



Teleosis Homeopathic Collaborative, LLC

Sharing an attitude of gratitude

In honor of the season, we've taken a few moments to go around our virtual table, and weigh in on remedies we are especially grateful for.

Many of you started with something like "there are so many blessings in my remedy kit." Thanks for your responses!



My remedy is psorinum. It was the remedy my homeopath gave to me to help my body find balance after 20 years of eczema (on cortisone the entire time....uggghh). It worked! Happy Thanksgiving. – Alix

I think it's pretty obvious-Ignatia. Got to experience it in terms of both my own personal healing but also it impacted my learning. – Kim S.

I'm most grateful for the one I'm currently on and I don't know what it is!!! So many have been helpful. Thanks to all the remedies! – Gopi

I am incredibly grateful to Saccharum Officinale for resolving my family's long-standing and outrageous sugar addiction...it even managed to get my mother to stop rolling the roast beef in sugar before cooking! – Kim K

Nux Vomica it makes life a bit easier! – Lorraine

Ignatia is the remedy I am most grateful for. On a number of occasions over the years, I have gone from floods of tears to-- "OK. I can handle this"--in a matter of minutes. It takes me back from the edge. For me Ignatia is the Number "1" coping remedy in ultra-stressful situations. – Nan

I am most grateful for the remedy Hydrogen, which reminds us that we are all connected, and therefore, all one. Remembering this helps me be aware that when I feel angry and lash out at another, I am hurting both of us, and conversely, when I share love outwardly, I also receive it back. Have a great holiday! – Heather

I am grateful for which ever remedy is the one that my client needs. That can be as common as Ignatia or as unusual as Hydrogen. And, I have had times when both have been a lifesaver! – Andrea

(Believe it or not, the above three came in in exactly that order! Read more of these reflections on pages 3-5. And by the way, shouldn't pharmacopeia rhyme with cornucopia? What's up with that? --Ed.)

*If you take it
(CCH exam)
they will come!*

by Andrea Kraft, CCH

One of my favorite movies is a 1989 film called *Field of Dreams*. In the movie, Ray, a farmer played by Kevin Costner hears a voice accompanied by a vision of a baseball field. He takes it as a sign to build a baseball diamond in his corn field in the middle of Iowa.

Everyone tells him he is crazy and that he will lose everything if he follows through on his



vision. To make a long story short, Ray follows his intuition, builds the field and the impossible happens; visitors come from near and far paying to see baseball played on his field. He builds his business out of his passion by persevering and following that voice inside
(continued on page 2)



If You Take It (CCH Exam), They Will Come! (continued)

his head, also called intuition.

So, you might ask, how does this relate to becoming a homeopath? Becoming a practicing homeopath is not always an easy path. There is an enormous amount of studying, remedy memorization, casework and more studying. And, through it all we feel, *“how am I ever going to get this enough to sit for the CCH exam and actually start a practice”?* No matter where we are on the path towards becoming a homeopath, we have all been there. It is a passion for what we do and the “intuition” that this is our path that keeps us going even when those around us question the power in homeopathic healing and look at us like we are crazy.

Even as I did my clinical training through Teleosis in 2007, I wondered how this was going to all come together. One year ago, my friend, colleague and fellow Teleosis alumni, Kit Reno and I decided to sit for the certification exam. We were both frightened by the amount of work ahead of us and the prospect that even with all the work, we may not even pass! We jumped in despite our trepidations and were a great comfort and support network for each other with weekly phone calls and self inflicted assignments that ensured we’d cover all the required material in advance.

In March of 2011, we each sat for the exam in our respective states 500 miles away from each other.

After the exam, we were not confident that we had passed. But in April at the NCH conference, we were blessed to be together when we both found out we had passed all sections! It was an amazing feeling and we knew that all the effort we had poured into the event was worth it.

Here is what I didn’t realize at the time. When you put yourself out there and stretch yourself amazing things can happen. As soon as I took the CCH exam in March, I found a significant increase in the number of requests for new client appointments. At first I laughed and shrugged it off. Then in August, when I pressed the send button on my final case submissions, more requests came flying in. In the end of August, when I received my certification and changed my NCH listing to include the CCH next to my name, even more requests came my way. Coincidence? Maybe. But I am once again reminded of *“if you build it, they will come”* or in our case, *“if you take it, they will come!”*

Some tips for taking the exam:

- ☒ Start studying well in advance. We started with Karen Allen’s Repertory workbook 6 months before the test. Starting early will help you pace yourself so you do not become overwhelmed. Slow and steady wins the race!
- ☒ Have a study buddy. Pick someone you feel comfortable with to check in with and go over the material. It is sometimes easier to be accountable to someone else than yourself.
- ☒ Have weekly meetings with your study buddy to set goals to pace yourself. There is a lot of material to review. Create a work plan and organize the material within a schedule so you have the appropriate time allocation.
- ☒ Practice, practice, practice. Create tests for each other or take a study course that gives you sample tests
- ☒ Don’t panic! Rely on your study buddy to give you encouragement when you feel frustrated. At times, when I felt like giving up, Kit gave me confidence to keep going. During the exam, there were times when I actually found myself replaying a study session discussion about a certain remedy or aphorism and through that recollection, I knew the right answer!

Congratulations
to all our recent
grads
who have taken
and passed CHC
exams!



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Remedies and Gratitudes, continued!

There are many, but today I'll say Calendula. Taken internally, I experienced how profoundly it facilitated the healing of dirty road rash and infection.

– Tanya

Ignatia, what a long list of people it has helped. Most recent was a grieving client at women's substance abuse program who decided on an abortion because she "knew" as a drug addicted person she was in no shape to parent....such grief and Ignatia lightened the load. She has been calling it St Ignatia..... – Loretta

That's easy: Arnica because I think it's the easiest one for people to use successfully. Arnica is like a silent spokesperson for the efficacy of homeopathy. – Laurie

Lac Maternum – "for illuminating the path to loving oneself" – Susan

Belladonna! My dogs were very sick a few months ago and I had a book on homeopathic treatment of dogs. I was new to homeopathy and kind of desperate. I read that belladonna may work for violent vomiting and diarrhea, and crushed some pellets and fed them to the dogs. Worked like a charm; within maybe five minutes the vomiting stopped and I didn't see diarrhea again. Maybe a month later I had to use it again, and it worked again but haven't seen it since!! Thank God for Belladonna! – Heidi

I will narrow it down to two: Thuja because it was my very first and helped me start down the path of true healing and Ol-j because that's the remedy I'm using now and it has helped me out of a difficult life situation and has helped me truly look deep within myself to make the changes that needed to be made.... It's helping me transform my life.... I'm also thankful for Phosphorus because it cured my daughter of pneumonia almost over night and completely after a couple of days and I avoided having to give her any antibiotics as the western MD wanted. I really saw the power of homeopathy and the wisdom of the body shine through with that experience. Thank you for this opportunity to reflect on my life with homeopathy! – Kim D

The remedy I am the most thankful so far is Ignatia Amara; this lovely plant remedy saved me from eating away my stress and surviving my recent trip to Mexico (and my siblings) without gaining some extra pounds! :) – Veronica

Homeopathic remedies are amazing in acute health issues - particularly when you get a call from a family relative in a panic. To date, they have been skeptical of homeopathy but decided they have called you as a last resort. In these situations, I am most grateful for Bryonia and Pulsatilla! Typically, a 'classic' panicky phone call will be about a niece or nephew's horrible ear ache and they can't go on their vacation etc. Pulsatilla to the rescue!! The other situation is the creeping slow onset flu and the family member calls you in complete despair and utter irritability. After checking their symptoms and match to a remedy, I am most grateful for Bryonia! Many times Bryonia and Pulsatilla have have been amazing remedies for healing. – Dori



Aconite is the remedy that I always have in stock. I realized a couple of years ago that when my now 4 year old wakes in the middle of the night with a cough, Aconite always does the trick after just one dose! Bonus is that if he feels better, I do too because I get to go back to sleep as well! – Patti

I am grateful for Lac Maternum! Grateful that it is the first remedy that introduced me to inspiring homeopathy and grateful that it has helped me transition to my new life! – Isabel



Still in our gritudes.....

There are just so many that I am grateful for! I use Arnica the most frequently. After a day of working in the yard, it is a big help and I expect to use it after raking leaves this weekend. Other favorites are Lycopodium – it just seems to meet my emotional needs when I can't sort things out. Staphysagria – I don't use this one often but it has been a godsend when the situation calls for it. – Karen B.

The homeopathic remedy I am most grateful for is Colocynthis because since approximately 1998 it's been taking care of my acid reflux problem. This is not the only remedy I take for acid reflux, but it's the main one. Katherina

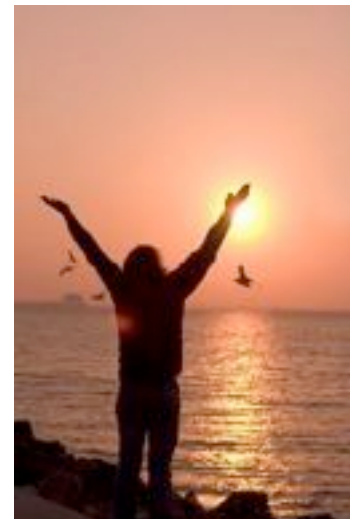
I'm most thankful for the remedy Arnica! Having 4 children ages "almost 10" and under, their extracurricular activities (theatre, dance, sports etc...), outdoor play and being kids in general, falling from time to time Arnica has come to the rescue several times! It takes the pain and swelling away swiftly and overall speeds the healing and recovery. Don't like to see them in pain however love hearing "Mom, I need a remedy." – Cheryl

It's difficult because I am grateful for several remedies. For most grateful, I would have to say Sulfur. My first homeopath put me on it as a constitutional but that may be only accurate when I'm really in good times. However, knowing the remedy gave me permission to be myself - I don't have to feel guilty about being a sloppy dresser and other such things, and I can enjoy my social- philosophical self dialogues with impunity. Thanks for asking, George

I think I personally am most grateful for Ignatia. It was the one that broke my cycle of having a miserable time at the Holidays. I was truly the Grinch that Stole Christmas until that happy discovery. Thank you! – Liz

I am most grateful for Thuja, because it dramatically healed my son's respiratory issues that resulted from too many vaccines at the same time. His bright red ears and flow of mucus relieved his chronic sinus infection--just what the (homeopathic) doctor ordered! Second place Belladonna for permanently and quickly curing my daughter's ear infections with wake up and scream at 2:00 a.m. She was smiling within 5 minutes rather than being on her way to the E.R. for antibiotics. – Linda

Molybdenum, as this remedy was found to work for my daughter constitutionally - I had taken her to get a natural solution to her chronic earaches when she was just under the age of 2. – Laura



While it is tempting to write about the dramatic effects of using less common remedies like dolphin or scorpion, I have to point out that the most common remedy I ever prescribe for both acute and constitutional cases is good old Nux Vomica! When you witness a client go from nearly vomiting (typically after a hangover) in your office to a state of calm wonder, you then realize you have a client for life! Many times I have heard a client say: " This is a miracle-- maybe this isn't just a sugar pill." When they then notice shifts in other areas of their lives--be it their heartburn, mood, or their concentration, they say this really wasn't a placebo! These are the moments when a client's consciousness is transformed by homeopathy! Personally, I have been graced by the healing power of this remedy-- even though I don't really identify as a "Nuxy" kind of guy. To me, Nux is the remedy of America-- with our Type A, fast paced, overeating, overmedicated, overstimulated lifestyle. I use it to "clear" the harmful effects of medications and I find it easily generalizes to many individuals (even though our motto is "individualization"), much like Arnica for injuries or trauma. As the holidays approach, my friends and family have already requested more Nux as a "stocking stuffer" for themselves and their elves! Time to restock my pharmacy! – Tim



Remedies & Gratitudes (continued)

I am most grateful for the 12 cell salts for without them I know not what I would do! I use them for so many things regularly, particularly for my daughter. And, I'd have to say Calc-phos in particular, we use it like a general tonic for all ages in our family and quite regularly! Well, it certainly has kept all my 32 teeth intact with no cavities so far! Happy Thanksgiving! --Jhuma

Today it is a toss up between Arnica and Ignatia. On Friday my husband who is no longer a young man slipped on some water in the grocery store and had a severe contusion to his right leg and ankle. When he arrived home he was hardly able to walk. A few doses of 6c Arnica and an application of Hylands Arnica cream and he mowed our big lawn Saturday afternoon. Saturday morning my niece who is 7 months pregnant was knocked down by a neighbor's husky dog. Her foot was so swollen and painful there was concern that she might have a hairline fracture. Rest, ice, elevation and Arnica - she was back on her feet the next morning. She is an art teacher and on her feet a lot. My daughter's FIL is over 90 years old, recently took a turn for the worse and is not expected to make Christmas - he has 7 kids and is much beloved especially by family and surviving much younger wife. As soon as I heard I sent some Ignatia down so she would have some in case she needed it for my SIL and his family. -- Rox

The remedy I am (as a patient) most grateful for is NAT-MUR. As it helps me to let go old pattern of thoughts and emotions and habits, which do not belong to me and which I don't need any more. Wish you a wonderful holiday.

Jutta

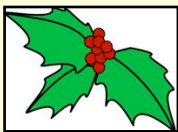
When I've been out of balance and feel myself sliding into a cold, Arsenicum 200C has brought me back from the brink many times. I get that it's not about germs; it's about me being out of whack. It's like the best feedback loop I know. Annie

Belladonna, because it has cured well. I am practicing homeopathy based on mind symptoms only, with guidance of Rediscovery of Homeopathy of Dr. M.I. Seghal. -- Gunalan

Everything is out of place,
I'm starting to get red in the face
I feel like screaming but I'm not gonna,
Because I took my Belladonna.

My head is throbbing with pulsing pain,
Without this remedy it would be my bane.
Dogs and bugs they give me chase,
Belladonna is my saving grace.

When fevers rise and tempers flare
I take this stuff without a care.
I'm not as saintly as the Madonna,
But my husband's glad I found Belladonna.
--jenn



Holiday Donations

If you'd like to send a tax deductible holiday donation to support our student clinic please make checks payable to The Sidewalk Clinic/SOTM and mail to Loretta Butehorn 345 Neponset Ave Boston, MA 02122- support will allow the clinic to continue to serve the community. If you'd like to make a donation as a holiday gift please include the name and address of the giftee and we will send them a card identifying your gift.

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* read about CEASE, a Teleosis-sponsored course:

www.cease-therapy.com

[www.quintessence55.com/
Seminars___Workshops.html](http://www.quintessence55.com/Seminars___Workshops.html)

* _sign up for a free public lecture by Loretta Butehorn on homeopathy for your pet, on January 21, 11 -1.

lbutehornphd@gmail.com



A homeopathic approach to crime and investigation

Students Explore a Murder Mystery in Remedy Character -- Complete with Costumes and Finding Motivation!

THIS JUST IN:

Role plays and shape shifting to understand remedies took a sinister turn in the classroom last month when the Teleosis classroom became a police department to investigate a violent crime.

Notified in advance of their role in the unfolding drama, students prepared by considering what might motivate their remedy to violence, how their remedy might respond to police investigation, and came prepared with costumes and props to support that learning.

Several students were also notified in advance that their role would be detectives. They prepared in similar ways.

Yes, the culprit was determined. And yes, more importantly, there were prizes for costumes.

First year students also participated as junior investigators.

