

# Making Homeopathy Work for You: 5 Keys for Outstanding Success



## **Give Up the Old Model of Medical Expert and Passive Patient**

In the old model of conventional medicine, the doctor was seen as the expert and the patient passively followed the doctor's orders. Today, even in conventional medicine, this model is no longer viable. It is important to empower yourself to take charge of your health and wellness. Educate yourself about health and wellness and remember that you are the best expert about your health. Homeopathy is about supporting the vital self to be the vehicle behind its own healing. It's about trusting the inherent intelligence of the vital self and allowing it to move through its own healing process. Consult with others, but stay in the driver's seat!

## **Develop a Partnership with a Professional Homeopath**

It is important to establish a close partnership with your homeopath. Partnership and communication allow your homeopathic treatment to be adjusted over time in accordance with the needs of your vital self. Keep your appointments and phone check-ins, report significant changes and be open to the process.

## **Focus on Deepening Your Relationship with Your Self**

I encourage my clients to keep notes in a journal to record their experiences after taking a remedy. Paying close attention to how treatment is progressing has two benefits. First, it allows you to document improvement or lack of improvement so that your treatment can be effectively tailored to your needs but just as importantly, it helps strengthen your awareness of your body, emotions, mind and spirit. This is often the most important step to true wellness.

## **Get Rid of Stuff that Doesn't Support You**

As you focus in on your experiences, you will gain clarity about the things in your life that support your wellness and the things that hold you back. The things that hold you back are called obstacles to cure or maintaining causes of illness. Removing negative foods, substances, influences, habits, thoughts and relationships often happens naturally when you pay attention to the inherent wisdom of the vital self.

## **Have Patience but not Blind Faith**

While you may hope that the homeopathic remedy will bring a rapid transformation, and sometimes it does, the work of deep healing requires patience. The dis-ease was established over a long period of time and the healing also takes time to unfold. It is important to be patient with the process. However, in most cases, if treatment is moving in the right direction, you should see some tangible results within 3 weeks. If you cannot document results, it's important to be objective about that and take steps to adjust what you are doing.