



## Sense and non-sense of suffering

**Suicide/** (active life termination) is the leading cause of death in young Irish adults.

Up to 500 suicide deaths are reported each year.<sup>1</sup> The unfortunate social-economic circumstances influence the rate of tragic deaths. But it is the attitude with respect to dissatisfactory conditions that lead to hopeless suffering. **In my opinion active life termination is the ending of life that God gave.** Life is a gift and it should be gratefully appreciated, were it not that devastating events make it difficult for people to obtain any sense of purpose from life. **This is a fact of life and personal problems can be overcome by the application of insights that benefit the happiness of others.** Patients have brought to my attention that they felt relief from their suicidal thoughts after homeopathic treatment. They appreciated their freedom to judge their own situation independently in consultations. **The homeopathic consultation and the remedies support life.**

### Contents

- **The standards of health and well-being**
- **The happiness of the other**
- **The threefold principle**

May this newsletter be a help. Regards,

**Jeroen Holtkamp, I.S.Hom.**

<sup>1</sup> HSE/NOSP (2007) Mental Health in Ireland: Awareness and Attitudes Dublin: HSE

### The standards of health and well-being

**TO BE** ill is the mental foundation of all the physical suffering. **Unwell-BEING** is generally expressed in facts that one experience as part of who he/she **IS**, like for example deluding yourself being happy but



your actually not. A misperception of reality is as it were emphasised by physical complaints that people become aware of when they are completely focussed on their

bodily well-being. Bodily well-being is a generally accepted standard for the individual well-being but it is not the only standard. The most important standard for well-being is without a doubt the measure of acceptance for the life here and now. This indication is severely underestimated in our society. One is not capable - or willing to see that ultimately personal well-being depends on the extent someone is able to live responsibly in the here and now free from worries. General well-being does not depend on, for example, to the extent the patients bloodlevels are at average with the standard.

### The happiness of the other

Helping someone else and obtaining satisfaction from it broadens the awareness from just your own well-being to the inclusion of the others'. The happiness from making another happy is the most fulfilling kind of happiness. The happiness of the other is an unforgettable impression. And all the impressions together leave traces in one's life which become clear from a perspective that develops during a homeopathic consultation.

Well then, the enjoyment that we obtain from looking back at our accomplishments is of exceptional importance for the effort to overcome crises, like the loss of a loved one, financial ruin or the loss of recognition as a result of unemployment.

Initially the outcome of a crisis will remain uncertain, but the attitude that one adapts with respect to a crisis can certainly be improved. **The homeopathic consultation and the remedies effectively support the wish to change.** Homeopathic consultations are set in such a way that through a particular style of interview one will become aware of purposeful connections between some impacting life events. As a result of this also an insight develops in the current circumstances that triggered a person to consider active life termination. **My heart goes out to those who suffer from suicidal thoughts but in my opinion the contemplation of active life termination is a useless occasion, because it does not bring about changes that make life more pleasant for anyone concerned.**

### The threefold principle

The threefold principle is the fundament of the homeopathy that can aid to the insight that the problem of isolation of a person and the corresponding hopeless suffering can be overcome through the acceleration of realisation of purpose and the homeopathic remedy. **Here follow a few examples of beneficial remedies that I could prescribe:**

**Hepar** is valuable in cases where a person is suffering from sudden impulses to commit suicide or to kill another. He/she cannot cope with contradiction, can be very hasty and might be indisposed to speak. **Sepia** is beneficial especially for women who are not able to cope with worries, such as from financial loss. She might feel isolated from her family and depressed. She weeps a lot and is troubled with suicidal thoughts. **Natrum Sulphuricum** is useful for a person who feels incapacitated from loss of their spouse. He/she is depressed and restrains from committing suicide because of the duties to his/her family.

**Please contact me if you have further questions.**

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