

GET WELL
with
AUTOPATHY

Jiri Cehovsky



Those seeking help for specific medical conditions are advised to consult a qualified therapist, doctor or health professional. The recommendations given in this book are solely intended as education and information and should not be taken as medical advice.

Get Well with Autopathy
Uzdrav se s autopatií
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Foreword

This book is intended particularly for those who understand that they have to take destiny, their own and that of their family, into their own hands, if they wish to be healthy and happy. It endeavours to help them achieve this.

Autopathy is a new method, though its roots reach deep into the past; therefore it is constantly evolving. Since my first book on the topic *Autopathy: A Homeopathic Journey to Harmony* was published, a number of new procedures and strategies have emerged, based on findings from ongoing curative practice – not only my own, but also that of my students and readers. They have moved forward the possibilities of autopathy, mainly in the area of self-curing. Therefore even those who have read my previous book and who perhaps might have been using autopathy for years could benefit by reading this new book.

Jiri Cehovsky
2011

1. Autopathy as Self Help and Self-treatment

With self-treatment one can follow the simplified rules, which have proven themselves and which I often also use when I advise my clients (naturally with some individual modifications). Autopathy in a certain sense is always self-treatment: We ourselves make the homeopathic potency out of our own saliva or breath.

A very reliable and facilitating method is regular and frequent repeating of application. This prevents it from becoming less effective over the course of time, and thus we avoid anxious observations and the assessing of symptoms of the so-called relapse (the end of the positive influence of the application), which in self-treatment and with relatively little experience could be hard to discern. At the same time, the sometimes painful deliberations about choosing the degree of dilution can thus be evaded.

With frequent repetitions there is a certain escalation of efficacy: after the first application the fine-matter vibrations of the given person rise, thus healthier saliva or breath is being produced and this, brought onto the fine-matter level in the autopathic preparation, further influences the person who, therefore, produces even healthier saliva, which influences the person even more ... and so on.

2. How to Do It

Into a notebook or writing pad especially for the purpose, we take short notes of all our currently observed and subjectively felt problems, psychological as well as physical. It is better to stay away from any diagnoses. Each of the problems goes on a separate line. We include all that we wish to improve. Add the date. If you do not at all feel like doing this, perhaps this part could be skipped.

- We make and apply the preparation at regular intervals, at first once a day or every second day. In all cases of self-treatment a low potency (degree of dilution) can be used, made of a liter or a liter and a half of water. This would correspond to the homeopathic dilution of 40 or 60 C respectively. We proceed in accordance to the instructions included with the autopathic bottle. After each use we gently shake the bottle to get rid of remaining water, and put it back into the plastic wrapper and into the box. We take it out only when we are going to use it again. With the regular and frequent repetition of the preparation, it is advantageous applying it first thing in the morning, after waking up. In the evening before we go to bed we clean our teeth without using any paste, and in the morning even before breakfast we can make up the preparation and apply it without any further ado. It only takes a few minutes.
- After about two weeks or up to a month, we begin to experiment with the interval between applications. You are completely free to choose any interval you wish, relying only on your feelings and intuition. Try out an in-

terval that suits you, after which you feel the best. You might for instance change it from daily application to once every two days, or you could shorten it from one week to every three days, or you could even apply the preparation several times a day. Observe your own feelings, and follow your intuition. There is a lot of freedom in this, and you aren't going to spoil anything by experimentally shortening or lengthening the interval. You could always go back to the one that you felt worked best for you. Once the optimal interval has been found, you should stay with it for some time, depending on the actual state of your health. If you find out that the efficacy begins to fade away after, say, three days, shorten the interval to two days. With the long-lasting conditions and repetitive applications, the interval of one-week has proven to be the most effective. As soon as you notice that your problems have markedly improved you can begin to significantly lengthen the interval.

- In time, but not sooner than after two weeks, you should increase the amount of water for dilution slightly, perhaps to two liters. Sometimes the insufficient reaction could be caused by the potency being too low for your condition. Under such circumstances you keep increasing it, by a liter at a time, repeating the same one several times.
- In cases of long-lasting chronic illnesses, very good results have been achieved by frequent repeats, even for many months, with particularly long and deep-seated health problems. Naturally, you should be aware that gradually tuning up an organism that was in a dismal state would take time before the problems can be visi-

bly improved or eliminated. If that cannot be achieved and obstacles arise, it is possible to turn to an experienced advisor. Furthermore, there are two books to help you that deal with self-treatment in some detail. Besides this one, there is also *Autopathy: A Homeopathic Way to Harmony*. It is a good idea to have them handy in your library, and reach for them when we have some doubts. The philosophy and the method of classical homeopathy, which fully applies also to autopathy, are not entirely simple. They are quite different from the more conventional procedures; therefore we should know at least the basic principles before attempting self-treatment.

- If after a period of time you decide to increase again the amount of water (the potency), you should add one liter or a little more at a time. This increased potency is again applied repeatedly. The interval is set in accordance to how you feel, but usually you would apply the preparation once a week. At the same time, in case you feel any aggravation psychologically or physically, you can use the same potency as the last time, immediately and outside the set interval. Say, after three days, instead of a week. Later you would return again to the regular interval. It is not absolutely necessary to assess if this was or was not a reverse symptom, etc. In other words, if there is a crisis you can increase the frequency of applications, and when the crisis is over return to that used previously.
- When you have reached the goal that you have set for yourself, i.e. a significant improvement or removal of a long-time problem, you cease applying the preparation. Alternatively you could significantly increase the inter-

val, perhaps to one or two months, while using the same degree of dilution.

- If the previously removed or markedly improved problems return, you should resume the treatment with the same amount of water as you had before the said improvement.
- The amount of water that you pour through is easy to follow if you use either the drinking water regularly sold in supermarkets or distilled water, which can also be used. Pouring water into volumetric vessels is not at all recommended as pollutants found in such vessels could easily contaminate the water. Always pour water into the autopathic bottle directly from the original bottle. Don't forget to change the used autopathic bottle for a new one after three months, to avoid the hampering effect of "glass memory".
- In time you can keep increasing the potency further and further, though only by one liter at a time and with multiple repeats of the same potency. You always have the option of going back, in case the higher potency has a lesser effect than the lower one. Let yourself be guided by your feelings, observations and intuition.
- You can occasionally look in your notebook, to compare the original state with the present one. See what has changed and write down any changes.
- Making a preparation regularly is much easier if you have a carbon water filter at your disposal, which eliminates chlorine.
- All that was said above does not alter the fact that in more complicated cases counseling by an initiated, experienced and objectively assessing person is useful. With serious cases consulting an experienced counselor

is usually important, though the aim is still to get to the point when the need for consultancy becomes less urgent, as the person's state of health is improving. In the end, the client should become completely independent of a counselor. Perhaps I don't need to add that there are cases where improvement or cure is no longer possible. A great deal depends on the vital force of a person, on the inner state, which the Buddhists call karma.

- As autopathic treatment does not preclude any other forms of treatment, there is no need to ponder over what should be given priority and what not. Autopathy can be used also as a complementary method to any treatment, even to taking correctly prescribed homeopathic remedies. Frequent repeats of the preparation also give us the advantage of lessening or eliminating the influence of possible interference, which could happen through the influence of other, parallel methods of treatment.

This simplified method has proven itself successful mainly at the beginning of self-treatment. I know people who, while using this simplified method for self-treatment and treatment of their family members, also used later all other information contained in this book, as well as complementary information from *www.autopathy.info*. Naturally this has helped make the treatment even more successful.

3. First Aid

Autopathy always comes into consideration as first aid, before help from any specialised units becomes available. This includes almost anything. This is particularly so because we nearly always have a bottle of unused drinking water on hand (*see Questions and Answers, Korsakov method of Preparation*), when out on the nature trips, playing sport, etc. It could be combined with other methods of first aid. The potency to be used is up to 40 C.

One of my students, who is a high school teacher, told me this funny story. He was with his students on a bus trip, and one of the girls had motion sickness. He advised her on how to make AP 30 C, and the problems immediately subsided. About a year ago, he talked with his students about autopathy, and the very same girl disputed the possibility that diluted saliva could positively influence the state of health. He reminded her of the already forgotten episode on the bus, and that was the end of the polemic.

A woman who attended my courses described the following use of autopathy: Her son had got chilli powder (Cayenne Pepper) into his eyes. He felt an unbearable burning sensation which would not go away even after washing his eyes. He formed a cup with his hand, spit into it, and let water from the tap flow through it for about half a minute. While doing so, the problem passed. This happened in Switzerland, and it is possible that the water contained no added chlorine.

11. Cases From the Conference on Autopathy

On the 31st of January 2009 the 1st Conference on Autopathy was held in Prague. About eighty people who practice this method took part, and twenty of them presented reports about their experience. Some submitted written reports, which were then published on the web page www.autopatie.cz.

I quote from the report by Mrs Zuzana Vitova:

“A man, 76, since the age of 40, when he received a head injury, had been on disability pension. He had difficulties breathing, was often tired, had angina pectoris and in Autumn 2007 he had been diagnosed with Alzheimer’s disease. The patient lost weight during 2007, and had a distant stare. He would look at the wall while maintaining he was watching TV. He did not recognize his adult children, thinking that many other strange people lived in his flat. He also thought that he had three wives. At night he fell asleep easily, but after midnight he would wake up and want to go home. This man, who spoke four languages, read many books and was interested in many things, had stopped reading and was nearly totally oblivious to what was happening around him. His IQ test results he had come back very bad.

His older sister had died of Alzheimer’s Disease, so his wife knew what the disease was like and she was desperate.”

/.../ “I suggested they try autopathy. They were a bit sceptical, but thought that it couldn’t make things worse. In March the patient began to have autopathic treatment, one liter once a week.” /.../ “Even on the first night he slept very well till morning. Within a few days his sight became more focused and he began to take interest in happenings around him. He began to read again, but would tire quickly. After four weeks his vitality improved. He received poles for Nordic walking and he began to take walks with his wife. These continuously got longer, up to a four-miles-long circuit, which they negotiated nearly every day. He began to eat better and overall he looked healthier. After nearly three months of treatment a relapse came, which lasted two days. Again he was confused, did not know where he was, and had problems with his heart and his head. It may have been a reaction to the weather, to which the patient is very sensitive. In June, three months after beginning of autopathic treatment, the doctors found improvement on his EKG and the laboratory tests. His IQ tests also improved. He was taken off sleeping pills and tranquillisers. The patient was solving crosswords and taking interest in the world around him.

The patient experimented with the autopathic potency on his own, and found out that the potency made of four liters works the best for him. He was given a new autopathic bottle.

Again in July there was an aggravation, which lasted almost a month, until we found out that the patient was using the old autopathic bottle. After using a new one, he told me that he felt like a dark curtain had been open in front of him, and he was walking into the colourful world of reality. Since then he always keeps a new bottle in reserve.” /.../ “The patient has been under autopathic treatment for ten months.

He takes long walks with his wife, his IQ tests are substantially better, he reads books, watches afternoon TV series, and leads the life of a happy pensioner.”

At the 3rd Conference on Autopathy in 2011, Mrs Vitova provided new information about the case: He has been using autopathy for three years. He makes the preparation for 10 minutes under the tap (20 liters), using the water from their own well, and applies it every two to four weeks. He is still doing well. He even got over the physical problems he had – the heart arrhythmias, stomach ulcers and digestive difficulties. He is 78.

Mrs. Lenka Schwarzova submitted another report at the conference. I quote:

“The case is that of a woman born in 1981, the incident took place on the 13th of November 2001...” /.../ “In the morning hours there was a failure in blood circulation (the medical records are missing), perhaps the doctors gave her a wrong medication, and she fell into a coma.” /.../ “She remained in a deep coma until the 16th of November...” Since then she has been in a wheelchair for seven years, requiring full-time assistance. “Her face is distorted, she is unable to speak, she can only make sounds, she is unable to eat unaided, and only has some control of her fingers, so she communicates via computer”.

On the 13th of May 2008 the first autopathic preparation was applied – 360 C. She is overly sensitive for a week, and after a week strong convulsions for the whole day, two days later she has lesser convulsions. May 26th, she feels her muscles relaxing, improved mobility of the back and the tongue. May 29th, a strong pain in her throat. For twelve days nothing happened, than June 15th a great relaxation of mus-

cles and her back does not ache at all (it was aching before). On the June 16th the family members notice for the first time better motor skills in her fingers in right hand, she is able now move beads with her fingers.

9th July the second AP 480 C applied – for a week she again experiences strong convulsion, tiredness, sadness. A week later she notices a relaxation in her hip and improved motor skills in both hands, in which there is also better movement. The motor skills of the left foot are also improving, she can stretch her sole, which she could not do for years. August 2nd – better stability, she has a tendency to straighten her neck! The movement of fingers on both hands is better still. August 23rd – all have agreed that she can be better understood. September 16th – the third AP, 600 C, some backaches and painful joints, occasional convulsions, her speech is improving, she is easier to understand. November 15th – another application of AP 600 C – giddiness, convulsions, she has acupuncture. December 8th, she begins to talk, not so breathless, fifteen minutes of continuous speech (she had not spoken for seven years). 24th December – she talks well and also sings Christmas carols!! December 28th – a backache, problems with balance, which she had four or five years ago (a.

January 2009 – she talks clearly, significant movements of legs, she attends her first logopedic lesson! She can now speak, sing, move her legs and arms, she can eat by herself, the distortion in her face is relaxing, she looks better.” /.../ “I’m happy with every improvement, even the little ones, which occurred during the past six months, and all this thanks to autopathy, otherwise she would not talk, sing, move her hands and feet, nor feed herself.”

This and more similar reports were published on www.autopatie.cz. Some of the authors have attended my courses, but others have only been treating on the basis of knowledge gained from the previous editions of this book or the book *Autopathy: A Homeopathic Journey to Harmony*. One simple and hard to understand truth emanates from their collective experiences: We don't need to be so ill and we can help ourselves.

EXCERPT

4. Literature and Sources

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The Courses

Courses on autopathy are being conducted in Prague in English language. The lecturer is Jiri Cehovsky. No prior knowledge of the subject or qualification is necessary. For more information: www.autopathy.info

Consultations

Information: www.autopathy.info

Autopathic Bottle



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