



Welcome!

The Source is a new newsletter, dedicated to bringing you news, views, reviews, and anything else to do with the Sensation Method of Homeopathy.

We hope you enjoy this first edition, and look forward to receiving your contributions to future editions—it's your Newsletter, for your Method of Homeopathy!

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Foreword by Janet Snowdon

I was delighted to be asked to write the foreword for The Source, the first Newsletter dedicated to the Sensation Method.

The Newsletter is one of the sharing vehicles for Sensation news, events, books and sharing of ideas and cases – completely dedicated to the Sensation Method. It has taken a great deal of energy to begin this new development but from here it will become stronger and it's view is to become a Journal in the future.

We have all come to Homeopathy in our individual ways and so I have also come to the Sensation Method in my own way. I attended the millennium seminar in Mumbai and was bowled over by the developments that Rajan Sankaran and his group had been working on. From the video cases we were shown the success of this new system were there for all to see. Deep seated pathology was being cleared in a way I had never observed before.

The Sensation Method of case taking was exciting for the practitioner and helped particularly with the age-old struggle of being the unprejudiced observer. Case-taking that followed only the patient's words, with no assumptions on the part of the practitioner or interpretation, moved us away from projecting onto our patients. For the first time there appeared to be a system in Homoeopathy that was clear, reliable and without prejudice.

When teaching, students often ask me about the challenges of moving to a new way or method; the biggest challenge for me in taking on the Sensation Method was to be comfortable with uncertainty and allow the case to



unfold, accepting that I had no idea where I was going. For this reason I also learnt to be easier with silences during the consultation as often something very revealing would emerge as the patient went deeper into themselves. Many people have found the method challenging and felt (incorrectly) that it entailed discarding all previous Homoeopathic understanding. This is not true as the system is a development of the masters from whom we have learnt. It allows us to ascertain the strange, rare and peculiar on a deeper level.

I am delighted to see that the Sensation Method is beginning to have more focus and understanding in the UK. For those who are open and prepared for the hard work and the re-learning, it is the most exciting system we have at the moment.

The Source Newsletter is a way for us to share and embrace the activities of the active Sensation Practitioners and Students in the UK, and to build on the developments brought to us from India.

I wish *The Source* a long and dynamic future. *Janet Snowdon*

Editorial



At last! After months of promising, editing and more editing (and promising!) we have the first Edition of *The Source* Newsletter for all those Sensation

Method enthusi-

asts and for those who are interested in reading about the wider developments and ideas from the Sensation school of thought. The first Edition has proven to be arduous to draw together, but here it is. The first step is always the hardest and once we take that step all others are a beautiful and natural progression.

We have been fortunate to have the energy of one of the most eloquent and foundational Homeopaths in the Sensation Method providing us with her supportive Foreword, Janet Snowdon. A tale of two periods in time from someone who is to 'blame' (as he humorously puts it!) for lighting up the path for Dr Rajan Sankaran's introduction to the UK, and

no stranger to Homeopathic print, the delightful Francis Treuherz. We have an amazing case of a child who's source language was only shared in the consulting space, by one of the Sensation Method's shining lights, Gurmej Virk. The Homeopath in the spotlight for this first Edition is the well known advocate for all our furry, fluffy and feathered friends, Homeopathic Vet Geoff Johnson.

No newsletter would be complete without reviews of Sensation seminars and recent publications. Janet Snowdon's Seminar in Leicester on animal sensations is reviewed by Helen Sanders. Geoff Johnson's Bristol Seminar demonstrating animal cases is reviewed by Lorraine Wallace. The long awaited *Homeopathy & Patterns in the Periodic Table* by one of the Sensation Method's pioneering Homeopaths, Bhawisha Joshi is reviewed by Gurmej Virk. With the developments in the UK of the Sensation Method finally taking shape, no newsletter would be complete without the perspective of students studying the Method; Lyn Holt provides us with a perspective on learning the Sensation Course alongside her un-

dergraduate Homeopathic training. Also included is a list of up and coming events in the UK. These are expanding, and so please send your seminar details to be added for further issues.

I hope that you will share and enjoy the first Newsletter as much as I have creating it from all the snippets sent to me. The success of all new things is the support for those first steps from within our own community of Homeopaths. These are trying times for our Profession, standing strong together and sharing our space in the development of new approaches and theories is part of the dynamic message of Homeopathy - experience and change is part of our journey.

Be the light of the Universe, embrace Homeopathy.

Warmest wishes, Dawn

If you have any articles, cases, ideas, reviews, or comments you would like to share with fellow Practitioners, please email me at dawn@aroga.co.uk

Dawn Price, Editor, The Source, Newsletter for the Sensation Method.

What's in a name?

The Sensation Method has had a bit of an identity crisis in its development. It started life as "Sankaran's Method", then moved to being called "The Bombay Method" and "The Indian Method", to its present incarnation as the Sensation Method.

All of these names are still used interchangeably, so isn't it time we agreed on a name, and all used it, to avoid confusing others who don't use the Method? The favourite for *The Source* is the "Sensation Method" as it is descriptive of what it is — it is exactly what our aim is as Sensation Homeopaths, that is, to get to the Sensation. I think with "The Bombay Method" there is a tendency for some to think that this is what Indian Homeopaths do, and may not be appropriate for the rest of us. This was reflected in the early days with concerns (incorrectly) that British patients would not respond in the same way as Indian patients do to the consultation techniques. We all know this is not the case.

Using the same name helps to be consistent but also to be clear for those who may wish to learn more about the Method. So let's keep it simple—it's the Sensation Method!

"The great object of life is Sensation—to feel that we exist—even though in pain—it is this 'craving void' which drives us to Gaming—to Battle—to Travel—to intemperate but keenly felt pursuits of every description whose principal attraction is the agitation inseparable from their accomplishment."

Lord Byron

Lord Byron: Founder of the Sensation Method!



Byron was one of the most notorious of the Romantic poets, famous as much for his poetry as for his flamboyant lifestyle, which featured love affairs and extravagant living. Yet written within a letter he wrote in 1813 to Annabella Milbanke, later to become Lady Byron, is a paragraph that completely encapsulates the beauty of the Sensation Method.

Having no knowledge of Homeopathy, Byron wrote the words above, and expressed more eloquently than any practitioner of the Sensation Method, what it is that the Method is about.

He describes the idea that what motivates us in everything we do is not only the achievement of what we do, but the agitation that we experience from doing it — the sensation that is felt. This remarkable insight is absolute proof that the Sensation Method is not just a Homeopathic construct, but a fundamental basis of human experience.

A Footnote in the History of Homeopathy

Francis Treubergz remembers where it all began

After several months in India learning and doing homeopathy in New Delhi, Calcutta and Bombay, and some travelling, it was my last night on the sub-continent, it was spring 1986. One of the highlights after a long spell in Calcutta had been a seminar with George Vithoukias in Bombay arranged by the young Rajan Sankaran. I wrote home about it, and so I received a phone call from England. It was a miracle, in that I had not yet left, I was actually in my hotel at the time, and the phone worked. "Find Rajan", my friends said, "and invite him to England." "No!" I said, "I shall dine with the most beautiful woman homeopath of Bombay and then

go to the airport."

I collected Nandita Shah from her father's apartment on Marine Drive and she informed me of a surprise: "We are having dinner with Rajan!" she said. So his fate was sealed. Over dinner I invited him to the autumn 1986 Society of Homeopaths conference, his first ever voyage to Europe, and I was pleased to greet him there with the largest bunch of flowers I could find. In Autumn 2006 I greeted him at his 20th anniversary seminar in Birmingham, with a welcoming garland.

Another footnote in the History of Homeopathy.



Sensation Method? That's the one where you keep asking the same thing, isn't it?



If you're new to the Sensation Method, the picture on the right may be how you envisage the patient may feel after a consultation!

There is a great deal of misunderstanding and many assumptions made by those who do not use the Method, around the patient's response to the case-sharing experience. The notion that by asking and exploring on the basis of 'tell me more' constitutes an aggressive method of taking a case, is simply not true.

People who successfully use the Method will give you many different examples of case-taking which reflect their style to the exploration; you work out your way but within the same parameters. So if you consider yourself to be a sensitive and empathetic case-taker, then there is no need for you to have a personality-change when you start using the Sensation method—it is possible to be a sensitive and empathetic Sensation practitioner!

The Sensation Method is one of the most gentle ways to receive a patient's case, because you only talk about the presenting complaint. There is no need to take patients through all the emotional traumas of their life, as a conventional consultation can sometimes do. This is because whilst a conventional consultation may be looking for causations and aetiology, a Sensations consultation can gain the same information from a completely different area of the patient's life.

So if you can receive a patient's case through their hobbies, their dreams, their passions, their fears, why ask them to go through their emotional trauma? The Sensation Method does not require you to explore this area, and so remains the most gentle and respectful method of case-taking.



When she was good, she was very, very good, but...

A case, by Gurmej Virk

Louise (not her real name) is a lovely little girl of 3, who everyone finds adorable. However, there are times when she experiences the most horrendous temper tantrums. Her mother said *“The tantrums can vary from a ten minute spell of putting her head in her hands and wailing at just the right pitch to drive a person mad, to escalating to screaming at fever pitch, throwing things, biting herself and just crying at the top of her voice. One of the worst times was a very dramatic tantrum where she ran into the dark bathroom, I followed her in and sat down to reason with her, and she was looking just past me as if I wasn't there at a space just over my left shoulder with a terrorised look on her face.”*

The picture suggests a remedy such as stramonium or belladonna, but there was too much in the case history to suggest that these remedies were not close enough.

Receiving the case, I was getting a lot of ‘the usual stuff’, and so I decided to use another approach I have found useful with children previously. Out came my colouring pencils to try and encourage Louise to try and express her state in any way possible, but all that was elicited was a routine picture of a penguin that didn't really lead anywhere.

While I was talking to Louise's mother, Louise started eating a bag of crisps. With my ears on her mother, and my eyes on Louise, my attention was caught by an interesting behaviour. Louise was taking each crisp out of the bag, and then examining it closely. Then, based on the examination, the crisp was either eaten, or put to one side on my desk. This behaviour

continued until the bag of crisps was finished.

Curious as to what was going on, I asked Louise why she wasn't eating the crisps she had put to one side.

“Those ones have got mould on” was the reply. When I asked if I could eat one, Louise was adamant that I should not. When I went to eat one of the crisps, Louise's reaction was immediate. She jumped forward and tried to grab the crisp from me, in a very panicked state. When asked why I couldn't eat the crisp, Louise replied that it would make me sick.

She was very concerned that I should not eat the crisps, and would not rest until her mother had put the “mouldy” crisps away. It was the most animated she had been in the whole consultation.

When I questioned Louise's mother, she was as baffled by the behaviour as I was. Louise had never eaten her crisps in that way before, and the word “mould” was certainly not in her repertoire, and had not been used before.

I have found that children are not presenting a compensated state to the world; it is their initial, honest and ‘barrier free’ responses and expressions that are the most dynamic in their cases; in this case it was Louise's response to the mould on the crisps and the thought of those being eaten.

The remedy prescribed, was made from a mould that grows on potatoes, *Solanum Tuberosum Aegrotans*.

The effects were remarkable. Her mother

says *“after the remedy it was as if someone had replaced her with a different model – not just taking out the bad bits, but adding so much good. She was a cherub, so loveable. She made everyone laugh with her cute comments and I just wanted to hug and kiss her the whole time. I'm not saying she isn't naughty, but just normal, rational naughty that you know how to deal with.”*

The symptoms that were exhibited in the case look very similar to our conventional pictures of stramonium, or perhaps belladonna. Interestingly, these are from the solanaceae family, to which the potato plant belongs. However, that would only have been a partial cure to the case. What was needed was more than just the energy of the potato, but also the energy of the mould *growing on* the potato.

Being a fungus remedy, we would usually be looking for sensations such as invading, spreading and penetrating, to confirm this family in our patients. However, these are words that are unlikely to be used by a three-year old. In this patient, the case was revealed by a bag of crisps.

The remarkable thing about this case is that the patient chose to talk about moulds on potatoes only on the day that she was brought to see me. The “other voice” within her had not needed to identify itself at any other time in her life, except for when it needed to identify itself to me. The source will always make itself known to you, if only you choose to look.



§ 11

When a person falls ill, it is only this spiritual, self acting (automatic) vital force, everywhere present in his organism, that is primarily deranged by the dynamic influence upon it of a morbid agent inimical to life; it is only the vital force, deranged to such an abnormal state, that can furnish the organism with its disagreeable sensations, and incline it to the irregular processes which we call disease; for, as a power invisible in itself, and only cognizable by its effects on the organism, its morbid derangement only makes itself known by the manifestation of disease in the sensations and functions of those parts of the organism exposed to the senses of the observer and physician, that is, by morbid symptoms, and in no other way can it make itself known.

Homeopath in the Spotlight: Geoff Johnson

How did you become involved in the Sensation Method?

I studied Sankaran's work and went to India in 2000. Then he announced there were going to be 10 miasms and I ran away in horror. Four years later I was despairing of homeopathy, as we all do occasionally, and a colleague dragged me to see the Joshis and later shoved *Sensation in Homeopathy* into my hands – I haven't looked back since.

What was it about this Method that made an impact, over the method you had been using since qualifying?

It confirmed my own view, obtained primarily by my experiences with treating animals, that disease is 'possession'; it reconnected me with my boyhood love of nature; lots of my long term patients who had stuck with me although I was not content with their progress got better; and I am so excited!

What would you say was/has been the biggest challenge for you after taking up the Method?

Learning that level 4 is not the sensation, and working out how to move deeper.

What is your opinion of silences in the consultation session?

I think silence may be the key! It is out of pregnant silence that the state is born – it cannot exist without silence. I feel that maybe accessing the silence within us the homeopath and listening with our whole body may be what Hahnemann meant by being the unprejudiced observer. This is something I am reading and thinking about recently, and trying to apply.

How does your case taking method differ from that of other Homeopathic practitioners?

There is a bit of cow-vet bluntness to it I feel – I don't let go until the remedy is wriggling on the floor of the consultation room. Also obviously observation plays a huge role in the remedy choice in veterinary cases.

The Method is currently taught in only a small number of Undergraduate colleges, why would you say this is?

Many people feel that the Sensation method is a post-grad subject – at the Bristol Homeopathic Hospital School we disagree and teach kingdoms and levels in the first term. I personally feel all schools should teach it from the beginning because it is fundamentally what disease and homeopathy are – it is basic.

Some school principals do not know about the method at all. A few mock it without investigating it.

How are Sankaran and Scholten's methods similar?

The stages of Scholten are similar to the miasms of Sankaran, and both are very useful. Their understanding of the Periodic Table is very similar - I felt Sankaran made it easy for me, and Scholten made it more complete. I was glad to see that Sankaran dedicated 'Structure' to Scholten because I think it was the genius of the latter that advanced us so far with our understanding of the minerals.

If a Practitioner was considering learning the Method with a view to actively using in practice, what advice would you give them?

Join a like-minded group, read *Sensation* and *Schema 2005*, study with as many Sensation practitioners as you can find, talk about it with whoever will listen.....and go for it!

How do you see Homeopathy in the next 10-20 years?

I am very positive – as progressively more homeopaths become properly trained and use this method our results will speak for themselves. I think now is the biggest breakthrough in Homeopathy since the *Organon* was written and actually I think this is what Hahnemann meant all along – he just didn't explain himself clearly enough. I have studied with a few homeopaths who I would describe as geniuses – the difference with Sankaran is that he has explained it so clearly and given us a method so that ordinary people like me can do it too!

“...all schools should teach it from the beginning because it is fundamentally what disease and homeopathy are—it is basic”



“Some school principals do not know about the method at all. A few mock it without investigating it.”



Review: Janet Snowdon Seminar

Helen Saunders describes the “animal sensations” experienced in the company of Sensation Method guru, Janet Snowdon

On the 23 January 21 homeopaths attended a seminar presented by Janet Snowdon. The seminar focused on the animal kingdom with Janet discussing common pitfalls of differentiating a potential animal case from those of the mineral and plant kingdoms - issues of competition not necessarily being unique just to the animal kingdom.

Janet covered key issues for snakes, insects, spiders and birds with some very useful differentiators between the insect and spider sub-kingdoms - often difficult to differentiate for the more novice sensa-

tion practitioner. Janet then went on to cover Parasites, supporting the material with a video case.

For me Janet is excellent at sharing her knowledge in a clear and easy to understand way always using video cases to illustrate what she is covering. It really brings to life her material.

In practice I find it hard to differentiate between spiders and insects and the seminar has helped me particularly with the differences between these two groups. I also found that the information she presented on snakes really comple-

mented well the material covered by the Joshis at their seminar in Unstone towards the end of last year.

The seminar was held in Hoby, Leicestershire and was organised by the Leicestershire Homeopathy Support Group.

“Janet is excellent at sharing her knowledge in a clear and easy to understand way”



Review: Geoff Johnson Seminar

Lorraine Wallace describes a fascinating day in the company of Geoff Johnson, one of the country's foremost Veterinary Homeopaths

On 24 January, Geoff Johnson hosted a Continued Professional Development day at the Penny Brohn Cancer Care Centre, Pill, Bristol. The day was aimed at both students and professionals alike, featuring a number of both human and animal cases with the emphasis more heavily on the animals.

The audience was made of a large variety of different people who were anything from first year homeopathic students; vets both homeopathic and conventional; doctors leaning about alternative medicine; and experienced homeopaths. Despite the different range of experiences present in the room, the course was pitched in such a way everybody who attended will have gained some valuable insight into the homeopathic process Geoff uses to treat his patients.

It also made for some lively interaction and banter from the audience as at all stages of the day Geoff would encourage his audience to ask and answer questions, as well as steering the topics raised into areas in which the audience was most interested.

If you have not attended one of Geoff's Seminars, you may wonder how we could possibly approach the Sankaran method when it comes to animals as they can not communicate with us. Geoff explained and showed us footage of a variety of fascinating and sometimes very entertaining cases where Geoff used a variety of techniques. These included observation combined the owners story of how the 'possession' of

non human behaviour and /or non dog, cat, cow or non bunny behaviour lead to the diagnosis of the Simillimum.

Shown to us in this manner was the story of the pooch who hated squirrels so much, he would drown them in the pond when he got the opportunity. He turned out to Lachesis. The bushmaster snake will wait for hours before the right time in order to attack its pray, and this dog was no exception. He would wait for hours until a squirrel arrived and he could make his move.

Other cases included domesticated cats

“One cat actually used to chase dogs and launch itself onto the dogs back, unwilling to let go!”

that were 'big cats'. This included cases of cats that needed the lion or the tiger remedy. One cat actually used to chase dogs and launch itself onto the dogs back unwilling to let go! (Take note Spike the bulldog from Tom and Jerry!.) This then lead into an interesting discussion on the remedy Lac Felinum itself.

Other cases discussed covered two farm where a herd of cows health and happiness were in fact linked with the farmer's changed circumstances. By looking at what had changed and analysing the farmers case, Geoff was able not only help the cows but also the business.

What Geoff does, is to looks at the whole picture of the case, and surprisingly you do

not always need words in order to assess the situation. We can look at the animal's history, recent changing circumstances and how the animal behaves towards the owner in certain situations.

Geoff also does quite a lot of observation within the consulting room itself. How does the animal respond to him? Does it wonder around? Is it indifferent, friendly or aggressive? How do these traits manifest themselves?

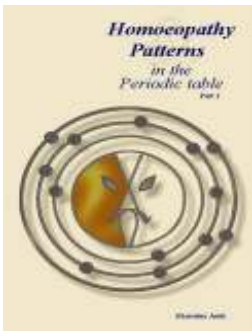
By assessing all this information we can start to pin the case down to kingdoms, and then sub-kingdoms. After then taking the Miasm into consideration we should be able to pin-point the best Simillimum for the case.

The event identified that, even if you patients are of the human variety, observation and the bigger picture can be key in finding the best possible Simillimum. These techniques can work incredibly well with both children and the elderly who may have trouble expressing themselves as well as closed patient's who find it difficult expressing themselves beyond the factual level.

“what Geoff does is to look at the whole picture of the case, and surprisingly, you do not always need words in order to assess the situation”

Book Review

Bhawisha Joshi: Homoeopathy Patterns in the Periodic Table, part 1



Buy this book.

For those of you needing a more thorough review, I shall elaborate.

It would be very easy for the Mumbai group of Homeopaths to slip into the

role of simply repeating the work of Rajan Sankaran. However Bhawisha Joshi has produced in this book a work of genuine originality. Certainly inspired by the work of Sankaran (and Scholten), but nevertheless, adding unique new insights that we have not heard before. This gives us a new perspective on themes that we are already familiar with, thereby making them more

understandable, through providing a new angle on them.

Bhawisha introduces the concept of “I” and “U” as a vehicle for explaining how patients requiring mineral remedies relate to their environment. This is an extremely useful, and accessible tool for explaining her thinking.

There is an abundance of case studies to draw from, including lots of lesser known remedies. This is exactly what you need when working with this method, as you can often arrive at a remedy that you know nothing about, and it is useful to have another case to compare with.

Bhawisha also uses this book to give us an insight into mineral remedies that have not necessarily been covered in great depth in other places; remedies such as

the noble gases. This book is groundbreaking writing that is a joy to read and learn from.

There is also mention of imponderables, which do not strictly fall into the theme of minerals, but then, what kingdom book would you put them in? Minerals is as good a kingdom as any, and Bhawisha has some fascinating things to say about them.

If I have one gripe with this book, it is the number of typographical errors. In some paragraphs there are five or six together.

However, no matter how irritating these typos are, they do not distract enough to stop me loving this book. I cannot wait for the second volume.

Gurmej Virk



Learning the Sensation Method: A Student's Experience

Student Homeopath Lynn Holt shares her experiences of studying the Sensation Method alongside her Undergraduate Homeopathy Course

I was in my 4th year of studying at NWCH when I embarked on the ‘Making Sense of the Sensation’ course at Aroga. From the moment of reading Sankaran’s “The Sensation in Homeopathy” (twice!) during my 3rd year and being absolutely fascinated by it, I knew I had no choice but to follow this method, and had no hesitation about taking the two courses together.

However, I know that this sort of course is often considered to be a ‘post-graduate’ option, and that you are supposed to need the ‘firm foundation’ of completing a Classical course before you can build on it with this extension to your toolkit. But in my experience - and that of others who took this course while still under-graduates - extending your knowledge of the Sensation method runs smoothly alongside your other learning.

Jennie, a fellow student at NWCH, took the Aroga course while studying her 3rd year at college and knows there can be an opinion that it is like trying to walk before you can run, and will be confusing to combine with the methods you are already learning at college. She says “Studying the Sensation system has actually brought a clarity to my studies which was missing before. All the things which didn't quite add up before

suddenly make perfect sense. Concepts which students normally find so difficult to understand, such as potency, where the centre of the case is, which ‘theme’ to choose, which different approach to take for each individual patient, become simple under the guidelines of this logical system.”

Obviously there’s the extra time involved in the full weekends of study to consider, but the relaxing rural setting and positive energy of the Aroga campus make it feel invigorating and restorative rather than

“I had no choice but to follow this method, and had no hesitation about taking the two courses together”

tiring. I remember my first weekend, sitting on a comfy sofa, in front of a log fire, surrounded by inspirational people, watching fascinating videos and thinking ‘how can this be work?’ Each weekend ends with a ‘homework’ sheet, but it’s not a mammoth written task, simply a question sheet that prompts you to consider your homeopathic views/cases in a different or deeper way, and bring your conclusions back for dis-

cussion at the next weekend. It’s not time-consuming, just thought-provoking.

It was also suggested to me that it is better to start your career in a traditional way, and gradually introduce the new methods once you have your practice established. To be honest, it felt the complete opposite for me – it seemed that to get comfortable and experienced in one way of case-taking then to try to introduce little bits of sensation questioning now and again would only be confusing for both me and my patients, and it would be a long time, if ever, before I fully switched over. Now I find myself confident in taking my cases entirely in this way – the teaching from the Aroga course having given me a firm basis, and the reassuring backup from the supervision, clinic spaces, tutorials etc means that you never feel unsupported or alone with your more confusing cases.

For me it is incredibly satisfying having a patient take you deeper and deeper into their ‘Sensation’, literally describing the remedy they need using words straight from the source. Taking this course alongside my student course was, for me, a very wise choice, and I feel it has made me ready to ‘hit the ground running’ in my homeopathic practice.

The Source is published by the Aroga School of Homeopathy

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If you would like to contribute to future editions, or if you would like to comment on anything included in this issue, please get in touch.

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