

Contents

| | |
|----------------------------------------------------------------------------------|-----------|
| Introduction | 7 |
| Part 1 – How to do it | 15 |
| What do I need? | 15 |
| The initial examination or autopathic interview. | 18 |
| Establishing and applying the three parameters of treatment | 20 |
| What is the autopathic dilution or potency | 20 |
| Determining the degree of dilution | 21 |
| Making an autopathic preparation | 26 |
| Autopathy bottle | 27 |
| The water | 29 |
| What to be careful about when making an autopathic preparation. | 30 |
| Determining the best preparation for your individual case | 33 |
| 1. Preparation from boiled breath | 34 |
| 2. Preparation from saliva boiled | 35 |
| 3. Joining the two previous methods: Saliva, breath, boiled | 35 |
| 4. Auto-nosode | 35 |
| 5. Preparation from unboiled saliva | 36 |
| 6. Preparation from unboiled breath | 37 |
| 7. Preparation from prana | 40 |
| Prana 1. | 41 |
| Prana 2 | 41 |
| Prana 3 | 41 |
| Prana 5 | 42 |
| Determining intervals between applications when beginning treatment | 43 |
| The end of the first consultation (self-consultation) | 46 |
| Developments after beginning the autopathic process | 48 |

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----|
| System of follow-up examinations | 48 |
| Hering's Laws of correct development in holistic treatment | 50 |
| Symptoms in reverse order | 58 |
| The healing crises | 59 |
| Fluctuation of state | 60 |
| How to keep follow-up examination accounts | 61 |
| Working with the potency | 66 |
| Changing the way of making AP | 67 |
| Changing and combining various methods of making preparations from bodily information | 67 |
| Alternating AP from prana and bodily information | 68 |
| Preventative import of repeating AP | 69 |
| Deferred application of AP | 70 |
| Wait and watch | 70 |
| One-off application at the beginning of autopathic treatment | 73 |
| Prana – a simple method of self-treatment, setting-up intervals and potency of AP made from information of the seventh chakra | 74 |

Part Two – The cases

| | |
|-------------------------------------------------------------------------------------------------------|-----|
| A somewhat enchanting case, BB | 80 |
| The case of a skeptic, BB | 84 |
| Self-treatment – choosing the best way of making a preparation according to feelings, SB | 87 |
| Movies in head, P2 | 89 |
| The case of sobbing lady, P5 | 90 |
| The case of the laughing lady, or ten years of autopathic self-treatment | 93 |
| A chronic liver disease, eight years on autopathy, B and BB. | 95 |
| A lady and her boss, BB, P5 | 98 |
| Cancer, allergy, high blood pressure, sore knee, BB, SBB, P5 | 99 |
| Good karma, BB, SBB, P5 | 102 |

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Wait and watch – high blood pressure, SB | .108 |
| Eczemas | .110 |
| Switch to one-off application and the “wait and watch” system – the case of a child’s eczema, SB, B, BB | .112 |
| Crohn’s disease, alternating SB and BB | .116 |
| Chlamydia pneumoniae | .118 |
| Auto-immune disease, BB | .119 |
| The transition from BB to breath without boiling, and a significant increase in potency – the case of auto-immune disease | .120 |
| Regular application of boiled preparation with subsequent significant increase of dilution and transition to unboiled breath and the “wait and watch” system | .121 |
| Finding the best potency – the case of self-treatment | .124 |
| Creative approach – alternating SBB with P5 and applications on chakras in front and on back | .126 |
| Mollusca – a simple case, SB | .130 |
| Five years, she never was healthy, BB | .131 |
| The right not to think, P5 | .132 |
| Acute problems | .135 |
| Fever, P5 20 liters | .135 |
| First aid, box jellyfish | .135 |
| Acute problem, change of method of preparation from P2 to SB and SBB | .138 |

Part Three – Mistakes

| | |
|-----------------------------------------------------------------------------------------------------|------|
| Possible mistakes that could be made while practicing autopathy, and how to avoid them | .141 |
| The case full of mistakes: Twelve years of autopathic development | .143 |
| Other possible mistakes that have been observed | .147 |
| Nothing has changed, SB, SBB, P5 | .150 |
| Road to health, road to the unknown? | .154 |
| The case arising questions, BB | .155 |
| (Un)freedom of thought | .158 |

Part Four – Plants and animals

| | |
|--------------------|------|
| Plants | .161 |
| Animals, | .164 |

Part Five – The common sharing of experience

| | |
|---------------------------------------------------------------------------------------------|------|
| The Conferences | .167 |
| Rheumatoid arthritis | .169 |
| Quality of life | .170 |
| Lowering of PSA to norm | .171 |
| The case of schizophrenia, diabetes, polyneuropathy, incontinence and bad mood | .173 |
| Epilepsy | .175 |
| How to lose a client | .177 |
| Psoriasis, diabetes, high blood pressure | .178 |
| About some articles on Autopathy.com | .180 |
| Type II diabetes: Cure after the first weeks of using autopathy | .180 |
| Ulcerous colitis | .182 |
| Parkinson's disease and multiple sclerosis | .183 |

Part Six – The power of high potency

| | |
|--------------------------------------------------------------------------------------------------|------|
| High potency bodily information without boiling . . . | .185 |
| Saliva and breath without boiling, high dilution . . . | .186 |
| Allergy, eczema, headaches, S 45 liters | .186 |
| Juvenile arthritis, B 200 liters | .187 |
| Pinworms, S 60 liters | .189 |
| The case of chronic fear, increasing potency P5 and final transition to B 74 liters | .190 |
| Making very high potencies | .194 |
| Fear of the higher potencies | .196 |

Part Seven – Additions

| | |
|-----------------------------------------------------------|------|
| Specifics of self-treatment | .199 |
| Courses and further education | .202 |
| Questions and answers | .207 |
| Does the autopathy bottle have a parallel in history? . . | .207 |

| | |
|-----------------------------------------------------------------------------------|------|
| The simple method – how to not study autopathy, but still use it | .210 |
| Acronyms | .211 |
| Examples of how to use already existing names of diseases and faults | .212 |
| Dictionary of terms | .216 |

Part Eight – The instructions for making an autopathic preparation

| | |
|------------------------------------------------------------------------|------|
| The common parts of all instructions for making an AP | .221 |
| Preparation made of boiled breath | .223 |
| Preparation made of saliva boiled | .225 |
| Preparation from breath | .227 |
| Preparation from saliva | .229 |
| The auto-nosode | .231 |
| Prana 2 | .232 |
| Prana 5 | .234 |
| Conversion table – liters to US fluid ounces to US gallons. | .235 |