

# Psyche And Substance Essays On Homeopathy In The

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[The 7 Laws of Magical Thinking](#) - Matthew Hutson  
2012-04-12

In this witty and perceptive debut, a former editor at Psychology Today shows us how magical thinking makes life worth living. Psychologists have documented a litany of cognitive biases- misperceptions of the world- and explained their positive functions. Now, Matthew

Hutson shows us that even the most hardcore skeptic indulges in magical thinking all the time- and it's crucial to our survival. Drawing on evolution, cognitive science, and neuroscience, Hutson shows us that magical thinking has been so useful to us that it's hardwired into our brains. It encourages us to think that we actually have free will. It helps make us believe that we have

an underlying purpose in the world. It can even protect us from the paralyzing awareness of our own mortality. In other words, magical thinking is a completely irrational way of making our lives make rational sense. With wonderfully entertaining stories, personal reflections, and sharp observations, Hutson reveals our deepest fears and longings. He also assures us that it is no accident his surname contains so many of the same letters as this imprint.

The Symbolic Quest - Edward C. Whitmont 2020-05-26

This book explores the use and development of man's symbolizing capacities—those qualities that make him distinctly human. Dr. Whitmont describes the symbolic approach to a dream, which takes into account a symptom's meaning in reference to an unfolding wholeness of personality. He then presents the view that the instinctual urge for meaning is served by the symbolizing capacities, and that this urge has been repressed in our time. In the

field of psychology, this symbolic approach is most fully exemplified by the theories of C. G. Jung. The author's contribution includes many differentiations and speculations, especially concerning the problems of relatedness.

**Archetypal Medicine** - Alfred Ziegler 2000-11

New Edition with a New Foreword  
In *Archetypal Medicine*, Alfred Ziegler re-reads asthma, skin disease, heart attacks, anorexia, rheumatism, and chronic pain from a psychological perspective. According to his view, humanity's nature is neither natural nor healthy, but rather, afflicted and chronically ill. In this way he challenges the philosophical basis of traditional medicine, exposes its shadow, and charges that the current excessive interest in health betrays our nature. All of this is done in a clear and elegantly simple style that is packed with case examples and medical data.

*The Western Esoteric Traditions* - Nicholas Goodrick-

Clarke 2008-10-14

Western esotericism has now emerged as an academic study in its own right, combining spirituality with an empirical observation of the natural world while also relating the humanity to the universe through a harmonious celestial order. This introduction to the Western esoteric traditions offers a concise overview of their historical development. Nicholas Goodrick-Clarke explores these traditions, from their roots in Hermeticism, Neo-Platonism, and Gnosticism in the early Christian era up to their reverberations in today's scientific paradigms. While the study of Western esotericism is usually confined to the history of ideas, Goodrick-Clarke examines the phenomenon much more broadly. He demonstrates that, far from being a strictly intellectual movement, the spread of esotericism owes a great deal to geopolitics and globalization. In Hellenistic culture, for example, the empire of Alexander the Great, which stretched across Egypt

and Western Asia to provinces in India, facilitated a mixing of Eastern and Western cultures. As the Greeks absorbed ideas from Egypt, Babylon, Assyria, and Persia, they gave rise to the first esoteric movements. From the late sixteenth to the eighteenth centuries, post-Reformation spirituality found expression in theosophy, Rosicrucianism and Freemasonry. Similarly, in the modern era, dissatisfaction with the hegemony of science in Western culture and a lack of faith in traditional Christianity led thinkers like Madame Blavatsky to look East for spiritual inspiration. Goodrick-Clarke further examines Modern esoteric thought in the light of new scientific and medical paradigms along with the analytical psychology of Carl Gustav Jung. This book traces the complete history of these movements and is the definitive account of Western esotericism.

**The Western Esoteric Traditions** - Nicholas

Goodrick-Clarke 2008-10-14

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[latitudenews.com](http://latitudenews.com) on by  
guest

This introduction to the Western esoteric traditions offers a concise overview of their historical development. The author explores these traditions, from their roots in Hermeticism, Neo-Platonism, and Gnosticism in the early Christian era up to their reverberations in modern day's scientific paradigms.

*Consciousness, Bioenergy and Healing* - Daniel J. Benor  
2004-10

People have the potential to heal themselves and each other. Dr. Daniel Benor, a holistic psychiatrist, explains how mind-body and body-mind interactions promote health or cause illness. Clear and concise explanations of a large body of research, clinical examples, and a variety of theory explain healing through complementary/alternative medicine. Dr. Benor reviews research-supporting claims that complementary/alternative therapies and bioenergy therapies are potent and effective treatments.

*Mushroom Essences* - Robert Rogers  
2016-07-19

In this innovative contribution to the field of energy medicine, experienced mycologist and herbalist Robert Rogers offers an extensive guide to healing a range of physical, emotional, and psychological conditions with mushroom essences. Similar to flower essences, but made under a lunar cycle, mushroom essences work subtly to bring deep healing to the mind and body; they are particularly well suited for working with the "shadow" or unintegrated parts of the psyche. The book is organized as an easy-to-use alphabetical reference, with entries that outline how to create each essence, indications for usage, and healing effects. Along the way, Rogers provides enlivening stories of his personal experience using these remedies in clinical practice. A profound exploration of both the practical and mythopoetic qualities of the mushroom, this is a must-have for anyone interested in plant medicine, mycology, personal healing, or depth psychology. From the

Trade Paperback edition.

## **Integrative Psychiatry -**

Daniel A. Monti 2010

Contemporary psychiatry is a field that is especially conducive to the principles of integrative medicine. With the exception of a few disorders, such as schizophrenia, most psychiatric disorders respond to interventions other than drugs. Patients who have not tolerated or not responded optimally to traditional treatments are also good candidates for integrative treatments. Additionally, herbals such as St. John's wort for the treatment of depression and ginkgo for the treatment of memory impairment in dementia have been found effective in traditional clinical trials. Patients' use of alternative and complementary therapies in psychiatry has created a need for physicians to become informed about these treatments, to advise patients on their efficacy, and to be able to make judgments on integrating these therapies into existing regimens, including discussions of such

issues as potential drug-herb interactions. In this volume in the Weil Integrative Medicine Library, the authors describe a rational and evidence-based approach to the integrative therapy of mental disorders integrating the principles of alternative and complementary therapies into the principles and practice of conventional psychiatry and psychology. The authors will examine what works and what doesn't, and offer practical guidelines for physicians to incorporate integrative medicine into their practice and to advise patients on reasonable and effective therapies. The text discusses areas of controversy and identifies areas of uncertainty where future research is needed. Chapters also cite the best available evidence for both the safety and the efficacy of all therapies discussed. The information is presented in accessible and easy-to-read formats, including clinical pearls and key points, with a second text color for highlighting key information.

## **Discovering Homeopathy -**

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Dana Ullman 1993-01-01  
Dana Ullman, one of the leading advocates of homeopathic medicine, has produced a comprehensive, lucid introduction to this branch of complementary medicine, covering the history and the philosophy of homeopathy as well as scientific evidence supporting its effectiveness for a variety of conditions. A detailed discussion of the effectiveness and the limits of homeopathy in the treatment of infectious disease, allergies, chronic diseases, psychological conditions and dentistry, as well as its applications in pregnancy and labor, women's health, pediatrics and sports medicine follows.

**Radical Nature** - Christian de Quincey 2010-02-22

An exploration of consciousness in all matter--from quantum to cosmos • Outlines theories of consciousness in ancient and modern philosophy from before Plato to Alfred North Whitehead • Reveals the importance of understanding

mind-in-matter for our relationships with the environment, with other people, even with ourselves  
Are rocks conscious? Do animals or plants have souls? Can trees feel pleasure or pain? Where in the great unfolding of life did consciousness first appear? How we answer such questions can dramatically affect the way we live our lives, how we treat the world of nature, and even how we relate to our own bodies. In this new edition of the award-winning *Radical Nature*, Christian de Quincey explores the "hard problem" of philosophy--how mind and matter are related--and proposes a radical and surprising answer: that matter itself tingles with consciousness at the deepest level. It's there in the cells of every living creature, even in molecules and atoms. Tracing the lineage of this idea through Western philosophy and science, he shows that it has a very noble history--from before Plato to Alfred North Whitehead. He reveals that the

way to God is through nature and that understanding how body and soul fit together has surprising consequences for our relationships with our environment, with other people, and even with ourselves.

Homeopathic Remedies for the Stages of Life - Didier

Grandgeorge 2002-04-03

This book explains each of the successive phases of life, referencing common physical and psychological symptoms and their homeopathic remedies. Homeopathic Remedies for the Stages of Life provides practical and illustrated case histories of former patients, insights into child development, and the workings of the human psyche.

*A Homeopathic Guide to Partnership and Compatibility* -

Liz Lalor 2004-10-27

From a homeopathic "constitutional analysis" standpoint, a true romantic partnership is only possible through an understanding of self and what makes one fulfilled. This unusual guide analyzes the personality types

and emotional dynamics of 50 different film characters to show readers how to discover themselves and their ideal partner. Drawing on her vast film knowledge, Liz Lalor uses examples ranging from Bogart and Hepburn in *The African Queen* to characters from *American Splendor* to demonstrate how self-knowledge is the key component in finding lasting love.

*The New Materia Medica*

*Volume 2* - Colin Griffith

2012-01-01

This long-awaited follow-up to the author's acclaimed *New Materia Medica* provides the most comprehensive information available on the most successful new fundamental homeopathic remedies, including 36 remarkably effective new crystal, botanical, and animal remedies, all currently in use by the Guild of Homoeopaths and proven through meditation. Entries cover the physical and esoteric characteristics of remedies, the history of their medicinal uses,

and detailed descriptions of the symptoms affecting individual parts of the body. Summarized case notes show clinical evidence of efficacy and illustrate the optimal use of each cure.

Applying Homeopathy and Bach Flower Therapy to Psychosomatic Illness - Boedler Cornelia 2002-02

A unique and detailed book combining the best of Homeopathy and Bach Flower Therapy.

**Psyche and Substance** - Edward C. Whitmont, M.D. 1993-01-12

Providing an understanding of the nature of the archetypal form-patterns that express themselves in the similarity between substance and psychosomatic dynamics, this collection explores why this similarity is a basic factor in the healing process.

**A Homeopathic Love Story** - Rima Handley 1993-02-23

At last we have a serious and enchanting book which approaches the story of these extraordinary people in a historical and critical light. The

clarity of Rima Handley's careful and fascinating research allows us to see homeopathy as its founders saw it, from within their own time and without the dogma or interpretations of the gurus which have colored it since. This book is a must for any lover of biography as well as anyone interested in the history of medicine or homeopathy.

Homeopathy, Healing and You - Vinton McCabe 1999

A comprehensive, accessible introduction to homeopathy by one of the field's preeminent practitioners.

**Complementary and Alternative Treatments in Mental Health Care** - James H. Lake 2007-04-02

The widespread use of nonconventional treatments, or complementary and alternative medicine (CAM), and the increasing evidence supporting their therapeutic benefits call for a concerted scientific effort to integrate treatments that work into mainstream medicines. Answering that call is the groundbreaking

Complementary and Alternative Treatments in Mental Health Care, a concise, practical reference that reviews the many CAM approaches used in North America and Europe to treat -- or self-treat -- mental health problems, and the history and rationale for a variety of CAM treatments, including the risks and benefits of their integration into mainstream mental health care. Two dozen contributors with both conventional and nonconventional expertise present current information about safe, effective mental health treatments -- including herbals and other natural products, stress management, homeopathy, Ayurveda, and traditional Chinese medicine -- that have not yet been fully examined or endorsed by the institutions of conventional biomedicine. This book: Covers background issues, including conceptual and historical foundations, emerging ideas and trends, safety issues, potential drug interactions and adverse effects, and medical-

legal issues pertaining to use of nonconventional treatments in mental health care. Reviews the evidence and offers practical clinical guidelines for the most widely used nonconventional treatments. Twelve chapters cover specific nonconventional modalities or alternative professional systems of medicine currently used to treat mental illness, addressing historical uses of the specified modality, significant recent research findings, unresolved safety issues, and evidence supporting use of the specified approach in common psychiatric disorders, from major depressive and bipolar disorder, schizophrenia, and generalized anxiety disorder to obsessive-compulsive disorder, dementia, and sleep and substance abuse disorders. Practical clinical applications of complementary and alternative approaches are discussed throughout the book. Closes with three appendixes and a subject and author index. Appendix A ranks evidence for the various treatment

modalities by major psychiatric disorder and is cross-referenced with the material in Part II. Appendix B lists important Web sites, textbooks, professional associations, and other resources. Appendix C contains a glossary of key terms used in complementary and alternative medicine. Written for both conventionally and nonconventionally trained mental health care professionals, *Complementary and Alternative Treatments in Mental Health Care* provides both an ideal reference for clinicians whose patients inquire about the uses of many CAM therapies and a critical, balanced review of the nonconventional modalities most widely used in Western countries to treat mental or emotional problems.

**Radical Healing** - Rudolph Ballentine 1999

Draws on the principles of ayurveda, conscious nutrition, Chinese medicine, body and energy work, homeopathy and cell salts, and flower essences to present a therapeutic approach to healing the mind,

body, and spirit.

Shadow Working in Project Management - Joana Bértholo 2017-07-06

Cover -- Title -- Copyright -- Contents -- List of illustrations - - Foreword -- Part I The Learning Journey -- 1 The Learning Journey -- Part II The Shadow of project management -- 2 The Shadow in management studies: a literature review -- 3 The Shadow of project management -- 4 Integrating the Shadow of project management -- Part III Closing thoughts -- 5 Main Shadow-spheres found in project management culture -- 6 Account of a personal crisis: was Shadow-work worth the hard work? -- 7 Conclusion -- Index.

Educational Opportunities in Integrative Medicine - Douglas Wengell 2008

Surveys the nine medical licenses as well as fifty nondegree healing modalities--including history, philosophy, basic techniques, and methods--and provides information on career and training opportunities.

## **Healing the Homeopathic Way** - Jörg Wichmann

2020-01-02

Homeopathy works, heals and is easy to explain and understand. All that is needed is a change of perspective to a scientific paradigm that suits homeopathy and on which basis its laws make sense. In the current discussion about the effectiveness of homeopathy, this book gives clear answers and illuminates the historical, philosophical and scientific backgrounds of this holistic medicine. It shows that there is much more to it than a healing method.

Homeopathy offers a medical alternative that does not produce resistant germs, does not bring hormones and toxins into the body and the environment, and due to its minimal consumption of resources is sustainable, inexpensive and can be used worldwide. Homeopathy is a healing method that moves between the worlds of modern science and the traditional holistic paths and can contribute the best from both

sides. It developed an accuracy of observation, documentation and knowledge of remedies, as well as an international exchange of experience, as is only known from modern sciences. And it builds on the depth of the intuition of the practitioners, on the direct encounter with the essence of the remedies and on an understanding of the life force as only the holistic traditions cultivate. Only those who see both sides can truly understand homeopathy and use or exercise its full potential.

## **Vibrational Medicine** -

Richard Gerber 2001-03-01

The original comprehensive guide to energetic healing with a new preface by the author and updated resources. • More than 125,000 copies sold. • Explores the actual science of etheric energies, replacing the Newtonian worldview with a new model based on Einstein's physics of energy. • Summarizes key points at the end of each chapter to help the serious student absorb and retain the wealth of information presented.

Vibrational Medicine has gained widespread acceptance by individuals, schools, and health-care institutions nationwide as the textbook of choice for the study of alternative medicine. Trained in a variety of alternative therapies as well as conventional Western medicine, Dr. Gerber provides an encyclopedic treatment of energetic healing, covering subtle-energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation, and psychic healing. He explains current theories about how various energy therapies work and offers readers new insights into the physical and spiritual perspectives of health and disease.

*Applying Bach Flower Therapy to the Healing Profession of Homoeopathy* - Boedler Cornelia 2003

The authors has beautiful explained how Bech Flower Therapy can be used with comoeopathy .

*Jungian Psychology in Perspective* - Mary Ann Mattoon 1985

Homeopathic Psychology - Philip M. Bailey, M.D. 1995-11-30

This is a most interesting book that combines psychology with homeopathy. Philip Bailey describes in depth the personality profiles of some 35 polychrests. The last pages of the book cover a mix of psychological astrology and homeopathy when he explores the elements and some polychrests. Bailey provides detailed information on 35 major types, giving insight on diagnosis, mental and emotional traits, and physical characteristics. His broad profiles of major constitutional remedies give the reader a good overall picture of the personality type and therefore ways of remembering facts about the archetype, by having a unifying theory for each remedy.

**Lectures on Homeopathic Philosophy** - James Tyler Kent 1993-02-03

As increasing numbers of people turn to alternative healing practices, this classic text on the science and art of homeopathic medicine remains ever relevant. Written at the turn of the twentieth century by a distinguished physician, its concepts of health and healing are still ahead of our time. Dr. Kent summarizes, interprets, and systematizes the traditions of homeopathy, offering insights into the essential characteristics of the healing process: how to take a case history, how to study the case, how to establish the hierarchy of symptoms in determining the appropriate remedy--and above all, how to decide what to do after the first prescription, how to interpret the many reactions to therapy, and how to achieve a scientific understanding of a cure. This informative volume is must reading for any student or practitioner of homeopathy as well as any individual seriously interested in understanding the fundamental laws of health and healing.

*The History of American*

*Homeopathy* - John S Haller  
2009-08-19

Although scorned in the early 1900s and publicly condemned by Abraham Flexner and the American Medical Association, the practice of homeopathy did not disappear. Instead, it evolved with the emergence of holistic healing and Eastern philosophy in the United States and today is a form of alternative medicine practiced by more than 100,000 physicians worldwide and used by millions of people to treat everyday ailments as well as acute and chronic diseases. The History of American Homeopathy traces the rise of lay practitioners in shaping homeopathy as a healing system and its relationship to other forms of complementary and alternative medicine in an age when conventional biomedicine remains the dominant form. Representing the most current and up-to-date history of American homeopathy, readers will benefit from John S. Haller Jr.'s comprehensive explanation of complementary medicine

within the American social, scientific, religious, and philosophic traditions.

Strange Phenomenons in Homeopathy - Isuret Polos  
2018-10-11

A small work from Isuret Polos on the frequently experienced strange and extraordinary phenomenons in Homeopathy. Modern materialistic science has its limits for providing a plausible explanation regarding this kind of phenomenons like nonlocal effects and synchronistic events. The author describes different types of phenomenons, their common patterns and alternative explanation deriving from idealism, the branch of science where consciousness is the base of physical reality.

**The Healing Enigma** - Vinton McCabe 2009-04-10

In *The Healing Enigma: Demystifying Homeopathy*, author Vinton McCabe writes: "Western medicine is based upon the use of ever-stronger doses of allopathic drugs. And allopathic treatment with these drugs is the medical equivalent

of running with scissors. It may seem like a good idea at the time, but it almost always ends in tears." In a book containing equal parts passion, anger, and unexpected humor, the author makes use of his twenty-five years as a student, teacher, and author on the subject of alternative medicine to explore the differences between healing as a natural process and curing as a medical goal. The author then considers the advantages and disadvantages of each of the two medical models--the homeopathic and the allopathic. As the author writes, "While doctors search for cures, patients instead seek healing. We have the right as patients, as consumers, as sufferers, to expect a restoration of health that is rapid, gentle, and permanent. That can only happen by strengthening the whole being. The best tool for that is homeopathy.

**Homeopathy A-Z** - Dana Ullman 2002-08-31

Dana Ullman, M.P.H., one of the leading spokespersons for homeopathic medicine, brings

you a comprehensive, user-friendly guidebook that shows you how to use homeopathy to help heal common ailments. Numerous conditions—from allergies to warts—are discussed, along with the key remedies to consider for each one. You'll find this book useful whether you're completely new to homeopathy or an experienced practitioner of this wonderful method of natural healing!

Prozac-free - Judyth

Reichenberg-Ullman 2002

Robert Ullman offer reasons for considering the homeopathic approach as an alternative to taking conventional medications such as Prozac, Zoloft, Paxil, and Wellbutrin. The authors discuss the serious side effects of these drugs and their failure.

**The Alchemy of Healing** -

Edward C. Whitmont, M.D.

1996-01-01

In *The Alchemy of Healing*, Dr. Edward C. Whitmont explores the major themes of illness, health, and the practice of medicine. Uniquely qualified by his personal associations with

such pioneers as Carl Jung, M. Esther Harding, Karl Konig, Elizabeth Wright Hubbard, and G.B. Stearns, Whitmont takes a daring plunge into the paradoxes of homeopathic medicine, psychoanalytic transference, quantum physics, and the Gaia Hypothesis. Deftly exploring such subjects as Jungian synchronicity, alchemy, the I Ching, and the Law of Similars, he hints at the unknown principles fusing organism, planet, and cosmos and at a healing principle so profound it is written in both the stars and the sub-molecular traces of molecules. In this landmark work that addresses for the first time in our century the esoteric role of the physician in the drama of life and death, Whitmont provides a forum for one of the most neglected voices of Western Civilization—that of disease—revealing how it is our own abandoned and depreciated voice. In challenging the myth of mechanical medicine he provides a clue as to how we might yet heal ourselves and

our planet.

**Dreams, Symbols, and Homeopathy** - Jane Cicchetti  
2003-09-08

In understanding such things as the role of the shadow in healing, the relationship between the ego and the transpersonal self, and the application of dream analysis, medical practitioners can better address present day health challenges. Included are client interview techniques, natural remedies, and a bibliography and glossary of Jungian terms.

**The Genius of Homeopathy** - 1967

**Alchemical Medicine for the 21st Century** - Clare

Goodrick-Clarke 2010-06-08

Using the ancient art of spagyrics for treatment of today's health problems • Contains detailed indications for using alchemical preparations therapeutically • Shows how the essences work holistically to heal the mind, body, and spirit with the energetic qualities of the plant • Provides effective therapy for

a wide range of physical and mental disorders Spagyrics is a branch of medicinal alchemy that enhances the healing properties already existing in plants. Developed by Paracelsus, the magus and alchemist of the early 16th century, spagyrics is a holistic therapy that promotes healing at all levels of the human being--body, soul, and spirit. Spagyric essences harness the dynamic life force in plants that triggers recovery from the energetic imbalance of illness. The harmonizing and balancing qualities of spagyric essences differ from other plant remedies and aromatherapy oils because they not only include the plant's energetic information but also incorporate the salt of the plant, from which all toxic matter has been purged. The preparation of this alchemical medicine makes it possible to capture the full therapeutic spectrum of plants, including the cosmic energies they have absorbed. Alchemical Medicine for the 21st Century contains detailed indications for using

these alchemical preparations to treat both physical and mental disorders. The author shows, for example, that the tincture made from dandelion is especially potent on liver-related ailments and also raises the spirit and frees the patient from anger and bitterness. The immune system is also boosted by this essence, providing tonic effects for allergy sufferers. The author, a homeopath since 2000, also shows how these spagyric essences can be potentized homeopathically.

*The Homeopathic Revolution* - Dana Ullman 2007-10-16

What do Mark Twain, David Beckham, Catherine Zeta-Jones, and Mother Teresa have in common? All have been enthusiastic fans of homeopathy, the alternative medical tradition that treats "like with like." Homeopathy has an incredible history of support by many of the most respected people of the past 200 years, and modern science is finally catching up. In *The Homeopathic Revolution*, Dana Ullman blends vivid personal stories and quotes from these

and other luminaries from a variety of eras and fields with a new definition of homeopathy as "nanopharmacology" - one that will help people, including skeptics, start to understand its value. After explaining why conventional medicine is inadequately scientific, why homeopathy makes sense and works, and why it is so threatening to conventional medicine and drug companies, Ullman lets legends like Coretta Scott King, Cindy Crawford, Bill Clinton, Vincent Van Gogh, and other practitioners weigh in on the subject. By writing about homeopathy's heroes and telling their stories, Ullman is able to reference and describe important scientific studies in user-friendly language that verifies the value of this widely used but still misunderstood tradition.

*Principles and Practice of Homeopathy* - David Owen 2015-05-21

This comprehensive textbook provides a detailed, practical and thorough basis for the understanding and application

of the homeopathic process. Drawing on the experience and knowledge of a wealth of contributors, the book offers the foundations for the safe and broadest practice of modern homeopathy. Divided into 6 sections, this book takes the understanding of homeopathy from basic principles to the treatment of acute and chronic illnesses, the first prescription, and difficult, confused and hidden cases. Each section progresses through five themes broadly divided into philosophy, material medica, case taking, case analyses and case management. Each theme is woven together through the text and, section by section, builds into an essential study guide for the homeopathic student. It provides opportunities for reflection, and invites all practitioners to engage in their own personal and professional development.

**Living in the Borderland** - Jerome S. Bernstein 2006-02

Living in the Borderland addresses the evolution of Western consciousness and

describes the emergence of the 'Borderland,' a spectrum of reality that is beyond the rational yet is palpable to an increasing number of individuals. Building on Jungian theory, Jerome Bernstein argues that a greater openness to transrational reality experienced by Borderland personalities allows new possibilities for understanding and healing confounding clinical and developmental enigmas. There are many people whose experiences of reality is outside the mainstream of Western culture; often they see themselves as abnormal because they have no articulated frame of reference for their experience. The concept of the Borderland personality explains much of their experience. In three sections, this book examines the psychological and clinical implications of the evolution of consciousness and looks at how the new Borderland consciousness bridges the mind-body divide. Subjects covered include: · Genesis:

Evolution of the Western Ego ·  
Transrational Data in a  
Western Clinical Context:  
Synchronicity · Trauma and  
Borderland Transcendence ·  
Environmental Illness Complex  
· Integration of Navajo and  
Western healing approaches  
for Borderland Personalities.  
Living in the Borderland  
challenges the standard clinical  
model, which views normality  
as an absence of pathology and  
which equates normality with  
the rational. Jerome S.  
Bernstein describes how  
psychotherapy itself often  
contributes to the alienation of  
Borderland personalities by  
misperceiving the difference  
between the pathological and  
the sacred. The case studies  
included illustrate the potential  
this has for causing serious  
psychic and emotional damage  
to the patient. This challenge  
to the orthodoxies and

complacencies of Western  
medicine's concept of  
pathology will interest Jungian  
Analysts, Psychotherapists,  
Psychiatrists and other  
physicians, as well as  
educators of children. Jerome  
S. Bernstein is a Jungian  
Analyst in private practice in  
Santa Fe, New Mexico

### **Yoga Journal** - 1989-03

For more than 30 years, Yoga  
Journal has been helping  
readers achieve the balance  
and well-being they seek in  
their everyday lives. With every  
issue, Yoga Journal strives to  
inform and empower readers to  
make lifestyle choices that are  
healthy for their bodies and  
minds. We are dedicated to  
providing in-depth, thoughtful  
editorial on topics such as  
yoga, food, nutrition, fitness,  
wellness, travel, and fashion  
and beauty.