Vital versus Personality prescription

19 October 2026

Personality

according to

the America Psychological Association

- The enduring configuration of characteristics and behavior that comprises an individual's unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns.

- Personality is generally viewed as a complex, dynamic integration or totality shaped by many forces, including hereditary and constitutional tendencies; physical maturation; early training; identification with significant individuals and groups; culturally conditioned values and roles; and critical experiences and relationships

Difference between Character and Personality

according to AI

- **Character:** Your inner moral compass, ethical principles, and long-term values. It is revealed during difficult situations, pressure, or moral choices (such as whether to tell the truth or cheat when unobserved).

- **Personality:** Your outward style, social behavior, emotional patterns, and everyday temperament (how you talk, laugh, or react on a typical day)

Personality

The conglomerate of influences, facts and impacts from

- Date of birth (astrological configuration)
- Place of birth (with previous: the quality of time)
- Cultural environment (prevailing norms and values)
- Social environment (social class of family)
- Financial situation
- Upbringing (how to be human among humans)
- IQ (education and job/career)
- Genetic

... Resulting in : "This is me"

Identification with all this

The content of the psyche

We are so used to explain, analyse and to a certain extend modify behaviour, we don't even realize we are doing this

Repertory

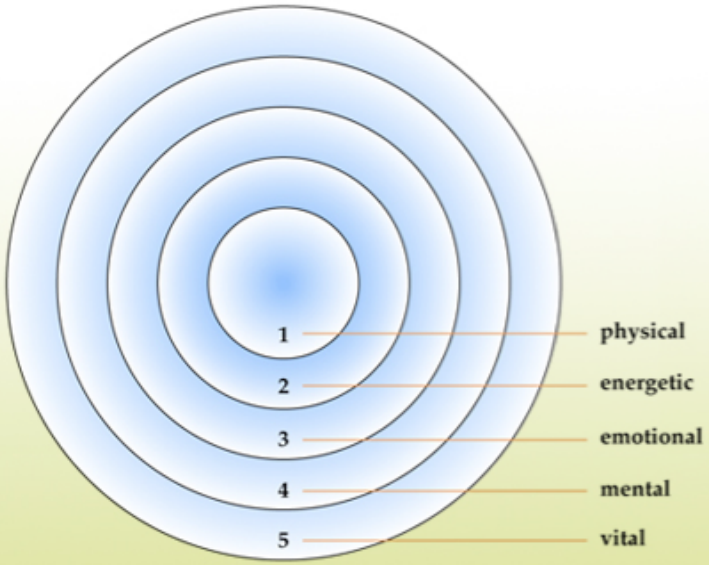
- Sympathetic , Ambitious, Cheerful, Forsaken feeling, Impressionable, Confidence, lack of self, Industrious, Lazy, Reserved, Passionate, Abusive, Censorious, Fastidious, Loquacious, Busy, Quiet disposition, Theorizing, Avarice, Embarrassment, Affectation ....

Level 4 and Level 5

Anne Vervarcke's Vital Approach

Vital Disturbance

Levels of Experience



The cause of disease is a disturbance on the vital level which is expressed in body (level 1 and 2) and mind (level 3 and 4)

The totality of all those signs and symptoms makes a coherent pattern

The levels of experiencing in every person are:

- Level 1: The way the pathology is experienced
- Level 2: Disturbances in the amount, kind and distribution of the physical energy (Hahnemanns miasms or constitution)
- Level 3: The way the story/emotions are experienced
- Level 4: The core delusion
- Level 5: The vital experience.

The other 4 levels are expressions of what is disturbed on Level 5

On level 5 one can determine Kingdom and Miasm

The Psyche is structured

- Conscious
- Subconscious
- Unconscious

- Level 4 is logical, explicable, predictable, functional

The "State"

Changed from "Totality" to "Essence" to "Basic Delusion" to "Sensation" to "Source"

- The state is what the person is born with (nature)
- His uniqueness
- It is an experience, not a product of the mind
- Not realized until the homeopath asks for it
- Level 5 is illogical, inexplicable, unexpected, not suitable, always been that way, authentic.

Nevertheless, a character sits in front of us, symbolising his state

https://www.thewhiteroom.be/blog/

- Character versus Vital Sensation/ state
- Treating Level 4
- How to differentiate between Level 4 and Level 5

Level of prescription

- Do we prescribe on the symptoms or on the patient?
- Pathology: level 1 and 2 (clinical prescription)
- Circumstances: level 3 and 4 (‘because’)
- Level 5, the patient: (no ‘why)

Is there a similimum at all?

- Does the state/ patient change?
- Is the change acquired?
- Then it must be Circumstance.... And a 'since' and a 'because'
- The reaction on the circumstance/story depends on the prevailing state and can therefore give useful information on the state
- We listen for explanations that don't explain anything

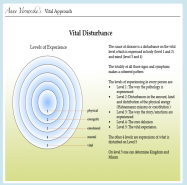
Several remedies are needed

- People age; we're not the same as we were
- Patients present with different problems
- Timelines and the eternal 'now'

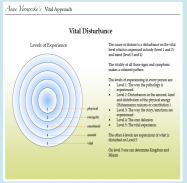
Several remedies are needed

- Many remedies cover symptom clusters or patterns
- Symptoms are signs on mind and body from a disturbed vital force
- We can find a remedy-match to a symptom picture
- When that symptom is gone, and a 'new picture' emerges … how to differentiate from a suppression or symptom shifting?
- It's impossible to find the similimum and hybris to try it

Impossible to find the similimum?



Indeed!



But!

Reaction to the similimum



The ‘state’ remains unchanged, but the volume goes down



There is more OK-ness in the patient



New insights pop up



Other therapies suddenly yield effect



Symptoms disappear as the well dries up

Case examples

- Chammy
- Dobri