



Healing through Heilkunst

Hahnemann Center for Heilkunst

www.homeopathy.com



Our stories

In 1998 **Hahnemann Center for Heilkunst (HCH)** was established in Ottawa, Canada, as a federally chartered educational and healthcare center to promote a new, effective, safe approach to healthcare based on natural and spiritual laws and principles. Since then the HCH has offered alternative healthcare to many people across Canada and the world. The HCH College has over 200 graduates now bringing Heilkunst healthcare further into many people's lives.

In 2018 the HCH celebrated its 20th Anniversary. The HCH and the newly-launched **the Center for Romantic Science** held a conference in Abaco, Bahamas in April 22-24, 2018 for students and patients.

As part of this celebration of 20 years of Heilkunst healthcare, we want to share some personal stories from those whose lives have been impacted through their Heilkunst treatment or study.

You are welcome to contact the HCH for further information.

We hope the following stories will inspire you on your healing journey!

*“You have
everything
inside of you,...*



One of the very first classes at Apple Hill, Rudi said something very profound, well...there was and is always profound, but this really caught my attention. He said, “You have everything inside of you, you just need the right teachers and the right life experiences to wake you up to yourself”. My public school education had never taught me this, of course.

There was always a feeling I carried that I was at a lack of, at a deficit of knowledge, or information. I hadn’t realized it then but my own internal dowsing organism had been looking for the truth for a long time.

I began studying Heilkunst in 2001 with a new baby, well, I guess I could say I was nurturing two babies. One I set free into the world very soon to find her way, the other keeps growing from within as I continue to follow this path to my own individuation.

Those days I used to drink coffee late at night, staying up into the wee hours, to get a few more hours of reading in after I put my daughter to bed. I felt so deeply connected to what I was learning and when a divorce was upon me, I knew that I needed to make my way to Ontario from Alberta with my then 3-year-old so I could be in class with like-minded individuals. I’ve had many expansive times and many contractive times since then, and it has always been my education that has been my foothold and my foundation for how I navigate forward.

I feel deep gratitude for the best education in the world. My education in Heilkunst and my continued education in Romantic Science and Healthcare is, well, a life-long commitment. There is no going back, or choosing not to go forward or evolve, not for me. Something very deep was ignited way back in the early days of those pages of the Dynamic Legacy (Free Download at www.homeopathiceducation.com).

I will continue to choose to do my part so God may have expression through me, for this great science of healthcare that this world so desperately needs.

Love,
Michelle

A white horse is shown in a full gallop, facing right. Its mane and tail are flowing, and its legs are extended in motion. The horse is set against a light blue background that transitions into a darker blue at the top.

A 'Heil-Quester's' Journey

As a little girl, I remember waking while a thunder and lightening storm flashed and rumbled through the summer night air. One of my early prayers was taken from a song, guide me...fashion me...into your image. Little did I know, what this early prayer would mean in my life today, as a student of Heilkunst.

Meeting my Heilkunstler felt like a divine intervention because, I've been readying to birth my soul purpose since my earliest memories. This purpose is to work with people, specifically trauma victims, and use horses as therapy tools. Blockages for cultivating my dream cycled continually. To resolve this dilemma, I moved back home to the Okanagan.

As a student of Heilkunst, processing my trauma has deepened the connection with the essence of God, and enriched my relationships with forgiveness, kind tolerance, love for myself, and others.

Heilkunst has birthed a new depth of knowledge and rekindled fundamental beliefs while dissolving unhealthy ones that were detrimental to my spirit's, soul purpose. 'God in a bottle' is the dynamis in the remedies which reaches into my body-mind-soul to fashion a personal rebirth into an image of combining a higher purposeful way of being, along with igniting my soul purpose!

Completion of my trauma line (sequential treatment) is around the corner! I have endured some chthonic fears popping up, only to experience joyful liberation!

On an everyday level, I work full-time as a Registered Psychiatric Nurse in a busy city offering case management. My relationship with my husband has been enriched, and we are thriving as he too is healed through Heilkunst. I care for our 'critter kids' and learn to say good-bye to friends who no longer resonate, embrace friends and family who stay along our journey, and I remain open to new friend.

Heilkunst has been woven into my life as truly a salvation and wholistic God-Nature based healing and curing method of treatment that really is a-way-of life.

As I journey through the Heilkunst process, I discover the art of generating my own creative power by writing Blogs in the wee hours of the morning, and generating enough creative energy for community nursing in the day.

Thank-you to Dr. Hahnemann's dedication and devotion to God nature- and-life. I am grateful for the founders of the Hahnemann College for Heilkunst (HCH) for bring this knowledge into the light again, cultivating a revolution of another healthcare system.

With Gratitude and Warmth,

Trish

"Do-Be-Yourself"

Peachland, BC

*freedom
to me*



freedom to me

I wasn't sure if I would be able to properly represent the impact that Heilkunst has had on my life because I feel its impact is wider than even my own life. The impact has been felt by everything and everyone that encompasses my life. Because it helped me become a better person how could it not impact everything and everyone around me?!

I remember my Heilkunstler saying to me many times "heal yourself, you heal your family" and really that was my motivation - that my children would be happier and healthier than me.

"Of all the gin joints in all the towns in all the world, she walks into mine. Play it, Sam. Play As Time Goes By." (Casablanca)

Ultimately, it was the Sequential Therapy aspect - the treatment and clearing of my traumatic timeline and inherited influences - that kept me going there but at first it was because so many people who had already seen my Heilkunstler urged me most ardently to go - why? Because I was a mess, my life was a mess and there was literally no hope for me any other way and they knew it, but deep down I knew it too. Something in my very soul called me to it.

I remember feeling so hopeful about that, because I was ready to do whatever work was needed. I was so desperate. Why? Because I knew I had hefty house cleaning and renovations that needed to be done - and that I could no longer wait on it - I was already in a massive life crisis - my very own 9-11 was happening - and I survived the crash and explosion and I came out from under the rubble but only because I had a loving caring family to see me through it all until I could finally see myself through it on my own feet - it was only through my work with Heilkunst that I could take full responsibility for my life and then could even felt like a real person capable of a "real life" and ultimately real happiness.

A happiness that is not dependent on anything outside of me, and a true self-esteem and a true Self-Love.

I don't know where I would be without Heilkunst today, and that's one of the truest statements I have ever made - I was so so so lost and on such a dark desolate highway in life that no one and nothing else could help me enough - I had really tried it all and I was still in a massive garbage heap in life. My efforts were getting less and less effective in ever getting out from under it; every time I tried making a positive and good decision in my life I still ended up on the "Boulevard of Broken Dreams". (to quote Al Dubin and Harry Warren's 1933 hit song). I liken the feeling to Bob Marley's fate (the one from "Scrooge" - which by the way still makes me cry at the end), he was sentenced to eternity carrying the chains of the past and could now not ever be free of them.

So you can imagine how eternally grateful I feel for the founding and progression of Heilkunst, and while there's no words that I can find that would for me sufficiently express my feelings - I hope the fact that I shared this can speak for itself, because it's from my heart and soul. I'm on this Heilkunst train ride thank God, and it feels like Freedom to me.

Thank you Heilkunst - for my life, my soul and my Love back.

*A happiness that is not
dependent on anything
outside of me, and a true self-
esteem and a true Self-Love.*

Love
Lesley
St John's, NL



in a heartbeat

Prior to beginning my Heilkunst journey in 2006, I had been working full time and caring for my aging father, who passed away in 2005. About 9 months later, my body gave out and I had to stop working for a year. After an emergency room visit with no great findings, a friend highly recommended Heilkunst treatment. After completing my timeline, the treatment began.

Some of my symptoms included, extreme dizziness, continual rapid and irregular heartbeats, exhaustion to the point I couldn't stand very long without having to sit down, fear of everything, emotional ups and downs, sensitivity to lighting...unable to go into a grocery store with fluorescence lights without feeling crazy or that I would jump out of my skin. Many times I would have to wait in the car. I had similar responses in restaurants as well.

As we moved deeper in my Heilkunst treatment, and I started to clear the miasms, I would have incredible responses, including tremors that lasted for hours. Not all miasms had the same response. It was scary. Rudi always said that the body was clearing out at very deep levels. By the end of the miasm treatment, it became easier.



It took me about 1 year after starting my treatment to be able to see clients again. Being a body worker, I needed energy for myself as well as my clients. I would start seeing 1 person a day, gradually increasing it over time.

I continued with all the Heilkunst homeopathic treatments over several years. It was a long journey and exhausting at times. The irregular heartbeats were the thread or pattern that continued throughout my treatment. My Heilkunst practitioner shared his spiritual insights which were always helpful. He shared with me that the heart was actually a regulator. Journaling was a constant. It helped me to move through the emotions that would continually surface.

After completing all of the miasms, approximately 5 years ago, I still do a bio-resonance CoRe as needed. The common thread that I mentioned earlier, the irregular heartbeats, have continued off and on. The CoRe helps to clear out the underlying issues.

Even though this road was not easy by any means, I am forever grateful to my Heilkunst practitioner and the knowledge he so gently and graciously shares.

Whenever I have an opportunity, I like to share how amazing Heilkunst has been for me.

Much Gratitude,
Kris



Amazing Grace

I believe that Heilkunst is helping us to understand how to live consciously.

Maya was 4 years old and we had been following a biomedical protocol for two years. One month stood out in particular, we called it “the month from hell”, because as a family we may have slept for approximately 2-3 hours a night if at all. Maya was chelating Mercury, and I knew we could no longer continue when she woke up one night screaming, in terror, attempting to claw her way out the front door of the house. I said to God, nothing, recovery or not is worth this type of trauma for her. I surrender, please, please help, please send us your Grace, we cannot continue like this. And then...God sent us Laura Plourde. Laura who helped us along the biomedical path but then shared with us the power of Heilkunst. We immediately got Rudi's book *Autism, The Journey Back*, and watched an amazing video of Rudi describing the science of Heilkunst and how it can help these children. I contacted the clinic and was so thankful that we would be working with Rudi.

When we began this journey the initial benefit was that FINALLY after 5 years of not sleeping through the night she began to sleep, so WE began to sleep. What a blessed gift that was! With each miasm treatment I noticed a shift within myself something physical, most emotional and spiritual. The family started to emerge from the ocean of chaos that we were drowning in, sent out there in a boat with a lengthy diagnosis, worse prognosis, and a boatload of supplements. Bit by bit, one remedy at a time, we let go, we let go of the constant fear, anger, the illusion of control and started to surrender to God's will for us.

Essentially, Heilkunst enabled us to say, ‘here God, we tried steering this boat on the sea of chaos to shore, please, you be the captain, take us where you need us to go.’ Now, I am not saying that it has been all sunshine, rainbows and unicorns on this journey. As a family we have run the gamut of emotional chaos, physical breakdowns, chaotic dreams, and times when we have stumbled in terms of faith in continuing the Heilkunst journey. BUT, Rudi has been there for us through it all.

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I recall the first time I had a CoRe, I saw how it impacted Maya and really could not wrap my head around it until I experienced it. This occurred when we first started working with Rudi. I remember being up all night with Maya, and I had a heavy teaching day, six hours of straight teaching environmental science labs. That morning, I had some type of anxiety attack/breakdown. We were attempting to move the family from one location to another so we could be closer to the university where I worked. I was in my office at the University and I had to teach an 8am lab. I was sitting at my desk crying uncontrollably. With 15 minutes left until I had to teach, I took a chance and emailed Rudi to let him know that I could not get myself under control not sure if he would even get the email and even more unsure about his reaction to my lack of control. Within 10 minutes I received this CoRe, at that point I was willing to try anything. I wrote these letters and numbers on a piece of paper tucked it into my pocket and started to take some deep breaths. I just made it to class and was able to get through my day. I was amazed.

We watched this occur countless times with Maya. And this is where we learned about FAITH, that a part of all of this is much deeper than the allopathic medical route of symptom suppression, we learned about the bio-spiritual ecology of our bodies, how everything is connected! These are times of great change and transition, I believe humanity will either evolve on all levels (mentally, physically, emotionally, spiritually) to choose the path of light (connecting with God) or the path of suffering (accepting this physical reality for what it is and fighting the change that must occur). I believe that Heilkunst is helping us to understand how to live consciously.

Grace





*I am a
BLESSED
man!*

As a licensed healthcare provider for over 40 years, it is amazing how my mind and consciousness and understanding has changed since I took part on the Heilkunst journey.

My Dad, who was my best friend died February 15, 2000, from complications from open heart surgery that should have never taken place. In 2010, I became aware of my own “chest discomfort” and light headedness and went to the ER at 2 AM and after 22 hours and \$13,000, the cardiologist said, “Your heart is clear after nuclear medicine testing. Just don’t eat spicy food and go to bed.” I knew no medication would help, but by then GOD had showed me that I needed to learn some things fast! But where to start?

I started with some functional medicine interventions that only helped a little bit. I went to the Institute for Integrative Nutrition in New York City (the largest nutrition school in the world) and went graduated from their one year Integrative Nutrition Health Coaching Program. But Heilkunst made the most rational sense to

me, when I found it online as Divine Providence would have it! My life (via the Red Pill) would never be the same! My lifelong allergies subsided completely and then most recently my adult onset of insomnia has finally normalized itself so I sleep deep and restfully almost every night!

Because of my years of Advanced Emergency Medical Practice as one of the original first-generation paramedics in Florida, I had treated tens of thousands of patients. In my own defense, emergency medicine was to save lives and we did not give pharmaceutical drugs in Primary Practice. I did not make people worse because of our interventions in Emergency Medicine. So I started to make changes in my Dynamic Regimen (as I know it now), and I have only had five significant healing reactions in about 1 year and about 265 days. Nothing has lasted over two weeks except once the congestion and green mucus that lasted for two months. My vitality and endurance and mental clarity and focus have returned! I AM a blessed man!!

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As I have become more conscious and awake and more rational, my relationships have all been tested and scrutinized. Wherever people remain stuck...they saw less of me. If they have moved on, even at a slow pace, then I have continued to help them come along at their own pace, with my encouragement. My son Luke has done three months of Heilkunst Treatments that have enabled him to return to the living from extreme drug and alcohol addictions and even homelessness! This has really made a difference to his mother too.

*(Upon my own Heilkunst healing journey, I joined the school and started my studying of Foundations of Western Culture and Dynamic Regimen at the **School for Romantic Science and Healthcare.**)*

My most interesting recent experience in education and learning has come in my Heliotherapy section of the Dynamic Regimen Program. Here I was introduced to Hira Ratan Manek, who is a “Sun Gazer”, from India. He has been studied by physician scientists and even NASA! He gets his energy from the sun! I started my process about 10 days ago and am beginning to see the benefits.

My whole world is new and healthy. I AM happy and healthy and am committed to my higher purpose and being in relationships and activities that are resonant and I have affinity for!

LOVE,

Paul
Maggie Valley, NC

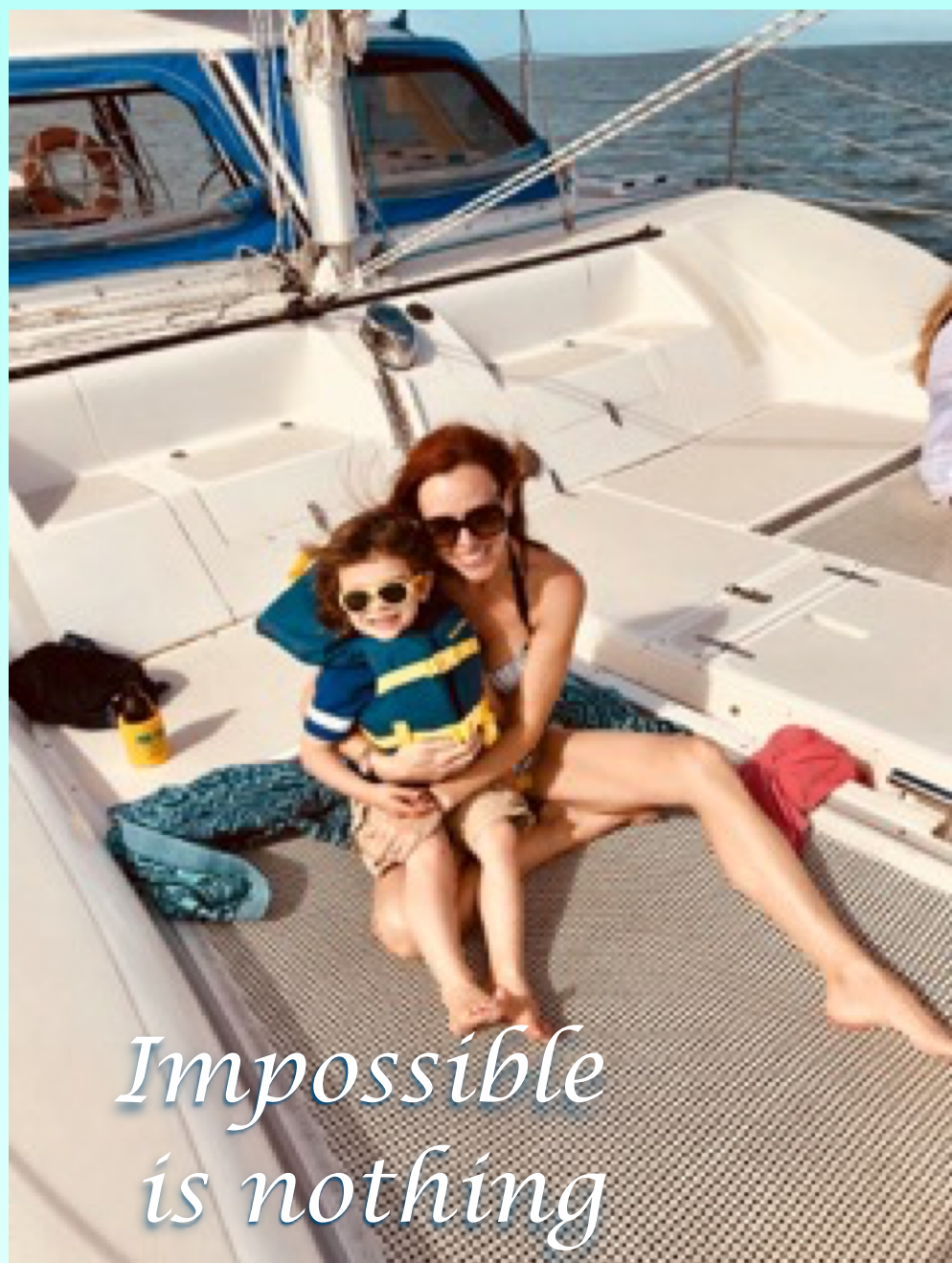


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I was six weeks postpartum healing from a caesarean section and had my first child in tow with me. I knew I didn't want my little boy as sick as I was in childhood, being heavily treated with medications and vaccines, and ongoing health issues. It was time to dig deep, I had almost 40 years to unwind and wanted a place for my boy to feel safe and express himself to caring people as he grew. Although I knew nothing about Heilkunst I followed my intuition and committed us to being treated through the miasms, inheritance, timeline, and acute incidents.

After my initial dose of the remedy I remember feeling settled for the first time in years. How could a powder I put on my tongue change how I felt within minutes, I wondered? It didn't matter at the time, I just knew it worked and I was grateful. Grayson and I are Phosphorous constitutions, so we react quite quickly to treatments, but we can also spiral in a disease state as well.

One day in July 2016 I was brought to a screaming halt while on vacation in PEI with my family. I went into debilitating pain in my bladder which felt like the worst urinary tract infection I had ever experienced. But it wasn't. I visited a urologist who told me I had interstitial cystitis - which really just means I had inflammation in my bladder and they didn't know the cause. Their option was to treat me with medication that would make me tired, gain weight and lose my hair among a long list of side effects. That I would live in chronic pain for the rest of my life and all I could do was manage it.



Nobody was going to dim my light. I politely declined the prescriptions and went back to my Heilkunstler and was immediately treated for Lyme. I was at the clinic almost weekly, working to get through this emotional state and seek some relief. While it took about 18 months to settle these symptoms with different remedies and potencies this "incurable" disease is now diminished. And while I still have pelvic pain, I know that I'm working towards being pain free as I continue to journey through treatment, removing my armour. Pain I've learned is a message.

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Today I find myself in a different phase, where miasms don't impact me as much, and am hopeful I can complete my timeline in the coming year. I've made large decisions - I left the software industry after 20 years and have given myself the break I needed to be with my son, to seek clarity and life purpose. If this was me three years ago, I would have been paralyzed in fear, unable to make decisions

My son, age 4, is working through emotions as well and while it's been challenging I know it is for a greater purpose. He's coming into himself, I see it more every day. Our favourite thing to do together is hike in the woods and grow our own vegetables and harvest them. Heilkunst has opened our eyes to pursue our passions, our dreams, and now I fully believe *impossible is nothing*.

My heart is full and my gratitude is endless.

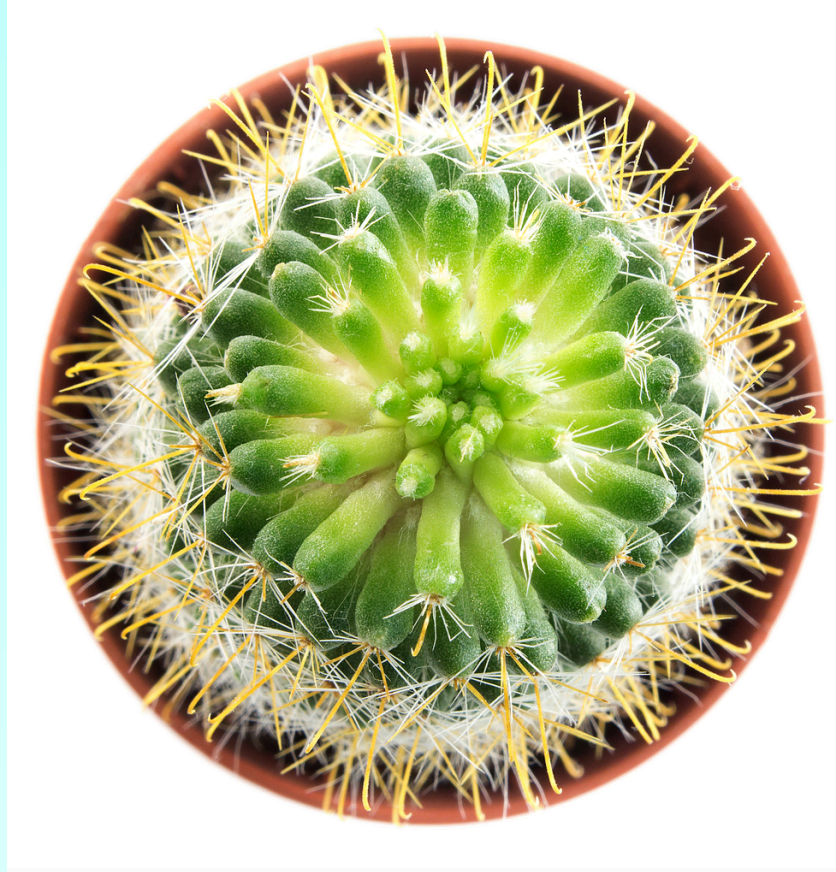
With love, Amy (and Grayson)

St John's, NL



*Heilkunst has opened our eyes to pursue our passions,
our dreams, and now I fully believe
impossible is nothing.*

My Individual Quest for Wholeness



Who am I?

What am I doing here?

What is the purpose of my life?

I have asked myself this question multiple times.

I figured out one thing a long time ago: we are all on a healing journey, whether we know this or not. I became aware of this one day while sitting on a stone beach in Nice, France, not even being able to speak my own name. I remember being aware that my healing journey had begun. I was

24. I'm certain that it began way before this moment, but I don't think I really realized it until then. I had no clue how and why people got sick, nor what illness really was, but I did know that how I felt at the time was not something I wanted to experience ever again for the rest of my life. I

wondered why some people had some illnesses (acute and chronic) and others different ones, regardless of lifestyle and/or hereditary factors. I was lost, but began an amazing and adventurous journey of truth and self-exploration. A journey that is about so much more than eliminating symptoms of disease, with insight after insight on a road to personal consciousness. It was uncharted territory for me, a journey that has taught me how to trust beyond the physical realm of my five outer senses.

So began my individual quest for wholeness.

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My Individual Quest for Wholeness

I had been raised in the allopathic medical system and organized religion so this is where I initially put my trust and hope for healing. However, I also started to dabble in and open myself to some alternative health practices. When I didn't get the results that I was hoping for and became extremely ill after the birth of my second child, I started looking more extensively outside the realms of conventional medicine and the organized religion I grew up in for answers.

My previous interest in alternative, natural health and healing methods and various spiritual practices had expanded to a whole new level, yet I had no clue how vast that world really was. I started incorporating some wholistic methods into my and my family's regimen reading everything and anything that I could get my hands on regarding alternative healing. My doctor at the time refused to even spend a minute to hear what I had discovered so that relationship quickly ended along with my dependence on the cocktails of medications that I was condemned to for the rest of my life that were supposedly safe and going to save me.

Worse, the drugs were also now harming my two young children. When my first child failed to reach typical milestones and received a 'language delay' diagnosis, I started to extensively research the correlation between medical practices that were supposedly protecting my child from potentially deadly diseases and the connection to all these symptoms he was exhibiting.

I was still torn between the mainstream medical world and alternative world, but started questioning EVERYTHING and finally realized the only way to true health for myself and my family was to take matters into my own hands.



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My Individual Quest for Wholeness

Little by little, I took my family out of the conventional world, from eliminating certain foods to no more vaccination. I had some understanding from my children's pediatrician (whom I was seeing less and less of) for the nutrition & supplement choices I was making for them, but now was continuously persecuted and condemned for stopping to vaccinate my children. I was accused of being a mother who didn't care about her children since I was allowing them to be 'unprotected from many diseases' and selfish for risking the health of other children too.

My youngest child was three months old when I stopped allowing them to inoculate all my children with what I then believed (without a shadow of a doubt any longer) were completely toxic to their health and wellbeing. I also knew that my and my husband's health were compromised as well from the inoculations we had received, amongst other medical interventions and procedures, life events and circumstances. I finally left that world completely for my kids when my youngest son was diagnosed with autism and their pediatrician affirmed in a condescending 'I told you so' tone that my son still got autism, without having received the MMR vaccine at all! And what about the other vaccines? Somehow my children's sensitive brains were predisposed to damage from all of this and what else?? Anyway, good riddance! I never looked back and my search for answers to health got more and more intense and driven by Mamma Bear love! A story I know many can identify with.

Along that path, I had seen a homeopathic practitioner whom I had learned much from and I will always remember the first moment I was given a homeopathic remedy for I was completely intrigued and captivated and wanted to learn more and more about this fascinating system of medicine. Who was this Dr. Hahnemann? What was this Law of Similars? Little did I know what that meant at the time! It ignited a dream for me of possibly one day becoming a homeopathic practitioner myself as I always felt compelled to want to help others outside the realm of the fierce world of finance, commerce and business that I was so accustomed to. Had I finally found my true purpose in life? Again, little did I know what that meant. Aside from a brief relationship with another so called energy medicine practitioner, she's the only practitioner my family and I ever worked with face to face and for a limited time, only because life was getting busier and busier by the day so I just read and read and read and followed my intuition and self-navigated through that world as things came up for me and my family all while digging deeper and deeper at the hopes of discovering the real root cause of illness and how to truly heal the damage of the past while preventing as much as possible any further harm.



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My Individual Quest for Wholeness

I navigated through the wilderness of varying approaches to regimen, trying every 'natural' healing flavour of the month and many bio-identical treatments for treating autism including cranial adjustments for all of my children and husband, DAN protocol, and other kinds of homeopathy that claimed to cure autism and expanded my knowledge on special diets and nutritional supplements that our youngest son was already born into. I was becoming a self-help, metaphysical junkie trying to read, meditate and positively affirm my way out of all our health issues and other problems in the interim! I refused to waste any more of mine and my family's time on traditional therapies for children on the autism spectrum since none of them offered anything remotely close to a cure which I believed with every fibre of my being existed for not only autism but all health conditions, all while dodging many 'why isn't he doing any (symptom suppressing) IBI therapy?' and mother in denial sneers of pity. I also had a deep awareness that concentrating my energy on healing my children's parents' lives was paramount to the success of their healing so I secretly continued on this path the best I could. I also knew there was a connection to our children's conditions to my and my husband's.

The most alluring of all the alternative methods of achieving health for me was anything and everything energy medicine. I developed a passion and immersed myself in continuous learning and studies of the human energy field and various modalities of energy and vibrational and quantum medicine and physics and the connection between our psychology and biology as well as the connection of our current and past life experiences and how they affect and impair our energy system that in turn wreak havoc on our bodies. As much mind, body, soul, spirit connection teachings I could, I took in. I didn't really know whether the sources that I was learning all this information through held any validity and some I felt more connected to than others, but they all had a common thread and somehow shifted my consciousness bit by bit and paved the path that ultimately led me to Heilkunst. I self-studied, practiced on myself and my family and enrolled in some short and basic study courses, including Bach remedies and psychosomatic energetics, life force energy healing courses, EFT, German New Medicine and others all while having student and patient information packages from two different classical homeopathic colleges sitting for years in my home office. I wasn't ready, nor did I have time for an extensive study program such institutions offered, at least that's what my limited, stuck self-thought back then. This was frustrating for the longest time. I wanted more than anything to study this fascinating system of medicine, but there seemed to be no room for this in between our busy family life, running a business and burying one member of our family of origin after another while running to the beck and call of the ones who were still here and trying to have some fun in between all that. We all seemed to be doing better, but I knew how sick we all still were and that it wasn't enough and it constantly felt like I was trying to hammer a square peg into a circle hole. Something huge was missing and I was very determined to continue to find that missing link.

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My Individual Quest for Wholeness

One synchronistic moment after another led me into a conversation with a member of the autism team of our son's school that finally offered further confirmation and deeper understanding that all timing is divine and the old cliché that everything happens (or doesn't) for a reason and why I wasn't yet a student and patient of those other homeopathic study programs. She told me that she had had two books on her desk for months and that she finally found out whose name was on them - mine! True Alleluia moment! 'AUTISM, The Journey Back – Recovering the Self Through Heilkunst by Rudi Verspoor and Patty Smith'. The exhausting search was finally over! I found something that aligned with me in a manner that nothing else did, the glue that put it all together. Finally, a chance to truly peel back those layers of our onions and remove those energetic blockages once and for all as other methods I came across promised to do. This was not just about the journey back from this thing called autism but the journey back for all my family, for all of mankind! And phew, it wasn't too late...something I struggled with for so long and what was an ingrained belief and perception of my illusory reality. I felt like I had found the key to a Magical Life box for our family and this thing called autism was the GIFT that got us there. So, there I went again, reading and watching anything I could that had Rudi Verspoor's name on it and Heilkunst, the art of making one whole. I discovered quickly that homeopathy was but one part of Dr. Hahnemann's amazing system of healing.

So, how do we get started, was the big question. Well, it seemed simple: fill out the patient forms, register for the course and away we go. Not quite, as there was still a bumpier road ahead and roadblock in store for me/us before we commenced treatment. I was very excited to start studying as I knew I was finally brought to the perfect place to do so and I was finally doing something for me, despite the various shackles of my past and the ones that I placed on myself that continuously prevented me from opening that door. I was also aware of the importance of the principle, "Physician, heal thyself" and even more aware that I wasn't following this for the longest time for fear and insecurity had become my guiding torch through life. My illness had to rear its ugly head again and incapacitate me for the real work to begin; I knew it had to start with me. So, I mustered up whatever courage I had left and threw my ego out the window and placed a halt on 'formal' studies and finally took the plunge into this once again uncharted territory. That's when the real fun began.



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My Individual Quest for Wholeness

I'll always remember my first call with our Heilkunstler, the feeling of hope when my first remedies arrived and the feeling that an exorcism was being performed on me shortly after I started my first round of remedies. Then it felt like the heavens opened and sucked up what felt like a dark cloud hovering over my head. Negative emotions felt like they melted away like snow under the bright, hot sun. I had experienced something similar prior to Heilkunst with different energetic remedies, but that was not as intense nor as quick, and the positive results did not last. Many things began to shift quickly including dropping 80 % of the cocktail of supplements that I was taking that I fine-tuned over and over again, that felt like pharmaceutical medicines in disguise, even though the affects were not as 'harmful'. I had suffered on and off for two decades from torturous insomnia and the pain and multiple other symptoms and medical labels that ensued from all that was what I thought a result of many different causes.



Today, I understand otherwise. I knew that there was so much to chunk through to get the bottom of this but until Heilkunst, I really didn't have a permanent solution to getting there as much as it seemed like I did, as my illness would come back again through various challenging times in my life. Of course, I tried everything under the sun and became a sleep or rather, a no-sleep expert. The first natural sleep I experienced after taking my first round of Heilkunst remedies felt different than any sleep from the past couple of decades. Bit by bit, the physical and mental and emotional symptoms that resulted from not sleeping well started to dissipate and I could feel my entire being rejuvenate little by little. Rudi did say that a person is never the same or in the same 'state of mind' after they take a remedy. That is so true and so many things in my life started to reflect that. The lenses of the glasses I walk through life has changed after each round of remedies I have taken. I love my Heilkunst glasses and look forward to each new prescription! Also, when I do experience the symptoms again as a result of a healing reaction, it doesn't feel the same as it did prior to treatment...not from the side of illness but from one of healing.

Aside from the deep energetic remedies, there are other aspects of Heilkunst that combined have and are contributing to healing this but I know that the remedies are digging into the deepest energetic place possible to terminate the root cause and cure all that is behind it. Fear is transforming into love, trust and faith more and more every day. The work of the remedies has also facilitated all of our abilities to implement those other aspects of Heilkunst (regimen, etc.) more fully and I know there's even more to expand on in that area too.

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Aside from my physical symptoms disappearing, there are the feelings of being more centered and grounded, care-free, grateful, patient, positive, fulfilled, peaceful. I feel more confident and empowered in all areas of my life, honoring myself more; I feel lighter no matter how heavy the load is on my shoulders. I am enjoying myself and everyone in my life more than ever and feel an authentic letting go. I feel limiting beliefs dissolving. My perception of a lot of things has shifted, including illness and disease. I have hardly focused on the improvements in our physical health for the longest time as I began to comprehend the limitless possibilities that are obtainable with Heilkunst treatment that go beyond the material realm. A deeper sense of freedom is felt more and more as one link at a time from the ball and chain of the past breaks off. There's a deeper acceptance of life. I feel that I truly know what I am doing here for the first time in my life. I am less and less attached to the 'outcome' of anything and feel that I can handle whatever happens with love and trust and knowing that I have the support of Heilkunst makes life more hopeful in general. I am embracing this journey more and more every day without really seeing an end because I know life will continue to provide opportunities for healing and growth until it's time to shed the coat and return home. Things that I was hopeful that Heilkunst treatment would achieve for me is no longer something I am reaching for but actually living now with the excitement of more to come.



Although our energies are connected and intertwined, I cannot speak directly for my family at an individual deep level for they are all their own beings on their own journey and my own treatment has allowed me to let go of the control of that to an extent so far. I do notice that the improvement time for all of us is different and moving at a varied pace but we are all definitely reaping the benefits of treatment, for sure and are all more and more joyous as we progress! Aside from the visible improvements which somehow to me have become less of a priority, I can sense and intuit the evolution that is happening with all of them also. Here are some examples of improvements in their Heilkunst journeys thus far:

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My husband has discovered many things about his life and his past. He is developing a different way of viewing the world and trusting his intuition more. He has realized that he too was sick all the years we've been together even though it was not as visible to the outside world. It is giving him the courage to dig down to the deepest and darkest spots in his life. He is facing the challenges and truths in his life with courage. He had suppressed his past, the truth and symptoms without even knowing it. He was like a dormant volcano that appeared as beautiful mountain scene to most of the world around him and his own Heilkunst journey thus far has ignited the ferocious eruption of the volcano spewing out many toxic ashes from his past followed by a flow of fiery lava that landed him in the hands of the allopathic medical system with trivial labels that he thought only others were entitled to. He has shared the benefits of Heilkunst with everyone he meets!



One big lesson we learned: compared to the mainstream system of health care, Heilkunst is also available to us in emergencies. Since commencing treatment, he is experiencing physical and emotional improvements. He is re-evaluating his career and interacting in a more positive manner with work contacts. Many areas of our business are shifting for the positive. He is more compassionate towards himself and his children. He deals with everything with more patience and is starting to learn how to receive and honour himself. I can see that he is starting to appreciate the profound lessons that he is learning through all of our treatments and understands that despite challenges along the way thus far, he has learned to TRUST the process and what it is doing for his future, our family's future and the world as a whole. To others it may appear at times as though he is sicker, but we both know how much healthier he is getting every day.

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My Individual Quest for Wholeness

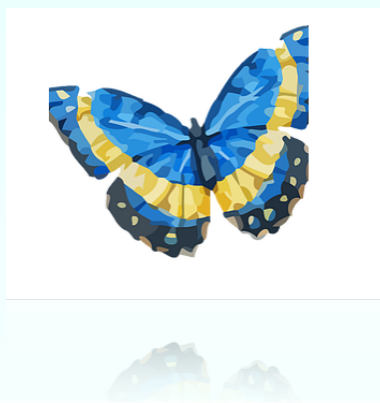
Our children are all evolving and healing at their own unique pace. Although we only have one child who was stamped with an official label of autism (labels that seem to me synonymous to other words that are used to describe other 'illnesses'), they all have some manifestation of the 'alphabet soup' syndromes. Some of these symptoms have begun to dissolve in all of them and here are some other shifts that we have noticed thus far.

For our youngest son, Adriano (who was diagnosed with autism), one of the initial physical symptom shift that astounded all of us was this: He had regressed two years prior to commencing Heilkunst treatment and started wetting the bed after four years of being dry, day and night. Three weeks into treatment and that stopped completely. He is calmer, communicating verbally more, more independent, more social, concentrating and focusing more at school and home, less confused, connecting better with everyone in his life as more of his already exuberant and bubbly disposition is shining through.

Giuliano, our second son is more confident, not as anxious and afraid to speak to people, more secure and less fearful of the future.

Our first son, Gianluca is communicating better with everyone in his life (including himself), more social, gets bullied much less in school, is less anxious, more courageous, feels like he belongs more, less insecure and a little less fearful.

They all interact with each other in a more loving way every day as we all progress through treatment and they have so much to teach each other. They inspire me every day as I watch them address the challenges of growing up in the modern, fast paced world we live in with more and more love as they progress through Heilkunst. There are no words to describe a mother's joy knowing that their futures will be healthier, brighter and the limits placed on them will be shattered and be open to many more opportunities thanks to the blessing of Heilkunst.



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One of the most astonishing aspect to me are the shifts in patterns that have occurred that are not seemingly associated with health, per se. A huge one for me and my husband was not having enough time and being back-logged. It had become a daily mantra for us. I remember Rudi talking about how time is very 'plastic and a function of our state of mind'. Talk about mind blowing because all of a sudden, one hour felt like three and time just shifted in so many areas of our life. For example, what I accomplished in one work day sometimes is more than I did in three days in my pre-Heilkunst state! We have all noticed that procrastination and productivity have improved. We call it HST – the Heilkunst Standard Time zone! A place we never want to fly out of! Rudi mentioned an example of people selling their house in 48 hours. I remember reading this two days after we sold our house in 24 hours! Certain people and experiences have also dropped from our life. There are other examples such as shifts in finances, and various opportunities have come knocking on our doors. This amazes me for I know that we have just begun this amazing journey!



There is more harmony and peace in our world. This journey would be much more challenging if we weren't doing it together. Knowing that our children will be freed from not only the weight of their pasts but that of their parent's as well is exhilarating. What excites me further is knowing that we are clearing the slate for the future generations as well. I swear that it's the best gift a parent can give their child and each other! It's the best form of marriage counselling that any couple can participate in. Both my husband and I can feel our relationship transforming every day. We are all like butterflies breaking free from our cocoons. This journey has definitely not always been an easy process for us, but in our own way, we all have an understanding and hope that the rough times experienced through treatment are necessary for the future to get smoother and for us to get healthier and go deeper. "Better out than in" has become our motto. We don't want to imagine what our life would be like without being on this path.

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My Individual Quest for Wholeness



*Donna's family with Rudi and CoCo, Abaco, Bahamas
HCH 20th Anniversary Conference*

My Individual Quest for Wholeness

I learned throughout the first almost three years into Heilkunst that illness is a catalyst for much growth and transformation and that the truth about our past is stored in our energetic and physical bodies and even though we can suppress it and our bodies can be tricked with medications (pharmaceutical and so called natural), our feelings can be influenced, our perceptions can be muddled, one day, the body will present its bill.

Heilkunst treatment to me, is the most authentic way of vanquishing the emotional, physical and mental damage that is the legacy of those past traumas and negative experiences as well as the baggage that we came into this life carrying and the key for us to achieve our true purpose here and bringing us back to that innate wisdom that somehow we all lost connection with way before we even stepped foot into this life. One of the mysteries of our life is that we don't know what the future holds but I do know deep in my gut that a future without Heilkunst would be one of great suffering.

A lot of people in our lives that we share Heilkunst/Romantic Science and Healthcare with think that what we are doing is all about this autism thing, but we understand it differently. As our son said once, 'okay, so basically Mom, the whole world is sick and this IS great for everyone on the planet'. Yes! There are many times, I wish I could scream from the rooftops to the world to embark on this journey. I know that for mankind to grow and in order to experience peace, love and happiness the dual side must exist, but I truly believe that Heilkunst can bring more harmony and less separation, and I am deeply grateful for this glorious gift and to be a on this journey. I look very forward to deeper transformations ahead as we continue to evolve.

Thank you for allowing me to share.

Yours in Wholeness,

Donna

Ontario, Canada



What is Heilkunst

Heil = whole/sound/remedial kunst = art

Heilkunst was founded by a German doctor, Dr. Samuel Hahnemann, over 200 years ago. Dissatisfied with the basis of the medicine of his day, which is still the basis of allopathic medicine in our time, Dr. Hahnemann set out to observe nature and to discover the natural laws that govern health and disease. Heilkunst, or the art of making people healthy in all aspects, is the name given by Dr. Hahnemann to the complete system of medicine and health found in his writings, most notably the *Organon der Heilkunst*, his central work. Homeopathy is only one part of this remarkable system. Health and wholeness for Dr. Hahnemann is a profound state of spiritual evolution and health that allows each person to fulfill their divine purpose in life. The ability to use natural laws to achieve this state demands deep and careful powers of observation and discernment, which presupposes a profound state of health on the part of the physician. Medicine must be grounded in natural law and operate according to scientific principles. The ability to practice medicine on this basis demands skills that go beyond the purely mechanical or technical. Thus Heilkunst is ultimately an art form, as well as being the highest scientific form of expression of human knowledge. To be a true physician is to be as Dr. Hahnemann termed it, a Heilkünstler, or one who practices Heilkunst — the art of making people whole (at all levels).

Heilkunst encompasses an extensive variety of health-promoting methods developed by courageous and independently-minded medical scientists, ranging from nutrition, exercise and lifestyle choices, through various therapies to support one's innate natural healing power (massage, manipulation, energy work), to medicine (first aid, acute and chronic diseases) and into the realm of spiritual evolution. Each of these methods is interconnected through a dynamic system of timeless principles that allows the true physician to use them scientifically, that is on clear principles, as and when required, according to the form given by Nature herself for the attainment of true health. This is the true system of Western medicine, the evolutionary culmination of historical and creative forces to date.

In studying to become practitioners of this art of making people whole you will enter into your own spiritual journey to health, you will see the wonders of nature and knowledge unfold before you while working constantly to help others on their own journey to transform disease into greater health and discovery of self. The only true knowledge is self-knowledge.

The principles of Heilkunst are applicable to all walks of life, and people can study Heilkunst, through the [Diploma in Dynamic Philosophy](#), in order to find a sense of meaning and direction that is missing from their current studies or work. Research at the HCH involves all areas of arts and science, providing a sound foundation for the study of the liberal arts and the sciences from a new perspective - physics, biology, chemistry, history, anthropology, philosophy, comparative religion, geometry, cosmology, astronomy, psychology, etc.

Additional Information

We provide educational courses for the general public and training for becoming a Heilkunst practitioner. No matter what background you have, your health and your practice will benefit from studying with us! You will find more information regarding treatment and training at the following websites.

Feel free to contact us for more information:

info@homeopathy.com

613-658-5734

Visit our websites for more information:

Hahnemann Center for Heilkunst
School for Romantic Science and Healthcare

Study: www.homeopathy.com www.RomanticHealthcare.com

Resource: www.CenterforRomanticScience.com

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Truff-aid:
Homeopathic First-aid



truff.homeopathy.com

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www.CenterforRomanticScience.com

Heilkunst for Pets



www.myHealthPlan.center

*Inspiring Hope
through Heilkunst*

*Healing
the whole being*

