



## FROM THE PRESIDENT'S DESK

### The Telos of PNWHA

PATRICIA KAY CSD, CCH – PRESIDENT, PNWHA

Why does it matter to have an association of homeopaths? What is our “telos”—the mysterious calling which orients our being? This is a Greek term which I like because it holds meaning embedded in our western philosophical tradition. So, like a homeopathic remedy, the word has “power” of meaning. What is our vision of the good?

And I ask myself why we keep showing up, we homeopaths of the Pacific NorthWest. Why? The answer is probably complex, but I think it's fair to say most of us have had some experience in which we saw the power of a remedy to bring about some profound and seemingly miraculous change in someone's health. And then we saw this or experienced it again. Then, we found ourselves wanting to study homeopathy perhaps to practice or perhaps to help our families and friends. But the telos? We were quickened into seeing something real, beautiful and perhaps inexplicable to our rational, scientific minds! The “telos” calls things to their ultimate and most beautiful expression of being. I think this is a high and holy calling. We have seen that people are not just freed of physical problems when they receive help with homeopathy, but that emotionally, mentally, and situationally they come to a higher level of themselves. We want to share that with each other, in fellowship.

In a time of artificial ... everything...what can't be explained away is the “life force,” which ultimately seems to be the intelligence within LIVING CREATURES.

*“Welcome to the Pacific NorthWest Homeopathy Association where we listen collectively, respect and encourage each other so the light of the lives we serve shines, even beyond the darkness, radiating from each of you, during these times!”*

## INTERVIEW WITH MARGERY STEARNS CCH · PRESIDENT NCH

### NCH Evolution: Transforming with Purpose

JOLEEN KELLEHER RN, CCH – TREASURER, PNWHA

When an organization senses the risk of becoming obsolete, it can take the opportunity to pause, reassess, and reconnect with what remains vital in its community. After more than 50 years of service, the National Center for Homeopathy (NCH) chose this path of reflection and renewal. In this article PNWHA member and NCH President Margery Stearns reflects on the organization's origins, evolution, challenges, and emerging future.

**Joleen:** As NCH's current president and a board member since 2020 you've witnessed its challenges and successes firsthand. Could you start by sharing your perspective on the NCH's origins and growth?

**Margery:** NCH's *Inception and Growth*: Founded in 1974 by a group of physicians committed to advancing homeopathy in the United States, NCH was created to expand professional education while also serving a broader community of homeopathy supporters, many of whom were not licensed practitioners. Though other homeopathic organizations existed, the field remained small and regionally concentrated, primarily in the Washington, DC–Virginia–Maryland area. Over time, collaboration among local professional groups helped shape what became the National Center for Homeopathy for Education and Learning.

A major milestone came in the 1980s with the launch of NCH study groups, providing structured opportunities for practitioners to learn and connect. During the same period, NCH partnered with the American Institute of Homeopathy to create an immersive postgraduate summer school. These multiweek, family-oriented programs—held at retreat centers and taught by physicians—became highly influential and are still remembered fondly by participants. The program later expanded to include veterinarians and dentists.

As interest in homeopathy grew among home users, NCH broadened its focus in the 1990s to include consumer-oriented study groups focused on acute care. Membership flourished, peaking at more than 7,000 by the late 1990s—primarily consumers—a level not reached since.

*Read the full Interview on page 4.*

## EDITOR'S COLUMN

### A First Step Together

BINDIA ARORA CCH – EDITOR

There is something fitting about launching a newsletter in the Pacific Northwest – a place where rain is not an inconvenience but a presence, where nature slows you down just enough to pay attention.

That quality of attention is what draws us all to homeopathy. We listen differently. We sit with a case the way you sit with a poem, waiting for the line that changes everything.

This first issue carries something real: a cured case, a repertorized poem, a reflection on natural law. Each piece arrived from someone in our community who wanted to share what they had seen or understood. That generosity is what this newsletter is built on.

I hope you will read, reflect and then write back. Your cases, your questions, your book reviews, even a poem. This space belongs to all of us.



## The Telos of PNWHA Continued...

In some traditions, “life” and “light” are interchangeable. Your Light Force is your Life Force. We, each of us, hopefully is “radiating our inner light” as an expression of the Life Force, given to us to bring to fullness. Telos! For as much as I love my computer, I don’t really think it loves me back. What we are doing in our profession is holding that “the truth of the vital (life) force” is self-evident. We have been called to serve this with our philosophy and method of healing.

Yes, mysteriously, I would say we are called to this. Each of you has a story that drew you into the study and practice of this method of healing. Your telos was at work, and when you bring this to the group, we are all strengthened, enlivened and inspired to keep this method of healing available to those who want it. Perhaps, we participate in creating an “island of coherence,” during these very chaotic times!

Now, part of this is that we live in the Pacific NorthWest. This is a real place. I know the trees here, the birds, the way the light comes up on the eastern horizon or settles in the west. The way I love my own grandson (who is adorable by the way) is different from the way I love “all grandchildren” theoretically. You see? There is a quality of personal knowing we bring to OUR place, or that the place gives to us. It’s here we came to know each other. One group surged forth to meet and study together because they met in our association. I have been told that our association is friendly. Friendliness is a quality I associate with the PNW.

It’s also true that our borders have expanded. Perhaps, the “spirit of a place” inspires and becomes alive with its gifts and qualities, which we carry within us wherever we wander. We now have members who live all over the country (and as far away as South Africa)!

Welcome to the Pacific NorthWest Homeopathic Association where we listen collectively, respect and encourage each other so the light of the lives we serve shines, even beyond the darkness, radiating from each of you, during these times!

## ARTICLE

### Poetries in Homeopathy Lens

DOUG BROWN CCH & BINDIA ARORA CCH

#### When It Rains, I Don’t Feel Alone

##### A Poem Repertorized

When it rains, I don’t feel alone  
Said the Uber driver from Jordan  
As we talked Oregon weather on the streets of San Diego.  
He used to have a sister in Beaverton  
But now there’s only a niece in Seattle.  
In Oklahoma he was forced to flee from a gas station  
When the attendant heard his lilting greeting.  
What does a raindrop feel as it splashes in a puddle?  
What does a river feel as it flows into the sea?  
When does a raindrop feel alone?

A poem is a case history in disguise. Listen closely enough, and it will tell you the remedy.

The patient here is an Uber driver from Jordan — displaced, bereaved, and once made to flee a gas station in Oklahoma simply for the sound of his greeting. He has lost a sister; what remains is a niece, a geography of absence. He carries his grief the way most Natrum muriaticum patients do: quietly, philosophically, in metaphor. He does not weep in front of us. He asks questions instead.

In repertorization, we are taught to give greatest weight to the strange, rare, and peculiar symptom — the one that individuates. Here it arrives in the very first line: rain ameliorates. Not metaphorically. The rainy weather of Oregon is what he misses in San Diego. Rain is where he belongs. In Kent’s generals, this single modality leads directly to Natrum muriaticum — the remedy most associated with homesickness, silent grief, ailments from humiliation, and the sense of being forsaken.

The Boenninghausen lens sharpens the picture further. Causation: persecution and exile. Sensation: aloneness, dissolution. Modality: rain ameliorates. Concomitant: philosophical resignation, speech in metaphor. Each column points the same way.

The final stanza is the most revealing. “What does a river feel as it flows into the sea?” This is not mere poetry — it is the patient disclosing a syphilitic miasmatic undercurrent: the dissolution of self, the erasing of borders, identity surrendering to something larger. It elevates the potency consideration to 1M and asks whether Aurum metallicum waits beneath the surface, should the grief deepen.

The simillimum, however, is clear. The patient told us in his opening line. In homeopathy as in poetry, the first words are rarely accidental.

## SIMILLIMUM

### Natrum muriaticum 1M

Miasm: Psora / Sycosis, with syphilitic undertone

Consider Ignatia 200C for acute grief layer



ARTICLE

## Homeopathy And Natural Law

DEB SNIDER LHP

It is understood by everyone that if you drop an object from a height, it will fall to the ground. We all understand that this happens based on the unseen concept of gravity. Many people ask, “How does homeopathy work?” Based on my studies with Ewald Stoteler, and his understanding of Samuel Hahnemann, it seems clear that homeopathy also operates according to omnipresent natural laws. The first two laws to consider are Newton’s Third Law of Motion and the Law of Similars.

Consider Newton’s Third Law of Motion, which states that for every action there is an equal and opposite reaction. When a living being takes a homeopathic remedy, the remedy delivers a signal to the organism. This is the first action as it relates to Newton’s Law. The organism then responds to this action or stimulus.

Also remember the Law of Similars, the fundamental law of homeopathy, which states that a disease can be cured by a medicinal substance (a potentized, homeopathic remedy) that produces symptoms similar to the disease itself, provided the medicinal substance is slightly stronger.

In a simple acute example, a child is suffering from croup. Based on the child’s symptoms, the homeopath gives the remedy, *Spongia tosta*. In this example, the remedy provides the action (an energetic signal to the vital force) corresponding to the croupy cough, and the child responds by healing the cough. Here we see Newton’s Third Law working in combination with the Law of Similars.

If we contemplate potency in homeopathic dosing, we can also learn from Newton’s Third Law. When analyzing the severity of a client’s symptoms, we should match that severity with the potency of the remedy. In doing so, we aim to trigger an equal (and opposite) reaction in the client. If the potency is too low, the response may be too weak. If the potency is too high, the response may be too strong.

Stöteler, Ewald. *Hahnemann’s Homeopathy: The Classification and Treatment of Diseases According to Dr. Samuel Hahnemann*. *Succesboeken.nl*, 2020

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*“If the potency is too low, the response may be too weak. If the potency is too high, the response may be too strong.”*

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CASE STUDY

## A Second Heron - *Ardea herodias*

DOUG BROWN CCH

Several years ago I shared a case of *Ardea Herodias* at our Cured Case Conference. Given that history, one might expect I would be in a good position to spot another heron right away if it flew into my office! But this time I was a little slow on the uptake.

Here’s a quick recap of the case I presented: A woman with a supraventricular tachycardia had issues of control on the mental and emotional level. She, had strong spiritual yearnings as well as a history of overworking. She had a strong family history of cancer. The most characteristic aspect of her nature was the joy she took in solitude in nature. She described listening to birdsong, the sound of the wind in the trees, a sense of guidance which transcends an inner split. Her family role was one of caretaker and nurturer. She responded to marital conflict with detachment and emotional distancing. Her paroxysmal tachycardia completely resolved with *Ardea h.*

*“Generally I don’t get sick... I feel spacey. I have a thing about being trapped. I need open. I don’t like it when all the windows are closed. My fear would be getting stuck in a tunnel—fear of dying. It symbolizes non-existence. My non-existence.”*

*“One September dawn... I watched a great blue heron rise slow and prehistoric through the morning mist, carrying the sky on her back. In the long stillness of the hunting bird, waiting for the right moment, a great blue reminder that patience respects the possible.”*

*Maria Popova, The wonderful Marginalian*

The case I share today has similar features, although the presenting complaint was pneumonia rather than a cardiac arrhythmia. But my first prescription was Hydrogen, which did nothing for her at all.

This is what this 66 y.o. lady told me:

Generally I don’t get sick. This is very strange. I went to a wedding, talking to 200 people so close. Right before that I got a spider bite that got very inflamed. I woke up with restlessness, achiness, watery eyes. I’m not very clear mentally today. I’m moving slow.

Last year I took *Apis* for myself. It hit it right. But now I feel spacey. It’s hard to bring (the phlegm) up.

Read the full case on Page 5.



A BRIEF HOMAGE

## *The Alchemy of Healing*

EDWARD C. WHITMONT · REVIEWED BY WILL ROGERS II, MD

Chapter 6 of *The Alchemy of Healing* begins: "...What is the place of illness in that play of form encoding and form dissolving that comprises the life drama?" The scholarship, wisdom, and discernment that Edward Whitmont brings to this question in his lucid, magisterial monograph on health and healing has influenced many of us in our homeopathic journeys. It continues to resonate deeply for those seeking a unitary perspective on soma, psyche, and spirit that comports with holistic praxis across a broad spectrum of healing disciplines.

Drawing upon his extensive and deep knowledge of psychology, multiple scientific disciplines (including modern physics), conventional medicine, alternative healing traditions, and their historical antecedents, *The Alchemy of Healing* offers a durable and animating *Weltanschauung* from which to imagine one's personal path as a healer. Whitmont's emphasis on Jungian psychology as a guide to the depths reflects his work as a widely respected Jungian analyst, with many foundational publications in that field.

This is not a manual of homeopathic technique, although there are illuminating clinical asides here and there. (Whitmont's earlier *Psyche and Substance* provides more specific insights into homeopathic practice.) And yet, apart from Hahnemann, few others have succeeded in providing such a useful foundation for envisioning deeply rooted clinical enactments.

In a field that has been so often riven with doctrinal disputation and promiscuous theorizing, it is a solace to rekindle the unifying force of homeopathy's fundamentals, expansively and elegantly formulated in *The Alchemy of Healing*. We would all do well to revisit this accessible *summa* of vitalism's vast scope, with homeopathy at the center.

Connect with PNWHA

Submit articles & case studies

Share book reviews & poems

Join a study group

Attend monthly meetings

Email: [newsletter@pnwha.org](mailto:newsletter@pnwha.org)

Website: [pnwha.org](http://pnwha.org)

## Upcoming Events

May 30, 2026: Annual Members' Meeting

Oct 24, 2026: Cured Case Conference

Registrations open for case presentations

## Continued from page 1: Interview with Margery Stearns · President, NCH

The growth of the field also highlighted the need for clearer standards of practice. New organizations emerged to address credentialing, outreach, and advocacy, while licensed professionals increasingly formed their own state-based associations. By 2005–2006, multiple groups agreed to consolidate efforts into a single national conference hosted by NCH, giving rise to the Joint Homeopathic Conference (JHC), now more than 20 years old.

Meanwhile, NCH's early print newsletter evolved into Homeopathy Today. By 2000 it became a full-color monthly magazine, later transitioning to quarterly publication and digital access. Today, members can search approximately a decade of archived issues online.

Joleen: You work closely with Chris Donka, the paid executive director, while you and the NCH board members serve as volunteers. With that in mind the amount of time, care and creative energy the leadership has brought to steering the organization through a period of disruption and reset is really impressive. Can you talk a bit about that process?

Margery: Over time, NCH found itself serving a large and diverse constituency with competing priorities, making strategic focus increasingly difficult. Education, however, remained the organization's constant core mission.

I joined the board in May 2020 as NCH entered a period of significant disruption—compounded by the pandemic, board turnover, and the abrupt end of a contract with an external management company. Community criticism over financial priorities accelerated membership losses, but the board remained committed to restoring trust, improving stewardship, and resetting the organization.

The pandemic forced the cancellation of the in-person JHC conference and its rapid transition online. While the virtual conference proved financially viable and well received, member preferences diverged sharply between virtual and in-person formats. The subsequent shift to a hybrid model expanded access but proved costly, complex, and unsustainable. Rising expenses and declining attendance led to ongoing financial losses.



In spring 2025, the board concluded that continuing the traditional conference model no longer aligned with NCH's mission or resources. The decision to step away from the hotel-based conference format was unanimous and marked a critical turning point.

Under the leadership of then NCH president Dr. Laurie Grossman, we recognized the strength of local and regional organizations, NCH shifted its focus toward supporting grassroots efforts rather than duplicating them. This approach proved more mission-aligned, cost-effective, and impactful. Board members began attending state and regional conferences, sponsoring events, and building relationships—efforts that were warmly received.

In 2025, NCH formally committed to this strategy, representing the NCH at regional conferences across the country and convening the first online gathering of state and regional leaders. These quarterly meetings now serve as a forum for collaboration and shared learning. This shift reflects a fundamental change: instead of hosting one national event, NCH is embedding itself within local communities and supporting what already works. At the same time, NCH is reimagining engagement. Recognizing that many people want access to information without formal membership, the organization has expanded free public resources while offering flexible membership options. NCH now serves as a welcoming entry point—connecting people to schools, practitioners, organizations, and manufacturers, regardless of whether they become members.

*"I have this vision of NCH as a large house with an open door. Everyone is welcomed in, greeted, and invited to explore. Over time, people wander, talk, and mingle, eventually finding the rooms—and the groups—that resonate with them. They get a taste of many things, then discover their "peeps" and build real connections."*

**Joleen:** It appears that NCH is not breaking from its past but weaving tradition and transformation together. With such diverse constituents, NCH seems to be drawing on member engagement, historical wisdom and emerging possibilities, preserving its core principles while opening to new expressions of its mission. Can you share specific examples of NCH's emerging future?

**Margery:** Looking ahead several trends are shaping NCH's future. Digital education continues to grow, with strong demand for live and recorded content, long-term access, and emerging uses of AI. At the same time, the desire for in-person connection remains strong—best met by bringing programs to communities rather than centralizing them.

Practitioners are increasingly diverse, often affiliated with multiple organizations and professional roles. This reality calls for multiple points of connection rather than a single pathway.

Today, NCH has approximately 2,500 members, rebounding from a low of about 1,500 following system disruptions and data loss. Organizational memberships have also grown significantly through intentional outreach and collaboration by Executive Director Chris Donka.

NCH remains grounded in its mission of education, connection, and support—while staying flexible, experimental, and willing to let go of approaches that no longer serve. Guided by the vision of "homeopathy in every home," the organization is exploring new partnerships beyond the homeopathy community and embracing a future shaped by collaboration, adaptability, and trust in what is alive and emerging in our community. We will continue to orient our organization to this generative future.

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## Continued from page 3 : A Second Heron - Ardea herodias

She coughs, wet sounding

There's something happening with my head at night like a toothache. Here and there .

She points with finger to jaw, temples, cheekbones. I'm semi-retired. I work 1.5 days/week. I teach. I need to back off. Do poetry. I have 2 kids; they're amazing. Husband, amazing.

With this illness I have no appetite. I don't generally have a big appetite. I follow ayurvedic principles. I'm mostly veggie. I feel blessed. I'm distraught about our country. I have a great support group here. In San Francisco we danced, had so much fun with our son, his girlfriend, people we know. It's shocking that this took me down so hard.

Most challenging as a child? Being alone. I'm very forgiving. But they didn't realize you shouldn't send a first grader home alone. It was empty, cold, and I wasn't allowed to turn the heat up. I put a doll in my coat and went exploring. She became my companion. Once I was in 6<sup>th</sup> grade I made friends.



I left the east coast in a secretive way. My friend Carole and I at 19 decided to hitchhike to Oregon. It was a great journey. We had a lot of adventures. Camel safaris, Africa. Bicycling in Europe. We took our daughter to Egypt.

My first husband He turned misogynist energy towards my daughter. He was critical, mean. I'm critical of myself for not seeing it earlier. I was busy, a nurse. I didn't have a pulse on it. One day at dinner he laughed at her, threw a glass of water in her face. I lit up and said "Get out right now!" I didn't want him back for a week. I don't think he ever changed (in spite of therapy). They don't speak now. I don't speak to him at all now. My son still does.

It was a very difficult divorce. I raised both kids from then on. He didn't add any monetary support. He's not a bad person, but very misguided

He hated my dog, a boxer. He hated dogs. I thought that if I let go of my dog the marriage would work. I looked for the best home for her. I felt I betrayed her, that it was wrong the minute I did it. But I didn't feel I could backtrack. I was there the week she was dying.

My (current) husband, being kind, had both our boarding passes. I wanted to show my own boarding pass. I'm antsy, uncomfortable, with not having my own way in the world. I don't like feeling dependent. I did feel dependent in my first marriage. The ground got pulled out from under me.

When I remarried, I made sure you have your money, I have my money. I lost some trust. I'm cautious now.

When my mother was beginning to show signs of Alzheimers my father was very upset I that I was going to the west coast. A duck's ducklings follow their mother. The duckling that went her own way, my father says; That's me!

Yet a part of me that misses them so much, that wishes I had met more of their needs. I still miss home. My mother didn't like my father's mother, who I was close to. There was always that tear...how do I honor being so close with my paternal grandmother, and not hurt my mother?

My father had sexist ideas. I lived with a lot of limitations and I wanted to move out of those limitations. Everybody put me down endlessly for keeping my maiden name. I was never going to buckle down.

Each of us is here to have our OWN experience. Not being told what to do.

I have a strong belief in God. Through yoga and Christianity I can find my way to holding on to vestiges of meaning. I pray. Heart meditation. I have a good, solid philosophy of life. I get caught up in what's happening to this country. I've thought about leaving. I lost a lot of money...got scammed trying to get into Canada. I'm scared to stay here, don't want to be trapped here.

I have a thing about being trapped. I need open. I don't like it when all the windows are closed. I feel trapped by noise.

My fear would be getting stuck in a tunnel. I tell my children: When I die, just dump me in the ocean.

Describe the feeling of stuck in a tunnel? Fear of dying. It symbolizes a non-existence. My non-existence.

I don't like flying. I feel trapped.

What was the hardest thing about being a nurse? The politics...get used to one thing, and they'd change. I worked in the NICU – you carry a lot of grief.

You became a social worker? I wanted to see bigger changes in society....

Now I'm a co-director of a non-profit. We're developing a way to look at therapy and life that puts us all on level ground....

How to not hone in on just the tiny things. A beautiful way of doing therapy. Right now the organization is struggling. There's too much put on me. I'm finding my way out of that.

End of Initial Case Witnessing. As you can see, rather than see the big picture, I honed in on the little detail: that fear of being trapped in a tunnel symbolized non-existence.

After Hydrogen 1M she reported:

Things aren't great. I'm an organized person. The tiredness is still here. I don't feel myself energetically. I don't sleep well at current house. It's very loud. At the beach I slept so well. Usually I have a light I feel inside. I don't feel that now. I'm struggling. I have a longing for deep quiet. It's nowhere to be found. At the beach it was great.

It's open-ness to the beauty of the world. I'm missing people. Old grief coming up. I miss my parents. My kids. How much I love them.

I feel that sense of fleeting....we see our friends getting older, changing. I just love them. I want a nice quiet place to write, to have more nature around me. I no longer want to be an activist. I've been an activist since I was 17. There's been an emotional deepening. I

*want to allow more creativity. I can be a real worker. I talk about deep quiet. More nature. I don't think my husband understands me. That's a source of pain. I don't want to put in earplugs, have a fan on. I want to hear the night, absorb the night air. I feel misunderstood. That's painful, nothing new.*

Ah, now I understand!

Here are some relevant rubrics:

- Mind: Fear of suffocation
- Mind: In crowd
- Mind: Company, aversion to; desire for solitude
- Generalities: Crowded places aggravate



The essence of Ardea Herodias could be described as: Separated, alone, with a mania for work. Detached with inner calm. Great patience. Delusion stealthy, sneak past without being seen. Blurred vision. She dispatched an email after 1 day:

Good morning Doug~ I wanted to let you know that I noticed a big change within one hour of taking the remedy last evening. I slept with more calm and was not awakened by suffocating cough.

I will continue to take it 3X / d for three days and be in touch Friday. I feel a significant change now and thank you greatly 2 weeks later, office visit:

I'm much better. Now the whole day is calmer. I leave on Thursday for Tahoe. Still a little bit nasally. Energetically the remedy felt very right from the start. Haven't been this sick since 20s. An emotional component of sensory overload. Everything was way too much. I've had illuminating thoughts. I'm pretty disciplined. I do yoga every morning. For 3 months at a time. Then I let it down. It's clear to me that I have a spiritual need that has come up....much less about the busyness. More about disciplining myself to the meditation that I've done randomly throughout my life.

I want to write more poetry. I love doing fun stuff. So it's a deepening. I'm in a little bit of a detached place. Where should I live? Not as attached to my longings for....I don't want to write a book. The important thing is quiet and nature, where I need to ground. I've always known that. But it became very clear. Feeling trapped is not good for me. It's a fear. I understand I'm going to leave the world, and my soul will go beyond me. The only reason I don't want to leave....leaving those I love. I want to be committed to my inner journey. I have a connection with mystery. I don't want all this other busyness to take over again. I'm being very mindful. Getting work done. But when I committed to my meditation at 8pm, that's settling. I said to myself this is like brushing your teeth. I can't push through day and not process it.

I pushed away the feminine. We live in a system of driving hard, you win. I'm accepting the feminine depth outside of patriarchy. I'm not angry...It's just not my path. That has been a challenge with husband.....He'll ask, how many miles did you ride? For me it's the quality of the ride. I'm always connected to my inner journey. When disconnected from inner journey ... that feels very harsh. I cherish my connection with God. That's an inner journey. The poetry I write. That's an inner journey. I'm very grateful to feel what's drawn me. It feels like a calling.

Dream: Friends....confused about the woman's way of being. She was a bit more detached than she used to be. I didn't seem really happy to see my kids.

**7 months later**, I called the patient to check on her. She reported that she is feeling better than ever, and said she occasionally takes a dose of Ardea Herodias 1M whenever she feels the need. She expressed gratitude for the remedy.

End of Case.

*Maria Popova, the author of the wonderful Marginalian, recently wrote "One September dawn on the verge of a significant life change, sitting on my poet friend's dock, I watched a great blue heron rise slow and prehistoric through the morning mist, carrying the sky on her back. In the years since, the heron has become the closest thing I have to what native traditions call a spirit animal. It has appeared at auspicious moments in my life, when I have most yearned for assurance.*

*"At times of harrowing uncertainty and longing for resolution, I have found in the long stillness of the hunting bird, waiting for the right moment to do the next right thing, a living divination – a great blue reminder that patience respects the possible.*

*"It is naïve, of course, to believe that this immense and impartial universe is sending us, transient specks of stardust, personalized signs about how to live the cosmic accident of our lives. Still, it is as foolish to ask the meaning of a bird as it is to see it as a random assemblage of feather and bone. Reality lives somewhere between matter and meaning. One makes us, the other we make to bear our mortality and the confusions of being alive. "Meaning arises from what we believe to be true, reality is the truth that endures whether or not we believe in it. That is the difference between signs and omens. Signs disrespect the nature of reality, while omens betoken our search for meaning, reverent of the majesty and mystery of the universe – they are a conversation between consciousness and reality in the poetic language of belief. "A bird is never a sign, but it can become an omen if our attention and intention entwine about it in that golden thread of personal significance and purpose that gives life meaning."*

*Here Popova pauses and quotes Jarod Anderson:*

*"The heron allows me to build the meaning I need for the moment I need it. Making meaning in this way is like creating harmony with two voices... The trouble starts when we forget about our participation in the creation of harmony, of meaning. When we remove our agency in meaning-making, we start to think in absolutes."*

*Maria Popova concludes: "Whenever we think in absolutes, we ossify. Our freedom always lies in our flexibility, and because concepts like meaning and identity are not fixed, because, as Anderson observes, they 'require our intentional participation,' they are 'mercifully flexible.' They take the shape of our beliefs about who we are and what we deserve, they abide by the messages we send ourselves through the omens we make of reality.*



## BOARD MEMBERS

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*Patricia Kay, CSD, CCH - President*

Patricia has been practicing homeopathy for 38 years, originally studying and practicing in Mexico. She was one of the founders the WA State Association, in 2009, which later became the tri-state organization it is today. Collaborating with others who love homeopathy continues to be part of her own "telos."



*Joleen Kelleher RN (CCH) - Treasurer*

Joleen maintains an in-office and virtual practice in Bellingham, WA, integrating homeopathic care with medical advocacy. Most recently, she has deepened her clinical work through advanced study with Ewald Stoteler whose teachings are grounded in the original work of Samuel Hahnemann.



*William Rogers II, MD, MPH, FAAP*

Will trained in conventional pediatrics and adolescent medicine, with a specialty interest in the healthcare of high-risk and homeless youths and young adults. He is a diplomate of the Seattle School of Homeopathy and has been a member of PNWHA's Board since 2021.



*Doug Brown FNP, CCH*

If anybody had suggested 30 years ago that I would become a homeopath I would have been mystified. I was fully committed to the medical model. However, I couldn't ignore the gut feeling that there must be something "more". Intuitively I sensed that there must be a connection between psyche and soma that mainstream medicine missed. Homeopathy allows one to become both an instrument in, and a witness to, a healing process which points to the deep compassion and impulse towards wholeness built into the structure of our universe. For more articles by Doug see his website: [Homeopathichealing.org](http://Homeopathichealing.org)



*Deb Snider LHP*

Deb is a licensed homeopath who works virtually with clients across the United States facing a variety of health challenges. She also leads classes on the Trinity Health Hub, focused on deepening homeopaths' understanding and enhancing their effectiveness through the teachings of Samuel Hahnemann and Ewald Stoteler.



*Karen Lawson, CCH*

Hailing from South Africa with experience in London and New York, Karen is a CCH-certified practitioner who graduated from the School of Homeopathy New York in 2006. She specializes in a collaborative, integrated healthcare model, drawing on extensive post-graduate studies with the "Bombay School" and world-renowned homeopaths.



*Bindia Arora CCH, BHMS, MD (Hom) - Editor*

Bindia is a board-certified homeopath and founder of Vive Homeopathy, with over two decades of experience supporting clients across the USA, Canada, and India. She specializes in personalized, culturally responsive wellness care and is passionate about making natural health accessible to diverse communities. Bindia combines deep clinical knowledge with a warm, people-first approach that has made Vive Homeopathy a trusted practice across three countries. Website [www.vivehomeopathy.com](http://www.vivehomeopathy.com)