing community and for spreading the word about the Method to the wider global homeopathic community. Here in the States we have no such vehicle as far as I know and as sensation homeopaths we are spread far and wide across this huge county.

A little about me first – I studied classical homeopathy in UK and practiced in Totnes, Devon until I moved to US in 1989. Since then I have practiced, taught and been the Director of two schools – one in California and one in New York where I currently live and work. I came to the Sensation Method, like Janet Snowdon, through attending the Millennium Seminar in Mumbai where I saw cases presented by Rajan Sankaran and his colleagues that blew my socks off! I was so excited that there was a systematic approach that I could start to apply that would enable me to tackle cases that previously I could not help so I decided to use this method solely in my own practice for a year and then to review the results at the end of that time. By the end of the year the improvement in

my results left me no choice but to continue to pursue this amazing approach and since then I have had the good fortune to study with Rajan when he came to this country on a number of occasions and also to go to India again myself.

I have found that the Method demands that we continually go within, accessing our own deeper experiences and learning to receive and observe energy without interpreting from the mind. The greatest challenge and the greatest thrill for me is the uncertainty of the mysterious world that we enter together with the patient, not knowing but trusting what the outcome will be.

Through seeing nothing but positive results, I have become an avid spokesperson for the Method and through teaching and also running my own study group have attempted to find ways of helping homeopaths to integrate this Method into their practice and studies.

Here in North America homeopathy is a little known therapy, illegal in many states and practiced by a few determined and resilient individuals and there are even fewer homeopaths currently using this Method. Most sensation homeopaths are on either coast, especially in California and there are a sprinkling in the middle of the country. In Canada they are mostly in Vancouver and Toronto and this year, in October Dr Sankaran will be making his

one North American visit to Vancouver for a five day seminar which will undoubtedly be sold out! We have a School in San Diego, The California Center for Homeopathic Education run by Bill Mann and Cheryl Feng, which teaches an in depth approach. The New York School of Homeopathy run by Susan Sonz also teaches new students primarily using this approach. Other schools, of which there are only a few, mostly refer to it as an option but do not teach specifically as this is commonly regarded as post graduate material. Most here have studied through books and a few seminars and struggle with the many questions that inevitably arise.

Here in New York I have been showing an advanced video series and we have been very fortunate to have had three live teaching sessions on Skype with Dr Sankaran in person. These live sessions have allowed students to ask their questions directly and to get answers straight from the source! This has been amazingly beneficial for everyone.

Some upcoming seminars here include Sudhir Baldota in Los Angeles in September and Janet Snowdon in Colorado in October, which I hope the Source will have reviews for!

Well that's it for my first report and I want to wish *The Source* an ever growing readership both in UK and around the world.

Visit [www.theremedyroom.com.au/seminar](http://www.theremedyroom.com.au/seminar) or call Reine DuBois 0423 581 198 for details

THE REMEDY ROOM PRESENTS A SEMINAR IN BYRON BAY

# Sensational Homeopathy Seminar with Dr Rajan Sankaran

25th, 26th and 27th September 2009

## Byron Bay



**World Class Teacher – Dr Rajan Sankaran**  
 Dr Rajan Sankaran has developed a methodology that has earned him the reputation of being one of the great homeopathic geniuses of our time. He has proven to be fundamental in shaping the foundations of homeopathy and deeply influenced a whole generation of homeopaths worldwide. This will be an unparalleled opportunity for those wishing to learn first hand the newest and most significant developments and breakthroughs in Dr Sankaran's Sensation system of homeopathy.



## Sensation at Barncastle

*In May this year, some of the Sensation Practitioners in the UK decided to meet up in the beautiful Cotswold's village of Barncastle. Misha Norland describes what happened*

With four sunny days in beautiful countryside, in comfortable lodging and with meals to put before a king, with a common purpose and desire for learning and sharing, the Barncastle sensation gathering could hardly go wrong. And it went so right, providing a venue for honest discussions and case presentations. It was a sensation!

There is always much to be learnt from a well taken case where a remedy has worked. *Materia Medica* sometimes literally leaps out of a patient's mouth, their drawings and their gestures, and when we see it, we are amazed at the force of the vital expression. It is awesome (as Americans say) to observe the machinations of a being possessed by the spirit of their disease and then the image of the remedy reveals itself. At least, it does when the observing homeopath finds it. And this is the rub, how to stalk it, how to tease it out, and then how to allow it to express itself without judgment or bias (so that it is not startled into hiding itself again). We witnessed some beautiful examples of getting it right and finding a matching rem-

edy. We also had honest discussion about getting it wrong, about missing the point...

What we had less time for, so it seemed, was an appraisal of possible weaknesses in the theory. Perhaps it is that after we have struggled to assimilate a new approach, we are then slow to critique it, as if this might undermine our capacity in case analysis. It is true that first we must put into practice what we have learnt, and subsequently speak out if we find a discrepancy between theory and practice. The function of this is to check out amongst our colleagues whether they too have noticed anomalies. This is sound scientific methodology. But it may be too early for us as a burgeoning sensation group, to question the master.

Our days together also provided a platform for newcomers to share their experiences. The atmosphere had been so relaxed and inclusive, as well as committed to homeopathy, that it promoted confidence and encouraged expression.

What I got out of it, as well as some excellent *Materia Medica* (we all love to 'collect'

new remedies) and meeting up with friends, some whom I had not seen in many years, was a much needed boost in my enjoyment in the fellowship of homeopaths. Being a founder member of the Society of Homeopaths, I remember how we all felt about the ground-breaking work we were engaged upon. Later when I began to travel and teach internationally, I found myself part of a much larger community of homeopaths sharing a vision and engaging in the healing work with open sincerity. But somehow, over the intervening years, this spirit seems to have become not only diluted, but corrupted. I will not engage upon an enquiry as to why, suffice it to comment that this heady spirit is now with us again. Long may it last!

*"Materia Medica sometimes literally leaps out of a patient's mouth, their drawings and their gestures, and when we see it, we are amazed at the force of the vital expression."*



## Homeopath in the Spotlight: Dr Sujit Chatterjee

### ***How did you come to Homeopathy? And the Sensation Method?***

From childhood I had seen the results of homeopathy. My father who was a Government Officer by profession, used to keep what I now know as a few polychrests for our families use - Nux vomica, Pulsatilla, Bryonia, Arnica, Rhus tox etc at home. From being a child, I was aware of the quick and gentle results of the remedies. I graduated in chemistry & botany, and having good grades in both these subjects, I had an opportunity to study Homeopathy directly which I welcomed with open arms. And so my journey continued.

In our group of Homeopaths (Rajan, Jayesh, Sudhir, Sunil etc ) we meet very frequently to discuss new and emerging developments. It was in these group meetings that Rajan brought the idea of the level of experience and sensation of Liliaceae for the first time. It appealed to me a great deal. Our group then went onwards and we started discovering the sensation of minerals and animal remedies. Because of the levels idea, we could go very deep into the case taking. Because of the depth of the case taking and the use of levels that was so helpful, I did not think of applying any other method.

### ***What has been your experience in being part of the Sensation Method developments?***

Excellent. Especially my case taking, this has improved a great deal. I do not get lost in the stories and I know where to go. For example, I had a case where a patient said "someone is seating on my chest and pressing my neck as if I am going to be choked". This is characteristic of the 'someone verses me' and a theme of the animal kingdom. But when I asked the Patient about this experience, the patient said "unable to breath, needs oxygen, it's a desperate situation" and expressed with hand gestures - "wants to come out". This reminded me of the development of the birth process where someone (the baby) is stuck at first and trying to gain the independent breath after the birth. The Patient responded very well with the remedy Oxygen.

### ***How different is your experience of taking cases in sensation is it to in India. There has been some discussion of the Method being more direct and 'not fitting' with patients outside of India, what are your thoughts on this?***

In fact, I am more comfortable taking cases abroad because we do not become lost in the stories. I concentrate much more on the experience of the situations, rather than the situation itself. Patients are also more comfortable and there is a great deal more awareness during case taking from the Patient.

### ***What has been your most challenging experience using the Sensation Method?***

The most challenging for me is when I use the Method with patients who have cancer. In some cancer cases after initial hurdles when I reach the sensation and the patient responds with a clear direction in terms of their health, this gives me a great deal of satisfaction. From my past experience in quite a few cases I did not get satisfactory results in advanced cancer cases. In these types of cases I now initially use Dr. Bannerjee's protocol (he uses some fixed organ remedy based on his huge clinical experience over three generations). This controls the pathology. I am then able to take the case according to the Sensation Method and remove the platform on which the pathology settles. In this manner I am able to prevent the chances of relapse and thus increasing the longevity of the patient. A perfect example of this in action is a case of prostate cancer metastasis which went to the bones. When patient came he was describing bone pains more and I could not reach to sensation. Initially I prescribed Symphytum 200 daily twice for a month according to Dr. Bannerjee's protocol. He responded very well to the treatment. His bone pain disappeared. Once the bone pain and the Patients focus on it has been removed, I was then able to take the case according to the Sensation Method, prescribed a remedy and Patient is doing extremely well.

### ***From your experience of cases what has been the biggest personal achievement using the Method?***

Two cases come to my mind straight away.

Firstly, a case of sleep apnoea where treatment is very complicated and the Patient responded very quickly with Oxygen. In this case of sleep apnoea patient thought they had some psychological problem, due to this feeling that someone is seating on his chest and choking him. Allopathic treatment of sleep apnoea is very tedious (in some cases they have been known to do a tracheotomy). The way in which the patient responded after one dose of Oxygen 1M was amazing. His problem never returned after one dose and the process was so gentle, and highly effective for him.

The second case that comes to me is a case of a meningioma patient where a surgeon recommended surgery. But after taking a one year treatment of homeopathy (I prescribed Colchicum 1M according to Sensation Method), the MRI scan confirmed total disappearance of the tumour. The result was a fantastic achievement for homeopathy & the use of the Sensation Method.

### ***What is your vision, if you have one, of Homeopathy and the Method for the future?***

The future of homeopathy is very bright provided we practice well and sensibly. We need to coordinate effectively among our selves all over the world for challenging cases like cancer, swine flue, HIV, AIDS etc. We should take opinion of experts such as allopaths who believes in homoeopathy and work with them. We should not take foolish risks. When the time requires it, we need to go for auxiliary measures as advised by Hahnemann. E.g. now swine flue is going on everywhere. Instead of prescribing Influenzum we can and should study the cases in each area and locality. We need to be systematic and document the results and keep the statistical evidence of our findings. It is applying this scientific approach in a Homeopathic manner that is important and we should work together to do this well. We know in viral infection how beautifully homoeopathy works. Also in some adverse cases we need to investigate properly and we need to study the case in detail. Similarly in some cases of heart diseases for example, time to time the opinion of the cardiologist is very helpful. We must acknowledge that with good results and improvement our science can get more recognition.

Also we should appreciate other sciences. In a few of my cancer cases operations followed by radiation and simultaneously my treatment made a dramatic and positive difference; the same with cases of small cell cancer where chemotherapy followed by my treatment. Another example is if the blood sugar of the patient is very high, Initial hypoglycaemic agents are very helpful, slowly allowing a taper down of allopathic medicine. Similarly in some intense cases of asthma, bronco dilators can relieve the patient from sufferings as well as with cases of paralysis where physiotherapy can be very helpful. I have a good success rate in cancer case when radiation was also very effective.

We should give respect when other science helps the patient.

### ***Silences in case, what are your thoughts on this area of case experience?***

Silences are very important. It allows the patient to go into a deeper state and experience. It opens many doors during case taking. I always remember this during the case taking, we realise, by asking questions and do not proceed, that if we maintain a silence, the patient takes us to very interesting, deep and strange areas of his life. It is important to note that silences take us to one point by pursuing non-human specifics and observing energy expressions (the hand gesture); we take the journey with the patient into a deep meditative state and if we maintain the silence, the patient begins the other song. The other song is of course more of nonsense, but to us as Sensation Homeopaths this actually makes a great deal of sense from our science and source point of view.

### ***What to do think Level 7 is?***

It is the blank screen on which physician and the patient experiences during the case taking process. It is also the place of the witness. It is the blank screen on which all cases are written.

### ***What are you working on at the moment and can we expect a book in the future from you?***

At present I am using an effective combination of Dr Bannerjee's method for cancer cases, followed by Sensation Method and I am very happy with the results that the Patients are experiencing.

## **Winning the Lottery—Easier than Finding the Simillimum?**

If homeopathy is a discipline that utilises the energetic qualities of substances in the universe, then we have, potentially, an almost infinitesimal material medica.

If we estimate the total number of animals species on earth, and add this to the total number of plant species, and then add the total number of mineral compounds, the figure arrived at is in the region of a staggering 100 million. This does not include the more esoteric remedies, such as "Rainbow" or "Flapjack". So with at least 100 million remedies to sift through, what are the chances of you finding the patient's simillimum?

One in 100 million are pretty steep odds. You have more chance of being hit by lightning (1 in 3 million), being elected President (1 in 10 million) or becoming an astronaut (1 in 13 million). And yes, the odds on winning the UK lottery are considerable better, at a very tempting 1 in 14 million.

So what help do we have in improving our odds with our current materia medicas?

Well, let's see. In our material medica there are about 5000 remedies. Even if we knew these remedy pictures intimately, that still gives us a 1 in 20,000 chance of having the remedy known to us.

Demoralising isn't it? Wouldn't it be great if there was a way of taking a homeopathic case whereby the patient told you their remedy, whichever one of the 100 millions it was?

Or, at the very least, wouldn't it be great if you could arrive at the remedy by narrowing down the 100 million by kingdom to less than a third, then narrowing down to the sub-kingdom of a few hundred, and then perhaps even getting the patient to narrow down the sub-kingdom to one specific remedy?

That would indeed be a very useful way to take a homeopathic case.





## Case: The Nervous Young Man

*Jo Daly*

*This is a simple case that responded well to an unusual remedy, made possible through the Sensation Method. He is a young man of 28 who came to my school clinic (his case was taken by a student) with fatigue and depression since the death of his mother from cancer. Here, edited, are some of his statements:-*

"I live with general fatigue, not enough energy to do everything I'd like to do. Very few hours that I'm motivated, I drink a lot of coffee, sugar and stimulants to get through day. I want to wake and feel energy, to stay focused on the things I'd like to stay focused on. I want to start now to improve and then maybe I won't get cancer.

My stress levels - things quickly become a crisis in my head. Issues with mom passing away - I never got out of that mode of everything being a crisis, I didn't know what to focus on. I work crazy shifts, so I decided to change shifts, thinking should I do this or that and took entire day to figure out whether that's the thing to do. I'm wasting energy on a lot of small things.

I started seeing a woman, and she's married, left her husband so there's stress with that - its uncharted territory for me.

Another example if I'm having a good day, the sun is shining, I go for run, work is great, then I get a call that my little nephew is sick. I can function, not curl up in a corner but I'm not focused on what I'm doing anymore. If he is sick nothing else is important. My mind goes to worst case scenario. I automatically assume the worst. I'm not 100% - I can't fully focus on things.

*Q: 100%?*

I would feel fully invested in something. When younger I didn't know what I would do, thought I'd be at top of my game. I'm disappointed in my performance in life. In my work life and recreational life I'm one step from where I want to be. Not doing the best that I can do is disappointing.

*Q: Disappointing?*

Feels bad. I'm just not doing it. I'm in a rut, working at a grocery store, I have potential to do more, I'm a smart person, a lot more I can do, I have lots of interests - writing, holistic medicine, many things. I change careers everyday, I want to do one thing one day but my fear is that I'd pick something and then be disappointed.

I should be on some sort of path, even if on bottom of the ladder, should at least be on the ladder, it's overwhelming. Too many choices. For me it's overwhelming because I don't want to choose the wrong thing.

I want to be happy in my career and travel around the world. I would like to have a positive impact on people and have time and resources to go traveling and go to museums. I'm afraid if choose a wrong one its going to be detrimental to my well being.

I use my time as an escape. I depend on good things as a salve for the things that don't go well.

*Q: Without good things to depend on – experience of that?*

Just lay on the couch, while the time away. Times when you just think, if I don't wake up tomorrow, that's fine. When mom passed away, didn't care about anything else. If I don't wake up tomorrow at least it won't be bad.

My path is to get out of this unhealthy state. This day, nothing happened today.

*Q: Feeling?*

Disappointment, like I wasted the day even if didn't do anything to waste it but its one more day I didn't do something great. Feelings mediocre, nothing extraordinary, didn't learn anything new.

*Q: Experience?*

I lay on couch watching TV and think is this what I should be doing right now? How is it bettering my life? I tense up, tomorrow I have to be a lot better than today. How to do that though? I over think things way too much, everything becomes a crisis. Most of the time it leads to a stressful feeling.

*Q: Stressful feeling?*

Feels awful. Like a tightness in my chest, feel my muscles, tensing up, inability to sleep. Not painful, uncomfortable, thoughts of...I'm doing damage to my body. Uncomfortable feeling, will do harm to my body if not done already, tightness in the chest, with sadness, nervousness. Like ah, don't know what to do, overwhelmed.

Days are limited, even if 90 yrs old, such a short time span and I want it to have meaning. Don't know what that is. At very least want to get to end of life and say I had a good life, good person, learned a lot. Now I don't have that, if I died tomorrow, I didn't do much in this life- how would people remember you?

*Q: What is the experience?*

Get mad at myself because I didn't take opportunity. So many missed opportunities.

*Q: How is it to miss opportunities?*

Disappointing. Gives me the same feeling, something could make me better. Professors I should have listened to and I look back now and should have taken those opportunities, now I just get angry, what are you thinking, to not have taken that opportunity? Nervousness with new opportunities, am I making the right decision? As long as you took the risk! I have to get past that initial fear of something new.

*Q: Initial fear?*

I haven't gotten past it, so I don't know, but times in my life where I have said 'whatever' to the fear it was always an enriching experience. When I went bungee jumping, and was on the way up, fear, and then at the top I felt there is no way I can do this, and I had to do it. I jumped anyway and got to bottom and it was the most alive feeling in my life. I took that risk then.

*Q: Experience of the fear?*

I'm making the wrong decision. I don't want to take a risk and set myself back. If it's a bad choice I'm back at the bottom again.

*Q: Experience back at the bottom?*

Stress that I'm not in middle of a ladder right now. I'm ready to do a career path, it's the right decision but what if ½ way through I hate it, then have to start over again and wasted a year and ½ of my life. Only half way up and then have to start again from the bottom and not make it to the top. Like being dunked in a pool, hold you under, never reach the top, feel like I'm crawling up and never getting there, hand on my head, never can take a deep breath and be relaxed.

*Q: Experience?*

Terrible, like concrete on my head, only way to go is down. Like I'll push it and it will move a little bit, but goes back down, not far enough up to get ahead, gives me this tightness and stiffness in my body where not able to get past it. Tightness (hand gesture).

*Q: Gesture?*

Feels like I have motivation to do this and don't know how to do it, my legs want to move past the concrete or above the water, but something is stopping me, can't get past it. I feel weighed down. I feel heavy, lethargic, but like I want to move also, but I can't. Maybe I'm just lazy, I don't know where to start. Which do I do first, which is the most important, can't make a decision so I do nothing. I hate that feeling. Stagnant, overwhelming.

*Q: Stagnant?*

Immobile, lethargic. Can't move.

Tightness in my chest, that's the way it ends up. Stagnation, nothing moving. Feels bad. What good am I doing? Nothing in a stagnant pool empty of things I want to be full of life, but nothing is there. I think there is nothing there.

*Q: Dreams?*

When a kid – of cowboys coming to get me. It scared me.

*Q: Feeling in that dream?*

Intense feeling, which way will I go? How to escape out of house, know where to go. Always scary, nightmare. Continues today, where am I going to go? So overpowering, fear of not knowing what to do in that situation, not fear of them getting me, it was how to get away from them. Uncertainty there. I felt like now I have to deal with this situation - can I talk my way out?

## Analysis of the Case

The main sensation is of lack of structure which points to a mineral. He feels it in any new situation that is unfamiliar to him. He is nervous about new opportunities, uncharted waters, making a decision. He cannot decide for fear of what might happen and so he never even begins.

His miasmatic experience is of a crisis – as in an acute situation. So he needs a mineral from Row 5 – the row of new experiences where there is a desire for recognition and appreciation of one's accomplishments. His column is the first one as he is not yet on the ladder, has no structure to even begin. He has not even started on his path.

**He was given one dose of Rubidium 1M.**

## Follow up after 5 months

He has started a College course. He says:

I feel better about myself, where I'm going, my day and life are fuller. I still work at the grocery store but my focus is school and all things I want to learn, really good, great program, making new friends.

*Q: How has this affected your life?*

The way I feel now it makes me a better person all round, feeling content, better person to family and friends, more interesting and fun to be around. A time when I wasn't doing anything and not adding to conversation, didn't feel like an interesting person because not doing anything with life at that time, now more fun person to be around. Now it's not forced anymore. I'm a better person in a way. Now I am going somewhere and on a path I want to be on so it all falls into place.

*Q: All falls into place?*

I have capacity to have it fall into place more than I did before.

Structure helps you out, now I have a set schedule, now I know when I'm working and it helps me to progress, and budget my time a bit better, for school, class, study, take a walk. The structure of it has helped me focus on my goals and not have my mind wander. Just push problems aside, stop worrying and move on. Just make the decision, move on and things will happen how they happen. I feel great. Freeing feeling in a way, bit more command over my life and my mind. Not at the mercy of my subconscious. I'm the one who can make the decision, maintain my focus.

*Q: Experience of that, I'm the one who can make the decision?*

Feels good, makes me feel like I can do things, just free.

*Q: Feeling of everything in a crisis, how that been?*

They don't seem to be so important anymore, that things stay feeling like a crisis. I used to go days thinking about trivial things, in my mind huge, but now, no.

I feel much more whole now than I did, - that was taking the initiative to go back to school. After that happened, things falling into place, relationships and now I'm better at all of them.

My paranoid thoughts about my nephew have gone away a lot and I don't constantly worry about people being hurt. It's a welcome change.

Thank you!

## Rubidium

Rubidium is a soft, silvery-white metallic element. It is one of the most electropositive and alkaline elements. Its salts have few commercial uses. The metal is used in the manufacture of photocells and in the removal of residual gases from vacuum tubes. Rubidium salts are used in glasses and ceramics and in fireworks to give them a purple colour.

Rubidium belongs to the meeting point of row 5 and column 1

The main feeling in Rubidium is, *"I lack the capability of doing something new, creating and performing."*

*(From "Structure: Experiences with the Mineral Kingdom", by Rajan Sankaran, Homeopathic Medical Publishers)*



## Review: Gurmej Virk Seminar—Derbyshire, UK

*Anne Baker describes an excellent day 'Curing Miasmania' in the company of Gurmej Virk, one of the very best teachers and practitioners anywhere of the Sensation Method*

On 2<sup>nd</sup> May, a group of students and professional homeopaths gathered together at the Aroga School of Homeopathy, Derbyshire, for Gurmej's seminar aimed at a definitive understanding of Sankaran's miasms.

In terms of theory, Gurmej clearly differentiated the use of the word 'miasm' by Hahnemann and in the Sensation Method: the former being the root cause of disease and the latter, simply an aspect of experience. Gurmej then went on to define miasms as the way the sensation is experienced: the sensation being the 'what' and the miasm, the 'how'.

Very cleverly and memorably, he showed how the miasms exist in relation to each other by mapping them in a novel way diagrammatically. He also outlined how each of the ten miasms is experienced, carefully differentiating those that share characteristics. He further theorised how the miasms are revealed in life, through presenting complaints, strong fears and dreams. The feeling of a miasm in such situations is how a person would feel if they had typhoid, or leprosy, and so on; the corollary being that a person with cancer doesn't necessarily have the cancer miasm.

Gurmej considered whether there are likely to be new miasms, for example, an AIDS' miasm; then discussed with participants the likely characteristics of such a miasm and plotted it on his 'map of miasms', noting that a person does not have to have AIDS to have the AIDS' miasm.

Referring to patient cases, he tackled the problem of confusing the miasm with the sensation. He also pointed out that patients can express many different miasms as their case is taken, but that the patient's miasm is the one that appears when the patient's sensation is experienced.

Throughout the day, Gurmej made a lot of room for audience participation and added interest by showing video clips. The first of these, to end the morning, were short clips from adverts, trailers and videos, illustrating various characters in the act of depicting their miasms. The audience were engaged in determining what those miasms were, guided by Gurmej into not confusing the characters' situation with their state.

Later, he showed several video clips of real-life cases in which patients revealed their miasm and the audience discussed what each was. Further video clips from cases were shown for the audience to work on to separate out the sensation and the miasm. To kick off the afternoon, Gurmej plunged the participants into discovering their own miasm, and the whole day was rounded off hilariously with 'Meet the Miasms!' in which certain, brave participants enacted a scene in which the conversation was given a particular miasmatic perspective and the rest of the audience had to guess the miasm.

All these interactive approaches meant that all participants were clear on the difference between Hahnemannian and

Sankaran Miasms and the difference between the Miasms was also made useful and memorable.

The seminar was beautifully constructed by Gurmej, whose style of teaching is very relaxed. His exposition of theory was clear and well-paced, with plenty of time for questions, received without judgment, and explanation, given very patiently. He achieved variety by introducing tasks, which involved the audience, either as a whole group, or in pairs, often in discussion.

Dramatic interest was added by the clips from various sources in everyday life, as well as real-life patient videos. His map of the miasms was pure genius, and something I will use over and over again.

Gurmej's seminar helped me to further clarify my understanding of the relationship of the miasms and to learn how to recognise those miasms in patients, and served to bring theory and practice closer together.

It was a lovely day for the seminar, the venue was very pleasant and everyone spilled out into the garden to eat lunch, taking advantage of the delicious vegetarian meal that was served.

*"His map of the miasms was pure genius, and something I will use over and over again"*



## Review: Sujit Chatterjee Seminar—Brighton, UK

*Valerie Landenberg describes how Dr Chatterjee "Brightens Brighton"*

My first conversation with Dr Sujit Chatterjee took place two days before the seminar. Sujit and Lyn Clark were walking together along the sea front in Brighton when I phoned Lyn to book a place. Unphased by my tardy plans, Lyn, the seminar organizer and host, was ever welcoming. To my surprise Sujit took the phone when I asked about the content of the course. In a calm and friendly manner he explained his teaching intentions, finish-

ing with an assurance that I would not be disappointed. The conversation was so natural and easy, as if I was talking to an old friend.

Two days later the tone continued as it had been set....

Lyn attended to every detail with dedication and care, mixed with an affable kindness. She had organized a friendly hotel by the sea. The staff stretched themselves

to meet our demands with a smile. Our seminar room was comfortable, spacious, bright and we had enough elbow room to sprawl our papers wide as we studied alongside our inspiring teacher.

Sujit liked spaces between the tables to allow him to move freely around the room. Up and down he strode as he explained the intricacies of his passion, his life's work. Weaving his magic around us all, he enabled us to follow his thoughts, as he

stopped and started; from here, from there, dissecting his thoughts and making sure he left no stragglers. He bared the bones of his analysis of each case, answering myriad questions as he taught. We felt his patience and respect. He never turned any question away. On the contrary, he encouraged us to participate.

Initially a fragmented group, we listened, travelers joining on a path of healing. Commonly we held commitment, integrity, learning and tenacity as our way to achieve the lofty goal: 'to heal the sick'. During the breaks and between the days, our discussions were endless. Sharing our experiences, thoughts, worries and hopes we meshed beautifully, getting to know each other in our earnest endeavors to better ourselves and our patients. Sujit involved himself with continued interest and chat at all times.

We learned more of the finer art of identifying the sickness of each patient and following it through the whole consulta-

tion. The levels of case taking: the name; fact; emotion; delusion, images, fears, dreams, sensation and finally the level of witness. Miasms too, with their expression and connection to remedies, patients and case analysis.

With each case he paralleled the patients talk, stopping and starting the videos to enable us to identify the level at each stage of the case taking whilst explaining continuously why each point was so.

Dr Chatterjee planned the 3 day seminar starting with a simple case of Ignatia put into the context of the kingdom and sub-kingdom and then brought to the source. He did this with each patient, teaching us the wider view of remedies and their relationship to their kingdom. Illuminating the richness of this method he brought the sensations, delusions and images into our understanding of the orbit of the remedies before reducing them to their core. We studied plants, animals, minerals and imponderables. We watched the art and

the method of his case taking: so gentle yet totally efficient. Patients were given the time they needed to tell their story and then led imperceptibly, to reveal the truths that we searched.

Dr Sujit Chatterjee, as a physician, achieves Hahnemann's 'highest calling': to make sick people healthy. Luckily for us he is also an extraordinary teacher. We thank him for his nourishment of our minds, hearts, and souls, his friendship and significantly, the fantastic influence his teaching has upon our practices.

*"Illuminating the richness of this method he brought the sensations, delusions and images into our understanding of the orbit of the remedies before reducing them to their core"*



## Review: The Joshis Seminar

*Charles Innes attended the Joshis seminar at the Aroga School in Derbyshire*

I have done some training with the Joshis so booked this as a catch up, mindful too of my poor knowledge of the mammals.

As a first timer at the Aroga School in Derbyshire, I was enchanted by the beautiful natural setting in which the School sat; woodland and rolling hills surrounded us. Inside, we were on comfy sofas; a good change from lecture halls. Great organic vegetarian home-cooked food was plentiful. Everything seemed to be well organised.

We kicked off with a quick overview of the Linnaean classification system as relates to mammals. Particularly, mammals were placed in an evolutionary context, coming as they do 'after' reptiles and birds, both of which were overviewed helpfully.

The Joshis approach is informed by 'source' level information, rather than materia medica accounts of provings. This is a much more empowering approach to learn, as one can work certain things out for oneself.

And so on to mammal and lac themes. Mammals tend to: be socially dependent and responsible, share out care of the young, have good mothering, live in a hierarchy and compete openly. The basic subdivision is into predator or prey. Pred-

tor mammals are about ego, territory, status and position, intimidation/aggression, high self opinion and fighting to the finish. Prey mammals can be domesticated, are herbivorous, survive by being one of a crowd and not standing out, accept grudgingly that they depend on a leader to who's will they have to bend, feel lowly and invaded and freeze or flee.

We spent time on the big cats, looking at some relevant differentiating points, all based on the animals' natural history. Video cases brought this section to life and thankfully weren't too long.

What I had hoped for at this point did not happen. How useful it would have been to have toured the other main branches and subdivisions of the mammals. This may have been because of the huge amount of research, verification and casework that goes in to a topic before it can be taught. As it was we surveyed some of the existing homeopathic mammal remedies, particularly the lacs before arriving at lac humanum. Lac humanum was presented as being about the conflict between humankind's animalistic side versus our tendency to feel awkward about it and strive for divine purity. I remember Rajan Sankaran saying a similar thing when

asked what characterised remedies of human source. He said that he would have to think about it but that his first instincts were that it was to do with self development. Fascinating.

The Joshis style was relaxed and there was room for questions. I particularly valued hearing that when taking case history, it is important to understand the underlying sensation before following a trail of source words otherwise you may risk going on a goose chase based on an image rather than the core experience. Treat everything as an image until you've definitely got to that sensation. Only then hunt for the source.

All in all a very worthwhile day that really consolidated my faith in the sensation system and indeed homeopathy generally. I'd make the trip from London again for something of similar quality.

*"The Joshis approach is informed by 'source' level information, rather than materia medica accounts of provings. This is a much more empowering approach to learn, as one can work certain things out for oneself"*

*The Source is published by the Aroga School of Homeopathy*

*Editor: Dawn Price MA, MA (Econ), DSH RSHom*

*If you would like to contribute to future editions, or if you would like to comment on anything included in this issue, please get in touch.*

*Telephone: +44 (0)1246 411730*

*Email: [dawn@aroga.co.uk](mailto:dawn@aroga.co.uk)*