

The Scientifically Intuitive Case Witnessing Process **...a review by Rebecca Williams**

It is the quest of all sincere homeopaths to reveal that which is discordant in the patient's inner core. When that is brought to the patient's awareness, it facilitates the healing process. When I attended my first lecture on the sensation method in 2003, my hope was rekindled that this beautiful universal truth of cure could be realised. Initially inspired, I returned to my practice after that first seminar and started applying what I had learned.

In retrospect, I was a homeopath without a rudder. Picking up on the first sensation word, I would ask further about it, with the idea that if I could probe deeply enough, the patient would start describing the source of the remedy. However, this well-meaning approach did not work when the patient wouldn't cooperate with my coercive tactics or when they genuinely didn't have anything more to say on a given point. Thus, I hit a wall of frustration: something I knew was possible and had witnessed in cases presented at seminars was not working for me.

I had a breakthrough one day when I attended one of Dr. Dinesh Chauhan's lectures. Dinesh used the image of an eagle soaring overhead. A little more was needed to understand the metaphor that illustrated passive case witnessing. More than just understanding the image, I felt the sense of it, and this sense remained with me when I again returned to my practice. While listening to a patient, I found that I was able to withdraw myself from the consultation, and if my own inner dialogue was set aside, the patient's dialogue was able to fall upon a clean canvas. A childlike curiosity emerged about what the patient was saying.

The benefit of "witnessing" is twofold: to more clearly hear our patients, we must discriminate these two aspects, mind and knowing, within ourselves and, also, discriminate this dual functioning within our patients; that is, discriminate between their personal commentary and their unique expression of inner unease in reaction to the human predicament.

I think that this sutra from *Patanjali Yog Darshan** beautifully describes the state of mind during case witnessing. "When a person's mind has become perfectly pure, he can apply it to any object. Then the mind itself becomes that form, no other influences disturb the mind from this state, and thus the yogi attains perfect knowledge of the object."

Dinesh has emphasised the importance of the passive case witnessing process, because it is crucial to finding the rudder of the healing craft. By recognising my own witnessing faculty, I realised patients don't need to be coerced to dig deeper into their "sensation." Rather, they cannot talk about anything other than how they perceive themselves and their world, *i.e.*, through the modes of survival, structure, or sensitivity.

It was very encouraging for me to be able to hear the language of the patient's core in the passive, active and active-active processes described by Dinesh. Again my hope was rekindled that I could take a first step towards the brilliant cures I had seen at the seminars.

I don't expect to make conclusions from what the patient expresses from their inner journey. It may or may not make any sense or be helpful to me. I understand it as a period for the patient to be in their own awareness, which is their own healing process. Sometimes a patient will connect to the source during the inner journey, and at other times I have observed that the patient will spontaneously make a reference to the source, even indirectly, afterwards, as seen in my case study.

This is what I can share about my own experience in the case witnessing process. What is so inspiring about homeopathy is that our quest is an ongoing journey of discovery, within and without. I continue to learn so much from all the wonderful cases of other homeopaths. I particularly appreciate Dinesh's great efforts to present the sensation method in such a clear, systematic, yet spontaneous framework.

* Patanjali Yog Darshan, one of the six systems of Indian Philosophy.