

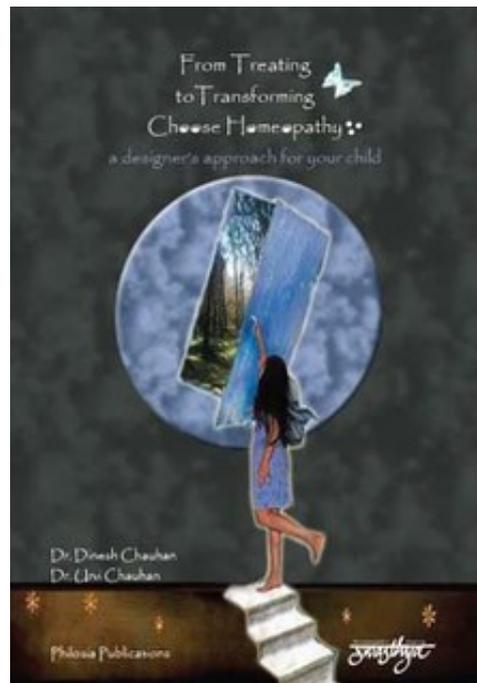
Chauhan Dr. Dinesh/Chauhan Dr. Urvi From Treating to Transforming, Choose Homeopathy

Leseprobe

[From Treating to Transforming, Choose Homeopathy](#)

von [Chauhan Dr. Dinesh/Chauhan Dr. Urvi](#)

Herausgeber: Philosia publications

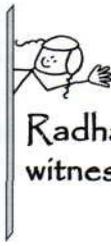


<http://www.narayana-verlag.de/b18099>

Im [Narayana Webshop](#) finden Sie alle deutschen und englischen Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise.

Das Kopieren der Leseproben ist nicht gestattet.
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern
Tel. +49 7626 9749 700
Email info@narayana-verlag.de
<http://www.narayana-verlag.de>

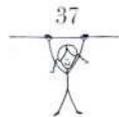




Scene 5:

Radha's assistance to Samasti in child-centric case
witnessing: a mother's role in this journey

“Case taking—a ladder of steps THREE,
I can climb smoothly with spree.
If the doctor holds me thoroughly,
I reach the core of my being inevitably.
Oh! Mother—a helping hand you can also be,
Starting from my presence in your womb until now,
If you observe and narrate AS It IS about me,
that can be a great help to the homeopath to know
Me, and the unique energy pattern that resides in
me...”



- DR. RIDDHI

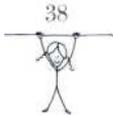
- M: What you said makes a lot of sense. You are prompting me to study homeopathy! I know Shiva better than anyone, so how can I help you understand him?
- H: You can help me by sharing with me how Shiva behaves when he's alone, what he does when he is with his friends, how he reacts during activities, his likes and dislikes. This information will definitely help me.

We often see parents have a tainted view of their children. Their understanding of their child is overshadowed by their own ideas. *To avoid being misguided, and more importantly, to follow child-centric case witnessing, we rely only on pure observations made by parents and caretakers and no other information.*

In this light, what are your observations about Shiva?

(Radha becomes more responsive and tries to give intricate details about Shiva through pure observation, without injecting her personal judgment.)

H: As his mother, there is one more way you can help me to understand Shiva. During your pregnancy, what changes did you notice in yourself physically, mentally and emotionally during the nine months you carried Shiva?



M: What has this got to do with Shiva's current problem? Does that information really help you to know about Shiva's energy pattern?

H: All the changes that you experienced during your pregnancy—physical, emotional, dreams, fears, cravings, aversions, etc.—are the result of your child's unique, pure energy within. The mother acts as a medium through which the baby's energy is expressed. With each pregnancy, the mother's experience is different and unique. During pregnancy, mothers start doing a lot of things that are alien to their usual nature. This is because the child's energy lives through the mother, breathes through her, feels and does everything through the mother.

Thus, the child's energy is expressed through the mother and the mother experiences this energy through her changed thoughts, feelings, sensations, imaginations, dreams; all of which constitute her state during pregnancy.

A mother is like a blank canvas on which the child colors and expresses his own pattern and energy.

These changes observed by a mother during her nine months of

pregnancy, along with what the child says during his interview, as well as the parent's observations about the child, helps us (homeopaths) gather complete information about the child's unique individuality.

So, do you remember any changes in your thoughts, feelings, dreams, cravings, aversions, interests and hobbies? And, did you have any illnesses while you were pregnant with Shiva?

(After Radha has narrated the history of her pregnancy...)

H: Now I have understood Shiva holistically and I can start his homeopathic treatment. Do you have any further questions?

M: I have one last question for the day. What can I, as a parent do, to facilitate this process? I want him to express his energy freely, but I also want to understand him better while dealing with him through every stage that comes. What advice do you have?

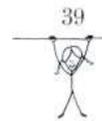
H: Encouragement is very important to help children feel comfortable and safe while expressing themselves. Receiving their words as they are expressed becomes more important than correcting the child at every stage. Sometimes we become over-possessive, trying to make our child believe what we believe—trying to make them see things from our own perspective—and that's where the conflict starts. Listening passively and patiently is an incredibly important tool for understanding a child for who they really are.

M: So we need to just listen to what they have to say, even if it doesn't make sense to us?

H: Yes, just accept and acknowledge. You can act accordingly, later, if required. *Try not react or overreact in the moment while they are expressing themselves. Offering free space to children is essential for their feeling of comfort, safety and confidence while they are expressing themselves.*

You can further facilitate your role in your child's healing journey by encouraging him to *write a diary*.

M: What kind of diary?



H: This can be the most precious gift you can give him as a parent: a diary in which Shiva is encouraged to note down everything that he wants to, for instance—his fears, dreams, etc. as openly and freely as possible. A diary—a best companion in the company of which he is allowed to sail freely wherever he wishes to, without any fear or apprehensions of being judged.

(Saying this, Samasti hands over a specially designed diary named "*Inner Encounter*"* to Radha.)

In this diary, when Shiva starts expressing himself freely, it will help me to know Shiva more completely—in this present diseased state—and respond accordingly. This diary is designed for keeping a record of three phases of our patient's healing treatment with us:

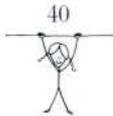
- 1) When they start their treatment (Beginning phase of the healing journey)
- 2) While the treatment continues (Travel phase of the healing journey)
- 3) At the end of the treatment (Transforming phase of the healing journey)

So at all three phases—before, during and after illness—this diary will play a vital role. It's a lifetime investment, you see (smiles.)

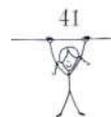
M: It sounds quite interesting, although a very new concept for me! Could you tell me more so I can understand it well before I give it to him? (She smiles.)

H: Sure. It rather is very essential for you to know and understand the concept of the diary well, if you wish to implement it.

At SWASTHYA, we have designed a special diary called "Inner Encounter" that we gift to our patients, including children, and encourage them to express themselves freely and confidentially in the same.



We came out with the concept of this diary "Inner Encounter" because, over the years, through dealing with and healing various patients, we realized how important it is that a patient participates in the process of healing—consciously. Such a conscious attempt really helps bring about a kind of awareness within the patient that speeds up the treatment process while initiating the holistic healing process. This eventually helps to channelize the unique, healthy energy in the direction which is in the best interest of the patient in his life space—a very grounding, balancing and growth-generating process, if it gets initiated for a person for the long run. Life has a lot to offer if one is ready to exercise all the potential they have deep within to explore. This diary is one such attempt, from our side: first, to help treat our patients with their physical bodily issues, second, to initiate a deeper healing process, and last but not the least, to initiate the possibility of exploring the endless potentials hidden deep within their own selves, for a holistic life experience. And that is the reason we encourage our patients to maintain the diary record for the three different phases of their treatment with us, as I've just mentioned.

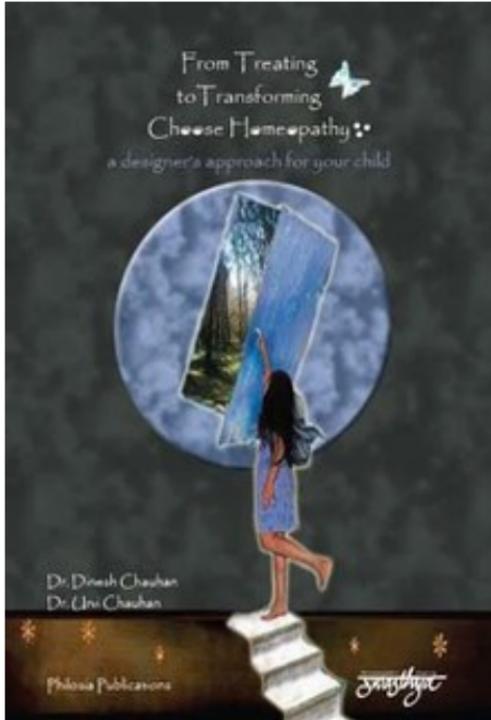


M: And what does this diary contain?

H: Nothing elaborate—everything simple yet essential. To be more precise, this diary actually is a bunch of empty pages with a few reference points. The whole idea of this diary is to help a child take note of how they perceive life, their physical ailments, everything that bothers them—to note down their fears, dreams, daydreams, imaginations, drawings, stories, fantasies, etc., on a routine basis. Likewise, we encourage the child to pay attention to their inner world and jot down notes for us (homeopaths) so we can understand their unique inner pattern.

And as a parent, this is how you can encourage your child to start using the diary:

- a) A gentle reminder by a parent often works wonders to start their kids on noting things down. In most cases, an initial push is



Chauhan Dr. Dinesh/Chauhan Dr. Urvi
[From Treating to Transforming, Choose Homeopathy](#)
a designer's approach for your child

88 Seiten, paperback
erschienen 2014



bestellen

Mehr Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise
www.narayana-verlag.de