

The Right Brain Approach in Homeopathy: Dinesh Chauhan

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I have followed Dinesh for some time on his Facebook accounts and am always uplifted and inspired by his posts there. I've also got his A Wander with a Little Wonder: Child-Centric Case Witnessing. The titles themselves alone I find thought provoking and make me stop and ponder which is in itself a gift. Lastly, several years ago I studied his plant course – and whilst much went over my head, I am such a newbie with plant families! I find his passion inspiring, his teaching engaging and whole approach joyful. This book was no different.

After I'd bought The Right Hand Brain book I mentioned in a brief chat that I'd write a review but then as it happens, life got in the way. Then I look the book with me to Skiathos but on Day 2 had a serious chat with myself about working on holiday. Instead I enjoyed the delightful The Summer Book by Tove Jansson and a crime novel given to me by a fellow holiday maker.

All that means that this review is later than I planned it to be. That is more about how busy things were for me than any reflection on the book. To start off with, it's beautifully presented, it feels really nice to hold, and is a treasure trove of fascinating approaches, ideas and ways to work with our clients - and ourselves. Dinesh talks several times about 'your Alone blissful space', and just being reminded to find that when and where I can is a great reminder to me. I did take 2 work books along with just 1 novel whilst on my holiday with my teenage daughter...

I'm passionate about walking the talk wherever I can this is something Dinesh feels to really embody this within the book, not least because his co-author is Khumari, who he describes as the extension of his right brain. Dinesh introduces her and the concept of writing together in a page early in the book.

The book itself is crammed with wisdom around how we might engage more right brain ways of working in our practices. One criticism I could have is that

there is almost so much in there I got overwhelmed at times and had to take it quite steadily. For me it certainly wasn't a sit and read the whole thing cover to cover sort of book. I needed time to digest the material within in, to let it assimilate and soak in.

The flip side, or since we're talking homeopathy; the polarity of that for me is the joy of it being crammed with wisdom. There's so much to go back and revisit. I think it'll be one of those intriguing books that each time you read it you notice a different insight (or several to many insights).

The book feels to expand into the world beyond homeopathy, into how we're living our lives on a daily basis. This feels to be something Dinesh embodies time and again through his quotes and images on social media channels, which he refers to in the book.

Chapters cover a wide range of approaches, with suggestions of what type of person we may find some of them most helpful for. Topics covered range from the Rapid Writing method, Storytelling method, Scribble method, Imaginary friend method, Quote and Profession method and lots more. Dinesh details how we might use them and gives rich examples of helpful insights into what can guide us find a good remedy for our client.

At the end of many chapters there are suggestions and exercises to work on yourself as well as the many areas of exploration around how we might be working in our clinical spaces. You really get the feeling that the development of ourselves as practitioners, as well as that of our craft is so important – which of course it is. Most books tend to cover one or the other, here it's beautifully merged and interwoven together.

Dinesh generously shares 11 cases at the end demonstrating the techniques and suggestions that he's highlighted throughout the book. It's wonderful to be able to read how it may work in practice and through this there's also an insight into various remedies – from commonly used remedies to imponderables, more unusual animal remedies, plants and more, there's insight simply shining through these pages.

He begins by talking about taking us on a journey, a Holistic Car Journey with a left brain traveller and a right brain traveller and discusses how we may create an ideal condition for a smooth journey toward our desired destination, and we arrive at home at the end of the book. I seem to be in a bit of a journey theme

in my reading in general, mostly long distance walking books with the most recent being the two part 'The Earth Beneath my Feet' and 'On Sacred Ground'. Dinesh's book is just as delightful an exploration of life and our how our practice may be enhanced as Andrew Terrill's exploration of wild Europe is. Both authors invite a space less seen to be welcomed into our hearts and minds and I thoroughly recommend each of them, albeit for different reasons.

If I were to offer feedback – I'm not sure if I've a proof reader career in the making, but there are occasional typos that my Virgo side spotted – not so right brain thinking! That said (see reference to Virgo nature, and perhaps being brought up by two teachers doesn't help me!) I spot them in plenty of other places too. They don't detract from the fact this book is a very welcome addition to not just my homeopathy practice, but also to my life.

'The Right Brain Approach in Homeopathy' is a unique blend of stories, cases, examples, exercise and quotes, and my dad's phrase 'the rich tapestry of life' felt to frequently echo in my head. I feel that Dinesh portrays insights into our rich tapestry so beautifully in this book.