

Emotional Conflicts, Energy Fields and Homeopathy

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It amazes many people to watch a trained therapist be able to detect emotional conflicts within minutes with the aid of specific homeopaths. The method used is known as Psychosomatic Energetics – which I developed more than a decade ago after having long suspected, in my work as a naturopathic physician, that many diseases harbored concealed emotional conflicts. Certain mixtures of homeopathic remedies enable one to reliably sniff out these emotional conflicts. I'd like to describe here in greater detail how this works and what conclusions can be drawn therefrom – particularly with regard to a general theory of homeopathy.



Fig. 1: Samuel Hahnemann old age

Homeopathy and the Subtle Energy Field

About 200 years ago, the discoverer of homeopathy, the physician and pharmacist Samuel Hahnemann, realized that, in addition to their physiological action, medicines also exhibit a kind of “mental” effect. If a healthy test subject is given a certain homeopathic agent over a long enough period of time, after several months he will develop certain typical mental and emotional symptoms. Now, if the corresponding homeopathic agent is given to a sick person who exhibits exactly the same mental and emotional symptoms as the test subject, this homeopathic single remedy will have an amazingly healing effect. The Healing Law of Homeopathy is thus that substances with similar symptomatology have a healing effect.

The energetic principle can be explained as a resonance phenomenon, analogous to the way that waves of equal amplitude cancel each other out through superposition. Homeopathy can thus be viewed as a kind of “information medicine” in which non-material healing vibrations represent the actual healing principle. This active principle is not detectable by purely material means – for example, it cannot be objectively measured, since homeopathic agents no longer contain any of the original substance. The proof is entirely contained in the effect, i.e. in the form of the described mental and emotional symptoms of the healthy subject or the healing effect on the ailing person. Because of its energetic effects, moreover, homeopathy can be tested energetically. This can be demonstrated by numerous modern diagnostic procedures such as Dr. Reinhard Voll's Electroacupuncture or kinesiological tests.

Homeopathy's operational principle also makes it clear that our overall mental and emotional condition has something crucial to do with subtle energy – there's no other possible explanation for the efficacy of homeopaths as energetic remedies. One can infer that the mental and emotional symptoms in long-term storage in the energy field are healed in this manner. The next question that arises is: What exactly is this so-called “energy field”? The Chinese speak of *Ch'i*, the Indians of *Prana* – both designations for the indiscernible life force that manifests itself as an invisible

field (the *Aura*) that envelops every living being like an invisible mantle. According to homeopathy's operational principle, our thoughts and feelings can be partially (even strongly) influenced by this energy field. Altering the energy field with homeopaths in turn triggers additional healing effects – meaning that, in all likelihood, the actual homeopathic healing effect begins with this energy field. The energy field seems, in turn, to be an important time base for cellular metabolism, so that, with this as a background, we can also understand homeopathy's gross morphological effects

Energy Fields and Consciousness

Western culture does not normally associate thoughts and feelings with an invisible energy field. Psychoanalysis and psychology usually contend that emotional conflicts are supposedly purely mental processes. By contrast, materialistically oriented brain researchers allege that consciousness as an isolated entity simply does not exist. They are of the opinion that phenomena such as emotional states, moods and emotional conflicts are due exclusively to altered brain functions – and (according to them) to absolutely nothing else. However, the experience of homeopathy and many other procedures, from Yoga to the aforementioned Psychosomatic Energetics, leads to entirely different conclusions: they indicate that feelings and thoughts depend heavily on the subtle energy field.

Now of course there's no denying that emotions are associated with material changes – which can be verified with nuclear magnetic resonance tomographs, for example. The conservative brain researcher's view is thus at least partly correct, but it can by no means explain all

the phenomena that have been observed by naturopathy, Reiki, energy psychology, etc. These experiences establish beyond a reasonable doubt that consciousness is also influenced by energetic effects. One wonders, therefore, how best to visualize the relationships between material body (i.e. brain tissue), energy field and consciousness. Although this area is as yet largely unexplored, one can nevertheless put forth some hypotheses derived from observations made in daily practice:

1. Since large changes in the **energy field** strongly influence a person's thoughts and feelings – which can be seen in the at times dramatic repercussions of a correctly chosen homeopathic remedy – the energy field no doubt exerts an important regulatory function under normal conditions.
2. Conversely, strong **emotional resistance** can condemn all healing efforts to failure, so that consciousness must play a role as well.
3. Finally, someone with **severely disrupted brain function**, as for instance in a case of neurotransmitter deficiency resulting from endogenous depression, often no longer responds to the regulatory effect of homeopathics and needs allopathic remediation in the form of an antidepressant. Brain function is therefore also significant when the endogenous repair and regulatory processes are overtaxed.

The action of the energy field thus seems to have a far larger and more comprehensive significance than was hitherto believed. Research results showing the measurable effects of meditation and Yoga – as well as experiences in daily practice with homeopathy applied to psychosomatic disorders – clearly indicate that such correlations do exist and that the energy field does indeed play a large role in this context.

Healing Conflicts

Experience has shown that homeopathic single remedies can be very helpful for many psychosomatic disorders. Whereas classical homeopathy ascertains the appropriate medication by means of tedious repertorization (in which patient symptoms are compared with pharmacological pictures), the best healing action can also be determined relatively quickly, precisely and effectively by means of energy tests. For instance, if one examines a chronically exhausted patient with burnout syndrome, whose REBA test results return low Vital and Emotional readings of 20%, an appropriate homeopathic single remedy can noticeably raise these energy readings. Empirically, the burnout symptoms then also disappear and the patient feels better again.

Now, years of experience have shown that, as a practical matter, finding the right homeopathic single remedy often proves to be quite difficult. As a rule, only real experts achieve a very high success rate in this difficult matter (in my experience, at least). On the other hand, if the remedy is ascertained

energetically – which goes pretty quickly – the effect nonetheless is often short-term, such that this way one is forced to constantly try out new agents. Therefore, many energy therapists often poly-pragmatically administer a number of homeopathics at once in order to harmonize the energy field, in addition to nosodes, isopathics and dietary supplements. As a user of electroacupuncture and the Vegatest Method, I worked for several decades in this manner – by no means always unsuccessfully, of course – but (as I now know) with a significantly lower success rate than I could have had.

Now that I use Psychosomatic Energetics, I know that the true underlying reason for the aforementioned therapeutic difficulties lies in failing to recognize the emotional conflicts that permanently weaken the energy field. As long as the actual primary cause of a disorder is not addressed – or merely partial repairs are performed, in which conflicts are temporarily deactivated by means of various therapeutic strategies – then no lasting positive results are possible. Unlike a normal energy field, emotional conflicts seem to lead a special kind of existence, analogous perhaps to that of the *black holes* of outer space. Conflicts siphon off energy from a person's overall energy field, thereby weakening the organism; in addition, they have an energy field of their own, separate from the organism (*cf. Fig. 2*).

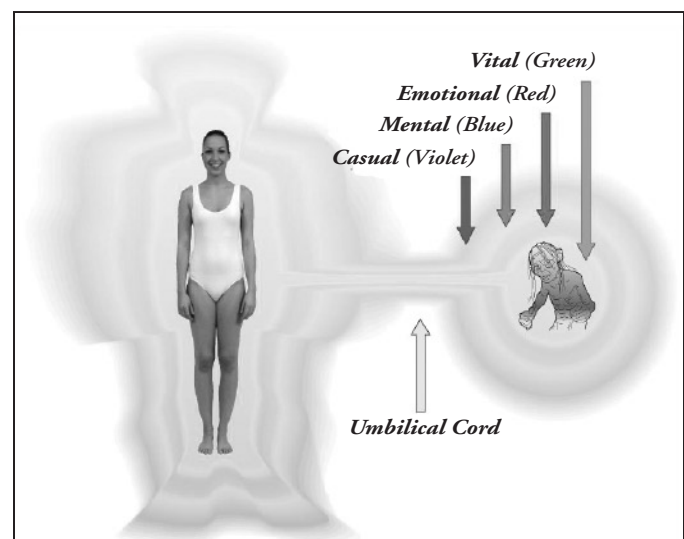


Fig. 2: Energy field around person and conflict

Based on experience to date, homeopathic single remedies seem to have only a limited effect on these conflicts. It would seem that these conflicts are a *melange* of differing emotional qualities that cannot be adequately addressed by a single homeopathic. In addition, conflicts seem to have another characteristic that makes them so hard to treat with homeopathic single remedies: they absorb the healing vibrations much like an outer-space black hole does. This would seem to be the real reason for the puzzling phenomenon by which, in applying Psychosomatic Energetics, no pharmacological pictures are observed, even though the same homeopathics are always being administered for months at a time: the healing vibrations are completely absorbed by the conflict, so that a pharmacological picture can never arise in the first place.

These observations allow certain conclusions to be drawn:

1. Classical homeopathy generally acts on a person's entire energy field, but has little to no effect on an energy-absorbing conflict.
2. Conflicts can be healed with a potpourri of precisely attuned homeopathic compound remedies (**Emvita**[®] Emotional Remedies¹) that accurately mirror a conflict's emotional content and, by means of specific degrees of potentiation, reproduce the conflict content's vibrational dynamics. These homeopathic compound remedies do not generate a pharmacological picture.
3. Psychosomatic Energetics and classical homeopathy differ in their therapeutic approach, in that the former addresses the conflict directly, whereas classical homeopathy deals with a person's entire energy field. The two methods are thus not in conflict, and can in fact complement each other practically.

The Difficulty of Repertorizing Conflicts

Most patients are unable to say anything about their conflicts until they have been tested with Psychosomatic Energetics and are told which conflicts are present in them. That sounds a bit odd, and is reminiscent of the familiar situation where one looks in vain for the eyeglasses that one has been wearing the whole time. A part of this blind spot is thus attributable to simple habituation. Conflicts, moreover, are largely located in the wordless reaches of the subconscious, and are for this reason inaccessible to everyday consciousness. When something is unconscious to this degree, experience says that it is very hard to put into words and is, as a result, well-nigh impossible to repertorize.

Over the years, experience has shown, time and again, that single remedies repertorized by classical homeopaths before I began treatment very rarely correspond to the conflict contents subsequently brought to light by Psychosomatic Energetics. One can therefore understand why classical homeopathy can (at the most) only indirectly – e.g. like Freudian psychoanalysis through dreams – learn anything about conflict contents. Consequently, conflict treatment calls for a different approach from that of classical homeopathy, such as energetic psychology, Psychosomatic Energetics and similar methods.

Summary

When the right remedies are used, classical homeopathy is often very quick-acting, whereas Psychosomatic Energetics' conflict healing process often takes months, in some cases even years. Consequently, the two methods complement each other quite well. Since classical homeopathy addresses the organism's constitution and thus

deploys a broad spectrum of metabolic effects – and, unlike Psychosomatic Energetics, also deals with a patient's entire energy field – it plays a valuable supporting role as adjuvant therapy. I have thus, time and again, obtained excellent effects when applying both methods in combination, for instance resolving a conflict (#28, Wrong thinking) over a period of months in a psychotic patient, while at the same time prescribing the high-potentiation homeopathic *Calcium carbonicum* LM6 (from the Munich psychiatrist Dr. Benno Wipp). ❀

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About the Author



Dr. Banis was born in Berlin, Germany in 1951. Intensive private studies on W. Reich, buddhism, philosophy. After being trained as a health practitioner (Naturopath) for two years, he began to study medicine in Heidelberg. He passed the USA medical degree (ECFMG) in 1982. Promotion (Dr.med.) about "Thermoregulation" at the university of Heidelberg "magna cum laude." Intensive collaboration with outstanding biological M.D.'s like Voll, Schimmel, and Schwamm. Private clinics in southern Germany specializing in vega testing, homeopathy, energetic medicine and thermography. He is the inventor of what is now known as "Psychosomatic Energetics™". He is regarded as one of the most advanced and well-known experts in energy medicine in Europe. Dr. Banis is head of the medical division of Rubimed AG, a swiss company specialized in holistic health and products of Psychosomatic Energetics™.

¹ Emvita is a homeopathic complex remedy to solve emotional issues – see www.terra-medica.com <<http://www.terra-medica.com/>> or www.rubimed.com <<http://www.rubimed.com/>>