

Jiri Cehovsky

**Autopathy:
A Homeopathic Journey
to Harmony**

Healing and Self-Healing
with Water and Saliva

www.autopathy.info

Autopathy: A Homeopathic Journey to Harmony
Healing and Self-Healing with Water and Saliva

Third revised edition

Translated by William Thomas McEnchroe MA (Oxon)

Part VI translated by Voyer Koreis

Edited by Nick Churchill MA(Oxon), RSHom

© Jiri Cehovsky, 2003, 2009

ISBN 80-86936-"%1

Alternativa Publishing Ltd.

Kosikarska 667, 156 00 Prague 5

Czech Republic, European Union

info@alternativa.cz

www.autopathy.info

Contents

Author's Foreword	7
Part I. Origins	9
1. A Case History.	9
2. How My Eyes Were Opened	13
3. Fine-Matter Substances.	16
4. More about Vibrations	24
5. Finding an Equivalent Vibration Pattern	36
6. Seeking Resonance	42
Part II. Autopathy.	71
1. History	71
2. Why "Autopathy"?	76
3. How to Obtain an Autopathic Preparation	78
4. Bodily Fluids.	83
5. Method	87
<i>A single dose</i>	87
<i>Laws of cure</i>	88
<i>Purifying the organism</i>	93
6. What Are We Healing?.	95
<i>Prevention</i>	98
7. Initial Consultation	100
<i>Taking the case.</i>	101
<i>Specifying the degree of dilution—potency.</i>	106
8. Producing Your Own Autopathic Preparation	110
9. Using the Preparation a Second Time.	125
<i>Follow-up consultations.</i>	129
Part III. Autopathy in Practice—Case Histories	136
1. The Importance of Tests	136
2. Chronic Eczema	140
3. A Refractory Case.	147

4. Chronic Inflammation of the Intestines	150
5. Advanced Age	151
6. Lorry Driver	153
7. Sceptic	154
8. Pain	155
9. A Common Case	156
10. Treating Animals and Plants	158
Part IV. Self-Healing	160
1. Concise Information for Self-Help Work on Oneself or Others	161
The Self-Treatment—an easier and newer version . . .	163
Part V. Courses	165
Part VI. New Discoveries in Autopathy	171
1. Administering an autopathic preparation to the sixth chakra	171
2. Regular repetition.	173
3. Gradual administering of the potency	176
4. Cases related to the new discoveries in autopathy . .	177
5. How I arrived at the frequent application of low potency.	180
5. The Fine Matter Potency Made of One's Own Breath Heals	184
Bibliography	193
Contacts	195

Part I.

ORIGINS

1. A Case History

Vaclav first came to my homeopathic consulting room in the spring of 2002. He was thirty-five, thin, with a scabrous face covered in large, red, and in places, suppurating sores. He showed me the same condition on his chest and all over his arms, shoulders and back. The atopic eczema itched and forced him to scratch the affected areas. The intense, unpleasant, painful and unrelenting sensations sometimes caused him to suffer from fevers accompanied by shivering. He told me that it was liable to deteriorate at any time, including in response to the slightest psychological stress. Doctors had treated his illness since early childhood. After puberty he had lived for several years without atopic eczema, although he had suffered badly from hay fever. From the age of twenty-seven, however, he had again been forced to start visiting dermatological clinics.

In recent years he had also begun to suffer pain at the base of his right ribcage. This had been diagnosed by doctors as a poorly-functioning gallbladder. The pains became more frequent, particularly after eating garlic, fatty foods or after overeating. Occasionally, he suffered serious episodes that forced him to withdraw temporarily from everyday life. He had suffered such an episode just three days before visiting me. The episodes were characterised by stomach cramp, pain throughout the abdomen, flatulence and diarrhoea and a raised temperature: 37.6⁰C during his most recent episode.

Vaclav was seriously concerned that if his medical condition were to continue to deteriorate at the same rate things could

end badly. This was why he had decided to pursue a holistic approach to treatment; three months earlier he had registered with me and now he had come in the hope that I would succeed smoothly and swiftly where all my predecessors had failed.

At first, his case didn't seem particularly suited to homeopathic treatment as the pathological and psychological profile didn't provide any reliable indication of a remedy (I will provide a brief explanation later). I had only just begun to practise autopathy and was only using it to treat a few chronically-ill patients (although partly based on previous treatments, as I will explain later). I therefore hesitated somewhat before recommending autopathy. I told him that with homeopathy, which I had been practising for twenty-two years, we look for a natural substance that can resonate with the patient's whole personality and re-tune his organism into a state of health. The substance must always be strongly diluted, down to intangibly small "amounts". For some it might be cat's milk (*Lac felinum*), for another triturated bee (*Apis mellifica*), while others resonate with snake poison (*Lachesis*) and still others with human disease products (*Medorrhinum*, *Psorinum*)—obviously infinitesimally diluted and therefore harmless—with the plant *Lycopodium*, or with minerals such as sulphur or phosphorus. To find the right substance can sometimes be complicated and professionally very demanding. The closer the substance is in character to the patient, the more striking the resonance and the more effective the treatment, and the deeper and longer-lasting the cure. The task is to find the right remedy for the patient as quickly as possible. With homeopathy we seek a substance that is tuned as closely as possible to the patient. In autopathy, however, we don't use substances taken from surrounding nature, such as plants, or from the bodies of animals or people. Instead, autopathy advocates using a substance from the patient's own body—saliva, a substance that holds the same vibrational pattern as the patient, but of course in a different state to that found in the mouth. Water is used

to dilute it to a fine-matter level (from a materialistic point of view, a non-material level) analogous to the method used in homeopathy, and then it is used just once. The infinitesimally-diluted saliva carries all the information about the organism, its vibrational imprint, and guarantees full resonance of the fine-matter vibrational organising principle that everyone has inside them. I gave Vaclav a special glass bottle (later I called it an “Autopathic Bottle”) and instructions on how to prepare the autopathic substance at home to a high potency (I will explain in detail later). I told him: “In simple terms, just spit into the glass, pour in normal table water or distilled water and after it has been diluted pour a few drops onto your tongue. Throw the glass away and come back in a few weeks for a follow-up.” Having finished, and finding it difficult to conceal my curiosity, I looked into his intelligent and suffering face and waited to see how he would react to a proposal that might have come from the realms of science fiction (or detective fiction if it had involved fraud). To my surprise, he didn’t even blink an eye. “Fine,” he said. His trust perhaps stemmed partly from the fact that he had seen me half a year earlier on a television programme devoted to health matters where I had appeared with the daughter of a children’s doctor whom I had once cured of a similar eczema condition using homeopathy. He took away with him the Autopathic Bottle and the printed instructions on how to prepare the autopathic preparation at home in the bathroom.

He rang me two weeks later. He told me that he could still feel his gallbladder but that he had experienced no further episodes or pronounced pain. The first week after using the autopathic preparation the eczema had worsened somewhat; in the second week it began to disappear from his face, leaving instead some protuberances on the skin that looked like pimples. Now, two weeks after applying the treatment, there was almost nothing on his face.

We met again three months after he had taken the sin-

gle autopathic preparation. He took out the notes in which I had advised him to record significant changes in the state of his health so that he could refer to them at the follow-up. As before, he agreed that I should record the examination on video (I sometimes use video tapes for my lectures at the Homeopathic Academy). The video was remarkable, despite the fact that his face was now rather uninteresting and completely normal—that is, without eczema and without scabs. He reported that the eczema had disappeared everywhere with the exception of a mild rash on the crooks of his elbows. All feelings of pain had disappeared as well. It had taken only six weeks following the application of the autopathic preparation to arrive at this state. The gallbladder was much improved and no longer gave him pain. He had suffered no crises from his gallbladder throughout this period and only “knew” about the gallbladder when he erred in his diet. In general he felt very well and healthy, which for him was a completely new feeling in life. We parted agreeing that he would contact me if any complications occurred.

Two and a half years after using the autopathic preparation, which was repeated once, and after several further follow-ups, he is entirely free of any ailments and moreover does not even follow a diet.

This is only one of many cases I have experienced where so-called “incurable” chronic illnesses have been overcome with the harmonizing effect of autopathy. In this instance the treatment was incredibly uncomplicated. I should point out at the beginning that the process is not always so rapid or so straightforward.