



Homeopathy for Today's World: Discovering Your Animal, Mineral, or Plant Nature

Dr. Rajan Sankaran

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Discover the “inner song” that triggers your ailments and underlies your fundamental nature and response to stress

- Reveals the 7 levels of experience and how to apply them to reach the core experience behind our physical and mental symptoms
- Explains how to decode the ways we describe our pain and emotions to determine what animal, plant, or mineral is “singing” within
- Shows how awareness of the “inner song” can reduce its negative impact on our emotions, dreams, ambitions, careers, and relationships

The most important development in homeopathy since its discovery in the late 18th century by Dr. Samuel Hahnemann, the Sensation Method of diagnosis developed by Dr. Rajan Sankaran explains that our experience and perceptions of life’s stresses are shaped by an inner pattern, or “song,” connected to one of the three kingdoms in nature--animal, plant, or mineral. Revealing itself as a constant underlying sensation felt in both the mind and the body and expressed through illness and chronic ailments, this inner song of reoccurring reactive patterns--be it that of a competitive lion, a sensitive daisy, or structured phosphorus--drives our emotions, dreams, ambitions, careers, and relationships and is the underlying factor behind why stress affects each of us so differently.

Explaining that there are 7 levels to our experiences, Dr. Sankaran provides techniques to decode the words and gestures we use to describe our pain, emotions, and health conditions, allowing us to probe deeper into our experiences of stress and illness to determine what animal, plant, or mineral is “singing” within us. Showing how this core identity can be used by homeopathic physicians to treat our problems at their source, he reveals how becoming aware of our inner song can reduce the intensity of its negative effects, leading to less stress, better health, and more harmony in our lives.

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