

Psychological Protection



Fear and uncertainty. It's everywhere.

Sometimes it seems as if the human condition works against peaceful optimism.

I could blame it on today's mainstream media (which enjoys packaging almost every story with anxiety and dread). But throughout history – even before the invention of the 24-hour news cycle – human civilization has been brimming with plagues, governmental collapses, wars and natural disasters.

Humanity seems to gravitate towards chaos, eschewing the calm and uneventful. I can understand why people who don't possess any tools live their lives in fear.

But I don't.

Why? Because I possess psychological protection provided by

my faith and homeopathy.

Fear comes when we are uncertain of the future or, more specifically, uncertain of our *response* to whatever the future can throw at us.

Are you fearful when driving to a new locale?

What if you have a specific address, a navigation system in your car, a map (in case the navi system fails) and the phone number of a friend nearby?

Then, the anxiety melts away. You're prepared. Instead of foreboding, you feel certainty.

Well, in much the same way, homeopathy has given my family and me certainty.

[Flu pandemics?](#) I'm ready.

[War?](#) I'm emotionally covered.

[Chemical exposure from an accidental spill?](#) Check!

[Fires?](#) Yep, that, too.

And the list goes on.

Look, we don't have to have ALL the answers to life's uncertainties. We just need to know where to get those answers when something unexpected occurs. That knowledge gives us confidence that we can handle anything!

A good repertory and [materia medica](#) can help. Owning my [Survivalist Guide to Homeopathy](#) – a hardcopy binder filled with homeopathy information – will be invaluable if the internet's infrastructure ever goes down. And my [Mighty Members](#) can print out my Remedy Reference Guides (printable e-books of all of my blog posts dating back to 2013).



So, step one of attaining psychological protection should be clear: You know where to get answers when you need them. You simply need to have secured those resources in advance.

AND – step two – you need to own as many homeopathic medicines as you possibly can afford!

Believe me, having the confidence that you can find the information you need *and* owning the medicines that may be required will enable you to relax. There'll be no need for trepidation; you're ready.

I tried so many medical paradigms throughout my life only to be disappointed. Each modality was supposed to be “the answer.” But when I finally found homeopathy, the angst inside me quieted.

You see, my friends, homeopathy is the medicine I thought I was getting all along – through the trial and error of all those other paradigms. Homeopathy is a gentle, polite, efficacious, time-honored medicine with the sweeping potential to keep my mind at ease – simply by knowing it's there when I need it. As a student of mine in The Academy of Practical Homeopathy® recently said about learning homeopathy, “It's a slow infusion of bravery.”

We can all be psychologically protected with homeopathic preparedness.

However, if anticipation of traumatic events triggers grief,

produces anxiety or leaves us feeling overwhelmed, homeopathy offers a specific medicine to combat that upset: [Ignatia amara 200](#). Generally employed twice daily, until very much better, *Ignatia* can help nudge the body to overcome the disquieted emotions that tribulations can engender.

Once again, we're psychologically protected by having this appropriate homeopathic medicine at the ready.

Indeed, [we've discussed Ignatia before](#), but I mention it again today because no list of must-have medicines would be complete without it. So, add *Ignatia* 200 to the homeopathy kit you're building this year with each blog post!

While we're at it, let's take a moment to review the list we've created for our homeopathy kits thus far and the blog posts associated with them:

1. [ColdCalm®](#)
2. [Ruta graveolens](#)
3. [Symphytum officinale](#)
4. [Arnica montana](#)
5. [Hypericum perforatum](#)
6. [Oscillococcinum®](#)
7. [Arsenicum album](#)
8. [Aconitum napellus](#)
9. [Hepar sulphuris calcareum](#)
10. [SleepCalm®](#)
11. [Pulsatilla nigricans](#)
12. [Ignatia amara](#)

My friends, we never know what tomorrow will hold. However, we can rest assured with preparation for the unknown. So, again, know where to find the information you may need and own the medicines required for any eventuality.

It's a pretty simple formula for psychological protection, wouldn't you say? So, get prepping and pass on the good news

of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a large loop at the bottom.

P.S. If you're new to homeopathy – and even if you've studied it before – my greatest hope is that you will join a [Gateway to Practical Homeopathy® I](#) study group. Consider it your map – your navigational system into the extraordinary medical paradigm of homeopathy.

Plus, you'll meet other like-minded people who will quickly become your support system – the friends you can call when times get tough.

And there's no better time to choose to participate than now. My recent revisions to Gateway I have resulted in a much tighter curriculum, more in keeping with the way I teach Practical Homeopathy® today. I encourage you to purchase now so you can join me in the remaining live events over the next few weeks as I livestream an introduction to each new lesson.

There's a lot of excitement around this new [Gateway to Practical Homeopathy® I, Second Edition](#). Don't miss out!



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