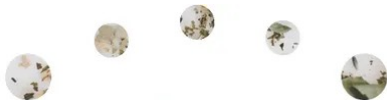


Using Resonance Testing in Homeopathy



Choose your homeopathic remedy with Resonance Testing.



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Using Resonance Testing in Homeopathy

This article has been written with a disclaimer (bottom of page) and some important notices as follows:

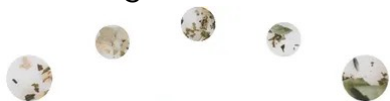
IMPORTANT: Do not take homeopathic remedies without first consulting your GP or a fully qualified homeopath.



Good Health is About Balance

We believe that good health is created by achieving balance; physical, emotional and spiritual and that all imbalances can be greatly helped by:

- eating mainly raw, organic, alkaline-forming foods
- limiting toxins, both internally and externally
- keeping hydrated with mineral rich alkaline water
- getting plenty of sunshine on bare skin, without burning
- moving frequently or taking regular exercise
- managing stress levels and grounding
- laughter



Why Homeopathy?

We have seen that many imbalances can be redressed with healing. However not everyone has access to a good healer and we have discovered through 3 decades of experimenting that homeopathic remedies can be really effective when the right remedy is used.

The trick with homeopathy is to use the right remedy!

This is where [Resonance Testing](#) can help us to discover the best remedy or remedies.

The author of this article, Sarah Diggins, has used Resonance Testing to pick homeopathic remedies for her own use for more than 15 years.



About Homeopathic Remedies

Homeopathic remedies are in essence energy medicine. The remedies are diluted so much that they contain no physical molecules of the original substance. What remains is the energy imprint of the substance.

When a physical substance is dissolved in water, a solution of the physical molecules is formed. Each molecule has a field around it, that radiates throughout the water. Just as humans have an energetic field, so do all substances since anything that holds consciousness (plasma) also has an associated field.

What's really interesting is that the field that emanates from the physical molecules that are dissolved in the water remains in the water even *after* the homeopathic dilution is too high (it has been diluted so many times) for the water to contain any molecules of the original substance.

It is this field (in the water) that is the power behind homeopathic remedies. The field helps to reset our own field that has become imbalanced and is causing physical and/or emotional symptoms as a result. In homeopathy the remedy is selected based on the symptoms that the originating substance caused (in full concentration).



A Closer Look at Belladonna Homeopathic Remedy

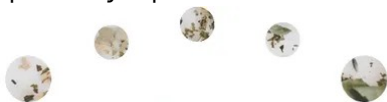
Belladonna is a plant that causes high fever, dilated pupils, dry mouth, hallucinations and confusion, visual disturbances, dilated pupils, amongst other symptoms.

Belladonna homeopathic remedy is made from the plant, but contains NO traces of the original plant, so that there are no molecules of the plant left in the solution.



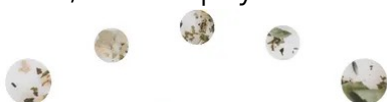
Symptoms Caused by Belladonna Plant

The traditional method of determining if Belladonna homeopathy is a beneficial remedy is if the patient presents a number of these (and other associated) symptoms that are typically caused by the actual plant. The right strength is determined by the type of symptoms and how long they have been held in the body.



Homeopathic Dilutions

The higher dilutions such as 30C, 200C are used to treat chronic and higher, non-physical vibrational issues, such as emotional and spiritual distress, whereas the lower dilutions such as 6C, 9C, 15C are normally used to treat acute and lower vibrational issues, such as physical ailments.



Is Belladonna the Best Remedy?

As with all traditional ways of administering homeopathy, time is of the essence and so we normally have to wait to see if there is a change in symptoms to know if we got the right remedy.

In practice, Belladonna homeopathic remedy is often used when someone has an elevated temperature. This is where we would like to point out the following:

IMPORTANT: If you or anyone has a high temperature or fever (over 38°C or 100.4°F) you MUST seek immediate medical advice from a qualified doctor or call your local emergency services. NEVER USE homeopathy to treat life threatening situations. ALWAYS seek medical help from a fully qualified doctor BEFORE using any homeopathic remedy. NEVER delay or avoid seeking help or receiving treatment from your GP, hospital, or emergency services because you are using homeopathic remedies. You must drink plenty of fluids if you have an elevated temperature.

We have observed significant reduction in body temperature within a couple of hours after Belladonna homeopathic remedy has been given.



Use Resonance Testing for Quick Decisions on Remedies

It can be undesirable to have to wait to see if the remedy was appropriate. If symptoms don't respond, then it can be really confusing to know which other ones to try, since there are many other homeopathic remedies that can help with an elevated temperature. This is where Resonance Testing really comes into its own because it provides a really quick answer as to how beneficial Belladonna (or another remedy) would be.



What Homeopathic Remedies for a Temperature?

The first step would be to use a homeopathic remedy finder site to research your symptoms and come up with a short list of potential remedies. If you use homeopathic remedies on a regular basis, you will probably have a range of them to choose from at home. Using your research results or existing knowledge, create a short list of potential remedies to test.



1. Using Resonance Tests to Determine which Remedy

So now you have a list of names of homeopathic remedies. The potencies are not required for this part of the testing.

Starting with the first remedy, let's say for example this is Belladonna, state following:

- *On a scale from 0 - 10 (10 being maximum), Belladonna is beneficial to me more than 0.*

Keep repeating this statement until you get a weak result, then you know the actual result is the value just before that weak result. Let's say that you get a negative result at 8, then Belladonna scores a 7.

Anything that scores 7 or more is worth keeping on the short list. Discard anything that scores 6 or less since it currently is only of average or negligible benefit. This situation may change as your vibration shifts and new requirements emerge.

Now the next step depends on your philosophy and budget, since it will be up to you to decide how many homeopathic remedies you want to take. You may decide to follow traditional homeopathic wisdom that states that only one remedy may be taken at a time, or you may prefer to opt for multiple (combination) remedies. We have observed that if you take only one at a time, then you can monitor the effects much more easily.

Remember that a homeopathic remedy can trigger a healing reaction which may temporarily make you feel worse. Most homeopathic doctors are of the agreement that a remedy is considered to have been effective if it triggers *any* change.

IMPORTANT: Please check to see if there are any contraindications of taking your chosen homeopathic remedy/remedies with your existing medications or consult with a medical GP beforehand.

Now you have determined which remedy / remedies are optimum for you.



2. Using Resonance Tests to Determine the Dosage

Starting with your highest scoring homeopathic remedy, the one that is of greatest benefit, use the following statement to determine the quantity of pillule / drops in each dose:

- *The optimum dosage size is 1 pillule / drop*

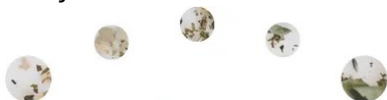
If this tests negative, then repeat the statement, increasing the amount by 1, until you get a positive result. So the next statement would be:

- *The optimum dosage size is 2 pillules / drops*

Then repeat for an amount of 3, 4, 5, etc until you reach a positive result.

IMPORTANT: If your resonance test result indicates a higher dosage than recommended, you must consult with a GP or medical practitioner such as a qualified homeopath BEFORE taking a higher dosage than advised on the homeopathic remedy label.

Now you have determined the homeopathic remedy dosage.



3. Using Resonance Test to Determine the Frequency

Next you can use Resonance Testing to work out what is the optimum frequency for taking this homeopathic remedy. Let's say that your resonance testing showed that you need 2 pillules/drops in each dose. Now use the following statement to determine the frequency of taking the these 2 pillules/drops:

- *The optimum frequency is to take 2 pillules/drops every 1 hour.*

If this tests negative, then repeat the statement until you get a positive result. The next statement would be:

- *The optimum frequency is to take 2 pillules/drops every 2 hours.*

Then repeat for 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 (hours), 1 day, 2 days, 3 days, 4 days, etc until you reach a positive result.

IMPORTANT: If your Resonance Test result indicates a higher frequency of taking the remedy than recommended, you must consult with a GP or medical practitioner such as a qualified nutritionist BEFORE taking the homeopathic remedy more often than advised on the label.

Now you know the dosage and frequency of this particular homeopathic remedy.



4. Using Resonance Tests to Determine Which Other Remedies

You can now use steps 1-3 to Resonance Test other homeopathic remedies you may wish to take.



5. Using Resonance Tests to Know When to Stop Taking Homeopathic Remedies

In traditional homeopathy, a remedy is considered to have done its job when there is a change in symptoms. Through Resonance Testing we have discovered that sometimes, even after a reduction in symptoms, the remedy still tests as beneficial. We would suggest that you use Resonance Testing daily to review the requirement for a particular remedy until its score drops to a 5 or less. Then the likelihood is that you will find a different remedy tests higher.

To check if the homeopathic remedy is still beneficial, you simply repeat step 1 for the remedy you are taking.



What are the Alternatives to Homeopathic Remedies?

While homeopathic remedies are brilliant in that they can help the body to heal much more quickly than if left to its own healing process, if you prefer you can achieve the

same results using intentional healing with statements. This works best when you have a higher Level of Consciousness so that the ego doesn't interfere with the intentions. We will share information about intentional statement healing in another post.

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