



The fulfilment of the other

The fulfilment of the other is undoubtedly the most reliable

indicator for truly living in the here and now; the life in freedom and love with God. The dissatisfaction that we encounter when we are not able to live in the here and now; when we are not able to bear the dissatisfactions of life with resignation and to take responsibility for what we do and who we are; that dissatisfaction is an expression of disease. Disease is firstly characterised by a general unwell feeling. Secondary to this general unwell being are the local complaints, like heart complaints, backaches, complaints of the respiratory system, etcetera. Homeopathic cure works in a definitive direction. After taking the homeopathic remedy we first experience an improvement of our general well-being; we feel more positive, have more energy and we are more able to enjoy life. After that also the local complaints will improve; the heart frequency will for example become more regular, the breathing is less problematic or the back has less to suffer under the burdens of the day. In this newsletter I would like to give you more insight in how health is obtained and how correspondingly remedies are selected.

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Enjoy this newsletter. Regards,
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The threefold soul

The homeopath has an arsenal of remedies at his or her disposal that enables the patient to live more in the here and now and consequently relieves him/her indirectly from local complaints. In order to act that way the homeopathic remedies are derived in a special way from natural substances, like plant materials, animal substances and minerals.



These substances are diluted on a rhythmic scale to such an extent that they can affect those organs of the human being that support and bring about the fulfilment here and now.

The soul is the organ that attempts to fulfil this function in three steps.

- 1) In the first place is the soul aware of all sensory impressions. Our body determines its well-being basically on those sensory impressions.
- 2) All those impressions are connected with one another through our thinking faculty.
- 3) Thus through thinking we develop concepts of life, but these are only metaphors that correspond with our desires and fears. The third step is a step of surrender; a surrender to the life circumstances as they manifest in the here and now irrespective of our desires and our fears. This third step requires a trust in life that is God's gift to us.

The remedies that support a true living in the here and now can be divided in three general corresponding groups. Each group has a specific affinity with one of the three soul-parts. Each group of remedies is represented by one remedy; one remedy that contains all essential characteristics that the obstructions in the development (=unwell being) of a soul-part bring along. This enables the homeopath to determine in each case which group of

remedies is applicable for the individual at present. The final determination of what remedy to give is depending on the more individual characteristics of the patient; the individual manner in which the patient describes his/her symptoms.

Three essential remedies

A few examples of remedies that represent each soul-part and her problems in development are Ignatia (**Ign.**), Natrum Muriaticum (**Nat-m.**) and Ipecacuanha (**Ip.**). **Ign.** is a remedy that stimulates the development of the perceptive-soul. It is particularly effective in situations where the patient is not able to put aside - or to avoid dissatisfaction. This process is especially prominent in the grief that accompanies the letting go of a loved one. **Ign.** is effective against complaints that come about in connection with the pangs of love.

Nat-m. is characteristic for the way of letting go of life fulfilment for the sake of the realisation of ideals. **Nat-m.** has a strong affinity with people who deny their happiness of life in exchange for a greater sense of control.

Ip. is a remedy that supports the relief of suffering through total surrender to the life circumstances here and now. This total, definitive and painful surrender is also expressed in physical unwell-being, namely in act of vomiting. The complete meaning of this remedy for humanity requires further research.

To summarize one can state that there are three soul-parts in development which, when stagnation manifests, can be supported with one of the thousands of remedies. These remedies can be generally divided into three groups which are corresponding with three remedies that represent those stagnations the most. For more information please watch the video on: www.homeopathy3fold.com

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