

A Wander With A Little Wonder

Child-centric Case Witnessing

Dinesh Chauhan

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Reviewed by Kaare Troelsen, Denmark

One of the best books on homeopathic casetaking published for years.

Having just had the great fortune to witness *Dinesh Chauhan's* Case-Witnessing Process (CWP) live, as well as follow his lectures at the Himalayan Sensation Seminar in Nagar, India, I am more than ever convinced that this book is a very important piece of work for classical homeopaths. Dr Chauhan's Case-Witnessing Process is a simple, ingenious, incredibly flexible, powerful as well as subtle method. With this tool the patient will himself lead you to his center and reveal the remedy needed. Moreover, by connecting to his center the awareness created will start a healing process even before the homeopathic remedy is given. This CWP method has the potential to create a "like-cures-like" state in the patient by letting him become aware of his inner state and express it in words.

Chauhan's new book demonstrates the use of this method in children's cases, and it is a joy to read. With one leg solidly planted in the experience of the practical application of Case Witnessing and the other dancing effortlessly with philosophy, science and psychology Chauhan has written a book with a truly inspiring scope.

Chauhan starts by reminding us about the "Oh my God!" -reaction many homeopaths have towards children's cases and proceeds to show us the simple and playful method of letting the child lead us into the case. We have to become the child, led by another child into the unknown; drop our grown-up attitude and wander about in the wonder of a child's world. This is the simple zen-like way to make a child open up and it is astonishing to see this practised; children at a very young age can really convey to us their unique and rich inner life, if we allow them to and more importantly, allow ourselves to be led there.

The book is divided into three parts; the first part "Talk the Talk" explains the theory that is the basis of this Case-Witnessing Process. In the second part, "The Womb Connection", Chauhan writes about the connection between the state of the child and state of the mother and foetus during pregnancy; this chapter challenges the existing concept of the mother's state getting transferred to the child, proves it wrong and explores the new possibility which really proves vital while exploring the inner state of a child.

"Walk the Talk" consists of children's cases and is wonderfully illustrated by drawings made by the kids during Case-Witnessing Process and in follow-ups. The cases are explained and analyzed step by step as we wander with the children, deeper and deeper into their personal worlds. Chauhan explains how to follow the case, when to listen passively, when to ask open questions and when to draw the patient's attention to specific areas. It is all done in accordance with the exquisite theory and technique of tuning into the patient's message in casetaking which Chauhan has worked with for years.

The illustrative artwork of the book is done by Chauhan's wife *Dr. Urvi Chauhan* and combined with the use of children's drawings this makes the topic come alive in a playful way. The little vignettes of a girl hanging off the page numbers, the stick drawing at the start of each chapter and the clear schematic presentation of the CWP at the end of each case make the learning from this book enjoyable and stimulating.

This book is, however, not just for those who are specifically interested in children's cases, but it is a book that appeals universally to those homeopaths who want to prescribe on more than dry rubrics. It's a book for those for whom casetaking is a thrilling journey of exploration of what it is to be a human being in sickness and health and for those who really want their patient to heal in the wider sense of the word.