

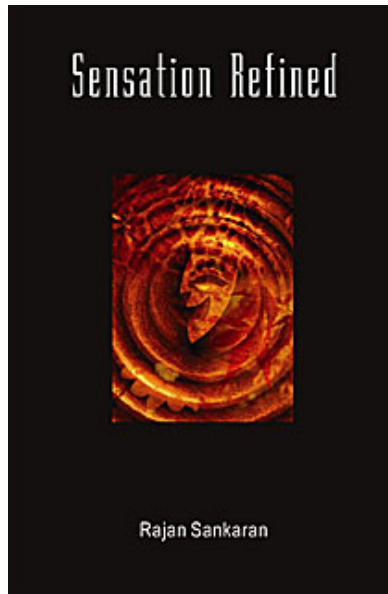
# Rajan Sankaran Sensation Refined

Reading excerpt

[Sensation Refined](#)

of [Rajan Sankaran](#)

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A plant, animal or mineral lives within. We need to go to that level of experience, to hear its song.

### The Experience and not the Situation

The Sensation takes on a myriad of forms of emotions, situations, Symptoms, and pains. It takes on so many disguises. It is so absurd, so illogical, so much out of place and yet it is the deepest, most constant experience of a person. It is as if he is wearing yellow-tinted spectacles. He describes a car as yellow, a building as yellow, a person as yellow. If we forget what he is describing, but see the color in the description, we will see the same color in all that he describes. This color is the Sensation. Often we get lost in what is being described, be it a Situation, a dream, or a hobby, and we forget *how* it is being described, which is **constant** and common to all he describes. If we see that, we will understand what is essentially him and not the Situation.

That constant, the Sensation, is what we need to tune our ear to hear, what we need to guide the seeker to arrive at. There is that switch that suddenly opens the door to another world hidden behind it. It is such a new world. We couldn't have imagined it earlier.

The trick is to ask for the *experience* in any given Situation, be it physical or mental, a dream, in the past or projected into the future. For example, a woman told us that she had a fight with her father. We then asked her what was her experience in the fight. She could have said anything, such as feeling hurt or a delusion such as of being tortured or betrayed. She said she felt anger (an emotion). We need to go further and ask what is the experience of anger. **Not** *what* the anger is about, not *when*, not *why*, not *who* but "*How does anger feel?*" How is anger experienced? Where is the anger felt? How is the speed? How is the direction? And what is the Sensation?

The experience of anger will be unique and individual, the expression of her vital Sensation. In this case, she said the anger felt like a choking. When asked to elaborate, she described the Sensation as being tied, bound, suffocated, by a vice-like grip, which was choking the breath out of her, and she was fighting to survive. She was describing (without her knowledge) the energy of a constrictor snake like a python. On the face of it, her fight with her father has no remote connection to her sensations of being choked

or suffocated. And yet she experiences it thus. It is her truth. This is her Sensation.

People are fluent about what makes them angry and are often more than willing to tell you the entire story or put the blame on others, circumstances or even themselves. But when you ask them to tell you the *experience* of anger, or how the anger feels, they fall silent and look puzzled since it is a level they are not aware of. Then, as they express themselves, certain hints come, in the form of metaphors, idioms, peculiar words, images or gestures. These give a clue to the underlying experience behind the emotion or Situation.

With the help of these, we can reach the Sensation.

## O

### **How do we recognize the Sensation?**

The essential qualities of the Sensation: **The Seven Is**

The Sensation is:

**Inherent:** existing in something as a permanent, essential, or characteristic attribute.

**Innate:** inborn; possessed as an essential characteristic.

**Intrinsic:** of, or relating to the essential nature of a thing. **Ingrained:** firmly established; deep-seated. **Integral:** necessary to make a whole complete - essential or fundamental.

**Individual:** distinctive; special; particular; serving to identify, or set apart.

**Inevitable:** so frequently experienced or seen that it is completely predictable.

How do we find it in a given case, or a given case-taking procedure?

We need to look for **The Seven 'R's**. What, in the case, is:

**Rooted:** the basic cause, the source or origin, the essential substance

**Represented:** that which is portrayed or a Symbol of something. So, it is not what it is, but what it represents. For example, if a person has a headache, we are looking not just at the headache, but what it represents, in terms of a loss of ability, or a shooting Sensation, or a feeling of being victimized or attacked by another, etc. The Sensation is being represented there in the headache.

**Repeated:** occurs again and again in the same form.

**Replicated:** similar to something else in a different medium or context. What is there in this Situation that is an exact copy of what was found in a completely different Situation? What is in his grief that is an exact copy of what is in his fungal infection?

**Related:** belonging to the same family, group or type; connected.

**Retained:** that which stays on, not abolished, discarded or altered.

**Refined:** purified, precise. It is a very subtle and accurate experience.

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When you find the Sensation, you will see that it has these seven features.

**The Seven 'P's**

**Persistent:** existing or remaining in the same state for an indefinitely long time; enduring

**Primary:** one that is fundamental, basic, or elemental.

**Permanent:** lasting or remaining without essential change.

**Pattern:** a regular form or sequence discernible in certain actions or situations.

**Pervading:** spreading or permeating through, so that it can be perceived in every part.

**Perpetual:** Continuing, or lasting for an indefinitely long time.

**Projecting:** extending outward beyond something.

Everything about the patient is an expression of the Sensation. You could Start with the buttons on their shirt, though they would certainly find it Strange! The clothes you wear, your relationships, and dreams, all express the same thing.

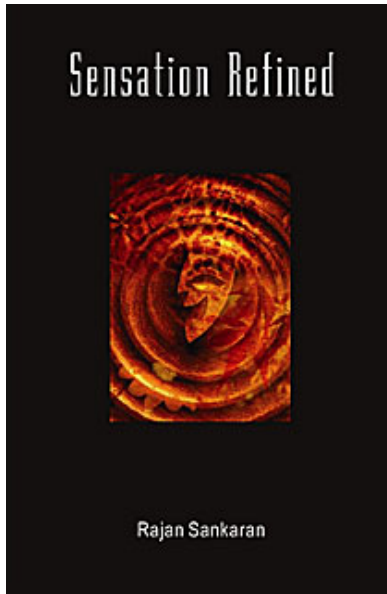
Where you are seated in a lecture room is an expression of your Sensation. You will often find that you tend to select a particular spot (for example, I find myself habitually seated on the dais!).

We only need to hear the story, uncover it, and we will see it expressed everywhere.

### **A person connects to their source**

A person connects at the deepest level to all phenomena associated with the source of the remedy he requires, and could mention several words that pertain to that source.

When I was in Argentina, I was very uncertain how my ideas would be received, since homoeopaths there have been traditionally Kentian. I was very curious how a senior homoeopath would take my ideas. At the end of the day, he came up to me and said, "Your ideas made a lot of sense. We had one case of *Bromium*. He would dream of the number '35' and would feel good when he dreamt of it. We were puzzled about it. Once, after speaking about this case to a physicist friend of ours, he remarked that it was quite simple for him to understand the dream, since Bromium's atomic number is 35!"



Rajan Sankaran

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