



The Trituration Handbook – Into the Heart of Homeopathy

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Contemporary homeopathic training often brushes over the actual making of remedies. This appears to be a result of genuine efforts to quickly lay strong philosophical foundations, and get to the clinical stuff. *The Trituration Handbook* lends a hand in deepening basic homeopathic understanding while filling in the gaps... if your training brushed over this Hahnemannian principle.

Although the book reads like an excellent research project, it differs from traditional, analytical, homeopathic material by offering process-oriented approaches, storytelling, drawings, verbatim trituration notes and experiences. It also offers traditional homeopathic material such as repertory rubrics. Get ready to firmly grasp the actual “how and why” of trituration, while gaining an appreciation of this fine art. Strong, dominant threads colourfully detail the principle of Hahnemannian trituration, and C4 homeopathy, while offering up “a bit of a lot of things” in this tapestry of a book.

Prior to reading this book, I knew little of the C4 potencies. In reading this book, I learned to differentiate C4 homeopathy from my traditional understanding of centesimal potencies. Herein lays a very strong suit of this powerful little book:

Page 7: “It is important to clarify that ‘C’ as used here has nothing whatsoever to do with centesimal potencies.”

The “C” refers to the eight Carbon levels of existence (C0–C8) as described by homeopath *Witold Ehrler*. This approach conveys a process of doing triturations, as well as the associated higher dimensions associated with C4 homeopathy. The authors have provided a very detailed, clear illustration outlining the levels, which places the C4 potency position in a potency schematic.

Karin Degkwitz, a German homeopath, brings years of experience and insight:

Page 13: “In C4 we have the first direct contact with our inner self, our soul. It is the realm of the heart. Here is the heart of who and what everything is. We don’t judge here. Here love flows and we realize that we are all one.”

The Trituration Handbook will give you a more thorough background to the C4 trituration and prescribing than, say, doing a Google search will. The concrete proving responses and repertory rubrics aren’t well represented on the Web, nor is the enthusiasm or the conceptual depth. “Now begins a new period in homeopathy!” *Jürgen Becker’s* quote illustrates the feeling you’ll also have.

The organization of the book means that varied material is presented without it being hodgepodge. That said, be prepared for the variety. The book adopts a non-linear approach. Prescribing homeopathic remedies is described as treating the individual from a spiritual, archetypal or collective place. The book catapults prescribing to a new place; the material beacons from the cutting edge.

C4 homeopathy warrants consideration when treating individuals facing existential life problems; this in turn requires you to search in order to help them.

One very strong point in this book: the Provings. I found the provings (*Persimmon*, *Calendula*, *Carcinosinum*, *Tumbleweed*, and *Kidney Stone*) invaluable. I appreciated the organization of the provings: Hypothesis; Analysis; Trituration; Natural History; Procedure; The Trituration Experience; Aftermath of the Trituration; The Dreams; and the Conclusion. Here, for example, is the conclusion of *Persimmon (Diospyros kaki)*:

Page 75, Conclusion: “So we come full circle, back to the beginning, before the trituration. The themes of **conflict and duality, of war and suffering, of shifting realities and loss of identity, and of survival, growth, and re-birth** permeated the consciousness of everyone who participated in the trituration and affected several of their close friends and family members as well.”

What if you want the empirical experience of C4 homeopathy without actual trituration?

The word “handbook” describes this well-edited, creatively designed book, and the answer to that question... lies in the Appendix.