

Chris Kurz

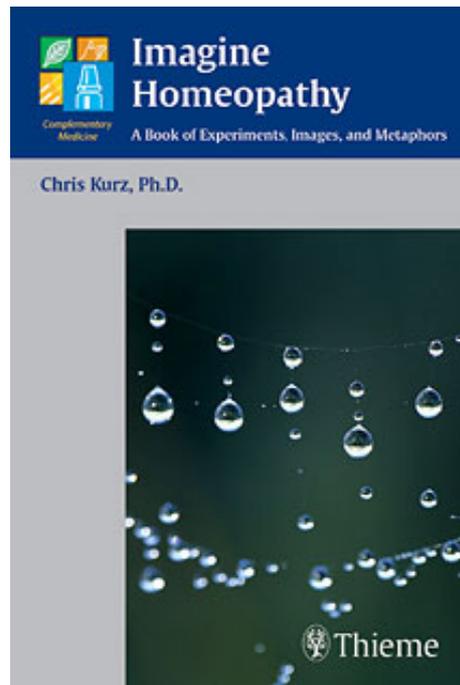
Imagine Homeopathy

Reading excerpt

[Imagine Homeopathy](#)

of [Chris Kurz](#)

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The Individuality of a Rose

The unbiased observer

Case taking

When your photographs appear blurry and out of focus, first check that your lens is clean before you toss the camera. Not even the most expensive camera can give you crisp and sharp photos with a smudged lens. What sounds almost embarrassingly trivial



Fig. 5 The blurry picture is like a badly taken case. No matter what kind of analysis you apply afterward, it is mere luck if you can identify the simillimum. A well-taken case corresponds to a crisp image. Even if you cannot identify the flowering plant yourself, there is enough information for someone more knowledgeable to identify it; in this case *Hypericum perforatum*.

becomes less obvious when we turn to homeopathy. The first step to a good prescription is a clear taken case. In other words, without a well-taken case not even the most internationally renowned homeopathic guru will have a chance of finding the simillimum.

Anyone researching the history of homeopathy will discover the 1990s as a time marked by a resurgence of interest to perceive deeply into the core of the patient in order to understand the roadmap by which the individual navigates through life. However, homeopaths had already recognized much earlier the necessity of looking upon the world through the eyes of the patient. Kent intended to describe the process of perception involved in this when he said:

You must see and feel the internal nature of your patient as the artist sees and feels the picture he is painting. He feels it. Study to feel the economy, the life, the soul.

One of the most important things to acknowledge in our work with patients is that the mental state of the practitioner—how we influence the interaction in terms of our intentions and expectations—determines the quality of our perceptions and, hence, has an important influence on the case's evolving history. Hahnemann demanded of homeopaths to be unbiased observers during the patient interview. The question is: who is ever unbiased?

The Meditation



With these introductory paragraphs let us now turn to the meditation which was originally inspired by Vicky Menear, a contemporary American homeopath. You will need to find yourself a rose. When I do this meditation experiment during a seminar, each student receives a flower and I always use a rose of the long-stem, dark-red variety. Call me sentimental but I find it works best for me. Besides the rose you will need a pen and three sheets of paper. First, write the following headline on the top of a blank page: "I am looking at it." Now take about three to five minutes to look at the flower while constantly retaining the thought "I am

looking at it" in your mind. When you are done, write down what kind of experience or reaction you had. What crossed your mind? What did you notice? How did you feel? Copy down your impressions beneath the headline.

Now start over with a blank piece of paper. Take a few deep breaths to clear your mind from the previous exercise and then look at the flower while eliminating any thoughts from your mind. Try to make your mind go blank while you watch the rose. Again, continue with this exercise for about three to five minutes and then make a note of your experience on the page.

For the third part take the third page and write the heading "The flower is revealing itself to me" at the top of the page. After a couple of cleansing breaths, take a couple of minutes to look at the flower while sustaining this thought. At the end, put down your impressions under the heading.

The Unbiased Observer

When you think about it, being an unbiased observer, which Hahnemann demands we should be when interviewing a patient, is an almost impossible goal to reach. During the patient interview we try on the one hand to get all the information we need while on the other hand leaving the patient room to take the initiative. We are supposed to categorize yet at the same time refrain from interpretation. We strive to be unbiased and simultaneously attempt to see the world through the eyes of the patient.

We all have a certain preconceived notion of how a well-taken case should be, and subconsciously we more or less strive to make each interview turn out this way. Depending on each individual's inclination, therefore, the focus may be on detail, trying to chisel out each symptom, or on the gestalt, the encompassing bigger picture, with an accompanying free-flowing style.

The first meditation exercise was governed by the motto "I am looking at it." This sentence connotes an active participation of the observer. Whenever I have done this exercise with a group of students, the general feeling that came across from their combined notes could be characterized as an intention to extract some information from the flower, to "do something." Usually, there is some form of objective information about the flower which the students feel obliged to collect: the serrated edge of the leaves, the exact shade of the petals, or a remark about some blemish on the flower. Frequently I hear comments that the need to "do something" expands into a demand on oneself to "do it right," finally leading to a certain amount of self-consciousness. This is like watching and judging oneself doing the exercise—we are more concerned with our own performance and tend to forget about the flower.

Structure

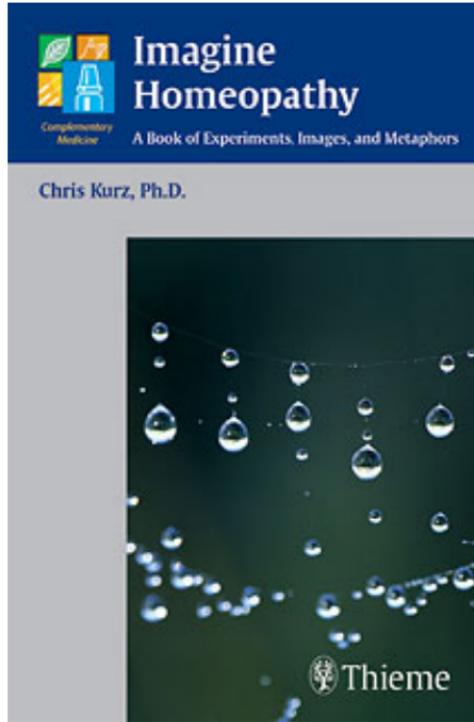
Practitioner dominated

- Attention to detail
- Completing symptoms
- Categorizing the information

Gestalt

Patient dominated

- Focusing on the bigger picture
- Letting the patient lead
- Giving the patient room to develop his/her story



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