

Journey from Symptom to Sensation to Complete Pattern
Dinesh Chauhan Homeopathic Seminar
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This seminar was the “big one” for me this year in terms of continuing education and obtaining my hours for NZCH registration. When people asked me “Are you going to the Dinesh Chauhan seminar?”, my reply was “Of course, how could I not take the opportunity to learn from such a highly regarded teacher from India, here in my own backyard?”.

I spent 3 days with c. x homeopaths from all over New Zealand (and some from Australia) listening, observing, and taking notes as Dinesh Chauhan took us on a journey from symptom to sensation to complete pattern and introduced us to the “Case Witnessing Process” (CWP). In my training I was taught to “receive” rather than “take” the case, and was recently introduced to the idea of “witnessing” which appeals to me and suits the way I work.

Dinesh pointed out that recent ideas in homeopathy are an extension of the old principles. He reminded us that individualisation and holism are the key to everything in homeopathy. As homeopaths we are interested in the expression of the individual at the holistic level. The human being is a whole, integrated entity of mind, body, and spirit (vital force/energy). He said that each person has their own perception and therefore there are as many perceptions in the world as there are people. Each person has their own delusion that is true for them but false for the rest of the world. These are energies at the level of the mind. Physical generals and particulars are expressions of energy at the level of the body. The mind and body are not separate and where they are connected they speak the same language. Dinesh said that the language of sensation at the physiological level is very important as it is here that mind and body are connected and that sensation is close to the vital force. The vital sensation is individual and holistic.

Dinesh reminded us of the seven levels of experience: (1) Name; (2) Fact; (3) Emotions; (4) Delusion; (5) Vital sensation; (6) Energy pattern; and (7) Nothingness. Energy and sensation are at the core of each human; every thought, feeling, and sensation will excite some reaction. Each feeling and reaction has a different intensity (miasm).

CWP is individualistic and holistic. Dinesh divided it into “Passive”, “Active”, and “Active-active”. Passive CW is based on logic and clues from the patient. It is about allowing the natural flow; passively listening to the verbal and non-verbal language of the client without altering it. It gives hints about the human core and centre and clears the path for Active and Active-active case witnessing. I really liked the example that he gave us to illustrate how we need to work as homeopaths. He showed an eagle soaring and said to us to witness the client the way the eagle hunts its prey. The effortless soaring, watching and watching, and wondering which one to go for and when. In this phase everything (verbal and non-verbal) that is out of place, order, flow, proportion, and out of our knowledge or the client’s knowledge is noted down. Dinesh advised us to listen for the whole message, for what is not being said as well as what is being said, to hear beyond the words, pay attention to the non-verbal clues, and listen for the inconsistencies between the verbal and non-verbal messages. He reminded us that we only hold the light for the client and that we

are not to analyse or interpret anything. Dinesh said that we need to have the patience to wait until the mud settles and the water becomes clear by itself.

The second part of the CWP is Active. Here we work with the focus of the client in the Passive CW. The things that come up the same in 2 or 3 different areas are the entry point to the client's deeper pattern. Active CW is a "checkpoint" to make sure the journey will be smooth; to make sure that what we have understood is correct. For cases where the focus is not there, Dinesh advised us to explore areas of the subconscious such as imagination, dreams, fantasies, fears, interests and hobbies. When the out of place things start getting connected then we know we are on the right track. He described this part as a "crossroad between two songs"; a state where the client is about to leap.

Active-active CW starts "when we have established the right entry to the non-human phenomenon where the remedy will speak". This is where we start thinking about the Kingdom, Subkingdom, Miasm, and Source. It is active and the client is not allowed to wander into non-specific or conscious areas. Here the homeopath is extremely focused. The questions asked are "What...?" rather than "Why?", "Where?", "How?". The aim is to get complete verbal and non-verbal expressions which get connected in one pattern from the focus of the case. In other words "to take the whole pattern until the language comes to the source".

Dinesh also talked about making an assessment of the level of experience of the client at that given moment of time; especially in two or three different areas, e.g., is the client at the level of "Fact"? "Sensation"? "Energy"? The journey starts from where the client is at. So, if the client is at the level of Fact, an appropriate question will be along the lines of "Tell me about your ... , e.g., constipation"; whereas for those at the level of Sensation and say that their stomach pains feel like squeezing, then ask "Tell me about squeezing". Their level of experience also indicates the potency that a client requires. The lower the level of experience, the lower the potency.

Searching the remedy is about establishing what is the centre of the case and matching that with the centre of the remedy. Dinesh stressed that we need to understand the centre of the client and work on a "human-centric" rather than a "book-centric" basis. The Kingdom and Subkingdom are chosen based on everything that is out of place. The remedy is chosen by matching the centre.

Dinesh said "this seminar is a hint, the first step towards the spring". Since the seminar I have spent a week just "being with it" and letting things settle before sitting down to read my notes and write this for NewZ. It will be a challenge to let go of my need to get as much information as possible "just in case" but I intend to trust in the process and go with it nevertheless. Afterall, this is what I was encouraged to do through my days of supervision. I aim to be the "case witness" for future new clients.

Dinesh is an excellent teacher and presenter/entertainer (lots of jokes!). Overall, a great investment in time and money (without the international airfares). On a personal level, I really enjoyed reconnecting with homeopaths locally and nationwide. For me it was like coming together with family and making new connections.