

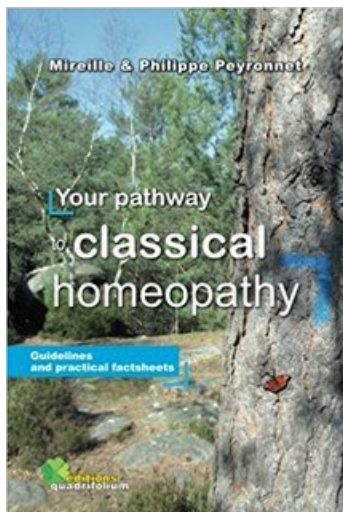
# Peyronnet, Mireille / Peyronnet, Philippe Your Pathway to Classical Homeopathy

Leseprobe

[Your Pathway to Classical Homeopathy](#)

von [Peyronnet, Mireille / Peyronnet, Philippe](#)

Herausgeber: Éditions Quadrifolium



<https://www.narayana-verlag.de/b23983>

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](mailto:info@narayana-verlag.de)  
<https://www.narayana-verlag.de>



# INTRODUCTION



*Congratulations on deciding to consult a Classical homeopath! You are where you are on the pathway of your life, and this book, written especially for **YOU**, is here to help.*

*It contains a series of suggestions organized to help you find your way **before, during** and **after** consultation. Let it be your constant companion, a valuable helper on which you can count.*

*This book has been written in order to help you make the most of your consultation with a Classical homeopath. Uniquely in homeopathy you are the architect of your own success, because only you know the distinctive and personal signs that are specific to your case.*

*This book explains which signs have a meaning for the homeopath, how to bring them to light, and break free from any impediments to their comprehension.*

*The other participant in the process of constructing a solution is the homeopath who will encourage you to collect signs, express them, and analyze them, while applying his experience and knowledge based on work carried out by former and contemporary homeopaths.*

*The writing of this book has been guided by **benevolence** and the deep respect for who you are, with your particular constitution. The idea is not to change it in order to match it with another model, but rather to help you discover its characteristics so that your constitution shows off its uniqueness, in harmony with your own strengths. It is fundamental to talk about those signs without hiding the ones which lie deepest. The homeopath is not there to judge or impose his own version of “good”. He doesn’t act for himself but with the aim of making his patient, a human being like him, with all their complexities, feel good.*

*This book has been written with the joy of transmitting and explaining the approach of Classical homeopathy, a profoundly human approach which integrates the multiple expressions of a human being, unique in what he has been, in what he is, and in what he will become. It reveals the intense joy the homeopath feels when complex situations unroll following the action of a simple remedy.*

*This book is filled with multiple **energies**.*

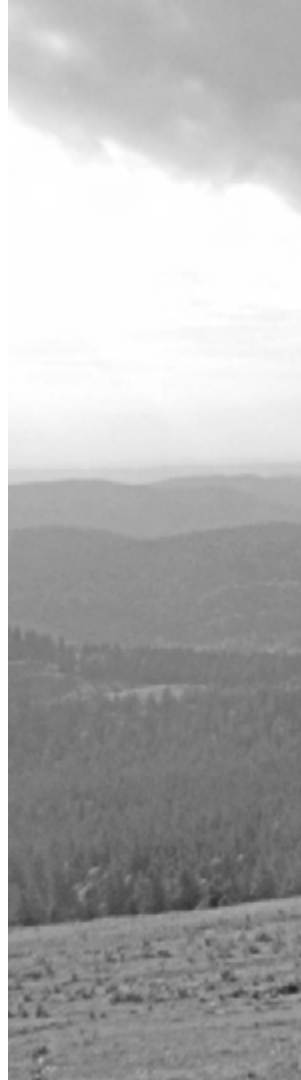
*The energy of the words chosen to deliver a simple message, easy to understand without a particular effort of interpretation.*

*The remarkable energy that inhabits the lives of those people whose personal stories about homeopathy are told in this book.*

*The power that a homeopathic doctor uses to choose the right remedy, the energy of which will allow the balancing out of his patient's physical type, by attuning his body clock to the tides.*

*This book is profoundly anchored in the **real**. Wherever possible, each argument is illustrated by someone's personal history who came across Classical homeopathy. They all form the numerous characters of the book and confirm the invaluable diversity of human beings and the ability of Classical homeopathy to arrive at an individual response. Classical homeopathy accompanies each one on a daily basis. It acts in a pragmatic way, based on the remedies' experiments and on the homeopaths' practice. Its objective is not to adopt an ideal, inhuman and unmaintainable behavior, but rather to capture people's own way of functioning and partake in their development, daily and in the long run.*

*We hope this book will enhance your full participation and your trust when consulting the Classical homeopath. We hope it will release your intuition, make you aware of your own time and space, and finally open new areas of your creativity to discover the homeopathic remedy so much needed for your personal balance.*







PATHWAY TO HAPPINESS, Crête de la Dôle, Jura, 2013, ©DR.

*Throughout your reading, you will find a series of serious messages that we have tried to convey with humility and sincerity.*

*Already deeply touched that you have selected our book, we wish for a long eventful and constructive journey.*

The Authors,  
Mireille et Philippe Peyronnet

# TABLE OF CONTENTS



<b>INTRODUCTION</b>	<b>8</b>
Preliminary notes .....	13
<b>I BEFORE CONSULTATION</b>	<b>14</b>
<b>1 DID YOU SAY CONSTITUTION? .....</b>	<b>16</b>
Your unique constitution. ....	17
A unity of time .....	18
A unity of place .....	18
Leo's eczema: cured but.....	19
Clearing the condition... not so anodyne.....	20
Constitution travels from generation to generation... ..	21
An ancestral kidney condition .....	21
A well-known cough.....	22
<b>2 A UNIQUE REMEDY FOR A UNIQUE CONSTITUTION . .</b>	<b>24</b>
Unique and similar .....	25
Camille's ears clear up .....	26
Curing chronic but also acute conditions. ....	26
Fever in young children .....	27
Angina with older patients .....	27
A smooth menopause .....	28
Prevention .....	28
And Camille opens up to further experiences.....	29
(Continued from the case page 21) .....	29
<b>3 WHAT ABOUT YOU? .....</b>	<b>32</b>
Adopting a dynamic approach .....	33
Collecting the signs .....	36
Describing the signs in depth .....	38
Trailing a foot since adolescence .....	39
A traumatizing school year aged 9 .....	40
A traumatic birth.....	41
At the slightest noise.....	42
A baby but no home.....	42
Squint at an early age.....	43

## *Your pathway to classical homeopathy*

Memories of unborn siblings.....	44
<b>Recording one's dream</b> .....	44
Bruno daydreams! .....	45
A decisive dream! .....	47
Up there on the mountain... ..	48
A recurrent dream will guide the choice.....	49
The woman in the dream changes .....	49
A snake assigns the remedy.....	50
As lonely as an orphan .....	51
<b>Capturing feelings and mental pictures</b> .....	52
She didn't dare tell anyone... ..	53
Follow the snake.....	54

## **II DURING CONSULTATION** ..... 56

### **1 I PARTICIPATE THEREFORE I BUILD UP** ..... 60

Changing one's idea of consultation. ....	61
The state of mind is that of dialogue. ....	62
Clearly complementary .....	62
A new space for creation .....	63
A new time space .....	63
A new type of interaction .....	64
On the patient's side: giving oneself the chance to cure ..	64
On the homeopath's side: listening at all levels .....	65

### **2 BREAKING LOOSE FROM ALL RESTRAINT FOR MORE FREEDOM** ..... 68

A head full of ideas .....	69
Beware of preconceived ideas!.....	69
Set ideas and their alternatives .....	70

### **3 A THESAURUS OF HUMAN EXPERIENCES.** ..... 90

Your constitutional remedy found among more than 3500 remedies .....	91
<b>Animal-based Remedies</b> .....	91
A very small land animal: the ant.....	92
<b>Plant-based Remedies</b> .....	93
A beautiful sea mammal : the dolphin.....	93
An incredible desire to survive since the beginning of times: the giant Sequoia .....	94



Mineral-based Remedies . . . . .	95
The fruitful relation to resources during consultation . . . .	95
Slimed over with shadows . . . . .	96
As strong as ... iron! . . . . .	97
The Homeopathic Repertory . . . . .	98
The Homeopathic Materia Medica . . . . .	99
Her cough says it all . . . . .	99
New patterns, new resources . . . . .	100
International dynamics . . . . .	101
Where do the new remedies come from? . . . . .	102
The guru is knocked down from his pedestal . . . . .	103
When thought flies over to a new remedy . . . . .	106
<b>III AFTER CONSULTATION . . . . .</b>	<b>108</b>
<b>1 APPRECIATING THE EFFECTS OF THE REMEDY . . . .</b>	<b>110</b>
Just after consultation . . . . .	111
Taking the remedy . . . . .	111
Assessing the effects of the remedy . . . . .	112
An angry patient . . . . .	113
An improvement? Hard to tell . . . . .	114
A determining consultation, if any! . . . . .	115
<i>An undisciplined teenager struggling to find his place</i> . . . . .	116
A dream announcing improvements . . . . .	117
Dreaming of curing . . . . .	117
Falling to pieces . . . . .	118
A well hidden truth . . . . .	119
About to be a mother but feeling sad . . . . .	122
<b>2 KEEPING THE SEARCH DYNAMICS GOING . . . . .</b>	<b>124</b>
Pursuing the search . . . . .	125
How often and for how long? . . . . .	125
Closely following up on depression . . . . .	126
The rewards of regularity . . . . .	128
Learning has become difficult . . . . .	130

*Your pathway to classical homeopathy*

The homeopathic consultation: an investment. . . . .	132
--	-----

**3 GOING BEYOND, SUCCEEDING . . . . . 134**

Dynamics of the Classical approach to homeopathy . . . .	135
Combining remedies to help face dual central issue. . . .	135
A twin who tries to foresee too far .....	135
Changing to go further . . . . .	136
One sign can hide another.....	136
Changer pour aller plus loin. . . . .	137
The transplant will wait a little (Continued from Marc's life story started in part I, page 21).....	138

**CONCLUSION \_\_\_\_\_ 140**

**USEFUL GUIDELINES AND PRACTICAL  
FACTSHEETS \_\_\_\_\_ 144**

BEFORE CONSULTATION. . . . .	145
DURING CONSULTATION. . . . .	147
AFTER CONSULTATION . . . . .	148
Noting one's dreams... . . . .	150

**ACKNOWLEDGEMENTS \_\_\_\_\_ 152**

- At the **time of conception**: state of mind of the mother, of the father; which position among the siblings; circumstances; environment?

### Memories of unborn siblings

What great news when **Eleonore** was born! After two interrupted pregnancies for therapeutic reasons, at last being able to cherish this little 3-year old girl, now blossoming! But for about a year now her sleep has been much disrupted. When night time comes, she finds it difficult to fall asleep, and talks during her sleep. Around 2-3 o'clock in the morning, she wakes up frightened, calls her mother who has to stay by her bedside for more than an hour. Presently, she often speaks about death. Perhaps following her granddad's recent passing away? She also often says she has a boyfriend, to whom she's given a name, but who is dead; a challenging hint. Could it be the

memory of her deceased brother in the little girl's consciousness? This little girl was expected with some anxiety as the parents were scared of another therapeutic abortion. The homeopath suggested a mineral-based remedy in connection with post pregnancy interruptions. Eleonore no longer calls her mother at night. Everybody is able to rest better; school days seem to be less tiring and the school teacher is happy to get more attention back from the young pupil. Simultaneously, the mother benefits from another remedy which "unloads" her and "anchors" her more into the present, to the point that she's considering having another child. ■

### Recording one's dream

For the Classical homeopath dreams are vitally important. They enable to have a direct access to the subconscious, without the need for interpretation. They form the entrance gates to our interior world. Contrary to what one would think, they offer objective evidence of the constitution. In his search for the right remedy, the homeopath takes everything that exists around the human being into account: both concrete and abstract things. What interests him in the dream is that it's personal to the individual, and thus considered as a full-blown feature of the constitution.

### **Bruno daydreams!**

This year, **Bruno** enters CP grade (first year of primary school in France usually aged 6). Physically, this boy, an only child, appears to be growing well. His parents are worried because he shows a delay in his language skills, especially in his writing, as well as difficulties in concentrating. His present schoolteacher stresses that he doesn't understand the exercises and shows no effort to find the solutions to them. She indicates the obstacles he seems to find in relation to practical things: "After coming to my desk and asking for explanation to do an exercise, he goes back to his desk, sits idly and does nothing, not knowing where his notebook is!" Already, in his last year at kindergarten, the schoolteacher had warned the parents of Bruno's absent mindedness. Dreamy Bruno doesn't follow instructions and can stay inactive at his desk.

On the other hand, Bruno's parents are aware of the excuses that their son finds when they ask an important effort from him. Following a consultation with a speech therapist, she said: "His thought process has stopped working!" To address this attention disorder without hyperactivity, they decided to follow the prescription given by their pediatrician. However, a few months later, they chose to stop taking the

prescribed medication which had triggered anorexia, sadness and moodiness within the child.

The mother tells that giving birth had been particularly difficult, eventually requiring a cesarean.

This detail guides the homeopath towards a plant-based remedy focusing on attention deficits following an anesthesia.

Bruno's speech improves. During the second consultation, he openly speaks up to explain coherently what he feels. The parents noticed that the excuses he used to find were less frequent and that he showed a good will to complete his exercises.

However, the homeopath is not totally satisfied and asks about the circumstances of his conception. The couple revealed that Bruno was a test-tube baby, successful at their first attempt. The homeopath then chooses a mineral-based remedy, indicated for children conceived outside the maternal uterus; children with whom learning, writing and spelling difficulties, language loss, have been reported. At school, the school teacher reports in writing that the pupil behaves much better, that he's able to concentrate on his exercise and answers questions asked in class. His school report the following term shows stability in the improvement. ■



Remembering one's dreams is possible, particularly when you dream close to waking. In addition, you are more likely to pay attention when you're told that a relevant sign might be found in your dream. If the dream wakes you up, don't hesitate to note it down immediately. Once again the value of always having your logbook within reach is demonstrated! Regarding children, let them talk about their dreams, and don't judge what they have to say even if it is unexpected or disturbing.

Let us stress the relevance of repeated dreams, or dreams that occurred a few days before consulting, and also dreams that occurred during childhood and that one always remembers as adults because they impacted the memory. The homeopath will encourage you to self-analyze your dream by developing a special connection with your inner world and dream-scape: what special feeling did you get during the dream; what meaning would you give to each of these pictures, what thoughts did it generate?

Be aware that certain allopathic medicines delete dreams.

### A decisive dream!

In both summer and winter, for over six years, **Laura** has suffered from very debilitating chronic rhinitis that nothing seems to improve. The abundant secretions prevent her from breathing which systematically wakes her up between 1 and 3 o'clock in the morning, together with occasional vomiting. When questioned about her dreams, she confesses not recalling them and promises to make an effort there. A first plant-based remedy has a reversing impact on the rhinitis, encouraging her to pursue in collecting signs. In the interval between two consultations, she has such a striking dream which she is not likely to forget! "I am in a dark, very dusty room. I'm not well. I see a dead body, then a big rug. I roll the dead body in the rug and carry the whole thing into a black hole, full of dust. During the whole dream, I feel the rhinitis." An unprecedented,

unique dream in which the young woman plays the part of the main action. For the homeopath, it is of vital importance and guides his choice towards an animal-based remedy. Laura is now rid of her rhinitis, breathes and sleeps peacefully; her life is transformed. And not only hers, her son's Gabriel too. Following the path of a trans generational feature of the constitution (cf. page 15), the homeopath suggests extending his prescription to this small 6 year-old boy with an asthma condition, who also suffers from rhinitis and cough, with nasal discharge and mucus generating some throwing up. The positive effect goes beyond the ENT infections and confirms the good match of the remedy with the mother's and child's constitution. Gabriel grows a lot, his personality softens, and he's less on the defensive side, and progresses well at school.

*Just one dream (but what a dream!!) was enough to trigger off a virtuous healing circle. ■*

Describe the dream with as many **details** as possible: location, time, duration? characters? Do they look like famous people? how old are they? Are you one of the dream's characters, in action or as a spectator?

Describe the action, the involvement, the outcome: are there any **transformations** of characters, animals, plants?

Were there any written, pronounced words? Were they understandable or not? What was your **emotional feeling** (joy, pain, suffering) or **physical feeling** (laughs, tears) during the dream and after?

### Up there on the mountain...

**Madeleine** eventually decided to consult as she felt exhausted and terribly anxious. She has to live with her noisy neighbor above her: the sound of his heavy steps day and night, his loud music or loud radio. Nothing seems to make a difference, not even the police when they deign come over when Madeleine calls them at night. Although she needs rest after her long days (she has a responsible job at the hospital), she lives in fear of coming home. Her sleep is very disturbed. If she does fall asleep, late, with ear plugs, she wakes up at night with her mind focusing on the noise. She then gets up, often goes to eat something or listens to the radio. She then tries to go back to sleep without success, waiting for the noises.

She tells about her dreams of mountains. Would Madeleine be the type who could be given a remedy related to dreams of high mountains? She adds: she dreams that she is trekking in the mountain, climbing up and down, walking along waterfalls and lakes. This dream refers to a precise mineral-based remedy. Her anxiety decreases "as if the feelings of apprehension were being dissolved".

Her hypersensitivity to noise gradually disappears. She's no longer in the waiting for the slightest noise, no longer wears ear plugs and is more willing to go back home. Her sleeping time is more organized: even if she wakes up she doesn't go and eat, manages to relax and rest. However, as she still finds it hard to fall asleep, she needs to continue with her efforts.

*Dreaming of mountains or dreaming of hiking in this mountain is two different situations. Describing the dream in detail has enabled to guide the homeopathic choice appropriately.* ■

Record if the dream is recurrent and how often it occurs: every night, several times a month, two or three times a year; already two or three times in one's life?

### A recurrent dream will guide the choice

**Samuel** is a company director in the social sector. He's chosen his profession well since he passionately supports honest law: he wants to repair injustices and give a helping hand to those in need. Conditioned by this model, he started off as a manager of a home for young workers in a suburb of Paris, and then was headhunted to two other cities. His vocation to help the weakest

members of society refers to a range of remedies. Samuel tells about a morbid dream that he often has, about once a month. He dreams of death, of people turning into animals, of living dead, skeletons, blood baths, all of them ruled by evil forces through magic. This very current dream relates to a based-plant remedy that will give Samuel the needed physical and mental strength.

*In this case, the precision of the dream as well as knowing how often it occurs, helped inform the choice of remedy (the choice having been a different one albeit just as plausible).* ■

Be aware that dreams can change: the dream happens again but the characters, the environment, the action and the ending are different.

### The woman in the dream changes

Little **Alban** tells about his dream: "I often dream of a woman dressed all in white; she has very long hair, her clothes are also very long. I don't want to look at her but I do eventually.

She looks like mummy, she floats. I'm frightened and at the same time fascinated. And then suddenly she changes, turns into an animal, a kind of deer that runs fast." ■

Often the dream guides the homeopath towards a remedy: either the remedy is present in the dream in a mineral, plant or animal form; or the dreams brings to the light a deep area of concern that the homeopath will record.



## A snake assigns the remedy

**Josephine** is over 80 years old. She tries to find solutions to alleviate her persisting neuralgia that followed shingles of the eye she had four years earlier. She gets the impression she has a veil, like a piece of skin, falling over the upper part of her right eye, and feels the presence of shadows. Her ophthalmologist notes that her vitreous humour has dropped. She suffers a lot from arthritis all over her body, but especially around the right shoulder, hip and knee. Sciatica often disables her right side. Tinnitus "such as the noise of a high tension wire" appears on the left side. In addition, she's had a continuous flow at the back of her throat for more than a year. She's been living alone ever since her partner died over 20 years ago. This former dressmaker has a strong sense of duty and feels she has been mocked all her life. For over

10 years, about once a year, she dreams of a white snake above her head. This standing snake looks like a cobra.

Amongst the animal-based remedies is the snakes' group. The dream and the signs guide the choice towards one of them. The remedy relieves her from all the pains she had following her shingles and improves the arthritis and sciatica. The left tinnitus remains but is lessened. As for the vitreous humour, there are no more shadows and the feeling of a veil in front of the eyes has clearly regressed. In the absence of progression, the ophthalmologist considers the situation stable regarding the vitreous humour. Josephine adds that she finds herself jollier, happier; also with more insight which enables her to have time for chats. She feels she has a better memory.

*This general improvement is a real gift for Josephine whose dream assigned the remedy!*



### As lonely as an orphan

For over ten years, **Sylvia's** daily life has been made difficult by very painful digestive complications from haemorrhagic recto colitis. She lost a lot of weight and was overcome by fatigue. She easily tells about a dream she often has: she dreams of a train station platform, her son leaves, she sees the train leaving. A family of mineral-based remedies then comes to the homeopath's mind. She adds that she recently dreamt she was approaching a large building that looked like a primary school and that happened to be an orphanage. This matter of the orphanage challenges the doctor who asks the dreamer about how she felt during the dream and how it connects with her life. Sylvia tells about her life as a small child: "when I was a very

young girl, my parents worked all the time and handed me to the care of a nanny. I used to wait at the gate for my parents who never came. When I reached school age, I was placed in a boarding school upon decision of my father. During holidays I was sent to summer camps; I didn't want to stay there, I used to hide in the bushes. Later, outside school time I had to stay by myself. I have painful memories of this period: I was overcome by loneliness and the feeling of being abandoned, as if I were an orphan." The choice of the family of remedies is confirmed from which one of them in particular emerges. The inflammatory condition soothes down: diarrhoea becomes rarer, haemorrhages disappear and pain lessens.

*The dream appears like a canal guiding the therapist. It enabled him to reach deep down to this concern which the young woman would not have revealed spontaneously or factually, without saying she felt abandoned by mother and father. Because the dream was so powerfully revealing, it enabled the remedy to work with such a debilitating chronic condition.* ■

## Capturing feelings and mental pictures

---

The individual may have other interior experiences that form part and characterize him. There is no room for taboo here; there is no question of abnormal activities.

Around an individual's rational, logical thought, around its physical definition, lie feelings and impressions. You are encouraged to pay attention to these and capture them, to try to identify them and describe them the best you can.

Sometimes during the day, even though you are awake, fast mental pictures (that may or may not be connected to what you are going through), can come to your mind, at times imperceptibly, at other times more obviously, and you may find them difficult to identify.

📌 From a child: "When I'm walking in the street I get the impression that the buildings are going to fall on top of me."

📌 From a young girl: "When I'm falling asleep, I feel as if I'm going to fall down the stairs."

📌 From a child: "I have the illusion of being spied on." Mathieu and his friend Rémi live in neighbouring apartments with a party wall. After school, Rémi invites Mathieu over to play with him. While having their snack in the kitchen Mathieu noticed a small hole in the wall. It's the joint wall with his kitchen on the other side. Back home he tells his mother he discovered how his neighbour's family spies on them every evening: through the small hole in their kitchen wall!

📌 From an adult woman (in whom chronic polyarthritis is suspected): "I feel there is like a thread in my head and that someone is pulling hard on it".

**She didn't dare tell anyone...**

It's not the first time **Lucile** consults her Classical homeopath but it's the first time that when asked if she gets mental pictures she dares confide what has been bothering her for a long time. She thought it to be insignificant and probably another of her hypersensitivity tricks. During the day, this thirty year-old young woman has images of concentration camps that come to her mind, like flashes. Sometimes, it happens when she's about to fall asleep. At such a particular moment of conscience,

the same kinds of pictures strike her mind. The effect of a mineral-based remedy taken from the source will be far better than any other. Everything gets erased. A feeling of fluidity like she's never experienced before now inhabits her; the impression of having fresh air in her lungs and new blood running in her veins. Through the feeling of liberation that the remedy provided, she was able to recognize what a weight she formerly had on her shoulders.

*Without a doubt, any production coming from an individual helps define his constitution and therefore deserves to be heard.* ■



## Follow the snake...

**Philippe** is a University professor and consults for an Obstructive Pulmonary Disease that can sometimes disable him while lecturing in university theatres. On one occasion, he had to interrupt his lecture because of a difficulty speaking.

He spent his childhood in Algeria where he already had breathing problems. He remembers his frequent episodes of bronchitis. He tells about a traumatizing event during which sympathizer of a political party grabbed him as he was coming out of school, and hit him violently particularly on his chest with the aim of impressing his father.

His father died relatively early at the age of 60 of a larynx and trachea cancer. Despite his breathing problems, as he had a passion for singing, he regularly took singing classes.

Philippe tells about a first dream: he's in a room and sees like something bulky, that turns out to be a woman's handbag. Then suddenly he's thrown over to the other side of the room by an enormous snake, with its mouth

wide open, digging its poisonous fangs into his left hand. He's terrified and when he wakes up feels an intense pain in his left hand.

When questioned about this subject of snakes, he tells about his illusion, when taking his shower, of having snakes dropping over him. He tells about other dreams of a snake vivarium, and also another illusion of seeing snakes between the sink and the washing machine.


He also remembers that, as a child, he dreamt of snakes, but above all, recalls the terror that caught him while falling asleep: he imagined there was a snake in his bed and wouldn't move as he was scared of being bitten.

A mineral-based remedy clearly improves his breathing problems. When he sings his voice is much clearer. He recalls another dream: he sings in a Paris theatre with snakes as the only spectators. He notices their heads but not their bodies. Fortunately, a glass window separates the stage from the audience! Again snakes, but this time he's protected by the window.

*The detailed description of the dream, with the main part being played by a menacing snake, guided the choice of the remedy. In addition, the illusions of snakes add weight to this choice. Lastly, remembering his child dreams relates to his present dreams and illusions. Let's stress that these types of dreams are highly meaningful. If the person remembers them as an adult, it means that they highly impressed him during childhood, to the point of marking his memory and allowing him to freely tell them in adulthood.*

*The choice of the remedy is confirmed by the dream that follows the taking of the remedy: if the snakes are still present, they are kept at a safe distance...!*

*In the third part of this book dedicated to the follow up, we'll come back to the relevance of dreams that may occur just after taking the remedy. See page 86* ■



*When listening to his patient, the homeopath integrates the results of his questioning and the signs shown during auscultation to the diverse knowledge collected by practitioners for over 200 years. This data is permanently renewed through productive research throughout the world.*

*The curing properties of the remedy act beyond the reason for consulting in the first run.*

*This action reaches out to the human being deeply, stabilizing its personal vibration, giving it back its full potentialities, those that are unique and singular to him.*

*This is why the patient's active participation is essential as soon as he prepares for his first consultation.*

## Adopting a dynamic approach

In order to find the constitutional remedy, above all, the Classical homeopath needs the active participation of the person consulting. The person is not a passive recipient with the homeopathic approach. Waiting for the doctor to ask all the questions and merely answering them is contrary to the idea of a Classical homeopathic consultation. Because the doctor's questions might give an orientation to the collected data, and label the patient with something that does not apply to him, the information must come directly from the patient. You come to see the homeopath because you have a health issue that needs to be solved and because you have decided to follow the homeopathic path; therefore you need to prepare for the consultation. This part of the book helps you to do this by collecting the most important, personal, original and specific signs.

The homeopath isn't a strange practitioner who asks a lot of strange questions. He is there to encourage patients to tell more, describe more. It would be harmful if you felt this process to be intrusive. The homeopath is not there to judge. It is not his role. On the other hand, he has an enormous need for information. So many signs, so many entry paths to the constitutional remedy.

In every consultation you need to be perfectly honest, without hiding away information. Keeping secrets is counterproductive. It wouldn't be fair to say that "homeopathy doesn't work" if one doesn't trust the homeopath and be completely open with him.

Often, self-analysis disturbs. Sometimes, information has been buried away and you have managed to hide it deeply, either deliberately or unconsciously, perhaps because you could not do anything different at the time. Homeopathy provides a precise solution through the energy contained in the constitutional remedy. Don't hold on to the information, and miss out on this energy.

Remember that your constitution bears a unity of place that requires searching for physical as well as psychological signs. It also bears a unity of time encouraging you to describe the events of your whole life. The more signs you give the homeopath the better chances he has of gaining access to your constitution's issues, matching your type with the right remedy, allowing it to stabilize.

It is essential to let children speak, without interrupting the flow. As parents, dare to play fair; even if some things have never been told in the past or if the child prefers to tell them "to the doctor only", without your presence. It doesn't matter! Why take offense? On the contrary! All the better if the information shared becomes determining. Even if it may appear disconcerting, children, especially the younger ones, perceive things adults no longer do. It is well known... out of the mouths of babes and suckling come grains of truth!

A baby's constitution is established as soon as he is born and even before, in utero. If they are unable to build sentences, babies use a thousand other ways to say things, through their bodies, their expressions, their reactions, their sounds, their needs. It is our duty to understand them and leave open all the communication canals.

Several consultations are often necessary to bring out the most helpful signs from the whole background. There are several reasons for this. On your side, as a patient, after the first consultation you will understand the process better, and the need for bringing those signs out to the homeopath. On the homeopath's side, the first data collected will refer him to one remedy. He will need complementary information to confirm or invalidate a path, and maybe take another one.

# Questions about...

## ≧ Tastes and preferences

— He likes music – What do you mean? Classical music, and I've noticed that he particularly likes piano concertos; he's very sensitive to them; he asked me to play this instrument. This sensitivity to piano is very well described in a mineral-based remedy.

— He likes elephants! – What do you

mean by "like"? He collects photos and pictures of elephants. He has read many books on their life and often reads them again. He knows everything about these mammals. He favours stories or small novels in which they play a part. In his bedroom he has soft toys representing elephants of all kinds and in all colours.

## ≧ Eating habits

— He likes French fries – All children like French fries, tell me more. – Ah, yes! I've noticed he can't stand food that has a green colour: lettuce, green beans, spinach. He has an aversion to this kind of food. It's not because he is reluctant to eat any vegetable or fruit as other children might be. He will eat fruit and other vegetables, but as soon as they are green he's disgusted. Combined with another of the key signs of the consultation, this characteristic of the food preference has guided the homeopath in his prescription by choosing between two remedies he was thinking of.

— He can't go without mint and likes to eat mint sweets, mint drops. If I didn't check on him, he would be eating them all day long. This particular craving confirmed the homeopath's choice for an animal-based remedy.

— "Honey is much more than a treat for me"! I cannot go without it!" declares this fifty-year-old therapist. When I was young, I used to steal some from the kitchen cupboard, and even now, between two patients, I sometimes go and take a spoonful. This strong eating habit quite remarkably confirms the prescription of a plant-based remedy that the homeopath had already thought of.

## ≧ Sleep

— I think we can say he sleeps well – Tell me more – In fact, before going to bed myself, I go and check if all is well; I've noticed that he's often fast asleep

but tilts both legs to their right side, then to their left side. The movement is very gentle and makes me think of the wavy fin of a fish.

## ≧ Frights, phobias

— He's afraid of the dark – Does he refuse to go to bed before night time, or does this fear take place during the night? Does he wake up and call? It's as soon as it gets dark.

We live out in the country.

He's developed a phobia of bats. If he's outside when the sun is setting he starts running back home before the night settles in.

## Collecting the signs

Keeping a **log-book** yields big rewards. As soon as an idea appears, you should have the book to hand and record it, wherever you are: at home, on public transport, when travelling, at work, on holiday. It must be within easy reach, easy to carry around. Naturally, it is personal and must be respected as such by everyone.

Older children should be encouraged to go through self-analysis, to note their signs in a personal logbook. It has nothing to do with a personal diary. The idea is to collect the relevant signs to help cure and/or progress; without any fuss or excess. At the same time, parents should continue collecting signs in the logbook they keep for their child.

Going through ones notes, underlining words that seem important will be rewarding. This should be done in an effort to synthesize information, and help find a **key-word** that will summarize the constitution accurately and guide towards the relevant remedy.

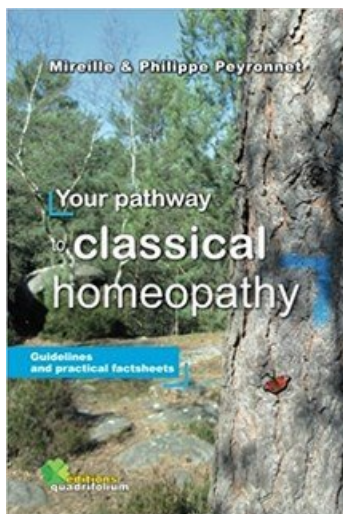
It is often beneficial to indulge in moments of personal thoughts, even if momentary, especially outside the working environment. Here one is more relaxed and able to let one's mind go in all directions, turn the clock back, go through events again, rediscover emotions, come back to previous ideas, some of which may be buried deeply. Any self-reflection is welcome.

As part of the process of identifying the most relevant symptoms, it may become useful to include the viewpoints of your nearest and dearest.

- Your partner's view of you: each person sees signs that the other doesn't necessarily see, and can say if the sign has evolved and how. Sometimes they might even have dreams about you.

- Grandparents, who share intimate moments with their grandchildren without being directly responsible on a daily basis, may have a different view on the situation.





Peyronnet, Mireille / Peyronnet, Philippe

[Your Pathway to Classical Homeopathy](#)  
Guidelines And Practical Factsheets

160 Seiten, kart.  
erschienen 2017



**bestellen**

Mehr Bücher zu Homöopathie, Alternativmedizin und gesunder  
Lebensweise [www.narayana-verlag.de](http://www.narayana-verlag.de)