



Being in the here and now

is the most elevating experience one can think of. The reason why so many people experience hardship and pain is, because generally one is

not able to live here and now responsibly in freedom. This is a consequence of the fact that so many of us are too much involved with what the senses have to offer (**1 sensory-awareness**) and spend too much time on safeguarding accomplished lifestyles through means of control (**2 reflective-awareness**). Especially the control of our lives gives us a sense of security but at the same time it locks us up in ourselves and in our conventional ways of doing things. For this reason people feel isolated with their emotional and mental problems. **Homeopathy opens up your self-limiting perspectives through particular interview styles in which the individual has the opportunity to relate physical and emotional problems to the realm of faith and self-reliance. Self-reliance is the ability to have faith in one's own judgements about who one is and what one does. The homeopathic remedies accelerate this process considerably creating an opportunity to naturally wind down and revitalise the organism.**

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Enjoy this newsletter. Regards,

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The threefold principle



The reason why so many people suffer is solely a consequence of focussing too much on the sensory

fulfilment that is triggered by the offerings of modern society, namely money and luxurious items that are abundantly available. The continuation of over-consumption and greed will lead to a halt of our society, because it causes crooked conditions such as homeless people alongside people indulging into luxurious lifestyles. This is an injustice that has to stop. The threefold principle gives hand and feed to the holy trinity by the recognition of the third, purpose giving, aspect of awareness, namely (**3 self-awareness**). The awareness-soul is at work when we attempt to be here and now. These opportunities occur during life crises; those moments when radical changes need to be made in order to save the future. When a crisis is unfolding we need to let go off old ways of doing things and adapt to the actual situation how it manifests here and now. Those who walked on the edge of life are familiar with it. They have learned to live from moment to moment while not being covered by insurance or backed up by a civil service providing them with additional income.

Ruptures in society

1) The psychiatric healthcare provides a good service on a relative small budget. Through counselling and medication they aim to bring relieve to the patients. A critical note: Increasingly treatments are solely based on chemical pills, but psychological problems are essentially human problems for which human answers should be sought. **Compassion** is THE key to psychological help and not pills. Pills subscribe to the convention that the

human being and his suffering is nothing but misbalanced chemical processes in the brain that needs to be suppressed. This suppression of symptoms also has the effect that people fade away like little plants. The consequences of such a **materialistic** attitude towards human life will severely compromise the ability of our society to thrive, because it stops the other from living a fulfilling life and increases the suicide rate. **2) The** increase of separations is because we do not include the other in our efforts to become happy. The consequences are devastating for the children who lose the prime example of the father and mother.

The healing effect of homeopathy
Homeopathy is **compassion based** natural medicine that addresses the whole person mentally, emotionally and physically through the interview styles and the homeopathic remedies. Homeopathy is among others very beneficial for the treatment of children and people who are suffering mentally and emotionally. Homeopathy is not addictive and has no side-effects. Of crucial importance to the homeopath is the individual's point-a-view of being-ill and not as much what others might have to say about it. Essential to the homeopathic approach of being ill is the acknowledgement that each of us is in a continuous effort to be here and now. Living here and now in freedom with responsibility is the foundation of a healthy and happy life. Excellent remedies that helped my patients to be more able to live here and now are the following: **Sulphur** is a remedy that helps individuals to find the right ways of doing thing. **Natrum Muriaticum** is a remedy that invites people to put aside a grievous past and be more happy here and now. **Pulsatilla** has the ability to make people feel less emotionally depended of the other. **Please contact me if you have further questions.**

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