

---

# World GIM

---

This is a highly condensed account of Christina Achter's most interesting paper, which she presented at the European GIM Conference. Hopefully it will whet appetites and encourage people to find out more about this synergistic combination. **Joanna Booth**, *World GIM Editor*

## Homeopathy with BMGIM

**Christina Achter**, from Munich, Germany, has been a Health Practitioner since 1995, specializing in Classical Homeopathy. She wanted a complementary discipline and found that in the BMGIM. Consequently she now works with a combination of homeopathy and BMGIM. An AMI Fellow since 2000, Christina attained Primary Trainer status this year. Her book about BMGIM is due out at the end of 2008. In an abbreviated account of her presentation in Norway Christina explains how she uses her two approaches to healing.



**Christina Achter (left)  
with Isabelle Frohne-Hagemann and Gina  
Kaestele**

### *Why both Homeopathy and BMGIM in combination?*

Christina sees similarities between the basic concepts of Homeopathy and BMGIM. Homeopathy postulates that our thoughts and desires cause responses that are the basis for health and balance, for harmony or disharmony, and BMGIM aligns with this,

adding the dimension of causative awareness.

The homeopathic concept that “similarity is healed by similarity” forms a further connection. The homeopathic remedy is derived from the toxic substance or a substance that causes symptoms similar to those of the disorder. In BMGIM, if, for example, our client arrives angry, we use the “iso-principle” when choosing music. In neither case does treatment banish or suppress the initial presentation; instead, those vibrations are worked with by choosing similar vibrations in order to bring the client back into balance and harmony. Both homeopathy and BMGIM are based on vital force or spirit. Vital force enlivens the body and effects harmony in body, mind and soul. Both therapies aim to restore the natural inner order of the client and Christina uses them in tandem to achieve this.

### *How can BMGIM intensify the effects of homeopathy?*

Ill health presents simultaneously in body, psyche, spirit and mind. For Christina, the point at which BMGIM is useful is when an immovable blockage is resistant to homeopathy, for example when a dysfunctional behavioral pattern reasserts itself as in the example below. The reason for introducing BMGIM is that homeopathy strengthens the person on an unconscious level, and BMGIM promotes conscious awareness. Therefore, in BMGIM sessions,

the issues causing the blockage can be illuminated and worked with. Many possibilities for healing not previously considered now become apparent during the course of the GIM work as the client develops greater strength, trust, self-confidence, insight, resilience and inner helpers in the spiritual domain. All these attributes are part of vital force.

### ***Example***

A homeopathy practitioner presented the case of a man with psoriasis that was only slightly ameliorated by cortisone. He has a history of being unable to form stable relationships with women. Either these women are married or unwilling to commit to a relationship. Each time he formed one of these relationships his psoriasis flared up; he despaired for his health. It was uncovered during anamnesis (case history) that this man had a difficult relationship with his mother, and this difficulty pervaded all his relationships with women who, like his mother, were unavailable to him. Homeopathy relieved his condition considerably, but eventually became ineffective when the man again formed a relationship with an unsuitable woman. Here is an identity crisis; the man sees himself as a person who will never be able to form a viable relationship and suffers the consequent despair. At this stage, the homeopath said; "Here we must accept the limitations of homeopathy because (this man) seems to have accepted the delusion that never will he have a happy relationship." Christina feels strongly that at this phase of homeopathic treatment BMGIM would be useful in helping to change the man's patterns of despair by resolving his relationship with his mother and therefore freeing him to form a viable relationship with a suitable woman.

### ***How and when can homeopathy support BMGIM?***

Sometimes clients are not really ready to work with BMGIM on their issues for various reasons such as resistance or lack of strength. They may be physically weak and/or emotionally fragile and therefore it is not wise to give a traditional BMGIM session because the danger of a physical or mental breakdown or of a flash-back is too high. Or, BMGIM clients may have worked hard only eventually to come up against some type of barrier. Homeopathy can support and strengthen the vital force on an unconscious level in order for the client to develop sufficient self-confidence, trust and energy to undergo some form of, or further BMGIM.

### ***Case Study***

A twice-married woman comes to Christina because of her fear of dogs. When she was 13 years old her father killed members of her immediate family including her mother, before killing himself. She feels worthless because her alcoholic father rejected her, and because she was one of six brothers and sisters. Her elder brother sexually abused her. She feels she should have protected her mother, and sees herself as the one who is responsible for everyone else. Her first husband was alcoholic, and she tried to help him before realizing that she was not the problem. She developed neurodermatitis following separation from this husband. The woman recently married a man with multiple sclerosis. There never has been anyone to help her, and she can neither accept help or comfort nor cry. It is obvious that she is very fragile, and that even an abbreviated BMGIM session could be dangerous for her; she is frightened of losing control and becoming insane.

Christina chose the homeopathic remedy sea-salt (*Natrium muriaticum*). The reason for this choice was the premise that old grief based on disappointed love caused the physical and psychic problems. Metaphorically, the woman turned into a pillar of salt and her tears were frozen. She fears if tears come the salt will melt and this combination could become a tsunami. Soon the client felt more stable and there was evidence that her vital force was returning. She became aware of her old patterns of belief and behavior, and decided to become aware of her feelings. Her second dose of *Nat. mur.* provoked a number of healing reactions which indicated the best approach for BMGIM. Her first BMGIM session brought up distressing childhood memories where she felt trapped and threatened; the connection with her dead sister eased this.

Then, in a dream, people were threatening her with a dog, and she refused to be intimidated. Following this dream response she could run through a park in darkness and

not be troubled by the many dogs there. She separated from her second husband, and the neurodermatitis disappeared.

There were eleven BMGIM sessions as well as further administration of *Nat. Mur.* During the course of these sessions more childhood issues are worked with and resolved; her father asked her forgiveness, and she felt love for him. He is there when she needs him. During her final session she took her father's hand when he offered it, and became safe. The reconciliation with her father is complete, and she feels a very deep connection with him. She also begins reconciliation with her brother.

Christina is convinced that the Homeopathy allowed her client to reach some degree of inner order, harmony and autonomy, and facilitated the further healing with BMGIM by strengthening her vital force. The ensuing BMGIM work combined with more homeopathy was very deep and goal oriented and highly successful.

*Thanks to Joanna Booth for her continuing efforts to solicit and edit articles for "World GIM".*

---

## ***8<sup>th</sup> European Conference***

---

Report by **Rudy Garred**

The 8<sup>th</sup> European GIM conference was held in Fevik Norway, 17<sup>th</sup>-21<sup>st</sup> of September 2008, with a pre-conference two days preceding this. The president of the AMI, Louise Dimiceli-Mitran has asked me to write a report. Having been the leader of the programme committee, I am obviously biased, but the feedback we have received, in addition to our own impressions and evaluations make us conclude that it indeed was a success. Not least of course due to the

spectrum and quality of the many presentations, and also of the amount of attendants, over 70, at the site of beautiful Strand Hotel.

The theme for the conference was *Creativity, Improvisation, Culture* - a very wide one, which gave room for a great variety of presentations, in the form of papers, roundtables, and workshops.