

SENSATION + MAPPING = A TOOL FOR PRESCRIBING

Ilana Dannheisser explains how using Drs Bhawisha and Shachindra Joshi's Levels of Human Development and Mapping Method can help us identify new remedies and prescribe with increased confidence and accuracy.

As homeopaths, we seem to be constantly searching for ways to improve our methods, deepen our understanding, refine our techniques and expand our knowledge. Any substance, natural or made by humans, is a potential healing agent. The possibilities are infinite.

What a challenge this presents for us. How do we know if the person we face in our clinic needs *Platina* or *Staphysagria*, *Lac delphinium*, *Candida nosode*, *Chocolate*, *Positronium*, *Natrum muriaticum*? We can attempt to learn as many remedy pictures as possible from the thousands available, or we could apply a system of analysis, which guides us through this unknown territory. At the very least, this will help to narrow the field of choice; at best, it could help to identify the exact location of the remedy we seek.

Kingdom classification has become a familiar concept in homeopathy, especially to those practising with the Sensation system. By extending the analogy of the map as a representation of territory, we could say that there are several huge continents on this enormous globe of remedies: Minerals, Animals, Plants (conveniently M.A.P.) and some slightly smaller continents – Nosodes, Sarcodes, Isopathic, Imponderables, Monera – and then a few islands, for those remedies that don't easily sit on any of the other continents, such as *Cling Film*, or *Coca Cola*.

We are keen as a profession to organise our information so we can identify larger patterns inherent in the remedy groupings. In recent years, the animal, mineral and plant continents have been reasonably well charted, exemplified by concepts such as Scholten's group analysis and Sankaran's Sensation. Equally prodigious is Michal Yakir's plant table, a system with its own distinct organising principles. These systems all integrate homeopathic knowledge with our understanding of universal natural processes, such as evolution and the life cycle, and give greater depth and meaning to our remedy knowledge. Drs Shachindra and Bhawisha Joshi have developed another fundamental component, which they term the Levels of Human Development (LHD).

The Levels of Human Development as a mapping component

At every point in a case-taking journey, we need to know which markers, signposts or characteristics in the patient will identify which territory we've landed in. We may or may not have some physical or mental symptoms; either way, we must see how these symptoms connect with the whole process, the whole story of the patient.

The pattern of human development progression, as observed by Scholten in the *Periodic Table* (PT), is a universal pattern seen in all realms of evolution. In their book on mammals, the Joshis have explained their understanding of the Levels of Human Development, which they refer to in terms of rows (1 to 7) and columns (1 to 18), following the logic of the PT. This aspect of the patient is independent of the kingdom and, alongside kingdom indications, will help locate the remedy.



About the authors

Ilana Dannheisser MSc, RSHom has been practising homeopathy in South London since 1996, having studied at LCCH and the Dynamis School, and completing an MSc in Homeopathy in 2009. Ilana is also one of the Pinnacle Seminars team. Grazia Gatti RSHom has been in practice in North London since graduating from the LCCH in 1999. Both have followed developments by Sankaran, other Mumbai homeopaths, and in particular Bhawisha and Shachindra Joshi. Ilana and Grazia are co-developers and teachers on the ACT Homeopathy post-graduate course *Evolving Sensation: Bridging the Map and the Patient*.

Each LHD corresponds to one of the rows of the PT. The individual expresses increasing strength, capacity and capability. Here are some key points and expressions belonging to each level, as adapted from Joshi's *Mammals* (pp 523-530).

Level 1

Do I even exist as an individual?
Extreme self doubt
Feeling lost and/or spaced out

Level 2

Can I exist on my own, independently of you?
Clinginess, extreme dependency on others for basic survival
Basic pleasures, needs and instincts
Can feel excess of pain and stimulation



Level 3

Do I know who I am? Can I make my own choices?
Am I validated, liked for who I am?
Concern with image, appearance
Differentiation of self from others
Receiving or giving to others with care and love, or feeling misunderstood, neglected and lonely

Level 4

Can I provide for myself and/or my family?
My income, health, protection, security
Can become stuck in a routine job, but prefer safety
Dislike of change, which represents threat to the secure feeling

Level 5

The need to explore, break out of routine, have adventure
The desire to do something new, challenging one's boundaries
Being inventive, unique, exceptional, brilliant, shining

Level 6

Feeling of power and authority
Being at the centre
Being the most important one, on whom everything depends
Charismatic leader, having followers

Level 7

Destruction is inevitable
Realisation of futility

Insecurity from loss of power
Decay and new beginning

Once the level is established in the case, there will be a further subdivision corresponding to the 18 columns of the PT, expressing a more precise degree of capacity, ranging from vulnerability and insecurity, to stable and confident, to overconfidence and failing.

The core pattern

Based on their work with their patients, the Joshis conclude that each one of us has a core pattern, or underlying driving force within us. While the core pattern remains fundamentally the same throughout a person's life, it can express in ways that require either a plant, a mineral or an animal remedy. Any of these can be used as healing substances at different points in the person's life. "This is not because the patient changes from one kingdom to another. Rather, the patient's basic pattern sends out a specific signal for that different occasion. That signal can resonate with an animal, a plant or a mineral." (*Mammals* p.16)

Case example

The highly condensed case below shows how the LHD was an important deciding factor and demonstrates how patients can express more than one Level in their pattern. Though the patient did well on the first remedy, the prescription needed to change when a different picture emerged. Establishing the LHD guided the selection of each remedy.

Mapping can enable us to integrate and make sense of seemingly contradictory or confusing aspects of a case.

Case of a man in his early 30s with hay fever allergies

What is his capacity in the world? How does he perceive himself?

"I am responsible for other people in the company, but I like that responsibility. My job is to create a culture that allows people to be creative... it is a process of delivering bigger and bigger ideas, the end goal is to use these same ideas to convince people to do good or greater good... help the human race, that is what I am really excited about."

This vision of his responsibility, his goals and capacity extend beyond the people within his company to the wider external world. This corresponds with Level 6. He confirmed this by stating:

"I want to grow the company into an institute, I do not plan to sell, I have a bigger vision than monetary gain."

What is the issue that will indicate kingdom?

When talking about running his company he said,

"If people within the company told me they want to leave, I would take it personally, I would ask myself: have we done all we can for you? And, I want for us to get bigger work, but would we be able to deliver it?... You are only good if you deliver on time. If you don't your name is mud."

These are hints that he perceives the problem within himself, in terms of his (or his company's) performance or capacity to succeed. These are his primary concerns, and point to the mineral kingdom.

Mapping can enable us to integrate and make sense of seemingly contradictory or confusing aspects of a case

What is his confidence that he can achieve his goal?

"We are comfortable now because we know what we do inside out, but as we get bigger we will need to do bigger stuff. My gut feeling is it will be fine, but if we take on something without realising it is too complex and don't deliver in time, we are done."

This indicates a high level of confidence in success, but the possibility of falling from the peak of your capacity begins to loom as a real possibility. Within the progression of the mineral row, this points to column 11, and the consideration of *Aurum*.

However, in exploring the patient's childhood, another feature emerged:

"I had a need to fit in, make friends, I always had lots of friends. I was a show off. I always wanted people to like me. I was loud, the clown, I like to think I was the funny one."

The preoccupation with fitting in does not seem to go with *Aurum* or Level 6. It could point to other destinations on the map: the formation and affirmation of identity in Level 3, or the need of belonging to the group for protection that we find in animal subkingdoms like mammals and birds. This needed to be understood further.

What is the experience if somebody does not like you?

"I know I can be seen as too loud, or too superficial. Maybe somebody sees it like that and you should not care. But everybody cares about what people think. When I felt I was not liked it upset and confused me: what is wrong with them, why don't they like me? Maybe it was arrogance, thinking everyone should like me."

The issue of whether someone is liked points us to Level 3 and to a right-side column. With the element of loudness and arrogance in mind, plus some of the physical generals and particulars of the presenting symptom, he was given *Aurum sulph*.

The response to *Aurum sulph* was excellent. The patient reported an immediate amelioration of all the allergy symptoms and a more general sense of calmness. We repeated the remedy and the patient remained well throughout the summer, which normally was his worst time of the year.

Going deeper

Returning the following winter, he wanted to discuss his problem with addiction, which had not been mentioned before. He felt he was back to "an old state of myself, with a lot of resentment." This new feature of the landscape needed exploring. Now his anger was more prominent.

The patient recalled an incident with an estate agent breaking his word:

"I was enraged, I imagined my revenge: when I would become massive and rich I would be able to buy their company and sack him. I would ruin this guy's life... I fantasised about professional violence... A very grand and tortuous revenge."

This experience of anger and revenge points to the me-versus-you of the animal kingdom and to the hidden and calculated attack of the snakes, in the reptile subkingdom.

A snake prescription would cover the indications for a remedy in Level 6. The Level 3 aspect, with the need for acceptance and resentment for lack of family support, originally covered by *Sulphur*, could represent the intense forsaken feeling of the snake family. He was given *Lachesis*, our best known snake in the *Viperidae* group.

This prescription had contradicting results. The patient reported a feeling of going back to this old state of anger and resentment, alternating with periods of calm and groundedness. His addiction was not shifting. After a couple of months, he decided to go to rehab.

After his rehab he was able to explore more. He talked a lot about his childhood and teenage years and his need to fit in:

"I have been trying to please people all my life and lying so much that I have hardly ever been myself. If somebody said I watched that movie, I would automatically say I watched too. I had to lie... I wanted people to like me."

By way of explaining this further, he talked about his moving to the UK in his teens and from an international private school to a state school in a small English town.

"I was different from everybody else. I also had no opinions or tastes, up to then it all had been done for me... On the first day of school I arrived in a blazer and with a briefcase: it got graffitied on before the end of the day. I went home and immediately changed my haircut and my clothes. The next day... I had completely changed myself to blend in... I had to take attention away from me."

Emerging pattern

This extreme extent of his blending in (or camouflage), linked to the uncertainty about identity, pointed to the lizard family. Here finally all the elements of the map were converging: the indications for animal kingdom and reptile subkingdom, as well as the indications for Levels 6 and 3.

The strong elements of Level 6 pointed to some of the bigger lizards, possibly the *Iguana* suborder. The patient himself helped confirm the remedy by describing another apparently contradictory trait that connected to the source. Alongside blending in, he also wanted "to stand out, to be noticed, by excelling in sport, being funny, but also by wearing bright and crazy clothes. It felt good that people were looking at me... My style changed from season to season, I was looking at the cool older lot and would dress like them, mimic them... I had a bright yellow jacket, bright colours, purples, yellow, red, or black and white, but in crazy patterns, lime green, luminous colours."

He received the remedy *Iguana*, and after a short aggravation, he experienced a "release of old habits and my old self" with a great sense of wellbeing. He has remained well since.

References

- Joshi, S., & Joshi, B. (2016) *Homoeopathy and Patterns in Mammals* self published; Mumbai

For more information and resources see also www.drjoshiclinic.com