

Mind over matter

IF YOU DON'T MIND ,  
IT DOESN'T MATTER

- it is with the four creations (thoughts, feelings, attitudes and emotions) which originate in the non-physical consciousness and not in the physical brain. The brain is just a processor of them and the body is a medium via which all four are displayed or brought onto expressions, physical gestures, words and actions. When one realize this, and really understand this difference, it very empowering. One is then able to use the power of discrimination to make choices between thoughts, feelings, attitudes and emotions that are useful and empowering for self and others, and those that bring one down

# HOMOEOPATHIC APPROACH TOWARDS IT

- Perform a quick screen for the negative emotions brought in by the patient
- Apply general pharmacologic approaches to the treatment part perse
- Bring in positivity through counselling .

- **Jealousy - dissatisfied** of someone or their achievements, possessions, or perceived advantages
- It is ironic that one become jealous . Jealousy often occurs when there is a feeling of separation and competition.
- a suspicious - belief or impression that someone is involved in a dishonest activity.
- It is better to be trusting rather always suspecting disloyalty. Others will be rightly discomfited if we mistrust them. But, if we suspect, because of our own insecurity, one is bound to create serious problems .

Jealousy – feeling of separation and competition



- We need to learn to be happy at the success of others; it's only when we can feel a sense of oneness with others achievements that jealousy will remain far away.

# remedies for controlling negative emotion like jealousy

Hyoscyamus - strong emotions. Become strongly attached.

This leads to **JEALOUSY** and **SUSPICIOUSNESS**.

- Quarrelsome. Cursing. Abusive. Fighting.

**Lachesis** - Attached to material values.

Very possessive to things and persons. Envy – desire for other's possessions .

**JEALOUSY** .

- **SUSPICIOUS**. Fear of being poisoned .

Suspicious – mistrustful attitude





- **Selfishness**
- Selfishness is the root of all relationship problems. When we are selfish we think of ourselves first and foremost. We ignore the needs of others and become ego centric. Ego centric people are never easy to live with; they tend to be a drain on relationships. When we are selfish we want the praise, support and backing of others; but, we are not willing to give anything in return.

# Homoeopathic remedies covering selfishness

- LYCOPODIUM - LACK OF SELF-CONFIDENCE.  
Feels weak and inadequate.
- Egotism.
- Love of power , hence selfishness develops .
- PLATINA - the feeling that a person or a thing is worthless or beneath consideration.  
Feelings of being better, smarter, more spiritual,... than others. Selfishness.

- True love is selfless , unconditional . it is given without expectation of receiving anything in return. Take time to listen to others rather than dominating the conversation; be giving rather than being permanently needy.

- **Picking Faults**
- **Criticism**
- **Being judgemental**
- **Fault finding**
  
- We need to require a certain tolerance of others' weaknesses. If we keep picking up on the faults of over people, expecting them to change.
- criticism and suggestions. However, we need to make sure we don't become obsessed with noticing bad things

# Homoeopathic remedies for patients

## **Picking Faults ,Criticism Being judgemental Fault finding**

a critical attitude patient .

- Arsenicum album – Critical , Perfectionism.  
Fastidious – hard to please . Fault finding.
- Nux vomica - self reliant , reliant on one's  
own powers and resources rather than those  
of others. Disposed to reproach others ,  
disapproval of or disappointment in their  
actions .Fault finding .

patients having a critical attitude can  
be helped through homoeopathic  
medications



- OUR ATTITUDE – A POSITIVE ATTITUDE MATTERS A LOT , LET'S NOT MIND OVER A PARTICULAR MATTER , IF U DON'T MIND IT DOESN'T MATTER