

A Man Who Knows a Lot about Himself Can Heal. A Man Who Knows a Lot about His Disease Has Lost His Identity

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Who are you? Who are you REALLY? Do you know who you are deep down inside? Do you know the little things that drive you nuts? How about your reactions to the changing seasons?

Do you know who you really are? Or is your identity based on a disease or two?

A Man Who Knows a Lot about Himself Can Heal

I remember the first time I studied homeopathy. I truly hated it. I had just finished my first class about herbs and realized that all herbs are used for a general situation, such as Echinacea for boosting the immune system. I quickly grasped herbology because I could relate to it—it was similar to medical drugs in that medical drugs had certain uses and herbs had certain uses.

But when I took my first class on homeopathy, I was lost. Yes, each remedy had a name, but there was SO much to know about each homeopathic medicine that I knew I'd never practice homeopathy! The second course on homeopathy didn't change my mind either.

But after I opened my practice and helped people using herbs, vitamins and minerals, and dietary and lifestyle changes, I felt something was missing. In the end, I felt I was only

doing disease management, but instead of recommending medical drugs, I recommended natural supplements. Still, true healing (i.e. “cure”) did not occur. My clients, as well as myself, only healed to a point then their healing reached a plateau, never progressing further.

Then one day one of my cats was injured after falling off the roof of the garage (God only knows how she got up there in the first place). I knew little about the use of herbs with animals, so I reached for my homeopathic kit. Within minutes of giving her the homeopathic *Arnica* for the concussion and traumas of the fall, her eyes focused again and she was running around as if nothing happened. MINUTES! I watched her for a few more hours but there was no sign of trauma or anything (she had bounced off the bushes by the way so no broken bones).

So I started studying about homeopathy, but not for the in-depth healing for chronic healing, just the acute uses (things that happen here and there like falls, colds, flu, etc). But as things usually happen with studying, I began to learn more about the uses of homeopathy for chronic health conditions (arthritis, asthma, etc).

In time, I realized that homeopathic medicines were what was missing in my practice. Healing does occur with homeopathy if it is used based on Hering’s Law of Cure. The founder of homeopathy, Dr. Samuel Hahnemann (1755-1843), stated “The high and only mission of a physician is to restore the sick to health, to cure, as it is termed.” He used homeopathic medicines to cure his patients, and taught hundreds of others to do the same. When healing occurs using homeopathic medicines according to Hahnemann’s philosophy and Hering’s Law of Cure, miracles happen.

But the only way a Homeopath can find the right homeopathic remedy is if the person knows himself. Only if a person knows himself can healing occur. Here’s why...

There are over 4,400 homeopathic medicines. Practitioners of healing homeopathy (otherwise known as Classical Homeopaths) need to find the 1 remedy out of those 4,400

that will start you on the road towards true, complete healing. Each remedy has specific key characteristics that help with the remedy selection (all those facts that had turned me away from homeopathy in school). The Classical Homeopath matches you to those key characteristics.

There are some things that are unique to you; these are what are most important to a Homeopath. Some questions you will be asked, for example:

- Which time of day do you feel your best? Worst?
- When you get ill, what emotions do you have? Are these emotions the same as you usually feel or are they different when you become ill?
- Are you affected by seasonal changes? How about changes in the moon cycles?
- How do you feel before, during and after your period?
- What makes you angry? Anxious? In what matters are you hurried or impatient?
- And the list goes on and on....

It is also important to know what is specific to your illness that is NOT usual for your illness. For example:

- If you have a fever, do you desire a hot bath? This is unusual as people who have a fever tend to want to cool off, so the desire for a hot bath is unique to you, not your fever.
- If you have asthma: characteristics of asthma are shortness of breath, wheezing, coughing and worse breathing with activity. Perhaps your unique characteristics are that you have shortness of breath only when you are angry; have a productive cough of green phlegm; get nauseated when you wheeze; and awaken every night at 4 a.m. with wheezing.

Classical Homeopaths call these characteristics SRPs: Strange, Rare & Peculiar symptoms—they are symptoms that are strange, rare and peculiar for the disease you have, but they are unique to YOU.

Not surprising, the length of time for the first visit to see a Classical Homeopath is, on average, 2 hours! The Homeopath REALLY needs to know who YOU are (not your diseases) in order to match you to a healing remedy. Analysis of the information obtained in the first visit sometimes takes 3-4 hours to analyze.

So a person who knows himself/herself can heal much more effectively than a person who only knows his/her illness.

A Man Who Knows a Lot about His Disease has Lost His Identity

Jason called for an appointment. He introduced himself and said he was a “diabetic”. Jane said she was a “cancer survivor”. Joe said he “I am depressed.” Emily said she had “chronic pain”.

When each of these people came for their first appointment, they couldn’t tell me anything about themselves. They didn’t know if they had dreams at night. They didn’t know what makes them angry.

But each of them knew their disease through and through. Each had read several books, done research on the internet and talked to others who had similar diseases; two were part of support groups. And, unfortunately, each were taking several different drugs and about 20 supplements that they had researched or had been recommended by someone either at a health food store or that sold supplements “on the side” as part of a multi-level marketing company.

A person who knows a lot about his diseases soon sees his life as his disease. They alter their diet, lifestyle and future based on what they know or have been told about their disease. A person who accepts their disease has difficulty healing because their social network and life revolve around the disease. Few people realize they can remove the disease and keep living.

You are NOT a disease. You are NOT an asthmatic. You are NOT a diabetic. You are a PERSON who is challenged by difficulty breathing, or blood sugar imbalances. You have a name, a role in life and a future. Your title is Mr. or Mrs. or Dr. or Professor or such. Lose the disease, keep the right title.

When a person identifies himself/herself with a disease, mentally they become the disease and make that disease an important part of their life. If you don't want the disease, why make it a part of your life?

Health is Your Birthright; Disease is Optional

There is no disease that has to exist. Every disease starts with an imbalance within a person's body, a change in thought processes, or a trauma. Most physical traumas, as from a car accident (or birth defects), are difficult to heal, even with homeopathy. But all other ailments can be removed from your life. No disease management—complete removal.

Barring birth defects, each newborn infant is born healthy. Yes, each infant is born with a genetic tendency towards some diseases, but there is no reason the child should ever develop them.

Diseases occur when there is an “assault” to the body—the assault can be chemical, physical, emotional or thought processes. A person's genetic code is only important in that it tells the areas of WEAKNESS, not the diseases that will occur. Only if the assaults to the body aren't handled right do these areas of weakness present themselves and become chronic diseases.

For example: Margaret has a strong family history of breast cancer. Knowing this, it is reasonable to assume that the female system was an area of weakness for Margaret. Margaret does not NEED to develop breast cancer however. A Classical Homeopath

would know that any illness Margaret would get, if not handled correctly, would impact the female system.

If Margaret developed a cold that was suppressed by medical drugs, Margaret might quickly develop difficulties with her period. If these difficulties are not handled correctly (i.e. with natural means), they would probably get worse to the point where Margaret might consider a hysterectomy or chemical management through birth control pills.

The majority of the time when a woman has difficulties with her period, mentally she feels inadequate or less than female. The main feature on a woman's body that indicates she's a woman is her breasts. An "attack" on femininity usually shows up as a disease of the breast. One such disease is breast cancer.

So it wasn't that Margaret's sister and mother had breast cancer that doomed Margaret to developing a breast disease; it was that her initial small illnesses weren't handled properly, thus leading the genetic weakness to present itself. Still, one doesn't go from getting a cold to developing breast cancer over-night. There is a lot of time to intervene and reset the body's ability to heal. Margaret need never experience breast cancer.

How to Regain Your Identity

There is nothing wrong with altering your life to accommodate illness; it's a loving action. But don't settle for a chronic illness. You are here to enjoy life and pursue your dreams; you are not here to suffer. Start paying attention to who you are, not to what your disease is. Stop telling everyone about your ailments and start telling everyone about your goals and dreams.

But the best thing you can do is to release the diseases. The best person to assist you in this is a Classical Homeopath. You owe it to your dreams to be free....

Best wishes,

Dr. Ronda

Disclaimer: The information provided by Dr. Ronda is for educational purposes only. It is important that you not make health decisions or stop any medication without first consulting your personal physician or health care provider.

Dr. Ronda Behnke is a distinguished practitioner of Classical Homeopathy and Natural Healing methods. Amongst her clients, she is known for her exceptional insight and non-judgmental presence. You can contact Dr. Ronda via the website www.HomeopathicCentersofAmerica.org or by calling 920-321-0008. "When it's time to heal, call me...I will listen to you." For a FREE guide to help you along your healing path, visit the HCA website noted above.

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