



The Four Elements in Homeopathy: Mappa Mundi of Elements and Associated Temperaments

Misha Norland

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Misha Norland in collaboration with Mani Norland *The Four Elements in Homeopathy* is an extended update of the popular booklet *Mappa Mundi* and the *Dynamics of Change*. It gathers together and fuses ancient wisdom with contemporary ideas to present us with a unique visual tool that will aid healers in perceiving the central dynamics of any case. This book places the homeopathic remedy quest within the wider context of life and nature, and illustrates how this enlarged understanding can be applied to help the student or practitioner view homeopathic philosophy, materia medica and case work from a 'new' perspective. It also illuminates many remedies and provides a clear guide to potency selection. This book has been written by Misha Norland who has been continually active in the resurgence of homeopathy in the UK since the early seventies. In 1981 he founded the School of Homeopathy. He still runs this and his practice from his home in Devon. He also teaches internationally. Through developing the traditional teachings of Earth, Water, Air and Fire, the book encourages us to reclaim doctrines that have been embedded in world cultures, both Eastern and Western, for thousands of years. Not only do they inform us culturally but also they are eminently practical tools with which a healer can better understand what is going on in their patient. The book aims to link images, sensations and feelings, symptoms of mind and body, modalities and preferences, by grouping firstly according to correspondence and secondly by polarity. The polarity principle states that action and reaction are equal and opposite. In living systems this mechanism provides homeostasis which regulates the internal environment so as to maintain a stable condition. When this equilibrium is lost, we struggle and fall sick.

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