

*Pauline McGuire, local homoeopath who works at Sláinte Natural Health Centre recently had this article published in the national magazine the "Homeopathic Times."*

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Pauline McGuire graduated from the Irish School of Homoeopathy in 2008. She lives and works in Donegal Town. She was on the management team when a local GP opened up Sláinte Natural Health Centre in 2010. Pauline is now the resident Homoeopath and Manager of the Centre  
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# THE SPACE KEEPER

by Pauline McGuire

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*Homoeopathy is a system of medicine that uses natural remedies to restore health.*

That 'nutshell explanation' rolls off my tongue to the enquiring friend, patient or passerby. If only I could really explain in a nutshell the wonders and wizardry of homoeopathy, explain the limitless possibilities of its power.

Homeopathy is now so deeply ingrained in my psyche that I am no longer aware of its influence as it continually guides, influences and restores deep within my subconscious. It is only when I take time to reflect on a day that has passed or to replay an event in my mind that I remember and acknowledge the gentle power of homoeopathy that has now become a part of me.

As a Homoeopath I am a provider of space. A space to be, a space to reflect, a space to unload. I am not part of the patient's story: I am only the keeper of space. My job is to hold and strengthen the boundaries of that space with love, openness and support and above all without prejudice or judgement. My job is to extend an honest and open invitation to a patient to use this space, fill it with their story, allow their words to flow, emotions to spill and thoughts to unfold and then allow the magic of homoeopathy to do its work.

As I sit, note-taking, nodding sagely I observe not the story but the energy. Detached from the story it is easy to feel the rise and fall of the energy and as the story fills the space so does the energy, and it is this energy, the energy of the individual – the quiver of grief, the tornado of anger or the coil of fear - that is the real story. Contained in our safe space the energy swirls, rises, expands and flows until eventually it settles and an opening is revealed, a void to be filled and that is the portal, the doorway, the opportunity for the remedy to enter and restore.

Ah yes, the remedies. These wonderful bottles, sitting innocuously on shelves, some dust-coated waiting to be of use, others spilling out from newly delivered parcels, piled on top of each other, lying seemingly lifeless in piles or boxes. How innocent they must seem to the uninitiated, how small and unremarkable, too plain and unadorned to arouse much excitement. But, like the words of the story, the packaging and appearance are unimportant – it is the energy within that holds the magic. Each bottle, each vial, each granule has its own story waiting to unfold into the space. I visualise the bottles vibrating in their confinement, pulsating, sparkling, bubbling. From the self-assured strength of Aurum to the fiery flash of Staphasagria; from the vibrant effervescence of Phosphorous to the calm flow of

Calendula, they each have their role to play. Beneath the ordinariness of the host is the extraordinariness of the soul. Within each white pill or dropper bottle is the power, the resource, the possibility of health.

When the space is filled and the story is told, it is time for the remedy to enter. Now I, the Homoeopath must simply introduce the remedy into the field. Like with like, the pulse, energy and soul of the remedy to the pulse, energy and soul of the patient. What an honour to be in this position of matchmaker, to know the remedy can do no

harm, to know we are bringing only positive, life-enhancing, energy-balancing goodness into the space. Pair them up and let them go.

And so, I have it, my new 'homoeopathy in a nutshell' quote:

*Homoeopathy is a marriage between the energy of a remedy and the needs of the patient. Together they will soar into health, face the next challenge, grow to the next level and live to their full potential.*

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