

The Tao of Homeopathy

This is a series of aphorisms which are beautifully crafted and a pleasure to read. They inspire the reader in the way that poetry can stir the imagination. This book reminds you of what you always knew, it is a book full of universal truths and the wisdom of the Tao which fits so well with the principles of homeopathy. Ian Watson describes his book as 'a bridge, linking the philosophies and practices of homeopathy and taoism.'

This is not a book about how to prescribe; it is about healing. It offers readers a space in which to reflect on their practice, while offering a wealth of considerations which we would do well to heed. In the section entitled 'The Healing Process', Ian Watson writes that 'the wise homeopath remains mindful that many things may encourage a return to health, and does not imagine her own contribution to be more or less important than anything else.' If this course is followed, then the homeopath can be reassured that she has done her best, and 'She attributes no blame when her treatment fails. Nor does she claim the credit when a cure results. In this way she keeps her centre through good times and bad' ('Outcomes').

If the words alone are not enough to soothe a troubled mind, then the illustrations transport the reader to a place of calm and enhance the text. The book is a pleasure to handle and a delight to the eye. Each section is illustrated with calligraphy deriving from Arabic script, the meanings of which - explained at the end of the book - add a new dimension to the text.

This is a book to enjoy, and one I will pick up and turn to when at a loss as to how to proceed in my practice, and when I need to stand back and allow myself to feel what it is I need to do next. Ian Watson recommends that we tune into our inner wisdom: 'Only when we open ourselves to this other kind of knowing can we begin, little by little, to make sense of the nonsensical.'

In the section called 'Doing Nothing', we are reminded that 'When she rests in the place of non-action, everything gets done without any effort.' This seems like a recipe for a stress-free life, and could as easily apply to getting the ironing done as working in a busy homeopathic practice.

This pocket-sized hardback is a treat, either for giving to someone else, or to treasure yourself.

Reviewed by Patty Hemingway MARH

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