

Intro to Timelines

The goal of Sequential Treatment is to address the blockages caused by physical and emotional shocks, to liberate your life force and assist it in its journey to a healthy balanced state. We remove the blockages in reverse order of their appearance, so that the 1st shock we remove is the most recent. We go all the way back and deal with birth and gestation as well. We then address the inherited pre-dispositions which are commonly divided into five categories. Individually and collectively, these are the source of many chronic ailments, whether physical or emotional in nature.

A time line is necessary to map out the course of your treatment. Please make a list of any physical and/or emotional shocks you can remember. Begin with today and go back all the way to birth and gestation. Please see the list of physical and emotional shocks to guide you in establishing a chronological time-line. If in doubt, list the event and we can discuss its relevancy. It is useful for you to keep a copy of your time line so that you can follow along and to help you relate to your healing cycles. Some people find it useful to keep a note book in which they write down their symptoms and healing reactions. This allows them to give a more complete picture to their homeopath at each follow up.

Typically, we address a new shock/trauma every four weeks or so. Anywhere from 10 to 14 days after taking the remedies to deal with this event, you will experience a healing cycle. This may involve a short worsening of your overall condition and/or the return of old symptoms. The healing cycle may last from a few hours up to 3 days, after which you will experience an improved state of health.

If you have any concerns or questions, feel free to call and discuss these with your Heilkunst practitioner. The information you supply and your participation are an essential part of your healing.