

EXPLORE YOUR INNER
HUMAN - ANIMAL CONNECTION
THE JOSHI'S APPROACH



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AUTHOR'S NOTE TO THE READERS

For the past twenty years or so, I have studied and worked on a daily basis with my husband, Dr. Shachindra Joshi. Though he is not a co-author here, further along in the book, whenever you read 'we', it implies Dr. Shachindra and me. We have researched, collaborated and strived to understand homoeopathy together as a team and what you will find in the pages of this book is the fruit of this team-work.

On reflecting back at the work we have done together, I find that I have gained an understanding of the unique importance of the individual personality, the body-mind axis and its connection to the experience of illness or wellness that our patients have shared with us. These concepts form the core of this book.

Using the term, 'patient' implies that the person consulting with us is 'sick' and we, as doctors, are focusing on their illness and disease symptoms.

Truth is in fact far from this. Our work consists of attempting to gain an understanding of the person in totality, and not just in focusing on his illness and disease symptoms. For this reason, we refrain from addressing our patients as 'patients'. For us, they are individuals or clients.

Presently, many of our clients visit us not only for seeking a homoeopathic treatment for their sickness, but also for 'personality mapping' – a process that we shall discuss a bit further into this book.

What we find of utmost interest is that the contents of this book are of relevance to healers from a wide range of disciplines and specializations. Regular allopathic doctors, homoeopaths, acupuncturists, chiropractors, physiotherapists, psychologists and various kinds of energy workers – or in other words, anyone who deals with human beings suffering from an array of physical and psychological as well as emotionally charged illnesses – can pick this book up and on reading further; they can gain a unique insight into the depths of the human condition. Any of these

WHAT IS PERSONALITY?

*"A human being is part of a whole,
called by us the 'universe', a part limited in
time and space. He experiences himself,
his thoughts and feelings, as something
separate from the rest, a kind of optical
delusion of his consciousness..."*

— Albert Einstein

I urge you to read and then contemplate deeply about what Einstein is saying in these words. The following concepts emerge:

- ★ Human being
- ★ Part
- ★ Whole
- ★ Universe
- ★ Limited
- ★ Time
- ★ Space
- ★ Experience
- ★ Thoughts
- ★ Feelings
- ★ Separate from the rest
- ★ Delusion
- ★ Consciousness
- ★ Individual consciousness versus the universal consciousness

Another illustrative case example that aids in explaining the concept of awareness healing, is one where the client had helped herself much more than any medicine.

She was a typical housewife with two children; a large extended family and had the responsibility of old and ailing in-laws. She complained of severe rheumatoid arthritis and had tried all kinds of treatments including allopathy, homoeopathy, ayurveda, naturopathy, acupressure and counseling.

Her joints were painful and stiff all over her body. She would be completely bed-ridden on several days due to the pain. She described that she felt totally restricted and caged.

As the story about her life progressed she disclosed how trapped and caged she felt in her family. Though she loved them, she felt burdened by the responsibilities and the daily chores of a housewife. She was a very talented woman herself but had given up all of her hobbies, including painting and singing to become a wife, a mother and a daughter-in-law. She felt under-valued and unappreciated for her sacrifice.

To top it all off, she had an overly critical mother-in-law who would watch her closely and correct every move of hers. In her own words she described this situation, *"I feel watched all the time. Like a predator is out on the prowl and will get me any minute."*

During the case, in many different areas including fears and dreams, she kept coming back to the feeling of being totally restricted, caged and trapped.

As she had repeated these feelings many times over, we asked her to close her eyes and feel these feelings in her body. When she did this she immediately started feeling the pain and restricted feeling in the joints.

By asking her to close her eyes, we made her connect her own mental state to her physical body. We made her realize that her rheumatic joint complaints were only a physical reflection of her mental-emotional state of being trapped and restricted by her family.

While her eyes were closed, she began breathing heavily. Her whole body collapsed on the chair and tears began rolling down her cheeks. This shocked us to a great extent and we were wondering what was happening to her.

We asked her to open her eyes but she could not. She said, *"I am helpless, I am in this cage, and I am trapped and cannot free myself."*

Spontaneously we asked her what visual image she was seeing. She explained that it was a beautiful cage where she could get all the food she wanted. It was made of gold but she could not escape it. She felt like a little bird in the cage, beautifully colored in green with a red patch around her throat.

We realized that she was describing a common bird species, the Coppersmith Barbet, a bird which is found all over Mumbai. She described the bird further and even explained the noise that it makes. She went on to say that she wanted to fly out of the cage but could not do it.

As she sat there in front of us, we told her to just nudge open the door, spread her wings and free herself from the cage. We gave her the affirmation that she had the strength to slowly open the latch and escape. After a few moments of struggle, she said that she had opened the cage. Her body started to sit up straight in the chair again and she spread her

arms out in the air, as if she had wings of freedom.

She opened her eyes at this point and exclaimed, *"I don't feel the pain anymore!"*

A few hours after the interview, she reported that her pain and feelings of restriction were returning. We gave her a homeopathic medicine for this problem and over a period her complaints settled significantly.

From this example, we can learn about the power of the mind, the connection between the mind and body, and one's capacity to heal themselves. Besides this, a strongly felt connection to an animal, in this case, a bird, helped this client along in her healing process.

Along with our medicine we gave this woman a printed picture of the Coppersmith Barbet from the clinic. We instructed her to keep the picture in front of her, look at it and meditate every day for a few minutes, filling her mind with thoughts of freedom and strength.

She explained that she was very surprised that this interview had clarified for her what she really felt within herself. She then mentioned that a barbet would often visit her kitchen window and that she would glance at it with a feeling of envy that the bird was out in the open while she on the other side of the window, in a cage, literally.

This experience of animal-human connection made her realize that she felt dependent and caged in her family and she was yearning for freedom which the bird symbolized for her. She then said that she did not need the printout to meditate and bring positive feelings into her mind. All she had to do was simply wait at her kitchen window and she was sure that the bird would oblige and visit her every day. That daily encounter with the bird would be her meditation.

She was on our medication for two years and followed up with us for five to six years after. About seven months after our first interview and homeopathic medication, she was greatly relieved of her physical pain. Her stiffness had greatly improved and she felt freer in her life and

relationships with her family. She somehow stopped being affected by her mother-in-law's critical comments and her constant nagging nature. In fact, the mother-in-law stopped bothering her after realizing that her comments had no more effect on her daughter-in-law.

Interestingly, in the follow-ups, this client also reported that she was more aware of the bird that came to her window every morning and she would take time to observe it. She actually called the bird with all her heart and the bird visited her every day. She would look at the bird as it hopped around from one branch to the other. She would then give autosuggestions to herself, saying she was just as free as this bird who was visiting her. She felt so free and happy looking at the bird that it was a healing experience in itself. She maintained that she had developed a bond with the bird and it was not just a co-incidence that the bird visited her every single day after her interview with us.

From this case, we see how the connection to the bird has helped this client to understand the trapped, caged and restricted feelings within herself. She has also used this same image to heal herself and gain freedom at all levels along with the homoeopathic medicine.

In our experience, when we perceive something in this universe and ask for it strongly, the universe gives it to us. Or in other words, when we perceive something strongly, we convert it into reality.

Cases like these have solidified our research on finding the animal pattern within every human being. They also have contributed to our theory of healing through awareness.



A brief and dynamic book! It will make you wonder about the personality pattern that you carry within you and never realize how different it is from the real 'you'.

Bhawisha's unique style of combining personality mapping and the tenets of classical homoeopathy has helped people around the world. In this book, you are treated to a sample of this style. Your curiosity, once provoked, might inspire you to go further and explore your inner landscape and personality pattern yourself or with the help of a homoeopath, a therapist, a psychologist - whoever is using this technique in his practice. As you experience the intricacies, strengths and weaknesses of your inner, hidden personality pattern, you can acquire important tools for making peace with yourself and with all those around you. This state of peace creates an optimum milieu that would sustain a deep healing for your body, mind and spirit.

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