
A HOMOEOPATH'S DIARY

by Pauline McGuire

FRIDAY 7th

Today is a clinic day. I'm not yet a full-time homoeopath, I job-share with myself. I spend three days as Practice Manager in a busy, manic GP surgery, 2 days in my wonderful, peaceful haven the Homoeopathic Clinic and 2 days as a stay-home mum. Today, as the morning sun shines through the blinds I have two thoughts, the first - what is that bright light and who is shining it on me; the second - Friday, great Clinic day. Recovering from the sunshine-shock and reacquainting myself with the positive energy, good humour and possibilities that come with this elusive ball of light I toss aside my 3-day week uniform and dress today as myself. Being a homoeopath you see is my-self, it is part of the well within my soul from which everything flows; homoeopath, mother, wife, friend, sister, daughter, intermingling, overlapping, the essence of me. There are mists that float by from time-to-time, housekeeper, jogger, musician, administrator, but these are like clouds, camouflage, they serve their purpose - relieve stress, provide finance, they do not infiltrate my soul.

The rest of the household stirs awake to the knowledge that it is Clinic day, it comes across to them through the lightness in my step, the absence of deadlines around the kitchen as I move pans about, heat up winter berries, pour granola into bowls, brew fresh coffee. Children dropped to school, chickens fed, dog walked, cat put out, and I am free to enter my

space. I nod to my remedies as I enter the room, smile to myself that I am back amongst them and sit quietly until I settle. Then a quick look at my diary and I am ready for the day to begin.

Mary enters nervously. This is her 2nd appointment; she suffers from anxiety, exacerbated recently from the break-up of her marriage and the worry and concern of raising 2 young children alone. She is a reserved lady and walks in an atmosphere of shyness, fear, a controlled space within which she lives quietly. Her first consultation was approximately 3 weeks ago and I look forward to hearing how she has been. Her anxiety, loneliness and loss were being expressed through her Vital Force as trembling, a sense of panic, lack of energy, fear for her children, fear for her dwindling financial state. The one place she feels safe is in bed. She looks forward to night time coming so she can go to bed. The Vital Force through its symptoms, Mary through her description of them and myself with my reference books and remedies are guided, steered, called forth to the remedy that will help Mary. Our bodies are constantly looking for homeostasis, that balanced state at which we can function best. Mary's symptoms clearly point to the remedy she needs to restore homeostasis, to restore balance in her physical, mental and emotional bodies. Magnesium Carb LM-1. "Feels safe in bed", quiet, timid personality who doesn't like

confrontation, tremulous anxiety". *"The remedy is helping"*, she says today. She feels a sense of calmness in the morning, but it doesn't hold, she takes the remedy in the morning and is fine until late lunch-time then *"this terrible trembling comes over me, I have to go back to bed"*. We chatted, re-examined the symptoms and decided to continue with the same remedy but increase it to LM-2 twice daily.

Next in my diary is baby Charlie. I have treated some of Charlie's brothers for asthma and recurring tonsillitis and now young Charlie at just 13 weeks old is coming in with his mum and dad. He is suffering with colic and the whole house is suffering with him. Charlie, as baby's do, slept like an angel throughout the consultation, but mum and dad who are living in his energy all day gave a wonderful description of how the young lad is when he is hit with the pain. Watching how dad clenched up his fists, screwed up his face went red himself as he acted out Charlie in the throes of a colic attack. "He gets so angry with it" confirmed the remedy for me. I didn't charge. This was an easy case, they have been to me many times before and indeed have referred several patients to me. I am happy that Chamomilla will help Charlie on his way and hopefully give some peace to the rest of the household.

Gilly bursts into the room for her consultation, such a contrast to my morning sessions, she is

full of energy, brings a tidal wave of enthusiasm and chaos bouncing around behind her, trying to keep up. She is smiley, loquacious full of entertaining asides about her life, her family. She came to see me because she has chronic anaemia and despite the iron tablets and revised diet she is always tired. This came as such a surprise given the lively, energy that arrived into the room with her, but she said by 2pm she is exhausted. On a short drive home from work she sometimes has to stop, put down the window, turn up the radio all to keep her awake, once she gets home she doesn't do much else but lie on the couch. Phosphorous LM1 and Ferrum 6x daily is her prescription.

And so the day continues, busy, emotional, entertaining, intimate, there is a sense of honesty in the Clinic, there is no room here for chit-chat about the weather, the rugby team, the government, no tolerance for prejudice, judgment, game-playing. This is where I am my-self, my honest self, my best self and as self without distraction, obstacle or doubt the silent fluidity of knowledge, compassion, completeness can flow from deep within to provide the opportunity for patients to examine *their* self, to be honest and open, to share their concerns, worries, dreams and desires so that the correct remedy can be selected, released into their energy field to restore homeostasis, health, peace, harmony.