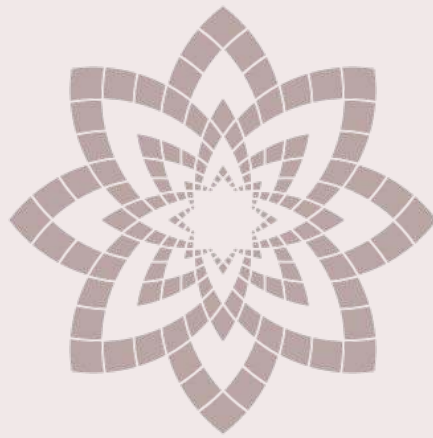


TATIANA LOKIS DHOM PROFESSIONAL HOMEOPATH



OMEGA

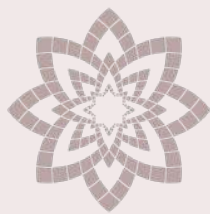
Transform your life
Heal your body and mind

Overview of the program

The Omega Program is born out of an unrelenting pursuit of wellbeing that includes all aspects of oneself: body, mind, and spirit. It weaves homeopathy, self-awareness practices, and lifestyle together as powerful tools for greater wellbeing and personal growth that are magnified in their synergy.

You will be invited to examine every aspect of your life and seriously consider what is important for you so that you can let go of everything that is in the way of it and orient yourself towards a desired change.

Change requires time, patience and above all commitment. Creating an optimal lifestyle and applying simple actions every day that keep us aligned with the greater vision of transformation we desire is key to real change and is at the core of the Omega Program. The duration of the program is set for 6 months with the objective to create a space where commitment can be nurtured to gain in power and bear fruit. It is important to remember that every journey is individual and will require as much time as it needs. Just like our defeating habits and chronic states develop over time, it takes time to return to a state of equilibrium. Here we aim for steady application of practical principles that create gradual change in the long term.

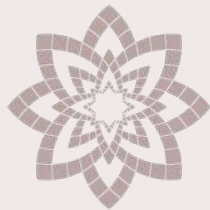


Key objectives of the program:

- Understanding our patterns and acting on them with homeopathy and self-awareness practices
- Simplifying and creating a regular lifestyle that is supportive of inner transformation and a balanced life
- Focusing on what is important and decluttering all areas of life to align ourselves with our priorities
- Creating space for stillness through meditation
- Creating a sustained habit for self-inquiry and daily reflection

Structure of the program:

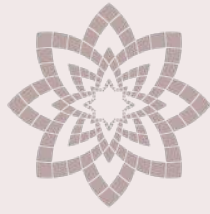
- Monthly individual homeopathic sessions, with prescriptions as needed
- Weekly check-ins and prompts for self-inquiry
- Daily application of lifestyle principles



What is homeopathy

If we closely observe the body-mind in its functioning, we cannot create a separation between the two. Health is expressed in harmony of all the functions and capacities of the bodymind that arises as a result a neuro-hormonal balance. When the neuro-hormonal balance is optimal, health is expressed on all levels. In the same order, when the balance is disturbed, it also affects all levels of the body-mind. Homeopathy is gentle natural medicine that uses substances from all kingdoms (plants, animals and minerals) and has the capacity to act on human biology helping restore balance. It is based on the following phenomenon: when a substance is diluted and dynamized by succussion (i.e. brisk tapping of the vial against a rubbery surface), it allows the particles of water to capture the subtle information in the form of nanoparticles of the substance that remains biologically active and acts on a person in a comprehensive way. When a diluted and dynamized substance is studied, it reveals a clear pattern of symptoms on physiological and mental-emotional levels. When it matches the pattern of unease that a person experiences, it acts on the nervous and hormonal systems and gradually restores it to a state of equilibrium bringing about an all-encompassing sense of wellbeing where all functions and capacities are affected as a coherent whole.

If you wish to know more about the latest research on the phenomenon of homeopathy, please visit [Homeopathy Research Institute](#) and [Water Research Laboratory](#) that have been doing groundbreaking work in this area under the lead of Dr. Alexander Tournier.



The holistic process: looking at the whole

The insight that came from homeopathy in regards to the pattern of symptoms is of great importance for self-work. During the program, we will be looking closely at the 'pattern' and how it manifests in the body and the mind. A pattern is a collection of deeply seated perceptions that creates stress and influences our physiology, thought process and behavior. These perceptions are a manifestation of neuro-hormonal pathways that were forged through conditioned learning in our early life and solidified with time through unprocessed experiences, traumas, and less than optimal lifestyle.

The homeopathic inquiry invites us to look deeply within ourselves where we will see that the pattern is operating in every part of our life: at work, in personal relationships, in our pastime and artistic endeavors, in the way we treat others and most importantly ourselves. It runs like a red thread through our reactions, perceptions, attractions and aversions. It creates rigidity and dogmatism in our attitude, which in turn breeds denial and projection onto others. We misinterpret other people's motives by coloring them through the lens of our own discomfort and distorted perceptions, often resulting in a sense of powerlessness and victimhood. This sense of powerlessness makes us withdraw from the world and become isolated. We cope with the discomfort by creating a protective mechanism, a certain image that further drains vital energy and leaves us depleted of the spark of life. During our exploration, each area of life will reveal something that will help us see a greater picture of the inner pattern with the ultimate goal of becoming aware and slowly starting to free ourselves of it. As we gently act with homeopathy, introduce new routines and habits and establish a dedicated practice of self-inquiry, we become empowered to unearth these unconscious perceptions and change our ingrained patterns.



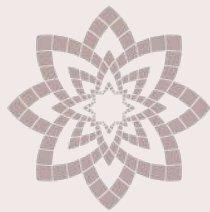
Untangling of the pattern

Through meticulous work, homeopaths observed that once the treatment begins there is a certain way for healing to happen. It often follows the progression of how symptoms manifested through the years. In homeopathy, this phenomenon is known as the direction of cure. I will illustrate what that means with the example of one of my patients, Sarah. Sarah is a woman in her mid-30s and has been using homeopathy for over 3 years. When she was 22, she had warts on her skin, which subsided when she turned 25. However, at 25 she developed a new symptom of indigestion, which lasted for about 8 years. All along her life, she had cold sores that got aggravated whenever she found herself in stressful situations. When she began the treatment, at first she noticed a relief in her cold sores and indigestion. However, after a year of treatment, warts returned. This was a good sign from a homeopathic point of view. That meant that the treatment was progressing well. After about 6 months of having warts, they started to subside and were gone entirely after 18 months of continued homeopathic treatment. Similarly, she noticed that her mental and emotional states were unravelling following a certain pattern as well. Old fears and emotional states returned for some time and were resolved in a timely way. After 3 years of continuous treatment with homeopathy and self-inquiry, she was able to move through the challenges she was facing and gain greater vitality and clarity. Sarah's ability to return to past traumatic experiences, which previously felt too overwhelming, was an important indication of healing. The more vitality she was cultivating from the treatment and the application of the lifestyle principles, the more unprocessed experiences were available to her from different ages of her life, including childhood, adolescence and early adulthood. She could work through the inner conflicts that she harboured in those stages and integrate them as she continued moving forward.



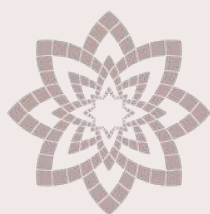
The role of self-reflection

In order to fully benefit from this work, one has to be actively engaged in one's inner process to be able to discern what needs to be changed and consciously facilitate the change. The role of the intention and consistent practice cannot be understated here. Using art, writing and journaling, honest and open exploration and awareness practices are key aspects of this work. Seriously contemplating the prompts, taking the time for reflection and creating space for the changes to occur makes this work exponentially more potent. However, the true main ingredient to success is to find joy in the unfolding of the process and to create a relationship with it that is filled with lightness and curiosity.



Lifestyle

The practical aspect of lifestyle of the Omega program is based on the principles of the book [The Heart of Wellness](#) by Dr. Kavitha Chinnaiyan, MD, who generously granted me the permission to incorporate it here. It draws on principles that come both from Western science and Eastern wisdom and explains why the adherence to a lifestyle that is based on regularity and simplicity is key in bringing about the neuro-hormonal balance. The Heart of Wellness program goes hand in hand with the homeopathic understanding which place this balance is at the core of radiant health, wellbeing and true personal growth. I couldn't be more thrilled to bring the two together. After having been on this program myself for an extended period of time and having observed many examples of transformation that this program offers, I consider it to be an invaluable part of any healing journey and a balanced life. There are many ways of getting the results we want and the change we crave for, yet the key to success is applying one thing at a time to be able to judge its effectiveness. My suggestion is to stick to these principles for the duration of the program, and see for yourself what it can offer you.



The greatest transformation happens when we keep ourselves open and give ourselves wholeheartedly to whatever it is that we find important in our journey, recommitting to it anew every day and every moment. As I have experienced it personally, letting go of self-defeating patterns and deeply seated beliefs can be hard but it is the only way I know to live a life filled with wonder, love, inner freedom and fulfilment. My most sincere wish is for you to transform your life the way you desire it so that your potential can shine through freely.



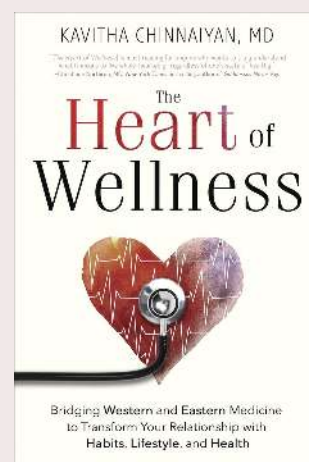
Duration: from January 9, 2022 to June 10, 2022

Price: 990\$ (CAD) (in full or in monthly installments of 165\$) - payment via PayPal or by credit card

The structure of the program:

- Monthly individual homeopathic sessions, with prescriptions as needed
- Weekly check-ins and prompts for self-inquiry
- Daily application of lifestyle principles

The Book *The Heart of Wellness* is included together with shipment



About

What started as my own search for healing blossomed into a calling to become a homeopath myself. I received my professional training in homeopathy at Montreal Institute of Classical Homeopathy (MICH). Since March 2020, I have been in private practice. I am a member of Syndicat professionnel des homéopathes du Québec and Association des naturopathes professionnels du Québec. I have studied hatha yoga for several years and have taught in group and private settings since 2015. I have been involved in creating mindfulness programs for community centres, women organizations, and high schools in my wish to make these teachings available to all. I bring the gentle medicine of homeopathy and the power of mindfulness practices together to offer a holistic approach to wellbeing.



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