

## Homeopathy for Health



During this five-week course we will look at the benefits of including natural remedies in your first-aid kit to treat family and pets.

Plant medicine has been used for thousands of years and its benefits are well documented. Its powerful healing effects were greatly appreciated in the past and now it is enjoying a renewed curiosity and interest, as people look to expand their knowledge and familiarise themselves with nature's extraordinary healers. This is actually nothing new to us – we are simply **remembering** what our ancestors knew for millennia.

Using the Four Rooms of Wellness model to delve deeper, you will learn about **Homeopathic Remedies and Bach Flower Essences** that can support your health naturally.



The Four Rooms of Wellness was inspired by the work of the late author, Rumer Godden, and is based on the Indian proverb:

*'Everyone is a House with Four Rooms, a Physical, a Mental, an Emotional and a Spiritual. Most of us tend to live in one room most of the time, but unless we go into every room, every day, even if only to keep it aired, we are not complete.'*

This course looks at our 'rooms' – physical, mental, emotional and spiritual. You will learn how each one must be nurtured in order to maintain balance and equilibrium in your life. It is crucial that we know how to care for each room because, when we are out of balance, we become ill.

1. **The Physical Room** – most of us are spending too much time ‘in our heads’, cut off from our senses and the messages from our bodies. In this room we will focus on treating our bodies with respect by exercising regularly, eating and drinking sensibly and generally taking responsibility for our health. We will look at some Homeopathic remedies for treating common acute complaints like coughs, colds and headaches which will help us maintain good health.
2. **The Emotional Room** – we often neglect this room allowing the muddle to build up until it overwhelms us. Some of us rarely venture into this room, others spend far too much time here, reacting to life’s events instead of orchestrating them and remaining in control. We will look at ways to nurture a healthy relationship with our Emotional room and learn how we can support our emotional well-being naturally with Bach Flower Essences and Homeopathy.
3. **The Mental Room** – in this room we will find the beliefs, assumptions and expectations that drive our experience. Our thoughts are at the root of every emotion, action and experience. Here we will revel in setting ourselves mental challenges such as learning to be comfortable with silence, meditating, focusing on one task at a time and practising positivity.
4. **The Spiritual Room** – this room is not about religion or philosophy. Neither is it about ‘doing’ – it is simply about ‘being’. It is the room where your spirit comes alive, where it feels free. So many wonderful gifts live in this room – too many untouched. Living in this room requires us to define more closely what inspires us and what brings us joy and ... what lifts our hearts. We will look at what we should be doing in our Spiritual room – here we will discover what truly nourishes and nurtures us.

My aim is to empower you – by the end of the course you will have a better understanding of how to maintain your health and that of your family in a holistic way, and you will have the information and knowledge to create your own kit of natural remedies for your home.