

## Prema Health homeopathic writing exercise

Here is a simple, effective way to bring awareness to your unique view of the world. First, think about your main health concern- whether physical, emotional or mental. Then set a timer for thirty minutes and write everything you can about your problem - in longhand. Stick to one problem as much as possible. Keep writing without pausing or thinking. When you reach a point where you feel there is nothing more you can write about your problem, write the question, "What do I mean by [?]" and pick a key word, phrase, image that resonates with you, sticks out in the sentence, has emphasis, or is unusual, and then write that word into the question: "What do I mean by [put the idea, word, image here]"

Keep writing until there is another pause. Then repeat the same question and finding a word to ask: "What do I mean by [?]" until the timer goes off.

Next, read out loud what you wrote. Take a colored pen or highlighter mark every intense word, image, and idea. When you are finished, make a list of all the marked words. Group the words that mean the same thing or have similar ideas. See if you begin to notice a pattern in your words and images. Try meditating on the pattern that you have observed through this exercise. Begin noticing what it feels like in your body when you focus on your pattern of words, and what it feels like when you are able to let them go. Bringing awareness to your unique pattern is the first step toward growth and change and is an essential step in helping your Prema Health practitioner aid in your homeopathic treatment.