

Bhawisha Joshi

Explore your inner HUMAN - ANIMAL CONNECTION

Leseprobe

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ACKNOWLEDGEMENTS



CHAPTER 1

PERSONALITY MAPPING: THE JOSHI'S APPROACH

AN INTRODUCTION TO PERSONALITY MAPPING

As do generally all homoeopathy case-taking interviews begin, the one we use in our practice also begins with a regular question about what is bothering the client. In a calm and relaxed setting, the client is encouraged to describe his condition and himself in greater and even greater details. As the individual goes deeper into talking about what bothers him and how he responds to his life events, even though we are participating by way of asking questions from time to time, our role becomes one of a facilitator.

This interview that we facilitate ensures that when we ask questions, the person feels encouraged to think deeply, and also he gets a chance to answer spontaneously. He is able to look within himself and find the answers to the questions. In this self-reflection process, the client begins to understand himself in greater depths and gain an insight into his own personality. This process helps the client to know that the story of how he lives his life and how he responds to everything that life presents him with is also the story of how he experiences diseases and his share of sufferings. In other words, our interview process allows the person to understand his story in all its depth, meaning and beauty.

At the end of the interview we succeed at achieving two aims, namely, we arrive at the indicated homoeopathic remedy and the individual obtains a crystal-clear understanding of himself.

My husband, Dr. Shachindra Joshi, and I have collaborated ever since we were students in the homoeopathic medical school. As we set up our clinical practice, this collaboration only grew stronger. Now, we work together and conduct the interviews together. Over the years that we have observed our clients and heard their narratives, we have developed a unique process of conducting the interview and gathering the salient features of their life story and their response to stress or their reactive

patterns. This unique technique of putting all this information together and understanding the personality pattern is the key to personality mapping. Our interview process, based on thousands of clinical cases, is firmly grounded in a logical methodology. At times, we find ourselves comparing our method to something like mapping the horoscope of the mind. Just as a horoscope can be used to understand a person's nature, behavior and tendency in the past and present moment, and can also be used for coming up with predictions about a likely conduct in the future, our method of interviewing the clients, not only helps us and the client understand his current behavioral patterns, but it also helps him and us anticipate a future course of action that is rooted in his tendencies on display at the present moment.

Often, we have observed that most individuals are oblivious to their imbalanced behavioral patterns. They do not even realize that these imbalanced patterns are the basis of their sickness. In fact, these patterns are so fixed over years of growth and development, that people begin to believe that a particular pattern is common, appropriate or an ideal way of behavior and that everyone in such a situation behaves the same.

As we assist them in the interview process to focus their gaze inwards, they are able to relate to the idea that their individual response patterns have made them sick after all. This realization or revelation about the unhealthy reactive patterns becomes for all individuals, the very first step in resolving to let go of these patterns and setting themselves free. They can now drop their fears and their personal barriers to healthful existence. They go on to achieve and accomplish what they had desired all along, and they succeed at building new and healthy relationships, unlock their unused inner potential that was hidden away from their plain sight, they begin to re-orient their path in life and their position in the relationships, and as a consequence, they feel empowered as well as fulfilled in their lives.

It would suffice to say here that in our unique process of interview, we allow the clients to actively participate in a conversation about themselves while we are fully present with empathy and complete alertness, and we facilitate them to go on a voyage of self-discovery. As



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