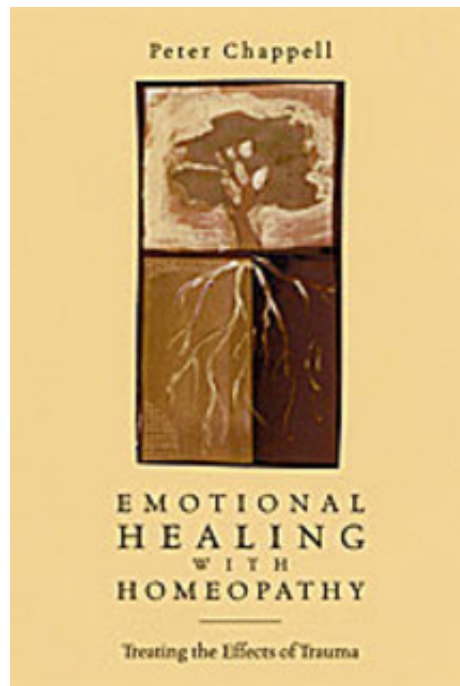


Peter Chappell

Emotional Healing with Homeopathy

Reading excerpt
[Emotional Healing with Homeopathy](#)
of [Peter Chappell](#)

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Chapter 1

Trauma, Suffering, and Homeopathy

My purpose for writing this book is to provide information about emotional traumas and how they affect our lives and create our diseases. Often we restrict ourselves by suppressing and denying our feelings of fear, anger, grief, and loss. In this book I discuss the suppression of these feelings and how that forms the basis of what is called *disease*. By resolving these feelings, we can heal our disease. For many readers, the idea that emotional traumas can have some effect on diseases may be totally new; for some it may arouse extreme skepticism. However, this is now a common idea in the healing professions.

There are at least four levels to disease—physical at the lowest level, emotional next, then mental, and spiritual at the highest level. Disease on each level can precipitate disease on a lower level. The spiritual symptoms can precipitate mental disease, for example, which can precipitate emotional disease, which can precipitate physical diseases. Perhaps you were brought up in a religion that is contrary to your soul. This could result in a severe soul conflict. You might believe that everyone is against you, an idea maybe taught to you by your alcoholic father, and this makes you full of fear. You could restrict your breathing to contain and deny the feeling of fear as an experience, and become asthmatic.

We may not even be aware of events that have traumatized us in the past. We may not know that an incident that occurred when we were very young might still dramatically affect our behavior today. In this book I explain this concept in a clear and straightforward way. I hope to awaken your awareness and help empower you to help yourself. The book illustrates many cases in which emotional traumas have been healed with homeopathic remedies, and it contains enough information to help you heal your own traumas. It details how to bring about truly miraculous cures of "dis-ease" using homeopathy in a simple, effective, and profound way. It also explains where and when to seek professional help.

Emotional Healing with Homeopathy is aimed at the reader with no prior knowledge of homeopathy. It can be used for self-help or to guide you to finding professional help. It will also be of interest to student and professional homeopaths, as it has many new ideas concerning the use of homeopathy.

Some homeopaths might criticize me for encouraging self-help, as skilled help is normally more effective. However, many people, given the necessary information, are quite able to help themselves and those close to them. Also, in some places, such professional help may simply not be available. So I tread both paths, self-help and professional help, with some trepidation, hoping that you, the reader, will use your common sense about which is best for you.

Homeopathy: A Brief Introduction

Homeopathy has been around for more than two hundred years; it is based on principles and practices that have been tried and tested and found to work consistently. Samuel Hahnemann (1755-1843), the founder of the system, discovered it after meticulous experimentation and observation and spent his life refining it.

Hahnemann found that healing could be based on logical and curative principles. The core principle he discovered is that "like cures like." For example, we all know that peeling onions causes itchy and runny eyes. These symptoms are typical of hay fever, so hay fever sufferers with these symptoms will be helped by the homeopathic remedy made from onion. Homeopaths have found the healing properties of hundreds of substances by trying them out on volunteers, including them-

selves, and have built up a comprehensive range of remedies for most human malfunctions and diseases.

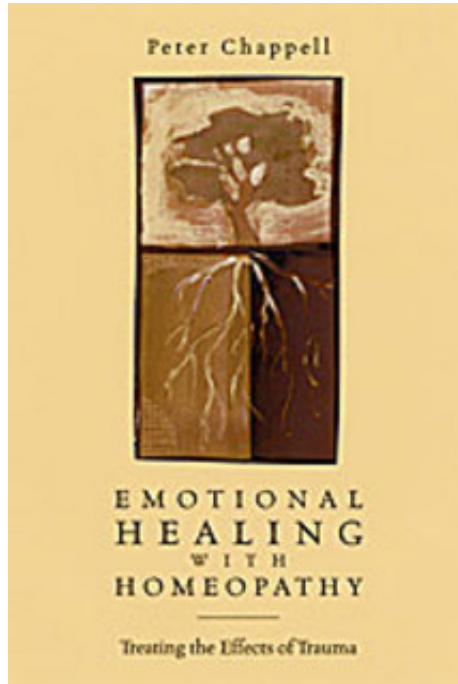
Hahnemann perceived that there is only one problem at any one time in a sick person. The individualistic reaction to the disease is what determines the selection of the healing medicine needed to create a curative action.

Hahnemann observed that the signs and symptoms of dis-ease are not the disease itself but are reliable indicators of its cure. He discovered that disease is an inner process with rules and logic; it comprises thinking and feeling as well as physical components. Conventional medical practice generally aims at treating the physical effects of traumas without recognizing or giving attention to underlying causes, believing in essence that all disease is physical. Homeopathy has been shown to cure thinking, feeling (psychological/emotional), and physical complaints; the principal exceptions are mechanical injuries needing adjustment (not just spontaneous "slipped discs" as these can result from inner tension), accidents needing surgery, some life-threatening conditions, and some terminal disease states.

In conventional medicine, diagnosing the physical signs and then opposing and hence denying their effects by treating with drugs allows the inner trauma to grow and possibly fester. This is the conventional medical approach to dis-eases such as asthma, eczema, migraines, menstrual problems, cancer, arthritis, fever, and sore throats. Homeopathic remedies by comparison "mimic" inner traumas; they "remind" the body to "unstick and resolve" them so that they can naturally dissolve themselves. In releasing the inner trauma, the outer effects (the so-called disease) disappear, cured naturally by the inner healing intelligence (the immune system).

Natural Remedies

Homeopathic remedies have been selected from thousands of natural substances by a process of clinical elimination during a two-hundred-year period. Currently there are vibrant homeopathic communities around the world updating and extending homeopathy to make it even more complete. The remedies now represent a virtually complete set of healing energies appropriate to the psychophysical traumatized states and ego compensations commonly found in humanity. These energies



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Treating the Effects of Trauma

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