

*Inspiring Homeopathy* by Tinus Smits (Emryss Publishers, 2011).

By Kathy Thomas.

Having studied many of his stalled cases, Dutch homeopath Tinus Smits concluded that people have different aspects or layers (accidental, individual and universal) which can be treated one after the other. This methodology is called *Inspiring Homeopathy* where the focus is on the process the patient is in at any one moment, rather than on symptoms. Smits believes that this approach is often more successful than looking for the one constitutional remedy.

Accidental layers refer to such accidents like vaccination, surgery, drugs, intoxication etc and must be removed before treating individual or universal layers. These layers represent obstacles to cure.

Once the accidental layer is cleared through correct prescribing, it is important to understand at which layer the patient now lives – individual or universal.

Individual layers are a personal process linked to an event in the past which disturbed the person's energetic balance. If a clear picture of an individual layer emerges, the relevant remedy is given.

At the level of universal layers, individual remedies don't work and the patient must be treated with one or more of the seven universal remedies: Carcininum (lack of self-confidence), Carcininum cum Cuprum (lack of self-confidence with lack of basic trust), Cuprum metallicum (lack of self-confidence with rigidity and strict control), Saccharum officinale (lack of love, including self-love), Lac maternum (lack of incarnation), Vernix caseosa (lack of boundaries), Rhus tox (feeling of being victimised by old traumas from the past), Acacardium (alternation between good and evil leading to judgement and guilt) and Hydrogen (disconnection with our soul or centre).

Once the first layer remedy has finished working, the homeopath can treat the next layer that emerges according to its specific symptom picture. Working through these layers helps a patient "resolve their problems and to help them to evolve to a deeper awareness and more stability in physical, emotional, mental and spiritual health" (Page 6). Smits believes everyone has to go through this process in order to connect with their Higher Self. Going through the layers can take many years.

If there is no clear picture of a universal remedy, the patient is not ready to go into the universal layers and needs an individual remedy.

Smits recommends that only homeopaths who have done personal work and gone through the universal layers themselves should use this approach. Otherwise, the homeopath will not resonate with the approach or the remedies and be unable to prescribe them successfully.

The first 90 pages of the book is devoted to explaining the process of *Inspiring Homeopathy*. Smits also discusses topics like the dynamic nature of health, totality of symptoms, causation, aggravation and posology use for universal remedies. He includes an interesting discussion on why he believes some homeopaths find prescribing difficult. "We can only practice the kind of homeopathy with which we are energetically connected." He also explains the pitfalls of muscle testing to find a homeopathy remedy.

The remaining 180-odd pages is devoted to materia medica about each of the universal remedies. As well, cases are given to illustrate the use of the remedies. This section was really useful and I gained a new insight into some of the remedies like Rhus tox.

Published more than a year after author 'Tinus Smits' death, this edition of *Inspiring Homeopathy* is edited by Tim Owens and Kim Kalina who do a great job with the text. Unlike many translations of Dutch texts, it is easy to read and not bogged down with 'Dutchisms' or awkward English.

I feel that this approach is another useful tool to add to our toolkit. Perhaps some of us are already practising the method without being aware of it!

At the end of the book, Kim Kalina explains how Tinus viewed his work with *Inspiring Homeopathy* as a work in progress. Luckily, Kim is involved in continuing Tinus' work through seminars in the States. Perhaps someone can persuade them to run a course in New Zealand.

After reading the book, I'm really keen to learn more.