

# Inspiring Homeopathy

Tinus Smits

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Reviewed by David Nortman, Israel

In *Inspiring Homeopathy* Dutch homeopath Tinus Smits takes up the challenge of establishing homeopathy explicitly as a system of spiritual healing: "The purpose of therapy is no longer to obtain a stable healthy state, but to engage in a process of growth" which involves working through universal layers that correspond to the challenges of the soul in its process of incarnation. Through this process of "inspiring" (in the sense of "spiraling in") we become increasingly aware of the core of our being. Thus Smits views humanity through a more collective lens than common nowadays, arguing that our apparently individual healing journey passes through common challenges universally encountered by the soul.

The method is based around the proposition that there are several remedies commonly required for bringing the patient to a full resolution of each of these layers, which are seven in number (plus more that may await discovery). These remedies are indispensable especially in long-term cases which stall even after the constitutional layer has been addressed. Some of these universal-layer remedies are well-known but underutilized, while two have been newly introduced by Smits:

1. Lack of confidence: *Carcinosinum*, *Cuprum metallicum*, and *Carcinosinum cum Cuprum* (an amalgam of the first two remedies).
2. Lack of self-love: *Saccharum officinale*.
3. Lack of incarnation: *Lac maternum*.
4. Lack of protection: *Vernix caseosa* (made from the sebum from the skin of newborns).

5. Victimized forever: *Rhus toxicodendron*.
6. Good or bad: *Anacardium orientale*.
7. Disconnection with the soul: *Hydrogenium*.

Along the way Smits shares an assortment of insights gained over his long career. Through detailed demonstration of his case-management style he demonstrates the utility of frequent repetition of medium and high potencies, along with techniques for avoiding aggravations. He discusses how the spiritual development of the healer influences the information that the patient reveals during the consultation. About provings Smits says that a remedy picture shouldn't be considered established until elaborated on by clinical experience. This is because provings conflate remedy symptoms with cured symptoms (when those are not indicated, as in many provings) and, more problematically, with symptoms that are due to an emergent layer: for example, he argues that the anger and violence in the proving of *Lac maternum* more properly belong to the *Rhus toxicodendron* layer which sometimes follows it.

While *Inspiring Homeopathy* offers original, clinically oriented materia medica of several important remedies, in some cases indispensably expanding our knowledge of them, I would caution against accepting Smits' allegedly comprehensive clinical approach at face value. Based largely on Smits' clinical experience, the system is susceptible to the peculiarities of the practitioner (since different practitioners attract different sorts of patients), to selection bias in case examples, and to the cultural factors that altogether make the patient population *particular* and an inadequate basis for confidently propounding a *universal* therapeutic system. Therefore, while considering this approach and experimenting with it, one should do so keeping in mind that over-prescribing from a small repertoire of remedies is a universal hazard in homeopathy.

*Inspiring Homeopathy* is well-edited but not professionally typeset and finished with a rather delicate soft binding. Despite this minor quibble, the book offers original clinical material for advanced practitioners as well as thought-provoking commentary – some of it unique and some common to other spiritually oriented homeopaths – that many practitioners and all students of homeopathy should benefit from.