

Humor in Homeopathy

As I've read the instruction sheets coming with my remedies over the years, I have to admit I've occasionally laughed and often thought to myself: *will it still work if I don't do this?* I finally had to develop my own instruction sheet:

1. Place three remedy pellets in a clean 4oz clear glass jar having previously contained wild blueberry jam.
2. Listen carefully to the tinkle until they stop bouncing around in the bottom of the glass.
3. Using another clean 4oz clear glass jar having previously contained either boysenberry or blackberry preserves (please note there is a difference between *jam* and *preserves*), pour exactly two ounces of clear, clean water taken from an artesian well deep in the forest (any forest is fine.). Water should only be taken on a sunny day, and never on a Monday.
4. Put your right foot in, put your right foot out, put your right foot in and shake it all about.
5. Turn around three times and hop on your right foot for thirty seconds while the pellets dissolve. **DO NOT STIR OR CRUSH PELLETS.**
6. Read Whitman, Gibran, or Rumi until the pellets are fully dissolved.
7. Stir once (and only once) with a bamboo chopstick imported from Cambodia.
8. Take exactly one teaspoon of the solution into your mouth, swishing it three times before swallowing.
9. Discard remainder unless instructed otherwise.
10. Avoid the following: Any substance with mint, camphor, coffee, tea, caffeine, nicotine, any other substance ending in "-ine", intercourse, roller-skating, mountain-climbing, doing your wash, motor vehicles, and your Aunt Betty's toy poodle.

If on reading this you suddenly find your blood pressure rising or start to feel an urgent need to explain why it is so important to avoid coffee, I would ask you to consider what that is about for you. One thing I have learned well in my life is that my reaction to anything is *my* reaction and has nothing to do with the thing being reacted to.

Truly, this essay has no inherent meaning. It is comprised of alphabet letters arranged in word patterns, which are arranged in sentences and paragraphs. They have been arranged thus, arising from the ground of a single perspective among many possible perspectives, driven by a vital force whose intent is only to express a little homeopathic humor. Any result from my undertaking arises from the perspective of an entirely different vital force.