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Dr. Rajan Sankaran

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#587588 in Books Healing Arts Press 2011-06-23 2011-06-23 Original language: English PDF # 1 9.00 x .80 x 6.00, 1.04 #File Name: 159477403X288 pages | File size: 22.Mb

Dr. Rajan Sankaran : Homeopathy for Today's World: Discovering Your Animal, Mineral, or Plant Nature before purchasing it in order to gauge whether or not it would be worth my time, and all praised Homeopathy for Today's World: Discovering Your Animal, Mineral, or Plant Nature:

5 of 5 people found the following review helpful. Animal, vegetable or mineral? By Jennifer Barraclough Rajan Sankaran proposes that an 'other song' corresponding to the energy of a specific animal, mineral or plant exists within each one of us, often at a level too deep for words. If it becomes too dominant, stress or ill-health will result, but this can be successfully treated if the correct homeopathic remedy is chosen from among the thousands of possibilities. His book includes many illustrative case histories and is easy for the general reader to understand. My personal reaction was that the theory is fascinating, but that the method of practice relies so much on clinical intuition that it might be difficult for others to replicate the excellent results obtained by the author himself. However, I am not a homeopath myself, and the book is not intended as a treatment manual. It certainly makes an interesting and thought-provoking read. 0 of 0 people found the following review helpful. Five Stars By Customer Another great way to understand Homeopathy! 2 of 4 people found the following review helpful. A little confusing... By Molly GI love to study and practice homeopathy, and this book looked like a new "slant" on which remedies might suit different personalities according to your animal, mineral, or plant nature. I tried my best to understand the concepts...and I'm always open-minded when it comes to energy medicines...but it was just too confusing and "out there" for me. Sorry, Dr Sankaran, your discoveries do not resonate with my spiritual being.

Discover the "inner song" that triggers your ailments and underlies your fundamental nature and response to stress; Reveals the 7 levels of experience and how to apply them to reach the core experience behind our physical and mental symptoms; Explains how to decode the ways we describe our pain and emotions to determine what animal, plant, or mineral is "singing" within; Shows how awareness of the "inner song" can reduce its negative impact on our emotions, dreams, ambitions, careers, and relationships The most important development in homeopathy since its discovery in the late 18th century by Dr. Samuel Hahnemann, the Sensation Method of diagnosis developed by Dr. Rajan Sankaran explains that our experience and perceptions of life's stresses are shaped by an inner pattern, or "song," connected to one of the three kingdoms in nature--animal, plant, or mineral. Revealing itself as a constant underlying sensation felt in both the mind and the body and expressed

through illness and chronic ailments, this inner song of reoccurring reactive patterns--be it that of a competitive lion, a sensitive daisy, or structured phosphorus--drives our emotions, dreams, ambitions, careers, and relationships and is the underlying factor behind why stress affects each of us so differently. Explaining that there are 7 levels to our experiences, Dr. Sankaran provides techniques to decode the words and gestures we use to describe our pain, emotions, and health conditions, allowing us to probe deeper into our experiences of stress and illness to determine what animal, plant, or mineral is "singing" within us. Showing how this core identity can be used by homeopathic physicians to treat our problems at their source, he reveals how becoming aware of our inner song can reduce the intensity of its negative effects, leading to less stress, better health, and more harmony in our lives.

"Dr. Rajan Sankaran is one of the most insightful homeopathic practitioners and thinkers alive today. The depth and originality of his vision have expanded the boundaries of homeopathic philosophy and practice, gaining him thousands of adherents among professional homeopaths worldwide. In this unique volume, Dr. Sankaran shares his perspective on homeopathy in a manner designed to be accessible to the layperson as well as the clinician." (Julian Jonas, CCH, Lic. Ac., Center for Homeopathy of Southern Vermont)"Homeopathy for Today's World is a triumph: the healing art is revealed! Rajan Sankaran's experiences and insights to date are united within an overarching philosophy and are made explicit and intelligible. His quest for the most reliable form of homeopathy has been unremitting. I will recommend this book to all my students." (Misha Norland, founder and principal of the School of Homeopathy, Devon, England)"Dr. Rajan Sankaran has given us a valuable tool to discover "the other song," the inner individualizing experience inherent in every person. The nature of this core feeling plays an important role in the response to stressful situations and generally in the maladies of life. Dr. Sankaran's clarity of thought in the methodology of how to access the continuous inner sensation has opened an immense perspective. His method serves as a deep journey into the self and is a valuable advancement of homeopathic practice today and in the future." (Anne Schadde, founder of the Homeopathy Forum in Munich and cofounder of the European and International)"... a useful reading for homeopathy practitioners--beginners and old-timers alike. Its merit lies in the scale of its view revealing the art of healing. The author's overarching philosophy is explicit and intelligible, and the exposition is such as to make understanding of the subject easy." (The Hindu, online edition of India's national newspaper)"His [Rajan Sankaran] interviewing techniques alone are worth the price of the book. . . It also will stimulate interest in items like Bach Flower Essences." (Anna Jedrzejewski, New Age Retailer, May 2011)"The focus on understanding and learning one's "inner song" to reduce negativity and stress makes this a top pick for any alternative healing library." (Midwest Book , November 2011)"This book is truly groundbreaking in the information it presents, and it explores an entire other universe from most homeopathy books." (Whole Life Times, November 2011)"Explaining that there are 7 levels to our experiences, Dr. Sankaran provides techniques to decode the words and gestures we use to describe our pain, emotions, and health conditions, allowing us to probe deeper into our experiences of stress and illness to determine what animal, plant, or mineral is "singing" within us. Showing how this core identity can be used by homeopathic physicians to treat our problems at their source, he reveals how becoming aware of our inner song can reduce the intensity of its negative effects, leading to less stress, better health, and more harmony in our lives." (Branches of Light, October 2012)"Dr. Sankaran's approach is the greatest single advance in homeopathic medicinal practice in the past century." (The American Journal of Homeopathic Medicine)From the Back CoverHOMEOPATHY / WELLNESS "Dr. Sankaran's approach is the greatest single advance in homeopathic medicinal practice in the past century." --The American Journal of Homeopathic Medicine The Sensation Method of diagnosis developed by Dr. Rajan Sankaran is the most important development in homeopathy since its discovery in the late 18th century by Dr. Samuel Hahnemann. The Sensation Method explains that our experience and perceptions of life's stresses are shaped by an inner pattern, or "song," connected to one of the three kingdoms in nature--animal, plant, or mineral. Revealing itself as a constant underlying sensation felt in both the mind and the body and expressed through illness and chronic ailments, this inner song of reoccurring reactive patterns--be it that of a competitive lion, a sensitive daisy, or structured phosphorus--drives our emotions, dreams, ambitions, careers, and relationships and is the underlying factor behind why stress affects each of us so differently. Explaining that there are 7 levels to our experiences, Dr. Sankaran reveals how a trained homeopath can decode the words and gestures we use to describe our pain, emotions, and health conditions, allowing us to probe more deeply into our experiences of stress and illness to determine what animal, plant, or mineral is "singing" within us. Showing how this core identity can be used by homeopathic physicians to treat our problems at their source, he reveals how becoming aware of our inner song can reduce the intensity of its negative effects, leading to less stress, better health, and more harmony in our lives. DR. RAJAN SANKARAN is an internationally renowned homeopath who has been in practice since 1981. The creator of the Sensation Method of homeopathy, he gives lectures and seminars throughout the world. The author of several books, including The Spirit of Homeopathy, The Substance of Homeopathy, and The Sensation in Homeopathy, he lives in Mumbai, India.About the AuthorDr. Rajan Sankaran is an internationally renowned homeopath who has been in practice since 1981. The creator of the Sensation Method of

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