

Contact phases in ART testing, optimization of BRT, selection of a homeopathic remedy using the Shankaran method

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The use of BRT and the selection of homeopathic remedies in combination with psychological methods is becoming more widespread, since it is psychological work that allows you to look into the depths of the patient's problems and find the psychosomatic roots of the disease. At the moment a patient enters a state associated with his problem, his vegetative and energy balance changes, which affects ART, and this state can already serve as a filter for the selection of a homeopathic drug and for creating an individual BR-drug with simultaneous BRT. R. Shankaran's technique for choosing a homeopathic remedy, associated with the passage to different depths of life sensation, allows you to very accurately and deeply penetrate into the essence of the painful process.

When combining the psychological analysis of feelings with ART during administration, we can see that first one and then other drugs have a harmonizing effect on the body, however, most often, their effect is incomplete because at the next moment of testing, the indicators at the points again turn out to be unbalanced, and a new effect of another therapeutic agent is required. We carried out ART testing in groups - first, mineral agents, starting from the 7th period of the periodic table, then by periods to lighter elements and using heavy ones as filters. Usually, after the restoration of the mineral balance, they are selected

herbal remedies according to botanical families, and then animal remedies, during the session when the patient passes to deeper layers, the whole check is repeated. In accordance with the views of R. Shankaran, during the session, first the patient is at the level of pathology, symptoms, complaints, facts, then emotions, delusions, dreams, then at the level of deep sensations, energy, the level of unconsciousness. On these levels there is a similium - a similar remedy, but the deeper the similium is selected, the more accurate and healing it is. In some cases, with psychopathology, the patient can mainly live at the level of delusions or waking dreams, and then the selection of drugs is immediately carried out at a deep mental level.

At the moment of discussing the problem at each level, the body submits information to biologically active points about the problems, about what it is possible to treat in the first place. Drugs selected at superficial levels often do not have a deep effect, they work mainly symptomatically. However, we can obtain the desired effect at this level, but it is difficult to judge its stability at this stage. In the case of insufficient resources and insufficient integration of the body, the primary task for the body will be their restoration, and such drugs, selected at shallow levels in low potencies, contribute to the accumulation of resources and integration and can be a preparation for the exact deep remedy that will follow.

When considering work with a patient from the standpoint of assessing the phases of the cycle of contact at the first stage, a person may be in a phase of confluence, when the main task is not identified - the main topic, where there is a problem, is not clarified, then a topic, desire, need is formed and a way to stop the implementation of this need is identified. In the case of internal conflicts, after implementation, full contact develops and then a post-contact phase follows. As the phase of development of contact matures, including contact with oneself, with one's parts, with one's subconsciousness and the main unsolved problem - according to Shankaran - a transition to deeper levels of one's self takes place.

When applying the Shankaran method during the ART reception at the moment of presentation of deep feelings lying at the level of deep life sensation and at the level of energy, a change in the autonomic reaction is revealed, the patient must at this moment put aside the electrode for the possibility of gesturing, because at a deep level, gestures corresponding to the experience appear. Then the drug can be selected more accurately using ART, if it is present in the cassette or selector for testing, and if it is not present, the BR drug also becomes a deep means that integrates the Self, regulating the relationship between the EGO, SUPEREGO and ID, conscious and subconscious functions of I.

By combining psychological methods, gestalt therapy and Shankaran's method with BRT, it is possible to penetrate deeper levels of oneself and select a deep homeopathic remedy, as well as create a more deeply acting BR-drug.

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