



# Holistic Exploration

DO YOU SEE THE FOREST FOR THE TREES?

OR

YOU SEE THE TREES FOR THE FOREST?

**LET'S EXPLORE.**

## ABOUT HOMEOPATHY

Homeopathy uses an individualized approach in assisting an organism with finding its homeostasis. It mainly works on an energetic level which is in contrast to the bio-medical approach which concentrates on the chemical interactions within the organism. The energetic level comprehends the organism as one whole and a part of a bigger whole which is connected to the cosmos. Homeopathy has a holistic approach; meaning, the treatment is individualized and the first step is, when there is a dis-ease, to see how it could be helped naturally, then similarly, and as a last resort, contrary to its process. It looks for the totality of symptoms rather than examining each symptom individually. Homeopathy explores the inner experience of the individual and his/hers perception of life/ events to give light on stress that might be created. Its therapeutic effect is coming from self exploration and giving a voice to an energy that we are not comfortable expressing socially or that it would not be socially acceptable. Thus dis-identifying from it and letting it go, not associating it with our ego and character.

## ACTION OF HOMEOPATHIC REMEDIES

A very non-invasive process that brings up the organism to homeostasis in a very gentle manner that could be unnoticeable to the person at the time. A new light is shone on life.



**MIHAELA KOLIMETCHKOVA**

Classical Homeopathy Practitioner - intern 2019 - 2020

mihaela.homeopath@gmail.com; <https://calendly.com/mihaela-homeopath>

[www.holisticexploration.com](http://www.holisticexploration.com)

# LIFE CYCLES AND HOMEOPATHY

Life is ever changing and so are we. We go through different life cycles so we are rarely in a constant. Homeopathy helps us to break out of stuckness that inevitably we will go through many times in life and it helps with settling in that new space. Just go back to high school and imagine what most teens go through.

## WHO WOULD BENEFIT FROM HOMEOPATHY?

The good news is that Homeopathy is beneficial to the whole family, including your pets! And even better news is that it is safe to use with pregnant women, infants and people on medication. Wondering how Homeopathy could be safe when medications are something that one needs to always pay attention to? Well for one thing, Homeopathic remedies are based on an energetic level/resonance; where, medication is based on chemical interaction and alternation. Since medication and remedies are not based on the same principle, they do not interfere with each other. Holistically, we are looking to see the disturbance in the resonance of the organism and to help out with finding homeostasis. We are looking to see what is disturbing the organism by following the inner experience of events and life itself for that organism. Once we have a clear path, we choose a treatment, which may include a remedy that corresponds to that disturbance.

### ACUTE CASES

For acute cases, treatment usually takes less time and a few different remedies may be used. Treatment is individualized.

- > common cold and influenza support
- > travel support
- > wounds, burns support
- > grief support
- > wellness support

### CHRONIC CASES

Chronic cases usually take a bit longer than acute and are followed for longer. In the first session we explore to understand what is in the way and how we would proceed further. Each treatment is individualized.

- > A chronic issue is something that is bothering you for a long time, you haven't been well since something has happened to you and homeostasis was distributed. You are not being able to get back to homeostasis on your own.

## F.A.Q.

### Q. IS HOMEOPATHY PLACEBO?

- > Homeopathy is not a placebo since we have seen the positive effects of it on infants and animals. It is a gentle process and it is not invasive.

### Q. HOW DOES IT WORK IF THERE IS NO CHEMICAL SUBSTANCE THAT WE CAN SEE OR MEASURE?

- > Homeopathy works on an energetic level. The current scientific measurement methods are not able to fit the dynamic of Homeopathy in the pre-established measurement procedures. We are constantly developing and understanding life so if we are not fully able to explain something in our current days, it does not mean that we should ignore/deny it.

### Q. IS THERE ANY EVIDENCE THAT HOMEOPATHY WORKS?

- > Yes. There are many reviews and trials that are being done with a positive effect. You can read more about the research at <https://facultyofhomeopathy.org/research/>.