

The Trituration Handbook: Into the Heart of Homeopathy

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This book revolves around the C4 Homeopathy and Practical Utility of Trituration done by this method. The term C4 so often used in the book represents the process of doing hand triturations for four or more rounds; it is a higher or spiritual realm- where there is no polarity, where opposites exist without conflict. (C0 corresponds to material body, C1 to our living body, C2 corresponds to emotional body while C3 to the mental body).

C4 Homeopathy is resonant homeopathy - the homeopath resonates equally deeply with the self, with the patient, and with the healing energies within the substances from which our remedies are made.

The process of trituration so clearly laid out in this book, is a doorway to the study of the living relationship between the practitioner and the remedy, in which the reality of the remedy is experienced within. The authors explain that Trituration is a proving: it is a test, a trial, an experiment. Though most homeopaths know about trituration and the preparation of homeopathic medicines with this but only some know that while triturating the person (who is triturating) develops increased sensitivity and an ability to resonate with nature. While we have wide, broad and deep information about certain remedies, when these same remedies are hand triturated, some other piece of information will surface, which will clarify that remedy to a degree which goes beyond thought. The homeopath who has this experiential knowledge of a remedy, gained from triturations, will not hesitate in recognizing its corresponding state in a patient, nor in prescribing, because she/he has the resonant knowledge of that remedy.

In short, this book gives a practical insight into the process of trituration as well as an introductory text about the utility of this method with practical applications. The main aim of the book is to explain to the readers the scientific process of preparing C4 potency and its application. A new found concept and seeing the rich experiences of the author with these medicines one is intrigued to try C4 homeopathy in his practice.

The Book is divided into four parts

Part One: What is C4 Homeopathy- Introduction; The Levels

Part Two: The Trituration Process- the Materials needed, Components, Process, and Practical Suggestions with Illustrations.

Part Three: Remedy Triturations - Persimmon; Calendula; Carcinosinum; Tumbleweed; Kidney Stone.

Part Four: C4 Homeopathy in Practice

As we know Real Knowledge is, "Integration of Knowledge and direct experience" - knowing about wetness by reading about it is different than knowing wetness by immersing oneself in water. So emphasizing on this knowledge the authors invite all the readers to join the trituration process and feel the power of medicine.

As claimed by the authors, "**Aude facere:** Dare to do." I would like all of you to go through this book and attain the first hand information of the medicines by taking part in this Trituration Revival.

- DR. A.K. Srivastava