

THE NEW MATERIA MEDICA



**KEY REMEDIES FOR
THE FUTURE OF HOMOEOPATHY**

Colin Griffith, MCH, RSHom

"a gifted teacher of the principles and practice of homeopathy" Positive Health

THE NEW MATERIA MEDICA

By the same author

The Companion to Homoeopathy

The Practical Handbook of Homoeopathy

Colin Griffith MCH, RSHom is a highly respected and effective practitioner of homoeopathy. He studied at the College of Homoeopathy and, instead of writing a thesis, he set up a supervised drop-in clinic which continued for 11 years and became a teaching clinic where students under his supervision set up their own tables. He has always preferred to work in multi-disciplinary practice where other complementary therapies are offered: cranial osteopathy, reflexology, counselling, etc. He is a founder member of the Guild of Homoeopaths and lectures regularly at the Centre for Homoeopathic Education, Regent's College, London and has lectured in America, Canada, Japan and Greece. He is author of the highly regarded *Companion to Homoeopathy* and *The Practical Handbook of Homoeopathy*.

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*In memory of three great homoeopathic
practitioners whose benign influence lives
on*

JOHN HENRY CLARKE
JAMES COMPTON BURNETT
THOMAS LACKENBY MAUGHAN

This book is for Janice Micallef
and every member of the proving circles
who gave light to the remedies
described within

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There have been moments during the writing of this materia medica when I have wondered what on earth I was doing. The depth to which most of these remedies are reputed to go in the healing process is simply extraordinary and I have wondered - caught in my Taurean way between scepticism and wishful thinking and despite using the remedies to some effect myself - whether I have become ungrounded, whether I have been writing a book that is taking flight into unreality. It is because of the faith, skill and plain hard work shown by all those I have mentioned that I know that this is not so. All of these practitioners are professional people who make it their life's work to prescribe according to the combination of their training, their experience and their intuitive perception; they have turned the craft of homoeopathy into an art.

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| | |
|-------|----------------------|
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Part I

WHY THE NEW MATERIA MEDICA?

This book is the outcome of an experiment; ‘experiment’ in the sense of a test by means of experience. It is also the result of an inner journey in the discovery of new means of healing; the remedies described within these pages are the fruit of that experience. Every one of the 36 remedies, proved by means of group meditation, was the result of inspiration: each one had an advocate who saw enough particular and even specific potential in it to justify asking that it should be given a proving and put into practice for the benefit of patients. Every remedy had an aura of purpose and intention from its conception often based on suggestive signatures inherent in the matter to be proved. In this there is little to differ from the origins of all the significant remedies introduced by Hahnemann and those who have followed him. Where these new remedies differ most from other remedies is in the manner of their proving and, in the case of most of the crystals, in the manner of their making.

They are all remedies that would seem to suit our difficult times, being peculiarly similar in energy, each in their own way, to the buried past of traumatic circumstance with which so many contemporary patients are burdened. These are remedies that seem, on the available anecdotal evidence to date, to be able to reach back into patient history and bring forward for resolution whatever has created an impediment to thorough healing, even when the roots of the trouble stem from generations past.

The paradox of conducting an experiment with sources of ancient energy – and crystals, trees and spiders are certainly ancient – is far from limiting us to the past; it is a way of liberating us for the future. It is hoped that the extraordinary benefits of the experiment may go way beyond the very modest intention with which it all began. Though the participating provers

set out on their journey with no greater ambition than to collect together to work on themselves under the guidance of an experienced teacher of meditation, some of them continued with the experiment for up to 14 years and others continue it further still. The main purpose of the exercise did not emerge at once; the proving of remedies that would contribute to matching the sheer complexity of contemporary patients' compromised energy only evolved gradually over the first two years.

Though the method of conducting the experiment has been controversial because it is unverifiable in 'acceptable' scientific terms, the empirical evidence of patients' positive reactions speak for themselves. Though it may be a great deal to ask anyone who was not involved in the journey into the interior of these remedies to accept the findings, it is hoped that reasonable scepticism will not be a deterrent to people investing interest in them and thus continuing the experiment beyond the narrow confines of the original groups involved. They will be joining a growing fraternity of homoeopaths already regularly and enthusiastically prescribing all the remedies included here.

Every prescription is an experiment; every patient reacts in his or her own way. To see medical treatment in any other way is to arrogate the results of healing to a drug, a procedure or a textbook. This is the route that orthodox medicine has taken, mainly as a result of the desperate and misplaced reliance on logic as the arbiter of cause and effect. Homoeopathy has largely avoided the snares of logic, the rigidity of the rule book and the straitjacket of accepted convention, though there are always those who would set down in stone incontrovertible regulatory guiding principles. To continue to remain free of such convention, homoeopathy needs to keep reinventing itself while remaining firmly based on a structure of *natural* laws. Each new twist and turn in its evolution must reflect the needs of the patients it serves. Thus logic and reason must be tempered with intuition and compassionate understanding, both of which may stand the former two on their heads! All 36 of the remedies here have been chosen partly because of the way they offer us keys to unlocking states of being that seem to defy logic and reason and partly because, as a collection, they cover a broad spectrum of the most intractable problems prescribers face.

There has never been a time in the history of medicine when its practitioners have not experimented creatively, basing the trials they make on experience and educated conjecture: true empiricism. This has led, in the

past, to some heroic efforts, especially in the field of proving herbal and material medicines; one only has to remember Hering's encounter with **Lachesis**. No such heroism was required by the provers who took all the remedies presented here; all physical symptoms were relatively quickly resolved, all emotional symptoms eased out of the psyche not least by the mutual support of the participants. In the same spirit, practitioners are invited to investigate these new remedies by administering them when the homoeopathic indications are clearly manifest. No potentized remedy need carry a caveat if it is used judiciously and according to the simple natural law that governs our use of them. Even those which carry the burden of false reputation for being difficult or risky need not engender fear in anyone. These new remedies are no exception; on many occasions over the years of provings, it was noted and reported just how remarkably gentle and free of aggravations they are (though they are quite capable of bringing about radical change and at least one, **Black Obsidian**, can be very challenging).

There is little in this book that is not open to challenge and debate. There will inevitably be differences in how people interpret what they read here; that is only right. In time, it will become apparent just where the shortcomings are; none of the remedies has all the information that will eventually constitute the whole picture. One only has to consider the inadequacy of the written materia medica pictures of **Calc-carb** and **Silica**, **Phosphorus** and **Sulphur** to realize that much more work is necessary for there to be a full understanding. Even Clarke does not enlighten us fully on how any of these four great polychrests (or any others) differ in themselves in the light of each of the miasms – yet what vital information that is!

The only prerequisites needed to make practical use of these remedies are an open mind, a trust in the integrity of the people who proved them and a clear perception of how desperately in need we all are of a fresh generation of homoeopathic medicines; not to take over from all those that have served us so well but to complement them and help them to work their healing magic as nature intended.

THE PROVING EXPERIMENT AND ITS OUTCOME

Who proved the remedies?

Initially there were two groups of provers both of which were overseen by Janice Micallef, homoeopath and trained medium who acted as the guide and mentor of each member. The list of provers appears in the Acknowledgements at the beginning of the book. Some remedies were also proved by other associated groups: the meditation group at the Helios Pharmacy in Tunbridge Wells and the student group on the postgraduate course of the Guild of Homoeopaths. **Latrodectus** was proved by two ad hoc groups brought together by Jennifer Maughan. **Golden Beryl** was proved by the students at the summer school of the Guild of Homoeopaths.

What is the Guild of Homoeopaths?

The Guild of Homoeopaths is not an institution as its name might imply. Rather, it is a way of thinking held by practitioners who have found the need to shift perspective from the draining task of treating sickness as an end in itself to the more positive, life-affirming promotion of a patient's individual purpose.

The Guild began with the early meditation circles. A number of practitioners, who were also her patients, had badgered Janice to hold tutorials for some time and it is characteristic of her that she at last bowed to the pressure in a modest and unassuming way. She set up two groups of students' meditation circles so that they could do the work themselves with her acting as anchor and support. Her idea of a tutorial was not the conventional one: she wanted us to take an inner journey to explore our

own potential by means of meditative study on the energy centres of the endocrine glands, the so-called chakras. For some of us, especially those who had never practised meditation before, it was a completely novel experience. Starting with the base centre, we slowly worked our way up and through the ladder of chakras over the next two years or so, only to start all over again at the beginning in order to repeat the process. At each meditation a fresh remedy, chosen by Janice for its potential appropriateness to the chakra under consideration, was taken as part of the exploration.

Once it was realized that the circles were a source of information not just about new remedies but also about how to use them in new ways, the idea of disseminating the experience to others who wanted to share it was conceived. At first, a one-year postgraduate course was set up. During the year, the students formed their own meditation circles with Janice's guidance, and many of the new remedies that had been covered by her original two circles were taught. At the end of the first year, half of the students wanted to do a second year. Two further two-year postgraduate courses then followed.

Today, recognizing that running long-term courses is a time-consuming and spirit-draining exercise that requires professional expertise, the Guild continues its activities informally by holding summer schools and seminars. New remedies continue to be developed by meditation circles, not just by Janice's groups but by others both here and abroad.

The protocol of the provings

Each meditation circle followed the same format. The groups met once a month on a Friday morning at Janice's practice. A circle of chairs was arranged with Janice's chair facing east. Every member was assigned a seat. Water with Rescue Remedy was provided. The remedy for each session was always present in the centre of the circle in the form of a bottle of pills or tincture. There was often a crystal in the centre as well by way of a protection or a channelling device. The sessions lasted for up to four hours; members were requested not to leave the group during this time so that the energy of the whole company would not be broken.

Janice began each circle with prayers for healing and for peace and by preparing us for receiving information on the chakras, ourselves and the

remedy chosen by grounding us, 'lighting' the energy centres and protecting the group aura as well as that of each individual. At this point, the remedy to be proved would be given out and either held in the hand or taken. (Some members of the group felt too sensitized by taking the remedy and preferred to hold it instead.) Everyone was asked to visualize an encircling globe of white light around the group. Then each chakra was 'lit up' with its particular visualized colour. When all the chakras were thus 'activated', the 'fire' of the kundalini energy was visualized sweeping up the spinal column. Before going further, Janice would issue the instruction to turn the globe of white light into one of blue; each person would then place within the blue light anyone who required healing. This blue light was then 'sent out' into the world for general healing.

At the start of each actual meditation, Janice would give out a structure for the 'journey' into the remedy and the chakra. This was frequently in the form of a short visualized excursion along a path, into a garden or into a room, for example, where individually we would meet someone who would bring us information, find something that would encourage illumination or simply 'receive'. Few adjectives or adverbs were used to influence the images each individual might conjure up.

For upwards of 20 minutes we would be left in silence to sense what lay within ourselves of the knowledge and experience of the remedy we had just taken. After this time, Janice would invite each one in turn to speak of their inner journey. Despite several attempts to record the proceedings it proved impossible to rely on any of several recording machines as they always failed to function during meditations. Scribes wrote down verbatim in shorthand what was related. (A transcript was later prepared from these notes and circulated to each member.) When all the participants had spoken, the circle 'guide' would then speak through Janice about the core issues of the remedy; Janice has described this as 'being the information of the collective energy of the group'. The more grounded and orientated toward a common higher purpose the group is as a whole, the purer the receiving of the collective guide.

To end the circle, further prayers for protection and peace would be said; the closing down of the chakras would be followed by the closing down of the globe of white light; everyone would be instructed to feel aware of their physical presence before coming back into the 'now'. On some occasions

we were instructed to take the remedy for the following month and keep notes on anything that transpired.

The chosen remedies

In the beginning, when the members of the circles were working on establishing their understanding of the chakra structure both as a group and individually, familiar remedies were chosen. These included **Sulphur**, **Calc-carb** (followed by **Oak**), **Thuja** and **Conium**. After this, with the exception of **Strontium Carbonate** (June 1994), **Arsen-alb** (May 1997), **Arg-met** (November 1997) and **Viscum Album** (December 1997), the remedies proved were new to the materia medica. The bulk of the remedies undertaken were either crystals or plants, mostly trees or shrubs. The only animal remedies undertaken were **Silverfish**, **Goldfish**, **Lumbricus**, **Thymus Gland** and the nosodes, **Medorrhinum Americana** (December 1994) and **Leprosinum** (March 2000). **Chalice Well Water** and **Tunbridge Wells Water** (March 1997) were the only examples of fluids that contain mineral deposits. Colour remedies, **Green**, **Red**, **Blue** (April, September and November 1996) and **Yellow** (September 1997), introduced by Kathryn Boulderstone, **Purple** (February 1997), introduced by Ruth Epps, and **Rainbow**, introduced by Laura Russell, were also included among the total of 94 remedies.

How were the remedies made?

With the plant remedies, there could be little controversy about their production. Samples of leaf, twig, bark, seed or flower were used in most cases. The exceptions were **White Chestnut Flower**, when only the flower itself was employed, and **Sycamore Seed** when only the winged seed of the tree was used. Each plant's material was steeped in alcohol before the usual process of potentization by succussion.

The crystal remedies were rather different. With the exception of **Rose Quartz**, which was made both as a potentized crystal essence and as a triturated and succussed remedy, and **Berlin Wall**, which was triturated and succussed in the usual manner, all the other crystal remedies are potentized essences. The remedies were made first as crystal essences either by steeping them in water, leaving them in sunlight and then succussing the

result, or by another process involving the use of clear quartz crystal. This alternative method of preparing the remedy was used for **Jet, Moldavite, Moonstone, Rhodochrosite** and **Ruby** in the following manner:

- a bottle of ethanol is placed in the sunlight
- a few inches away from it and with the point facing the bottle of ethanol, a clear quartz crystal is placed to direct solar energy into the ethanol
- between them is placed the crystal to be made into an essence
- this arrangement is left in the sunlight for up to two hours
- the resulting ‘essence’ is then potentized in the usual way.

After the provings

How often, during our student years, do newly learnt remedies arrive in patient form on the doorstep, serendipitously, as if to test our recently acquired knowledge or to offer proof of higher energy connections? It was the same with the provings of these new remedies. We became quite blasé about getting home from the circles and patients arriving in the next few weeks with symptoms that were similar to what we had just worked on in meditation. With some remedies this phase would not last long and, after an initial burst of fairly frequent prescribing, a lull would follow with no fresh examples. With many of the others offered here, the stream of examples kept coming. This is particularly true of **Amethyst, Ayahuasca, Buddleia, Chalice Well, Emerald, Lumbricus, Oak, Rose Quartz, Ruby, Sycamore Seed** and **Thymus Gland**. Most of the circle members and students of the Guild courses appear to agree that having these remedies in particular and all the other new ones in general has changed their practices and altered their perception of prescribing. Many have said that they cannot imagine practising without them, so useful, deep acting and liberating have they been.

What was the broad outcome of the proving experiment?

Apart from the introduction of new healing agents, the provings had other ramifications. On a personal level, for each member of the groups who took part, there has been a lasting impression of having been involved in a deep

healing exercise. Though we all started out on a mission to discover information for practical use, we ended up having participated in an adventure into personal development on a level hitherto unsought. The horizons of the enterprise seemed, at times, unlimited. Each of us has been on a personal journey that has gone beyond the usual parameters of curing symptoms being proof of general improvement of health.

Witnessing the effects both personally, amongst ourselves and also on those patients who, through conveniently presenting for treatment with similar symptomatology to many of the new remedies, became guinea pigs for empirical homoeopathy, has left an indelible impression that the practice of homoeopathy can be extraordinarily plastic and that it is in constant need of development to keep pace with the evolution of humanity and its ills. It is likely that every one of the provers has experienced changes to their perception of what homoeopathy is; how it can be employed; when different people may benefit from different approaches; why the best indicated remedies do not always do what is expected of them. None of us practises in quite the manner in which he or she began. All of which would be sententious if it were not for the hope that others might take up the practice of group meditation with similar ends in view.

Certain common threads wove their way through the years of working with the different remedies. Some of them were symptom themes, others were more to do with a growing awareness of new methods of prescribing in difficult circumstances. For example, a familiarity with the remedies will show that many of them are recommended for consideration in particular areas of sickness:

- radiation ‘toxicity’
- vaccine damage
- chronic injury patterns
- NBWS (Never Been Well Since) difficult birth patterns
- biochemical toxicity

Potentially all of these are maintaining causes of some significance and though we have some or even many remedies already listed for each, they are all aspects of chronic cases that do not necessarily always respond to familiar medicines or that conveniently throw up symptom pictures that readily appear to be homoeopathically similar to old friends.

Radiation toxicity is particularly difficult to deal with as it is so unseen in terms of obvious symptoms unless there is damage to the skin as can happen after radiotherapy. For those who are able to see that the aura is damaged and that it has grey areas where the colours are absent and the vital energy does not flow, it is relatively straightforward. For the rest of us, one of the indications to go by is to recognize an 'energy leak'; this is when a patient suffers from chronic and increasingly debilitating energy loss disproportionate to their normal everyday expenditure of energy. Such patients may begin to look grey, they appear to lack vitality (note their complexion, skin and hair), clearly require detoxing and may well suffer from chronic backache and/or persistent acute problems that never quite resolve. It is worth noting where the back pain emanates from as it is likely to highlight which chakra is suffering from radiation most. If one of the familiar radiation remedies (e.g. **Rad-brom, Caesium, Plutonium**) is indicated for the constitution then the energy leak may well be sealed. If not then it is worth noting which remedies among the new ones may be most similar to the rest of the patient's picture. That radiation is a problem of significant enough proportions to warrant getting to know these remedies cannot be in doubt. Long-haul flights, computer technology, mobile phones and the masts that serve them, dental X-rays, CAT scans, MRI scans, power stations, power lines and any other sources of radiation and magnetic pollution are quite capable of disturbing the vital force and the energy field of any one of us.

Vaccine damage is another hot potato. These days there are several methodologies to choose from in dealing with the chronic effects of artificial immunization and it is well to be familiar with them. However, several of the remedies presented here have also been gathering a reputation for this deep maintaining cause and are worth considering when you are seeking to restore the integrity to the immune system, especially when well-tried and tested methods do not complete their work. What makes them of special value, perhaps, is that they are able to work 'in retrospect'; even though the damage may have been done years before, the remedies will help to resolve the problems. This is useful when the isopathic method (**DPT, MMR** in potency) is less than wholly satisfactory after puberty.

Chronic injury patterns and the results of difficult birth patterns are often deeply held in the body's tissues and do not occur obviously in a patient's presenting symptom picture. They generally do become obvious because

well-indicated remedies do not effect the expected results; even then, it often requires an examination of the body's posture to elucidate just what structural problem might be holding the patient's progress back. Chronically held patterns that originally might well have responded to, say, an **Arnica** or an **Aconite**, do not necessarily respond to those remedies after years of being buried beneath other layers of trouble. However, such a situation is not beyond 'medical archaeology'; several of these 36 remedies are quite capable of digging into history to encourage the resolution of intractable blocks to healing.

Biochemical toxicity must boast the longest list of favourite 'recipes' prescribed by different homoeopaths for a host of reasons. Liver detoxing, blood cleansing and lymphatic cleansing come into this category. Can there be room for more? Yes, if the indications are homoeopathic. Remedies such as **Black Obsidian**, **Ruby** and **Lumbricus** all have their own distinctive pictures that include the detox theme and will initiate elimination when prescribed on their indications.

All these areas are very relevant to contemporary patients. As the new remedies have been found to have had some success, these common themes do not appear to be just wishful thinking on the part of the provers, desperate to find remedies to deal with difficult patients. Rather, they are an answer from Nature in a quest to find remedies that will increase our knowledge of how to ease a patient's otherwise blocked path of healing.

THE CHAKRAS

The term 'chakra' is from the Sanskrit and means 'spinning wheel', specifically of energy. There are seven basic centres of spinning energy in the body. They have been identified by those who are able to see auric energy fields in terms of their colours and they can be observed indirectly from the behaviour of the body when the centres are either positively or negatively active. The processes and behaviour of the body, mind and spirit are affected by these centres because each one is associated with one of the endocrine glands – ductless glands that produce hormonal chemicals that create action and reaction in the system. The spinning energy that emanates from these centres is part of the network of 12 major energy channels that traverse the entire body: the so-called meridians so familiar from acupuncture. The chakras are located where the meridians become confluent and, in their passing and coalescing, create clockwise-whirling vortices.

The centres are differentiated by association with their particular endocrine glands: by location; by vibration (usually identified by colour); by speed; by planetary influence; by the influence of the elements; by stages of development and levels of consciousness; by forms of pathology. Essentially, it is the chakras and meridians that appear to form the basic structure, the modus operandi, for the 'Vital Force'. In addition, the chakras are a hierarchy relating to the purpose to which the individual aspires. They are the stations along the path of self-possession, self-awareness, expansion, creative self-expression, wisdom and spiritual knowledge and not restricted by any religious connotation. They are a ladder of gradual spiritual achievement by which each of us seeks purification which in terms of homoeopathic prescribing means, among other things, the healing of unresolved issues; the destructive power of which, when superimposed on one or other of the energy centres, compromises it and initiates pathology.

Many people see the heart centre as divided between higher and lower chakras. This is because the heart is subject to the influences of the lower three chakras (the worldly aspect) and the three above (the spiritual). In addition to the seven major chakras there are other 'minor' ones, only two of which need concern us here: the thymus centre and the parathyroid centre. The thymus centre is of paramount importance as it behaves as if it were the heart centre's protector and as a recorder of past trauma (physical or emotional) from either the individual's own life or from inherited sources. The parathyroid centre is a higher vibration of the throat centre and governs the highest expressions of the self where heart, throat, brow and crown energy flow together to create or receive unique (artistic) expression either of oneself, fellow humans or from the realm of Nature.

The dynamic force flowing to, through and from each chakra is seen as fluid energy. It is the first of the three kinds of circulation of the body: fluid spirit, blood and lymph. This fluid energy of the chakras is not palpably physical though it works in conjunction with nerve cells. It is not confined by the physical body though it has its root within it. Its force field expands and contracts in response to danger, excitement, and pleasure as well as negative emotions. As the heart is to emotion, as the spleen is to blood so the medulla of the brain is to this fluid spirit. The energy emanating from the medulla and coursing along the meridians forms a whole – the aura, an envelope of protective spirit around and through the physical body. The aura is a 'spirit organ' and its properties are most like that of a 'weak' magnetic field; it is the *first* aspect of the whole body to register sickness. We all have the capacity to 'see' this though not all in the same manner; some actually see colours (though, interestingly, not all see the same colours), others register innate responses intuitively. When the fluid spirit is weak or withdrawn from any part of the physical body, the cells of that part cannot maintain their integrity.

If the medulla is the 'battery' for the spirit that draws its 'light' energy from the sun, at the opposite end of the body, located at the base of the spine and coiled at the coccyx, lies the kundalini, said to be the fire energy that is our root connection with the core of the earth. The word 'kundalini' is derived from the Sanskrit *kundal*, a coil. It has been described as part of the vital force of the 'will of cosmic consciousness'. An individual's kundalini is not a separate entity; it is part of the whole force field but, rather as the cerebrospinal fluid is to the blood, so the kundalini is to the

auric field. It is a reservoir of energy that, when required, can surge in a double spiral upwards, from the base centre to the crown, flooding the spinal column (at points along which each chakra is rooted) with 'fire energy' and suffusing each of the chakras. The outpouring of this extraordinary energy geyser flows from the crown chakra and, to complete the circulation of vital energy, into the rest of the aura. For much of the time in our ordinary daily lives the kundalini lies at rest; it becomes activated when there is any special call on our creative activity or when particularly awoken during meditation for the purpose of exploring the inner self and cleansing the auric body.

The duality of the kundalini lies in what the two entwining strands of energy represent: the male and female principles, known by their traditional names of pingala (active, hot, positive and exciting) and ida (passive, cool, negative and calming). The balanced flow of these two forces (the origin of the caduceus of Hermes or Mercury) forms the unity of the shushumna, the river of vital energy that is channelled by the spinal column. Pingala is described as flowing up to and through the right nostril; ida is described similarly for the left. The two meet in harmony at the crown. Thus the idea of right/male/positive balanced with left/female/negative is inherent in the whole philosophy. The underlying purpose of this knowledge is the journey of the individual from the duality of his or her physical nature to the harmonious unity of the spirit. These are philosophical tenets that can be readily applied to the practice of homoeopathy.

The chakra system has been part of medical and spiritual philosophy for over 4,000 years, though confined for most of that time to the East and, before that, to ancient Egypt. The ancient Egyptians had a slightly different system from those in India and the Orient. While the base chakra was located at the base of the spine and the third chakra was situated around the navel at the level of the solar plexus, the second chakra was centred on the spleen. This was because the Egyptians, knowing that each chakra could be awakened and activated, believed that, however appealing, it was deleterious to health deliberately to open up the generative region. Thus the base was the force field for the establishment of physical presence and sexuality as well.

Colour is important; most people who work with the chakras consider that their hierarchy is associated with the colours of the spectrum, starting at the base: red, orange, yellow, green, blue, indigo and violet. However, this

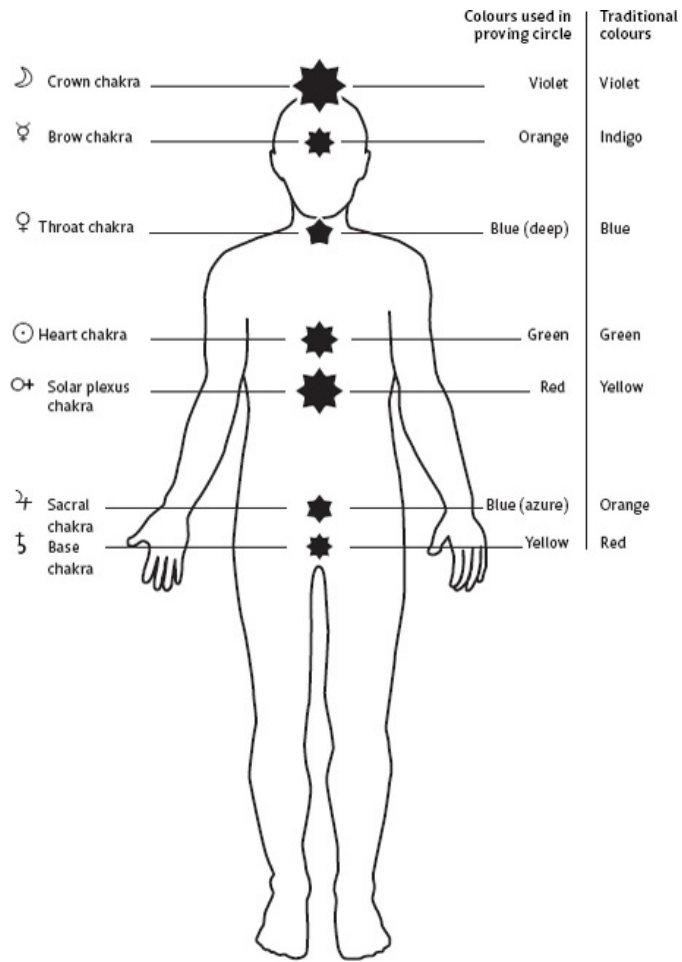
is perhaps simplistic as there are many variations of hue and not everyone conforms to this basic pattern. In disease, the colours change dramatically (as they do in floods of happiness) or are absent or are replaced by grey where there are 'holes' in the auric field, so-called energy leaks. The system used by the meditative provers was different from the usually accepted colour range.

- base – yellow
- sacral – light blue
- solar plexus – red
- heart – green (upper heart centre – gold)
- thymus – turquoise
- throat – deep blue
- parathyroid – pink
- brow – orange
- crown – violet (purple or amethyst)

This colour scheme does not invalidate the more usual range and is only given here to complete the information on the practice involved in the provings. The red and yellow are the reverse of the ordinary scheme because yellow represents earth and red represents fire; the liver and spleen being regarded together as the blood/fire centre. Nevertheless, yellow is just as strong in the solar plexus due to the activity of the liver. Orange is used in the brow as it represents the wisdom that passes understanding, the wisdom of detachment.

The following descriptions are intended to give an overall picture of each chakra so that their significance in any patient, in their relationship with the miasms and the consequent influence on a prescription may be assessed. The information is no more than a map and may not be of relevance to every patient. Where this knowledge comes into its own is in considering in what manner a particular patient is unable to move forward when other means have been tried and found wanting. However, once one becomes familiar with the whole concept of 'reading' the energy centres, the practice becomes natural and it is easier to give prescriptions that include supportive measures for constitutional remedies that would otherwise struggle to make a lasting impression on either the body or its sickness. This is particularly

so once there is a thorough working knowledge of the complementary relationships between remedies.



BASE CHAKRA

The coccyx and the adrenal glands

Element: **Earth**. The base chakra is not only the centre that 'connects' with the earth but is also the channel for the elimination of waste, ingested food that is processed by first fire and then water before returning to its earth state.

Planet: **Saturn** who represents life lessons and what they teach us. His symbol of the cross of Earth and the crescent of mind represents matter over mind.

It is in this centre that we learn basic survival; we become established as individuals amongst the 'tribe' of people we are born to. The coccyx represents the 'anchor', the source of groundedness. If the coccyx is damaged or removed then the sense of structure is threatened or absent. Often, in cases where there is injury to the spine or coccyx (even in distant history), well-chosen remedies that do not reflect the trauma may well have little chance of holding. This centre is about learning one's limitations and boundaries. It is also about coming to terms with those things that leave us choiceless; those things that we can do nothing about and have to accept. This is the chakra most affected by fear which destabilizes it so easily. Feeling fear may indicate lack of resolve, lack of self-esteem and a wavering of purpose. If we do not inhabit the base chakra fully, we become vulnerable to the undue influence of others. If we lose our sense of autonomy then the base chakra is weakened. The homoeopathic concept of susceptibility starts in this centre. The base is most active in childhood up until puberty. Whatever trauma is registered in this time will cause problems, for the adult, with grounding which will need healing and resolution as far as possible.

Indications for the appraisal of the base chakra

- All basic conditions of the skin (psoriasis and eczema)
- weakness or lack of plasticity in tendons, ligaments and joints (arthritis)

- conditions arising from injuries (particularly to the head, spine and coccyx)
- stasis and lack of development (stuckness on any level) including physical or mental growth (though without the miasmatic influence of syphilis or sycosis)
- difficult dentition
- constipation
- numbness; paralysis; Parkinsonism
- poor ability to heal physically
- conditions arising from surgery or general anaesthetics (see also the crown)
- adrenal insufficiency
- fears and anxieties about self-worth, inadequacy and confidence
- tendency to repeat previous mistakes
- lack of grounding and severe restriction due to limitations (self-imposed or by others)

The miasms that influence the base chakra

Psora

Positive representative values:

- integrity of purpose
- independence without isolation
- self-discipline
- self-sufficiency without selfishness
- being of service
- understanding the importance of organization, sequence and establishment
- knowing one's limitations and accepting their purpose in forging the base chakra
- acceptance of having to live in the real world

Negative representative values:

- inadequacy leading to dependency on other people, treatment, illness, systems
- denying or ignoring the lessons of experience
- repeating the same errors of judgement
- allowing oneself to be deluded
- fearing to live in the real world
- loss of direction in the face of threat or falseness
- preferring the freefall of ungroundedness and allowing one of the higher chakras to stand in for the base (especially the sacral or the heart)

All physical, mental, emotional symptoms < (worse from or aggravated by) suppression which leads to disease striking inwards and the stirring of other miasms. Poor recovery from infectious diseases. Lack of reaction. Weakness and debility. Extreme sensitivity to the environment. All processes slow down, dry out and crack up. Chickenpox.

Leprosy

Positive representative values:

- provision of mutual support (belongs to a self-supporting group that is self-sufficient)
- generosity of spirit towards others who suffer
- being prepared to sacrifice for a greater good
- acceptance of karmic justice (accepting the need to resolve past and ancestral trauma before moving on)
- lack of negative judgement in adversity

Negative representative values:

- loss of motivation through despair
- refusal to grow; being in permanent retreat
- denying the existence of anything outside immediate grasp
- dependence on religious strictures for a life structure
- allowing fate to rule life

- becoming a victim of neglect and isolation

Always feels outcast: not worthy of a place in society. Suffers in silence. Believes that disease is inevitable and that it will only heal if destiny or God will permit. Feels he or she has no influence over the negative force of disease. Accepts fate with resignation. Hates the thought of charity.

Tissue destruction: nerve damage; can be mistaken for syphilism. Glands swell; nerves clump = (leads to or causes) ganglia. Numbness and lack of feeling. << the sun. Eczema, dermatitis. Skin breaks down. Ulceration. Fungal infections.

Bowel nosode – **Morgan Pure**: congestion and stagnation leading to tension, irritability, depression and negativity; hypochondriasis.

The judicious use of the twelve tissue salts as support remedies for constitutional prescribing in those patients who either live within a context of strong maintaining causes or who have a fundamental weakness in their constitution is very useful in giving the base centre a strength which is otherwise lacking. Prescribing them according to patients' birth signs can help in using the tissue salts in this way.

Established remedies of the base chakra

Aconite, Arnica, Arsen-alb, **Baryta-carb**, Bellis-per, **Calc-carb**, Kali-carb, **Leprosinum**, Lyc, **Phos**, Plum, Plutonium, **Psor**, Puls, **Sil**, **Sulph**, Thuja.

New remedies of the base chakra

Amethyst, Ash, Ayahuasca, **Black Obsidian**, Buddleia, **Clay**, Emerald, Fagus Purpurea, **Golden Beryl**, Goldfish, Hazel, Hornbeam, Ilex Aquifolium, Jet, Lotus, Lumbricus, **Moldavite**, **Oak**, Salix Fragilis, Silverfish, Silver Birch, White Chestnut Flower, **Yellow**.

SACRAL CHAKRA

The generative organs and the kidneys

Element: **Water**. This chakra is where the balance of water in the body is maintained. Water is also associated traditionally with emotions and this centre is the source of the raw energy of emotion.

Planet: **Jupiter** which represents duality/sensuality/expansion/growth. His symbol of the crescent of mind over the cross of Earth represents mind over matter.

This centre is the seat of humanity's condition of duality; of free choice for the learning of lessons initiated by the base/Saturn. It becomes active with the onset of puberty though it is not the case that this chakra is only to do with sexuality. It is about the expansion of awareness; of moving away from one's 'comfort zone' in order to milk the opportunities of choice. The kidneys hold the key to ancestral energy patterns and whatever unresolved patterns of behaviour are inherited will influence the manner in which an individual will set out to explore this centre. The uterus and prostate represent the 'lower heart'. Any experience or trauma to the organs of this centre will register on the emotions (heart) and the creativity (throat and parathyroid centres). The sacral chakra is also the centre that generates the willingness or addiction to risk; the energy we need to break free of earthly constraints lies here. The dichotomy between common sense and excitement suggests the struggle between Saturn and Jupiter; where sense meets sensibility or sensuality. The sacral centre, once the base is compromised, is where susceptibility to internal disease of the vital organs is most easily initiated.

Indications for the appraisal of the sacral chakra

- Disturbances to the water balance in the system
- hormonal conditions
- urinary tract problems
- pelvic inflammatory disease, endometritis, endometriosis, polycystic ovaries, etc.
- menopausal states
- suppression of natural function by the contraceptive pill, intrauterine devices, the morning-after pill, fertility treatment or hormone replacement treatment
- sexually transmitted diseases (and their suppression)
- sexual dysfunction, abuse, perversion
- pathology of the breasts (as breasts often reflect the combined history of trauma in the sacral centre and unresolved emotional states that

stem from difficult relationships with one or other of the parents or the partner)

The miasm that influences the sacral chakra

Sycosis

Positive representative values:

- unfettered enjoyment of life
- command and awareness of the senses and sensitivities to aid in making choices of direction
- imaginative, expansive right-brained activity
- ability to judge opportunity with a balance of common sense and enjoyment
- generosity – being able to accommodate others and give just as much as will make a positive difference
- knowing how and when to put the self first without succumbing to egotism and selfishness

Negative representative values:

- irrational thinking based on speculation and expectations generated by negative experience
- excessive behavioural traits
- susceptibility to addiction: inability to avoid negative temptations
- giving away too much: excessive generosity without being able to receive
- becoming a participating victim: allowing others to manipulate and use them
- muddled creative thinking; poor concentration of thought processes that make artistic expression unreliable or unpredictable

General state of confusion: cannot make decisions; doesn't know what to believe (either from others or about life or spiritual matters). Finds it hard to discriminate between good and bad choices which leads to crippling feelings of guilt. Unable to think in a logical, linear or sequential manner.

(Yet can be excellent at lateral thinking.) Become the perfect victims of syphilitics. Often genuinely psychic but always goes too far and wants to tell others what to expect (often inaccurately). Spirituality is confused. Wants to explore it but does not want to do so with any discipline; has no inclination to carry out any spiritual exercises. Want the esoteric to lift them out of the real world as a way of escape. Irrational thoughts lead to explosions of fear, anger, hatred, etc.

Oedema; inflammation; overgrowth: warts, moles and tumours. Diseases of the pelvic floor: inflammatory disease. Burning pains and fiery skin. Mumps.

Bowel nosode – Sycotic Co: irritation of the organs of the sacral chakra with susceptibility to diseases that demand urgent attention and often lead to suppressive treatment. Mood swings result from the general irritability. Fearful, nervous, sensitive.

Established remedies of the sacral chakra

Lach, Lil-tig, **Lyc**, Med, **Puls**, **Sepia**, Syphilinum, Syc-co, **Thuja**.

New remedies of the sacral chakra

Ash, **Blue**, Clay, Fagus Purpurea, Golden Beryl, Goldfish, Jet, Lotus, **Medorrhinum Americana**, Moonstone, Sandalwood, Silver Birch, **White Chestnut Flower**.

SOLAR PLEXUS CHAKRA

The liver, the pancreas and the spleen

Element: **Fire**. The spleen and liver, revitalizing and cleansing the blood, generate fire in the system.

Planet: **Mars** which represents challenge and conflict. His symbol of the cross of Earth guarding or leading the circle of emotion represents the search for attainment.

The liver is the organ of the will; the spleen is the organ of aspiration; the pancreas is the organ of sweetness and joyousness. The solar plexus is the chakra and engine of the *manifestation* of creativity, the end result of aspiration, inspiration and hard work.

Indications for the appraisal of the solar plexus chakra

- Conditions of stifled creativity; when intolerance, frustration and conflict lead to pathology; unresolved issues of anger and frustration
- gall bladder conditions; digestive tract problems: IBS, peptic and duodenal ulcers, diverticulosis, haemorrhoids
- toxicity; intolerance to wheat and gluten and other foodstuffs
- liver disease: jaundice, hepatitis and pancreatic disease: pancreatitis, diabetes (NBWS or chronic)
- blood disorders including anaemia and clotting problems; hypertrophy of the spleen; conditions arising from splenectomy
- chronic catarrhal conditions stemming from the liver
- migraine (with nausea and vomiting; can sometimes be associated with suppressed sexuality)
- the toxic effects of alcoholism (which arises from disordered base and sacral centres)
- the effects of suppressive allopathic drugging
- trauma to any of the organs of the solar plexus as well as trauma that has caused the thoracic diaphragm to contract and hold a pattern of torsion

The miasm that influences the solar plexus chakra

Tuberculosis

Positive representative values:

- decisiveness
- self-discipline and single-mindedness
- ability to deal with challenge and conflict
- ability to focus on strategy and process in order to achieve a goal
- ability to put purpose and inspiration into practice
- being adventurous within the bounds of responsibility

Negative representative values:

- frustrated ambition; being taken over by ambition
- being overzealous and overreaching
- restlessness and loss of purposeful creative direction
- loss of aspiration; loss of fire
- selfish forcefulness in dealing with others' needs

Always dissatisfied. Drive others to do what they want. Always challenging other people but afraid or too weak to face any conflict themselves. Quick to react but slow to recover from it. Suffer 'burnout'. Promiscuous: sex offers an irresistible challenge and a way of release from tension built up by dealing with the world, yet there is no sense of commitment to a relationship to balance this out. Fear of becoming trapped in relationships that might slow them down.

Lowered immune system which leads to frequent infections or increased sensitivity; easily becomes hypersensitive to foods or chemicals in the environment (histamine reactions exaggerated). Reactive bowel diseases; migraine; fevers; eczema.

Bowel nosodes – **Morgan Gaertner**: eases the physical processes of elimination when chemistry of the gut is wayward; aggressive attitude when faced with challenge; impatient of others' inadequacies when coping with stress. **Dys-co**: alleviates fears and anticipation that prevent being creative; afraid of being challenged or tested. **Gaertner**: defective nutrition due to allergic reactions; problems associated with growing up.

Established remedies of the solar plexus chakra

Arsen-alb, **Bell-per**, Card-mar, Ceanothus, **Chel**, **China**, Hydrastis, Lach, **Lyc**, Morgan-Gaertner, Nat-mur, Nat-sulph, **Nux-vom**, Taraxacum, Thuja.

New remedies of the solar plexus chakra

Ayahuasca, Berlin Wall, **Black Obsidian**, Fagus Purpurea, **Golden Beryl**, Hazel, **Jet**, Lotus, Lumbricus, Oak, **Okubaka**, Red, **Ruby**, Sea Salt.

HEART CHAKRA with information on the thymus gland, the 'heart protector' Heart, lungs and thymus gland

Element: **Air**. In this centre oxygen invests the blood with 'breath'; air breathes life into fire.

Planet: The **Sun** which represents pure feeling and unconditional love; the origin of the desire to reflect life and love in self-expression and art. The seat of the deeper emotions; of human relationships. (The lower heart, which is suffused with the colour green, is the core of earthly emotions and often, in affliction, causes stress in the solar plexus; the upper heart, which is suffused with gold, is the core of unconditional love.) The **Sun** symbol of the circle with a single point in the centre represents all-encompassing unconditional love.

Indications for the appraisal of the heart chakra

- Heart and circulation conditions: NBWS pericarditis, endocarditis, mitral valve insufficiency, etc.
- lung and breast pathology resulting from emotional trauma and miasmatic influences
- angina, atherosclerosis, high blood pressure, diabetes (see above in solar plexus; diabetes may also be caused by atherosclerosis of the artery leading into the pancreas)
- emphysema, asthma, bronchospasm, bronchiectasis, bronchitis (chronic)
- emotional imbalance; lost opportunities of resolution for emotional trauma

The miasm that influences the heart chakra

Tuberculosis

Positive representative values:

- unconditional love
- chivalry and honour
- open-mindedness
- charity with common sense (see Leprosy); there is no ulterior motive

Negative representative values:

- waste of creative talent
- conditional love
- destructive relationships that lead to grief and damaging karma
- envy and jealousy
- moral superiority – expectation that others should accept their point of view

Feels stifled by convention, rules and tradition. Must break out and find a new path. Restlessness and fear of restriction; avoids commitment. Asthma and other conditions of the lungs. Bleeding diseases. Fevers and inflammatory conditions which leave the patient weak.

Bowel nosode – **Proteus**: suppressed passion and creativity; trapped in anger and frustration; heart chakra completely blocked by feeling stifled emotionally. Quick to react in mind from long-held and unexpressed bitterness. (Often indicated in those who find themselves living outside their own cultural context or exiled from their home territory.)

Thymus gland

The thymus is an organ of maturation. It is also the organ that appears to hold the history of childhood/family/ancestral emotional trauma. It seems, too, to act as if it were a heart protector. It is as if it records the main stages of life: conception, foetal growth, birth, major events of childhood (and the increasing awareness of our world by the five special senses), puberty, menopause and death, while also registering any major traumas that are not fully resolved. It is deeply affected by artificial immunization. It is also the endocrine gland that is most associated with the syphilitic miasm.

The miasm that influences the thymus gland chakra

Syphilis

Positive representative values:

- desire to seek transformation
- fulfilment by working through negative karma
- allowing for elimination of all but the essentials

- clarity of mind with ability to measure, calculate and gauge on any level; efficient left-brain activity; the scientific, logical, reasoning mind

Negative representative values:

- loss and/or denial of connectedness to the spiritual source
- dependence on material things
- manipulation of others for personal gain
- denying the opportunity to work through karma
- fostering of evil intent by secretive means

Destructive pathology (i.e. MS; motor neurone disease; leukaemia). Internal structures and processes break down and are destroyed. Syphilitic conditions are the result of choosing not to journey towards enlightenment. They are often used by the sufferer either as a means of self-limitation or as a means of 'punishing' others, who become carers or anxious witnesses to the decline, and with whom the patient may have had a remarkably difficult relationship.

Established remedies of the heart chakra

Aurum, Aurum-mur-nat, **Cactus**, Carcinosin, Cratægus, **Ign**, Kalm-lat, **Lach**, **Latrodectus**, Naja, **Nat-mur**, Proteus, Puls, Tuberculinum, Syphilinum.

New remedies of the heart chakra

Ayahuasca, Berlin Wall, Buddleia, **Chalice Well**, **Emerald**, **Goldfish**, Green, **Hazel**, **Holly Berry**, Hornbeam, Jet, **Oak**, Rainbow, **Rhodochrosite**, **Rose Quartz**, Ruby, Sandalwood, **Sea Salt**, Silver Birch, White Chestnut Flower.

Established remedies of the thymus gland chakra

Arsen-alb, **Baryta-carb**, Carcinosin, DPT, **Ign**, **Lac-humanum**, Nat-mur, Plutonium, Staphysagria, **Syphilinum**, Thuja, Tuberculinum.

New remedies of the thymus gland chakra

Ayahuasca, Berlin Wall, Black Obsidian, Buddleia, Chalice Well, Eryngiummar, Goldfish, Hornbeam, Jet, Latrodectus, Lotus, Lumbricus, Moldavite, Oak, Rainbow, Rhodochrosite, Rose Quartz, Sandalwood, Thymus Gland, Winchelsea Sea Salt.

THROAT CHAKRA

The thyroid and the parathyroid glands

Planet: **Venus**. The power of personal magnetism and the expression of purpose, part of which is unification with another thus balancing the sacral centre. Self-expression – the ability to express the feelings that the heart needs to communicate; ruler of artistic expression. The symbol of Venus is the cross of Earth beneath or subordinate to pure emotion and it represents the surrender of the earthly body to the power of the heart.

The parathyroid centre lies above the throat chakra and is integral with it. It is the centre of the highest expressions of the self and is activated by the espousal of causes and by encountering those who can be described as ‘soul mates’.

Indications for the appraisal of the throat chakra

- Thyroid imbalances: hypo-and hyperthyroidism; sluggish metabolic rate or over-adrenalized state that weakens the base centre
- tonsil and throat problems; swollen glands (chronic or frequent acutes)
- conditions of the auditory canal
- circulatory conditions associated with thyroid function
- conditions of unexpressed emotion particularly < from the radiation miasm

The miasm that influences the throat chakra

Radiation – the thyroid is the endocrine gland most at risk from the harmful effects of radiation. (Perhaps this is not, strictly speaking, a miasm at all. It is, however, a permanent feature of ineluctable negative influence

on our health though not everyone is as affected by it as others certainly are. If it has a positive side it is one that arises from its clearing as a block to cure.)

Positive representative values:

- awareness of one's place in the universe
- optimism in the face of the negativity that seems to envelope the world
- free expression of limitless joy

Negative representative values:

- silence of despair
- fragmentation of all positive energy
- loss of awareness of need to express oneself
- being susceptible to infiltration of subversive ideas

Bowel nosode – **Morgan:** eases congestion and speeds up metabolism; **Bacillus No. 7:** eases extreme exhaustion and physical fatigue expressed in poor thyroid function.

Established remedies of the throat chakra

Calc-carb, Ignatia, Iodum, Lach, Leprosinum, Lycopodium, Merc-sol, Nat-mur, Phytolacca, Puls, Silica, Spongia.

New remedies of the throat chakra

Blue, **Hazel,** Rainbow, **Rhodochrosite, Sea Salt,** White Chestnut Flower.

Established remedies of the parathyroid chakra

Arnica, Belladonna, Hypericum, Ledum, Plantago. (This centre is most affected by the tetanus inoculation. It is also affected by physical damage to the spine, coccyx and occiput or by fevers high enough to dry out the meninges. It is also silenced by witnessing trauma when there is no ability to express in sound what has occurred.)

New remedies of the parathyroid chakra

Moonstone, Oak, Rhodochrosite, Rose Quartz.

BROW CHAKRA

The pituitary gland

Planet: **Mercury** who creates the balance of intellect and intuition – he is the bearer of spiritual messages to the mind. Mercury governs intuitive perception; awareness and understanding; the interface between pre-destiny, awareness and choice which governs behaviour. The application of active intelligence based on wisdom gained from experience and the observation of circumstances. Mercury's symbol of the crescent of mind above the circle of emotion subordinating the cross of Earth represents the control of body and emotion by wisdom.

Indications for the appraisal of the brow chakra

- Growth and development problems (on any level, physical, mental or emotional)
- third eye – seeing one's way in the world and the ability to make choices, particularly those that further karma
- hormonal conditions; endocrine imbalances
- poor drainage from the head of lymph and blood
- migraine (but see solar plexus)
- headaches
- problems of the eyes and vision
- mischief making and manipulation or lack of foresight with tendency to repeat patterns of negative behaviour (but see the base chakra)

The miasm that influences the brow chakra

Education, when the individual has been diverted from their path through the inculcation of learning that is alien to their life purpose. (Clearly this is not a miasm in the true sense of 'inherited disease taint' but it can be a negative influence on the life of the individual.)

Positive representative values:

- development of the individual personality
- fostering of the individual's creativity
- encouragement of self-confidence through self-learning
- development of a tradition of creative excellence through family line

Negative representative values:

- imposition of values that are antipathetic to the individual
- stifling of personal creativity by parental or institutional expectations
- loss of clear judgement
- inability of the individual to find his or her path
- loss of awareness of the intuition
- fostering of the intellect at the expense of intuition which leads to rigidity, dominance of the rational mind and loss of empiricism

Bowel nosode – **Proteus**: eases tensions created by an overzealous intellect that seeks to analyse everything in the past; connected with the heart as there is a background of family or karmic grief and tension.

Established remedies of the brow chakra

Arg-met, Aurum, **Baryta-carb**, Baryta-iod, **Calc-carb**, Calc-iod, Calendula, Carcinoin, **Merc-sol**, **Plutonium**, Syph, Tuberculinum.

New remedies of the brow chakra

Ash, Ayahuasca, Black Obsidian, Chalice Well, Fagus Purpurea, Goldfish, **Moldavite**, Oak, **Rainbow**, Rhodochrosite, Ruby, **Syc-seed**.

CROWN CHAKRA

The pineal gland

Planet: The **Moon** which represents dispassion; cool reflection. The point of connection between divine and human consciousness where personality is born; the quality of receptivity of spiritual purpose. Spiritual connectedness

and perception; the centre where negativity and the denial of instinct = fragmentation of purpose. The symbol of the crescent moon represents reflection and detachment from earthly concerns and a complete mastery of intuitive thought.

Indications for the appraisal of the crown chakra

- Sleep: bad dreams; insomnia
- vertigo
- head injuries
- results of drug abuse, loss of awareness/consciousness, dislocation of the spirit from the body after general anaesthesia
- pathology of the psyche

The miasm that influences the crown chakra

Cancer: which is a pathological metaphor for the loss of life purpose or an indication of being lost in a maze of 'wrong turns' along life's path.

Positive representative values:

- renewed discovery of purpose
- ability to regenerate in the face of all adversity; to start again no matter what
- absolute trust in the wisdom and purpose of the universe
- ability to react creatively with what best reflects the combined forces of karma, miasmatic inheritance and spiritual intention that inhabit the individual
- a return to the level of psora

Negative representative values:

- loss of creative purpose
- loss of intuitive grasp
- suppressed ego and absent id
- inability to recover positive momentum in any disease state
- absolute stagnation

Established remedies for the crown chakra

Anhalonium, Cann-ind, **Carcinosin**, Helium, **Hydrogen**, Luna, **Opium**.

New remedies for the crown chakra

Amethyst, **Ayahuasca**, **Buddleia**, Goldfish, **Hazel**, Hornbeam, Lumbricus, Moldavite, **Moonstone**, Purple, **Rainbow**, **Sandalwood**.

Of what significance are the chakras to the remedies and prescribing?

That the chakras are integral to our health is a given for those who have felt the need to draw on the ancient traditions of healing that stem back to the time when Sanskrit was spoken, and beyond to the ancient Egyptians. The awareness that remedies have affinities for chakras is not new either. Nevertheless, the integration of the chakras into prescribing strategies is a process of long gestation and development and may become a source of fascinating study; it is a new enough concept in homoeopathy for us to acknowledge that we need years more work to verify its general usefulness and to understand it thoroughly.

Over the proving years, familiarity with ways of using new (and ‘old’) remedies to support stricken chakras during constitutional treatment has strengthened an approach that has been dubbed ‘three-dimensional prescribing’. This is a way of ‘reading’ and prescribing for patients in terms of:

- their presenting complaint
- the miasmatic background (if there is one – and there usually is in chronic cases)
- potential maintaining causes (either physical or emotional, mental or circumstantial)
- any areas of weakness in the system that would potentially undermine the positive effects of well-indicated remedies

So far, nothing new in this. What is different about three-dimensional prescribing is not to see these aspects separately and treat them in a linear fashion, one after the other, but to take them as a whole and create an integral prescription so that all aspects of potential weakness are supported. If we consider that remedies may not simply be homoeopathic to a patient's constitution in sickness but also homoeopathic to:

- the condition of a stricken organ that is not the focus of a main complaint but serious enough to disturb the complete action of the chosen indicated medicine
- a maintaining cause that is contributing to the condition being treated
- a moment, an episode or a long period in history that, though lost to view, was when the roots of the illness were established
- one or more of the energy centres of the body
- a state of energy that exists or existed between the patient and another which feeds the condition

and presupposing an intimate knowledge of the complementary relationships between remedies, then it is possible to deal with more than one thing at a time in those cases that are so complex as to defy the ideal of the single minimum dose of an indicated remedy.

Thus it becomes possible to consider a three-dimensional strategy for difficult cases in which present complaint, miasmatic history, traumatic aetiology and/or weakened energy centres (or struggling vital organs outside the immediate sphere of the disease) are all taken into account in an integrated prescription of remedies recognized for their affinities for each other. If someone presents with, say, chronic headaches (NBWS a long period of dental treatment to extract amalgam fillings in which the jaw was traumatized) but also has a weakness in their kidney energy (due to a previous history of suppressed bladder infections) then only prescribing on the constitution that is producing chronic headaches may not be sufficient for a lasting result. To support the indicated constitutional remedy (e.g. **Lycopodium**) with, for example, **Berberis Vulgaris** in low potency (chosen for its affinity for the kidneys and its ability to integrate with a very wide variety of other remedies without disturbing them) is simply good homoeopathic household management. If, in addition, one also prescribes **Sycamore Seed** in order to cope with the history of trauma to the jaw and

an imbalance to the cranial base due to the dentistry, then one is complementing the other two remedies with one that has an affinity for the after-effects of trauma to physical structure, most particularly the cranium.¹ In such a case, **Berberis** is supporting the sacral/kidney chakra while the other remedies are working to resolve another problem with a different aetiology but it is doing so as if woven into the ‘fabric’ of the prescription. (**Lycopodium** is also a kidney remedy though the division of its labours between the headaches and the weakened kidneys might so easily have meant a slower healing or an indifferent result.)

Staying with the idea of chakra support, another example is this: a man with a variety of complaints asks for help to resolve them all. Though he himself gives priority to his poor memory, his acute gout, his shortness of temper, headaches and intermittent pain in his abdomen that he thinks is irritable bowel syndrome, he is clearly exhausted after lifting 100 bales of hay and then playing a 3-set game of tennis. The indications for the gout are **Sulphur**-ish, those for the headaches and temper are like **Nux-vom**, his bowel symptoms are similar to **Lycopodium** and his emotions are **Nat-mur**-ish as are his food and drink modalities. So many of his energy centres seem affected. Where to begin? This man is a stoic; he doesn’t complain. He works hard; he doesn’t know when to put his tools down and read the paper. He is given **Oak** 30 because his base centre is indicated by his lack of awareness of when he needs to give himself a break, by his inability to delegate the heavy work to his team and because his energy is low enough for there to be a doubt about his ability to respond to indicated remedies. His energy is immediately boosted and, paradoxically, he sees that he has for some time been doing far more work than he needs. The base chakra is revived and he sees the reality of his situation. **Oak** is homoeopathic to his stricken base chakra and its prescription means that the remedies for the gout, gut and megrim that follow, work without impediment.² (**Sulphur**, too, is a base chakra remedy but if it were to divide its potential for the exhaustion and the gout – a problem of the solar plexus – then it would take longer to effect a result and might bring on an eliminative aggravation that would exaggerate the already considerable fatigue, or take him into an acute episode of gout which would exacerbate his already stretched anger and energy threshold.)

One further example helps us understand the significance of the chakras in prescribing strategies. Many people come with a physical complaint that

is trouble enough to require medication before the emotional aetiology that inspired it. This is typical of heavy-duty pathology such as cancer, but it is also true of lesser complaints such as Crohn's disease, duodenal ulcer, asthma; the list is long. We might go for the emotional aetiology first but the history of progress into the pathology is just too complex for the **Nat-mur**, the **Staphysagria** or the **Aurum**, for example, to cope with the sheer weight and scope of the woven tapestry of disease energy. So, if one prescribes for the pathology – the energy of the diseased part being greater than the whole and the remedy being homoeopathic to the disease of the whole part – what can one do about the struggling heart centre, the core of the emotional cause? One can prescribe a complementary remedy that is compatible with both the remedy for the pathology and the heart chakra. For example, **Emerald** will support a **Lycopodium**; **Ruby** will support an **Arsenicum**; **Jet** will support a **Phosphorus**; **Chalice Well** will support a **Thuja**. These examples are chosen at random from the experience of seeing patients do well; there are many complementary relationships and few caveats about prescribing new remedies in support of each other or of familiar ones.

One of the most valuable additions in helping to support the heart chakra while pathology of other parts is eased is **Rose Quartz**. Though it has had reported aggravations, they are extremely few and it is a remedy of a remarkably soothing quality; it will be effective in its own right wherever it is indicated but it will support a prescription of other carefully chosen complementary remedies when the heart centre might otherwise be stirred into reaction before the body's whole energy is quite ready to deal with past grief and trauma.

To understand how to use the information of the chakras requires only a slight shift of perspective in the way we read the remedies. Each one can be seen as a remedy fully capable of resolving conditions in its own right: the minimum dose of the single remedy. Each one can also be seen in the light of the chakra or chakras with which it has close affinities: each is 'homoeopathic' to the struggling energy of one or another chakra. The purpose of seeing or reading the remedies (any of them, not just new ones) in this way is to add a further string to our bow. To support a chakra can mean less aggravation, more thorough results from an indicated complementary constitutional remedy and altogether gentler healing. To issue a prescription such as this – **Chelidonium** LM1, **White Chestnut**

Flower 200 (one each week) and **Rose Quartz** 30 (three times a week) – might seem to be prodigal and maverick until one knows that it is for a patient who has chronic bowel problems and a sense of unremitting grief having suffered cruel abuse from a violent partner some years before. Bowel (solar plexus), generative organs (sacral chakra) and the emotions (heart) are all involved. Though there are those whose constitutions have sufficient integrity to be able to take and respond curatively to just the remedy indicated by the emotions and the aetiology, these people are rare in the First World. Such cases need long and patient care and support. There is unlikely to be swift resolution for someone suffering from so much trauma buried beneath layers of unexpressed feelings, suppressed pathology and drug toxicity. Though one might be tempted to hurry to the end of the case-taking in order to give the **Staphysagria** so obviously waiting to be prescribed, it might be a gentler option to consider taking the immediately distressing physical symptoms of the bowels as a priority and giving support to the emotionally and traumatically stricken sacral and heart chakras. When the base (**White Chestnut Flower**) and solar plexus (**Chelidonium**) chakras are stronger, then the heart (**Rose Quartz**) and sacral (**White Chestnut Flower**) chakras will unlock from their long-held ordeal more gently and thoroughly, and without any need to stir destructive anger however righteous it might be. In other words, when the **Chelidonium** has done its work in strengthening the organs of elimination it is then to be expected that the patient would be ready to focus all healing efforts on the history of the trauma; the chakras below the heart – the ones that need to be structurally sound to cope with thorough emotional healing – are prepared for the profound changes that will release the patient into a newly creative future. (Grief remedies such as **Winchelsea Sea Salt** and **Emerald** follow liver remedies very well.)

It is worth noting that when a miasm hoves into view in any complex case then drawing the nosodes into three-dimensional prescribing strategies becomes useful. Think of the woman suffering from fibroadenoma of the breasts who develops a suspicious lump on the left breast. In addition she has a history of a very difficult relationship with her mother and a past peppered with repeated chest and sinus infections that have always been suppressed with drugs. She does well on **Lac Humanum** 1M; **Silica** LM1 and **Rose Quartz** 30, three times a week. (She asks for more of the **Rose Quartz**.) She develops a welling anger towards her mother which she has

never felt before and at the same time she has an intense sense of restlessness and ‘cabin fever’; she wants to change her job and move house. She stays on the **Silica** LM1 as she feels that it is making changes to her lump. To this are added **Tuberculinum** 1M, single collective dose, and **Emerald** 200, once a week for four weeks – both remedies being of the heart chakra. She returns to say that she and her mother have been speaking to each other in a manner they have not been able to for years; that she had forgotten about moving house or changing her job; that her breast lump has completely disappeared. She appears and sounds content.

When we read homoeopathic literature, written by the indisputable masters such as Clarke and Compton Burnett, Cooper and Shepherd, we can still easily be overwhelmed by the prodigious skill that such physicians commanded. What is also interesting, however, is what is missing from their pages. Homoeopathy prides itself on being one of the few truly holistic systems of medicine; it heals body, mind and spirit. Yet what is absent from its writings is any practical application of remedies to the third aspect, spirit (with a small ‘s’ and no formal religious connotations). Perhaps past homoeopaths would say that the results of successful prescriptions are example enough of the workings of spirit and we should leave it at that. However, if, by working with the chakra system, we are able to continue to observe and to develop Hahnemann’s central tenet of medical philosophy as he enshrined it in the first three aphorisms of *The Organon* then we are contributing creatively to a tradition of medical thought that has now withstood the test of centuries. This is not the first book to broach this aspect of homoeopathy and the provers of these remedies make no pretence of being pioneers except in their own inner journeys. Nevertheless, it is their sincerest wish that the work begun in the last decade of the old century should be of service to all practitioners in the 21st.

In reading and studying these 36 remedies, it is helpful to absorb them in the light of patients’ potential for creativity rather than solely in the shadow of negative pathological energy. All remedies, new and familiar, do more than correct ills; they are forces of positive change that allow people to fulfil their purpose.

¹ The prescription for this case was **Lycopodium** LM1, **Sycamore Seed** 30 (one three times a week for four weeks) and **Berberis Vulgaris** 3x (daily for four weeks).

² In this case, the man went on to receive **Lycopodium, Ignatia** and **Sulphur**. He occasionally needed further doses of **Oak** when he became stressed, disorganized and unfocused. It always pulled him back to 'centre'.

A NOTE TO THE READER

The symptomatology and prescribing suggestions

The symptoms that are listed in each remedy have been culled from the transcripts of the reports given by the two groups of individuals in the meditation circles held by Janice Micallef, by the students of the Guild of Homoeopaths' first postgraduate course, and by the ad hoc groups referred to in 'The Proving Experiment' at the beginning of the book. Further symptoms were added from cases where patients had benefited curatively from the remedies.

By far the bulk of each remedy will be found in the general, mental and emotional symptoms. This is because it is in these aspects that the provers were most deeply affected. It is also worth recording that it was clear from the transcripts that one of the two main groups of provers was affected more than the other by physical symptoms while the other 'received' more of the esoteric information; though both groups experienced a wide range of symptoms – mental, emotional and physical.

It will be noted that there has been no attempt to weigh or qualify any of the *physical* symptoms by listing them with the number of provers who suffered this pain or felt that sensation, nor by the use of bold type. This means that there is only a limited way of telling whether the pain or sensation is more or less likely to be part of the *common* symptom picture of each remedy. They have been recorded as only potential symptoms because for the most part any physical sensations only lasted for the duration of the meditation or for a little while after. Nevertheless, a thorough reading of each remedy will show how every one has its own unique picture, while the cases at the end of each remedy chapter show that

patients do come for treatment with an aggregate of symptoms that indicate the one under consideration.

While some remedies have physical symptoms in considerable detail, others do not have the benefit of anything like completeness; **Lotus** and **Moldavite** are examples. What practitioners will be most concerned about is the use of any of these remedies when basing a prescription on an aggregate of *seriously pathological physical symptoms*. It is always better to err on the side of caution when considering the use of one of these 36 remedies in such cases just because of the need for a great deal more clinical experience – experience that may take many years to gather. What may be reported here as having been physically experienced in meditation may not be sufficient evidence to use a remedy in expectation of the elimination of physical symptoms.

Another feature of this materia medica is that prescribing suggestions have been made. This is because information of this type occurred during the meditations or arose from the experience of using the remedies in clinic. Where combination remedies are either recommended or suggested it is important to note that they are not advocated to be used instead of any clear similimum. They are to be used either as organ support or chakra support remedies. An exception is in the special case of **Thymus Gland**; a triad combination involving the use of this remedy may be thought of as a constitutional similimum but only for the reasons put forward.

It is hoped that every practitioner will use this materia medica as a book of inspiration that will unlock difficult cases thus far limited by maintaining causes that have not yet been resolved by any indicated similimum. Where time and patience allow, practitioners are exhorted to record the success of these remedies, adding details particularly of physical symptomatology so that future generations of homoeopaths will use them with confidence and fluency.

I have divided the book into three parts: the introductory material, the remedies and the appendices. The materia medica of each remedy is also structured to give a cohesion to the whole. Each remedy is examined under the following headings:

- The Background – an introduction to the source of the remedy, looking at its history, its natural history, its mineralogy, its essence

picture – whichever was applicable in each case

- Keynote effects, which cover broad expectations of the remedy's prescription
- General symptoms
- Mental and emotional symptoms
- Physical symptoms
- Considerations for the use of the remedy
- Esoteric therapeutics
- Chakras
- Case examples
- Author's notes and practitioners' comments

The background historical, 'scientific' and 'essence' information is given in order to furnish readers with material that might suggest signatures that could guide practitioners intuitively to fresh ways of seeing patients. In the 'Considerations', comparisons are suggested not just between the remedies presented but also with old friends perennially in use. There is further information in that section based on collected experience from many of the practitioners already using the remedies regularly. The esoteric therapeutics and chakra information is offered as an alternative way of looking at remedies and is further discussed in 'The Chakras' at the beginning of the book.

The case examples given are from practising homoeopaths' casebooks. The practitioners are all either students of the Guild courses or original members of the circles. The cases were mostly selected because of the exceptional results of the remedy under consideration. Many contemporary homoeopaths are not strictly classical in their prescribing, finding the constraints of using a single remedy and then waiting for all possible effects to have worn off to be difficult if not impracticable to work with, certainly in heavy-duty pathology. Though every one chosen causes no doubt in the mind of the prescriber, it has been difficult to find cases that are not open to debate to illustrate these remedies, owing to the practice of using support and drainage remedies that has become so prevalent. As such, all the cases are no more than anecdotal but it is sincerely hoped that readers will see empiricism sufficiently clearly at work to be inspired to use the remedies

when they see them indicated. (Inevitably the style of writing up the cases varies from practitioner to practitioner.)

NB I have used the conventional homoeopathic symbols throughout the book, and I have listed below the abbreviations for dosage I have used.

o.d. = once per day; o.n. = once per night; b.d. = twice daily; t.d.s. = three times a day; p.r.n. = as required

Part II

THE REMEDIES

ACER PSEUDOPLATANUS

Sycamore Seed

The remedy, universally known by its English name, was given three separate provings. The first was undertaken by the group of graduate students participating on the Guild of Homoeopath's course on 10 October 1997 when the 30th potency was taken. The second and third were undertaken by the original two groups of Guild members on 17 October 1997 (when the 10M was taken) and on 31 October 1997 (when it is likely that the 10M was again taken, but the potency is not specified in the original transcript; from the receiving it would appear the 10M is referred to because 'the higher potency' is mentioned as a preferable choice in some circumstances).

The Background

The sycamore is the largest variety of maple. It is native to central and southern Europe as far north as Paris and its survival in northern climates is due to its being able to adapt to alpine conditions; it can survive temperatures of minus 24°C. It grows as far north as Scandinavia and Scotland. Though it is hardy and the wood is equal in strength to the oak, it is far less durable. It is found mostly in city streets, parks and gardens and is maintained in public places for the beauty and shelter of its large and generous canopy. The tree will grow up to more than 100 feet in some

places. It is very resistant to pollution and to sea spray which makes it an ideal windbreak for gardens near the shoreline.

The tree has a trunk of smooth greenish-grey bark until it is quite old when it becomes rough and scaly. It produces large palmate leaves characteristic of the maple: five-lobed and coarsely serrated. The tree flowers in April; the flowers are yellowish-green and hang in racemes – hanging spikes of up to 4½ inches long. The flowers arrive as the leaf buds begin to open. The fruit have wings which may turn bright red in summer. They are borne in pairs which, when they separate before or as they fall from the tree, are aerodynamic and cause them to take flight in a spinning fashion: the ‘helicopters’ of childhood. They are carried away from the tree, whose canopy is dense and would otherwise limit germination.

Sycamores grow rapidly, achieving their full height relatively quickly for a large tree. The price it pays for this is a shorter lifespan than the oak; they live little more than 200 years except for the few that have found anchorage in an exceptional habitat. The tree’s habit is to grow straight upward and to branch into two, each branch following this same example. ‘This duality (reflected in the proving) continues with the pointed leaf buds arranged in pairs and the flowers developing in bisexual pairs.’ (Palmer: *Prometheus* No. 8 June 1998)

As timber, it is used to make small items such as wooden spoons and decorative objects. Before the introduction of plastic, sycamore was used to make children’s toys because its wood takes up and holds dyes well and uniformly. It is also employed in the making of violins and is one of the woods used for veneer.

Sycamore is not indigenous to Britain having possibly been introduced by the Romans or, before that, by the Celts. (The first record of it in Britain was in 1280 during the reign of Edward I, in the same year that Kublai Khan came to power in the East and the glass mirror was invented.)

From early times the sycamore was planted to provide protection and shade. It roots easily and grows quickly even in exposed areas. Its robust nature making it more resilient to strong winds and even salt spray than most native trees. Its protective qualities made it a popular tree in northern counties where it was often associated with paper manufacture and textile mills where the wood was used to make the rollers.

In Scotland it was compared with the plane tree, hence its Latin name *Acer Pseudoplatanus*. It was used by feudal lairds as a 'dool' (meaning 'grief') or 'jong' tree, for their gallows. A few such trees remain standing. This association with hanging led to a folklore that sycamore was unlucky.

Other folk tales associate the sycamore with death and life after death. At Aldenham, Hertfordshire, William Hutchison (d. 1697) declared his disbelief in the resurrection and ordered a heavy tomb enclosed with iron railings. 'If a tree grew from the tomb, future generations would know that there was life after death.' Today, three sycamores grow on the plot.

By the eighteenth century sycamores had become fashionable and thoroughly naturalised, spreading quickly as a 'troublesome weed' in cleared and open woodland because of their ability to grow on anything except the most acidic soil and to spread at the expense of native trees.

Once established it is a difficult tree to destroy as even felled trees continue to exist as coppiced stools. It has few predators.

Today the tree is disliked by many especially the conservationists as it creates a poor habitat for wildlife, producing heavy shade and dense leaf litter while its sugary sap creates a mulch that encourages extensive pest growth.

The meditative proving of Sycamore Seed is perhaps the most extensive to date involving some 35 people in four groups, one of which took the remedy without knowing what it was (but experiencing) similar symptoms to the other groups. Most people took a 30c but one group took a 10M.

(Palmer *ibid*)

The part used for medicine is the bark. It is an astringent and a vulnerary. It can be used either externally in solution as an eyewash for sore eyes or for skin problems, or internally as an astringent. 'The inner bark contains sweet sap which can be used for dressing wounds.' (John Lust, *The Herb Book*, Benedict Lust Publications 2005)

Keynote effects

Sycamore Seed is the principal remedy we have for loosening bony structures of the body, particularly those in the head and in the pelvis, when this is required by pathology characterized by poor lymphatic drainage and circulation, sluggish hormonal activity or chronic accidents held in tissue memory. Its other chief characteristic, the signature of duality, runs throughout its picture and in every aspect of the mind, body and spirit; it is a healer of anyone suffering from any form of 'split' where the duality threatens equilibrium and development.

General symptoms

It is firmly in the sycotic miasm though it will also be useful in the tubercular and syphilitic miasms. It may well be indicated in cases redolent of the leprotic miasm too. Loosens all bony structures; particularly the small bones in the head: the sphenoid, the stapes. Also useful in loosening the sinews that have become rigid around bony structures that have been traumatized: the spine, the ribs and the pelvis. Stimulates the endocrine glands to secrete their hormones in a balanced way. Most associated with the pituitary gland which has become sluggish through the poor movement of the sphenoid bone. Ailments from pituitary insufficiency. Establishes cleansing of the cerebrospinal fluid. Works to establish balance between the two hemispheres of the brain; integration of left and right sides so helps to improve learning difficulties in poorly coordinated children. Catarrhal states especially of the nasal sinuses. Water imbalances of the entire body: oedema; ascites. Menopausal problems with upset fluid balances. Difficult temperature control. Prophylactic for viral infections; also useful when given post-virally (cf. **Ruby**). Useful as a protective remedy in all viral states including AIDS, chronic fatigue and ME. Stiffness in muscles and sinews especially of the upper spine. Diabetes. Low blood sugar. Thyroid problems: hyper and hypo. Pressure sensations in or around the endocrine glands including the thymus area. Useful drainage remedy in low potencies as it encourages the elimination of toxicity through balancing the water element of the body. Heat and heaviness. Body has a sense of density. Sensations of pressure; of vertigo; of being 'knotted up'. Irregular sleep patterns. Profuse sweats. Burning sensations around the endocrine glands. Infertility. (Said to be useful in pregnancy of twins so that a balance is

struck between the two before birth.) Often needed in the long-term constitutional treatment of children born through IVF in those cases where they find it difficult to earth well.

The remedy works well with those who need cranial osteopathy. It encourages movement when there is reluctance on the part of the patient to respond to the treatment. Also works well on newborn babies who have just been given **Arnica**. Useful in states that result from calcified pineal glands. The remedy tends to uncover the syphilitic miasm (cf. **Silverfish**). Can be used as cancer drainage remedy especially in combination with other new remedies and **Thuja**. Schizophrenia. Alzheimer's.

Mental and emotional symptoms

Poor self-esteem. A sense of being undervalued or unappreciated for their efforts. Tendency to be judgemental; to come to quick negative conclusions based on scanty evidence especially in those with low self-esteem. Loses opportunities by being too critical. Pessimistic. Lack of self-awareness; lacks belief in self yet denies ability in others and wants to influence them to do things differently. Envy (cf. **Emerald**). For those who feel that they have lost their way but find great difficulty in admitting it. Can be hyperactive and in a whirl of activity with racing thoughts but have the sense of achieving very little. Restless, churning mind. Often said or seen to get into a 'flat spin'. Might review their life so far and see that there is a maze of wrong choices that has led them to the present state; they feel locked into the place they have created for themselves. Avoids issues of the heart and prefers to keep everything on a superficial level or on an intellectual basis. Constantly has the feeling of being in two minds; faced with endless decision making but has difficulty in making up their mind. Can be intellectually stimulated and excited by things but has an underlying sense of sadness and emptiness. Sensitivity: to other people's emotional states. Yet is often perversely egotistical and disinclined to see the other person's point of view. Antagonistic. Useful in healing rifts in relationships: calms and soothes emotions that go into turmoil when the balance of a loving and stable relationship is upset; where the equilibrium of life's rhythms is interrupted by focusing continually on doubts, anxiety and indecision after trust has been withdrawn (cf. **Rhodochrosite**). Here **Syc-seed** works well with **Ignatia** and **Nat-mur**. Is very useful for those who

are undergoing counselling: it helps to maintain the momentum of the therapy and prevents the person from being sucked into areas that may be more relevant to the therapist. For menopausal women whose children have left home and who are left feeling bereft of purpose. (They often start to put on more weight and take to comfort eating. Strong desire for chocolate.) Sense of loss. Deep sense of fear that seems to have no obvious cause. Fear of heights. Works well given repeatedly over an extended period for those whose sexuality is in doubt (cf. **Ash**): homosexuality after a history of traumatized upbringing. Helps to soothe women who are desperate to conceive but who are unable to do so. Commonly useful in high potencies even when there is no obvious physical pathology, in intellectuals who may be successful in a worldly sense but who are emotionally hobbled and inhibited. There is often a need to keep 'pressing the buttons' until the deeply ingrained habit of operating from the intellect alone is broken. This will require regular doses (monthly, even). The result eventually may well be a physical aggravation as the spiritual and emotional bodies free themselves from the straitjacket and manifest their trauma on the physical level. Patients can express themselves in terms of wanting to put behind them, root out, dig out, cut out something that has troubled them from the past; there is a strong disinclination to deal with a negative issue. A fear of facing that which needs to be addressed. **Sycamore Seed** is excellent as a remedy for those who continually make excuses for not persisting in their efforts to give up smoking. It is quite safe to give the remedy to a smoker. (It works well with **Rainbow** as support.)

Physical symptoms

Head

Headache: sense of pressure in the middle of forehead that spreads out towards the temples. Sick headache with heat and dizziness. + pressure. Headache on vertex with sense of pressure coming outwards. Headache like a skullcap of metal pressing down. Feels faint with heat and dizziness. Sensation of buzzing in head associated with ears. Head pains may spread out across eyebrows to the temples and the occiput often accompanied by tense neck and shoulders.

Eyes

Dimmed vision < headache or earache. Objects seem to spin during vertigo. Peripheral vision becomes hazy and blurred. Arcus senilis.

Ears

Buzzing and whining sounds with tinnitus. Blocked ears with wax or catarrh. Hardness of hearing. Watery sounds in the ears; often one-sided = a feeling of imbalance.

Mouth and throat

Dryness of the mucous membranes. Dry lips. Post-nasal catarrh which causes tickling cough > at night; < on rising in the morning (like **Puls**).

Chest

Knotted-up sensation in the heart area with a feeling of heat in the chest. Burning sensation in the heart or pericardium.

Digestion and stomach

Nausea < headache, dizziness. Also nausea from tight diaphragm and twisted spine that < the coeliac plexus. Very strong thirst for water. Cannot drink enough to slake thirst. ++ chocolate; carbohydrates. The more one eats sweet foods, the thirstier one becomes. Can still eat in spite of nausea.

Abdomen

Bloating from retained water. Dropsical conditions. Gurgling and rumbling with discomfort especially some hours after eating. Piles.

Female

Menopause: hot flushes and sweats. Patulous, waterlogged uterus; thickened tissues. Threatened hysterectomy. Infertility. Blocked Fallopian tubes < R. Lack of libido. Strongly attracted by the promise of HRT. If already on it then is very reluctant to come off.

Male

Lack of libido. Too occupied in the head to feel physical desire strongly.

Urinary organs

Frequent call to pass urine with water retention and thirst. Urine is either clear or frothy with little colour and almost no smell. May pass copious amounts in small quantities at a time.

Back

Aching < cervical spine and sacrum. Twisted spine: rotated from previous injury pattern or from difficult birth pattern. Pain > from twisting in the same direction as the rotation.

Extremities

Oedema of the lower extremities with aching, tension and < of varicose veins. Oedema < right side. Joints feel tight and inelastic. Wants to rub affected areas. > massage.

Sleep

Poor sleep patterns. < hot flushes and sweats of menopause. Can't sleep due to chuntering thoughts. Dreams of falling.

Considerations for the use of the remedy

- **Thuja** may be compared because of the aspect of duality and the syphilitic nature of both remedies. Both have a strong effect on the water balances and elimination through catarrh. Both remedies may also uncover the syphilitic miasm. What differentiates them is that **Thuja** is always more inclined to cover up while **Sycamore Seed** just appears to be in two minds about so much. Another difference is **Sycamore Seed's** relation to the structure of the body; it is far more indicated when there is a problem of integration between the right and left sides particularly in the head and the sacrum/hips.
- **Oak** has far more integrity of purpose even if that purpose is not working for the person. It has serious tension problems especially in the neck and shoulders and in the lower spine. It may tend to avoid

issues concerned with the heart chakra but any sadness is not tinged with the same sense of emptiness that is part of the **Sycamore Seed** picture. **Oak** patients are very seldom superficial in the same way that the more flighty **Sycamore Seeds** can be.

- **Rainbow** also suffers from fear of change but it goes with a fear of being unstructured while **Sycamore Seed**, which has genuine reasons for feeling musculoskeletally out of balance, is more concerned with churning thoughts, feeling pessimistic, poor self-esteem and wanting to avoid the difficulties inherent in dealing with troublesome emotions. **Rainbow** complements **Sycamore Seed** excellently especially during cranial osteopathic or cranio-sacral therapy.
- **Medorrhinum Americana** also has the duality problem though there is a far greater tendency to mood swings and irrational thought patterns than in **Sycamore Seed**. **Medorrhinum** feels out of control of life while **Sycamore Seed** is usually out of control of the body.

Sycamore Seed is invaluable in the treatment of patients with a history of some event that has compromised the working of the pituitary gland and the sphenoid bone, the structure it most relies on for full functioning. The sphenoid bone is a wing-shaped bone in the centre of the head which has, in the middle, a cup-like depression (known as the sella turcica or Turkish saddle) which creates a protective shield and provides a cave-like reservoir for the pituitary that hangs down into it from the floor of the brain rather as if it were a stalactite. The cerebrospinal fluid flows from the third ventricle of the brain into this bowl, bathing the pituitary and providing the means of transport for the vital hormonal messages that keep the body clock going. The tiny, rocking action of the sphenoid is designed to create a pump to keep this fluid process in perpetual motion. The bone should 'rock' some 12 to 14 times per minute. If anything has occurred that prevents the sphenoid from regular movement then the pituitary will not be able to fulfil its role of receiving and delivering hormonal messages satisfactorily. **Sycamore Seed** has proved its worth over and over again in relieving problems associated with a compromised sphenoid: after head injuries, birth trauma (such as occurs during forceps and ventouse deliveries), dental work, heavy mucus

production that threatens to block up the sinuses and ears. It is particularly useful when combining homoeopathic and cranial osteopathic treatments.

Close to **Oak** and **Copper Beech**. Also very close to **Thuja** with which it can be compared when duality and confusion as to personal identity are being considered. Can work with all these remedies or follow them. Also very close to and works well in support of the compound remedies such as **Mag-phos**, **Mag-mur**, **Calc-phos**, **Calc-iod**, **Calc-mur**, etc. After acute accident or trauma it follows well after **Arnica**, **Bellis-per** and **Nux-vom**. The combination remedy of **Sycamore Seed+ Oak+ Thuja** is extremely deep acting indeed and will give the patient the potential to explore his or her awareness to the full if given when indicated by a perpetual lack of balance (both physical and emotional) and history of repeating the same life choice mistakes. (Can be given in the 10M potency or in a triple LM.) It may also be considered for combining with **Thymus Gland**, the remedy that most readily facilitates the calling up of deeply hidden traumatic memories. A very useful example is **Sycamore Seed + Thymus Gland + Thuja** for those who are held in a cycle of compromised health due to the history of trauma that has caused a split from the intended life path and an underlying anxiety that one will never achieve fulfilment while there is so much permanent insecurity which has to be covered up or ignored through displacement activity.

Esoteric therapeutics

While the oak represents earth energy, the sycamore represents fluid energy. Earth and water mix but can also compete with each other. Similarly, within the human spirit and psyche there can be conflict or friction between the aspects governed by the earth and water elements. Balance is necessary for a complete harmony of the body. **Sycamore**, in being associated with the water element and thus with fluid movement, is the tree remedy closest to the energy that engenders the birth of emotional awareness. Human awareness is characterized by duality: ida and pingala, yin and yang, in breath and out breath, sympathetic and parasympathetic. Awareness is also the necessary tool by means of which we determine our individual paths once we have incarnated into physicality. The double helix of DNA is what gives the individual his or her blueprint of uniqueness; what takes us from unity into duality. The energy that governs the formation of cell structures

in the foetus, so that the pituitary gland grows out and down into the throat centre (thyroid) and the coccygeal cells grow upwards to form the spinal column, is similar to **Sycamore Seed**. Hence, **Sycamore Seed** is a remedy that pertains to reminding the person of their intended soul purpose in being incarnated. By reminding the body of its original energy, the past can be reconciled with the present and the future. **Sycamore Seed** balances the spiralling dual energy that flows both up and down the spine through each of the chakras. This brings it into the realm of **Ayahuasca** which repairs the source of the kundalini when it is damaged by physical trauma or the historical grief attendant on familial separation and **Lotus** which revitalizes the kundalini and encourages its flow upwards evenly in order to soothe compromised chakras.

The **Oak** and **Sycamore** meet at the point where the base and brow energies converge; where the dual spinal energy becomes a unified stream. The remedy is described as working on the pancreas to clear the karmic memory of the previous death when fear and disease might have set up such strongly negative energy that it has sent echoes into the present incarnation. (Here **Sycamore Seed** works well with **Thuja**, a remedy that has so much insecurity stemming from ancestral memory.) Spiritual amnesia. A strong resistance to change; resistant to using the heart centre rather than the intellect: too much thinking and not enough heart (also like **Thuja**).

It is particularly useful in harmonizing the disparate duality of Gemini patients; also works well with Sagittarians. It is also useful to remember this remedy when prescribing for those who were born in the third decanate of Libra, that is the last 10 days of this Sun sign. Astrologically, this is often regarded as the most difficult moment of the year to be born as those whose birthday falls between 12 and 22 October often have a great many emotional and spiritual 'lessons' to cope with throughout their lives. They are often obliged to tread a wary path and take things at a steady pace or else they find that their progress is impeded; they feel lost; they suffer alone; they feel adrift and unsure of their footing.

The Chakras

Crown

There is a split between the ‘what might have been’ and ‘what is’; the spirit is diverted from its purpose by events, often physically traumatic, and the ‘right path’ is never resumed. (**Oak** covers this aspect when the patient is diverted by parental or institutional influence.) There is often a sense of struggle over spiritual identity. Sleep and dreams reveal the fragility of the psyche; difficult sleep patterns with dreams that present dilemmas. Vertigo.

Brow

There is a split between the id and ego, the intuition and the intellect, the wish and the will. The connection between the brow and the crown is compromised which leads to repeating patterns of negative behaviour. Scattered thoughts; difficult consecutive thinking, both leading to a lack of self-confidence that may well have been there since early childhood. Finds it hard to weigh up the pros and cons of a situation due to confusion. Brow and heart are governed either by thought or feeling but not a balance of both; sometimes there is an obvious swing between the two aspects. In any case where there is a strong left-sided or right-sided bias, **Sycamore Seed** is likely to be needed sooner rather than later in order to redress this imbalance.

Throat

Self-expression is compromised by lack of clarity, hesitant delivery, stammering or clogged mucous membranes of the throat and post-nasal drip. Useful when pathology of the ears, the Eustachian tubes and the jaw is strongly featured.

Heart and thymus gland

Sycamore Seed has a complementary action with remedies associated with the thymus gland (see page 545).

Solar plexus

Frustration from coping with challenges; feels as if the tide keeps coming in. Liver function is compromised to the extent that the body makes copious mucus.

Sacral

All the organs of the pelvic bowl are at risk of reduced function due to the tendency towards imbalance in the system: hips are out of alignment causing stress in the ligaments and tendons (which is often a reflection of the state of the sphenoid).

Base

Lack of grounding is due to or reflected by imbalance in the musculoskeletal system. Progress in any project is slow or difficult because of the loss of coordination that the imbalance leads to; this can be apparent on both the physical and the mental/emotional planes. The patient may well feel that he or she is going round and round in a circle without ever getting very far. The connection between the base and the crown chakras is very hard to maintain; when one is being attended to, the other is lost to view. This means that there is seldom closure on anything and no full sense of completion. There is a sense of being swung from one place or condition or state to another.

Case studies

1 'Girl aged five, born by elective Caesarean. She was prone to coughs and had a history of bronchitis and pneumonia. She was always "bunged up" and sounded adenoidal; her maxillary and frontal sinuses were always congested. She had done well in the past on **Phosphorus** and **Tuberculinum** though neither had cleared the congestion more than temporarily. All her emotions were held in. The cranial osteopath said that the sphenoid bone was "completely stuck". She was given **Sycamore Seed** 30 twice a day for seven days which made a considerable improvement. She developed hay fever a few months later. She was given **Nat-mur** 30 on the indications which helped all the symptoms except the sinuses which became worse. She was then given **Sycamore Seed** 200 after which her sinuses became clear and have remained so. Her mother brought her some months later for a

follow-up when she was given **Calc-carb** 1M. She is now a more open personality.’ **JO**

2 ‘A woman of 29 came for treatment for help in conceiving. She had already got one child but was very keen to have a second. She said that the osteopath had told her that she had a tilted pelvis. She was given **Sycamore Seed** 200 and became pregnant within the following month.’ **JO**

3 ‘A woman of 44 came for treatment. She had had lots of homoeopathy before as she had suffered from endometriosis since she was 20 and had also had hay fever and asthma. Some years before she had also had an inguinal hernia repaired. She was a weak and gentle person, some might describe her as rather weedy looking. Her voice was small and plaintive. There was TB in the family history. She had been born in difficult circumstances: her mother had had to have a general anaesthetic for the birth and, on coming round, she had been told that her baby was dead. As a toddler she banged her head. When she was eight years old, a boy had punched her in the lower abdomen. Her nose was later cauterized due to her allergies. (Her eyes still continued to become itchy and puffy.) She had a history of six general anaesthetics. She also had a history of laser treatment for the endometriosis. At 26 she had a laparoscopy. The condition particularly affected the pouch of Douglas and the bladder. Despite the endometriosis she had two children. At the period she always had pains that extended down into the tops of her legs. “All I want to do is to curl up and cradle my ovaries at the period.” She became melancholy during the period and suffered from poor concentration at ovulation. After the second child her periods stopped and she had no pains. The day her mother died all the endometriosis pains returned and her periods began again. A few days after that the family dog died. She added that she was a very spiritual person. She was given **Sycamore Seed** 200. Her next period came six days late, there was almost no pain. She said that she felt almost anaesthetized in the pelvis and that her ribs felt stuck. For the first time she began to talk about her father and how he had always made her feel so inadequate. Over the following months she gradually opened up and felt increasingly better.’ **JO**

- 4 'A woman who was several months pregnant came with terrible pelvic pains. They left her unable to stand. She had suffered the same thing with her first pregnancy, when she had not known about homoeopathy, and had had to spend most of the time in bed. The only relief she could get was from lying down. She was otherwise well. It seemed to me that her pelvis was locked and was not opening out and becoming loose enough for the baby and the eventual birth. She had **Sycamore Seed 30**, one twice per week. The pains disappeared and she came to term with no further trouble.' **LR**
- 5 'A woman who suffered from a benign tumour on the pituitary had never had a period; she was already in her 30s. She was a musician, very steady, very **Calc-carb**. She had been having treatment for about ten years; she'd been on all the expected remedies for someone with her problem. She had **Calc-carb, Gaertner, Folliculinum, Sepia** and others as they came up. Though she kept well, she never had a period though she did achieve some sort of cycle: she had the sense that something was going to happen each month but that was all. I then gave her **Sycamore Seed 30** twice a week for six weeks and she promptly had two periods in a row. She then had a **Calc-carb 10M** which seemed to stop the periods again. She was then given a **Sycamore Seed 10M** and ever since then she has had regular periods. Her music career is flourishing as well.' **JM**
- 6 'A mother brought her little boy aged two for treatment in order to avoid an operation to fit grommets which had been suggested by the doctor; the patient had a persistently weepy left eye and gluey left ear. The discharge from both was yellow and sticky. The child's birth had been a traumatic one: he had gone into foetal distress and was delivered by forceps and ventouse. His head was conical in shape as a result. He was a very placid, smiling boy who at first did well on **Pulsatilla 200**. This then ran out of steam and he needed the 1M. This also failed to hold so he was given **Medorrhinum Americana 200** which held for about two days only for the pus discharge to return. A peculiar feature of the case was that the boy's face was distinctly asymmetrical: the left side of his face was "dropped" by almost as much as half an inch. The birth trauma seemed to have caused a "drag"

on this left side of his head so that the left ear and the left eye were both lower than those on the right. The mother had been recommended to take her son for cranial osteopathic treatment as well. Neither therapy was thoroughly successful so a joint session was set up.

‘At the appointment the child sat on his mother’s knee while the osteopath did a preliminary investigation. She had said that she was unable to work directly “on the body” as the patient found touch on his spine or cranium distressing and would scream uncharacteristically until she removed her hands. The osteopath reported that she could feel that there was a “twist” in the energy of the spine which extended for its entire length and continued into the cranial base. It was this that was causing the excessive sensitivity to treatment. She felt that this twist was the result of the birth trauma. At this point the boy was given **Ayahuasca** 200. Within a few minutes the osteopath was able to work directly on the body and head without the child’s usual protest. After a few more minutes the osteopath reported that the sphenoid bone on the left was completely stuck; there was no movement at all. It was this that was causing poor drainage from the left side of the head and making it impossible for the remedies to effect a cure.

‘The boy was then given **Sycamore Seed** 30. For a further 20 minutes or so the session continued. At the end of it the boy stretched and got off his mother’s lap. It was immediately apparent that his eyes and ears were now symmetrical. The mother was asked to report on how things went in the following week. She phoned after a few days to say that her son’s appearance was now showing signs of regression and the lopsidedness was returning. He was sent further doses of **Sycamore Seed** 30 to be taken three times a week. When he returned for his regular appointment his face was once again symmetrical. In the meantime, there had been no further recurrence of the discharge from either ear or eye.’ **CG**

- 7 ‘...just a little quickie re **Sycamore Seed**. I always give it whenever kids have a brace fitted and repeat it when they go back each time to have it tightened. It works without fail to relieve the ensuing headache following tightening of the brace. When one of my boys had his brace tightened on one occasion, he’d been at school all day with a

headache. I gave him just one dose of 30th when he got home and within half an hour the headache had gone. It's brilliant!' **JW**

AESCULUS HIPPOCASTANUM ALBUM

White Chestnut Flower

The remedy was given a meditative proving in July 1997 using the 30th potency. Each participant was given a single dose of the 30th potency immediately prior to the meditation. The remedy is universally known by its common English name in order to differentiate it from the well-known remedy made from the fruit of the chestnut tree. It is also different from the Bach Flower Essence with which it shares some features.

The Background

The common horse chestnut belongs to the Hippocastanaceae family and is sometimes referred to as *Æsculus vulgare*. The Hippocastanaceae are related to the Sapindaceae, a group of plants that produce saponins, complex glycosides that are toxic but that nevertheless have medicinal and cosmetic value. Horse chestnut is originally from the Balkans but was brought via Istanbul and Vienna in the middle of the 16th century, finally arriving in Britain by the early years of James I's reign (1603–1625). Its Greek name (*hippos* is the Greek word for 'horse') comes from the fact that Turkish horsemen prepared extracts of the seeds and bark to cure breathing and digestive problems in their horses. The word *Æsculus* originally derives

from a species of oak which was valued for its acorns; how this word came to be applied to the chestnut is something of a mystery.

The tree is large, grows well in a wide range of soils and does so rapidly and in most conditions though it is intolerant of extreme coastal habitats. It reaches anything up to 80 feet and over with no difficulty, yet it has a shorter lifespan than other trees of this size. It will begin to drop its branches by the age of 80 and will only live until it is around 150 years old. It is quick to mature and may even start to produce flowers before it is 10 years old. It has an extensive root system; it is unsafe for a chestnut to be within 30 feet of a building. The tree is hardy up to minus 26°C. The wood is relatively valueless being too soft and spongy. It is used for making pallets, fencing and packing cases.

The tightly packed, well-defended leaf and flower buds appear in the winter and are protected by a sticky resinous gum. The terminal buds from which the flowers emerge develop rapidly once the first spring sunshine strikes the tree and softens the gummy resin. Snap frosts can damage these nascent buds. The flowers, which appear in May, are mostly white with a deep pinkish tinge to the petals. They grow in dense spikes or upright panicles that, from a distance, give the tree the appearance of bearing candles. The scent given off by the flowers is sweetly fragrant and attracts a wide variety of insects. It is from the heart of these flowers that the spiky seed pods emerge in September which, once they have fallen to the ground, split into three valves to reveal the 'conker'. Conkers are rich in saponins which has meant that they have been of some value in the cosmetic industry; saponins are used to convert fat or oil into soap when they are decomposed by an alkali.

According to Mrs Grieve, in *A Modern Herbal*, fluid extracts can be obtained from both the bark and the fruit of the tree. The bark has tonic, narcotic and febrifuge properties and has been employed in the treatment of intermittent fevers. It has also been used topically to heal ulcers. The fruit has been used to cure rheumatism, neuralgia and haemorrhoids. *Potter's Encyclopaedia* tells us that 'aescin' (saponins) 'has been shown to eliminate oedema...it has antiinflammatory activity and causes an increase in plasma levels of ACTH, corticosterone and glucose in rats...it is also active against the influenza virus in vitro...' Whether there are signatures or correspondences with the remedy made from the flower will come to light with clinical experience.

White Chestnut is also one of the Bach Flower Essences and it is renowned for its use in easing persistent, unwanted thoughts, preoccupation with some worry or episode, mental arguments.

Keynote effects

On the emotional level it has the effect of opening patients up to seizing the opportunity of healing damaged innocence. It releases a great deal of shock from the system. It is also a remedy that, when homoeopathic, can heal any emotional and physical damage to the reproductive organs.

General symptoms

Antiseptic and antibiotic properties: the remedy is viewed as a promoter of white blood cell production when there is infection or fever, as well as an internal cleanser of the blood. Spleen: damage to the spleen from the typhoid inoculation; seems to improve the output of red blood cells. It is a remedy to consider in anaemia. Poor immune system response especially in the young. Swollen glands; particularly tonsils. Pancreas: improves pancreatic secretions and therefore should prove to be of great use in diabetes. Helps the system to lower blood sugar but also covers hypoglycaemia. Eases the craving for sugar (use in low potency daily) and works to calm the nervous system (though this all appears to be more marked when the patient is prepared to go on a dairy-free, sugar-free diet). Congested solar plexus with consequent sluggishness and pressure in the circulation which often results in piles and varicose veins. Sticky stools; hard to expel. Sensations of heat as at the menopause. Obesity. Rheumatism. Arthritis. Most useful in the young and the old. May prove to be of use in slow-onset dementia and in those who are gradually losing their mobility. Can be used in cream form on the skin. Tubercular and syphilitic inheritance but might often appear to be sycotic in situations arising from being actively in the victim mode.

Mental and emotional symptoms

Patients are liable to be extremely sensitive and open to hurt, being unable to protect themselves from the negativity of others. Brings stillness and peace of mind in anxiety states especially when there is anticipation; where

there are conditions of expectation. The keynote of this anticipation is that the patient is unsure of what is required of them. The patient can feel flustered and on the edge of emotional turmoil even if they are good at seeming to control it. Nervousness. It is described as a remedy of particular importance in ceremonies such as weddings and funerals (bolting bridegroom or bashful bride syndrome).

For those who need to let go of hidden hurts (cf. **Chalice Well**). Acts like a deep **Arnica** of the heart centre. Especially indicated for women who suffer the torment of having to go through with an abortion. Also for those who do this but live to regret it bitterly later. For women who feel the violation of their sacral centre either from rape or from surgery. For men who feel victimized by powerful women; their feminine aspect feels belittled and abused. Also for men whose partners have aborted pregnancies without consultation causing them considerable grief. **White Chestnut** is the tree remedy chronic of **Staphysagria** and it follows or precedes it well. Sexual abuse of either sex. Abuse of men can often result in confusion as to sexual identity (cf. **Ash**) or even in homosexuality. **White Chestnut Flower** is a remedy that covers the abuse of innocence. It is also for children who feel belittled, abused and victimized at school (before puberty); deep hurt in vulnerable souls from bullying and abuse. Useful when given to young people before (in case they are facing peer group pressure) or after their first sexual experience as it helps to keep them grounded at a time when they might be in danger of being karmically affected by another's miasmatic history. It helps to engender a sense of responsibility and subliminal understanding of the sacral centre and how to maintain its protection. It is recommended to consider it for the history of venereal disease, years after suppressive treatment.

Depression and sadness. Feels the loss of innocence. For those who readily leave their bodies when in distress. Can appear to be like **Baryta-carb**: vague, woolly minded, far off, sluggish. Memory becomes weak especially shortterm memory. Finds it hard to concentrate; the mind wanders.

Physical symptoms

From the meditative provings fewer physical symptoms than with other tree remedies were manifest. How close to the well-known **Æsc-hip** in

symptomatology the white flower in potency may be, will only be borne out by clinical experience. So far it has proved itself to be of significance in those whose mental, emotional and spirit condition matches the received information. What does seem important is that this new remedy does more on this level than that made from the fruit.

Head

Dizziness that comes and goes. The confusion and poor memory can seem to be almost physical at times.

Throat

Swollen tonsils and throat glands.

Heart and circulation

Fluttering in the heart region. Has been suggested for angina. High blood pressure especially in the aged who are nervous and anxious.

Abdomen

Constipation with sticky stools. Piles: passing stools with difficulty. Sense that energy ebbs and flows from the solar plexus; lack of stability in the organs of digestion. Nausea that comes and goes; this symptom may prove to be homoeopathic in those who are going through the menopause, particularly if the patient feels ungrounded and a little 'out of body'. Patient feels that shock is held in the abdomen though this generalization may hide damage to the womb and ovaries. Useful for those who have had a bad experience in going through with a Caesarean.

Female and male

It is recommended for consideration in anyone who is suffering from the effects of venereal disease especially in those who feel they were caught unawares by the infection. (It is complementary to **Thuja** and **Med-am.**)

Musculoskeletal system

Arthritis and rheumatism. Has been recommended for rheumatoid arthritis even after deformity has set in.

Considerations for the use of the remedy

- **Staphysagria** is most commonly confused with **White Chestnut Flower** as they have in common the abuse to the generative organs (on the physical level) or the innermost self (on the emotional plane) or both. **Staphysagria** still has pride of place in prescribers' minds when it comes to abuse. Certainly it is supreme in the immediate aftermath of any abuse or invasive surgery when the feelings of violation are acute. It also has a deserved reputation in healing the same tormenting emotions some time after the event though the effect is often that the patient's natural sense of outrage wells up to the surface and spills over as very powerful anger. This anger can sometimes be espoused as a source of personal effectiveness; the person who was once a victim becomes the aggressor. In these cases it will often be found to have been better if **White Chestnut Flower** had been prescribed as it will heal without accessing any negative passions. Both remedies are entirely complementary and will follow or precede each other well.
- **Baryta-carb** is as vague and sluggish as **White Chestnut Flower** can be but it is far more in retreat from the world from lack of self confidence and inhibited development while **WCF**'s problems stem from emotional damage to the psyche and sacral centre.
- **Pulsatilla** also suffers from loss of innocence and from damaging early sexual encounters though it is usually differentiated by its modalities.
- **Ignatia** is far more passionate than **WCF** which is somewhat reserved. **WCF** does not have the tendency to hold so much emotion in the throat chakra and certainly does not have the tendency to the oppression of the chest and globus hystericus of **Ignatia**. Nevertheless, **Ignatia** may well come up after **WCF** has been prescribed (see below).

It is as a remedy for the vulnerable and insecure who suffer from confusion, distress and poor memory that **White Chestnut Flower** has been of the most service. It complements **Calc-carb** and **Phos, Lyc** and **Puls**. It may appear to be similar to **Thuja** in its fragility and 'out of body' state. What differentiates it most from **Thuja** is the picture of shattered innocence. It is also useful when its symptom picture emerges after the use of new remedies that have a reputation for 'stuckness' such as **Clay, Black Obsidian** and **Jet. Ignatia**, when given in acute, can bring out the picture of **White Chestnut** which would have been lying dormant beneath the surface.

Esoteric therapeutics

A remedy for the heart, base, sacral and throat chakras. It encourages truth to come from the heart (in those who need to forgive and offer compassion rather than judgement) and to enter the heart (in those who cannot overcome the hurt and debasement of this centre). Also at the heart centre: for those who use religion as a prop and a crutch rather than as a search for spiritual truth, and for those who use religion to impose their will on others. (This gives **White Chestnut Flower** an affinity for the leprotic miasm.) It is regarded as a remedy to use with discretion at religious ceremonies to foster the true spirit of the ritual; at baptism, confirmation, barmitzvahs, weddings and funerals. It is said that it helps the participants to come together in one collective spirit for the ceremony. Aligns the base, heart and crown centres to assist in meditation and channelling.

The positive attributes that it can impart to patients include self-confidence and self-assertiveness but without ego. It is particularly helpful in young people who suffer from damaged self-awareness, creative purpose and innocence. It heals the feminine, yin aspect of the soul and of the chakras. **White Chestnut** helps to restore faith in those who feel they do not measure up to perfection – not in a competitive sense but simply that they are not as well or as strong or as clever or as much in harmony with their surroundings as they would want. It has been described as the 'lighting of candles in the heart centre'. The remedy opens the heart chakra and helps the person to feel strong enough to allow themselves to be just who they are. They are able to see any shortcomings that they may perceive in their

proper perspective. The spiritual aspect of this flower can be summed up in the phrase: 'Know thyself.'

White Chestnut Flower is said to be a remedy that heals the Jupiter or sacral centre from damage in either this or a past life. Physical and sexual abuse is regarded by some as the repetition in this life of such damage in a previous incarnation in order that it may be healed this time. The abuse is thus regarded as karmic; it is seen as karma that has arisen for the individual so that the like situation now can heal the similar situation of the past. The flower is fundamental in healing the pain and resolving the conflict of another but still present age. For those whose heart centre has closed down as a result of deep hurt to the sacral centre. Can assist people to be more aware of their spiritual connections.

The Chakras

Crown

Escapes into the confusion of a crown centre that is only tenuously connected where forgetfulness and poor memory cover up the lack of direction and the gathering cloud of depression.

Brow

Uncertainty and lack of focus with difficulty in making positive choices and well-defined decisions.

Throat

Self-expression is limited as there is an inability born of reluctance to employ words meaningfully in case of saying too much and not being able to handle the consequences. Hesitant but there is a strong sense that there is so much more to be said.

Heart and thymus gland

Deep damage to the romantic heart; idealism is seriously compromised by the loss of innocence. There is often a profound fear of conflict, even of challenges in case the heart is subjected to greater hurt which, if it happens,

would be sustained with resignation as the expectation of it has already taken root. Encourages the release of old trauma held in the thymus gland.

Solar plexus

Finds it hard to face challenges which can lead to sluggish liver function. The spleen is depleted of energy which manifests as either loss of motivation or as strong fixity of purpose to the exclusion of anything else that might alleviate the effects of stress. Sugar metabolism is out of balance. Liver, spleen and pancreas energy is compromised by one's desire to fulfil other people's expectations rather than one's own; this leads to unexpressed frustration and loss of personal direction.

Sacral

Physical and emotional damage to the generative organs can assume major significance as a maintaining cause; sometimes this is so well covered up that much time and many prescriptions are wasted before it is realized that little profound change will occur until this aspect is addressed.

Base

Lack of grounding; loss of focus; indecision. The remedy encourages one to understand and accept personal limitations and turn this into a positive strength. It also fosters a return to faith in simple activities as a means of healing stress-induced symptoms. Daily exercise and basic, common-sense dieting accompany this remedy exceptionally well.

Case studies

1 'A young woman, 19 years old, who had originally come with polycystic ovaries four years before, came again because she got hyperactive after eating then, a little later in the afternoon, fell asleep. She noticed this was much worse when she ate sweet things such as chocolate and when she drank orange juice. Over some months the fluctuating blood sugar levels became more and more obvious though she controlled this mostly by diet. Though the symptoms of the

polycystic ovaries were now past, after two years she became pregnant and had an abortion which left her with unresolved feelings that now seemed to be more prominent.

‘Several months after having the abortion she reported that she was thinking about the baby a lot and feeling very guilty about killing her baby and what she had done to her body. She had been very emotional. She had taken **Ignatia** which helped. After taking it she cried for a long time but she then had felt detached and now felt fragile and confused. She had not had a period recently but had had sharp pains in the right ovary for several days. She had also been feeling very tired after lunch every day again and unable to keep her eyes open. She had not been experiencing the extreme fluctuations from hyper to hypo but had been worried that it was going that way again.

‘I gave her **Nat-mur** 200 weekly and **Ignatia** weekly for the grief and **White Chestnut Flower** 30c twice weekly (as this was the only potency I had at the time) for the unbalanced sugar levels. After a month she said she was “a lot more positive about the baby and not having so many emotional outbursts” although every now and then it hit her out of the blue that she loved the baby and was not feeling so awful about the situation. Her period came and there were no more pains in the ovary. By the second month she reported everything was going well; she felt very happy and positive and her blood sugar levels had been fine except for one day when she had eaten some sweets which made her feel sick. She fell asleep for two hours and woke feeling very spaced out and disorientated. The **White Chestnut Flower** was repeated and she reported no more problems afterwards with her blood sugar levels. After this she went off to university and I didn’t see her for another two years when she came, very bright, confident and only needing a constitutional remedy and remedies for brain fag before graduation.’ **JL**

- 2 ‘A woman in her early 40s who looked prematurely grey and rather withered came for treatment to sort out her feelings of tension and anxiety. She also suffered from severe vaginal and anal itching which was a source of acute embarrassment to her. In addition she had a chronically bad back for which she saw a cranial osteopath. Over

several months it only very slowly emerged that she was extremely concerned that her husband wanted to have another child; they had one son who was now eight. She felt that she did not have the energy for a pregnancy nor for caring for anyone else. She poured all her efforts into her son and her job; her husband spent a lot of time abroad on business. She was tense, nervous, anxious and seemed unquiet in her inner being. She had a sequence of various remedies including **Sepia**, **Arsen-alb**, **Lycopodium**, **Staphysagria** and **Tuberculinum** as well as **Morgan** and **Sulphur**. She felt that all of them had contributed to her ability to keep going though the intolerable itching came and went, came and went without being much affected by remedies. She then had **White Chestnut Flower** after she explained in a very circuitous fashion that she was not interested in intimate relations and that her husband was quite unable to appreciate her feelings; the birth of their son had been a considerably difficult episode and she had never really felt well enough to contemplate more than the everyday things ever since. She made it clear that her husband was demanding too much of her. She had the remedy in the 30th potency to take every day for a fortnight. She rang to say that she so liked the positive effects of it that she would like to carry on taking it. She was sent a 4-gram bottle. She continued to take the remedy for a further two months after which she said that it had run its course and that she felt very much better for it. It had done nothing for the itching (and nor had the exclusion diet she had agreed to try) but she was now able to live with that better. She still had the ongoing back trouble which always responded temporarily to cranial osteopathy. However, she was far more mentally together, more articulate, more cheerful and less easily stressed. (After this, her mother became unwell and started a steady decline into senility which meant that her focus shifted away from her own troubles; she then did well on **Oak** and **Rose Quartz**.)' CG

AMETHYST

Amethyst was meditatively proved along with the ‘essence’ remedy made from the tone of C’ which is the octave above middle C on the piano. The remedy was made using a clear quartz crystal and a British Standard tuning fork. It was apparent during the proving that **Amethyst**, the remedy, would work well (if not better) when prescribed with an initial dose of the tone C’ remedy. As C’ is not a homoeopathic remedy and is not readily available, practitioners might feel encouraged to make their own stock bottle and instructions are given at the end of this chapter

The Background

Amethyst is transparent, violet-coloured quartz. ‘It is formed hydrothermally from weak, iron-containing silicic acid solutions mainly in hollows formed by gas bubbles in volcanic rock.’³ It is the presence of manganese and iron in clear quartz which creates amethyst. Colours range from pale lavender to deep purple, the variation being determined by how much iron is present. It occurs both as crystal and as mass. Amethyst crystals can be found lining the inner side of hollowed rock, the result of its origins in bubbles in solidifying volcanic rock; this formation is known as a geode.

The name is derived from the Greek *amethystos*, meaning ‘not inebriated’ and suggests that the Greeks believed that the stone protected the wearer from intoxication by alcoholic drinks and fumes. Amethyst is

mentioned in Exodus xxviii, 19, in the instructions to the Israelites on how to make the vestments and breastplate of judgement worn by the high priest. The twelve stones sewn into the breastplate each represented one of the twelve tribes of Israel, amethyst being the ninth stone representing the tribe of Asher. To the Hebrews and many other cultures, the colour purple signifies royalty and imperial power. The Hebrew name for the ninth stone, Achlamah, is said to derive from the root word *holom*, to dream. Both purple robes and amethysts were regarded as royal vestments. They were worn by kings and bestowed on interpreters of dreams and prophecies in recognition of their gift. Such men were often astrologers. In ancient astrology, amethyst is associated with Sagittarius, the ninth sign of the zodiac, and with the planet Jupiter. Sagittarius is associated with dreaming, prophecy and spiritual philosophy. 'Amethyst symbolizes spirituality in its highest degree. By virtue of its power it opposes evils, drunkenness and the sin of distorted appetites. Indeed, the amethyst was considered a sign of such holiness that evil was always courted by one who wore it while overindulging in food and drink.'⁴ Amethyst was also known to the Persians as a guard against becoming drunk on wine. (It was placed at the bottom of a chalice or flagon of wine immediately before drinking.) In other cultures it was worn as a ring on the middle finger of the left hand. Medical practitioners had a belief in the enhancement of the stone's power when it was held in the left hand. In ancient Egypt it was used as a stone for 'magnetizing' patients to induce a condition of calm and relaxed sleep; possibly not far removed from a state of deep meditation. Egyptian soldiers wore the stone, carved with a scarab, as a protection against death in battle. This practice has been adopted by others and continued right up until recent times. When worn by a bishop, the stone becomes symbolic of 'heavenly understanding' and 'the love of truth' – 'even unto martyrdom'. It is also a symbol of celibacy as amethyst has a reputation for calming desires of the flesh. It is said to have been the stone in the Virgin Mary's wedding ring. It has always been associated with thought: philosophical, religious, spiritual and creative. For Hildegard of Bingen amethyst was valuable as a healer in skin diseases and swellings. In the Arab world it was left under the pillow to ward off nightmares.

Amethyst is historically viewed as embodying the qualities of the intuitive creative process; it is seen as establishing the calm state necessary for creative or spiritual ideas to take root in order for them to be transmuted

into the material world. In the left hand it enhances the holder's sphere of influence be they preacher, teacher, politician or poet. Furthermore and on a more mundane level, it was used for the relief of headaches – the prescription being to hold the stone in hot water for a few minutes and then to dry it carefully before applying it and rubbing it over the affected area and on the back of the neck.

It balances the energies of the intellectual, the emotional and the physical bodies and provides a clear connection between the earth plane and the other worlds. It clears the aura and stabilizes and transmutes any dysfunctional energy located within one's body. Amethyst also bestows stability, strength, invigoration and peace ... the peace that was present prior to birth ... It provides the 'sense' of common sense and encourages flexibility in decisions ... it assists in the assimilation of new ideas...it further allows for the integration of cause and effect, providing insight into which portion of the actualized self requires remodelling in order to facilitate change. On the physical level it has been used for the treatment of hearing disorders, to strengthen the skeletal system and reinforce posture and to stimulate both the sympathetic nervous system and the endocrine glands ... It has been used in the treatment of insomnia and to ameliorate pain from headaches ... the pain being dissipated completely. It has also been used with excellent results ... in arthritis.

Melody, *Love is in the Earth*

Crystal therapists regard amethyst as a stone that will cleanse other crystals of negative energy when they have been used for healing. All that is required is that the stones to be cleansed are placed around the amethyst for a few hours.

Keynote effects

Amethyst is highly protective of the auric field and has been known to give patients a feeling of being more able to cope with pressures put on them by

others who have a controlling or manipulative influence, or by personnel in institutions they work for. It is calming and 'space clearing' in cases where the patient is in emotional crisis and feeling weak, vulnerable and at the mercy of their own obsessive anxieties or addictive cravings or longings. There is often a rise in energy and effectiveness. Patients who report the results seem more centred and less afflicted by their erstwhile symptom picture though may not think to mention that any depressed feelings they had are now cleared. Few aggravations have been reported but it may clarify the indications for tubercular remedies or **Tuberculinum** to follow (which may be more likely if the **Amethyst** was preceded by **Syphilinum**).

General symptoms

Affects the nervous and endocrine systems; useful in states of nervous tension where the five senses (especially hearing) are overtaxed; helpful when the hormonal system is affected by excessive adrenalin, creating mood swings and nervous excitation followed by exhaustion. Profoundly affects sleep patterns; can soothe troubled sleep or encourage somnolence in the insomniac. For easing mental disorders where there is too much excitement of the senses. Nervous tension with an inability to relax. For damaged nerves in the spinal column especially where the nerve pathways are interrupted causing difficulties in relaying sensations or when nerve pains become all-consuming causing the patient to be unable to function normally. Internal trembling (especially felt in the legs). When exhaustion has set in and nerves no longer respond as efficiently as they should. (In low potency follows well after **Mag-carb.**) Addictive personalities; when there is addiction to anything: alcohol, food, smoking, etc. For those who often feel the need of stimulants to revive them or to 'steady their nerves' thus bringing them to the point of becoming addicted. For those who fear becoming addicted; acts in any form of addiction especially where it is rooted in nervous tension and psychic fears. Deeply syphilitic: nervous diseases such as motor neurone disease, MS and ataxia; is likely to make an improvement on the quality of life in patients suffering these conditions. Arthritic conditions. Patients in need of **Amethyst** respond well to 'hands on' treatments such as massage, cranial osteopathy, Shiatsu, etc.: referral to one of these practices is usually beneficial and supports the homoeopathic prescription.

Mental and emotional symptoms

Amethyst is full of anxiety and tension; fear of not being able to achieve all that one sets out to do. Lack of confidence in ability to complete allotted tasks; especially true in those who feel called to a spiritual or caring profession. Sense of thwarted mission where the difficulties seem to be self-generated and self-perpetuated. Sense of having ‘done all this before and now I’m getting it wrong again!’ (**Jet** feels that whatever he tries to accomplish goes wrong.) Too tired to be able to finish tasks or fulfil role properly due to excessive tension. Very hard to relax. Tense and miserable from lack of sleep; nervous tics or tremors from night watching. Indecisive; tends to dither and be forgetful; cannot hold many ideas in the mind at the same time; becomes limited to routine functioning. (**Thuja** maintains professional standards at work but unable to focus or concentrate when ‘off duty’.) Feels cut off from the real world; floats off into a state of dreaminess and is often reluctant to face reality – this comes on after a long period of tension and acts as an escape route. (It can also be the time when the alcoholism that is in this remedy will be triggered or be most manifest.) Inexplicable fearfulness; held in the solar plexus. Fears: of being overburdened; of becoming too anxious and fixated on one thing to the exclusion of everything else; of the past and what may come back to influence the present. Deep sense of longing; particularly in connection with places which make one feel spiritually ‘at home’. In cases where one would expect to find despair but instead there is deep pathology. (On some level the patient has already made up his or her mind that pathology is a more manageable burden than developing along the lines of their creative abilities.) Expects the worst; negative outlook. (This can be in the acute where the patient is in a situation where he expects a bad outcome.) Becomes withdrawn and intense when anxious or displeased. Reflects on the negative aspects. Apprehensive of his own position in a general state of difficulty where others are involved; wonders inwardly what will become of him. Tries but finds it difficult not to betray his inner sense of preoccupation and unease. Deeply affected by sad news. Clinical depression.

Physical Symptoms

Head

Headaches and migraines. Pains felt in the occiput and frontal region; brain feels muzzy. Light-headed with a need to sit down in case they faint. Wants to hold a cool flannel to the forehead or rub the temples gently. Brain feels a bit loose and < jarring of footsteps. Headache with backache both with their origins in stress.

Eyes

Vision: feels he cannot quite trust what he sees and needs to look again to make sure. Floaters. Amblyopia. Wants to rub the eyes to clear the vision. Sees things that are not there which causes anxiety. Sees things out of the corner of the eye but nothing there on looking directly.

Ears

Hardness of hearing yet feel they hear things that prove not to be there. Hears soft noises in spite of difficulty hearing things at ordinary levels. Tension felt in the inner ear. Tinnitus; very useful in tinnitus that < intermittently especially after emotional stress.

Throat

Sense of drawing or tension pulling downwards internally. Voice changes from tension or from overuse in stressful situations; becomes higher pitched. Difficulty in expressing emotions with the throat centre as it tends to close up. (Related to **Lachesis** and complements it well.) Recurrent sore throats in tense situations especially in those requiring cool judgement and quick decisiveness.

Respiration and chest

Easily out of breath especially with rushing around doing chores. Chest feels tight and restricted with a sense of tension between the front and back ribs; as if there is an anterior/posterior compression. Cannot take a full breath; feels as if the top part of the lungs do not expand fully.

Digestion

++ alcohol;+ stimulants. Tends to be either overinterested in food or to have no appetite at all, only eating out of necessity. Tension in the stomach and a prey to indigestion. Forgets to eat. Will drink rather than eat. Trembling in the abdomen. Constipation with stasis in the lower bowel. Tendency to haemorrhoids which bleed passively with dark blood. Liver: sluggish and overloaded. **Amethyst** may be considered as a 'blood purifier' in alcoholics.

Urinary organs

Tendency to frequent urination; has to get up at night to pass water especially < 3-4 a.m. Cannot drink late at night without having to rise. Must hurry to pass water once the urging is there. Needs to be advised to drink more water as this will ease the tension in the bladder and slow the frequency of urging.

Neck and back

Pains in cervical area which tend to extend down the spine < too much emotional turmoil. Tension in the lumbar region with sciatic-type pains into either leg. Often useful in those who have had a lot of manipulative treatment on the spine which has caused or aggravated a set pattern of chronic symptoms which persist. Patient enjoys massage and goes for a lot of it but the good effects never hold for long. Feels the top half of the spine (or body) is unconnected with the bottom half.

Extremities

Arthritis. Stiffening of joints with difficulty and pain on moving them in the early morning. Stiffness temporarily > alcohol and > sunshine and warmth. Trembling and unsteadiness. The remedy may prove to be of service in the treatment of disorders of the central nervous system with symptoms manifesting in the limbs: MS or Parkinsonism.

Sleep

Dreams of being held down or held back; of struggling against the odds; of floating or drifting away, but this can be into nothingness; of intoxication. Difficulty getting to sleep either from worry or hormonal imbalances

(especially at the menopause). Lies in bed feeling tense and stiff. Wakes at 3 a.m. and cannot go back to sleep; must get up to pass water and have a drink – usually not water but tea or juice. Restless: tosses and turns. Wakes up unrefreshed. Wakes feeling tense and full of expectations of the worst.

Modalities

< alcohol (except joints); < emotional upsets; < contradiction; > sun and warmth; > spring and summer; < lifting heavy weights (because it < joints and nervous tension).

Considerations for the use of the remedy

Because of the presence of manganese and iron in the crystal it would seem sensible to compare **Amethyst** with **Manganum** and the **Ferrum** group. **Natmur** is as ‘closed’ as **Amethyst** and in this aspect alone they may appear similar. **Carcinosin** is often indicated in those who need **Amethyst** and they precede or follow each other well.

- **Oak** has tension but tends ‘to keep nose to the grindstone’ and not be so concerned about not achieving; the work ethic of **Oak** is more important than goals.
- **Fagus Purpurea** is very concerned about not having enough time to achieve, rather than lacking the confidence in ability.
- **Silverfish** – spinal symptoms
- **Berlin Wall** is followed well by **Amethyst** which modifies the action of **BW**; both are inclined to feel depressed and under pressure though **BW** often has distinct historical causation while **Amethyst**’s aetiology is either of recent origin – i.e. a pending divorce or recent financial loss – or less easily discernible.
- **Himalayan Crystal Salt** also has deep longing and unfathomable sadness, though **Amethyst** will be more indicated in a patient who requires a lot of psychic support and protection while **HCS** is for those who need to lift out of emotional obscurity all the grief that has been so long buried.

- **Aquamarine**, of all the grief remedies, goes furthest back into the ancestral past; it is sometimes required – even if not conveniently indicated by mental, emotional or physical keynotes – to enable remedies such as **Amethyst** and even **Aurum** to work thoroughly.
- **Amethyst** supports or follows well after: **Aur**, **Sepia**, **Mag-carb**, **Lach**, **Lil-tig**, **Nat-mur**, **Syph**, **Thuja**. As a remedy to form a triad it has been used in conjunction with **Thymus Gland** and both **Syphilinum** or **Aurum**(both in depression), **Tuberculinum** or **Arsen-alb** (both restless, sensitive and anxious), **Lachesis** (in addictive, emotionally overwrought states) or **Chalice Well** (when the patient needs to uncover the underlying causes of negative thoughts).

Esoteric therapeutics

Profoundly affects the auric field; protects and cleanses the aura especially from psychic onslaught from those who wish the patient ill. (May be found to be of use in someone who is subject to the manipulative influence of another, the result of which is the presenting complaint.) Works chiefly on the crown chakra and the base; forges links between the centres from the crown downwards, clearing any dysfunctional energies found in the system especially located in the spinal column. These might become manifest during times of particular stress and tension in the form of neuralgia, headaches, cramps or pins and needles. Opens up the heart chakra and links it in with the base and crown. When this happens the patient often develops throat centre problems due to the need to express what was locked up. In working on the subtle energy bodies to create balance it enhances clarity of thought and an ability to make decisions dispassionately; it also eases emotional imbalance so that judgement is not clouded by negative experience. (Crystal healing literature suggests that **Amethyst** is excellent at fostering good business relations and successful transactions.) Encourages a state conducive to meditation so it can be given to those who seek healing through visualization techniques but who find it hard to still the mind.

Chakras

Crown

Dreams of being restrained or restricted; of struggling against the odds; of floating or drifting away into nothingness; of intoxication. Difficulty in getting to sleep (from worry or hormonal problems). > meditative state. Feels cut off from the real world. Dreaminess. Spiritual longing.

Brow

Indecisive; unable to hold more than a limited number of ideas in the mind at one time. Negative thinking overcomes rational assessment; thinking overwhelms feelings. Expects the worst. Lack of confidence. Claims not to know why on earth they have the problems that they have; that they have thought long and hard about it and that it makes no sense. Sense of repeating past mistakes. Thinking problems < from loss of sleep. Finds it hard to face reality. Fears: of being overwhelmed by circumstances. Psychic fears. Hearing problems. All tending to lead towards addictive behaviour (often covert). Headaches; migraines – pains felt in the occiput and forehead. Muzzy brain and/or backache with headache. Vision: unclear; cannot quite trust what they see (which can be echoed in the emotional sphere).

Throat

Difficulty in expressing emotions; throat tends to close up. History of and recurrent sore throats. Voice changes from tension and anxiety. May need an alcoholic drink to be able to loosen up the voice.

Thymus

Syphilitic conditions: MS, heart disease. History of past emotional trauma and familial patterns of unresolved negativity (i.e. alcoholism).

Heart

Deep sense of longing. Pathological changes in heart and lungs as a result of despair that is too deeply held to be revealed. Deeply affected by sad

news. < bad news; < sad stories. Longs to be in love. Easily out of breath from exertion. Tension and tightness in chest.

Solar plexus

Lacks essential will power even if there is an apparent air of self-confidence which covers up their inadequacies. Addictions, appetite changes or derangement from emotional causes. Liver toxicity < alcohol. Alcohol covers up the deep sense of frustration held within this centre that is the result of heart centre suppression or oppression. Haemorrhoids. Indigestion and constipation. Alternation of constipation and loose motions.

Sacral

Frequent urging to pass water < at night; < 3–4 a.m. Weak kidney energy; may follow ancestral patterns of negative energy.

Base

Fearfulness and anxiety; nervous tension with risk of becoming ungrounded from lack of confidence and indecisiveness. Damaged nerves of the spinal column; nerve pains that undermine the integrity of the constitution. Arthritis; stiffness of joints < a.m. on waking and < initial movement. Easy excitation of the five special senses. Pains in the sacral, lumbar or cervical regions of the back < emotional stress. Sciatica < back pains. Lacks structure, routine and rhythm to the day even if they claim to have their hands full.

Case studies

1 'J.J., woman of 47, suffers from chronic fatigue; frequent bouts of muscle weakness and viral symptoms. Also has PMS with irregular periods. Phoned to say that she felt a period was imminent and that she felt "almost suicidally depressed"; said that she was unable to think straight and that she felt overwhelmed, agitated, angry and overwrought. "I can only see the negative side of everything." **Amethyst 1M** rapidly relieved the depressive psychosis. The period was also

much easier to deal with. At the next appointment she was more positive about her general state and was able to explain more clearly than hitherto how much at the mercy of her hormones she felt. She said that all the anxiety in her chest was now gone. In addition she said that she now realized that she was intolerant of any alcohol at all. (The general indications were for **Lilium Tigrinum**, a remedy that had not been manifest in the previous two years of treatment. When she returned after the **Liltig** she complained of only physical symptoms that bothered her around the period and that she related to her mother's hormone cycle and menopause.)' CG

- 2 'Woman of 38, suffering from lack of animation and mild depression. Married for security; husband devoted and unable (by his own admission) to fathom his wife's unhappiness. She was withdrawn, emotionally cold and outwardly complacent about her dull existence. Suffered from bowel symptoms that responded to **Lycopodium** and menstrual irregularities that required **Sepia** from time to time. **Amethyst** 1M made little appreciable difference to her outward manner but she admitted to feeling far more prepared to meet the challenges of life even to the point of taking a lover who was in a similar situation. Though the new circumstances caused considerable difficulties logistically and emotionally, the patient was much happier in herself and feeling far more fulfilled and self-confident. She was content to let things unfold as they would, her only professed anxiety being not to hurt her husband and child.' CG

Author's note

For some years I used **Amethyst** without recalling that it was proved in a session in which the participant provers were also given the essence of tone C'. (Instructions for making this essence are given below.) **Amethyst**, when I have spotted it, has worked well enough on its own not to be concerned about the omission. I have found that **Amethyst** is a remedy that is easily overlooked and yet is needed by patients who have a lot of information to offer that tends to cloud the core issues that indicate when it is actually needed. They almost always have some pattern of clinging onto either an addiction (not necessarily for alcohol) or an illness that gives them their excuse to persist in their negative ways.

Some practitioners use it when they feel confused about what to give the patient as a means of clarifying a picture in the same way that others will use **Sulphur** or **Thuja** (see also **Rainbow**). There is always, though, in **Amethyst** a core issue of depressive feelings in the heart and mind even if the patient is not apparently clinically depressed. I recall a girl who suffered from relatively severe headaches which came on as a result of her parents' acrimonious divorce. She was cheerful and bright and only bothered, she said, by the physical pain which did not seem to indicate any particular, familiar remedy by its modalities or location. However, when her father mentioned that she was inclined to be a person whose 'glass was always half empty' she was given **Amethyst** 200c which entirely relieved the headaches and changed her anxious attitude towards her parents for the better.

Practitioner's comment

Amethyst can be a difficult remedy to grasp. It takes some time to recognize it and differentiate it from other depressed remedies such as **Aurum**. It is a psoric and syphilitic remedy and works well in the heart, mind and base chakras. It is very Saturnian in the sense that it helps people who need it to shift out of old ways of doing things, feeling things so that they don't repeat old habitual patterns of behaviour – often the root cause of needing the remedy in the first place. **RP**

NB The essence remedy for C' is made in a manner similar to crystal essences, with a tuning fork of the specific tone desired being used in place of the mineral or plant. A phial of ethanol is placed on a wooden table or next to a piece of wood; a clear quartz crystal point is set directed towards the ethanol; the tuning fork is sounded by tapping one of the prongs smartly on a firm surface and setting the stem on the table surface or the piece of wood between the quartz and the ethanol. Repeating this process three times should result in a crystal essence.

C' is an unproved essence remedy though, as noted, it was part of the Guild proving of **Amethyst**. When C' has been used intuitively it has proven to be a remedy that fosters calm and tranquillity in circumstances fraught with emotional trauma.

³ Michael Gienger, *Crystal Power, Crystal Healing* (Cassells, 1998)

⁴ Isidore Kozminsky, *The Magic and Science of Jewels and Stones*, Vol.1 (San Rafael, Cassandra Press, 1988)

BANISTERIOPSIS CAAPI

Ayahuasca

The remedy, universally known by its native South American name, was proved in December 1993 by both groups of the meditation circle. Each member of the group was given a single dose of the 30th potency to take prior to the meditations. (A twig of ayahuasca was present in the room at the time.)

The Background

Ayahuasca grows in the heart of Amazonia. It is a forest liana or vine, and amongst the many tribes that live in the region it has many names. In Quechua, the word *aya* means ‘spirit’ or ‘ancestor’ and the word *huasca* means ‘vine’ or ‘rope’. It is believed by the indigenous people that ingesting the ‘vine of the souls’ will invest the user with the power to communicate with the spirit world. It is also believed, as a consequence, that the vine will facilitate the diagnosis of ailments and heal illnesses and even give the power to predict the future.

Ayahuasca has only been known to Western science since 1851 when an explorer, Richard Spruce, was invited to join a ceremony being held by Tukanoan Indians. Although Spruce took a little of the drink they offered him, he found it disgusting and failed to record the hallucinatory effects it may have had on him. However, he did observe the effect it had on his hosts and wrote about the plant, specimens of which he was able to collect while

they were in full flower. In the last 20 years the plant has been of increasing interest to both psychiatrists and chemists as well as journalists and those keen on researching hallucinatory drugs – many, it must be said, in search of a new form of mind experience for its own sake.

The drug is prepared by soaking the crushed stem of the vine in fresh water (either cold or hot) and making an infusion. The plant material is strained off and the remaining liquid is drunk. However, there are other preparations. It is not uncommon to add to the brew flavouring and stimulants such as caffeine, nicotine or DMT (dimethyltryptamine: a psychoactive product prepared from the *Virola* tree and used by Indians in the form of snuff). Every *ayahuasquero* or healer who uses ayahuasca would have his own recipe. It is recognized that DMT makes the hallucinatory experiences of ayahuasca more elaborate, powerful and potentially visionary. In the 1950s scientists discovered that intramuscular injections of DMT caused similar effects on the body to those of mescaline and LSD.

Ayahuasca is related to a group of chemicals known as harmala alkaloids. These are hallucinogens which work in a particular way and have an effect on the pineal gland, an organ that is important to the materia medica of **Ayahuasca**. The pineal stores and secretes melatonin and serotonin. Melatonin is directly related to seasonal changes undergone by the body as a result of changing patterns of sunlight; with the increase of melatonin in the body as a result of less or no light (i.e. in the winter or at night while asleep), the subject succumbs to drowsiness. There are also longer-term effects of melatonin which are related to sexual maturation. Serotonin, on the other hand, is a neurotransmitter which is stored in the synapses and has its greatest concentration within the pineal gland. It facilitates the speedy promotion or inhibition of nervous responses. These two chemicals are linked. Their connection with ayahuasca is that the drug contains beta-carboline alkaloids which inhibit monoamine oxidase (MAO), an enzyme (usually found in the gut) which is essential to the breakdown of monoamines that are found in food and which could disturb the balance of our monoamine neurotransmitters in the brain. Serotonin and other neurotransmitters are rendered inactive by MAO but when the MAO is itself broken down by beta-carboline there is a consequent build-up of serotonin which, when in excess in the pineal, can be converted by certain other enzymes into a chemical (5-MeDMT) that has strong similarities to

DMT and which has similar hallucinatory properties. Furthermore, it has been shown that the biochemistry and molecular structures of some hallucinogens (such as the harmala group) are remarkably similar to that of neurotransmitters such as serotonin. The corollary of this is that the brain has the potential to produce its own hallucinogens within the pineal which can create effects similar to powerful drugs such as LSD, DMT, ayahuasca and others. This would lend credence to the long-held belief that the pineal gland is the third eye or part of it (the pituitary and hypothalamus being inextricably linked), responsible for intuitive second sight, the mystic eye.

The *ayahuasquero* will learn his craft from a spirit plant teacher; he will receive from the teacher ritual songs which come to him during the visionary stage of an ayahuasca-induced hallucination. Both visions and songs are memorized for use during healing of the sick. Such visions, with their vivid colouring, have become central to Amazonian art. During a healing session the *ayahuasquero* will paint a design on his body that represents the healthy energy of the patient. When the patient is sick he is able to see the distortion in the pattern. By a mixture of massage, phytotherapy, hydrotherapy and suction he is able to restore the patient's health.

Ayahuasca has been used in church ceremonies as well. Priests have long added it to the communion chalice in certain parts of South America and the idea has spread north towards the United States. Many parents among the tribes of the Amazon basin use ayahuasca in a semi-baptismal rite. The first thing that is given to a baby is an oral dose of the infusion as there is the strong belief that the drug is a true gift of the gods.

The symptomatology that arises as a result of taking ayahuasca is variable from one person to another. Amongst the tribes that traditionally use it there is a consensus: visions will include those of snakes, crocodiles, jaguars and other jungle animals. Most common are visions or dreams of snakes which portend good or evil; they appear either with an open mouth that threatens to swallow, or in motion. Snakes and wild animals are often used by the shaman for divination. However, such hallucinations occur among people who have certain expectations through a strong cultural heritage and through group or tribal discussion prior to the ingestion of the drug. Among non-native users the results are different. Ayahuasca has been noted to produce lethargy, immobility, a desire to close the eyes and a sense of withdrawal from the environment. Some users have also experienced

extreme spiritual fear. This is often followed by giddiness, nervousness, nausea and sometimes vomiting accompanied by profuse sweating. There are flashes of light such as one might experience with the early symptoms of a migraine and this can be followed by seeing a bluish haze on closing the eyes. There is a general lassitude and a heightened awareness and appreciation of colours. Sleep follows which is deep and dream filled. On waking there is a common urgency to pass diarrhoea. The net result of the whole experience is one of a physical purging and peace of mind. Many of the writers of articles about ayahuasca, it should be noted, are familiar with many other forms of hallucinogens. These authors have already used LSD, mescaline and cocaine, all of which will have left their long-term effects on the psyche. It is amongst such users that the experience of extreme spiritual fear seems to be most prevalent while undergoing an ayahuasca trip – a fact which is a signature of the remedy when it is being considered for a patient who has had too long an association with recreational drugs. (It is worth noting that one cultural researcher amongst the Amerindians became aware that in order to talk with authority on the subject of shamanism she would have to experience taking ayahuasca. She was reluctant to do so and felt that the best way to introduce herself to it was by taking a dose of mescaline which she was extremely wary of doing because she knew of its propensity for inducing self-awareness. She was particularly afraid of incurable neuroses that would be uncovered. She avoided taking mescaline but took LSD instead, as she already knew that it had been used in controlled medical conditions; she found it to be 'a fantastic experience'. This then enabled her to go ahead and take the ayahuasca. This anecdote fairly well illustrates some of the aspects of a patient with a history that would lead the homoeopath to prescribe **Ayahuasca**.)

Apart from the symptoms listed above, some people taking ayahuasca as a material drug would be likely to experience a sleep-like trance (in which the person would want to keep the eyes closed) but in which, paradoxically, there would be a sense of alertness with greatly increased intensity of awareness and insight into metaphysics or into personal problems of the moment. There are various 'themes' that users have described:

- a soul journey in which soul and body separate; there is often the sense of flight, sometimes at high speed

- visions of jungle animals which all seem in some measure to do with cautions, warnings or predictions and afford some insight into the user's behavioural patterns that need attention in order to avoid or enhance certain events
- mystical visions of angels, Christ or, negatively, the Devil
- clairvoyance; the user experiences a vision of a future event or goes on a journey which shows such an event
- the visual experience of an event from the past that in some way illuminates the present so that the user can see what needs to be done in either some personal problem or in a more global problem.

Keynote effects

Ayahuasca is useful in both acute and chronic situations. In the acute it should help to resolve injuries that are characterized by having an element of 'twist' in them (see below) and gastric conditions that often seem to indicate **Arsen-alb**: nausea, vomiting, diarrhoea, anxiousness and restlessness. When given to babies and children **Ayahuasca** affords swift relief from physical and psychic stress with very little or no aggravation. In chronic cases its chief effects are to give patients the opportunity to express and resolve problems that have their aetiology deep in the past and that are in some fashion connected to mother issues or issues that have to do with female ancestry. Being able to treat so far back into a patient's history frequently means that often-indicated remedies such as **Nat-mur**, **Aurum**, **Carcinosin**, **Thuja**, and others that are only able to bring partial relief or resolution, despite being well indicated, become 'unlocked'. In cases where these remedies have already been given, it is as if they are held recorded by the system and are waiting until the **Ayahuasca** 'key' is introduced.

General symptoms

Tiredness, exhaustion. Anything from feeling sleepy to utter exhaustion and debility. Unable to move from tiredness. Shakiness and disorientation. Unable to recover one's energy with rest. Feelings of detachment, poor memory and vagueness with the exhaustion. Muscular soreness (and weakness) from tiredness. Limbs go to sleep; pins and needles. Spinal

sensations: tightness, tingling, aching and drawing. Rushes of energy which are associated with raised heart beat and that cause some anxiety. Heightened sensitivity of the five senses – mostly vision and hearing though touch can be extremely acute. Numbness and general malaise. Anaesthesia. Muscle wastage; necrosis. Easy dislocation of joints. Crumbling of bone tissue. Poor assimilation and metabolization. Nausea and vomiting; chronic or acute. Digestive tract malfunction; imbalance of bowel flora causing psychological symptoms such as depression. Pains can be sharp, sudden on appearance and quick to go; tend to be < night. Autism. Ailments from injuries – < the spine or the head. AIDS. Cancer. ME. Parkinsonism. Strong history of drug abuse: one of the most useful remedies for the clearing of a hallucinogenic drug ‘layer’ that may be regarded as a block to cure for deeper-seated trauma and injury. After injuries in which the patient has sustained potentially chronic damage due to a twist pattern being established in the patient’s musculoskeletal structure (as the patient sustains the injury, the movement and posture of the body or the part is twisted).

Mental and emotional symptoms

Disorientation and feelings of being disconnected < tiredness or stress, anxiety or fear. Sense of unreality (perceived by the practitioner) which, nevertheless, is often quite comfortable for the patient – their state of unreality can seem more real to them than otherwise; out-of-body state when the body is a thoroughly uncomfortable place to be in; a feeling as if drugged (all of which may well be due to a history of having taken recreational drugs). Contentedly abstracted. Spiritual pride. Clear-sightedness; absolute clarity. Clairvoyant and clairaudient. Telepathic phenomena. These positive aspects can also be illusory; telepathic messages can be false as can the clairvoyance. Patients can be convinced of their psychic abilities but actually be deluded – this is where **Ayahuasca** shows its sycotic connections. Loss of purpose; a sense of uselessness and frustration at not being able to find one’s path. A sense of having been derailed. Grief – of the deepest and most unrelieved kind. Anxiety – desperate, acute; prolonged anguish and fear which has heightened every sense. Unmitigated misery. Mood swings between extremes of rage and well-being. Changeable attitudes. Jealousy – especially sexual. Irritable and negative. Awareness of childhood feelings (usually painful) – and its

opposite, inability to remember what it was like to be a child. Forgotten memories that are important to relive as they have a bearing on the inability to move forward and develop. Inability to feel connected to the mother. A sense of oppression by a mother or a grandmother or of abuse (physical or sexual) especially by a female relative, or after abuse where the mother has provided no protection. Useful for those who have been adopted (see 'Author's note' below). A sense of being oppressed by familial ties or ancestral energy. Hears voices or receives messages.

Physical symptoms

Head

A sense of being stuffed up with cotton wool; cannot think straight. Heat in the vertex or cold as ice.

Eyes

Acute vision or blurred. Sees images superimposed on walls or doors or other people's faces or whatever is being looked at. Doubts what is apparently seen; has to look again.

Ears

Hears acutely. Hears as if from a distance.

Respiration and chest

Restricted breathing from emotional disturbances. Emphysema; asthma; chronic constricted airways.

Heart

Congenital heart disease. Pains – either real or phantom. Raised heart rate.

Digestion and stomach

Craves alcohol. ++ stimulants such as coffee and tea. No appetite. Would prefer to do without food. Sensitive stomach which reacts to many foods.

Nausea and vomiting after stimulant food and drink. Feels relieved for vomiting. Nausea and vomiting with anxiety and dread.

Abdomen

Malabsorption and malnutrition from defective gut. Multiple allergy syndrome.

Male and female

Total loss of libido especially after use of hallucinatory drugs. Heightened libido which can lead to excessive masturbation. Excessive libido in those who enjoy it as if it were only a spiritual experience. Sex without grounding. Has been suggested as a remedy for those who have suffered from sexual abuse and now have a crippled sex life. Difficult, prolonged or late periods. Prostate trouble relating to longterm impotency. Impotency arising from too-long use of recreational drugs.

Urinary organs

Very weak kidney energy. Frequent urinary infections or pains in the kidneys.

Back

Injuries to the spine and coccyx. Tension in the neck. Scoliosis and kyphosis.

Extremities

Muscle wasting. Poor extension and abduction of limbs due to inelasticity of tendons and ligaments. Poor circulation; coldness and numbness of extremities. Possible remedy for gangrenous states.

Sleep

‘Sleeps like the dead’. Full of dreams. Many and varied dreams; some are bizarre, some are revelatory, others resolve issues from the past. Dreams seem more real than life. Desire to go back into the dream to continue it. Insomnia. Insomnia from drug abuse or from overuse of sleeping pills.

Considerations for the use of the remedy

- **Arsen-alb** has several correspondences with **Ayahuasca**: both are anxious and fearful, both suffer terrible abdominal pains with diarrhoea and vomiting, both are < at night. If **Arsen-alb** is called for in diarrhoea and vomiting, but fails to act, **Ayahuasca** may well be of service. **Ayahuasca**, however, is far more terrified of specific horrors such as fierce animals or spirit entities. There is less likely to be blood in the discharges of **Ayahuasca** in extreme acute cases. **Arsen-alb** has just as much burning but is more exhausted and yet demanding.
- **Lachesis** comes from jungles where ayahuasca grows. There is a strong affinity between them. It is not uncommon for **Lachesis** to follow **Ayahuasca**, particularly when the latter is given as a first prescription (see page 97). The obvious differences include the typical **Lachesis** verbosity, vitriol and poor sequential thought which are not nearly as strongly part of **Ayahuasca**'s picture. Both have considerable fears of spiritual entities. **Ayahuasca** patients may have a fear of snakes or have dreams of them.
- **Emerald** is easily differentiated but, confusingly, a patient may seem to indicate both of these remedies simultaneously, making it hard to know how to prescribe. **Emerald** is likely to be the second remedy in the sequence; it follows **Ayahuasca** well and its mental and emotional troubles are nearer the surface than **Ayahuasca**'s. **Emerald** has more anger and hurt and damage to the ego; **Ayahuasca** has more fearfulness and anxiety about what the past may hold in terms of what needs to be addressed for true long-term healing.
- **Thymus Gland** is a remedy to study in relation to **Ayahuasca**. They work admirably in each other's company either in the context of a constitutional remedy with a support, or when prescribed in combination.

Works well with all the main constitutional remedy types: **Sulphur**, **Calc-carb**, **Silica** and **Phosphorus**. Often needed before or after **Lachesis** or other snake remedies and may well be indicated in a patient who needs

Latrodectus Mactans for a history of trauma around parental issues. In a detoxification programme it works well with **Rainbow**; **Rainbow** precedes **Ayahuasca** well. (**Rainbow** 10M followed by **Ayahuasca** LM is invaluable in clearing the crown and brow chakras of the influence of recreational drugs; successful prescriptions have been recorded in which **Rainbow** 10M is given daily with the **Ayahuasca** till the patient is more 'present' in the body.) Is compatible with all the nosodes but particularly so with **Syphilinum** and **Medorrhinum Americana**. Is well supported by or followed by **Emerald**. In cases where there is considerable tension and anxiety with lack of groundedness (but where there is no history of drug abuse) **Ayahuasca** is very well supported by **Oak**. It is common to find that deep trauma remedies follow **Ayahuasca** as it unlocks past or ancient grief and fear. Any of the following may be indicated: **Aquamarine**, **Japanese White Oleander**, **Winchelsea Sea Salt**, **Himalayan Crystal Salt**, **Berlin Wall** or **Chalice Well Water**. **Sandalwood** is another remedy that follows well and helps the patient to feel released from past relatives. In cases where there is fear and a sense of psychic attack from another or others, **Holly Berry** supports **Ayahuasca** better than any other remedy.

Ayahuasca is one of the remedies that has been employed in combinations. Perhaps because of its habit (signature) of climbing up other plants, **Ayahuasca** is very useful when combined with other remedies in cases where single indicated remedies do not succeed as well as might be expected, though there is very likely to be the key theme of past history of issues over birth, mother and female forebears. The following have all been given with success:

- **Ayahuasca + Silica + Ignatia** is useful to assist in creating detachment where there is a destructive bond between a parent and the child.
- **Ayahuasca + Ignatia + Syphilinum** is a remedy that delves deep into a destructive family tragedy of the past where expression of the trauma is completely blocked and is forced to find a manifestation in another chakra other than the throat.
- **Ayahuasca + Arnica + Oak** is a useful remedy for serious injury to the spine when **Arnica** on its own does not appear to be able to relieve pain and bruising thoroughly.

- **Ayahuasca + Purple (or Amethyst) + Syphilinum** is excellent for relieving depression and anxiety in those whose suffering stems from an upbringing in a dysfunctional family.
- **Ayahuasca + Arsenicum + Oak** is useful at the terminal stages of illness to relieve unbearable stress, tension and fear both in the patient and the relatives and carers; it helps the patient to ‘let go’ at the appropriate moment.
- **Ayahuasca + Ignatia + Emerald** is useful for inconsolable grief that is nevertheless being expressed (rather than buried) when the patient is angry, confused and hurt and has taken things too personally.

See **Thymus Gland** for the use of **Ayahuasca** in combination with other remedies for the specific purpose of healing damage to the thymus centre.

Esoteric therapeutics

This remedy can be thought of and has been described as the ‘spiritual umbilicus’. It can forge links not only with relatives and loved ones but also between a patient and his past or a past ancestor. The vital energy of **Ayahuasca** as it is experienced by the body has a form which is peculiar to itself: it moves from the base centre in a spiral up the spine towards the crown. This dynamic form, which so closely resembles the action of the kundalini energy, suggests that the remedy has the power to heal every chakra, to heal enfeebled kundalini and to forge a connection between all the chakras. Furthermore, it has the ability to create a loop of energy between base and crown and then back down to the base. By integrating the energies of the different chakras **Ayahuasca** also heals damaged auric fields – the energy of each chakra itself being an integral part of the whole aura. As these facets of its power are seldom likely to appear all at once in a patient, it is reasonable to consider that **Ayahuasca** can be a remedy that is either given in a continuously repeated dose for some while (especially useful in LM) or often repeated at greater or lesser intervals.

The colours of **Ayahuasca’s** own aura are said to be green (heart) and purple (crown). However, in keeping with the vine’s material use, these colours can change according to the use to which the drug is put – for good or ill. The green can become corrupted by reds and black (ranging from

puce to deepest night-black). These colour changes reflect the state of the patients who require the remedy, and also the miasmatic state in which they arrive for treatment. The colour variations are indicative of states of the psyche from the deepest gloom and depression, despair and misery to the heights of peace, spiritual awareness and euphoria.

Chakras

Crown

When this centre is damaged there is a sense of vacancy about the subject. The patient is open to psychic attack from others or from other abstruse sources of negative energy; this is particularly true of those with a syphilitic or syphilitic/sycotic bias. It is often accompanied by the fearfulness held in the solar plexus. This chakra is particularly affected by hallucinogens such as cannabis, cocaine and Ecstasy, the damage from which will call for **Ayahuasca** in potency.

Brow

By healing the heart, solar plexus and base, **Ayahuasca** can give the patient the means with which to 'see' – to see what needs to be done to progress further, to become 'unstuck'. It clears inner perception so that the patient is more able to see how they have been damaging themselves (in the case of recreational drug use) or how negative ancestral energy has been holding them in a destructive pattern. Split states of mind: psychosis, schizophrenia.

Throat

Encourages the freedom of expression; the patient is able to find his voice. The expression from this chakra is limited to physical symptoms, anger and frustration or abject silence in a system that is weighed down and exhausted.

Thymus gland

Ayahuasca is for frequent use when this chakra is compromised by a long history of emotional trauma. It is of great service when prescribed as an ingredient in a triad remedy (see **Thymus Gland**).

Heart

There is both unimaginably deep sadness and great despondency. In the negative state there is often a psychic pain accompanied by anxiety or fear held in the heart itself. It is a remedy for long-held grief and trauma that is often either to do with the mother or the mother's family line.

Solar plexus

When there is fear it often originates from this chakra. It can feel similar to a coiled snake that is ready to overwhelm the patient by forcing its way upwards through the heart centre. Conversely, there can also be fearlessness and courage.

Base

The patient is often 'stuck' and unable to move forward and develop. There is little or no kundalini energy. This can be in the acute as well as in the chronic. Fear and shock can engender a sudden paralysis of energy which can be released by **Ayahuasca** – which makes this a fine alternative to **Aconite**.

Case studies

1 'A woman in her 50s came suffering with chronic fatigue. She had so little strength that it was hard to hear her voice. She explained that she was getting too weak to do her job (as a filing clerk). She spoke with very little expression; her general colouring was grey: hair, skin, eyes, clothes. She had never had treatment before but had had a severe bout of liver disease from a missionary trip to Africa for which she had been treated at the tropical medicines hospital some years before. Her time in West Africa had been extremely frightening: "If I put my nose outside the hut it was likely to be shot off or I'd catch some fearful

bug.” The other aspect of her history that was of note was that she had been brought up an only child by a virago of a mother who sexually abused her from around the age of five till she was nine. Her father, whom she adored, was completely cowed by his wife; he died when the patient was twelve. Her mother, who appeared to have suffered from severe menstrual difficulties, died when she was fifteen. At the end of the interview she said that her mother, though she had died years before, had never left her and was, in fact, even then telling her what to do and what to say from behind her left shoulder. The patient had never been free of this influence. She was given **Ayahuasca** based on the abject fear and trauma she had suffered, the weakness and enervation and the continued negative influence of the mother. Within three weeks she rang to say that she had a terrible left-sided sore throat that was now affecting the right and causing her terrible difficulty in swallowing. She was given **Lachesis** 30 which removed the pains within two hours and all the other symptoms within twenty-four hours. When she returned for the follow-up consultation she appeared much stronger and more animated. Her face had expression and her voice was clearer. When asked about her mother she declared that her mother was no longer around: “No, she went as soon as I took that remedy for the sore throat and she has not been back since. I don’t feel that she will be back either.” ’ **CG**

2 ‘A woman, sent by her osteopath for a chronic injury which did not respond to treatment, recounted that the injury was sustained when she was getting out of the car, got her right leg caught in the bottom of her left trouser leg and fell out in a rotating movement that left her lying sprawled on the ground with her right foot turned in and strained. She felt bruised and had pain in the right shoulder and leg. The foot was still swollen and discoloured even after several weeks of nursing it and taking **Arnica** and **Ruta**. She was given **Ayahuasca** 30, one twice daily for five days, and asked to report back. The injury was completely better within three days and the osteopath reported that the problem had been resolved.’ **CG**

3 ‘A man in his early 30s wrote to say that he wished to “clean up” after years of using recreational drugs. He felt unclear about his direction in

life, confused mentally and stuck generally. He was quite physically fit (he lived in mountainous country) but now needed a change of direction. He was given **Nux Vomica** on the general indications which he reported as having done very little; perhaps he felt a little less irritable and he was now able to cut down on coffee which he had been reluctant to do. He was then given **Ayahuasca** LM1 which he continued to take for two months. At the end of this period he reported that he was much clearer mentally, far more interested in things again and beginning to make plans.' **CG**

- 4 'A young woman in her early 20s came back for treatment after some years. She was extremely nervous, agitated, tearful and wary. She sat wringing her hands constantly. She said, "I'm not in a stable state at all. I'm all in pieces. I have had a terrible row with my boyfriend and he has been texting me all day. He shouted at me and I am really scared that he is going to do something stupid. He's not in a good state either. I am not going to answer his texts but I'm afraid of what he might do." She explained that they were living in Suffolk, deep in the country away from towns. They were more or less in hiding from a group of men with whom her boyfriend had had an altercation over drugs. They had threatened to kill him. Both the patient and her partner smoked cannabis, took Ecstasy, snorted cocaine and had tried most other drugs; she had not been involved for more than 18 months but he had been using drugs since he was 14 and he was now in his late 20s. She said that she only got into it because of her boyfriend. She was both afraid of him and passionately in love with him and she did not want anything to harm him. She spoke quickly and, though she was able to look me in the eye, hers were darting all over the room. Her expression was deadpan. She added that she was confused a lot of the time. After just a few minutes of her story, whilst she was fumbling for words, she was given **Ayahuasca** 10M. Within ten minutes a fine sweat had broken out on her forehead. The colour of her face changed from a deathly grey pallor to white with a flush of pink over the cheek bones. When, at an appropriate pause, she was asked how she was feeling, she said that she had become hot, sweaty and tingling all over. She said that she could feel something creeping right through her body and that as it went her anxiety was beginning to ease. "I feel that I am

more here. There is nothing between me and being here; it's weird but it feels OK. I feel I can think straighter. Do you think that my boyfriend would be all right to take some of that? I'm sure he needs it!" Then, after a pause, she let out a sigh and said, "I feel I'm really grounding." ' CG

- 5 'Woman of 37 with bulimia and anorexia; history of Largactil, alcohol abuse and a long-standing skin eruption on her head and feet. Family history of spinal muscular atrophy. A mother of two, she had had a painful left hip ever since childbirth. "I'm always aware of a presence on that left hip; it's an aura-something stuck there." She was given **Ayahuasca** 10M after which the sense of a presence on her hip disappeared and the crusty eruption came back on her head and feet. She said that she was in fear and panic about all the dead children in the family history. She then had **Ayahuasca** + **Ignatia** + **Arsenicum** 10M once a week. She returned with **Sepia** symptoms after which she was very much better. The eruptions later cleared up completely with **Kali-sulph.**' RP (who added that, while on the **Ayahuasca** and then the **Ayahuasca** combination, it was as if 'she brought it through her body from the ancestors and out.')

Author's note

Ayahuasca has proved to be one of the most consistently useful of all the remedies introduced into homoeopathy since the early 1990s. There is seldom a week that goes by in my practice when I do not use it for a variety of different patients. I have found it most frequently called for in babies who have had difficult birth patterns, injuries in which there has been a twist element, patients who have a history of drug and/or physical and mental abuse, hypochondriasis with a fear of painful death, deep trauma in which the origins of the shock and grief are so thoroughly locked into the psyche that indicated remedies cannot dig far enough into the history, and cases in which conventional prescribing of single remedies has proved unsatisfactory and the patients have needed **Ayahuasca** to be combined in triad remedies. In working alongside cranial osteopaths it has become apparent that **Ayahuasca** is beautifully complemented by **Rainbow**. While **Ayahuasca** has an upward, spiralling energy that revitalizes from the base centre to the crown, **Rainbow** has a descending energy that 'washes'

through the system creating an opposite but complementary flow. The result in those patients who indicate the need for such a prescription is either calmness and groundedness or the ability to open up the heart centre with a greater sense of security and purpose so that remedies such as **Nat-mur** and **Aurum** can at last do their work and without any aggravation. Another aspect of **Ayahuasca** is that it is useful for adopted people. It has, on several occasions, encouraged patients to drop their hostility to the idea of going in search of their blood relatives; the results have not necessarily been the formation of strong family bonds but the patients have at least made connections to a past reality and have found some sense of resolution and peace in this. Finally, **Ayahuasca** is one of those remedies that combines well with others, particularly **Thymus Gland**, the organ that is so strongly associated with the syphilitic miasm. The syphilitic miasm has become so deeply entrenched in the three bodies that it often seems to defy the best-indicated remedies. Such combinations as **Thymus Gland+ Ayahuasca+ Syphilinum** or **TG+ Ayahuasca + Arsen-alb** have been building a quiet reputation for their ability to open channels for other remedies to complete the work for which they are indicated.

Practitioners' comments

'I give it when I see "horribleness"; where a relationship is not quite right. It clears the "wrong energy" (i.e. when negative energy between two incompatible people becomes threateningly damaging). I give it to people who have had nastiness in the background.' **MB**

'In a dual session (of homoeopathy and osteopathy) I gave **Ayahuasca** for hemicranial compression in a baby. The osteopath reported that there was an occipito-anterior compression and torsion (through the cranial base). The **Ayahuasca** eased everything and then **Sycamore Seed** completed the session.' **RP**

BERLIN WALL

The remedy was given meditative provings in July 1993. Each member of the groups was given a single dose of the 30th potency to take immediately prior to the meditations.

Berlin Wall is made from a chunk of the original wall after it was reduced to rubble. It was a composite piece of concrete and stone with pieces of blue-painted cement. The wall was built from concrete, cement and the bricks and hard core left after the devastating bombings of the Second World War. The piece was brought to this country and given to the author as a curio. It lay at the back of a drawer for almost a year until a compulsion to find out if it had any vibrational properties (and therefore any remedial potential) led the writer to present the rock to a sensitive who is able to receive information by psychometry (holding an object for a reading of its vibrations) and who also happens to be an experienced and respected homoeopath. The reaction on being shown the article (without any explanation or information) was instant: a state of fear, panic and distress was evident and there was marked dyspnoea as if an attack of *status asthmaticus* would develop rapidly. The sensitive had absolutely no prior knowledge of the rock. This episode was enough to show that here was a substance worthy of investigation as a homoeopathic remedy. Accordingly it was sent to both the Helios and Galen pharmacies. Once the remedy was made up into the 30c, a bottle was sent to the sensitive who immediately advised keeping the remedy separate from all other remedies as its effect is both mutational and antidotal.

The Background

The nature of the Berlin Wall, the reasons for its original construction, its constituents, its history and its political significance all seem to point to its remedial action and materia medica. The Wall was built in 1961 to divide Russian-dominated East Berlin from West Berlin (which, until 1948, had been under British, French and American tripartite rule). Geographically the city of Berlin, which had been the capital of a united Germany from 1871 to 1945, remained isolated within the East German state after Russia's overwhelming conquest in April 1945 and the subsequent division of Germany. Berlin became a divided city within a divided country.

The Wall symbolized the communist paranoia about the dangers of Western political and cultural influence at a time when Russia and its allies might have expected to relax, once released from the thralldom of Stalin who had died in 1953. Instead it was the beginning of the stiffest years of the cold war. The Wall became the focus of many heroic attempts at escape from East to West. Thousands lost their lives in their attempts to reunite with their broken families. The Wall became a central symbol in books, films and plays; the spy story with its chilling but very human heart became an industry. It became integral to the drama played out in foreign governments and their information networks – the CIA, MI5, the KGB and the Stasi. It was a period of deception, treachery, humiliation, subversion and repression. The Wall was a symptom of these human traits; a symbolic manifestation of what might be read, in homoeopathic terms, as a deeply syphilitic or even cancerous state of affairs. The sooner it could be smashed down, the better; better to release thousands of trapped individuals powerless to do anything collectively; better to free them from exploitation and dumb acceptance of their fate – or so it seemed. When glasnost ushered in the end of the cold war, the Wall became a focus of international concern and plans were drawn up for its destruction. The desire to destroy the Wall, the symbol of so much oppression, hatred and grief, became imperative. The immediate effect of its obliteration was as if to let light into a darkened room. Yet the Wall was only a symptom and its removal is only paralleled by the false premise of cure of cancer by the surgeon's knife. The vital force of Europe remains diseased; the evil force of perverted inspiration that set up the Wall essentially remains unchallenged – it has done what disease always does when suppressed or excised: changed its name and its site of

proliferation. All of which suggests that **Berlin Wall**, if it is accepted as a remedy of healing power, will always be needed now that it has come to our consciousness.

Keynote effects

Despite its name and provenance, **BW** is a gentle remedy and rarely causes aggravations of existing states though it can initiate eliminative symptoms. It helps lift the weight of syphilitic or carcinogenic troubles. It generally brings a sense of groundedness and a greater ability to cope with those things that oppress the patient. It helps them see that the overwhelming situation they have been struggling with is not insurmountable nor impossible to struggle against. They become better able to create strategies to deal with pressing problems which are usually emotional and inherent in the family or the institution for which they work or in which they are caught up.

General symptoms

Syphilitic, carcinogenic, leprotic and tubercular. Pathology following oppression, suppression, depression and/or repression. Rigidity of the musculoskeletal system. Poor fluidity in the tissues. Arthritic states with crippled limbs and joints. Inflammation of joints. Emaciation in poor constitutions. Starvation: children who refuse to eat (yet seem to withstand the usual pressures of life). NBWS spinal injuries where other, better-indicated remedies fail to hold any >. Deep pathology without any apparent exciting cause. Patient presents with pathology for which tests have been carried out but with only negative results. Metastasis of malignant disease. Patient is unusually well before any attack of symptoms. Poor conduction of stimuli along the nerves: numbness; pins and needles. Liver pathology: toxic liver from years of bad diet and self-neglect. Diabetes. Thyrotoxicosis with or without goitre. Poor digestion with sluggish bowels and metabolism. Frequent abscesses or boils. Post-stroke symptoms with paralysis and enfeebled constitution. (Patient feels trapped in his or her own body.) Alzheimer's. Heart complaints when the patient has heart symptoms despite heavy medication. Useful in children who have never taken 'the

first breath' – never filled their lungs to capacity on their first intake of breath after birth.

Mental and emotional symptoms

Unspoken or inexpressible grief. Dumb suffering (**Aquamarine**). Sense of being unable to escape especially when personal and creative expression is suppressed. Stifled creativity; < when ridiculed or pressed into service of someone or of an institution and then left unappreciated. A sense of never being acknowledged. Wasted opportunities and talents through the ruthless ambition of parents. For those who sacrifice and yearn to escape. For those who sacrifice their creative lives to something or someone that does not merit it. Depression but is unable to express what the cause or its origins are (**Amethyst**). Depression often accompanied by headache. For those who cannot tell fact from fiction within their lives due to other people's influence. Sense of guilt where it is inappropriately assumed by the patient. Alcoholism. For those who, despite the best use of indicated remedies, cannot make the break from the past and yet are often cut off from their roots. Unable to break past patterns of behaviour which disturb the process of healing. Guilt complex about deceased relatives but where there is an acute awareness of no resolution (see **Sandalwood**). Hang-dog expression. Unable to look the practitioner in the eye. Hopeless: a lack of any optimism. A sense of rush and hurry (within) despite a paradoxical sense of slowness in the workings of destiny. Inability to escape so they try and lose themselves in the routine of mundane work. Lacks courage in the process of cure. Despair of recovery especially in malignant disease yet fatalistic and almost resigned to the inevitable. Expects to fail. Easily thwarted. Feels unloved in spite of all evidence to the contrary. For those who have spent years in psychotherapy trying to resolve their pain but with no success. Easy and frequent weeping with a sense of doom. Herd instinct: wants to cling together with those with whom he is most familiar even if this means having to take the wrong decisions for his best interests. Takes the line of least resistance. Will not try anything new as there is an expectation of failure. Mortification: victim mentality (**Staphysagria**). Self-deception: for those who refuse to believe the culpability of another (especially family) in case it disturbs the status quo.

The other side of **Berlin Wall** provides a stark contrast and is less commonly encountered. Enormously aggressive energy. Hurried but with apparent purpose that signifies little. Compulsive lying. Impulsive: children who have a desire to tease or inflict pain on others or on animals. Impulse is part of a fascination with cruelty. (**Anacardium** is insecure and concerned with the ego but **BW** is not.) Strange desire to experience self-destructive tendency – to ram a car into a brick wall; to jump from a height without a parachute. For those who use drugs to increase their enjoyment in using their aggressive creative energy. Far-sighted entrepreneurial people (often workaholics) who can see the obvious dangers of their destructive lifestyle but enjoy it nevertheless. For high-powered businesspeople who are divorced from their fellow human beings by the degree of responsibility they have in money and politics; their human relationships suffer as a result. Asperger's syndrome. For those who no longer 'feel' due to their brain-deadening, soul-shrivelling jobs; become careless of others' feelings. Righteous anger with spiritual pride. Jealousy and envy. A desire to see others fail. May be found to be of use to calm the violent outbursts in Alzheimer's.

Can also be used in the acute: for moments when temporarily cut off from all assistance in the face of overwhelming opposition: courtroom appearance, hospital visit in the face of aggressive medical advice, etc. (Unlike **Oak** which is for unendurable tension in similar situations.) Suppressed pathology where the patient is suffering from a malignant condition especially following surgery or chemotherapy. Metastasis of malignancies. Appearance: can appear to be absolutely expressionless (like **Blue**); cold and unsmiling. Crumpled look. Looks as if liable to frequent weeping.

Physical symptoms

Head

Sequelae of stroke where the patient is 'cut off' from his usual surroundings or perceives himself to be in a strange place. Headaches: crushing, debilitating and continuous. Searing pain in the occiput with light flashes. Headaches < from extreme temper. Photophobia. Alopecia: total < stress; < pressures of work.

Eyes

Visual impairment or even blindness. Poor focus. Cataract especially in those with intemperate nature.

Mouth

Foul breath from disordered digestion. Caries of the teeth; peg teeth. Teeth tend to fall out.

Throat

Thyrotoxicosis; goitre < in timid patients.

Chest

Dyspnoea; constriction with crushing sensations or pains. Cardiac problems: sudden stabbing pains with inability to remain standing. Angina: acute episode with gripping pain and a sensation of an iron band around the chest (easily confused with **Cactus**). Pains from the back through to the front as if from a severe blow. Bruised sensation in the ribs; always feels as if this is coming from behind. (May be of use in Bornholm disease.)

Digestion and stomach

Starvation (**Ignatia**). Emaciation. Deep pathology with no apparent cause; tests draw a blank. Toxic liver; hypertrophied, swelling is palpable. Gallstones. Diabetes.

Back

Spinal injuries: NBWS all other indicated remedies have failed.

Extremities

Arthritis deformans; rheumatism. Crippled and inflamed joints.

Sleep

Insomnia or narcolepsy. Frightful visions yet prefers the dark. Nightmares.

Considerations for the use of the remedy

Berlin Wall can be compared with other depressive remedies such as **Amethyst, Aquamarine, Purple, Aurum, Baryta-carb** and **Carcinosin**. What makes **BW** stand out from others in this area is that there is a theme of oppression, repression and suppression running through it. What the practitioner will see is the inability of the patient to cope with the negative influence causing distress. It is as if he has no force or strategy of his own to deal with the problem; he is bereft of language to protest and left without means to combat the negativity.

- **Amethyst** is more likely to be addictive and have swings of mood.
- **Aquamarine** is often missed as it is so hidden; there is a greater sense of depth of hidden grief in this remedy, less fathomable and far harder to reach.
- **Purple** is often more overtly syphilitic and obviously in depression.
- **Aurum** can keep up a bright facade or be so thoroughly depressed that the dark syphilitic shadow will betray itself quite readily.
- **Baryta-carb** is likely to be so slow and lacking in mental energy or so far in retreat from the material world that its need to hide identifies it.
- **Carcinosin** is one that is hard to differentiate from **BW** and the one is often followed by the other; they are not interchangeable but they have a broad picture in common though **Carcinosin** is a far more diverse remedy in symptomatology.
- **Proteus** is worth comparing as it is one of the main remedies for those who suffer from refugee status; it can look very similar to **Staphysagria** on occasion and both **Proteus** and **Berlin Wall** can be preferable when a dose of **Staphysagria** would awaken depths of anger that would become an inappropriate source of negative power.

It is said that **Berlin Wall**'s energy tends to modify and even antidote the energy of other remedies in close proximity. For this reason it is advisable to keep it in a separate place from the rest of one's pharmacy. Perhaps this is a legacy of the original material; pieces of Berlin Wall do carry

considerable negative energy and certainly may affect any other crystal or remedy within its range. When **BW** is indicated in a patient there seems no problem of prescribing it before or after other related remedies.

BW is related to the syphilitic, leprotic, carcinogenic and tubercular miasms: it is most usually called for by yin-orientated syphilitic people who have become 'victims' of their immediate and particular circumstances (even if they are not necessarily 'victim' types per se) and it comes up in those who easily feel constrained, even imprisoned in their stress-bound contexts. As such it supports or follows well after **Aurum, Arsen-alb, Phosphorus, Carcinosis** and **Silica**. It also supports or follows well after **Platina** and **Anacardium**. Of the other new remedies it crops up around **Aquamarine, Amethyst, Buddleia, Chalice Well, Goldfish, Hornbeam, Oak** and **Rhodochrosite**. In some cases it has been used as if it were an **Arnica** for a bruised psyche. In regard to the thyroid, unless there is frank pathology the symptoms may only appear to be *like* thyroid pathology. As thyroid pathology can be manifested in symptoms that are not apparently immediately identified with the thyroid itself (loss of energy, sweating, confusion, dietary changes) and long before any blood test would show up positive, it is worth considering **Berlin Wall** in cases of deep suppression of creativity and loss of communicable expression.

One further use to which **BW** has been put is to relieve patients of the negative energy brought on by living in an area of geopathic stress. The remedy does not obviate the necessity of having the house 'cleared' or installing appropriate technology.

Esoteric therapeutics

The thymus gland is the chief centre of action for **Berlin Wall**. It is a good idea to familiarize oneself with the information on the remedy **Thymus Gland** when learning about **Berlin Wall** as it then becomes easier to understand just why this chakra and that of the main heart centre should ever indicate the need for the remedy. The oppression, repression, depression and suppression that **Berlin Wall** represents are all held at this level of the chakra system and block any movement to and from the heart. The need for **Berlin Wall** may be either acute or chronic but in both there will be a strong element of strain and stress with an underlying lack of hope for change. It is this that so stultifies the flow of fluid energy through the

whole body and prevents any ability to move on, to move forward; to become creative again; to feel the freedom of being individual again.

Chakras

Crown

No longer able to feel the comfort and support of spiritual connection. Loss of purpose with a sense of abandonment which leaves patients unable to reflect hope and joy in their everyday lives. Poor sleep or 'the sleep of the dead' in those who are oppressed. Cancer miasm.

Brow

Unable to see a way out of their position. Intuitive thought severely restricted. Poor self-opinion of a wounded ego.

Throat

Lack of self-expression; left with no voice in the face of opposition.

Thymus

Deep trauma stemming back to childhood and, some would say, beyond. In this chakra the syphilitic tendency of allowing 'victimhood' to take hold is paramount.

Heart

Grief and trauma contribute to physical symptoms of the chest and heart. Sometimes the symptoms will be manifest but tests will show little of significance.

Solar plexus

Loss of will and will power. Frustration and a sense of confinement. Anger, resentment, bitterness, all of which find no satisfactory expression or are suppressed until they become manifest as physical pathology. Loss of joy.

Liver toxicity. Gallstones. Diabetes (in the meditative proving it was reported that **Berlin Wall** might be considered strongly for diabetes in someone who had an aetiology of being an adopted person).

Sacral

Addictive personalities who are driven by competitiveness and ambition; they have little compassion. ++ designer drugs.

Base

Fear, anxiety, fear of failure with a strong fatalistic attitude. Weakened and powerless against superior odds. Lack of resourcefulness; loss of dignity, hope and faith that the status quo can change. Feeling choiceless when faced with overwhelming odds.

Case studies

1 'An American woman, suffering from chronic fatigue for which no particular aetiology could be found apart from having left her own country, returned from a trip to the US and asked to continue treatment after a dose of **Arsen-alb** 1M which she had had some two and a half months previously for both an acute viral condition and for a general feeling of anxiety and restlessness. On her return she said that she felt much better very quickly on the **Arsen-alb** but that she was now back in England and feeling all the negative effects of living next door to her parents-in-law. She felt that her husband's family in general was against her and had been ever since she had married. They treated her "abominably" and humiliated her whenever they had the opportunity. She felt worse at that moment because her husband was putting pressure on her to reconcile herself to his family. She said that "more than one of them in the room and I'm gone! I just want nothing to do with them!" She no longer wanted to make any attempt to heal the rift, so badly treated in the past did she feel. She felt oppressed by them and it aggravated her depressive nature. She took **Berlin Wall** 200c three times a week for four weeks. She reported that she felt much

better in herself, more able to cope with the family dynamics and less intimidated by her father-in-law. She reported that her cranial osteopath had found her energy much better sustained and that her husband had noticed an improvement in the domestic situation. However, she had recently developed a bladder infection and a digestive problem for which she took antibiotics that made her feel “wretched” very quickly and had lowered her energy again. However, her fear and loathing of her in-laws did not return and has not since.’

CG

- 2 ‘A woman in her eighties came for her regular appointment and complained of deathly tiredness. She was a farmer and kept a kennel so her work involved a lot of carrying heavy loads and physical activity clearing out stables and the dog compound. It was not unusual for her to be tired. However, on questioning she revealed that she felt mentally and emotionally tired due to a continued problem “in the family”. Her son’s marriage had ended badly and he was now involved with another woman who she felt was leading him into what she called “dark water”; she was a member of a local “alternative Christian” group. Her son was now refusing to have anything to do with his family and would not join them for any gathering. She felt very “put out” and confessed to feeling helpless in the face of what she saw as implacable opposition from her son’s new girlfriend (who subsequently became his wife). She was given a 4-gram pot of **Berlin Wall 30c** to take when she felt depressed, weak and mentally and emotionally drained. On her return she said that the pills were “wonderful. I took one every day for a while and they really buoyed me up!” Even several years later she still uses what she calls her “rescue pills” when she feels the need. (For at least two years she did not know what the remedy was made from. When she was told what it was she was silent for a moment and then quietly said, “Oh yes, I do understand.”)’ **CG**

- 3 ‘In one case of a woman suffering from non-Hodgkin’s lymphoma, who was faced on several occasions by a bullying oncologist who insisted that she would die unless she received the further radio-and chemotherapy she had been resisting, **Berlin Wall 200c** gave her the

strength to cope with the interviews and to help her feel that she was able to make her own choice. Twice she accepted the treatment and three times she refused it. After the episodes of treatment that she did have, though she was sustained by remedies such as **Cadmium-sulph**, **Ipecac**, **Rad-brom** and others, she said that she felt far worse and though the tumours were dramatically reduced they soon returned and spread. When she decided that she could continue without, she made progress with the tumours which reduced considerably in size. However, continuing the theme of **Berlin Wall**, one of her major maintaining causes was that she was unable to find the strength to remove a former alcoholic lover from her home; he used her home as if it were a bed and breakfast (for which he paid nothing) and for storage for his furniture. He treated her with contempt much as her ex-husband had done and raided her purse when he needed money. When he gained the upper hand, her tumours would become reinvigorated, spread and cause her pain. After **Berlin Wall** she found strength enough to refuse to cook for him, to deny him money and to tell him that she no longer wanted him in her bedroom, let alone her house. She was also able to burn all her ex-husband's clothing which had been stored for some ten years and to burn a trunkful of faxes he had sent her over the years since their divorce telling her that he hoped she would die of cancer. Interestingly, the woman is a faith healer.' **CG**

- 4 'A woman of 28, who had been a patient for some years, presented with a number of complaints but with an underlying thread of depression. July 2004 she arrived in the clinic in the depths of misery feeling that nothing was going right, had gone right or would ever go right. She felt short-changed by life and by the important people in her life, notably her parents who had separated when she was young. She felt she gave out and got nothing back; alienated from those who loved her, as if she was merely filling in time without any sense of long-term purpose; needing to be protected from the world. She felt that she never wanted to grow up and longed for security; homesick for her place of birth: Berlin. **Berlin Wall** 30c, single dose. Three days later she phoned and was quite different. She had resolved a number of difficult issues with both her boyfriend and her father and, in the case of the latter, felt that she had established the first proper

communication for years. She had also been offered a decent job after years of doing indifferent work. She felt as though a wall had been broken through that had stood between herself and the rest of the world. She has not needed to come since.’ **CG**

5 ‘An elderly Jewish woman came for treatment. She was complaining of angina and high blood pressure for which she was on medication that was doing little for her symptoms of chest pains and tachycardia. She was stout and weak. She was a lecturer in psychotherapy with an international reputation which caused her to travel extensively even at her advanced age (she was in her late 70s). She was afraid that her heart condition would not allow her to continue working for much longer. In the course of casetaking she spoke about her childhood in Germany and her eventual imprisonment in a concentration camp. She raised her sleeve and showed the numbers tattooed on her forearm. She explained that she was the only surviving member of her family. Over the following months she was given a number of apparently well-indicated remedies including **Arsen-alb**, **Sulphur**, **Aurum**, **Nat-mur** and, I believe, **Cactus** in low potency. She felt that some of these remedies had helped her to feel stronger in herself but that the physical symptoms were still more or less the same. She was then given **Berlin Wall 30c** to be taken once a week. She reported that this remedy had done more for her than the others and that her physical symptoms were easier and less obtrusive. She appeared to be stronger and her usual sallow colouring was considerably better. She continued working as hard as ever and came for periodical appointments until she died “in harness” of a heart attack.’ **CG**

6 ‘Male 28. He came to see me because of stiffness in his ankle resulting from a past injury but as the consultation progressed it became clear that the real problem in his life was an ongoing depression. He had had psychotherapy and antidepressants but nothing had helped and he was just learning to live with it. He was softly spoken, gentle and very serious as he told me how difficult he found it to relate to people as they are too superficial. Life was one big disappointment and there didn’t seem to be any point to it. He lived with his girlfriend and said that she was always complaining that he was moody. He felt heavy and

oppressed by his feelings. At the bottom of all this was a feeling he had that his life was planned out and it was all going to end in disaster. He felt he couldn't commit himself to his girlfriend or plan for the future because of this; he didn't want her to be hurt when it all went wrong. As a first prescription I gave him **Aurum** 1M (collective single dose) followed by **Ruta** 30 daily for ten days for his ankle. At the follow-up one month later nothing had changed. He thought he had sabotaged the remedy because he had a cigarette soon after it. His ankle was a bit more mobile but his depression was just the same. He felt down and heavy. There was a feeling of "what's the point in anything?" about him. I thought I would give him something to cut through this cloud of gloom that surrounded him and oppressed him and try to allow a bit of love and hope in. The second prescription was **Berlin Wall** 200 (single dose) followed a week later by **Thymus Gland + Ignatia + Syphilinum** 30 once a week and **Bryonia** 30 daily for two weeks. The follow-up was six weeks later. He came in saying "What was that remedy you gave me?" He said he had felt it working almost immediately. When he got home he had been "silly and jokey" and his girlfriend had commented on his light-hearted mood. Over the next few days he had continued to feel better and they had gone on holiday together. He still had the same worrying feelings but he was able to feel detached from them and this enabled him to get on with things, with life. His ankle was OK while away (in the heat) but stiff since being back in the UK. He talked about what he would ideally like for their future and seemed quite positive about things although he felt he was slipping back into negativity and asked for more of the same remedy again. I repeated the remedy and also gave **Ayahuasca** as a link-breaker from the negative thoughts and delusions. The third prescription was **Berlin Wall** 200, wait five days and follow with **Ayahuasca** 200 s/d (single dose) and **Rhus-tox** 30: one daily for two weeks. He had a limited response to remedies over the following two months and on 19 April (his birthday) he came in feeling very negative and depressed. I gave him **Berlin Wall** 10M in a single dose. When he returned on 1 May he was bright and positive. He said that he was looking for a new flat. He said he had suddenly thought "Sod it!" and was not going to give in to the negative thoughts. He continued to improve over the following months doing well also on **Sulphur** and

Aurum. Although he still had negative emotions they didn't overwhelm him so much and he was able to get on with his life. He eventually married his girlfriend and they had two children.' **KL**

7 'A psychiatrist I treat sent me a young girl in an acute state; she was not in a good way and I didn't trust her at all. She was deeply split; there were clearly two sides of her. I gave her **Anacardium** and then **Thuja** followed later by **Medorrhinum Americana**. She did best on the **Anacardium** though the split was still evident as she was so troubled and still gave off the sense of being dangerous. She then had **Berlin Wall** 10M twice a week for eight weeks. The psychiatrist rang me up and asked what on earth I had given the girl as she was so completely different. When I saw her she really seemed to have integrated into her true self. She was discharged soon after by the psychiatrist as he said that she was now normal. Nevertheless, she still wants to keep coming for constitutional treatment as she's afraid that the old psychosis will come back though she has no recollection of what it was like.' **JM**

8 'I treated a little boy once through his severe asthma and allergies. It took five years of hard work and frequent crises to get him off his drugs and to a stable condition. He had all the usual asthma remedies like **Arsenicum**, **Medorrhinum**, **Thuja**, **Sulphur**. Then he suddenly stopped coming and I heard no more for about ten years. Then one day he rang up for himself and asked to come and see me; his symptoms had started to come back. His asthma was starting again and despite using all the remedies that had helped him in the past, nothing shifted. Then I gave him **Berlin Wall** 10M and within days all the symptoms disappeared and have not been back.' **JM**

9 'A middle-aged man who was severely asthmatic came for treatment. He was very suspicious and superstitious. His spirit had been crushed over the years. He managed to improve on remedies like **Thuja**, **Arsenicum** and others but nothing was good enough to stop the symptoms returning. He needed help every two or three weeks. He would put his head round the clinic door in a paranoid fashion to see who was there before coming in. He started on **Berlin Wall** LM1 and

then progressed to LM2. All his asthma and paranoia disappeared and his crushed, destroyed spirit revived beautifully.' **JM**

Author's note

Though the provers were unaware of what it was that they were taking, it seems that the particularly rich mental and emotional picture that emerged carried 'signatures' of the Wall and its political and humanitarian significance. That the remedy should carry traces of such immense suffering might have contributed to **Berlin Wall** receiving a mixed press since it first appeared. It has provoked disproportionate anger and ridicule from some who have made it clear that such a substance could not possibly make any beneficial contribution to homoeopathy. One homoeopath, who did not know me or of my involvement with this remedy but who had invited herself to tea, erupted into an astonishing torrent of abuse when I mentioned **Berlin Wall** during the conversation. She became puce with fury and quite exhausted herself. What was interesting was that her tirade was more to do with the way that she felt let down by her career in homoeopathy and that others in the profession did not appreciate her worth. She struck me as a person who would have done well on **Anacardium**. **Berlin Wall** is a remedy that I have found of great value in relieving deep emotional suffering in syphilitic cases, including in those who are going through treatment for cancer (see also **Oak** and the third case above).

Practitioner's comment

I often use it when I can't get through the wall. When I feel exasperated and stuck and the person doesn't want to shift anymore. I find it doesn't aggravate. **RP**

BETULA PENDULA

Silver Birch

The remedy, usually referred to by its common name, **Silver Birch**, was proved by meditation in June 1998. Each member of the two groups was given a single dose of the 30th potency immediately prior to the circle.

The Background

Betula pendula, the birch, known as ‘the lady of the woods’, is a relatively small deciduous tree with a comparatively short lifespan. There are some 60 species that grow throughout the world. It has a rapid growth rate for the first 20 years of life and then it matures fully at about 40 having borne its first flowers at around 25. The maximum age for a birch would be between 80 and 100 though, in Britain, most live to between 40 and 50 years. Despite their apparent slightness and delicacy, birch trees are extraordinarily resilient; it is one of the hardiest of broadleaf trees living in such inhospitable places as Iceland, Greenland and Siberia. In the wild, birch and its near relative, the alder, grow at the edge of forests and they are seen as pioneer trees as they tend to colonize an area quickly. The birch dies off sooner than other trees and rots to leave the area mulched in preparation for bigger, heavier and longer-lived trees such as the oak. It is planted as a forestry tree mostly in Scandinavia. The soil beneath birch trees is ideal for the growth of fungi and moss and other woodland plants, all of which assist the birch by supplying food material. It in turn does the same for other

adjacent trees partly aided by the fact that birch trees have comparatively shallow roots that spread out horizontally.

It tolerates a wide range of habitats with soil of pH 3.5 to 7.0, in either dry sandy soil or clay and either on low ground or at higher altitudes. Its ideal habitat is uplands of dryish, sandy soil. It grows up in a straight column with branches spreading obliquely from very close to the ground. The bark is remarkably tough and does not rot, though the inner core of the tree does so quite readily. With age the lower stretches of the trunk become gnarled and deeply fissured but this thickened outer layer is all a protective seal for the soft inner wood.

The tree puts out leaves and flowers in April to May; the fruit appear in June and ripen in September; the leaves fall in November. The seeds have what look like brown flakes that act as wings for the central tiny pod which provides food for small birds. The tree is hermaphrodite and puts out both male and female catkins and is therefore self-pollinating. The male buds are produced in the autumn, ready for the next spring. The timber is flexible but not strong. It has been mostly used for fencing posts, cotton reels and firewood. The bark, though thin and exfoliative, is waterproof; it is used in the tanning business for waterproofing leather.

Tradition has it that the tree is ruled by Venus and is invested with feminine energy. In ancient legends it is associated with Frigga, the Norse goddess of married love and fecundity who, married to Odin, spent her time spinning golden threads and spring rainbows in her efforts to care for humanity. It is associated with rites of spring, preparation and purification. May Day lovemaking took place in birch groves as the tree was seen as a symbol of renewal. Birch trees were also used as living maypoles at Beltane, the Celtic May Day festival when bonfires were lit over hillsides. Birch was traditionally regarded as having the ability to ward off evil spirits and the twigs were used to beat the bounds of the parish. The word 'birch' is thought to derive from the Sanskrit word *bhurga*, meaning a tree whose bark is written upon. The Gaelic word *beith* or *beth*, another possible origin, refers to 'existence', 'endurance', 'the world' and 'the shining one'. Though the birch is associated with the sun, light and air, it also has close affinities with water and the moon. It is traditionally the tree that provides a witch with her besom. Though the broomstick is often regarded as a phallic symbol, it is actually just as much to do with astral travel. The birch is possessed of an energy which has the lightness and airiness for lifting the

spirit out of the earthly body. The birch is said to vibrate to the number nine, the number of spiritual aspiration, of the completion of cycles and the promise of renewal.

Birch tar oil is distilled from the bark and is used as an ointment for psoriasis and eczema. Birch water has been prepared from ancient times by cutting into the bark and inserting a straw which draws off the rising sap. This sap is then used to make a fizzy wine that is said to be invaluable in the treatment of rheumatism and arthritis, as a mouthwash, for clearing the skin and as a prophylactic against kidney stone formation. The bark contains an anaesthetic which causes nerve endings to lose sensation. Applying the inner side of fresh bark to a limb is known to have reduced muscle pain. A decoction of the leaves will act as a diuretic and can relieve intermittent fever, cystitis and gout, and they can also be prepared as a mouthwash. It is said that a bed filled with birch leaves will induce a profuse sweat and thereby relieve rheumatism. Those who hug trees say that the birch will relieve stress and tension built up after a prolonged period of intense activity. It has recently been discovered that birch 'sugar' helps to prevent streptococcal infections of the middle ear. It does not attack and kill the bacterium but prevents it from hitching a ride on mucous cells that are travelling to the inner ear.

Keynote effects

Relieves exhaustion in those who drive themselves too hard. Helps people to use their time more constructively. Gives a better sense of the reality of natural time rather than the speed that we are obliged to travel at nowadays. Centres those who are ungrounded and vacant though it slows down those who are too hurried, lacking in concentration and 'ahead of themselves'. Calms down an oversensitive nervous system when the patient is also reactive to allergens. It helps protect children from the full influence of the adult world before they are really ready. It helps to distance them from too early a puberty. Conversely it can help adults remain in touch with their own childhood.

General symptoms

It is a purifying remedy and promotes the elimination of toxins through the kidneys as well as strengthening them (in which it has an affinity with **Golden Beryl**). It creates balance in the water aspect of the body which suggests that it has a sycotic bias. By creating balance in the water element it assists the body in nerve conduction and in respiration. When given on indications, better use is made of oxygen in the system and the synapses have a readier pick up rate. This aspect may be reflected in tubercular patients especially those prone to upper respiratory tract infections. It is also useful in skin conditions (psoriasis and eczema) so it should be considered psoric as well. (The balm made from the bark of the tree has, as mentioned, been recorded as having antiseptic properties so it may be found to be comparable with **Calendula** and **Hypericum**.) It should be considered as a remedy for infections associated with streptococcus especially those that affect the middle ear; it is useful in a patient with a history of never having been well since a series of ear infections. Has a healing influence over the orifices of the body especially in those who have symptoms of blockage that prevent elimination and which act as a metaphor for blocked creativity: < jaws, mouth, throat, vocal cords, ears, anus and urethra. It discourages stasis in the system when blockages tend to cause the patient disquiet, anxiety, restlessness and poor energy (can look like a constipated **Arsen- alb**). **Birch** is said to be capable of dissolving stones, especially kidney stones. It enhances adrenal function and energy. It is useful in those who have overworked their adrenals by keeping going without knowing when to stop; typically of use in an **Oak** patient (**Oak** is the yang counterpart to **Silver Birch**). It also complements **Arnica** and **Bellis Perennis**. The remedy has a right-sided bias. Useful in joint pains and rheumatism in the spine with pains in the right scapula, deltoid, trapezius and sternocleidomastoid muscles. Can be chilly but doesn't pay too much attention to cold (like **Silica**). Might want to be left alone but is usually better for company, fresh air and sunlight. Too many carbohydrates would aggravate this patient as would heavy clothing or bedding.

Very useful in treating children especially those who are highly strung. Enhances their immune systems. Can be used in cases of infertility when IVF treatment is proposed. (It helps women to cope with the prospective trauma or to come to a resolve not to go ahead.) Can be used in cases of babies and children conceived through IVF to help lighten their energy.

Mental and emotional symptoms

Spaced out feelings. Poor grounding. Lack of consecutive thought. Sense of being dumb with nothing to say though there is not necessarily any causative suppression. Suppressed feminine energy. Unwillingness to participate or to explain or even to speak. Feeling blank. Happy to sit and vegetate. Sitting as if mesmerized. Sleepy as soon as one begins to concentrate. Difficult to grasp what is going on around one. Wishful thinkers; impractical. For those who are fully capable of achieving but who do not believe in themselves sufficiently. Lack of self-worth. A remedy for unacknowledged grief; grief that goes too deep for traditional remedies to reach (in the same league as **Aquamarine, Winchelsea Sea Salt, Ayahuasca**). Engenders a greater willingness to open the heart centre. Feeling exhausted even to the point of feeling sick from overwork with no feeling of having achieved or of being valued. Useful in school children who have difficulty in concentrating in class. For patients who have had to learn to stand apart from the turmoil of difficult and traumatic relationships that storm around them. For those who see things in black and white and do not allow for subtler shades. Restless mind activity at night. Helps those who live in their heads too much (**Sulphur**) or those who feel the need to be over-zealously competitive (**Aurum**) to take themselves less seriously. Helps sexual energy to be focused towards spiritual awareness and release rather than on the level of physical gratification alone. Can help young people not to spend so much of their sacral energy wastefully on gratuitous sex. Hypochondriasis. In older people there is a wish to start again; to get back to the beginning. A remedy for 'old maids' and those who missed out on their childhoods altogether.

Physical symptoms

Head

Headache on the right side.

Ears

Threatened otitis media. < history of ear infections.

Throat

Threatened sore throat: raw, sore and dry. Consider in streptococcal infections. Sensation that there is a cold waiting to come out but it does not manifest any specific symptoms.

Respiration and chest

Shallow breathing. Shoulders turn inwards causing poor drainage of the lungs. Lungs need draining of old mucus. Poor oxygenation.

Digestion

Poor liver function from years of worry or self-control.

Skin

Eczema and psoriasis. Desquamation. Skin is hard and dry, rough and tends to flake. Susceptible to infections.

Back

Pain in the right between spine and scapula; tightening of the trapezius muscle. Internal rotation of the right shoulder.

Considerations for the use of the remedy

- **Thuja** is more concerned about the lack of connection, of duality; there is a greater sense of fragility than with **Silver Birch** which has more of a sense of vulnerability.
- **Phosphorus** can be confused with **Silver Birch** because of the combination of sensitivity and poor grounding but there is greater weakness in **Phosphorus** while **Silver Birch** is more out of step with the 'now'. It is often said that 'no one does **Phosphorus** better than a **Thuja**'; **Silver Birch** may also be considered when this paradox arises in the mind of the prescriber.
- **Ash** is another remedy that is worth comparing with **Thuja** though it seems to contrast with **Silver Birch**. **Ash** is more rigid and fixed than **Silver Birch** and suffers from loss of motivation and

aimlessness while **SB** has the lack of focus on the present; it is often far off, thinking in anything other than real time.

As it is such a light (in the sense of illuminating) energy it is to be considered when a patient needs to revisit the old, dark, negative energy of a past prolonged trauma. In this it precedes **Aquamarine** well and either works well with or follows well after **Ayahuasca** (which creates a link with past unresolved trauma), **Oak** (often, as **Ayahuasca** is, a key to karmic maintaining causes) and **Chalice Well** (a remedy that helps a patient to bring up for resolution whatever aspect of the past they need to revisit).

Works well with:

- **Oak** to assist grounding and opening the heart centre
- **Moonstone** to help discover the roots of introversion
- **Purple** and **Amethyst** in healing a broken spirit which can only see the negative side of things
- **Mercury** as it helps to steady the **Mercury**
- **Rainbow** in cleansing and balancing the cerebrospinal fluid and lymphatics
- **Senecio** + **Tyria Jacobaea** especially when there is history of abuse of the sacral centre
- **Thuja** in those whose sacral energy is weak and who frequently manifest illness in the organs of the pelvic floor.

Where there is oppression on the heart chakra, **Thymus Gland** + **Silver Birch** + **Chalice Well** helps to lift the burden on heart and thymus centres when the aggregate of indicative symptoms suggest **SB**. **Hazel** frequently follows after **Silver Birch**; while the latter heals the physical parts, **Hazel** heals and protects the organs' auric fields and that of the whole.

Silver Birch is incompatible with **Holly** (**Ilex Aquifolium**) as they are, remedially speaking, polar opposites. The **Holly** covers the darkest aspect of the masculine principle (**Oak** is far lighter) while the **Birch** is associated with the lightness and generosity of the feminine principle. Both, however, are said to vibrate to the number nine. **Holly** may follow **Birch** within one

or two prescriptions but is rarely seen adjacent. It follows these two remedies well. **Nitric Acid** shares symptoms at the orifices of the body; **Nit-ac** is far darker and heavier.

Silver Birch + Folliculinum + Moonstone is especially useful when there is history of damage from the Pill which is manifest in the next generation and when conventionally chosen remedies fail to act despite indications.

Esoteric therapeutics

Silver Birch is capable of healing very old spiritual and emotional traumas. It balances those who have been hurt so deeply that it has wounded the soul energy and it has now gone into retreat from the physical body (which might make them virtually impossible to treat except in the acute). Ancient tradition tells us that the birch has associations with the energies of woodlands where elemental beings are reputed so readily to live. Perhaps it is this that makes **Silver Birch** a remedy to use frequently on children – who are so close to the energies of elementals. It is a remedy to consider for those children who need to be protected from the fast, heavy vibrations worked up by television, video games and contemporary pop music. For the ancients, birch wood always had an association with the harp and its music. This remedy is said to ‘allow the soul to sing an ancient song’. It is viewed as a lightener of the karmic load. Has an affinity for the crown, brow, throat and heart chakras. It links the pineal and pituitary with heart energy and it encourages the inward journey of self-discovery which inevitably fosters the development of creative energy.

Chakras

Crown

Sleepiness as soon as one begins to concentrate. Sleep disturbed by active, restless mind. Unable to reflect on things dispassionately. Allows one’s spirit energy to be dulled by the pace and clamour of modern living – the ‘now’ is allowed to crash in on the mind in a negative fashion thus

disturbing one's sense of reality and connection. Dreams that resemble astral travelling.

Brow

Feels 'spaced out'; consecutive thought is difficult to sustain. Feels unable to contribute because of blank mind; finds giving explanations hard. Hard to concentrate and difficult to grasp what is going on despite a mind that is potentially clever and quick. May sit as if mesmerized. Confused by the speed of modern life; the remedy affords the chance to slow down and take stock. Gives the patient a greater degree of focus so that he can distance himself from the competitive world and feel more in tune with the present moment. Sees things in black and white; has shut down the ability to see deeply into the subtler shades of situations.

Throat

Poor ability to express emotions; if he tries, he either becomes confused or hesitant. Tendency to throat infections.

Heart

Unacknowledged grief; the patient may not be aware of the need to express the grief in order to resolve it. Too sensitive to be able to continue long in a situation of emotional turmoil so the patient has to step back and remain quiet; a condition that soon becomes the norm. The patient continues to behave as usual but no one else sees or realizes that he is no longer able to express himself meaningfully on emotional matters.

Solar plexus

Digestion may be sluggish or overactive due to poor liver function. Poor spleen energy; lacks motivation due to lack of self-worth. Irritability and frustration with increasingly blocked creativity which leads to torpidity.

Sacral

Indulges in excessive sexual activity for physical gratification (not least as it gives a sense of 'being here') and becomes enervated; when sex becomes little more than a replacement activity for genuine creativity. Encourages

young people to be more measured and controlled with their sexual energy. Kidney energy is out of balance; fortifies kidney and adrenal energy. Encourages elimination of toxicity through the flow of urine. < from history of the Pill, HRT or drugs prescribed to achieve IVF.

Base

Not well grounded. Lack of confidence and lack of self-worth. Hypochondriasis. Protects children's energy from modern technology and from being too influenced by the adult world too soon; often indicated in young people for this. Stone and calculus formation. Skin conditions that are dry, rough and scaly. Improves adrenal function in those who are exhausted (usually from trying to keep up too quick a pace in their lives).

Case studies

1 'A girl of six was brought for treatment for severe allergic reactions to colourings and food that contained sugar. The reactions were: wakefulness between 2 and 5 a.m.; profusely running nose with green catarrh; chesty cough; difficulty breathing; difficulty in controlling the bladder especially at night; behavioural changes: becoming unreasonable and loud, irritable and provocative. After naturopathic treatment and various remedies her general energy improved, the enuresis was less marked and she was more amenable. The mother said that it was a constant battle to keep her daughter away from sweets and other foods with the colourings. It was also evident that she reacted badly to products that contained yeast; after bread and buns her urine would sting intolerably. (This state responded well to repeated doses of **Sarsaparilla** 3x.) Periodically the girl suffered from pinworms. She was advised to cut dairy products out of her diet altogether. As the girl was growing very tall it was further advised that she should have cranial osteopathic treatment. After every session of cranial osteopathy the girl would have ten days of reaction: she would be nauseous and feel like retching; she developed a cough (which usually responded to **Cuprum**); the profuse mucus would return; she would be irrational and irritable; it would be hard for her to maintain any attention span; she would develop boils particularly on the

buttocks. She was given **Silver Birch** 30c to take before each session of cranial osteopathy. (This occurred twice before satisfactory changes resulted.) It was reported that she no longer had any negative symptomatic reaction to the cranial osteopathic sessions and she was now able to tolerate yeast and sweets in moderation. She continued to grow well and she no longer needed nappies at night as the enuresis improved so much. Her skin became clear and there were no further boils. The mother said, "She's changed; she's growing up. In the last few weeks she has come on in leaps and bounds!" If she had too much sweet food she would become mischievous and restless but was no longer irrational or distressed. Molluscum contagiosum appeared around the pubic region. The mother then reported that everyone else in the house, having been easily aggravated by each other, was a lot calmer and less reactive as if as a consequence of the remedy's action. "No one is responding so much to her insecurities." If she forgot to drink enough water she would still get the cystitis symptoms though **Sarsaparilla** would always remove them. The girl has needed other remedies since the **Silver Birch** but it was this remedy that lifted the block on the effects of any treatment being sustained.' **CG**

- 2 'This is the case of a 37-year-old twin who always missed her twin. They were born on the cusp of Virgo and Libra. They lived in different countries and although the patient missed her sister with a deep, primal pain, it wasn't enough to make her move back to Germany so that they could be together. The patient presented with ten years of a frozen shoulder on the right. Her mother had died of breast cancer five years before. She described her childhood as always being afraid her mum would not come home. She never felt safe. Her father was violent but left her hardworking mother penniless with five little girls to bring up. The patient had a huge attachment to animals; would not take any remedies that had any animal products in them – I had to persuade her that the bitch that donated the drop of milk for the **Lac-can** I once gave her really didn't mind! She is very thin and wiry with blond hair. She is in a constant state of yearning for intimacy and a soulmate yet she is so full of needs that men retreat. This case seemed **Carcinosin** to a T. She was given the combination of **Carc+ Thymus Gland+ Baryta-carb** and she returned to say "I've never felt like this before. I

am happy. No worries.” A later prescription of **Medorrhinum Americana** and then **Thuja** produced mental clarity and an ability to stand her ground which until then had been very hard. However, **Silver Birch** has become her Rescue Remedy over the years. She uses it in the 30c when she feels that she is going down too far and it seems to steady her resolve. She has got through the deaths of her beloved dogs; she has stood up to a bullying boss and moved to a better job. She uses **Silver Birch** at times of intense yearning and longing and she says that she is beginning to feel safe for maybe the first time in her life; safe at home, safe in her job and safe in herself. All the remedies she has had have helped her, but for the recurring theme of loneliness and longing and feeling alone in a dark place it is **Silver Birch** that has helped her to stay on course and progress with understanding and some lasting happiness.’ **RP**

- 3 ‘A child of three who was seen as a controlling force within the family and who had needed **Hyoscyamus** and **Stramonium** for her behavioural symptoms as well as **Amethyst**, **Ayahuasca** and **Syphilinum**, seemed to do well on her remedies for only a very few days despite the use of high potencies. She came from very loving parents. She was taken for regular cranial osteopathic sessions. She was troubled by great fear and anxiety, what seemed typically **Stramonium**. The maintaining cause seemed to be negative energies in the house. The mother was also a patient who had done well on **Sepia**, **Lac-hum** and **Nat-mur**. She was the one who carried the main burden of responsibility in the family, not just for her children but also for own mother and for her husband’s family. She found her mother-in-law’s family particularly difficult and she admitted to feeling the struggle. However, it became apparent that the girl’s mother felt that it was the house that needed most help. She created a shrine of light with the aid of candles, stars and decoration; it was Christmas time. A priest was called in to exorcize the house and distant healing was given by an acquaintance. **Silver Birch** 10M was given to the mother. The history of trauma within the family threw some light on the situation: the mother’s mother had suffered 13 miscarriages before conceiving her daughter who was one of twins; the twin brother died at birth; the father died suddenly and unexpectedly. In addition, the mother-in-law

was a very controlling person especially towards her son, the little girl's father. There was much unpleasantness in a family which was essentially loving and caring. It seemed as if the mother was in the middle of darkness and was trying to bring in light and healing but was being overpowered by forces much greater than her. After the priest had been and the remedy had been taken, electrical problems arose: the washing machine, the fridge and the pump on the fish tank all broke; all water-related. The little girl's grandmother had a stroke (from which she recovered), a very unpleasant aunt (whose own child is secretive and cruel) broke her hip; another aunt told the mother, her sister, that she should not live with her mother-in-law because she would destroy her – words that had never been spoken before. The girl's mother became aware of an old tree stump that was in the garden; it was the remains of a silver birch that had been cut down to allow more light into the house. After this, the plants in the garden had fallen prey to a destructive fungus. Now the mother decided to work on the garden by pulling up all the dead and dying plants, clearing dead roots and planting new shrubs. The tree stump was given a dose of **Silver Birch** 10M as well. The mother, who is a doctor of science, felt that there was purification, healing of wounded soul energy, an easing of karma and healing and protection for the children. The report was that there was a big shift in the energy of the household.' **L R-H**

Author's note

Silver Birch is one of the new remedies that is top-heavy in favour of mental and emotional symptoms with a dearth of physical ones. However, the provers were more than usually clear with the channelled information about the remedy's importance in healing of kidney, adrenal and lung energy. While a lot more clinical evidence should elicit many more physical generals and particulars and an orthodox proving would be most welcome, the information so far suggests that **Silver Birch** should make an excellent support remedy for the structures mentioned and a suitable constituent of combination drainage remedies where appropriately indicated. I have not prescribed this remedy often and suspect that I have missed it in quite a few patients. However, where it seems to score heavily is amongst children, teenagers and those adults who have never really emerged from their childhood into full mental and emotional creative maturity. It is for those

who stand on the threshold, become stuck and cannot fulfil their potential; the door is open but they cannot go through. I suspect that time will show us that it is a remedy that has to be repeated quite often to maintain momentum as its energy is quickly dissipated.

BLACK OBSIDIAN

The remedy was proved by the meditation groups in January 1997. Each member was given a single dose of the remedy in the 30th potency before the meditation circles began.

The Background

Obsidian is found almost anywhere in the world. It appears in a variety of colours ranging from black through brown (mahogany), grey, green, gold, red, purple, blue and rainbow. There are also bicoloured examples such as snowflake obsidian and another variety known as Apache tears (so called because they were the subject of a Native American legend in which a group of Apaches had leapt to their death rather than be caught by their enemy; the crystal was found at the foot of the cliff where the braves had fallen and were wept over by their womenfolk). Whatever the colour, the mineral is vitreous, being volcanic glass. It is formed by lava breaking onto the earth surface beneath the water. The cold water solidifies the surface of the lava to form a smooth glazed crust which in turn slows the rate of lava flow beneath. The new surface has the appearance of solid billows yet it is weak, being only a plug over the fissure. Obsidian is found on land through the effect of movement of the earth's crust.

The name 'obsidian' is said to derive, according to Pliny, from the man who first discovered it in the deserts of Ethiopia: Obsius or Obsidius. It was

used in ancient times as a tool to fashion arrowheads, knives, mirrors and ornaments.

Australian aborigines used this stone for healing. The ancient Egyptians used obsidian knives to cut open the cadavers of kings and priests in preparation for the embalming process. The Greeks and Romans frequently used it as the material for sculptures and ornamental cameos. Dr John Dee, Queen Elizabeth I's alchemist physician, is reputed to have used an obsidian mirror while in her employ. Today, obsidian is used in the manufacture of jewellery. One further detail is that there is a tradition in Polynesia – where there is a lot of Black Obsidian – that anyone who removes lava rocks from their natural resting place will be dogged by ill-health and poor fortune.

‘The intrinsic properties of the numerous forms of obsidian include the reflection of one's flaws and the promotion of a clear picture of the changes which are necessary to eliminate the flaws. The energies of obsidian produce very blunt answers, focusing one's inner vision and ... stimulating a picture or vision of the required course of action.’

This quotation from *Love is in the Earth* neatly encapsulates one of the central aspects of the homoeopathic remedy: the uncompromising nature of **Obsidian's** ability to bring to the fore what the patient is least likely to want to face about him- or herself.

Keynote effects

Black Obsidian is usually uncompromising and can give patients a difficult time with eliminative aggravations. It seems to stir up the organs of the digestive tract and cause discomfort as sluggish liver and bowels struggle to move to a more regular rhythm. A common result of giving this remedy is that the patient begins to discharge toxic waste through bowel activity or sweat. (Any distress this may cause can be somewhat alleviated by supporting the action of **Black Obsidian** with an appropriately chosen bowel nosode, particularly **Morgan**.) It serves to lighten the spirit and lift sensations of heaviness from the physical body. Two themes of this remedy appear to be its uncompromising tendency to open things up and the

stripping bare of veneers of delusion that cover up that which is not based on truth. Perhaps this is why it is such a valuable remedy for those who have spent a long time on antidepressants.

General symptoms

Cleansing remedy on all levels. Has strong affinity with the spine and the intestines. Encourages the elimination of toxic waste especially from the bowels, kidneys and blood. Also works centrifugally so that the skin is able to eliminate better. Works gently and comparatively slowly which enables the body to gather its own healing resources to protect the organs that are under stress through the harbouring of toxicity (which is often a metaphor for the inherent emotional state). Heals the bowel and intestines in cases of heavy candida, IBS, ulcerative colitis, etc. Also in those affected by food intolerance. Also cleanses the system in those who abuse their bodies with alcohol, drugs (conventional and recreational) and smoking. Eliminates the sensation of blockages in the system (like **Anacardium**); restrictions may be found in bowels, lymphatics, circulatory system or the respiratory system. Discharges can be thoroughly offensive. Sensations of heaviness or largeness. May have sensations of heat but they usually alternate this with chilliness and shivering. Post-flu remedy.

Is useful in protecting foetuses from the damage from ultrasound scans; should be given before and after. After crushing injuries. (In treatment after scans and injuries it complements **Arnica**.) Chronic fatigue; can look like **Granite** or **Plutonium**. Disorders of the central nervous system: MS and other problems of motor control may come under its influence. Cerebral palsy. Poor nerve conduction from insufficient fluidity in the body. Has a right-sided bias; one side feels pulled downward. Poor circulation: limbs go dead; pins and needles; Raynaud's. Pains are likely to be burning or sharp. Autism. Can also be used to assist in the reversal of vaccine damage. Suppression by chemotherapy especially from antidepressants. Emotional blocks << hallucinogenic drugs. Drainage and support remedy in low potencies for struggling organs in crisis. Has been successfully used to 'crack open' unresponsive cases even after a long list of other indicated remedies have been given. Travel sick < smoke.

Mental and emotional symptoms

Patient is often in denial and may not even realize it. Negativity: looks on the dark side of things; feels that the cup is always half empty (like **Amethyst**). A sense that one is struggling through sludge, mud or treacle. Frustration as they feel they want to contribute but they are blocked at every turn – usually by their own difficulties (like **Jet** but this remedy is more agitated and emotional about expressing this aspect). Arrogance: proud and aloof yet wants to be amongst people. (**Jet** also wants to be among people but not to such a marked degree and they are more ‘eccentric’.) Can feel morally superior. They can feel spurned as no one seems to want what they can offer. They can initiate things but seldom see them through to the end. Inconstancy and inconsistency yet they are unable to see that these are flaws. They impede their own progress but without seeing that they do it. (**Black Obsidian** wants to make changes while **Jet** would prefer not to change anything.) Loneliness and isolation. Emotionally heavy. Puts other people off by being too serious and heavy; they feel that no one understands them. (**Jet** is not so serious as **Black Obsidian**; **Jet** is lighter and has a sense of humour that makes them easier to live with.) Sense of humour is obscured – often by the weight of assumed responsibility or grief. Feeling that they are ‘in the dark’; that they have always been ‘kept in the dark’ particularly about family doings. For those who pour their considerable energies into the wrong channels and do not see how they are being damaged by it; they pursue the wrong goals. They keep working but feel stuck. Dislikes secretiveness in others yet can be secretive themselves. Vulnerability. Anxious about the future and about being able to make the changes in life that they know have to be made in order to progress. (**Jet** are more mercurial in their response; they give the impression of not listening even to advice that they have asked for.) Anxious about being alone in the house: checks the locks. Desire to go to bed and sleep. Wants to ‘switch off’. Memory: difficulty in recalling names; poor concentration. In terminal illness: a desire to give up the struggle; wants peace. Helps to stabilize children who are ungrounded and who demonstrate this by being unable to concentrate, follow simple instructions or observe simple social niceties. Inner turmoil and conflict; outer reserve, calm and lack of response which may well be discovered to be due to some form of abuse earlier in life. There is sometimes the impression of a superficial layer of cleverness and/or efficiency but underneath there is chaos. Busy-ness (or, paradoxically, an air of nonchalance) can obscure their disenchantment with

life and their desperate need for firm foundations. (A result of giving the remedy may be that the hitherto apparently uninvolved patient might suddenly start to ask about the prescriptions.)

Physical symptoms

Head

Right-sided headache. Pain in the brow centre. Pressure generally. Itching of the scalp. Heaviness in vertex. Occipital headache. Vertigo: floating sensations which are associated with heaviness in the vertex.

Eyes

Iritis. Inflammation of the lids < right. Desire to rub. Irritation. Lachrymation from both eyes but < right accompanied by irritation and a desire to rub the eyes. Aching in the left.

Mouth and throat

Tingling. Still water seems to be fizzy. One patient reported that her tone of voice lowered after the remedy.

Chest

Blockage in the lungs; tight chest. Can't get a deep breath. Chest symptoms may be concomitant with severe constipation. Digging pains in the area of the thymus gland.

Heart

Heavy sensation. Compressed feeling. Heat around the heart area. Palpitations. Raised heart rate. Pains and tingling extending down arms to the hands or into the neck and face (in asthmatic breathing) < right. Compare **Lil-tig**, **Lob-in** and **Lat-m**. Poor oxygenation of the blood.

Abdomen

IBS. < allopathic drugs. Pains in the lower abdomen and in the solar plexus. Blockages in the intestinal tract. Chronic constipation. Tension and knotting

in the gut. Bloating and wind (can look like a cross between **Morgan Gaertner** and **Morgan Pure**). Diverticulosis; diverticulitis. Sheep dung stools. Nausea of travel sickness. (Has been known to < Crohn's even where well indicated.) Symptoms after years of bad eating habits – a history of junk food eating.

Female

Pain in the right ovary. Cystic ovaries. Infertility with history of amenorrhoea. Encourages healing after hysterectomy and helps to prevent adhesions.

Babies

Useful to clear the baby's system if meconium has been swallowed. Can be used to protect the baby from the harmful effects of ultrasound scans.

Skin

Infectious skin diseases. Skin cancer; malignancy on the skin that reflects what is malignant within. Warts: in clusters. Itching anywhere < in bed. Scar tissue: encourages healing in wounds that are slow to heal and threaten to leave scarring.

Neck and back

Painful and tense. Stabbing pain in the left scapula extending to the right. Pain in the left shoulder. Pain in lower back which = strong wish to sit cross-legged and turned to the right.

Extremities

Arthritis. Rheumatic pains: burning. Tingling. Cramp in the calves. Restless legs < below the knees. Stabbing pains in the left leg.

Considerations for the use of the remedy

- Bowel nosodes: **Black Obsidian** can usefully be compared with **Morgan Pure**, **Morgan Gaertner**, **Sycotic-co** and **Gaertner**. **Black Obsidian** is just as stuck as **Morgan** and can be just as depressed or

irritable but it is more vulnerable (despite any facade) than the nosode. **Morgan Gaertner** is almost always noted for its flatulence and bloating and other symptoms similar to **Lycopodium** which may well be present in a **Black Obsidian** case; what can help to differentiate them is **Black Obsidian's** air of wariness. **Sycotic-co** tends to be far more overtly tense and nervous and less able to mask the emotional picture. **Gaertner** shares all the allergic sensitivities and intolerant reactions to foods but gives off a greater sense of fragility.

- **Sulphur** might easily be chosen instead of **Black Obsidian** though the latter is more deeply aware of troubling emotions and the underlying sense of chaos which some would say **Sulphur** does not mind. They complement one another, particularly in cleansing the body of toxicity. **Sulphur** patients tend to enjoy their lives more easily than **Black Obsidian**.
- **Granite** is far more introverted and indifferent though equally stuck; the bowels are also less predictable.

Psoric (as it is such a grounding remedy) and syphilitic (as it tends to uncover this miasm) but also all other miasms. Is said to be incompatible with the **Silver** remedies (including **Silver Birch** and **Silverfish**). Can appear very similar to **Conium** but is far more likely to be toxic especially in the pelvic organs and the solar plexus; has a similar paralysis of spirit but is less refined in character. (Both remedies work well before and after sea remedies.) Complementary to **Anacardium**, **Lycopodium**, **Kreosotum**, all the nosodes, **Plumbum**, **Thuja**, **Natcarb**, **Lapis Lazuli**, **Silica**, **Clear Quartz**, **Rose Quartz**, **Senecio**+ **Tyria Jacobeae**, all sea remedies, **Aurum** and **Graphites**. Similar in some aspects to **Emerald** which is also complementary and should be compared. **Plutonium** (often noted for its symptomatic association with shattered or shattering glass) shares some aspects; both remedies produce black discharges. Can aggravate those who smoke or use recreational drugs. **Rainbow** can be given before; **Rainbow 10m** is often therapeutically helpful in preparing a patient who has had a lot of recreational drugs for the eliminative effects of **Black Obsidian**.

Esoteric therapeutics

Obsidian is one of the basic stones for grounding. It not only connects the base centre with the other chakras but it also links the base with the core of the earth. Obsidian holds something of the energy that threw up molten magma from the bowels of the earth and it is influenced by the cold depths of the oceans that solidified that magma. In turn it affects the energies of the body so that darkness and negativity in any form (physical, mental, emotional or spiritual) are potentially eliminated through a return process of softening and lightening. Through knowledge and genuine acceptance of one's physical, mental and emotional limitations one is able to judge better one's reality which in turn makes one's creative purpose more easily realizable; some will shy away from such an uncompromising road. It is a stone that might be regarded as one to reconnect people with their purpose. It will generate answers that are uncompromising. The information received with the aid of this stone is blunt and to the point and will lead to an understanding of what course of action should be taken to remedy the situation or set of circumstances. It is said to help people suffering from grief and depression with low self-esteem especially if they are concerned about their physical appearance.

It is one of the stones that has been used for scrying or gazing; the Mayans were said to use it to predict the weather and harvest yields. It has been used on a personal level to help one see into oneself to detect the flaws that hold one back and to see into another to detect flaws in the physical body which lead to illness. It is a protective stone not only of the person but also the aura as well. It is Saturnian in that it promotes learning through experience. Obsidian is also said to affect the possessor by softening and discouraging antagonistic feelings towards others. It clarifies spiritual issues that have become encrusted with ego. Useful in those who would claim spiritual achievements without working through karma to earn them. Spiritual pride. Dissolves blocks in any of the energy fields of the chakras. It has been used to clear patients' energy fields of entities that act as energy leeches and that prevent indicated remedies from working thoroughly.

Chakras

Crown

Connects a patient with higher purpose; broken connection between the base and crown centres. Helps to integrate the spirit path with the physical body. For those who avoid a spiritual journey; fear of spiritual changes. For those who follow a spiritual path as an escape route from reality. Alienated. Helps to seal the aura and protect and maintain the integrity of the crown centre. Crown centre < from recreational drugs and orthodox drugs (give **Rainbow** before to those who are or were heavy smokers; use in high potency in those who have a long history of drug taking). May be considered in any who appear to have suffered from a past life trauma which has paralysed their progress and shut down the connection between the centres. Suppression on any level threatens to activate the cancer miasm.

Brow

Blocked perception: wants to switch off. Confused and forgetful; suspects that senility is creeping in. Loss of orientation and lack of direction. Loss of defined personality so they are obliged to take on another but more restricted role. Preference for acting out a different life (like any celebrities who become paralysed by their own success and the limitations it puts on their lives). Intellectual interest and enthusiasm but no feeling. Aware of their functional failings. Can become full of spiritual pride (feel that they do not need any spiritual help, growth or path; they are spiritually complacent). Slowness of intellectual or visual acuity. Impatient at being stuck. Tends to analyse spiritual matters intellectually. (**Conium** patients are < by silver remedies.)

Thymus gland

The heart protection is blocked and immovable. The remedy encourages the revelation of buried maintaining causes that are emotional and ancestral in origin. (Works well with **Chalice Well**, **Peridot** and **Rose Quartz** as well as **Aquamarine**, **Golden Beryl** and **Emerald**.)

Heart

Loneliness; suppressed emotions (especially emotions associated with a sexual relationship). Hard-hearted; unemotional (see **Latrodectus**). Dark view of life. Frustrated; starts things but doesn't finish them. Encourages

the patient to stop smoking when the addiction has arisen from a frustrated sexual desire or since a relationship came to an end. Feels imprisoned. Despair, depression; the patient wants to cry but cannot. Sadness and tears which flow intermittently and never enough. Wants to give up (in terminal illness particularly). Serious and lacking in humour. They feel that no one understands them. Materialistic (to replace a satisfying relationship). Can be angry and cruel; malicious. Complains about little things but is underneath festering away with anger that is suppressed. Congestion in the lungs; compression and congestion felt in the heart area.

Solar plexus

Congestion in the liver: << alcohol; medicinal drugs; industrial pollution. Alcohol abuse; toxic liver. Bloating, wind and fermentation. Diverticulae. Sensations of heat. Offensive discharges. Severe constipation.

Sacral centre

Balances male-female energies in homosexual men. Poor water distribution in the body. Tends to overeat: gluttony. Sluggish and congested pelvic organs from toxicity.

Base

Fear and stuckness. Unwilling to change. The patient is not in touch with what he is here to do; the remedy fosters the will to be here, now. Helps to earth ungrounded but enlightened children; vulnerable: > security and routine. < since vaccination; < bad parenting. Calms hyperadrenalism. Appears calm on the outside but seething with turmoil inside. Locked into habitual patterns of behaviour; for children who are unable to obey simple social rules: autism and Asperger's. The remedy sets to work on all kinds of blocks and blockages that threaten to destabilize the base. Lymphatic blockage: lymphoedema. ME, chronic fatigue, NBWS glandular fever. Body feels heavy and sluggish. Obsessive about security (checks the locks on all the doors at night). > crushed injuries (follows **Hypericum** well). > ultrasound scans.

Case studies

1 'I prescribed **Black Obsidian** to a woman aged 61 suffering from the effects of a stroke. I had treated her before with different remedies with only little improvement. Apart from hemiplegia she was really changed in mood since the stroke. Her main problem was a deep depression, she wanted only to stay in bed. She did not want to meet people, to phone anyone; contacting her was impossible. During the last consultation she told me a dream: "Everything was black. A woman I met was dressed in black. Her shoes were black and she was very depressed in spirit." The theme was: "to reach the source of the river Ganges." The message she saw in the dream was: "Giving up the harshness in life." What happened after the remedy? She was much better in mood; she started phoning her friends! She wanted to be more in contact with others; she wanted to be more aware of all her feelings. She was now prepared to adapt her life to her handicapped situation.'

JW

2 'A woman aged 65. Case first taken in 1993 when her main presenting symptom was a marked sensation of heaviness which had left her bedridden. History of diazepam for 25 years (prescribed for post-natal depression) and several sessions of ECT. Many symptoms remained as side effects of the years on diazepam but the most debilitating symptom was the great heaviness. Neither **Nat-carb** nor **Thuja** (delusions he is heavy) helped at all. Over the previous five years many remedies had been prescribed but none had had much effect although her symptoms including the heaviness had reduced enough with the continued homoeopathy to give her back some quality of life. She was now up and mobile and could enjoy walks with her family. Still, the sensation of heaviness persisted, worse at times and in those periods forcing her back to bed. In December 1997 she had **Black Obsidian** 6c daily. In January 1998 she reported, "Much more drive, I feel much more normal and more like me." The sensation of heaviness was much reduced. She was then given **Black Obsidian** LM1 and in February 1998 she reported that "The remedy works nearly every day to take the heaviness away. I feel positive and strong on the remedy. I am more like me on it. I feel really good." The patient has kept on

Black Obsidian LMs and is doing very well. In April 1998 she had the first dream which she remembered which was that she was in a house and the top floor was a prison. She saw a man in the house who had escaped from the prison. I felt this dream to be symbolic of the release from her own bodily prison and since then the patient has, in her own words, “made more steps forward”.’ **RW**

3 ‘A man of 29 who was bisexual, who had suffered from Hodgkin’s lymphoma when he was 19 and who had experimented with drugs for a long time, came for treatment saying that he felt it was time to “get cleaned up”. There was a history of broken family relationships and he had broken up with his girlfriend some years before and had only brief relationships since. He was heavily into meditation and marijuana and had no permanent job. Over the course of treatment he had **Medorrhinum Americana** (addictive nature, careless attitude to sex, irrational fears; after which remedy he reported that he had started a homosexual relationship “that was not going to go anywhere”), **Opium** (chronic constipation, out-of-body ungroundedness, general lack of reaction), liver drainage remedies (very sallow, toxic skin tone) and other remedies to help re-establish some basis for remedies to hold. Eventually he was given **Black Obsidian** 30c daily. On his return he said, “That remedy was like a big weight pushing me down into my body. I couldn’t meditate. I didn’t feel like being expansive. I was concerned with just the ordinary things. I was also really bored. It wasn’t so easy for me to float off. It took me out of my dreaminess. It made me feel really tired. I have this fear that I’m totally fucked; the fear that I’m not going to have vitality again. I get this feeling of a useless body ... digestion! Please work! I feel filthy. I imagine there’s this cloud of filth superimposed on my body – it’s all slimy. When I’ve got some vitality, it will ooze. I’ve been half a person since we broke up eight years ago.” He continued treatment for a few more sessions until one day he confessed that he didn’t really want to be on this planet. He was prescribed **Hydrogen** 1M on this and other indications after which he cancelled all further appointments.’ **CG**

4 ‘A boy of 17 with a previous history of treatment for stunted growth and developmental learning difficulties (resolved after **Capsicum**,

Baryta-carb, Med-am and **Abrotanum**) was brought by his mother who was concerned that he was smoking marijuana and had no interest in making any academic progress. She said that he was very concerned with his image yet he had a 'can't be bothered' attitude except on the hockey pitch. He sat around at home all day watching TV and left all his homework. He complained of having no space in the home. He also said that he had no interest in the future and that he felt too tired all the time to be able to think much about anything. He complained of having no friends at school and on one occasion said that he wanted more structure in his school work. He had a permanent cough, a clogged nose and thick, dark yellow mucus. He sounded congested and snuffly. His voice was gruff and lazy; he sat slumped in the patient's chair and looked vacant. He was given **Black Obsidian** 200 – 1M – 10M at weekly intervals. His mother emailed to say that "he's not dependent anymore! He's thinking of going into the army! After the first and second pills he began to get mad again till the next pill came along. By the third one he was fine!" Unfortunately, some months later, he became involved with a cannabis dealer and began smoking again. This time his mother rang to say that he was having terrible mood swings with severe depression. He was sent **Aurum Iodatum** 1M while his mother grounded him for three months. She reported that he became very calm and happy after the remedy and seemed much better for the strict discipline she had imposed.' **CG**

- 5 'A woman in her 50s went to India for a holiday in the Himalayas. She fell foul of a stomach bug which left her with profuse diarrhoea, abdominal cramps and exhaustion. Being a homoeopath herself, she took all the well-indicated remedies in turn including **Arsen-alb, Verat-alb, Cuprum**, etc. but without relief. Once back at home, feeling wretched and washed out, she started to take **China** 200 which did nothing for the diarrhoea but eased the tiredness. She rang her clinic for advice and was told to continue the **China** and to add **Black Obsidian** 12c twice a day. She felt better almost immediately and the diarrhoea cleared in a very short time. She felt quite clear that it was the **Black Obsidian** that had had the necessary curative effect.' **RN**

6 ‘A man of 26 asked me to help him with his problems. He seemed fairly healthy though not particularly robust; a **Silica** type. He had **Lycopodium** bowels and yellow feet so I thought that his liver was not in very good shape. He also had a long history of cannabis smoking which he had given up possibly because of lack of funds. Mentally and emotionally, he seemed very **Sulphur**, living in his head with all sorts of schemes for projects that he would probably never complete. He had **Lycopodium** and he had **Sulphur** and neither of them did particularly well. He had had **Thuja** ascending: 30, 200, 1M, 10M to open with as there was also a history of multiple vaccines as he had been brought up in Africa. This had brought out his first cold for ages.

‘He also had another problem: he was addicted to gambling. He’d spend hours on the Internet winning and losing money. He knew he was an addict and he did want to change. More out of frustration than anything else I gave him **Black Obsidian** 10M: one twice a day for three days. Within a few days he called round and showed me his hands. He had gone back to the computer gambling after a few days of keeping away. As he logged onto the site, his hands started to erupt. He developed a severe open rash, red, sore, weeping and crusty and it stayed for a couple of weeks. He did not go back to the addiction again but contented himself with dealing on Ebay.’ **NG**

Author’s note

Black Obsidian represents the energy of someone who has lost his way due to one form of suppression or another and lacks the self-discipline to organize his life to cope and does not know how to navigate his way past all the hazards of life that lie in wait to waylay him. He feels burdened but often unable to express this adequately in words. The physical heaviness felt is, as it were, a metaphor for this. Some wish to keep up a semblance of normality while others want to avoid difficult issues and put up a veneer, sometimes of not caring or of a ‘shiny surface’. I have noted that one of the biggest challenges for anyone needing this remedy is the lack of self-discipline. Perhaps it is **Black Obsidian**’s signature of being a substance that was once in the deepest oceans but then displaced to such distant land by geological seismic upheaval that suggests a lack of firm connection that

makes self-discipline so difficult. Particularly in cases where there has been drug abuse, **Black Obsidian** often needs to be followed by syphilitic remedies that do seem to ensure that the inherent addictive behaviour has less of a grip on the psyche.

BUDDLEIA DAVIDII

Butterfly Bush

The remedy was given two meditative provings. The first was on 1 May 1998 with the 30th potency and the second, one month later, was with the 10M. (A further meditation was recorded in July 1998 by the second Guild group though the potency was not recorded.) This unusual step was taken because it was recognized that the first proving had only uncovered part of the remedy and that there was more that could be received by taking a high potency. What became apparent was that the proving with the 30c mainly brought out the physical symptoms and the 10M emphasized the ancestral, historical and miasmatic aspects as well as reminding of the physical pathology.

The remedy was the inspiration of Stuart Deeks who supplied the sample of the leaf, flower and stem from his own garden after he had been drawn to ‘the benign and radiant quality of the light’ under the bush. Whilst on a train journey he came to recognize the signatures of **Buddleia**.

I saw how it would grow alongside the railway tracks amongst the dry chips of granite or in the mortar between bricks and it was always there as soon as we came to a built-up area. It was never to be seen out in the open countryside. My first consideration was that it must have a very efficient way of drawing on minimal nourishment so that it can grow so rapidly, lush with its green leaves and purple flowers, in places that can sustain little other

vegetation; certainly nothing else so woody and perennial grows in these habitats. So I thought that if it were a medicine it would have properties to do with nourishment. Combining that with the association that the colour purple has with the crown chakra, I reckoned we could be looking at a plant which can offer spiritual nourishment. Then it made sense to me why it was there where the ground had been disturbed, amongst the stones and bricks and mortar of industrialized urban life. It was there to give a spiritual kind of nourishment for town and city dwellers.

At the station I met a good friend. I asked her what she knew about Buddleia. 'Well, isn't that funny,' she said, 'just a few days ago I was talking about the plant to a wise old friend and he said he thought it was a plant which had to do with spiritual regeneration.'

The Background

Buddleia Davidii belongs to the Buddleiaceae family and hails from China and eastern Asia. In its original habitat it is to be found clinging to crevices on steep rocky river banks. It is a hardy plant that can survive temperatures to minus 15°C. It can tolerate drought and live in most kinds of well-drained soil including very alkaline or acid soils. It grows in full sunlight but also does well in light shade. It flowers from July to September and the seeds ripen between September and October. It bears long spikes of violet-blue flowers which have tiny yellow eyes and a strong honey scent. It is pollinated by insects, famously by butterflies which are particularly attracted to it. The plant is monoecious which means that it produces both male and female flowers. It grows up to nine feet tall and will do so quickly. It is well known in the wild on railway embankments and undeveloped sites. It is beloved of gardeners who have discovered that it is hybridized extremely easily and that it attracts many pollinating insects into the garden. It is a plant that positively thrives on being pruned; when cut back drastically (to about 12 inches of growth) it will respond by vigorously growing again with flowers on all the new stems. The plant has no significant use apart from its place in the garden and as a source for dyes. The stems and leaves make a black or green dye and the flowers produce an orange-gold colour. *Buddleia* has no known medicinal use and does not appear in herbal literature.

Keynote effects

Buddleia is generally considered to be a remedy that engenders remarkable peace and serenity after a time of great shock. It restores the ability to set boundaries in those who have been vulnerable. It affords detachment in those who have been traumatized or who have been long affected by miasmatic disease; such patients are then able to see what they have been able to achieve despite the vicissitudes of the circumstances. For those who are bowed down with the burdens of negative experience it brings strength and uprightness. It lifts the veil on depressive states. (Several provers felt an enormous affinity for Nature and the healing beauty of the environment after taking the remedy.)

General symptoms

The patient may well present in a hypersensitive state especially if the immediate cause of the current problems is of recent origin. **Buddleia** is one of the great shock and trauma remedies. The effects of terrible events are sometimes present reminders of what has been long held in the psyche and tissue memory or even of inherited, unresolved ancestral grief. The remedy may hold the key to such events when more obviously indicated remedies such as **Arnica** fail to complete the healing process. **Buddleia** complements other trauma remedies. It should also be added to the list of remedies for injuries to the head and spine; particularly injuries to the sides of the head and the temples such as forceps at birth. Injuries to the skeletal system that threaten paralysis or that are complicated by emotional trauma. NBWS electric shock or electroconvulsive therapy. It is indicated in patients' reactions to disasters on both a local and on a world scale (see cases below). Paralysis as the result of trauma. Coma after trauma. Symptoms that arise from birth trauma especially from forceps delivery or other medical intervention that has caused distress. The effects of psychic attack especially after verbal confrontation. Inability to respond in the face of powerful negative forces. Very useful when given prophylactically before a general anaesthetic; limits the likelihood of side effects. NBWS anaesthesia; even years after the event and when **Opium** is not indicated or has been of no service. The nervous system is compromised; nerve conduction is limited. Sensations of numbness, paralysis, weakness. Degenerative conditions which are characterized by emaciation, loss of

power, blunting of the five special senses. Has an affinity for water retention, oedema and swellings; may be indicated in one whose kidney energy is weak and who thus has an imbalance in the water system. Watery swelling of the knee and ankle. Sensation of being waterlogged. Harder swellings come under its influence. It is sometimes indicated in fibroids, cysts, nodules and tumours; tumours of the brain, breast and lungs. Syphilitic cancers. Tumours in and around the eyes (see **Golden Beryl**). Menopause: symptoms associated with the change of life especially after a long history of difficult menstruation and with a shadow of a traumatic or negative relationship with the mother still unresolved. Symptoms of exhaustion, congestion, tension and heat after an episode or history of a desperate struggle against some form of negativity. **Buddleia** has a powerful effect on the whole endocrine system but has a particular affinity for the pituitary and hypothalamus. It will often be found to be indicated during times of crisis that occur during episodes of developmental change: puberty, pregnancy, menopause. It is often at these times that it is necessary to deal with unresolved issues before one is able to move on. It may be of service to those who feel that they are (or appear to be) ageing prematurely (cf. **Copper Beech**). Consider in cases of multiple sclerosis; ME.

Mental and emotional symptoms

A sense of being shocked and traumatized. Unable to express adequately in words any feelings associated with the experience. One is left speechless though the evidence of trauma may appear through body language and facial expression. Tearful and angry but as there is no expiation these lead to feeling frustrated. Abuse: physical, psychic, sexual and the aftermath; **Buddleia** is a far deeper remedy than **Staphysagria** though it should be compared with it and with **White Chestnut Flower**. Fear and alienation or hatred felt towards the father figure. The patient may have been traumatized by witnessing an event rather than being the victim but the sense is that he or she suffers empathetically. Disproportionate emotional reaction after witnessing anything lacking in humanity. Mute after a devastating blow. Speech is delayed after a difficult birth. Anticipation and anxiety felt in the stomach. Feeling of being off balance; rushed and hurried. Feeling old before one's time. A sense that one is not achieving and that one is likely never to achieve very much. Has a sense that though one has tried to do

things in the correct manner, this has not received any recognition, has been ridden over roughshod and has left one feeling anxious and frustrated. Brain chunter and mind babble hamper creativity or freedom of expression; very easily feels distracted. The patient may say that he feels as if everything is crumbling around him; it is clear that he has not enough resources with which to resist the breakdown. He may have reached the point where he appears to be spineless. Vacant staring into space; may particularly be evident in school children who lose the focus of what they are expected to do; they have little understanding of what is expected of them academically when what they really need to be doing is far more physically orientated. May well be indicated in someone who is emotionally paralysed (like **Conium**) and prefers to stick to the mundane and routine. Fear of the dark; fear of medical procedures and hospitals; inherited fearfulness. Paralysed by fear. Has a sense that there are no boundaries and that they are vulnerable to attack. The patient may also say that he feels as if he is going through a testing time when everything is 'being thrown at me'. Desire to escape as a relief from feeling so distraught. Tendency to feel rising panic; feels overwhelmed.

Physical symptoms

Head

Injuries to the sides of the head or the temples; < forceps delivery. Delayed speech from birth trauma where the head has been traumatized. Pressure sensation in the region of the upper brow which may be mild and come and go or quite intense to the point of being a headache. Headache chiefly felt in the brow area or in the temples as if they are being squeezed. Splitting headache with nausea and raised body temperature. Heaviness in the head.

Eyes

Cataracts. Sensitivity to light. Eyes water.

Ears

The right ear is sensitive to pressure. Sensation of blockage in the right ear which goes deep into the brain or feels connected with the brain as if the

blockage were a nervous response. Sense of blockage may well be psychosomatic but it prevents clear hearing. Feeling as if the right ear were anaesthetized. Left ear has a sensation as if one is aware of the depth of the Eustachian tube. NBWS grommets were fitted (even after they have fallen out). < since a long history of otitis media and antibiotic suppression. When the right ear has chronic congestion as an 'overspill' for a toxic liver (cf. **Chelidonium** which often has a similar condition).

Face

Numbness and pain in the left side of the face at the same time: Bell's palsy particularly after the effects of an injury.

Mouth

Taste of blood.

Respiration and Chest

Tightness and constriction. Difficult respiration; asthmatic breathing. Irritating cough; especially one that has become chronic having originated with a trauma. Shallow breathing which < over-adrenalized state. Heaviness in the heart area. Heat felt in the chest < menopause.

Solar plexus

Apprehension and anxiety felt in the stomach. Tension and tightness felt in the diaphragm with shallow breathing. Liver feels heavy and toxic. Spleen aches intermittently. Lymphatic system is sluggish generally. Bloating from water retention especially during the menopause. Problems with sugar metabolism: desires sugar but it <. Nausea with headache.

Female

Period pains: cramps and heaviness particularly in those who have a difficult relationship with the mother. Water retention before or during the period. Breasts swell during the period or at the menopause. The patient may be aware that her cycle is influenced by the moon's phases. Disorders associated with the ovaries: cysts. Fibroid tumours. Endometriosis.

Excessive loss of blood; flooding. In certain conditions the blood flow may be almost black. Lack of joy in sex.

Urinary organs

Passes less than is drunk; water retention. May act as a diuretic.

Neck and back

Severe pain under the right scapula. Kyphosis and lordosis. Spine feels as if it is crumbling. Injuries to the spine even those of long ago which have never been resolved satisfactorily. Stiffness of the back, neck and shoulders.

Extremities

Limbs feel as if they are larger than they actually are; especially the hands.

Considerations for the use of the remedy

- **Chelidonium** shares some of the liver symptoms but is less fearful or panicky but more peevish and irritable and does not have the depth of action needed for **Buddleia**.
- **Lycopodium** is more assertive and more articulate though shares some of the symptoms of the solar plexus and the general tendency to right-sidedness.
- **Conium** has the weakness, the sense of ageing and vulnerability; it also covers paralysis. However, there is more tremulousness or trembling in it than **Buddleia** and the paralysis is of slower and more gradual onset.
- **Lachesis** may seem to be indicated by the abdominal and menstrual symptoms but it is differentiated from **Buddleia** by its characteristic temperament. **Lachesis** may well be indicated after **Buddleia** encourages the patient to find their voice.
- **Folliculinum** is comparable for much the same reasons as **Lachesis** and may well follow **Buddleia**. It is harder to differentiate, however, because it can appear more like **Sepia** and **Pulsatilla** than **Lachesis**, making it difficult to distinguish the depth of the **Buddleia** state.

- **Copper Beech** is more urgent and more articulate than **Buddleia**; it has the feeling that life is passing them by and that they have no time to do what they want to do. **Buddleia** feels that they have not achieved anything, perhaps, but they do not have the same urgency as **Copper Beech**.
- **Carcinosin** is, perhaps, the most difficult to differentiate from **Buddleia** when considered on the level of tragedy and trauma with poor expression. **Carcinosin** is entirely complementary to **Buddleia** and is often indicated in close proximity to it. The fact is that those who are in a **Buddleia** state for too long tend towards the cancer state. (See the crown chakra below.)
- **Nat-mur** can almost always have a good case made for it in any patient with a history of grief. When it is given too soon it often disappoints. **Buddleia** is one of the remedies that can be given before reaching **Natmur** so that the latter can go deeper and do more lasting healing work.

Buddleia is as much a polychrest as **Oak** or **Emerald**, for example. It covers a broad spectrum of conditions. It is very helpful when given after trauma remedies such as **Arnica** as it will complete the healing when ordinary remedies are insufficient due to a pre-existing susceptibility to suffering emotionally from trauma. It was noticeable that many patients were in need of **Buddleia** after the twin towers tragedy in New York. Patients who came for treatment and broke down in sobbing grief after witnessing the television coverage of the terrorist attack were greatly benefited by **Buddleia** 200, 1M or even 10M. It is also of great service for those who have a mortal dread of hospitals and surgical procedures (including visits to the dentist). When there is a sense of devastation in the patient's history then this remedy may well be indicated early on in treatment. There is quite frequently a significant association between the patient's state and the difficult relationship that exists or existed between him and his parents. The patient's childhood may have been negatively coloured by bitter criticism by the parents (or one of them) or by someone in authority while the parents did nothing to protect the child. There might otherwise be an underlying maintaining cause in the patient's being unaware of any paternal figure; having been the product of a one-parent

family. While this does not affect everyone, it can lead to feeling a lack of balance in one's life especially when it comes to making life choices. In almost all patients there is a common symptom of not being able to express adequately the depths of what they feel.

High potencies up to the 10M do dig deep into patients' psyches but the evidence so far is that it is not a remedy with a reputation for causing distressing aggravations. As one might expect, low potencies have proved their value in coping with physical conditions. It is a remedy that bears repetition well especially in the 6, 30 and 100. It is also a remedy that proves its use as one to combine with others in intractable cases. It works exceedingly well in combination with **Thymus Gland** and **Syphilinum** in cases which are deeply syphilitic and where family history tells of unresolved tragedy and devastation. In terrible acute trauma that may be the latest in a series of appalling events in the patient's life, the combination of **Buddleia**+ **Arnica**+ **Syphilinum** 200 or 10M can make a profound difference swiftly.

Esoteric therapeutics

Shock has worked deeply into the auric field and has affected the spirit energy. The spirit feels as vulnerable as a recently traumatized physical body can feel; the effects of this may only be obviously evident when a blow or a catastrophe strikes the emotions. There is a general sense of lack of boundaries. **Buddleia** affords the opportunity for a fresh start. For those who have gone against their natural creative inclinations due to negative parental or institutional influences (cf. **Oak**). Emotional and spiritual paralysis. Lack of significant progress in expanding consciousness and awareness. It engenders a greater awareness of the healing power of being at one with the natural environment. **Buddleia** acts on the spirit body in the way that **Silica** acts on the fragile physical body. **Buddleia** principally works on the crown, heart and base centres though it also has a strong affinity for the brow, throat and sacral chakras as well. One other aspect of which to take note is the excessively yin or feminine energy which prevents balanced judgement; there is a longing for greater integration between the feminine and the masculine so that greater unity of purpose can be evinced. Such longing is seldom voiced and may not be in conscious awareness but is there for the observer to witness.

Chakras

Crown

Spiritual paralysis. No ability to reflect on the implications of traumas that carry grief, so that everything is felt deeply in the heart centre but has little energetic expression, as the throat has rarely or never been exercised as the organ of emotional release. Finds it difficult to stay focused and connected to anything. Routine keeps them grounded but they find it hard to maintain connection between body, mind and spirit.

Brow

Individuality is diminished due to their fear of being themselves. Their understanding is crippled by unresolved emotional issues which they carry as a burden. Their intelligence and intuition do not operate together. They give the impression of having so much more to give but their stories tell us more of frustrated hopes and ambition than of achievement. Headaches, tension and heaviness. Conditions of the eyes. Tears are often the main expression of grief though the heart is seldom relieved for long.

Throat

Self-expression is limited or non-existent unless in some superficial way such as mannerisms or dress. Poor communication of heartfelt emotion. Best able to express from this centre only when in a supportive group with common emotions; they sympathize deeply with others and then find it hard to stand back and view things dispassionately.

Heart and thymus gland

Both the heart and thymus are burdened by the history of grief and suffering with which one may have incarnated. Any trauma suffered or witnessed in this life triggers deep emotions and (sometimes) disproportionate emotional reactions. Tears do not alleviate the pain felt in the heart area. One has the sense that the heart's desires will never come to fruition.

Solar plexus

Apprehension felt in this chakra is often the result of dreading the welling up of emotion in the heart chakra. Tension and anxiety lead to physical discomfort. If the throat acts as a barrier between heart and head, so the diaphragm acts as a barrier between the heart and the solar plexus. The cost of the dread of having the emotions stirred is the gradual overloading of the lower three chakras. Motivation wavers as spleen energy is depleted. Toxicity builds up readily in the liver. There is an eventual tendency towards diabetes as the pancreas is also compromised.

Sacral

Any physical complaints of the organs of the pelvic bowl may result from the suppression of one's individuality. Lack of expansion and development restrict the creative energies that have their wellspring in this chakra. Frustrated or limited sexual expression. One may do more giving than receiving. Excitement in anything novel is tempered or checked by the stirring of deep emotions in the heart centre. Fibroids, cysts, menstrual disorders, prostate problems.

Base

Buddleia is a base chakra remedy because it works on the system first by creating links between the crown, head and heart chakras and then drawing the vital energy down into the base to steady the whole. One of the main effects of the remedy is to foster this sense of steadiness and security so that the heart does not lose control to all the unexpressed emotions. It engenders a greater sense of place and time and a feeling that one can trust to the processes of Nature. Structure in a patient who needs **Buddleia**, is a matter of struggle and attending to routine without which there would be chaos. Self-discipline can take over from routine slogging. Structure in the physical body may well be undermined by a history of trauma to the spine, head or damage to the nervous system.

Case studies

1 ‘This woman in her 50s came for treatment. She was a divorcee who was still on friendly terms with her ex-husband. She liked to wear pink and her hair was styled in a remarkable way: on one side cropped short and on the other she had a sweep of hair that came round over her ear and across onto her face. She had had cancer of the right breast and a mastectomy. The operation left her feeling vulnerable; she was afraid of the cancer returning though she had refused chemotherapy as a prevention. She felt anxious and, though she needed to feel feminine, particularly fearful about being attractive. This was due to fears of encouraging any new relationship. She felt that everything was tied up in her solar plexus. She had deep pains in her abdomen; it felt knotted. She had obsessive thoughts which made her feel that she was depressed. It was all made worse by the prospect of living on her own. She acknowledged that she had deep issues about her father which she had never resolved. **Buddleia** 30 every day resulted in considerable changes. She said that she felt much lighter in spirit; was no longer depressed; that the knotting in her solar plexus was gone; that she now admitted that she had never trusted men. She continued with an admission that she hated her father. “I never had any love for my father.” She explained that she was fearful of him and that he was a bully. She felt that the remedy had helped her to begin unburdening the old feelings that she had harboured about her father.’ **LR**

2 ‘A woman who had been treated with **Staphysagria**, **Thuja** and **Thlaspi Bursa Pastoris** (all of which had made reasonably successful differences) returned for a follow-up. She was of mixed German and Jamaican parentage. She had uterine fibroids and appeared seven months pregnant. She had profuse bleeding and was permanently on the borderline of anaemia. She had an invalid husband she had to care for even though he was atrocious in his behaviour towards her. She felt completely dominated by him. She had never had children. She was prone to cystitis. She now felt stuck and clogged up. There was mucus on her chest. She had money worries. The bleeding was continuing; it dribbled intermittently. The fibroids were still there: one large one (to the right) and several small ones. She called the big fibroid “Cedric”. She felt that she had no motivation; that she “couldn’t get off my backside”. She was intolerant and irritable and fed up with all the

demands made on her. She was given **Tiger's Eye** 30 and then **Blue** 30 after which sweating and hot flushes came up, affecting the chest, neck and face. There was a return of some old symptoms: eczema on her hands, pins and needles in her big toes. The bleeding stopped, her periods were far easier and she felt that she was making progress even though she now felt much more simmering resentment. She now questioned whether she was ever really cared for. She feared that she was a failure. She felt guilty about her mother who had gassed herself in her own despair. She felt that she was on a cycle of anger and resentment which left her without any desire to get out and get a job. "There's too much of a victim complex!" She was given **Buddleia** 30 three times a week with **Oak** 6 daily (to stabilize her). When she returned the cystitis, chestiness, fibroids and eczema were all better. She was asked to stay on the **Buddleia** which continued to reduce the fibroids. She became even hotter and produced lots of catarrh. She was given, variously, over the following months, **Carcinosin** LM1 and **Rose Flower** while continuing on the **Buddleia**. The fibroids got better and better: Cedric was 60% better and had moved towards the left side. She had the feeling that the fibroids were less solid and they were certainly less sore. "I feel another layer peeling off my chest." She felt more positive and she was now speaking out more. However, she felt disconnected still and absent-minded. Her husband kept her at home. "I want to be me! I feel I have no boundaries at all!" She was then given **Hornbeam** 1M and became much more detached. "I feel calm and accepting but I'm more able to speak my mind." Though she needed the **Hornbeam** to make the breakthrough into a more peaceful state, there was no question that **Buddleia** had made it possible while working away at the uterine condition.' **LR**

- 3 'This patient had been coming on and off since 1986. Constitutionally she was a **Phosphorus** with a very strong family history of TB (her father and two of her mother's sisters). Her father had died in an accident when she was four. She had been trying to conceive since 1996. In 1998 she went to hospital for tests with her husband but she was terrified of going into the hospital and said that she had always been terrified of hospitals. Over the years, fear and excitement had been very strong symptoms which would abate with **Phosphorus**.

When another hospital appointment came due she was sick with anxiety. One dose of **Buddleia** 30 was given plus a few to take as needed. At her next consultation she told me that she felt no fear whatsoever and had been very confident in the hospital. She was very surprised and relieved.' **ST** (*Prometheus* No. 11 December 1999)

3 'A man aged 47. He had just completed a protracted and difficult divorce with an acceptable compromise. Had had a massive clear out and was feeling mentally very good with lots of ideas professionally. Physically, however, he was exhausted, feeling achy with no energy and waking at 4 a.m. in a state of anxiety. He reverted to his basic state of anxiety and tension and felt locked into that frozen state. It was scary, having the pressure off and feeling free. He had stomach ache, backache and neck ache all from tension. **Buddleia** 10M. He phoned a few days later to say that he felt fantastic as soon as he took it and had never experienced such a response to a remedy.' **AF** (*Prometheus* No. 11 December 1999)

4 'Female patient age 34. Episode of traumas since teens, father's death, horrific riding accident, abortion, traumatic birth of first child. Presenting symptoms at appointment (38 weeks pregnant) very stressed; panicky; very woolly-headed; a lot of brain chunter; very tearful. **Ignatia** 100 helped her through the appointment but she was a real mixture of **Pulsatilla**, **Arsenicum** and **Stramonium**. Absolutely petrified about the imminent birth. **Buddleia** 1M, one at night, one in the morning. She gave birth two weeks later having sailed through labour in four hours.' **LD**

CARPINUS BETULUS

Hornbeam

The remedy, usually known as **Hornbeam**, was proved by the meditation circles in November 1997. Each participant of both groups was given a single dose of the 30th potency immediately before their meditation.

The Background

Hornbeam is a native of temperate climates and particularly of south-east England where it is typically seen as a park or a street tree or as part of old hedgerows. There are 35 species of hornbeam worldwide though they are difficult to distinguish. It is fairly hardy and can survive temperatures of up to minus 20° C. Hornbeam wood is very hard; the Old English name for it was ‘hardbeam’ or *heard béam* while the American common name is ‘ironwood’. It is fine-grained and tough enough to have been used for machinery parts in mills. It is valued for being made into croquet mallets, billiard cues, skittles, percussion instruments and piano parts as well being used as a flooring material. It is sometimes known in country districts as the ‘candle tree’ as it burns so brightly; it has a calorific value almost equal to coal. In the Middle Ages, when London had a population of around 100,000, hornbeam was used for fuel and firewood; it was taken from Epping Forest and other surrounding woodlands. Hornbeam wood was used to make charcoal and this was at one time used in the manufacture of gunpowder.

The hornbeam belongs to the Betulaceae family to which the birch, alder and hazel also belong. It arrived comparatively late in Britain after the last Ice Age. A mature tree may grow anything up to 80 feet and live for 100 years or more; pollarded trees may live for several hundred years. It is deciduous with male and female flowers on the same tree. The male catkins remain in bud throughout the winter, emerging in the spring. The fruits are small nuts that nestle in large and conspicuous, almost pagoda-shaped bracts. The seed of the hornbeam is heart-shaped and intensely dark brown, almost black and very hard.

The bole of the tree is covered by pale silvery-grey bark that is finely striped with pale brown or paler grey streaks. There are smooth patches interspersed by a fine network of ridges. The bole is fluted and creased by deep fissures and tends to form into eccentric twists giving the whole a sinuous appearance. The hornbeam can be confused with the beech especially in young trees; the distinguishing feature is that the smaller leaves of the hornbeam have serrated edges. In Sussex dialect it is known as 'husbeech' which is a corruption of horsebeech from 'hurstbeech' (*hurst* being Anglo-Saxon for 'woodland'). Its only affinity with the beech is that it keeps its leaves through the winter and they only fall when the spring buds begin to show. The buds of the next year's leaves form in the previous season. The bark is resistant to damage from animal teeth. Even if the cambium layer is exposed by rabbit, squirrel or deer, it will repair.

It is home to some 51 different species of insect including some moths and it is sometimes susceptible to a fungus, *Traphina carpini*, which causes a 'witch's broom' to form on the branches – a tight bunch of short deformed twigs that, at first glance, can look like a poorly located nest or squirrel's drey. The tree is suitable for hedging and may well have been the original hedge of the Hampton Court maze. Hornbeam pollen, which is shed in spring, is one of several types that affect those who suffer from spring tree pollen allergies.

The leaves have been made into a decoction, a medicinal wine and they have been powdered. As a medicine it is noted for its haemostatic and astringent properties. Externally it has been used as a compress to heal small wounds. Distilled water made from the leaves has been used as an effective eye lotion.

Hornbeam is one of Edward Bach's flower essences. It is for 'that Monday morning feeling': mentally weary, lacking in motivation, uninspired and without much confidence in being able to handle the day. On a deeper level it covers a sense of not being able to confront problems head-on; of not being able to rise to the challenge of, say, exams. There is procrastination. It is also for those who doubt their ability to recover from illnesses.

Keynote effects

The remedy promotes a strong sense of peace and security especially in those who have been unable to move on from being held back by the past. Allows one to see things clearly, in 'black and white'. Enhances one's powers of discrimination. Encourages the positive recollection of childhood. By fostering the acceptance of truth of the reality of the past it allows a patient to accept his responsibility for what has happened to him and because of him but, equally, to see where others were responsible.

General symptoms

The meditative proving brought out relatively few physical symptoms; most provers were far more aware of the spiritual, mental and emotional aspects though some of these were related to the physical structures and (esoteric) functions of the pituitary and pineal glands and the hypothalamus. Two aspects of the remedy did emerge: skin diseases and heart disease in general. Both these areas may emerge from future clinical evidence or further provings. However, what was particularly noted during the proving was syphilitic ulceration and old scars especially where there has been slow or no healing before. It should be considered when treating suspicious-looking moles, particularly those on the back that patients might remove for cosmetic reasons or even those which are suspect enough for clinical investigation. (Such moles are often regarded as related to syphilitic karma and in this aspect **Hornbeam** is complementary to **Purple**.)

It should be considered when treating SAD syndrome. Patients tend to become torpid and sluggish; in fear of the winter. There is a strong need of sunlight. Patients also react strongly to moonlight. Nausea; nausea with lightheadedness and a feeling of being off balance. Vertigo < from being

stuck in an indecisive state for a long while. Feelings of being off-centre. Heals the link between the pineal and the pituitary glands when it has been damaged or destroyed by hallucinogens or by opiates. Addiction: < for heroin, opium, etc. when the addiction has reached the stage of causing self-deception and delusion. It is said to be of considerable use in patients whose immune systems are profoundly compromised: ME, AIDS and cancer; conditions in which there is often a great deal of soul-searching but with frustrated answers from within.

Mental and emotional symptoms

The remedy is strongly reminiscent of the parable of the prodigal son. There is a sense of wanting to return to one's roots; to put right what was left undone; to reacquaint oneself with a time and place that were untainted by negative experience. Sense of deep regret and remorse. Endless feeling that 'I could have done it better or differently'; that one will be judged according to the irreversible and negative actions of the past. An overwhelming sense that it is impossible to redeem the past and that there is no forgiveness for having done something or many things wrong. Or regret that one took a certain action that has proved, through subsequent experience, to have been the wrong choice. Useful for those who face an acute crisis of decision making; it helps them to make their choice from a point of calm dispassion. Allows people to see the best (or even perfection) in what may appear to be a disastrous situation. Sense of guilt about things that have been left undone: sins of omission. A sense of being 'in the dark' or being kept in the dark. For those who feel that things are occurring around them that are influencing their lives but are kept from them. A sense of uneasiness that one is being judged by standards other than one's own.

Feeling very unfocused and confused. Just as this is a remedy for those who dread going into the winter, so it is for those who appear to be on the brink of taking an irrevocable step into a dark area, of making a wrong choice. It can elucidate the deeper meaning and purpose of past sins, of past mistakes so that present decisions can be made with more confidence. Helps to bypass the ceaseless questioning of the ego/intellect so that deeper meaning can unfold. Liars: lying to conceal the truth from themselves. Lying to protect themselves from being found out and from the repercussions of their wrongdoing. This becomes habitual. They become

anaesthetized from the truth. This can lead to the addictive state. They wander from the truth; also from the point.

A remedy for children who have plenty of imagination and budding talent but who become entrenched in the school system and have their creative energies distorted or stunted. Precocious children, especially those who have suffered from mishandling or misjudgement. Also for those children who are misdirected by their parents. Lost childhood: where the patient lost his childhood due to his parents wilfully forcing him through their own agenda without regard to his particular talents and gifts. For those who lose themselves in childish fantasy: Peter Pan mentality which leads to confusion about the knowledge of good and evil. The prodigal son syndrome. Easily seduced away from the right path. Easily seduced sexually, materially, philosophically, by the exotic or the occult. Being found out to be on the wrong path through the easy seduction makes things much worse. Inveterate experimenters who repeat experiments because they imagine them to be experience but who can find no way of correcting the imbalances caused by the results.

For those who feel trapped in their situations that are the result of having made wrong choices. Encourages the ability to see different perspectives so that even hopeless situations can be resolved or lived with peacefully. Encourages us to know the appropriate moment to make sacrifices. The ability to make self-sacrifices from an altruistic point of view. Anxiety from being unable to find a way out of a situation to which one has contributed oneself. Having feelings about something in the past that needs to be brought forward but which defies description for lack of words that could convey the full meaning. Suffering from the tentativeness of initial creative thoughts. Not knowing how to bring out from the imagination that which needs to be manifest in the material world.

Physical Symptoms

Head

Vertigo. Giddiness and light-headedness. Sensation of something crawling in the hair. Left-sided headaches.

Eyes

Left eye is watery.

Ears

Earache first on the right and then on the left.

Face

A sensation that the face feels open on the left side.

Digestion and stomach

A lack of thirst. Nausea felt from the stomach up to the throat. A feeling that one could vomit snakes.

Extremities

Sensation of something crawling up the leg. Cold from the waist down.

Considerations for the use of the remedy

It is worth comparing **Hornbeam** with **Hazel** and **Silver Birch** as they all belong to the Betulaceae.

- **Silver Birch** is the lightest and most feminine of the three energies.
- **Hazel** follows and **Hornbeam** is by far the darkest of the three.
- **Alnus rubra**, the alder, is the fourth member of the family that has been made into a remedy. (It also stands comparison though it is, as Clarke affirms, an unproved remedy. Like **Hornbeam**, it covers skin eruptions though they alternate with conditions of the mucous membranes. It is, moreover, a far more sycotic remedy; when left after falling, the tree will take only a short time to rot away with the wood shredding into soggy fibrous matter.)
- **Copper Beech** has more tension and anxiety with stress and is associated more with the feeling that there is no more time in which to fulfil one's creative purpose.

- **Ayahuasca** can be similar to **Hornbeam** especially when it is viewed in its rather sinister light though **Ayahuasca** is far more likely to be obviously fearful.

Hornbeam follows **Copper Beech** well. Works well with **Ayahuasca** and **Syphilinum** either in a triad or as a protective support for the chakras. Has a strong affinity for **Moonstone** which can be used to precede or follow **Hornbeam** but it is not advisable to combine them in a triad remedy as the dark side of both remedies may be exaggerated and cause difficult aggravations. Other trees with which **Hornbeam** has affinity are **Ash** and **Elm**. If **Ayahuasca** and **Salix** are remedies for ‘twist’ patterns in physical trauma, **Hornbeam** is the same when the pattern is in the psyche; when the emotional trauma has left the patient with a warped attitude to the past event or events that left them so deeply hurt. With this hurt there usually lies something quite dark and sometimes sinister.

Hornbeam is closely linked to **Mercury** especially in children. It is complementary to **Purple**, **Amethyst** and **Yellow** as well. **Hornbeam** lends itself well to forming triad remedies. For example:

- **Hornbeam + Purple + Aurum:** when there is deep depression with a history of taking antidepressants and a sense of despair of ever being able to find the path of hope
- **Hornbeam + Syphilinum + Emerald:** a self-destructive personality with a restless, wounded ego that needs to find the peace of understanding how it came to be in its present state of confusion
- **Hornbeam + Syphilinum + Ayahuasca:** an extraordinarily deepacting triad combination that digs deep into the confusion of ancestral inheritance that has lead the patient down many wrong paths; so many ‘mistakes’ (though all accruing their own valuable if painful experience) that the patient cannot easily say which one is to be regretted most or which one has done the most damage.

Hornbeam should also be considered as useful in a triad combination with **Thymus Gland** and either **Syphilinum** or another. **Tuberculinum** and **Syphilinum** are both useful with this remedy but, perhaps, even more so is **Psorinum** which digs deeper than any other remedy into the past when used complementarily with **Hornbeam**. Another batch of remedies with

which **Hornbeam** can be associated is the **Milks**. With all the milk remedies there is a degree of lost memory which **Hornbeam**, when given in conjunction, can help to recover gently and peacefully. **Viscum Album** also has an affinity especially as it is a remedy that has relevance in the winter months and for epilepsy which is associated with the syphilitic miasm and karma. **Hornbeam** is complementary to **Arsenicum** in terminal illness to ease the final passage and make any last-minute understanding that much clearer and more enhanced with peace.

Esoteric therapeutics

Works on the crown, brow, upper and lower heart and the base centres. There is a clear link with violet/amethyst and yellow (as well as with the heart colour of green). The auric colours of the energy of the remedy keep changing in order to help create and maintain a sense of balance which is so easily upset by perverse energies that often accompany the patient who is in a state of needing this remedy. Creates a link between intuitive knowledge and wisdom, the ability to use that knowledge, and the levels of spirit and emotion. As a remedy that heals the past it carries with it energy that heals the break with third-eye perception, lost because of the intrusion of materialistic desires and the obstruction of the base centre due to lack of grounding. For those who have forgotten that there is always a ray of hope. Protects the aura of the endocrine glands (while **Hazel** complementarily heals their functions). By drawing energy down through the crown and brow centres into the heart centres, this remedy helps to clear the fog of confusion that is the result of past mishaps, misdemeanours, mistakes and false steps. The lower heart centre becomes stuck due to all these negative and unresolved events and **Hornbeam** encourages all such negativity to be healed and filtered up into the upper heart centre where it can be turned to good use as experience for which there has been self-forgiveness. It brings back the forgotten but unresolved past into consciousness so that it can be cleared. Forges a link between the intuition and the heart. It draws light out of the dark. Transmutes negativity into positivity; pessimism into optimism. Syphilitic karma. Heals rifts in families. **Hornbeam** will bring to the surface and expose what is dark and negative and preventing the growth and development of the patient who is stuck without access to wisdom. It is of use in those patients who have inappropriately assumed the role of

family rescuer by producing the pathology that lies inherent within other members of the family who are themselves seldom ill. When the truth and understanding are arrived at then the patient is able to see the true meaning of self-forgiveness.

The remedy has a sinister side. Can be given to those who are subjected to the evil machinations of others but who are unable to extricate themselves; a remedy for psychic attack. It allows them to find ways of unbinding themselves from the evil toils of others. If the sun's energy contributes so much to the positive, light side of this remedy, the moon does the same for the dark, sinister side. It has also been said of **Hornbeam** that it is capable of releasing negative entities attached to a patient's energy field.

Chakras

Crown

Restores the integrity of memory; the memory that has conveniently edited the past for the sake of ease of heart. Any personal exploration of the spiritual path is frustrated by what has been left unexplored of the past that is a source of regret, remorse, shame, guilt or misunderstanding. There is a strong need for the spirit to seek **expiation** before moving on. (The remedy is often needed by those who are born between 12 and 22 October, the third decanate of Libra, said to be one of the most difficult astrological periods in which to be born as it is so often followed by a life of difficult karma.) There is likely to be sleeplessness or disturbed sleep from troublesome dreams that may seem to defy interpretation. The link between the pineal and pituitary glands may be severed from the use of hallucinogens or opiates (including general anaesthetic). Spiritual reflection is made difficult until the light of forgiveness is shed on family history. Meditation is hard; the patient complains that he cannot relax enough or he falls asleep.

Brow

Unable to see past the negativity that has built up from the past. Cannot focus on any task other than those belonging to work routines though these become increasingly difficult. Feels that he is in the dark and unable to see what he needs to do to clear his mind (though there may be a confusion as

to which is suffering more: the mind or the heart). The remedy helps the patient to look back dispassionately at those who have influenced his life and to see the truth behind their motives. Hard to discriminate between what is true and what is delusion.

Throat

Uses the throat centre to ask many questions but cannot hear the answers until the brow centre is open. May use the voice to express cynicism, a sign of frustration with the self.

Heart

The divided heart. Guilt, remorse, regret and shame all weigh the heart down while the spirit would seek to rise. Feels stuck and heavy in the heart with so many unresolved issues from the past. Easily persuaded to make a gift of heart (and physical) energy in an effort to search for the relief of expiation and resolution though it does not come. Deep sadness from feeling burdened with experiences that the patient would never have sought if left to making his own choices. Becomes subject to emotional blackmail. Is likely to be useful in heart pathology: incipient angina, circulatory disorders and atheroma.

Solar plexus

Frustration at not moving forward with life is likely to bring on a certain number of symptoms of toxicity in the liver, gall bladder and stomach. The challenge for the **Hornbeam** patient is that his travails stem from the past and are therefore nothing he can sort out through conflict, organization or comfort eating. Vague sensations of nausea.

Sacral

There are no recorded symptoms for this chakra though it is likely to have them as the other remedies in the Betulaceae family do (particularly **Alnus**). However, as there is an addictive side to **Hornbeam** it is also likely to have symptoms that throw a light on the effects on the generative sphere.

Base

The burden of the emotions in the heart centre severely taxes the strengths of the base centre: self-sufficiency, self-discipline, a sense of adequacy, honour, dignity, reliability and scrupulousness. This is indeed a remedy for that time which is referred to as 'Saturn return' when all those life lessons that have not been fully integrated into the personality come back full circle for a fresh trial. Loss of energy. Loss of bearings. Anxiety about the way forward. **Hornbeam** serves the moment when anything less than truth will not do. It is likely that from this chakra the patient will find the answer to skin symptoms, scar tissue problems, aches and pains in the musculoskeletal structure of the body and loss of energy.

Case studies

1 'A woman in her early 40s who had been coming for treatment for some while was still struggling with her addiction to smoking cannabis and her hankering for sex. She was a businesswoman who had had a series of unsatisfactory relationships and "scores of encounters". She had had many appointments over the years and understood the likelihood of compromising remedies with cannabis and the risks of continuing to smoke cigarettes. She was also very aware of the dangers of promiscuity. She had spoken over time of the terrible anger that she had inside "probably as a result of my upbringing". She had parents who were incompatible; who had always rubbed along in a relationship full of resentment and dissatisfaction; who always saw her as the responsible one.

'Recently she had ended a relationship with a younger man who was not able to make her feel supported; she had to make all the decisions. She realized she did not want to play the parent role any more especially as she had a little girl of four. She would rather be a single mother. She was given **Chalice Well** 10M after the break-up which she felt helped her to become detached and practical about moving out of the shared home, dealing with estate agents and making arrangements with nursery school and childminders. She returned to say that she now wanted to bring her business to a close, have time alone to gather her strength and decide what to do next. She wanted to "contribute and

be able to do something beneficial for other people”. Yet she also knew that she was missing having a physical relationship and she could not stop having the odd joint. “What am I going to do? I want to be able to let go! I’m not so swayed by my emotions as I used to be but I find it so hard not to go back into all that bad behaviour. I’ve lost direction. I want to concentrate on my new home and I do need sex.”

‘She felt that she made a lot of bad calls in the past but she did recognize that her mother bore responsibility for allowing so much to happen that should not have happened. (Her father she dismissed as weak if aggressive.) She felt that she wasted many opportunities because her attention was so focused on sex and making herself financially independent. Physically she was finding it very hard to get to sleep and she was suffering from headaches: “They’re like toxic heads.”

‘She went away with **Hornbeam** 1M, one a week for three weeks. When she returned she said, “I am absolutely loving my new home. It is a bit scary but I have some new plans for the spring. I’ve got to be realistic.” She went on to say that she now realized how all the “instant gratification” was never satisfactory and that what she needed to keep looking for was a deeper sense of inner quiet. Although after that appointment she slipped back into dope smoking and affairs, she is now far more aware of how damaging it all has been. Some four years later she is far more resolute, purposeful and resilient than she was before the **Hornbeam** and her addiction to sex is far less urgent. She has put herself through a training and now runs her own business again from her home.’ **CG**

2 ‘A woman in her late 30s, a single parent, came for her regular checkup appointment feeling very “low and down”. She had an “all-day headache” which hung over her eyes and made her irritable. She felt that her three children were turning her into a fishwife. She had been furiously angry with her ex-husband and his solicitor over some matter to do with responsibility and the children’s welfare. Her widowed father had also been “playing me up”. She was also very concerned about her new partner’s sense of commitment; she felt isolated and confused, out of touch with him and worried about where the

relationship was going; if, indeed, there was one. “Should I be doing this? I have a history of these unsatisfactory entanglements; they all come to grief. I’ve only myself to blame I suppose.”

‘She was given **Sepia** 200 in the clinic while she was talking and this relieved the headache within five minutes. It also seemed to encourage her to be more talkative about the deeper issues of her general situation which she found so unsatisfactory. She was given **Hornbeam** 1M, single dose to be taken in 24 hours. When she returned she was still feeling sensitive but all her talk was of her concerns about the welfare of all the people closest to her who depended on her: her children, her father, her aunt. As for her partner she said that she was having to let him make up his own mind and that she couldn’t afford to expend so much energy on anyone who could not tell where his priorities lay.’ **CG**

- 3 ‘A man of 42, an artist, came for his regular four-monthly appointment. “Emotionally, I’ve been on a roller coaster. It’s been dreadful! My personal relationship with myself has gone ‘phut’! I know enough about homoeopathy to know that the syphilitic aspect of my life was in full flow when I was in my teens and I’ve been going through all that stuff again. I had this image recently that I couldn’t shake off, of a man ramming his head against a nail repeatedly – God! It was appalling and it was what I did. I know that all those things I chose have moulded my present circumstances. I’m so resentful and regretful. I’ve got to stay bright and light and wise about it but all I want to do is to stay at home – what I call my bubble – and stare at the walls, but I know that doesn’t ever work. I have this inner fear of the outside world. I want to engage with it but I’m scared of it and I’m frustrated by it artistically. I can so understand why Van Gogh cut his ear off!”

‘His energy was “50% of what it should be”. “My nervous system starts to kill itself off and then I start to sabotage myself.” He often tended to speak in such a way that it was not easy to follow his train of thought. His thoughts sounded confused; half digested. What he often seemed to be saying was that he frequently had inspiration but was unable to follow it through and realize his ideal in reality. If he continued with his verbalized stream of thought he would often get

back to the old theme of his childhood and his rebelliousness, his unsatisfactory parenting, the disappointment he caused his father. He was given **Hornbeam** 200 – 1M – 10M spread over three weeks. He returned three months later with the report that a birthmark on his face had very soon become raised. He was now painting a lot more and had begun to sell his work. He was also teaching. He felt much more sensitive than before, he thought, and more able to work in new media and process new influences. He felt he was not putting up barriers to other people's work. He was given the 'cancer drainage remedy' (**Gallium Aferina** + **Cundurango** + **Hydrastis** 6x) to be taken every evening which completely resolved the birthmark within a fortnight. (He also said that it felt as if it gave him tremendous energy.) Since the **Hornbeam** he has continued to be productive and has referred far less often to the past; it is as if he no longer applies the patterns of the past to measure his present circumstances.' **CG**

CARASSIUS AURATUS

Goldfish

The remedy, known universally by its common name, was given a meditative proving in October 1995. Each member of the groups was given a single potency of the 30th potency before their meditation began.

The Background

Goldfish is a domesticated subspecies of the ‘gibel’ carp, a native of China. The history of the goldfish goes as far back as the Chun dynasty (AD 265–419) when the quality of its golden coloration was first written about. By the Tang dynasty (618–907) Buddhist monks were keeping goldfish in their monastery ponds and beginning a process of domestication and hybridization that has continued to this day. By the Nan Song dynasty (1127–1279) goldfish were being developed to produce white, and red and white variations. In the Ming dynasty (1368–1644) the first bowl-reared goldfish were being kept which led to mutations being developed that would never have been possible in the wild: double-tailed, anal-finned, short-bodied and those with no dorsal fins. Through the 16th century other features and colour shades were enhanced while in the 17th century goldfish became no longer the preserve of the aristocracy but were being kept by anyone with social pretensions. In 1603 the first goldfish were exported to Japan; by 1611 the Portuguese were importing them. In 1728 the Dutch were breeding goldfish for the first time and in 1874 America started

importing them. Throughout this time more and more exotic varieties were being bred including such well-known ones as celestial, oranda, tigerhead, pompon and pearlscale with the famous shabunkin being developed in Japan in 1900 and, in 1908, the 'bubble eye'. These mutations from the original freshwater fish from China mostly prove to be recessive; if left to themselves there is a tendency for goldfish to revert to their original genetic make-up.

Goldfish are subject to rigorous standards. Goldfish fanciers are as enthusiastic about their fish as dog breeders are who show at Crufts. The 1,700-year history of breeding fish to create ever more varied colours and shapes seems at odds with the fact that wild goldfish are exceptionally good to eat. However, it was the observation that goldfish have such a genetically morphological facility that led to their exploitation through domestication.⁵

One of the possible consequences of this process of mutation has been the weakening of the fish's immune system. This is evident in the fact that goldfish are susceptible to a number of diseases, mostly of the scales (such as fungal growth) but also of the respiratory system.

The remedy was made from a common 'comet' goldfish purchased at a local pet shop by the staff at Helios Pharmacy. The fish was gradually anaesthetized by adding ethanol to its water environment. It was reported that many of the staff at the pharmacy found the death of this fish particularly affecting and shed tears of grief. The bowl was left to stand for two weeks after its demise and the remedy was made from the fluid in the bowl.

Keynote effects

The usual response to this remedy is the gentle calming of any agitation or grief with a soothing of any physical symptoms. Aggravations are not common though some may feel 'stirred up' and complain of the changes that transpire. **Goldfish** affects every chakra despite its particular influence on the crown and base and it often generates the sense of feeling more centred and less easily swayed by emotions, though an initial outpouring of pent-up grief has been reported on several occasions.

General symptoms

All provers experienced feeling disconnected; out of body or 'spaced out'. Sleepiness; tiredness; heavy-headedness. Poor concentration. Restlessness with a sense of disconnection. Low energy state; poor assimilation of nutrients; easy loss of fluids through frequent urination or diarrhoea. Has a sense of energy 'leaking away'. Muscle fatigue and lack of development physically. Extreme sensitivity to pollutants: impurities in the air and water; < radioactivity (solar, X-ray or from power stations). Very sensitive to the sun. Sensitive to sounds and vibrations; to the seasonal changes and to the moon's phases. Hypersensitive to atmospheres (environmental and social). Result of sensitivities is extreme of either hyper- or hypo-activity; can be completely torpid. City dwellers who suffer from the pollution of their surroundings and are susceptible to diseases caused by toxic build-up. Asthmatic breathing; hay fever; sick building syndrome; cancer; AIDS; etc.

Primarily sycotic in terms of miasmatic influence. Belongs to the water element; susceptible to emotional turmoil and kidney/bladder problems associated with emotions. Lungs may become a focus of mucus production if the kidneys are weak (a good support remedy is **Ceanothus**+ **Lobelia Inflata** + **Berberis Vulgaris** 3x or 6x which supports kidneys, lungs, liver and spleen). Restores water balances in the body; excessive thirst for water especially in those who feel the lack of loving in their lives (suggestive of diabetes). Patients may feel as if they need help 'because things are being stirred up' and they need to be ready for any change or, as the result of taking the remedy, may feel that everything is being stirred up; may question or complain about what is happening. Can be given to a patient who tells the practitioner that she is very sensitive and likely to react strongly to any treatment; **Goldfish** can alleviate the anxiety especially if supported by low potency **Rose Quartz**.

Encourages oxygenation of blood. Poor circulation: takes a long time to get warmed up once cold or on getting up in the morning. Illnesses at the end of life: kidney failure; oedema; stones. Encourages the dispersal of kidney, gall and salivary gland calculus.

Musculoskeletal problems due to extraordinary elasticity of joints and ligaments. Useful support remedy for those undergoing physiotherapy sessions. Left side of the body most affected by sensations due to disordered central nervous system. Stroke: especially < left side (and particularly where there is blindness as a result). Numbness of the left side; feels as if anaesthetized; feels as if the left side is both numb and nauseated.

No wish to move the left side. Left side feels larger than the right and as if in a different space. Left and right sides out of proportion. Sense of being physically divided. Immobility and paralysis especially where there is fear as well. Only aware of the upper half of the body. Sensation of swaying from side to side. (This is a common but underestimated symptom of fish remedies.) Tickling and tingling in the joints of the right side of the body. Physical agitation and restlessness especially if alternated with torpor. CNS profoundly disturbed. Clumsy. Can relieve the suffering of Alzheimer's by helping to engender more restfulness. Tumours of the brain either benign or malignant.

Viral infections: frequent and that leave a legacy of weakness. HIV+ and AIDS especially where there is much fear. The patient may not have any distress over actual physical complaints but fear of psychic or spiritual implications of disease.

Mental and emotional symptoms

Strong sense of confinement or feeling trapped. This is either actual or imagined and on any level: mental, emotional or physical and whether chosen consciously or unconsciously. For those who lead a confined existence either mentally or physically and who desire to escape but who, nevertheless, are accepting of their situation either through fatalism (leprotic) or through an inability to see how they can help themselves (sycotic or tubercular). Their sense of imprisonment may actually be from claustrophobia or it may be psychological from domination by others – parents or an institution. For those who order their lives with strict rules and standards and thus miss out on free self-expression. For those who are starved of love and companionship and who have therefore lost the perspective on what is really important in their lives. (Imagine the sensitive, creative wife who neglects her talents in favour of her husband and who feels confined and stifled by her role but who says little because she fears change and doesn't believe her voice would be heard or that she would be understood. She has found herself in her situation without realizing it and, though she resents it, she puts up with it while her physical body shows gradually deepening symptoms, starting with allergic reactions or sensitivity to her environment that give her distress or pain.)

‘Innocent victims’; those children who are born with pathology or an early susceptibility to it: cancer; AIDS; leukaemia; deformities; cerebral palsy. Children born with apparently daunting karma who inwardly seem to suffer less than those around them: parents and carers. They attract loving care but cause (through no fault of their own) grief (and guilt) in those who care for them; as if they are offering others a karmic lesson.

Loneliness: from fear of not knowing what is going to happen; from lack of confidence; from inhibitions laid down long before in childhood. People who fear the competitive world; they feel their talents would not stand comparison with those of others, more worldly. Sensitive and intuitive but shun the limelight. As a result of their hiding away they feel empty and a loss of identity. For those who are rootless yet adaptable, fitting in with who or whatever surrounds them in order to preserve anonymity (like **Merc-sol** but with milder mood swings).

For those who have been made homeless; thrown out by parents; who have ‘no place in the world’ especially if they find themselves in an environment that is uncongenial to them. ‘Fish out of water’. Children in boarding school who find their environment alien; try and hide their sensitivity and want to avoid any bullying; teachers notice they are bright but wonder why they don’t do better.

Grief and sadness especially about things left unsaid or undone. Regret; remorse that nothing was said when there was the opportunity (see **Hornbeam**). All those who made up the remedy experienced sadness and tearfulness. There is also deeply held anger and resentment at those who made them suffer. Homesickness. Children of divorced parents who are forced to divide their loyalties and living accommodation. Victims of mental, emotional, physical or sexual abuse. Refugees from war or famine.

Telepathic; highly sensitized and sensitive people; very in tune with nature; acutely aware and perceptive; strongly intuitive and full of insight. Often hard to pin down, being rather mercurial. Yet unable to avoid putting themselves into positions where they will suffer. Unable to foresee pitfalls in their own lives but can see them in others’. Indecisive. Naive: sees good in everybody and everything; is ‘an innocent abroad’. Being sycotic, easily falls into unsuitable and unstable relationships; becomes overgenerous sexually and falls foul of STD (NSU, cystitis) and other conditions of

difficult relationships such as loss of identity; sense of separation; dependency.

Fear of change even while living in trying circumstances. Fear of rejecting family values. Fear of looking into the 'abyss'. (**Chalice Well** is for those who either choose to look into the abyss or who do so through force of circumstance; it follows **Goldfish** well.) Crisis of faith; feels trapped within the confines of the accepted family faith (or moral code) but unable to see how to adopt an alternative; unable to kick over the traces. Fear of death.

Physical symptoms

Head

Pressing pain in both temples. Numbness and fullness at top of head; as if it would lift off. Dizziness. Itching of scalp < bed. Brain tumours; benign or malignant. Unable to hold head up.

Eyes

Very itchy and watery; left eye is inflamed < lower lid. Intense pain in the left which lasts several days; deep pain which penetrated right through from eye to occiput. Blepharitis. Astigmatism. Divergent strabismus. Cataract. Soreness. Sticky discharge from the eyes.

Ears

Severe pain in left ear.

Nose

Tingling in both nostrils. Hay fever.

Face

Itching. Scaly and dry skin on forehead. Paralysis of face.

Mouth

Burning in the mouth. (Many provers experienced this symptom as soon as they put the remedy in the mouth.)

Throat

Constricted sensation; membranous mucus which rises from throat to mouth. Irritation.

Respiration and chest

Sycotic asthma with thick mucus in the throat; breathes by gaping and gasping. Feel that they are drowning in their own mucus. Choking and suffocation; shallow breathing: uses shoulder muscles to get breath in but then finds it hard to get breath out. If they can deep breathe they feel > and more peaceful.

Female

Amenorrhoea: from grief; after childbirth; in inhibited women; in those who have a mortal dread of childbearing. Infertility; tendency to miscarry. Useful in pregnancy for those women who feel 'confined' by their state and separated from their true selves with hypersensitivity. Engorged breasts. Sexual frigidity. Promiscuity due to misplaced wish to be generous. Uterine and cervical cancer.

Male

Prostatitis. Infertility (with a possible connection with radiation).

Urinary organs

Frequent urge to pass water; enuresis. Or the opposite: easy retention of urine.

Skin

Psoriasis. Scaly eruptions with flakes (leprotic). Dryness. Fungal infections. Radiation burns. Shingles.

Neck and back

Tension in neck and shoulders. Left side: stiff. Sharp pain which shoots through to the front of the body from the left scapula – like a needle. Lower backache.

Extremities

Left arm: pain in shoulder with stiffness and aching of joints in the hand. Hands tend to shake. Numbness of fingers. Raynaud's Syndrome. Legs: cold in bed; restless leg syndrome – 'don't know where to put them'. Paralysis of legs with numbness and coldness. (Consider when **Causticum** fails.) Red swollen joints; cracking; gout in left foot.

Considerations for the use of the remedy

- **Leprosinum** shares the sense of the choiceless inevitability of fate, the extreme sensitivity to the sun, extreme thirst and wish to hide their light under a bushel.
- **Med-am** complements in wet asthma, the sense of disconnection and vagaries of mood swings.
- **Thuja** shares the asthmatic tendency and the loss of identity.
- **Magnesium** remedies also cover suffering from torn childhood circumstances.
- **Tub** has the restlessness and losses of energy, the tendency to acute colds and coughs and the tendency to fruitless wishful thinking.
- **Psor** shares many of the skin symptoms and the anxieties of psora.
- **Jet** does not have the same degree of feeling trapped or confined.
- **Silverfish** shares the alternating states of torpor and restless activity, the timidity, anxieties and the flexibility of the musculoskeletal system.
- **Winchelsea Sea Salt** shares the grief symptoms.
- **Lac Humanum** shares the grief symptoms that are inherited from the mother's family.
- **Chalice Well** shares the lack of self-confidence, the difficulty of letting go of emotions that need resolution, the fear of making choices that will mean long-term commitment and the innocent naivety.

Goldfish is a very useful remedy to consider in those who suffer from asthma, weak liver and weak spleen and even more especially when this is concomitant with water retention. The symptoms that manifest in this are compromised breathing with heavy mucus, poor digestion and frequent colds or coughs that might be described as ‘viral’ by an allopathic doctor. One of the most useful remedies to support **Goldfish** in a case like this is **Lobelia + Ceanothus + Berberis Vulgaris** 3x. **Goldfish** is useful in any and every potency from 6x and 12x up to the highest and in LM. It bears repetition well when indicated. It follows well after other grief remedies and it may sometimes be that it has been missed in favour of other better-known ones such as **Nat-mur**, **Staphysagria** and **Carcinosin**. **Goldfish** often works on a deeper level if it is preceded by a dose of **Rainbow** which complements it superbly well. It is said, as we have noted, that ‘no one does **Phosphorus** like a **Thuja** patient’; **Goldfish** can appear to be like a cross between the two.

Esoteric therapeutics

The energy centre most affected by this remedy is the thymus gland and the heart that it protects. It is chiefly for those who, however long ago, suffered damage to this centre which has left the patient vulnerable and held back from fulfilment of potential. As such it is a remedy that is said to afford much spiritual protection. It also works to restore the integrity of the base, sacral and solar plexuses.

Chakras

Crown

Sense of being out of the body; disconnection. In those who are overtly spiritual, the connection between the etheric and the physical bodies can be tenuous; for those who prefer to avoid their spiritual path and seek solace in routine and small tasks lacking in ambition, physical pathology might manifest in order to encourage them to seek healing on all levels. (In which case chemotherapy would be too aggressive and suppressive.) This is often the difference between those (mostly sycotic individuals) who choose to

escape from the real world (crown centre) and those who choose to stay in it and remain stuck (base centre). Sleep can be an escape from the harshness of reality.

Brow

Telepathic; often gifted with far-seeing intuition but equally often unreliable if asked to predict; as often occurs in those who are sycotic and yet have a mercurial temperament. Finds it very difficult to ground the imagination; imaginative thoughts keep the patient apart from reality. Often misses out on making choices (thus exercising the balance of id and ego) from a sense of confinement and the inevitability of circumstances. The patient does not see that there are choices to make as the third eye is closed; indeed, may never have been open. Timidity and a wish to hide away leads to stress which can bring on headaches or numb feelings. Dizziness. Brain tumours.

Throat

Difficulty with self-expression except as pathology. Sensation of constriction. Irritation and mucus in the throat. Difficulty in swallowing. Mouth breathes. Choking and suffocation from mucus in the throat; gasping for breath.

Heart

Grief and sadness; persistent tearfulness that is kept hidden. These may be the result of a difficult childhood, schooling or marriage or may come from inherited unresolved ancestral trauma. Fear of rejection and abandonment. (**Goldfish** is a remedy that heals the traumatized energy of the thymus gland.) Heaviness and oppression in the chest. Sycotic asthma: heavy mucus production that clogs the throat and upper respiratory tract. Shallow breathing. Nervous coughing.

Solar plexus

Lack of motivation and will power. Liver tends to be sluggish thus encouraging mucus production. Immune system is sluggish due to weak spleen energy.

Sacral

Hard for the patient to expand into joyousness without painful consequences (which they have suffered in the past and the consequences of which may be part of the reason they need help now). Difficulty in expressing freedom in this centre. Amenorrhoea; period pains. Engorged and painful breasts. Water retention especially < the period. Frigidity. History of promiscuity. Uterine and cervical cancer. Male suffering includes prostate trouble or infertility.

Base

Lack of self-worth; a sense of inadequacy. Fearfulness and an unwillingness to face challenges even while being very aware of them and sensitive to the results of avoidance. Separation from one's roots and yet a strong sense of confinement and restriction. Homesickness. Skin complaints characterized by itching, scaliness, dryness, burning sensations and fungal eruptions.

Case studies

(See Case 2 in **Jet** for a reference to Goldfish.)

1 'Man aged 40, a Ugandan Asian who had been expelled from Uganda with all his extended family when he was 16, a traumatic experience about which he still cries in his sleep. He had left a degree course before finishing and was employed as a factory process worker, a job far beneath his ability. One of his problems was that he felt his ability was unrecognized, he was always passed over for promotion and was unable to assert himself. He had also suffered severe trauma from being exploited financially by someone he trusted and losing face with his family as a result and losing a lot of money. His marriage had been arranged and was a bit of a shock to him – he described both of them as being strong personalities – and he had two young children. He felt deeply the loss of his freedom and the restraints imposed on him by a family. He presented with a variety of symptoms: depression, enervation, asthma, hay fever, panic attacks and a skin condition on his legs and buttocks all of which cleared with **Carcinosin, Nat-mur,**

Sulphur and **Syphilinum**. He went through several aggravations; the **Sulphur** bringing him out in boils and clearing the eruptions on his legs but bringing out a dry, itchy, scaly skin on his scrotum which his general practitioner described as psoriasis. The **Syphilinum** brought back the psoriasis on his knees he had had just before he left Uganda, didn't touch his scrotum but transformed his energy. He had been generally getting more confident at work and after the **Syphilinum** had a major confrontation with his immediate superior whom he felt had been blocking him. At this point he was given **Goldfish** 30, one daily for a week. The skin on his scrotum cleared; he applied for and got promotion and training at work. When the skin symptoms started to return a few months later he was given **Goldfish** 200 which cleared the skin.' **ME** (*Prometheus* No. 9 December 1998)

2 'Woman of 68. This woman was being treated for depression, anxiety and panic going back to the death of her first baby at nine months old, 33 years before. She had done very well on several remedies when she came talking about her bouts of depression. In particular she talked about how she wished she had had her daughter cremated because she felt that "the baby would suffocate under all that soil; it's the suffocation; I should be in there looking after her" – and that she was trapped and not free in the earth. She went from strength to strength on **Goldfish** 200 then 1M. She was completely off antidepressants with no fear or panic or depression. The next stage was symptoms appearing on the physical level with herpes zoster; this cleared quite quickly with **Natmur** and **Mezereum** with no return of the depression. She has just written to me and remains well.' **ME** (*Prometheus* No. 9 December 1998)

3 'A boy of twelve who had been coming for treatment for ichthyosis (fish scale skin) for some six years and who had made some progress, suddenly developed an aggressive cancer on the sole of his right foot. This was surgically removed though he then quite quickly developed pains in the spine and a brain tumour. The tumour was inoperable and he suffered from excruciating headaches which the specialists said would get worse. His mother was given opiate pain killers to administer as required. She did not want her son to become

incapacitated by drugs so she asked if there were anything that homoeopathy could do instead of the painkillers. A 4-gram bottle of **Goldfish** 10M was given to be administered at the rate of one per day with the proviso that the symptoms should be monitored. The head pains were greatly reduced and he felt a great deal more comfortable. The mother reported that occasionally she had to give him more than one in a day. The boy required no opiate analgesics though he died at home within three months.' **CG**

- 4 'A male patient; five years of treatment. Continually repeating the same mistakes related to relationship and trust. Has felt that he has been "going around in a circle". Whenever he is given a remedy he waits until "the right time comes around" even though he is instructed not to do that. **Carcinosin**, **Med-am** and **Tub-bov** have worked well in the past. Each time he has seemed to move on but then fall back into old patterns. His symptoms include: a sense of being trapped; anger and resentment; pains in the temples; dry skin; cough with irritation (is a smoker); pain full in the chest; tension in neck and shoulders; lower backache; hyper-flexion of joints < knees; numbness down the shins. He also is manifestly a sensitive person and suffered much from physical and psychological abuse as a child. His mother was a manic depressive. There is an ancestral history of war atrocities in Poland during World War II and in POW camps. The patient is an electrician though he often finds himself plumbing and getting electric shocks. His desire is to be a photographer because "he likes to look at life through a lens; it gives you a different perspective"! He was given **Goldfish** 10M which was repeated once more. All was reported well six months later.' **L R-H**

Author's note

The strongest attribute of **Goldfish** is the sense of confinement, of being trapped. On some occasions this has been a strong enough symptom on its own for a prescription to effect lasting positive changes. For many who have lead or are leading a cloistered life or even what might be described as imprisonment, **Goldfish** gives them an awareness of what lies beyond the confines of their immediate circumstances. Sometimes what has kept them

there is a sense that if they were to make changes then too much past trouble would be raked up; as if the silt at the bottom of the pond would muddy the waters. Several practitioners have noted how useful **Goldfish** is when treating a patient suffering from brain tumour. One practitioner made the rueful comment, 'My cat ate the Goldfish remedy,' but failed to mention whether the remedy had cured anything. **CG**

⁵ The information for this history is based on the information provided on their website by the Bristol Aquarists' Society, to whom I am indebted.

CHALICE WELL WATER

The remedy was proved by the two Guild meditation groups on 28 June 1996 and 4 October 1996. It is made from the water from the Chalice Well in the Chalice Well garden at Glastonbury. The garden of the Chalice Well is a place of meditative pilgrimage for many. It is a narrow garden set on a slope, bordered by trees beside the famous Tor which overlooks it. The water leaves a deposit of bright, brick-orange and contains iron.

The Background

The well has an association with the legend of Joseph of Arimathea* and the Holy Grail. It is recorded that Joseph, who, in some quarters, is regarded as the younger brother of Jesus (and otherwise known as James), visited Britain in AD 35 shortly after he had escaped from the Sanhedrin, the council of elders that Pilate had given the choice between Jesus and Barabbas. He is reported to have come on a mission to spread 'the news of the word of life and preach the incarnation of Jesus Christ'. He came with twelve other missionaries and was granted land at Glastonbury, enough to make each man self-sufficient. On this land they built what is reckoned to be the first church above ground in the Christian world. (Up to this time the only chapels dedicated to Christian worship were hidden in the catacombs of Rome.) Having set up the mission to Britain and then left, it is thought that Joseph did not return again till AD 63 (when, if he were Jesus' brother, he would have been in his eighties), the year in which the wattle and daub church was first erected. The year later it was consecrated and dedicated to

St Mary – not Mary the Virgin, but Mary Magdalene who had just died in France having lived and preached there since fleeing Judea after the Crucifixion. Both Mary Magdalene and Joseph of Arimathea are seen by some people with an interest in the Messianic tradition to be guardians of the Holy Grail; something which only makes sense if the Grail is seen, not as a religious relic such as a chalice or bowl but as esoteric and spiritual knowledge. Early Saxon records show that Joseph died at Glastonbury in AD 82 (at what must have been a truly venerable age) and was buried there. The abbey for which he laid the spiritual foundations became one of the greatest focal points for spiritual welfare in the centuries before the Norman invasion. It suffered a devastating fire in 1184 in which many valuable documents were destroyed and, though Henry II granted the abbey a Charter of Renovation, there was no escaping the later devastation wreaked on all religious institutions by Henry VIII's Chancellor, Thomas Cromwell, during the Reformation. What is also perhaps of note is that by the time of the Reformation, the abbey had become a centre of orthodox Roman Catholic faith; something which Joseph of Arimathea, Mary Magdalene and others who carried the Judaic Messianic tradition would not have adhered to. Indeed they would have fled from it.

Keynote effects

Chalice Well rarely generates physical or emotional aggravations. It frequently brings peace and tranquillity to those who are traumatized or who are going through a long period of grief or emotionally heavy turmoil. It is as if it gives people indicating its symptoms space and time to 'breathe' emotionally while they go through the difficult time. Patients often return with a comment to the effect that they feel better able to cope and that they can see more clearly what they need to do. In those for whom it has been prescribed in high potency on mental/emotional indications of past trauma it may well give them 'voice' which, if 'heard' will lead on to greater personal development (see **Buddleia**).

General symptoms

It is a syphilitic and psoric remedy though this should not limit its use just to those showing these miasms. Profoundly affects the nervous system and

circulation. Paralysis and insensibility. Frequent shivering. Numbness and tingling. Limbs feel like lead. Pins and needles. Consider its use in MS, locomotor ataxia. Old age: anaemia; cyanosis with the cold. Skin crawls with the cold. Hypothermia. All five special senses are blunted. A general state of unawareness. > sunshine. Post-vaccine damage in anyone but especially children where the immune system is compromised (as in those who have frequent infections and require repeated doses of antibiotics). Follows the potentized vaccines well and will support their action in cases where the physical and emotional symptoms are similar. (See **Jet.**) Very useful as a crisis remedy; when the crisis takes a considerable time to develop and come to a head and the patient needs a 'long-term **Arnica.**' Is followed well by **Carcinosin** especially when the patient is a carer of a cancer sufferer. Useful for the prematurely aged due to stress; run down with frayed or blunted nerves and in need of a period of recuperation and peace. Weakness and enervation from long struggling or from an empty life. Can also have the opposite: aggression/violence comes up from frustration at being unable to find expression for potent creative force. When creative purpose becomes perverted and potentially destructive. Transition on any level: can be used to assist the patient to make life changes. Profoundly affects the cerebrospinal fluid and the ventricles through which it flows; confirmed by cranial osteopaths who have worked on patients who have just taken the remedy; cleanses the cerebrospinal fluid (use in low 'x' potency). Water balances become upset; oedematous swelling anywhere in the system.

Chalice Well water contains a lot of iron so it would make sense to compare it with the **Ferrum** group. In **Chalice Well** we have a water remedy which means that it is one of highly emotional states albeit deeply held, and a mineral remedy, the iron content making it very physically sensitive and easily disturbed and potentially reactive.

Mental and emotional symptoms

Acute grief where the patient is facing long-term consequences of separation or deep disappointment. Helps save people from going into a deep **Nat-mur** state. Patient can give the impression of a calm and unruffled exterior but beneath there is emotional turmoil. (**Black Obsidian** has a bland or unruffled surface with chaos beneath but has more toxicity

than **Chalice Well**.) Exhaustion and depletion from a long period of emotional stress such as looking after a sick relative. Fearful of looking too deeply into emotional issues; often useful for those who are going through psychotherapy if they feel the process is traumatizing them. Helps them to look into the depths of the psyche dispassionately so they don't end up 'navel watching'. Lack of self-confidence. Fear of criticism and/or punishment for supposed wrongdoing. Useful in teenagers who kick against the system but who do not know why. (See **Ruby**.) Their sense of purpose is not yet fully formed and they have not found their bearings though they have all the urgency of new-found independence. The remedy > their transition from youth to maturity. Strengthens resolve. Lack of commitment to things: marriage, partnership, a religious calling. Afraid to make a final commitment as they do not know how to cope with the sense of 'no way out'; unaware that their 'freedom' is their trap and stops them from achieving anything really substantial. Constantly in search of *the* answer – can be euphoric but it is short lived. Fear of the unknown; of ageing; of change. Wants to change but can't let go of the past. (**Ruby** is often unaware that they need to let go.) This is the most significant remedy for helping people to 'let go'. Greed and unfulfilled longing (which can lead to eating disorders; spleen energy is disordered here). Helps those who have formed patterns of behaviour (or behavioural reaction) to see and understand what they have been suppressing; thus they can break the patterns so that they do not repeatedly fall into similar situations which leave them damaged. Mind is tortured by doubts. Mind goes blank. Second childhood. Threatened Alzheimer's – supports, precedes or follows **Baryta-carb** and **Phos-ac** well. Consecutive thought is difficult. Passivity: the patient seems to have no idea that something needs to change. Innocence; very accepting of whatever happens. (Can be similar to **Sequoia** here but the tree is rather less 'dark' in the aura in spite of the despair or wish to give up the struggle. **Chalice Well** can follow **Sequoia** well.) They can be a blank page waiting to be written on. Children who seem to be in an emotional turmoil who find concentrating on school work difficult. Fearful of spiritual development; fear of letting go of the material world. Strong tenacity and determination in worldly matters but full of trepidation in considering anything of the spiritual world. Outwardly well armoured but inwardly frail, fragile and vulnerable.

Physical symptoms

Head

Pressure on the crown; compression of the occiput with poor hormone responses in the body. Muzzy feeling in the brain. Pituitary function is compromised and there is little movement of the sphenoid bones. Pituitary gland tumours. Hair falls out; goes prematurely grey.

Eyes

Watery left eye. Flashing as with migraine. Sees things darker than they are. Floaters. Stinging and burning – as if there were smoke in them.

Ears

Tinnitus: tinkling sounds. Dryness with excess wax – brick-coloured.

Face

Lips turn blue from cold. Tingling in the lips. Lack of facial expression but with sudden flashes of a smile.

Throat

Irritating, tickly cough. Poor blood supply to area. Scrawny neck. Constriction. Thyroid symptoms: underactive or overactive. Hypoactive: patient is passive and unaware of what they should be doing to change; hyperactive: patient is speedy and anxious but fearful of spiritual growth.

Chest

Dryness of the mucous membranes. Dyspnoea in airless places < cigarette smoke. Dyspnoea from struggling with emotions. Sighing.

Heart

Arrhythmia; Tachycardia. Warm sensation around heart with sense of anxiety. Oppression on the heart area.

Digestion and stomach

Poor appetite alternating with keen. Tends not to finish a meal or leaves some of it for later. Belching. Rising feeling of nausea and/or retching with salivation < emotions. Elderly tend to constipation. Heaviness felt in the bowels. Has to strain to pass a little but passes large amount with little urging.

Back

Major remedy to heal the spine. > after injury and assists cranial osteopathic treatment. Sensitive to pressure.

Extremities

Numbness and tingling. Peripheral neuropathy.

Considerations for the use of the remedy

- **Ferrum Metallicum** has more of the paradox of strength and hardness flawed by weakness and lassitude. It is more acutely physically sensitive than **Chalice Well** but the latter has equivalent sensitivity on the emotional plane. **Ferr-met** is more likely to be aggressive or harsh while **Chalice Well** is simply well armoured despite inward fragility. The weakness felt in **Chalice Well** comes from sustained trauma (see **Oak** below) while **Ferr-met's** weakness is more from physical and biochemical insufficiency and nervous overload. **Chalice Well** has a greater fear of looking into the history of unresolved emotions.
- **Ferrum Phosphoricum** is a much brighter energy with a host of clearly differentiating symptoms especially in acute states. Nevertheless, **Chalice Well** is useful in supporting children who readily go into **Ferrphos** acute pictures.
- **Ferrum Muriaticum** may prove to be a remedy with a lot in common with **Chalice Well** even though it has no particular reputation of its own. The two components of this remedy suggest hardness, sensitivity, irritability and withdrawal with weakness and feelings of antisocial introversion; **Chalice Well** is very like this

with the addition of suffering from emotions that are hard to relinquish or find resolution for.

- **Buddleia** also suffers from long-held emotional trauma though the circumstances that seeded the stuck emotions may be of more historical origin. **Chalice Well** is far more searching than **Buddleia** has the energy to be in the search for a healing answer; this, despite the fear of dragging up the past. **Chalice Well**, being associated with the heart and brow centres, knows that change is vital while **Buddleia**, being chiefly associated with the crown and base, seeks spiritual consolation more readily.
- **Oak** is differentiated by its stoicism; it keeps going through adversity and despite exhaustion. **Chalice Well** can feel the enervation and exhaustion and succumb to it.
- **Jet** is more likely to be called for in cases of comprehensive disappointment with a personality that struggles with being a doormat. There is more frustration at lack of ability to be effective in **Jet** while **Chalice Well** is usually effective if exhausted. In the treatment of those who suffer from vaccine damage a careful differentiation is necessary.

Works well with all the tree and crystal remedies: will support a prescription of **Oak** 1M, say, if given in a low 'x' potency (6x, 12x, 15x for example) daily. Particularly associated with **Syphilinum** and **Thymus Gland** (see Author's note at the end of this chapter). The combination of **Chalice Well**+ **Syphilinum** + **Thymus Gland** works well to repair the devastation to the psyche that comes from the combined influence of deep trauma (which may be ancestral) and the syphilitic miasm. The thymus gland itself is the organ most closely associated with 'the abyss', that black hole into which we drop all that we do not know how to cope with, in which lies inherited unresolved trauma and which records so much childhood grief. Such a combination helps us to go through the abyss as **Chalice Well** is so associated with bringing light into the darkest recesses of the psyche and the memory it has consigned to the tissues of the thymus and heart centres.

Has a powerful and stimulating effect on both the pituitary and the parathyroid and their energy centres. It works well with all the remedies

that are indicated for illness that is associated with negative parathyroid states: arthritis, calcium deficiency problems such as osteoporosis, formation of stones in the kidneys and gall bladder. Works well with **Oak** and **Amethyst** (or **Purple**) to align the crown, heart and base. **Ayahuasca**, **Lachesis**, **Anacardium**, **Moldavite** and any of the milk remedies all complement **Chalice Well**. **Chalice Well** is sometimes indicated to support **Black Obsidian** and vice versa; it eases any aggravations that may arise from taking **Black Obsidian** and keeps ‘flow’ going throughout the system in those who would find the challenge of the latter too difficult. It is worth noting how often **White Chestnut Flower** follows on after **Chalice Well** either in the next prescription or within two or three appointments. **Chalice Well** digs deep into the abyss and **White Chestnut Flower** heals what is brought to the surface. With **Stonehenge** it can be called for but only if the thymus has undergone some transformative work already. (Suggested combination: **Oak+ Chalice Well+ Stonehenge**.) Is often followed well by **Lapis Lazuli** particularly when the latter is used in high potency and prescribed on the need to open the brow centre.

Esoteric therapeutics

Particularly works on the thymus gland when that has become a ‘black hole’ (i.e. an introverted energy leak that encourages the syphilitic miasm to wake). Is a remedy for lifting people out of ‘stuck’ karma and helping them to move on developmentally. It is said to represent, in remedial terms, the point of stillness and surrender that occurs at the moment before enlightenment – and it can encourage the patient to prepare himself for it. Indeed, it is extremely useful when given during cranial osteopathic treatment for achieving ‘the still point’, the moment of stasis when the perpetual tide of energy flow through the body changes from in or out breath. This point occurs at the ‘abyss’ (Daath on the Tree of Life) where the depths of life energy are at their darkest and most far removed from the light. At the moment of the tide change there is a suspension between action and reaction, inspiration and expiration. It is also where the body holds its response to the death of the winter sun and its rebirth (hence this remedy’s use in those who suffer from SAD). The point of ‘release’ from this stillness is in the throat (the parathyroid gland – the auric colour of which is spangled rose-pink) where this remedy can encourage the expression of that

which has long been held in the darkest recesses of the psyche/thymus. Opens up the heart centre. (Assists **Emerald** or **Ruby** to cleanse the lower heart chakra and leads the patient to the point where they can be given **Rose Quartz** which will bring tranquillity.) Opens up the connection between the spleen and the heart and brow so that clarity of thought and inspiration is conjoined with aspiration that in turn leads to creativity of a high order (particularly in those who have lost motivation). Engenders a spirit of challenge within the patient to risk expressing themselves to the limits of their creativity. It therefore encourages the outward expression of the syphilitic miasm which uses the thymus centre as its point of entry and exit. Helps to maintain the silver cord and ensure that the connection between the physical, emotional and spiritual bodies remains strongly intact. Cleanses the kundalini and repairs damage to the aura from harmful influences (including recreational and allopathic drugs) or from shocks, either emotional or otherwise.

Chakras

Crown

Unable to reflect dispassionately without interference from emotional issues so it is hard to feel free to remain connected to any higher purpose. A sense of fragmentation. Lack of awareness of not being on the right path. Cancer diathesis: formation of tumours in the pituitary that disturbs the function of the endocrine system.

Brow

Encourages the steady flow of cerebrospinal fluid and works to ensure its purity. Clarifies vision and perception and intuitive response; the patient becomes more spontaneous in reaction. Leads the patient out of denial and into awareness of what needs to be changed. Watery, sore eyes. Headaches in response to stress that is < because of unresolved emotional burdens. Tension on the brow. Mind goes blank. Poor memory. Poor concentration especially in the young who have learning difficulties and in those who have been struggling with emotional issues. Sluggish endocrine system; body clock is out of sync due to poor pituitary function and sluggish drive for the cerebrospinal fluid.

Throat

Thyroid insufficiency or overactivity. Difficulty in expressing emotions or articulating thoughts which leads to frustration. Poor blood supply to the area of the throat leads to chronic irritating cough or dryness of the larynx with constriction.

Heart

Grief of long duration. 'Long night of the soul'. Exhausted from a long period of emotional trauma (such as looking after a dying relative or waiting anxiously for news). Fearful of looking into emotional issues too deeply in case there is more to disinter. Difficulty in letting go of the past that is held in the heart centre. Feels emotionally frail. Arrhythmia; tachycardia. Warm sensation around the heart. Breathing < cigarette smoke (passive smoking). Oppression sensation in the heart area especially when accompanied by physical symptoms.

Solar plexus

Frustration < for blocked creativity. Lack of motivation with poor spleen energy. Poor appetite. Weak digestion. Belching.

Sacral

Lack of expansiveness. Water balances are easily upset: oedema in extremities. Greedy < for comfort food.

Base

Loss of grounding. Adrenal insufficiency. Feels inadequate for the job; feels unable to go on much longer. Emotionally unbalanced so that anxiety and lack of confidence gradually build up. Feels 'all over the place'. History of spinal injuries. Spine feels vulnerable or sensitive. Base chakra conditions (eczema, psoriasis, arthritis, Parkinsonism, lack of development) that will not improve while any emotional issues lie buried and unresolved.

Case studies

1 'A woman of 33, who had been having ongoing constitutional treatment for seven years for a variety of problems (the physical symptoms having been largely resolved), returned after a dose of **Carcinosin** 10M which had been prescribed based on acute shock and trauma over a suggested diagnosis of cancer in a close relative. She had a fear of cancer and, taking her family history into account, might have been expected to go into the cancer miasm quite readily as a means of expressing pathology; indeed she had done well on **Carcinosin** in the past. She reported that she was doing extremely well. "I feel as though everything is coming together. I feel energetic, content. That's great!" However, she then began talking about her current concerns. She was deeply into a new relationship with a workaholic who was very demanding but then would leave her feeling worthless when he did not call for a few days. She was afraid that the relationship would not last. She never knew what to expect from him; she found him powerfully attractive but vaguely threatening in his moments of behaving offhandedly. "I feel I've got this constant flight or fight going on underneath. I'm constantly running on adrenalin. I still have that sensation that I cannot get enough breath. If I am really busy then I don't think about it; if I take a really deep breath then it goes away but just for a while. My main problem is this chest thing. I feel I'm holding myself in anticipation all the time." She was given **Chalice Well** 10M (single collective dose) and **Ignatia** 6c one each night for one week. She came back four months later and described how much she had achieved. She had sorted out the difficult person at work (which had been bothering her for a long while but which she had failed to mention) and she now felt that she was in a much better creative space. She had moved in with her boyfriend and they had moved house. She no longer had any of the chest and breathing symptoms. There was no mention at all of cancer or of worries about it. She was now anxious about being able to keep up with the pace of change in their lives. She felt swept along at breakneck speed and in danger of "losing my footing". She was then given **Lotus** 10M as this complements **Chalice Well** and maintains the continued flow of constitutional energy from the base centre upward while calming the whole system when it is overwrought. This case continues but the essential point is that she was very much happier with her lot, was

prepared to take rough with smooth in a difficult relationship and was clear in her own mind where her loyalties and responsibilities lay. Though she has had moments of emotional instability since, she has stayed well balanced generally and has plenty of creative energy.' **CG**

2 'A woman of 50 who has regular constitutional treatment phoned to say that there had been a development within the family dynamics: her younger brother (for whom she had always felt responsible) had been admitted to hospital suffering from a mental breakdown. He lived in Canada and she had to go over there and help out as his wife had left him the previous year and wanted nothing more to do with him. She had no idea what she would be facing in terms of the medical regime he had been prescribed. She was anxious, upset and fearful of having to face her brother in a state she could only imagine and she hated flying. She took **Chalice Well** 200c with her to be taken as needed. When she reported back she said that the remedy had helped keep her calm, had improved her energy and, every time she had taken it ("once every few days seemed about right"), had clarified her mind. She has since used it on other occasions when feeling emotionally low, apprehensive, lacking in confidence and in need of a clear mind.' **CG**

3 'An energetic woman of 66 who ran a bed and breakfast phoned to say that she was suffering from acute dizzy spells whenever she lay down and turned on her left side. She went to the cranial osteopath who helped and she had taken **Cocculus** which also eased the problem though it did not clear it. She lived a very hectic life being extremely busy. She often, in the early days of her constitutional treatment, did well on **Arsen-alb**. Other remedies that had made significant improvements in her overall health were **Carcinosin** and **Tuberculinum**. The most difficult thing for her to cope with was that her husband's personality had completely changed since he had been put on medication for polymyalgia. He had become unreasonable, irritable, offensively rude and uncaring. She had felt extremely hurt and disgruntled by this change and, even though she realized that it was the drugs that he had been put on that had brought about her husband's distressing state, she felt aggrieved. It was in this situation that the vertigo had come on. "I get so tense when he's irritable and

critical. He's so unpredictable. It's worse in the car because I can't get away from it and he's become so erratic a driver! I don't feel safe any more but he absolutely refuses to let me drive." She was given **Conium** 200c for the dizziness which completely disappeared within a day and did not return. She was then given **Chalice Well** 30c to be taken once a week for six weeks after which she reported feeling "ever so much better, heaps better. It's so wonderful to be feeling like this again." ' CG

- 4 'A woman of 55, wife of a well-known figure in the arts, had had **China** 1M twice a day for three days following an acute hypoglycaemic attack while playing squash. When she returned she said that she felt as balanced as she ever had though a recent blood test had revealed that she had too high a level of follicle stimulating hormone in her system which suggested that too much oestrogen was circulating. She had various emotional issues holding her attention: she had to travel to see her aged, ailing father twice a week; she suspected that her husband was having an affair; she knew of several close friends who had developed terminal cancer (a particular fear of her own); she was continuing psychotherapy sessions which she had attended for some 13 years following the stillbirths of two of her children (which had occurred through medical incompetence). In addition she had large cysts on the liver and was just starting the menopause. "I keep having to go and see my father so I soak all that up. I feel that if I could only let go of my own fear that would be something; it feels so restricting. I know the fear has a lot to do with my history: all that physical trauma. I've got this image in my head of me standing on the top of a mountain screaming. It's a fear of being alone and not being rescued. I am terrified of losing my mind; of being plonked somewhere where no one will know about me. I wish I could let go of it all. I learnt fear the night before my operation. I've never been so scared in my life! I was afraid of being cut open and dying." (The operation was to unblock the Fallopian tubes.) She was given **Opium** 10M for the specific fear of dying after an operation. (She had had remedies for her fears before but none had brought out this story about the operation.) After a week's interval she then had **Chalice Well** 200c to take one each week for six weeks.

‘She returned three and half months later and reported that she had confronted her husband about his affair and they were now talking frankly about their relationship, something she had been fearful of and reluctant to do before. She now felt that she was no longer “the rabbit in the headlights but I’m making the running which feels odd but right, somehow. It’s a woman thing, I expect.” She was now far more aware that “all my emotions hit my body.” Before she had been unable to see the psychosomatic effects emotional turmoil had on the body; she was now able to see how her own condition was so relevant to the emotions she had gone through for the past twenty years. As she was, on this particular day, incensed all over again by her husband’s past behaviour and present attitude (he had been phoning people on his mobile for the whole of their two-hour journey to the appointment), she was given **White Chestnut Flower** 1M which she later said was “pretty good, it calmed me right down. I do feel that the core of our relationship is OK though I can see how he just doesn’t think of consequences.” ’ **CG**

- 5 ‘A mother whose 10-year-old son had been fighting cancer for three years eventually came for her own treatment. It was apparent that there was considerable disharmony in the house. The mother was highly intelligent and well qualified but had been held back from her career by her overbearing and incompetent husband who was, it later turned out, heavily influenced by his implacably hostile widowed mother. All caring and loving had gone from the marriage; they were existing and held together by the family concern for the youngest child who had undergone several rounds of chemotherapy and was now going through radiotherapy. She had done well on **Thuja** 200 and **Carcinosin** LM1 which had released her pent-up rage so that she could now express something of how she really felt. She also did well on **Staphysagria** 200 and **Ruby** 1M once a week for six weeks which helped her to see that her smoking addiction was now intolerable. She managed to stop smoking while on **Kali-carb** LM1 and **Lobelia** 2x, twice daily for six weeks. Her original symptoms of exhaustion, insomnia and constant irritable bowel were now in the past. She complained of frustration, anger, bitterness, incoherence, restlessness at night and impatience at having to wait for scans and blood tests before she could put in train divorce proceedings. She had **Lachesis**

100c and **Emerald** LM1 which removed the choking sensations she forgot to mention and made her feel far more balanced. She was now thoroughly determined to separate from her husband and had put the house on the market. Despite the relief she felt, she now felt an oppressive weight on her chest. She also said that now she had issued her ultimatum to her husband, he was the one who was now feeling depressed, not her. She realized that she had been feeling all the depression for him for all the years of their marriage. However, “I don’t get any head space! I get really anxious when he’s about. I’m just chaos inside. I’m fed up with being bullied!” (Not only was she now afraid of her husband but the house where they lived turned out to be geopathically stressed as well which made her more vulnerable and anxious as she had been unable to find a buyer.) She was given **White Chestnut Flower** 10M with **Chalice Well+ Thymus Gland+ Holly Berry** LM1. The **WCF**, the chronic of **Staphysagria**, was based on the intimidation she had always suffered; the combination drops were chosen as a support in an ongoing battle of wills. The thymus area was chosen as a site of remedial work because she had spent so long trying to protect her heart centre from grief and the **Holly Berry** was selected because of its extraordinarily protective energy for the same chakra when someone is under any form of psychic attack; very much a prescription based on “emotional therapeutics”. Soon after this prescription she was told that her son was now in the clear as far as the cancer was concerned. She broke down at this, at last, and was able to sob uncontrollably. She also had a return of the irritable bowel symptoms with lots of intestinal wind and yellow diarrhoea. She wanted to continue the drops as she felt that they were helping her to survive. **Lycopodium** 200c three times a week for three weeks saw off the bowel symptoms.’ **CG**

Author’s note

Chalice Well water first came to my notice after a personal experience. After a long, hot and frustrating day spent driving around in the West Country, including a disastrous trip to Longleat zoo park which held no interest for our four children, we went to Glastonbury in search of refreshment. The abbey was of no help and tempers frayed even further. We

found ourselves at the gates of the Chalice Well garden and went in. Within a very few minutes and after tasting the well water, all four children had separated to different parts of the garden and lay down on the grass and let go of all the heat, tears and aggravation of the journey. The rest of the day and all the three-hour journey back home was remarkable for the harmony and well-being in the car.

I have found **Chalice Well** to be one of the most useful of all the new remedies because it has such extraordinarily wide application. Not only does it have great depth in its action on patients but it has breadth in the areas it will treat. It is rare for an aggravation to result though not unheard of. One patient who took **Chalice Well** 1M reported that she had a bad time with a severe cold and cough with dyspnoea, though she was a very closed person who struggled so hard to let go of past trauma that an aggravation with difficult elimination seemed not unexpected. Whenever **Chalice Well** is brought to my mind I think of the well itself, at the top of the garden, which, before improvements, was a deep, black hole with a rusty grill (and a crushed coke tin and iced lolly wrappers). For those who are, so to speak, looking into the 'pit' or the 'abyss', this remedy is little short of a beacon of light. It will not usually shed a sudden illuminating beam on past troubles; it works gradually, casting its light progressively deeper allowing a patient to come to terms with what troubles them most and fostering the courage to face anything else that might be lurking there to come out of the depths. The effects of the remedy last long after it is prescribed. I have had cause to use **Chalice Well** in all manner of ways including as a constitutional remedy in any and every potency (including LM), as a drainage remedy (to drain the psyche of trauma) and as a remedy suitable for combining in triad remedies particularly with **Thymus Gland** when the thymus centre is so clearly devastated by past or ancestral events.

* For the material on Joseph of Arimathea and the following historical details we are entirely indebted to Laurence Gardner whose book, *Bloodline of the Holy Grail* (Shaftesbury, Element Books) is a mine of fascinating if unashamedly controversial information.

CLAY

The remedy was proved by the meditation circles in June 1993. Each participant was given the 30th potency to take immediately before the meditation.

This remedy is not, strictly speaking, 'clay'. The sample of earth from which it was made contained other constituents besides clay; it is a remedy made from clay *soil*. It was taken from an area of ancient woodland in East Sussex which is known as Clayhill. The place was inhabited by the Romans who set up brick kilns for the firing of clay bricks that they used for building local villas. The soil is rich in clay and is chiefly composed of hydrated silicates of aluminium. However, there are traces of limestone and sandstone as well. This does suggest that the resulting remedy has affinities for other polychrests such as **Alumina**, **Silica** and **Calc-carb**. The remedy was made up at two pharmacies: Helios and Galen's. Though the auras of the two remedies are apparently slightly different it is unlikely to make a difference in prescribing.

The Background

Clay soil is very hard to work with as it is so heavy and becomes waterlogged very quickly. It does not drain as well as more friable soils. Clay soil is much colder than sandy or chalky soils and is much less well aerated. It tends to be more acidic than alkaline. It is good for growing roses and potatoes.

Clay itself has traditionally been used to encourage the draining of toxicity from the body because of its ability, when dry, to absorb water. It is a body deodorant, an antiseptic and is often used to cleanse the skin (in poultices and mudbaths). It has also been used to treat internal conditions from allergies to arthritis, tonsillitis to varicose veins. When fine clay is diluted in water and swallowed, it draws toxicity from the walls of the bowel as it progresses through the digestive tract. It is, in its homoeopathic form, one of the new polychrests. It is gaining a reputation for working quickly on the physical level but more slowly on the mental, emotional and spiritual planes.

Keynote effects

Clay tends to work relatively quickly on the physical level to restore to normal blocked eliminative processes. Once this is begun then mental and emotional symptoms are more likely to follow suit. If mental and emotional symptoms appear to be eased without any physical reaction then observe the patient well as this may indicate that either a support remedy is necessary (such as **Oak**, a bowel nosode or **Med-am**) or that the physical body is unprepared to deal with a healing crisis and more preparatory work needs to be accomplished.

General symptoms

This is a water balance regulator. Water retention and oedema. Some parts of the body dry out while others become waterlogged. Heaviness in parts from water retention. Swelling in lower extremities with bursting feelings. Obesity but not due to overeating; from thyroid deficiency: hypoactive thyroid. Poor elimination: constipation and poor kidney function. Dryness of the skin and no general sweating. Dryness of the orifices with cracking of thin skin. Generally 'stuck' on all levels. Congestion builds up and leads to catarrh and pus formation. Sinuses and ears become blocked with thick and crusty mucus. Eliminative in conditions of thick discharges that will not shift or that fail to respond to other indicated remedies. Sense of constriction and restriction. Useful in glue ear, tonsillitis and other ENT problems. Allergies: multiple, hay fever, breast milk especially indicated where there is poor elimination. Antiseptic qualities: for wounds that do not

heal; cleansing and promotes healing of skin. Also cleansing of internal organs where there is sluggish function or blockage: liver, gall bladder, bowel, kidney, lungs, throat, sinuses. Arthritis. Osteoporosis. Atherosclerosis. Diabetes. Also to be considered in cancer, MS, ME. Useful in treating conditions of the menopause especially where there is clotting. Very low vitality; little energy. Enervated and heavy; 'can't be bothered' feeling. Tends to borrow energy from others or make a show of being energetic but there is little result. Feels unearthed. Vaccine damage: energy sinks and catarrh develops to clog up the works. Partial paralysis from the waist down; pins and needles in extremities. Poor circulation with either chilliness or heat. Symptoms move from one side to the other. Radiation miasm is strong as clay attracts radioactivity. Sensations of burning or smarting.

Mental and emotional symptoms

Depression: unexplained or due to exhaustion (like **Baryta-carb** but without the timidity). Despair in older patients (rare in youth). Grumbling and complaining with loss of humour (like **Calc-sulph**). Unable to cry as there is so much emotion locked away and unexpressed. Life seems one long grind yet there is little evidence of productive work. Lazy, indolent. Indecisive and irresolute. Loveless and brooding. Not enough energy to feel the emotions but once the energy returns then they are expressed. (Often comes back to speak of fears which have daunted them in the past but which they have dealt with by shutting down and clamming up.) Finds it hard or impossible to change. Cannot get out of the rut on their own initiative. Tendency to lie and to cheat, at first simply to make life easier. Creates a tissue of lies and begins to believe in them; their own fiction becomes fact. Deceit and tendency to steal. Sadistic behaviour in children. Useful in children of mothers who suffer post-natal depression; poorly bonded. Feels slow and stupid and is disinclined to use intelligence. Mental retardation. May prove to be of use in cerebral palsy; Down's syndrome. Becomes obsessive about little things. When goaded becomes irritable and distressed which can lead to head rolling, arm flailing and nervous exhaustion. For those who become stuck in a situation and find no way out so view their lives indolently but with frustration: stuck in an uncongenial career; stuck in an oppressive relationship; stuck in circumstances where

there is stalemate or an impasse. For those who have become stuck in an obsession: religious particularly but also gambling or some other addictive behaviour (but excluding alcohol or drugs which require other remedies first). Makes mistakes in writing and speaking; dyslexia. Poor memory which adds to the frustration. Misinterprets what he hears or instructions. Gruesome thoughts. Can be malicious and even delinquent.

Physical symptoms

Head

Dull headaches with heavy eyes and heaviness in the occiput. Hair tends to fall out especially from the front and vertex. Cradle cap of infants and long continued into older children; thick scales (can have a mother-of-pearl look to the flakes). Vertigo: tendency to fall backward; light-headed with a sense of weight. As if suddenly fazed with a fleeting sense of displacement.

Eyes

Dry; difficult to open on waking. Sleep collects in the lower lids. Crusty discharge with pus. Sometimes needed for clearing up conjunctivitis especially after **Puls** or **Calc-sulph**. Bloodshot < for rubbing eyes. Eyelashes fall out. Recurrent blepharitis.

Ears

Otitis media: is useful to clear up after the indicated remedies have done all that they can. Follows well after **Puls**, **Calc-sulph** and **Gaertner**. Also when other remedies fail. Purulent pus exudes from the ear. Indicated in those patients who have repeated ear infections that affect alternate ears.

Nose and sinuses

Thick catarrh that is difficult to shift. Catarrh can be dried up and crusty or it can be thick and sticky (like **Kali-bich** but not so yellow). Continual blowing tends to inflame and thicken the mucous membranes lining the nose and maxillary sinuses. Ethmoid sinus is blocked though it does not inhibit nasal breathing; it causes tightness at the root of the nose and distorts the sense of smell. Catarrh in the nose smells foul. If the mucus is dry then

it can seem as if there is dried white of egg adherent to the lining of the ethmoid and maxillary sinuses. Acne: pustular spots on the fleshy part of the nose.

Mouth and throat

Claggy mouth with stale taste. Teeth feel as if they need brushing often; furry. Tooth decay during childhood or when on allopathic drugs. Throat feels 'gungy' with thick saliva and mucus. Continually tries to hawk up catarrh but it only comes up a little way and then falls back down. Children can swallow a lot of this mucus and then feel nauseated and have tummy aches.

Thyroid

Hypothyroidism. Goitre with exophthalmia. Seldom required on its own but works well alongside other well-known thyroid remedies. Especially effective and much needed in cases where there is radiation trouble; combines well with **Rad-iod** and may be needed if **Emerald** is indicated but cannot effect any change. Sense of constriction around the throat.

Chest and respiration

Asthma especially of sycotic origin. Useful in suppressed asthma especially where the patient is overweight and damaged by steroid treatment. Is very useful in the acute which it can deal with quickly but it then brings up the emotions which will then instigate other attacks in which a variety of remedies might be needed. It is quite reasonable to consider, in such cases, giving regular intercurrent doses. Lungs are congested with thick and sometimes purulent catarrh. Difficult to raise all the sputum. Sometimes the right lung and other times the left lung is affected in the attacks – no significant pattern except the lack of a fixed focus. Can help patients to give up smoking but it is sometimes likely to bring up phlegm as well as emotional issues; no smooth process is likely! A useful combination remedy is **Lobelia** Ø + **Lung** 30 + **Clay** 6.

Digestion

Constipation; lack of any urging or strains but nothing passed. Sense of not having finished. Bowels feel toxic. (After a barium enema a useful combination remedy to give is **Clay+ Rad-brom+ Baryta-carb 30.**) Mucous membranes of the sigmoid flexure are thickened and pappy. Bloating and offensive flatus. Water retention in the abdomen. Piles; bleeding but relatively painless. Sense of weight and heaviness in the rectum. ++ tea which tends to give them a temporary lift but < the constipation.

Female

Menopause: symptoms < from fibroids or endometriosis. Uterus is heavy and pappy. Flow of blood is either negligible or clotted. Water retention < at the period or at ovulation. << from the Pill (complements **Folliculinum**). Postnatal depression: looks like **Sepia** but not > exertion. Periods can be either absent altogether or delayed and irregular. Vaginal discharge: thick and creamy with an unpleasant stale smell. Sexual desire diminished or absent. Possibly has a history of abuse within the family.

Male

Poor development of genital organs or relaxation and shrinkage (see **Lumbricus**). Too feeble to achieve an erection or to have any sexual desires. Businessmen who become too engrossed in their work to notice that they are neglecting the physical aspect of marriage; after a time, if they do notice, they then become defensive and tend to withdraw from any physical contact. Poor stream while urinating. Congested prostate gland. May prove to be of use in prostate cancer.

Skin

Eczema; psoriasis; allergies; dermatitis. Very dry; fissured. Nails tend to pit in psoriasis. Sloughing skin tends to be white and flaky but can also be other descriptions as well. Clay is seldom the first remedy to think of in eczema but it is very useful either where other indicated remedies have failed or as an intercurrent. Can be thought of as a cold **Sulphur**. Warts: dry and crusty; indolent.

Neck and back

Stiffness and clicking in the cervical spine. Kyphosis and spondylosis. Injury to the coccyx; history of injury where the long-term effect has rendered the patient sluggish and torpid. Especially indicated if there is congestion of the sinuses as well.

Extremities

Swelling of the legs and/or ankles. Excessive water retention. Clay works well here with **Rainbow** and **Sycamore Seed**. Limbs go numb especially during sleep; wakes with dead limbs. Pins and needles. Fingers swell at night and ankles swell in the day. Arthritis especially of the feet, ankles and knees.

Considerations for the use of the remedy

- **Alumina** is generally more physically sensitive, fearful and more easily panicked though in many ways is very similar to **Clay** which, when **Alum** fails, should be considered when all other indications are there.
- **Clay** is more sluggish and rather less motivated than **Calc-carb** can be; has similar skin to the Calcs but harsher.
- **Clay** is usually chillier than **Calc-sulph** and is generally more likely to have more sluggish functions; it rivals **Calc-sulph** for feeling hard done by.
- **Carcinosin** is more likely to fit the 'doormat' description though **Clay** certainly complements this remedy.
- **Clay** is less inclined to hide than **Baryta-carb**; less shy. There may be intellect in **Clay** but there is no will to use it, while in **Baryta** the mind is dulled from exhaustion, fearful birth pattern or miasmatic inheritance.
- **Clay** is more likely to be waterlogged than **Morgan**, but otherwise hard to differentiate.
- **Clay** complements **Medorrhinum Americana** in sycosis but is far less active and more torpid; the temper of **Med-am** is far more volatile while that of **Clay** is on a slow fuse.

- **Clay** is a remedy of complete stagnation on the physical, mental and emotional planes while **Moldavite** is a remedy of lack of fulfilment but spiritual yearning; both feel unloved and unlovable; both may tell untruths; both are depressive but **Moldavite** is a far quicker energy as one would expect from the difference between remedies derived from clay and glass.
- **Clay** complements **Oak** very well but the latter has a more healthy attitude and far stronger work ethic.
- **Clay** rivals **Thuja** in the manufacture of pus and catarrh though **Thuja** remains supreme in the genito-urinary sphere; **Clay** is also dryer and without the sweat symptoms of **Thuja** and the personality symptoms clearly differentiate them.

Clay is a psoric remedy which works on the base chakra but it is also a strongly sycotic remedy with a psoric bias. It is often followed well by psoric remedies or cancer remedies such as **Thuja** or **Carcinosin**. Remedies that can be mistaken for **Clay** include: **Baryta-carb, Thuja, Calc-carb, Carc, Alum, Calc-sulph, Brom, Rad-brom, Plutonium**. **Clay** works superbly well with **Oak** and **Thuja** as well as with the nosodes. Has an affinity for **Nat-mur**. The main antidote is **Arsen-alb**. Should not be repeated until a few weeks after any physical symptoms have gone.

Esoteric therapeutics

It is hard to find any aspirant energy in a **Clay** patient; there is so little motivation that upwardly moving, creative energy is usually absent unless the patient is one who needs the remedy on the level of drainage. So, in those who are utterly stuck and devoid of any awareness of how they have become marooned on their life's journey, relatively high potencies are useful. In those who have 'stuckness' in one of the chakras, especially in the lowest three, low potency drainage with **Clay** is invaluable. The most difficult aspect for the patient is that the water and earth elements are in conflict and this damps down any fire and denies the body air. One way of encouraging a rebalance of the elements in such cases is to prescribe **Rainbow** in support or **Yellow**, the colour remedy, which is characterized by low self-esteem, confusion and ungroundedness; it also encourages the

drainage of potential pathology from the system in those who have a past history of being excessively adrenally driven and who are still in a state of unquiet mind.

Chakras

Crown

This centre is virtually all but shut down and very little spiritual reception is possible. However, the patient may be either closely or even obsessively wedded to a religious belief quite possibly not for the spirituality but for the structure that it affords. Unable to reflect on his own condition except negatively. Sleep is a relief but it is that of one who wishes not to participate. Any dreams that might be remembered are fitful and often vague but threatening.

Brow

Sluggish reactions to the environment and to events occurring in it. Torpid and wanting to hibernate. Flight and fight responses are reduced to a minimum as there is little available adrenalin. Anything that would normally spark adrenal rush is an annoyance and causes irritability. Unable and unwilling to make decisions; finds it very hard to think of consequences even those that result from inaction. Pituitary insufficiency; sluggish hormonal chemistry. Body clock is out of sync. Profound depression of spirits. Uses deceit and lying to avoid issues; self-deception to avoid the painful truth.

Throat

Unable to express emotions or creativity. Throat and thyroid symptoms reflect the stuck nature of the patient's life. No expressions of giving and receiving.

Heart

The lower heart chakra is more active and disturbed than the upper which is shut down: brooding on misfortune or feeling hard done by. Asthmatic symptoms from feelings of frustration and suppression. Very little evident sense of humour.

Solar plexus

A complete absence of the fire element. Frustration from lack of any drive or will power. Any challenge becomes an immense hurdle. Conflicts may arise but are left unresolved (liver toxicity). Everything is too much effort in one lacking motivation (very sluggish spleen energy). Very little joy; the sweetness of life is absent (diabetes). Sluggish liver and gall bladder. Manufacture of catarrh and pus which causes congestion and blockage. Constipation: one of the most obstinate constipation remedies.

Sacral

Sluggish kidney function; poor drainage of toxicity through the urinary system. Problems of fertility in both sexes. Gynaecological problems which are characterized by sluggish flow, clotting and thickening or complete absence of function. The body feels waterlogged in the lower extremities and the pelvic organs but dried out on the skin. Fibroids, warts, veruccae, polyps and slow-growing tumours.

Base

Feelings of inadequacy. Stasis in any or every functional aspect of the body so that there is no forward movement. No adrenal drive; no self-motivation. Not prepared to learn from experience; content to let the world go on by. Skin eruptions characterized by dryness and cracking and potential infection of surface tissues: eczema (rarely as a first remedy), psoriasis, impetigo, etc.

Case studies

- 1 'Female of 36. Shrunken bladder; urethra blocked; kidneys not functioning properly. Using Desmospray for enuresis (since 1990).

History of X-rays, barium meals and operation for cancer of the cervix. Main problem was water retention: “I can’t manage without the Desmospray.” She had the combination remedy for damage to the kidney system from excessive radiation (after radioactive dye tests): **Pyrogen+ Rad-brom+ Baryta-carb+ X-ray** 30x (o.n. five days); then **Carcinosin; Thuja** and **Post-pit** 6x. All brought about considerable improvement generally but she still suffers from water retention. **Clay** 12x o.n. (which she continues to take as it stops the water retention while she returns for constitutional prescriptions from time to time).’ **JO** (*Prometheus* No. 6 June 1997)

2 ‘Female of 37. NBWS birth of baby 8 weeks ago. Induced; epidural but baby is fine. Coccyx is tender; severe back pain below site of epidural. Can’t concentrate properly. Mucous congestion in upper respiratory tract. (Baby also has mucous congestion.) **Hypericum** 1M and **Thuja** 200 >> the coccyx and mental state. Still has pain in site of epidural and mucous congestion. **Clay** 12x t.d.s. with **Oak** 100 to be given in one week. (All sx >>)’ **JO** (*ibid.*)

3 ‘Female aged 65 years. This lady has been well known to me for many years but refuses to come to see me for a proper consultation. She says: “I would have to talk about myself and that would be far too upsetting.” The majority of treatment has therefore been based on acute prescribing with more constitutional remedies given where possible. She was suddenly widowed 20 years ago, an event she has never come to terms with. She is often very deceiving to the extent that she tells so many lies that she has to tell more fabrications to cover up those already told. She has a tendency to “play games” with her two grownup sons by constantly trying to set one against the other. She regularly attracts “trouble”: there are always problems with the house, car, bills, standing orders, etc., each event becoming a major drama in her life and never her fault, always someone else’s. There is a total inability to accept any responsibility for herself and her life. With each drama she enthusiastically tells the superficial details, enough to whet the appetite, but will not talk about any detail as that would cause too much upset. She never cries. At the slightest hint of upset she will turn her back, walk away or change the subject. She is frequently angry,

irritable, very condescending and arrogant with anyone she comes into contact with, particularly if they are from a working-class or ethnic background. Over the last 14 years she has moved house six times because the neighbours “fall out” with her and make her life unbearable. She is very religious and attends the Catholic church, preferring the traditional Latin masses, and will travel great distances all over the country to attend such services. Three years ago she became more committed to the church and took her vows as a third order nun ... Physically she has a number of “female” problems which she won’t even discuss with a doctor. “You shouldn’t talk about that sort of thing!” Regular bronchitis over the last few years and one bout of mild pneumonia. She has told one of her sons that she has lung cancer but not the other son. The doctor has told her she has no serious pathology. She also suffers neck stiffness and regular backache. On the occasion relating to this remedy ... she had suffered a bad bout of flu which had lasted a few weeks. She was left with severe congestion of the sinuses, sounded extremely blocked and couldn’t clear any catarrh from the nose. She had a cough with catarrh that was difficult to expectorate. Along with this she had chronic constipation; she had not passed a stool for nearly a week. **Clay 200** split dose. She phoned three days later in an irate state complaining that I hadn’t warned her of the bad side effects of homoeopathy! The tablets had made her cry non-stop for three days. I asked about the catarrh, chest and constipation: “Oh! That’s pouring out, everything’s moving fine!” She cried on and off for a further few days and declared she would never take homoeopathy again (she still hasn’t one year later). Since the prescription she has been much calmer and less irritable, she is more willing to discuss things and she is less deceitful. She has been to counselling and will now discuss her husband and his death. She has regularly been to a cranial osteopath for neck and back problems and made steady progress. Recently she spoke to a spiritual healer known to her church and had a couple of sessions with him. Her general health has gradually improved and this has been the first year for many years that she has not had a chest infection or prolonged colds. Her life generally is much calmer and the dramas in her life, although still present, are considerably less frequent and of a lesser magnitude.’ **SP** (*Prometheus* No. 8 June 1998).

4 'Female of 26. She came to see me for constitutional treatment in the last month of her pregnancy. She was coping well as a single mum-to-be, "keeping strong" in spite of quite a few doubts and fears in the background. She wasn't in touch with her family and her mother hadn't spoken to her since she told her was pregnant. She had a history of bulimia, irritable bowel syndrome and amenorrhoea but was presenting with constipation, tiredness and a fungal condition under her fingernails. She did very well on **Sepia** and went on to give birth to a healthy baby boy. She came back to see me about her nails which cleared up on **Thuja** and **Silica** but she was feeling a bit overwhelmed by her situation. She was living in a bedsit with her boyfriend and a lively, demanding baby. It felt too crowded and things were getting on top of her. She said that she felt stuck. She wanted things in her life to move but nothing was happening; she was looking for a job and waiting to be offered a bigger flat. She had a lot of suppressed anger towards her mother who was still ignoring her. In view of this situation, her suppressed emotions and her history of constipation, I wondered if **Clay** would help to cleanse her base chakra and move things along a bit. She was given **Clay** 30x: one daily for seven days. When she came back she said she felt much better. "I felt much lighter as soon as I had taken the remedy." She also got her period that day after the first dose, the first since having the baby, and that helped too. She still had the same problems but she said they weren't bothering her; she was taking them in her stride. She was feeling good, had lots of energy and was doing a lot of organizing. She looked great and we didn't feel that she needed a remedy this time. She did not return for six months.' **KL**

5 'A woman in her early 40s came with ME. She always felt tired, susceptible to viruses and constipated. On some days she was unable to lift herself from her bed. She had no appetite or thirst. She looked an unhealthy, pasty colour with dark rings under her eyes. She was married though had no children and an impotent husband. "Just as well really as I am always exhausted." She had a lot of digestive symptoms that the doctor had told her was irritable bowel syndrome: flatus, bloating, heaviness, craving for sweet things from time to time. She thought she had candida and a few "gynae" problems. Over two years

she had **Sepia**, **Pulsatilla**, **Lycopodium**, **Tuberculinum**, **Sulphur**, **Carcinosin** and **Phosphorus** on indications. Though she said that she felt that all the prescriptions had helped; that she felt more alive than she had done; that she did have more energy and that she almost never needed a day in bed, the digestive symptoms had a distressing habit of coming back regularly. She was given **Clay** 200. From the second of the three doses she reported that she felt different. The constipation gradually disappeared. She had far more consistent energy. Her pallor changed and a rosiness came in her cheeks. Her eyes were brighter and she said that she now had “loads of clients” (she was a reflexologist) and was managing to treat them all whereas before she could only contemplate seeing three or four in a month.’ **CG**

Practitioner’s comment

I find that **Clay** is useful for those who are waterlogged with grief; they’re so stuck in it. I often see it in **Lycopodium** patients and it supports them well. It also goes with the bowel nosodes brilliantly. **RP**

CORYLUS AVELLANA

Hazel

Hazel was proved by the meditation groups in October 1998 when each member of the circles took the 30th potency.

The remedy was made from a hazel sapling that grew in oak woodland in East Sussex. What was particular and unusual was that the sapling's roots were embedded very low in the trunk and among the roots of an oak tree. The remedy has sometimes been erroneously referred to as 'saprophytic', a word that describes any vegetable organism that lives off decayed or rotten organic matter. This is not the case with the hazel used for the remedy; both the oak tree and the hazel are alive and well at the time of publication. However, the state of one tree living within the auric field and in such close and intimate proximity of another does lead to speculation about any difference there might be between its symptomatology and that of any other hazel. It is also a moot point that the remedy might well be unusually influenced by the proximity of the oak tree (see Author's note at the end of this chapter).

The Background

The hazel is a deciduous tree native to Britain, Europe, America, North Africa and western Asia. It is one of the trees common to ancient forests. It prefers lowland soils and is often found thriving in the shadow of larger trees such as oak and ash; it is a common constituent of hedgerows along

with hornbeam and holly. It thrives in damp places though it fruits best in areas where there is good drainage. The tree is quite hardy being able to survive up to minus 28° C. It tends to be a shrubby tree and seldom grows more than its average height of 12 to 20 feet. Its bark is light brown and smooth; it has oval leaves edged with 'teeth' that open in spring and gradually turn yellow by late autumn. It produces lamb's-tails or catkins that are one of the first signs of new life in the year, coming out in January. The female flowers are stalkless buds that catch the pollen shed by the catkins on their small crimson brushes. The hazelnuts that develop are encased in a calyx of a ragged leafy frill of scaly leaves around the base which look like a protective helmet. The Latin, *corylus*, is after the Greek word for a particular type of helmet, *horys*.

Hazel is of little merit to gardeners despite its shrub-tree size though it does attract wildlife. The wood is of little commercial value though it is sometimes used for fencing and gates.

The mythology surrounding hazel is rich. To the Celts it is the tree of knowledge and the hazelnut was the receptacle of wisdom. It had links with the oak and the apple trees. The oak (the tree of royalty) and the willow (the tree of enchantment) were also associated in ceremonies with the hazel. Wood ash found in burial mounds confirms that these three trees were used in funeral pyres. In Celtic Irish legend, the hazel and the apple were sacred and to cut down either carried the death sentence. One Celtic legend tells of the connection between the salmon and hazelnuts. There were said to be nine hazels overhanging a sacred well, the water of which led to the distant sea. Salmon would wait to catch the nuts from the trees that produced their flowers (beauty) and fruit (wisdom) at the same time. The fish would then be imbued with knowledge and it is this that gives them the instinct to return from their migratory wanderings in the sea. The salmon's speed and powerful instinct to return to its origins are especially illustrative of the energy of the hazel; salmon, driven as they are to return to their spawning grounds, have the ability to swim fast against currents and to leap through the air to jump waterfalls in order to reach their fresh water origins after a life in the sea.

The hazel tree is associated with Mercury. The staff of the messenger of the gods is made of hazel. The speed and lightness of the energy of the tree show its particular affinity with Mercury. Not only is hazel the tree of divination but it is also the wood from which the rod of the caduceus is

made. Its mercurial properties are favoured in the search for hidden water or buried minerals. Druids used hazel wands in many of their magical ceremonies and for both divining and dowsing. Furthermore it was a potent symbol of protection and the renewal of faith.

Aengus, the Celtic god of love, carried a hazel wand. If two hazelnuts were 'named' with the names of two lovers and placed in the embers of a fire, whether the nuts burned quietly or burned fiercely and then moved away from each other would determine the outcome of the lovers' faith.

Hazelnuts were regarded as talismans for a healthy life as they came from the tree of immortality. Though the tree was seen to have the power to cure fevers, diarrhoea and excessive menstrual flow, it had few specific uses in any ancient materia medica. Hazelnut kernels mixed with honey are said to be good for persistent coughs and, mixed with pepper, they are said to be able to clear the head. The main healing properties of the hazel appear to have been associated with its intrinsic energy. Meditating on the hazel was practised to encourage the enlivening of the spirit and to provoke the casting off of old ways and the acceptance of the new. It was seen as an energy of exhilaration and inspiration. Ancient Druids would carry hazel staffs not only as a source of eloquence but also as a symbol of the authority to speak visionary words. The power of this tree's energy to effect change was seen as prodigious; it could cause those who sought its power to swim against the tide, to overcome seemingly insurmountable obstacles and to battle against impossible odds. It was regarded with some awe as its power to effect such changes was uncompromising and swift; certainly not for the faint-hearted.

Keynote effects

The main effect is that of calming in a stressful situation particularly when important decisions have to be made or a dilemma faced. The nervous system is calmed and a greater sense of rationality is fostered. Many patients say that they feel much more at peace than before or that they have been able to make a fruitful decision. In cases where **Hazel** has been taken for pain relief, patients have said that it has enhanced other, more obviously indicated remedies (see 'Considerations for the use of the remedy' below).

General symptoms

A major remedy for pain and haemorrhage. The remedy is able to relieve an acute attack of pain which may be felt in any part of the body. Relieves haemorrhages from any orifice (see **Eryngium Maritima**). Supports remedies that are specifically indicated in the acute attack of either pain or haemorrhage but which do not do all that is expected. Muscle spasms and associated cramping pain.

Supports and helps to reorganize a faulty endocrine system. Hypopituitarism: when there may be few symptoms of evidence beyond those that are fairly common features of middle age. Irregular periods or temporary absence; vaginal dryness; periodic impotence; loss of body hair. May be helpful when any of these symptoms arise after too much irradiation. May be indicated in children who fail to grow at the average rate especially after a history of high fevers. Particularly helpful in labour when pains are severe and extend into the back. Hypoglycaemia: helps to balance blood sugar. It is of use in diabetes. Hyperthyroidism and hypothyroidism are both positively affected. Hypothyroid symptoms particularly when associated with SAD. Also useful in those with calcium deficiency or parathyroid imbalances. (May be considered in those who feel threatened by osteoporosis.) Works deeply on the brain when electrically overstimulated. Calms a fevered mind; eases frenetic activity (physical or mental) in those who are running on adrenal overdrive. Reduces catarrhal states by encouraging speedy elimination. Works on congested membranes. Influences both constipation and diarrhoea. Encourages the healing of 'pockets' of pathology that seem to refuse to clear up swiftly: fistulae, diverticulae, ulcers, etc.

Mental and emotional symptoms

Grief: like many of the new remedies it is for the long-held effects of emotional trauma. Emotional trauma stemming from being downtrodden, hard done by and misunderstood. For those who suffer from rejection, humiliation and mental cruelty. Feels unworthy; when the spark of life has been crushed. Allows people to break out of their cramped view of life that has been imposed by external circumstance and see things from a much wider perspective while encouraging them to embrace change (see **Goldfish**).

Self-righteous anger and indignation with good cause. Allows people to turn righteousness into a positive force; indignation can be transmuted into positive action for change without resorting to revenge. Encourages self-discipline in order to provide a solid grounding on which to create change. For those who have weak self-discipline and who need to restore faith in themselves. For those who have clung onto received 'truths' but without much hope of their providing any fulfilment. Encourages the letting go of preconceived ideas that were possibly imposed during earlier years so that one can make mental room to learn all those things which are now relevant to the future; fosters learning through experience. For those who waver; they are in two minds about life issues and cannot see what they need to see in order to judge which path to take. The remedy gives strength to follow one's path with integrity. Useful for children who are considering leaving home or taking their first steps in committing themselves to a career or a relationship.

For those who feel the encroachment of the material world and materialistic people. There is a sense of one's personal space being invaded. Life seems to be weighed down by superfluities; a feeling of being hemmed in by the disposable. Panic attacks: for those who feel anxious and fearful even to the point of irrationality especially when faced by potential life change. Has a profoundly calming effect on nerves. For those who feel that they are going through a dark time involving change; a 'long night of the soul' (see **Chalice Well**). The remedy engenders the desire to expand one's experience and knowledge; to make more of the knowledge already assimilated; here it follows **Copper Beech** well. Restores balance to mischievous (mercurial) children who feel insecure; also for adults who have felt the same since their own childhood.

Physical symptoms

Head

Light-headedness. A feeling that one's head is crowded and that one needs space.

Eyes

Stinging. Foggy vision.

Mouth

Mouth feels paralysed – wants and tries to speak but can't.

Throat

Tightness and constriction – with or without thyroid symptoms. May be indicated after a thyroidectomy when the patient feels unsettled after the surgery.

Chest and respiration

Tight and constricted in chest and throat as if being hugged without any difficulty in breathing. Lack of rhythm to breathing; shallow breathing. Lungs are susceptible: tendency to produce mucous congestion. Poor oxygenation of the blood.

Stomach and digestion

Excruciating pains < anxiety. Nausea < anxiety and panic. Hypoglycaemic attacks < for not eating regularly (can support both **Lyc** and **Phos** well).

Abdomen

Pains in the intestines (which might extend to the hips). Constipation. Diarrhoea: both acute and chronic. Sensation as if one would have diarrhoea before normal stool.

Back

Itching in the dorsal region which is uncomfortable and almost sore and which extends to other areas such as the axillae < left side.

Extremities

Pains in the limbs and the joints. Sharp pains in shoulders, hips, knee and shins: < right side in injuries but < left side when the pains are spontaneous. Very painful discomfort in left hip; especially < sitting; wants to move to relieve the pain.

Sleep

Disturbed nights from thoughts; wakes in the small hours.

Considerations for the use of the remedy

- **Chalice Well** is far more concerned with the grief of loss while **Hazel** is more to do with the weight of impending choice overlaid on a heart full of turmoil.
- **Eryngium Maritimum** is just as well indicated in cases of haemorrhage though the general picture is one of a tough exterior, an abrasive manner and a tendency to work through emotionally testing times without voicing any difficulties.
- **Staphysagria** has just as much cause to be angry and self-righteous but is far more emotionally unbalanced while **Hazel** is more for those who can articulate their anger or impatience and want to do something positive to move on.
- **Copper Beech** is often far more overtly agitated or overemotional and their feelings of frustration and isolation are greater.
- **Moonstone** has trouble with integrity or trust in dealing with difficult relationships; there is a greater fear of the consequences of finding out what the next step on the journey should be.
- **Mercury** is just as sensitive to the effects of the human and material environment but far less rational.
- **Silverfish** is just as prone to swings in energy if not more so and has just as much difficulty in making choices but the choice making is of a different order: they have problems with time rather than space and they have trouble with routine which makes them far less tolerant of restrictions necessarily imposed by self-discipline.
- **Calc-carb** is often the core constitutional state underlying the need for **Hazel**; any differentiation may be determined by physical symptoms with **Calc** showing its more obvious psoric tendencies or **Hazel** being represented by the mental emotional picture or the pains described above.

Ayahuasca follows well in cases of fear. All the colour remedies especially **Yellow** which encourages drainage of toxicity. **Sepia**: especially in the menopause when the patient might be wavering between retirement and taking up some new creative activity. The following remedies are all compatible with **Hazel: Silverfish, Moonstone, Copper Beech, Hornbeam, Calc-carb** (especially where that remedy is indicated in someone whose self-doubts cripple creativity). Follows well after **Latrodectus Mactans** when it has been given for sorting out the unresolved issues stemming from the incongruity of being the offspring of two incompatible souls.

Hazel is usually best indicated in those who are in the throes of major change but who are struggling with decisions or difficult energy in the people with whom they are connected or to whom they are related. The patient often presents as if in a quandary. He or she is definitely on a quest or a search for answers. What is so often lacking is a firm sense of self-discipline and the ability to discern reality from delusion. They are caught between a rock and a hard place. Sometimes they can seem urgent in their search and appear similar to **Copper Beech**. If the change that is going on is pathological rather than emotional or spiritual then pain may be a major part of the picture. If so, **Hazel** may well be required to complement other remedies that are more specifically indicated for the physical symptoms. **Hazel** can also relieve emotional pain in those who are caught in an emotional dilemma which leaves them feeling that they are in a vicious circle or in a catch-22 situation.

Esoteric therapeutics

Hazel heals and cleanses all the chakras but is particularly associated with the base, heart, throat and crown centres. Its particular influence is to eliminate negative energies that have been gathered in each chakra through negative experience and that have become lodged causing slowness and poor function. It helps to rid the base centre of learned or imposed negative patterns of behaviour that are incongruous to the personality. It can create inner space in a cluttered mind thus making it easier to 'hear' the life lessons through which one is journeying. It relieves the heart of the grind of grief that from habit it cannot release (hence **Hazel's** complementary value when prescribing **Nat-mur** or **Sea Salt**). It can eliminate negative thought

energy lodged in the thyroid. It can eliminate the anxiety and fear lodged in the brow centre from years of false perception of the Self that prevents any proper reception of inspiration through the crown centre. It has the effect of 'silver' light and therefore heals the energy of the centre above the crown. (Hence its association with **Silverfish** and **Arg-met**.) It is a major remedy for the protection of the aura and of the chakras once they are cleansed (is complementary to **Hornbeam** which is useful in clearing the chakras of historical damage). Physical eliminative processes can be expected even when the remedy is prescribed for its influence on the esoteric level. **Hazel**'s influence on the base chakra is to quieten and pacify the overdriven adrenals so that the body might be organized from its proper seat of power: the primitive brain, the pituitary, the pineal, the hypothalamus and the thalamus. **Hazel** is useful in helping to restore the integrity of the body clock. It has a powerful influence on the regulation and discipline of the body as well as the mind and spirit.

It is a remedy that can foster the ability to divine, while at the same time protecting against negative influences that are so often attracted to occult activity undertaken while on a spiritual path. Those who seek guidance from clairvoyants might be advised to take a dose of **Hazel** before a reading as it can help to keep the brow clear and the base well rooted at a moment when, despite the best intentions, the influence of revelatory guidance could undermine the sense of clear purpose. Those who give readings of tarot or numbers might be advised to do the same. It is a remedy that has been given after the negative energy of entities has been lifted: **Moonstone** or **Hornbeam** help draw out the entity; **Hazel** seals the aura. It is also an energy that greatly facilitates and enhances the sending of spiritual energy in the form of prayer and healing thought.

It is very protective of the energy of children who are unbalanced by mercurial forces. It calms and steadies them, making sure that they remain as grounded as possible despite the many negative influences they encounter in schools and from TV, computers and mobile phone technology. Lightens and lifts heavy energy in patients; it is for those who, despite being given indicated remedies possessed of heavy, stuck energy, still persist in carrying their life force as if it were a burden. A remedy to promote cleansing, preparation for change and guidance.

Chakras

Crown

By clarifying the brow centre, the crown is opened up to a clearer sense of one's higher purpose which affords considerable relief from the feelings of being trapped down in the lower realm of worldly turmoil. Sleep is disturbed from worried and worrying thoughts but eases once the reality of an inner journey is set in motion. Improves nerve response in a sluggish system or in one that is overwrought.

Brow

Clarified inner, intuitive vision. Works on the pituitary function and balances hormones; can correct the body clock when it is out of sync. Hypo- and hyperthyroid problems due to pituitary dysfunction. Calms a fevered mind so that choices become easier to make. Encourages the harmonizing of head and heart so that emotions do not interfere with perception. Being able to see two sides of an issue does not necessarily help in taking the next step forward; the remedy gives courage to get off the fence and take the next step with confidence.

Throat

Poor ability to express choice creatively; too concerned with not making a mistake rather than being able to enjoy the moment and feel fulfilled through carrying out a creative idea. Hypo- or hyperthyroid dysfunction with or without physical manifestation of symptoms.

Heart

Long-held emotional trauma (that may not have much to do with the obvious presenting complaint). Feelings of rejection and humiliation in the past, held in the tissues of the heart centre. Panic attacks that cause the heart centre to feel fragile. Chest feels tight and constricted. Shallow breathing. Poor rhythm to breathing. Tendency to lung conditions.

Solar plexus

Find it difficult to achieve results from challenges even though they may be willing to face them. Conflicting opinions (some of which might go back to earlier life when opinions were seeded by others) foster frustration at not being able to unscramble truth from illusion. Anger: < self-righteousness and indignation. Helps a patient who is under stress from the material world to cope and to find sufficient space. Pains in the intestines, stomach pains < anxiety.

Sacral

Strong desire to make changes in life so that there is more creativity, more independence, less imposition from the outside world; in short, more personal growth and expansion of awareness.

Base

Lack of self-worth and self-esteem. Poor self-discipline. Wants to learn more from fresh experience but is hampered by previous knowledge (that may no longer be relevant) or by being too dependent on the material world. Constipation or diarrhoea. Pains in the musculoskeletal structure of the body.

Case studies

1 'A young girl who was suffering from Hodgkin's lymphoma was brought for treatment. Over the course of several months she underwent chemotherapy and took homoeopathic remedies as well. Both her parents and she herself were quite clear about which treatment was doing what. The chemotherapy (that she had to undergo twice because of a return of symptoms) and later the radiotherapy reduced the tumour in her chest while the homoeopathic remedies kept up her spirits, gave her considerably more energy and kept her brain clear from the fog she felt encroached whenever she had another dose of 'chemo'. She always responded well to **Pulsatilla**; the main constitutional picture she presented was usually typical of this remedy. **Lumbricus** effected a remarkable change in the white blood cell count

when it had dramatically fallen. **Cad-sulph** ensured that the stomach symptoms were reduced to a minimum while **Ipecac** sorted out the nausea. She found out very quickly that using **Oak** 1M before any test or hospital ordeal entirely removed her fears. **Phos-ac** 10M became a staple part of her treatment when she had what she called her “wheelchair days”. When the doctors discovered that she was not responding as well as they had hoped, they decided to give her more aggressive treatment which left her very depleted in energy and motivation. She reported several symptoms: that she felt her bones were like pumice stone and throbbed; that when her haemoglobin levels were low, her head throbbed; that she had dizzy sensations as if things were rather far away; that parts of her body felt larger than others; that she felt fragile; that she would get three different types of pain: throbbing, aching in the joints and muscles and soreness of the skin; that she’d get “scary dreams” and finally that she found it hard to concentrate. She was put on **Thuja** LM1, **Black Obsidian** 30 once a day and **Hazel** 1M as needed for acute pain. She reported that **Black Obsidian** dealt with the far away feelings; when she forgot to take it, they would start to return. The **Hazel** acted as an analgesic; she liked taking it as she felt in control of part of her treatment. (From the time she went onto radiotherapy, after the chemotherapy had proved inadequate, she was put on **Ferrum Iodatum** 6, daily. She made a recovery to the extent that the tumour was reduced to a lump of scar tissue and her general health was restored to a quite remarkable degree. Though homoeopathic treatment continues, she is a good example of homoeopathy employed complementarily.)’ CG

- 2 ‘A woman in her early 30s, an artist who specialized in portrait painting, came for treatment for difficult periods. It transpired that she had developed a large fibroid which she eventually had surgically removed; it was reported that the fibroid was smaller than when it had been scanned – she had found that **Lycopodium** and **Sepia** were both helpful for the symptoms she had been experiencing. She came through the operation well and her periods were restored to a regular cycle quite quickly. However, while this was going on other events were absorbing her interest: she had become despondent about her painting despite various commissions, and she and her husband

decided that they were no longer happy together. She even wondered how she could have stayed with someone with whom she felt so incompatible for so long. She began to look forward to living on her own for a while; she wanted time and space to herself so that she could decide whether she really did have a career in portraiture. She felt that she wanted to discover who she really was and that she had had enough turmoil in her life. She wanted to stop looking backwards, trying to work out how things had happened. Eventually she asked for a divorce though she did not seem wholly at ease with the prospect of such change. She had moments of anger but she was impatient with herself for this. She explained, "I'm fine. I'm seeing someone else though I'm really not sure of my own mind at all. It's all rather hasty." She took **Hazel** 1M and when she came back she declared that she felt much surer of her painting. She also said about her new partner, "He's so real!" ' **CG**

- 3 'A woman in her late 50s who had been coming for treatment for some years, presented a complex of symptoms that were confusing by their profusion and by their habit of coming and going in various degrees of intensity. There were continuing menopausal symptoms with flushes and hot sweats. There were rheumatoid arthritic pains which centred mostly in her left shoulder but might wander anywhere else. She was exhausted most of the time (though she was by her own admission a workaholic). She suffered headaches and her posture reflected the fact that she had quite bad kyphosis of the spine. She had always responded to **Sepia**, **Lilium-tig**, **Lyc** and **Rhus-tox** in the past. Now none of these remedies were able to hold at all. There seemed little doubt that the stress and trauma in her family were sufficiently serious to be regarded as maintaining causes: her older son "came out" (which she found so hard because her husband was unable to deal with the situation); her younger son was a soldier and had been sent out to Iraq with the British forces; a relative died after a protracted illness. She did not respond to grief and trauma remedies. One day she came for her regular appointment complaining of foul breath, extreme thirst, thick viscid mucus, sweats with alternating chills and heat especially at night and a severe pain that went across the left side of her back and round the side to her left hypochondrium. At one point she laughed at

something said which revealed a mouthful of black amalgam fillings. She was given **Merc-sol** and recommended to see an alternative dentist about her teeth. The **Merc-sol** at first achieved “a miracle” but it did not hold. She underwent initial treatment to remove the worst amalgams following a strict protocol. This produced a severe aggravation of all her symptoms that eventually responded to **Amalgam 30s**. However, the pain in her back became all-consuming and nothing that seemed indicated would hold. The remedy that she felt helped most was **Lachesis** (despite the absence of typical mind or emotional symptoms) but it could not remove the pain altogether and at the slightest increase in stress (such as a letter from her son in Iraq) the pain would surge back again. She was then given **Hazel 200**. She found that by alternating **Lachesis 200** and **Hazel 200** several times a day she could sleep and reduce the pain to the point where she could go back to work and do the shopping. This situation lasted until the pain gradually eased off over six weeks. What was of further interest was that after this whole episode she said that she was much clearer in her mind about how she wanted the rest of her life to be and that she knew that she would now be able to make some changes. “I know that I shall have to be a bit more selfish from now on.” ’ **CG**

- 4 ‘A woman of 42 who came for fertility problems consequent on years of endometriosis and fibroids and who found that **Folliculinum 100** once a week followed by **Lachesis 12** o.d. was of gradual long-term benefit, was given **Hazel 200** to take in support of **Mag-phos 10M** which she had always relied on to get her through terrific period pains. The **Mag-phos** no longer held and she would be “doubled up in screaming agony”. She reported that with the **Hazel** she was able to “sail through” the pain. (She did not like to risk using the **Hazel** on its own.)’ **CG**

EMERALD

The remedy was proved by the proving groups on 3 and 17 May 1996. Each participant was given a single dose of the 30th potency before the meditation began.

The Background

Emerald is one of several types of beryl which is formed when pegmatite (coarse-grained granite) is associated with magma that is rich in beryllium. The different colours in which it can appear are the result of the presence of other minerals such as iron (yellow or golden), lithium and manganese (red, sometimes known as red emerald) and silica (clear). Beryl has a hexagonal form though the overall structure may vary; it commonly appears in hexagonal pillars and sometimes in clusters of shorter crystals with points or bevelled edges. While diamond is 10 on the hardness scale, emerald stands at 7½. Emerald is only more valuable than its close relatives because it is rarer to find good quality specimens. The other beryls that have become remedies are **Aquamarine** and **Golden Beryl** with which **Emerald** has symptoms in common and should be compared.

Beryllium is an element that makes up a considerable part of emerald's structure. Glycina or glucinium was first discovered in 1797 by Vaugelin while conducting experiments with beryllium oxide. Beryllium salts are called after the Greek *glykys*, meaning 'sweet', because of the taste. This may well be of considerable paradoxical interest for two reasons. All but

two of the provers in the meditational proving found that the remedy tasted bitter. It transpired that for those who were aware of the bitter taste, there was a reduction of the influence of radiation on their systems. (For this reason it was later recommended that patients whose symptoms indicate **Emerald** should be asked to take the first dose at the end of the consultation whilst still in the clinic so that the quality of taste might be ascertained.) The second reason is that in the proving of **Beryllium Metallicum** conducted by Dr W L Templeton in 1951–52 on seven provers using 3x, 6x, 7x, 12x and 30c, the symptom: ‘aversion to sweets’ was strongly noted. A comparison with **Beryllium** is recommended as the two remedies share much in common though Templeton’s symptomatology, as quoted by O Julian (*Materia Medica of New Homoeopathic Remedies*, Beaconsfield 1979) is exclusively orientated towards physical symptoms which are given with greater precision of detail. The meditative proving was undertaken using **Emerald** 30c made from the triturated natural crystal.

The name **Emerald** derives from the Latin *smaragdus* and the Greek *smaragdos* and has come down to us through the French *emeraude*. In ancient Egypt women were accredited with being more gifted than men at finding good specimens of emerald because their eyesight was deemed superior. Daughters of Venus were especially selected to search as emeralds were so highly prized. The Assyrian general, Holofernes, whose head Judith so chillingly severed from his body, slept in a tent enriched with precious jewels including emeralds. As Holofernes’s intent was so evil and his end so uncompromising, contemporary local legend imbued emeralds with a retributive power over wickedness.

All beryls are said to come under the astrological sign of Taurus and, being hexagonal in form, they are associated with Venus whose traditional number is six. Paracelsus stated that emerald was associated with copper which was always regarded as Venus’s chief metal. Astrology tells us that Taureans are likely to suffer from, among other things, poor eyesight most especially if they are born under the influence of the Pleiades. So prevalent was this belief from ancient times that any pharmacist worth his salt would be bound to keep emeralds in his dispensary. The beryl family in general was always highly regarded as having healing power over the eyes (see **Golden Beryl**). This idea has even received papal ratification; Pope John XXI confirmed that ‘a diseased eye treated with an emerald would become sound again,’ though this stopped short of claiming any cure for blindness.

Apothecaries would recommend bathing an inflamed eye with water in which an emerald had been steeped for six hours. A tiny amount of finely powdered emerald dust might be put into an affected eye. The Romans used emeralds to treat ophthalmia and believed that whatever healed the spiritual eye would do the same for the seeing eye. The Persians healed ulcers with the 'ashes of burnt emeralds' and they claimed that the stone brought 'mental tranquillity and cured unnatural thirst, stomach troubles, jaundice, liver troubles, obstructions, gravel, stricture, bodily pains and epilepsy'. No lesser figure than Aristotle stated that an emerald worn round the neck would protect anyone from the 'falling sickness' (i.e. epilepsy). It would, according to others, protect the wearer against diseases of the throat and jaw; no doubt as these parts are particularly associated with Taurus.

Myth, legend and esoteric spiritual philosophy all associate the emerald with the serpent. Tradition, supported by ancient Hebrew philosophy, holds that a serpent will become blind once it fixes its gaze on the light from a shining emerald. This enshrines the symbolism of the story of Eden. Serpents come under the astrological sign of Scorpio, the opposite sign to Taurus. The scorpion/snake that tempts the Venusian Eve in the Garden of Eden and causes her fall from grace, represents the lowest animal desires that corrupt the human struggle to achieve and maintain purity. Just as all Taureans fight with the negativity of Scorpio, their opposite sign, so emerald holds the energy of chastity, purity and the simplicity of innocence and the opposite forces of jealousy, envy and vengeance. Emeralds owned by those who either violated oaths of chastity or who were violated were said to fracture or shatter. This was a metaphor for the shattering of spiritual vision and the abandonment of a spiritual quest. Men were exhorted to wear an emerald as a talisman against spiritual and mental weakness. Women were likewise advised to protect themselves through childbirth.

Beryls in general and emerald in particular are also attributed with the ability to influence all forms of divination and were often used in magical rituals. This has an obvious application in the art of diagnosis so perhaps explains why medical students in Brazil won the right to wear emerald rings upon graduating. Amongst early Christians carvings of fish (a symbol associated first with Venus and then the Virgin Mary) were carved onto beryl and used in rituals that would involve telling the future. This certainly never helped Philip II of Spain, Queen Elizabeth I's great antagonist and Catholic financier of the conquest of South America. As Isadore

Kozminsky⁶ tells us, ‘there appeared in Spain a strange ring of gold, in the centre of which was an emerald cut so as to contain a ruby surrounded by diamonds. This curious ring is said to have been a symbol of misfortune wherever it appeared. The church that received it as a gift from the king was destroyed by fire. The fatal ring, rescued from the fire, was placed in a museum that was badly damaged by lightning; while again in the possession of the King of Spain, Spain was defeated in the war with the United States of America. Then this ring of ill omen was buried in an iron coffin in a secret place.’ Kozminsky goes on to tell us possible esoteric reasons for such misfortune. ‘The ruby is a stone under the celestial Leo and the emerald is under Taurus. These signs form the evil square being counted in astrological science 90 degrees apart. A square aspect is always accounted an evil one. The admixture of the beautiful crystal symbols was unfortunate. Spain again is under the celestial Sagittarius and would not hold gems of Taurus. Philip II himself had an evil influence on Spain. Astrologically, neither the emerald nor the ruby would be in harmony with his nativity and the diamond would be fatal.’ (Philip II was one of history’s most interesting syphilitics; how far his baleful influence was due to the incompatibility of jewels is questionable when syphilis was quite capable of creating the evil he imposed on the world. What is equally interesting is the possibility that a gem may hold the negatively charged energy of one who was so deeply syphilitic.) The autocrats of Russia had their share of gem-induced disaster too. A large and lustrous emerald was given by the Empress Elizabeth to the future Peter III who would be assassinated. The Emperor Paul was the next to wear it and he was despatched by a strangler. Alexander II commissioned it to be reset but the ring fell off his finger when he too was assassinated. Alexander III refused to wear it but did not have the wisdom to destroy it so Nicholas II, drawn by its beauty, was tempted to wear it. Who took it from his hand when he and his family were shot in 1917 is unknown, and its whereabouts have never come to light since.

Kozminsky also tells us that ‘to dream of emeralds is set down as a sign of worldly benefit and goodness. The angel of the beryl family is the inexpressibly beautiful and tender Anael.’ He goes on to quote Swedenborg who says that the beryl signifies ‘the good of charity and faith or the spiritual love of truth; the emerald the appearance of the divine sphere of the Lord in the lowest Heavens; the emerald family as indicating the sphere

of divine love and wisdom.’ (The reference to the ‘Lord in the lowest Heavens’ is of interest in that Emerald is seen as a remedy particularly associated with the lower heart chakra, the part of the heart centre that is to do with the struggle to overcome negative emotions.)

Keynote effects

Emerald encourages the patient to feel more secure about exploring the emotional sphere which in turn releases him from fear of inadequacy and leads to more secure grounding. Helps patients to let go of inhibiting emotions that are to do with parent-induced trauma. Reduces pain and complications during and after surgical extractions.

General symptoms

Useful in any condition where there is exhaustion and debility due to an overtaxed nervous system: Alzheimer’s, epilepsy, senility, ME, after strokes or brain injuries or when the patient has been through a traumatic episode (compare **Oak** and **Chalice Well**). Encourages regeneration of nervous tissue (like **Green**). One of the main anti-radiation remedies and should be considered for anyone who does not respond to indicated remedies, as this can be a sign that there is excessive radiation clinging to the person. (It can be given in combination with other radiation remedies and is said to enhance them.) Improves the circulation and serves to cleanse the lymph system when used in low potencies and thus is very helpful in cancer cases (especially when there is a lot of emotion that lies unexpressed beneath the pathology). Supports the action of other heart medicines such as **Carbo-veg**, **Ars-alb**, **Aurum**, all the snake poisons and **Phos**. Can be used even in desperate situations where there seems to be little hope; where the patient seems to be giving up. Very valuable addition to the trauma remedies; for post-traumatic stress where the patient seems to be disorientated and ‘not in the body’; when the body has been so injured that it is no longer a wholly viable vehicle. Most helpful after the usual trauma remedies of **Arnica**, **Opium**, **Carbo-veg**, etc. have been given on indications but when the spirit energy is still reluctant to take full possession of the physical body. It reignites the spark of life in one who has been ‘jumped’ out of their body. Is the first remedy to consider for those who are about to have anything

extracted: teeth, appendix, gall bladder, etc. Encourages the body to let go of the offending or diseased part without storing the memory of trauma to the surrounding tissue. (This is particularly important in cases when the disease of the part to be removed has not yet fulfilled its purpose as is often the case in the growth of warts and polyps that are all too often removed before they are 'mature'.) Useful to relieve emotional distress after general anaesthetics. Strongly miasmatic remedy: sycotic, syphilitic and tubercular. Can also be used as a balancing remedy in those who suffer so much from swings of mood, temperature or degrees of disharmony within the body. Cancer: is said to be more useful than **Carcinosin** during the treatment of the pathology; especially for cancer of the internal organs.

Mental and emotional symptoms

Rekindles imagination and intuition in those who have become diminished through emotional distress. Fosters the strength to face deep issues that otherwise would lie buried. It encourages the id over the ego and the correcting balance that this brings. Is most called for in cases where the grief has taken hold after a long time of sustained traumas or sadness; years of abuse mostly from parents but most especially from a father (see **Ilex Aquifolium**); series of deaths; years of having to look after a sick loved one, etc. Resentment and bitterness from deep in the past; unable to forgive. This is especially true for those who have not properly resolved their relationships with parents. **Emerald**, being green, covers envy and jealousy. Frustration. Hatred for those who have done well or better. Often needed by men who feel envious of other men's talents, achievements, gifts (compare **Anac**). This negativity can lead to arrogance and haughtiness which are at the other end of the spectrum from excessive humility and even servility. Will not let go of negative, bitter thoughts; wakes with vengeful feelings. Desire to sleep; to give up the struggle; wants 'all the problems to go away'. Weeps < at night especially when alone. (More cheerful during the day.) Inhibition and lack of confidence. A person who feels that his 'wings are clipped'. Indecisive and changeable. Poor moral judgement; often mistakes peoples' meanings and misinterprets them. This can lead them to stay in situations that have long since become detrimental but in which they are unable to see what is good for them or any ways out. Distracted and hard to concentrate. Fall easy prey to those who manipulate their emotions or,

alternatively, become manipulative of others' emotions. The patient is 'used' to hide the inadequacies of the other; after **Emerald** the patient becomes aware of the situation. Addictive personalities: when they do not see the threat of their addiction. Fearful of, or accepting of what fate has dealt them. Induces awareness of the negative state and encourages the patient to seek and see solutions. Is very useful for those who find that they can no longer concentrate on meditating. Calms the mind; releases memory that may well have become confused or muddled.

Physical symptoms

Head

Headaches at night; <left side. Light-headed and dizzy. Stroke when it affects the left side of head and body. (Can be given alongside **Arnica**.)

Eyes

Sneezing and laughing = watering eyes. Glaucoma and cataract. Vision affected; long or short sight becomes exaggerated.

Ears

Tinnitus comes and goes. Hardness of hearing. 'There's none so deaf as those that won't hear' – hearing and ear problems from emotional causes.

Nose

Need to blow nose frequently but little mucus.

Mouth

First remedy of choice for aiding dental extraction. Toothache.

Throat

Sensations of constriction and of lump in the throat. Causes difficulty in expressing emotions or creative ideas. Allergies that cause swelling of the throat. Dryness of throat and mouth. Cancer of the throat.

Respiration

Difficulty breathing < night-time. Useful as a support or intercurrent remedy in asthma. Pressure on the chest: mediastinal region. Left side of chest most affected. Shallow breathing; may never have taken the 'first breath' (i.e. never took a deep intake of air straight after being born so that the lungs never opened out properly).

Heart and circulation

Sluggish circulation with cold extremities especially the feet and lower legs < night. Can become too hot in the daytime if the sun is strong. Used in the 'x' potencies it is a useful drainage remedy in cancer and blood problems. Angina (especially where other indicated remedies do not do what might be expected).

Digestion

Throat, oesophagus and stomach all feel connected in discomfort (like **Ignatia**). Indigestion with painful trapped wind in the chest. Unable to lose weight in spite of dieting. + limes and bitter fruit. Poor assimilation of food. Patient may go in for lots of supplementary treatment; lots of vitamins and minerals as well as other supplements that may not be necessary. Allergy to peanuts. Nausea which comes in waves. Bowel cancer; especially if it is secondary to pathology of the generative organs or from suppressed sycosis (i.e. polyps or warts).

Female

Uterine problems after grief or trauma: endometriosis; inflammation; haemorrhages; amenorrhoea. Very useful during pregnancy when the expectant mother is weak and debilitated as well as very anxious. Helps women to come off HRT with as few aggravations as possible. (Here it works well with **Thymus Gland** in low potency which can be given to drain the system of the toxic effects of the drug.) Cancer of the uterus or the ovaries. History of frequent miscarriages.

Urinary organs

Kidney pains especially < right.

Skin

Dryness of complaints; hot, burning itching. (Supports **Apis**.) Itchy spots all over. Recurrent abscesses.

Back

Pain in the spine especially after injuries. Tightness of the shoulders and cervical vertebrae. Lumbar and sacral areas are painful < menstrual problems.

Extremities

Legs and feet very cold but upper part and hands can be hot. Feels the draught on the lower half of the body. Stiffness of the joints especially hands and wrists. Of great value in treating arthritis, especially after grief or stress.

Considerations for the use of the remedy

- **Nat-mur** is the remedy most often confused with **Emerald** but the difference is that of degree in the nature and depth of the buried grief. In **Nat-mur** the roots of grief not only go deep but are obscured by a denial of their health-threatening significance. In **Emerald** there is a more active state of alert about the emotions; they are felt to interfere and restrict active and purposeful life. In the former the door is firmly closed but in the latter the door is either ready to open or there is a willingness to try to explore that which lies behind.
- **Oak** has also been compared as both remedies cover stoicism and a diehard nature. Emerald is the crystal equivalent of **Oak** and they follow each other well. Both are very earthbound remedies and tend to take time to free themselves of fears and anxieties or of self-doubts; both often need to be repeated when they are strongly indicated. Of the two, **Emerald** is the more overtly emotional though **Oak** often releases buried emotion which results in a relaxation of tension held throughout the body. **Oak**'s tense state may be the telltale differentiation.

- **Lachesis** is differentiated by its physical symptoms though emotionally both remedies can be vitriolic. **Lachesis** has more intention to wound while **Emerald** is more angry with the self and any pain inflicted on others is largely incidental.
- **Chalice Well** can be compared with **Emerald** in that both are indicated by exhaustion following trauma and by the urgent need to let go; the difference between the two is that with **Emerald**, the emotional trauma has been damaging to the ego and is likely to influence motivation, aspiration and will power to generate creativity. While **Chalice Well** is about ‘surrender’ and acceptance of the need for recuperation, **Emerald** is about the restoration of the balance of id and ego. (The difference does not cause the remedies to be inimical; they are complementary and support each other.)

Can be used in the same way that Hahnemann used **Sulphur**: to open a case, especially one that seems closed and repressed, and where the ego is damaged and reluctant to shift out of the comfort zone so carefully nurtured despite obvious fearfulness that ‘something is just not right’. Consider **Emerald** in a **Nat-mur** case especially when the latter does not hold or complete its work; if given before **Nat-mur** it can deepen the latter’s effects and cause them to last longer. After **Ars-alb** or **Carb-veg** in desperate cases. **Calc-carb** is often the underlying constitution. **Lycopodium** patients often benefit from intercurrent doses of **Emerald** as it is a great restorer of self-confidence and helps **Lycopodium** not to slip back into the habit of taking things too personally to heart and then feeling resentful (which inevitably leads to the well-known bowel symptoms). **Emerald** follows **Ayahuasca** well where the latter has been given to help the patient reconstruct emotional links to the past that have been destroyed or neglected; **Emerald** helps with seeing the way to resolve those damaged relationships even where the other person in question has passed away. **Oak** and **Sequoia**: **Emerald** precedes and follows both well. At 6x can be put into a combination with **Crataegus** mother tincture and **Kali-mur** 6x as a heart tonic: three drops twice daily. Can be used in combination with other radiation remedies: **Rad-brom** + **Caesium** + **Emerald** 30c which has been used successfully in cases affected by jet lag.

Esoteric therapeutics

The core essence of **Emerald** is a primeval urge to be creatively expressive. The fact that this primitive urge is asleep or lost in so many of us is said to be one of the important reasons for the development of this remedy. To return to being creative through a combination of honed skills and unfettered imagination and inspiration is a way of renewing life. **Emerald** is associated with the heart chakra and specifically the lower heart centre, the part that deals with negative emotions that interfere with the unconditional nature of the whole centre. As such it encourages the verbal expression of what lies deeply buried that would otherwise not be communicated due to the underlying state of excessive grief or anger, and it can be given for this purpose alone at a propitious moment. It is complementary to other, better-known grief remedies which are not, sometimes, sufficient in themselves to open up the patient's heart centre and encourage expression through the throat chakra; **Nat-mur**, **Aurum**, **Lachesis** and **Causticum** all benefit from the influence of **Emerald**.

So often after indicated grief remedies, patients feel much better in themselves and physical and general symptoms are greatly relieved but the source of the grief is left unattended; the root of the problem remains intact and it becomes a maintaining cause of future pathology. By giving **Emerald**, where indicated, this can be prevented; patients return not just to say how much better they feel but to divulge information about the hidden core of the grief. It is a remedy that may be seen as preventative of unexpressed emotions transmuting into physical pathology. By the same token it is one that is often indicated by those who are successfully coping with a chronic disease state; as they begin to overcome their pathology so the **Emerald** state emerges in order that the sickness should not return but be eliminated. As the heart centre opens up so do the throat and brow centres in order to take their part in the expression of all that has lain unresolved. **Emerald** fosters purification of the kidney meridian which is seen as vital to the inherited transference of negative ancestral energy.

Emerald bears repetition well. It is said to be particularly beneficial for the earth signs of the zodiac – Taurus, Capricorn and Virgo – which is borne out by the fact that **Emerald** is frequently needed by those who apply themselves and work hard and, in so doing, often neglect their spiritual path.

Emerald, as a crystal, is viewed as having much influence on artistic creativity. It has been used to create a space of complete simplicity in which the flow of inspiration can be tapped into and, through self-discipline, thoroughly learnt craft and hard work, converted into meaningful artistic expression. Emerald has long been thought to help dissipate the negative energies of bitterness, resentment, rivalry, envy and hate so that one is able to 'hear the muse that most inspires'.

Chakras

Crown

Cancer miasm: eventual development of cancer from the repression or suppression of creativity; especially < in artistic temperaments. Being out of one's body due to anaesthesia or after trauma. Spiritual receptivity is blocked. Sleep disturbed by dreams, headache or activity of mind; wakeful in the early hours; wakes with vengeful thoughts. Dreams of the darkness; fearful dreams; dreams of falling particularly into an abyss where there is no light.

Brow

Tends to be analytical as a result of things having gone wrong in the past; intellect holds sway over intuitive thinking. Poor intuition due to overwrought ego; restores the balance of id and ego so that spontaneity is restored. Finds it hard to make life decisions or to make them without negative consequences. **Emerald** encourages greater trust in letting things work themselves out in their own time. Tends to misinterpret other people's intentions and reacts accordingly so becomes prone to further quarrels and misunderstandings. Can lack moral judgement. Finds it hard to concentrate usually < racing thoughts. Disorientation and loss of focus. May become manipulative of other people's lives or emotions in an effort to bolster themselves in their lack of confidence. Headaches sometimes < night-time; vertigo; after-effects of a stroke < left side. Ear and eye pathology.

Throat

Unable to bring to fruition any creative ideas as the lower chakras are out of balance. Dryness and constriction in throat; lump sensation < on swallowing; all < from inability to express emotions thoroughly.

Heart

Difficulty with unconditional love. Expressions of love are often qualified by sentiments that suggest unresolved emotions. Lower heart centre is heavily charged with resentment, bitterness, inability to forgive or to let go; haughty, arrogant and may despise those less fortunately gifted. Weeping especially when alone at night. Wants to give up the struggle. Closed heart centre and disinclination to go into areas which cause distress, irritation and overemotional responses. Problems with the heartbeat: tachycardia, ectopic beats or fibrillation. Pressure on the chest; oppressed breathing. Laboured breathing at night-time. Sluggish circulation < evening which = chilliness yet can be overheated easily in the daytime if the sun is strong. Tendency to suffer heart pathology when tubercular or syphilitic diatheses are suppressed.

Solar plexus

Digestive symptoms as a result of unexpressed emotions (see **Ruby**). Frustrated will (poor liver energy) and loss of creative motivation (poor spleen energy). Finds it very difficult to face challenges; challenges turn into conflicts very easily. Indigestion with painful wind in the chest. Poor assimilation of food; loss of weight (as in patients who seem to need Silica). Nausea which comes in waves. Unable to lose weight in patients who have hormonal difficulties (as in those who would need **Calc-carb**). Tendency to bowel cancer after suppression of sycosis.

Sacral

Addictive behaviour; excessive behavioural habits. Finds it hard to discriminate when there is an element of temptation. Hard to sustain self-discipline. Pathology of the generative organs or a history of it (**Senecio** + **Tyria** may be needed to complement and **White Chestnut Flower** may follow). Endometriosis, haemorrhages, amenorrhoea, dysmenorrhoea and inflammation; even cancer of the uterus or ovaries. History of frequent

miscarriages. Anxiety and weakness during pregnancy (can look like **Sepia**). Weak kidney energy; pains in the kidneys.

Base

Loss of stability in those who are not fully in their bodies; lack of grounding. Frustrated by their own limitations which they do not know how to stretch. Lack of self-confidence; a feeling of inadequacy. Fear of the future; anxieties about ability to cope. Has to find ways to compensate for feeling easily overwhelmed. Injuries to the head and spine which remain unresolved (despite other indicated remedies). Arthritic changes; painful joints. Drying out of the system: hot, burning and itching on the skin with a variety of eruptions: eczema, spots, recurrent abscesses. Chilliness especially in the lower extremities.

Case studies

1 'A woman of 43 came with symptoms of exhaustion from overwork. She had been under strain from her job for some years and she had struggled to maintain her equilibrium whilst also coping with the illness and eventual demise of her mother. She gave the strong impression of being very angry though she held everything in. She spoke as if choosing her words with great care in case she gave away too much; almost as if she might be caught out. She was very wary of expressing anything but the description of her physical symptoms. She wanted to know exactly what to expect from the treatment. She admitted to feeling bitter towards the nursing team who had looked after her mother but declined to say why. She felt the same towards colleagues at work. She had several symptoms that would usually have suggested **Nat-mur**: she loved salt and was very thirsty; she had dry skin and her complexion was not as good as it always had been. Her joints were stiff and her sleep was poor. She was given **Emerald** 1M in a split dose of three. When she returned she asked what she had been given. On being told she expressed surprise and delight as emeralds were her favourite gemstone. "Anyway, it was just the job! I feel much better." She still had all the physical general symptoms except that her

energy was so much better. “I’m charging round the place doing all sorts of things.” She did not want to go into any emotional issues any more than the first time. She was then given **Winchelsea Sea Salt** 1M which, she said, made her much more inclined to relax than to find more to do when she finished work and household chores. Given **Emerald’s** affinity for the eyes it is interesting that having stopped treatment after nine months, saying that she had gone through enough changes for a while, she returned eight years later for further treatment; two years before she had had a radioactive plaque implanted behind the left eye to eliminate a choroidal melanoma. “I’m feeling so well!” Yet all her symptoms pointed to **Sulphur** after which she had even more profuse sweats and a cold for three weeks which she had not had for many years. The tumour behind the eye was now reduced to 2mm and was probably little more than scar tissue. She received **Golden Beryl** 30c based on the general symptom picture and its affinity for the eyes as well as its relationship with **Emerald.**’ CG

- 2 ‘A woman in her 50s but looking and dressing much older, presented with arthritis of the left knee, left-sided paralysis after a stroke, general poor coordination, hot flushes < night and exhaustion. She immediately talked about her mother, an invalid who bullies and tyrannizes her, is controlling and manipulative and always puts her down. The patient had always been made to feel she couldn’t live up to her elder brother who died when he was an infant. She is a pleasant lady, gentle and quiet spoken. She is very controlled, she never loses her temper but there is a lot of anger inside her. She has childhood history of jaundice, otitis media and kidney infections; there is a major desire for coffee (she drinks seven to eight cups a day and continued to do so all through her treatment) and sweet things. She hates to be alone, has a fear of being attacked, is constipated and prone to recurrent mouth ulcers. As a first prescription she was given **Lachesis** LM, going up to LM8 during most of the time that she was treated. After the first two months she was given **Staphysagria** 30 to take as needed whenever her mother was being particularly bullying and upsetting. **Lachesis** controlled the hot flushes which returned when she stopped the drops. The arthritic symptoms also disappeared with **Lachesis** and her energy improved. The constipation remained

untouched as did her mouth ulcers and sore gums. As she improved physically with **Lachesis** over six months the dominance of her symptoms moved from the physical to the emotional level. She was very angry when she found out that her husband had taken out a loan without her knowledge and also admitted for the first time that her husband insisted on having sex with her while she was asleep which she felt was like rape. She was given **Thymus Gland + Carcinosa + Causticum** 30x because **Causticum** fitted her new joint symptoms and the remedy (as a whole) covered her general emotional suppression. She took this for three months and her knees (once more) dramatically improved and she started to stand up to her husband a bit. She then returned to six months on only **Lachesis** and **Staphysagria**. At this point she had a dream about **Emerald** being the similar to **Staphysagria**. The patient then presented with bad mouth ulcers, bad constipation, ecchymosis of the arms and legs, generally < night. There was also a general background of being traumatized by a parent, being unable to forgive and forget, feeling hatred for her mother, being too humble and lacking confidence and feeling restricted by herself and others. She was given **Emerald** 30 weekly. She returned after four doses wearing make-up, dressed up and looking 15 years younger. She had found out by accident that she was adopted which gave her a sense of freedom and anger. The mouth ulcers and constipation were better. **Emerald** 30 has been continued and the case is still unfolding. The mouth ulcers have not returned, the patient is stronger, is standing up to her husband and mother and is discovering her past, her birth mother, etc.' SA (*Prometheus* No. 5 Autumn 1996)

- 3 'A woman aged 44 first came for treatment five years ago having been diagnosed as suffering from hypothyroidism two years previously, her symptoms having started four years before that. She was prescribed Carbimazole and beta blockers and was advised to have surgery which she refused. She stopped the medication after a year and her symptoms began to become severe again two years later which is when she came for homoeopathic treatment. She was suffering from all the classic symptoms of hyperthyroidism: oedema of the ankles, falling hair, weight loss, exophthalmia, racing pulse, heat and sweating and insomnia. Her main concern, however, was her behaviour which was

frightening her son: she was unpredictable in her moods, angry, lashing out, crying. She did very well on **Lachesis**, first in centesimal potencies then in LMs and, after a year, was more stable on every level but if events in her life became difficult her symptoms would come back. A strong feature of the case was the way in which she was attracted to stressful and often violent situations. She did not return for treatment for three years when one of her closest friends committed suicide and she began to deteriorate. She was prescribed **Mag-carb** in LM and there was a dramatic improvement on every level; she continued up to LM6. The next time I saw her she was talking a lot about feeling attracted to certain colours, yellow and green in particular and was expressing a need to resolve a number of issues regarding the hurt and pain she still felt towards her parents. She also had a history of endometriosis and polio, mental instability and a nervous system that had been in an aggravated state over a prolonged period of time. All these factors suggested **Emerald** which she has continued to take in a 12c once a week alongside the **Magcarb** LM6. Following the remedy she began to have a lot of dreams to which she looked forward. She described herself as being much better. “The **Emerald** has given me momentum, a definiteness which I was lacking before. I’m getting on with life. Can’t say I’m poorly or depressed any more.” At this stage she had finished the first course of **Emerald** and asked for more! She has continued to take one **Emerald** 12 a week and is continuing to do well.’ **GR** (*Prometheus* No. 5 Autumn 1996)

Author’s note

The essence of **Emerald** seems to me to be ‘the wounded ego’. The patient has been affronted, humiliated or made to feel less in some way, has probably been living with this for a long while and feels either victimized (if sycotic or carcinogenic), hard and rancorous (if tubercular or syphilitic) or anxious, fretful and insecure (if psoric).

Emerald is remarkable in dentistry. When given minutes before an extraction it can facilitate the removal of a tooth and keep pain and complications to a minimum. Personal experience has shown that **Emerald** 30 followed by **Hypericum** 6 taken while in the chair, meant that the extraction of a relatively deep filling, which required drilling into a molar, could take place without any anaesthesia in one whose dental pain threshold

is not high. Taking the idea of extraction further, I have used **Emerald** in cases where an operation has been necessary to remove an offending part: gall bladder, polyps, prostate for example; even a kidney, in one instance. In each case where **Emerald** 200 was given as near as possible before the procedure, no complications ensued, painful sequelae were avoided and surgical wounds healed very rapidly. In addition, it was noticeable in almost every case that the emotional trauma that is often attendant on operations was more or less absent. (It should be added that in cases of the removal of an organ, I have always used complementary remedies to follow **Emerald** to minimize the risk of adhesions and scar tissue; also **Ayahuasca** when the internal organs have been manhandled and left askew and out of place and have recommended that the patient should consult a cranial osteopath as well.) So often, by letting go of an offending part of the body in which the disease element has reached maturity, the patient is acknowledging the metaphor of negative or corrupt emotion that is held in the item. For this reason **Emerald** has also become useful as a remedy to be given before the removal of warts (and veruccae), moles and tumours, benign or malignant.

Practitioner's comments

I love using **Emerald**. I nearly always prescribe it in the 200 once per week for troubled people where there are heart (emotional) issues. They can't relax the heart chakra. They often have hunched up shoulders and shoulder symptoms. The **Emerald** makes them drop their shoulders; it opens the heart. They often ask for more. I haven't seen it doing work in deep (physical) pathology. **JO**

Emerald is an organ drainage for the heart (emotionally speaking). It's where you feel the hardening and fear of a heart that's beginning to close or as it begins to open. **RP**

⁶ I am heavily indebted to Kozminsky's two-volume *The Magic and Science of Jewels and Stones* for the legends and history described here.

ERYNGIUM MARITIMUM

Sea Holly

The remedy is most often referred to by its common name, Sea holly. The following notes are an amalgamation of the meditative proving carried out by members of the Guild of Homoeopaths in December 1996 and the details which appear in *Clarke's Dictionary* which are in turn derived from the proving conducted by a single prover, E B Ivatts. (The text in italics is from this latter proving; see the end of this chapter.)

The Background

Sea holly is a survivor from the last Ice Age having found refuge in south west Europe and North Africa from where it spread northwards to colonize even as far as Scandinavia and the Baltic coastline. It is a perennial member of the Umbelliferae, the parsley family, and grows on sand-hills by the sea. It has hollylike leaves of a pale bluish colour and resembles a thistle or teasel rather than an umbellifer, plants that bear round, flat heads of flowers in an umbrella form. Sea holly prefers dry, sandy or loamy soil which has a neutral or alkaline bias though it will grow in acid soil as long as the general habitat is open and sunny. It can tolerate drought and salty and windy habitats. Its simple, misty blue flowers nestle in a whorl of spiny bracts and attract bees, beetles and butterflies which propagate the plant. The waxy leaves have thick pale margins and a lot of spines. Its roots grow

deep into the soil, sometimes up to 3 feet down and they do not like to be disturbed once established. Sea holly is hermaphrodite and self-fertilizing.

Sea holly is susceptible to a parasitic plant, *Orobanche maritimum*, broomrape (closely associated with the remedy **Epiphegus Virginiana**, beech-drop or cancer root). Broomrapes (of which there are nine species native to Britain, 150 worldwide) live an entirely parasitic existence. They only have vestigial leaves so lack chlorophyll. They prosper when their seeds germinate amongst the substantial roots of their host plants. This is triggered by chemical recognition. Fine roots grow into the host's root system and penetrate the vascular system where an underground tuber forms from which flowering stems subsequently develop. A broomrape may remain entirely underground for several years. Though they are ecologically fragile themselves they can cause severe damage to both the host plant and to their local environment. The host plants suffer poor growth and the absence of flowers and it eventually dies.

During the 17th and 18th centuries *Eryngium maritimum* was harvested for its medicinal and culinary uses. Its deep roots were collected, pulped and candied as sweetmeat. (The root has a naturally sweet flavour rather similar to a cross between parsnips and chestnuts.) It was also sold in the form of candied lozenges as a restorative after acute chest infections or as an aphrodisiac. It is still valued in herbalism as a diuretic though it also has a reputation for being aromatic, diaphoretic, expectorant, stimulant and a tonic. The root is particularly noted for its ability to promote free expectoration and was at one time known for treating severe debility in one suffering from a chronic cough as a result of tuberculosis. It is also useful in the treatment of cystitis, urethritis and in the pathological effects of kidney stones. It may not be able to break down the stones once formed but it can serve to mitigate the tendency to forming them. Sea holly is also noted for its positive effects on an inflamed or hypertrophied prostate gland. When made into a tincture it is a remedy for diseases of the liver and kidneys being a drainage and support remedy for those organs. (It is listed in Harper-Shove's *Prescriber and Clinical Repertory of Medicinal Herbs* for: 'Stomach: disorders with kidney and bladder disorders' and as a diuretic. *Eryngium campestre* is listed more frequently as curative of very similar disorders as mentioned herein.) The dried, powdered root aids tissue regeneration when applied externally to a wound. The root should be collected in the autumn from plants that are at least two years old.

Keynote effects

Calms the nervous system, restores vitality, slows down the development of chronic pathology, stimulates new growth and prevents excessive haemorrhaging. Clears the picture of a muddled case. The remedy relieves tension in the nervous system that has developed as a result of working in adversity so much; engenders calmness which is necessary as the emotional heart is anguished (though they may be divorced from the emotion) and intense. It gives detachment in a crisis and fosters understanding and clarity of mind. Helps people to stand back from negative patterns in order to see where mistakes are made; assists people to see how to make creative, positive changes in their lives. One of the most useful remedies for affording a person detachment from interfering emotions at times of crisis. (Can be given for this reason alone in the same way **Aconite** might be for shock or **Arnica** for receiving bad news.)

General symptoms

Calms the nervous system and cleanses the cerebrospinal fluid (**Chalice Well; Silverfish**). Stimulates growth or balances out a system that is taxed by overgrowth. Stones and calculi: long-term use serves to dissolve these. Clogged arteries; acute blood pressure. Haemorrhagic remedy par excellence. Blood purifier; improves the circulation. *Circulation deadened or as if stagnated; great determination of blood to the surface*. General debility; herpetic eruptions especially with exhaustion from overwork. Balances the flow of energies throughout the system and between the chakras. Sensitive to noise and light. Acts as an antidote to almost all other remedies though will not necessarily negate them; will clear muddled pictures especially from previous treatment or where the patient has confused things by taking other remedies off their own bat. It is of great importance in basically psoric constitutions which are suffering from sycotic and tubercular tendencies. Discharges tend to be thick and yellow from the genito-urinary system or from the lungs. Chronic sequelae of acute disease come under its influence especially when there is debility. Cancer: consider for the growth of tumours and blood cancers and when metastasis threatens and the emotional picture is similar. It has been recommended for use and given prophylactically in the birthing process as it is said to facilitate easy birth. It is noted for its ability to prevent or staunch

haemorrhage. This latter aspect is the reason behind its use as a prophylactic before operations; it is very useful before dental operations and complements **Emerald** when the latter is given to facilitate extraction.

Mental and emotional symptoms

Tough exterior but soft interior (opposite of **Bay Leaf**); often shows an inscrutable, stoic facade which covers a strong depth of emotion. Often needed by those who serve others but never receive themselves. They have tenacity in the face of adversity (**Oak**); apparently without emotions but these are in abeyance. Display genuine humility yet can be cynical as experience has taught them to view things with scepticism. Can be very abrasive. Grim-faced determination; not speedy but have no time for nonsense and will push ahead despite obstacles. Hard-hearted and gives little away; judges things with coolness but candour. Indifference and apathy with irritability when pushed to the limit and feeling debilitated. 'Still waters run deep.' From the story he has to tell one would expect to see more emotion but it is well guarded and hidden (like **Conium** but in **Eryngium** there is no hint of self-righteousness or a striving to keep up a semblance of inappropriate decorum). Can be the opposite: *light and unusually cheerful; on awaking in the morning so merry commences singing in bed (usually heavy and drowsy)*. Acceptance that life is hard but no trace of self-pity. Balances out male and female energies so useful for children whose parents are in constant conflict. Very useful in childbirth either prophylactically or where the mental/emotional picture is evident.

Physical symptoms

Head

Tension headaches; pains in the scalp: soreness < brushing hair. Sharp pains in head which go into the eyes. Pains in the vertex extend down into the neck and shoulders. Vertigo in tense situations.

Eyes

Sore and gritty. Photophobia. Stiffness of the eye muscles. Sticky, clear discharge with itching. *Pain at back of right eye; left eye feels weak. Inclination to close eyes to shut out moving objects.*

Nose

Dry and sore but with thin acrid coryza which leaves rawness on the septum < right side. Herpetic eruptions on the inside of the nostrils < right.

Mouth

Dryness and soreness with tendency to aphthae. Dry lips which crack and peel. Herpetic eruptions around mouth; dry and crusty with sharp pains especially when the crust is about to peel off.

Throat

Rasping voice. Wants to clear throat but no mucus there to shift. *Great dryness of throat, larynx and lips.*

Respiration

Difficult respiration but > walking in the wind; > by the sea. Feels the lung tissue is thick. *Voice low; larynx feels weak. Occasional stomach cough during the day, sending a spasmodic pain into the head. Occasional darting pains through lungs to the back.*

Stomach

Anorexic. + tart tastes. Heartburn; acrid eructations. *Loss of appetite; sinking feeling in the pit of the stomach.*

Abdomen

Liver and gall bladder dysfunction; gall stones. *All viscera seemed prostrated and as heavy as lead. Dull continuous pain in bowels. Pain in one spot in the right groin.*

Female

Leucorrhoea: sticky, white discharge that = soreness of external genitalia < just before the period. Facilitates easy delivery and helps to prevent post-partum haemorrhage. (Can be given prophylactically.)

Male

Sexual debility or sexual activity is reduced to the biological function; the need has almost become a nuisance, just another chore. *Insensibility of corona glandis; absence of desire (secondary action); power of erection quite gone.* Improves erectile function after operation to remove prostate (cancerous).

Urinary organs

Pains in the kidneys: aching < R. Diuretic when used in low potency or in mother tincture. *Increased flow of urine; very red; thick on standing.*

Skin

Herpetic eruptions; shingles. *Patch of eruption half the size of palm came out in cluster where pain had been previous day, like fine pinheads, points feeling rough to fingers; died away next day leaving red areola.*

Neck and back

Stiffness of the back. Difficulty bending the back making gardening awkward. *Pain at nape of neck compelling the support of head on hand or against something. Occasional shooting pains under left scapula.*

Extremities

Varicose veins especially on the right leg; < inner thighs. Stiffness > walking especially by the sea. Verrucae. *Sore pains in muscles inside right thigh just above the knee.* May prove to be preventative of deep vein thrombosis.

Considerations for the use of the remedy

- **Nat-mur** is more resentful and grudge-harbours, emotions that are not particularly associated with **Eryn-mar**.
- **Sepia** in whom the debility is more typically associated with gynaecology, marital situation or from the nurture of children; also more inclined to be tearful or 'out of body'.
- **Winchelsea Sea Salt** is more likely to have a more obviously complicated story, overt grief or great hypersensitivity to the

environment.

- **Phellandrium** can look very similar in the mental aspect as well as having similar symptoms for the eyes, throat and urinary tract though the other physical symptoms are distinct and there is no comprehensive emotional picture to compare.
- **Conium** and **Eryn-mar** both have difficulty in concentrating but **Conium** is more fragile, trembly and profoundly stuck.
- **Aethusa** is far more violent in its pathogenesis and it is far weaker in the mind.
- **Cicuta** is a great deal more mentally confused, anxious and restless but can be similar in its misanthropy and need for solitude while its physical symptoms are distinct.
- **Ferrum** is far more generally hypersensitive and overtly irritable.
- **Nit-ac** is far more negative and depressive.
- **Lycopodium** has some of the lung, throat and male symptoms in common and complements **Eryn-mar** well though the latter has less wind and bloating and more heaviness and dullness of the digestive system.

Eryn-mar is useful when given in the 30c before an operation as it helps to prevent haemorrhage or embolism. It complements **Emerald** which facilitates extraction of any offending organ if given as soon as possible before the procedure. A typical prescription would be **Eryn-mar** 30: one daily for three days followed by **Emerald** 200 immediately before the operation. **Arnica** complements both when given immediately after the operation for the trauma. **Rainbow, Chalice Well, Nat-mur, Winchelsea Sea Salt, Sepia** and other sea remedies all complement and follow well. **Sepia** may sometimes be mistaken for **Eryn-mar** or precede it. **Oak** follows well in psoric constitutions though the former is more likely to have sycotic tendencies apparent either in the symptom picture or in the past history. It may prove to be an important remedy in the treatment of chronic herpes especially in those who respond in the acute to **Sepia** and **Nat-mur**. Compare *Phellandrium Aquaticum; Conium Maculatum* and other *Umbelliferae*.

Esoteric therapeutics

There is a strong association with the element of water in this remedy which signifies that it has a profound effect on the emotions, yet it is also an earthing remedy as its powerful root suggests. Patients who throw up a picture of **Eryn-mar** will have been struggling with difficult karma for a long time; they will have been given life lessons that are uncompromising and test them to the limit. Rather like the beleaguered plant on the shore, surviving all that the elements of wind and sea might throw at it, the patient will need to be able to weather the storms of emotional turmoil yet his greatest difficulty is not to be swept away on the tide of other people's emotions, but to remain firmly in the present and well grounded despite the tempest going on around. It is chiefly a remedy of the brow and heart as it offers a sense of detachment from interfering thought and emotion; it clarifies the vision of the third eye, the 'organ' of perception. In working on the pituitary centre it also improves the endocrine system's activity and helps to correct imbalances in the sacral centre set up by difficult birthing, physical abuse of this chakra and interference from hormone therapies. It is also a remedy for the base, sacral and thymus centres. The remedy will ease the strain on the thymus chakra and thus alleviate the heart, which it protects, and it will foster the tenacity of purpose required to continue in the circumstances that have to be resolved over time in order to achieve freedom necessary for creative growth.

Chakras

Crown

The remedy is in tune with the earth's rhythms: the diurnal cycle of night and day, the tides, the phases of the moon, the seasons, annual and biennial cycles. It affects the pineal gland by promoting the transitional changes necessary for maturation (especially in those who struggle with these because of the interfering emotions inherent in prevailing circumstances). Sensitivity to light and dark. Sleep disturbed by the moon's rays or by change in the clocks in Summertime. The remedy belongs to the cancer diathesis and is said to be preventative in those who risk developing cancer

from leaving emotions unresolved. (See above how the parasitic broomrape may provide us with a signature to this aspect of **Eryn-mar**.)

Brow

Clears the third eye of what may be preventing clear perception. Allows detachment from interfering emotions. Useful in this in both acute and chronic conditions. It discourages patients from making their choices from projections into the future based on how they have felt in the past; it helps them not to pre-empt situations. Tends to worry about things that have no solution. Can be defensively haughty and proud.

Throat

Thwarted expression of genuine creativity from being so stuck in old patterns of emotional response. This causes throat symptoms to become chronic: cough, mucous expectoration, lost voice, hoarseness, etc.

Heart and thymus

Inherited susceptibility to emotional trauma which predisposes the patient to a difficult passage through the early years of life. This leaves them with a tough exterior that makes it hard to see the depth of emotional damage. Cynicism masks a stout and warm heart. Irritability predisposes them to blood pressure and circulation problems.

Solar plexus

The great challenge in this remedy is to rise above the irritability, frustration and suffering from circumstantial turmoil to allow healing into the heart centre. While these negative emotions are there they can cause liver and gall bladder dysfunction, abdominal pains, heaviness and dullness and sensations of blockage or stagnation.

Sacral

Both the generative organs and the urinary organs are affected. Difficult ancestral energy weakens or compromises kidney function; the kidneys usually need support from complementary remedies (**Berb-vulg** or **Lyc**) or

from **Eryn-mar** in low potency. Creative expansion is prevented until old emotional issues are dealt with.

Base

Deeply anxious with few external signs of agitation. Limited growth due to concentrating on basic (emotional) survival.

Case studies

1 'Female (age 44 yrs) osteopath, married, short, solid build, strong voice, grey hair, brown eyes; strong character (with soft centre) determined, confident, professional, well dressed. Presenting: dairy and wheat intolerance, reducing bone density, liver spots and fig warts, varicose veins.

'She wrote "Had 16 years of classical homoeopathy – generally healthier as a result but the allergy to dairy and the thyroid problem came after being prescribed Natrum-mur to LM17. I didn't feel any more benefit after LM5 and moved homoeopaths after LM17. Since then no homoeopath has been able to pin me down. I've had numerous remedies lately including **Calc-carb** to LM11 which then gave me constant nausea and **Agaricus** which aggravated lower back pain."

'Background: family history of cancer, alcoholism, schizophrenia, heart problems and stress conditions. Personal medical history includes whooping cough, diphtheria, chickenpox, German measles, bronchitis, post-viral fatigue, hypothyroidism, contraceptive pill, endometriosis, migraines, neuralgia and parasthesia. Usual vaccinations (including German measles!). Strict "Victorian" upbringing, both parents with mental stress problems from the War, "I was never good enough." Married at 19 years ("wrong person") emotionally abusive relationship, divorced at 30 years, remarried at 38 years, no children.

'Initial analysis: the case is clouded by, in my view, inappropriate prescribing of remedies both in terms of LMs being taken beyond beneficial effect and the apparent indiscriminate use of "numerous remedies". This needs to be cleared to allow the true picture to present

itself. Prescription: **Tuberculinum** 1M collective single dose followed by **Sea Holly** 200, two doses one week apart.

‘Outcome (telephone consultation after four weeks): acute discharges from lungs moving up into throat and nose before clearing. Eczema on hands and feet came up and cleared. Had an “attack of endometriosis” but this cleared. Energy generally pretty good, no headaches, periods lighter than had been, less clotting, less painful, sleep “back to old pattern”.

‘Comment: **Tuberculinum** and **Sea Holly** seem to have cleared the picture of the effects of (possibly) inappropriate use of remedies leaving the true picture of what needs to be healed. I also feel the **Sea Holly** has cleared the energy of those remedies to enable subsequent remedies to work freely. Subsequent follow-ups have indicated blocked sacral centre energy, probably resulting from 13 years taking the contraceptive pill and this is the current focus of prescribing. Parting comment last month was that she must be a lot better as she cannot remember why she had come in the first place!!’ **TFH**

2 ‘Man of 46 years. He presented with high blood pressure and while various remedies dealt with peripheral complaints such as sleep problems, cough and joint pains, his blood pressure remained the same. He began by describing himself as a worrier who was easily stressed although there was nothing in his life to warrant this. As he was immaculately tailored, he did well on **Arsenicum** but his blood pressure remained the same. His brother had been killed in an accident when he was 24, his father had died of throat cancer six months later and he said he had never got over his brother’s death and had allergies for years afterwards for which he was given desensitizing jabs. He had a history of NBWS mumps and glandular fever. **Carcinosin, Nat-mur, Kali-carb, Oak, Emerald, Spartium** and **Thuja** all failed to make any impression on the blood pressure. With **Sea Holly** 30 twice a week the blood pressure dropped from 130/90 to 125/85. It was repeated weekly but after three doses he stopped taking it because he felt tired and low. A year later his blood pressure is still around 130/70. But he is still anxious.’ **ME** (*Prometheus* No. 9 December 1998)

3 'A vigorous man in his middle sixties called for advice on a matter "that means a great deal to me". He had suffered from cancer of the prostate gland and had had a successful operation to remove it. His problem now was that he no longer had any erectile power; he wanted to return to his active sex life. He had found the operation to be debilitating and obtrusive. He had **Staphysagria** 1M which improved his mood and the niggling pain he had in the lower abdomen. He claimed to have no other physical symptoms whatever; his whole system worked perfectly except for his lack of erection. As the man was rather overbearing and as he said that "my member is somewhat shrivelled looking", he was given **Lycopodium** LM1. After a month he said that his energy was better but there was not a great deal of improvement elsewhere. He was asked to continue the **Lycopodium** and to add **Eryn-mar** 30 one each week. After two months he phoned to say that he was delighted to report that there had been an improvement and that he was able to "manage half-mast". ' CG

Author's note

Clarke noted that **Eryn-mar** is very close to the symptoms displayed by **Eryngium Aquaticum** (Button Snake Root) which has more of a reputation than its maritime cousin with a number of notable cures to its credit and it should therefore be compared. He noted that both remedies have 'pains in the eyes, groins, larynx, nape of the neck, sinking at the epigastrium and weakness of the male sexual organs'. He also wrote that 'Eryn-mar has its symptoms more prominently on the right side'. Clarke's essay from his *Dictionary* is quoted below in full to encourage comparison.

Eryngium Aquaticum

Eryngium acts on the mucous membranes producing thick yellow mucous discharges from the eyes, ears, nose, mouth, bowels, urethra and vagina. Haemorrhages from the stomach and bowels. It is a vulnerary, antidoting the effect of blows. It causes headaches; expanding sensation in the forehead; dull, dragging pain in the occiput, neck and shoulders. Seminal and prostatic weakness. I. J. Whitfield has cured three cases of renal colic with

calculi (two left side, the other not stated) with Eryn-aq. W. K. Leonard reports the following case: a young Methodist minister, apparently healthy, was just over his twelfth attack of renal colic. The attacks had recurred at intervals of two to four weeks and lasted from one to three days and they were so weakening as to keep him incapacitated in the intervals. He had had old school treatment including morphine and quinine with no benefit. Eryn-aq has a cough with a sense of constriction. (Hale found it useful in epidemic influenza when there was a raw smarting burning in throat and larynx with constant irritating cough and expectoration of yellow mucus.) Loss of energy and nervous erethism. Most symptoms occur on left side and extend or move from part to part. Motion < all symptoms. Bending head forward < head symptoms; turning eyes = pain in them. < from mental exertion. < heat.

Eryn-mar is most used in my practice as a prophylactic before operations to prevent haemorrhages or embolism and it is given preceding **Emerald** in the way described above. It is never possible to prove the value of a prophylactic prescription if the result is successful though comments on post-operative healing from dentists, nurses and surgeons have usually suggested surprise and satisfaction that cure has been swift and free of complications. It has also proved of service in cases of chronic herpes especially where the sea remedies have been useful in the acute. It seems that the use of **Eryn-mar** gives the patient a stronger sense of grounding which may have something to do with a possible signature being found in the size and tenacity of the plant's root. It has also been positively influential in cases of blood pressure; I suspect that it is most useful in those patients who have blood pressure response to stress, causing readings to show wide variability of both diastole and systole.

Practitioner's comment

I find **Sea Holly** is a lovely remedy to help people with their fears. My mother takes it when she's anxious and it really helps. The anxiety tends to make her dizzy and she finds that **Sea Holly** clears that. **LR**

FAGUS PURPUREA

Copper Beech

The remedy, often known by its common English name, was made from a young tree that grows in the churchyard in the medieval town of Rye in East Sussex. The sample was cut during spring; the parts used were a new shoot with budding leaves and part of the fresh twig. The remedy was proved by the meditation circles in March 1995 when each participant was given a single dose of the 30th potency to take immediately before the meditation.

The Background

The name, ‘copper beech’ derives from the dark colour of the leaves and the Anglo-Saxon word *boc* which means ‘book’. Thin slices of beech wood were used as the material on which the art of writing words was first practised in northern regions. (In German the word *Buche* is beech and *Buc* is book while in Swedish *bok* carries both meanings.) In its association with the written word, the beech represents a vehicle for wisdom and knowledge and was thus revered.

The tree is relatively shallow rooted and is liable to be blown over in a gale if it is growing alone in an exposed position. However, when beech grows in groves, offering mutual support and protection from winds and strong sunlight, the trees are powerful and robust. The beech is ‘thin skinned’ and easily damaged by wild animals that nibble the bark. The cambium layer (the vital layer that maintains the circulation of the tree and

which is where all the cells for new growth are formed and that lies just beneath the bark) is very near the surface of the tree as the bark is comparatively thin. It is also sensitive to sunlight so trees that grow out in the open rather than in a grove develop low-hanging branches as protection. Chlorophyll is processed in an unusual way hence the colour of the leaves; this makes them ultrasensitive to sunlight and liable to scorching. Yet the tree can adapt to different habitats: if it is isolated and in the open then the leaves are much tougher; if in a thicker wood the leaves will be more refined and delicate, not needing the extra protection. It has one of the most dense canopies of all trees and not very much can grow in its shadow except plants that need damp and shade: like bluebells and anemones. While some varieties of fungus that grow among the roots are essential for the healthy nutrition of the tree, there are others that are larger, such as certain bracket fungi, that can cause damage to weakened and susceptible trees. *Fagus* requires large quantities of water so prefers damp sites (ideal for fungal growth). The extra moisture also helps the tree to retain its leaves for much longer than most others; sometimes until the following spring when new shoots force the old leaves to drop. Beech nuts have always been used as animal fodder though should never be given to horses.

Beech wood is very hard and dense with a close grain which makes it durable but tough to work with. It has been used in shipbuilding; it is lighter than oak. It is used for furniture making and flooring, and also in manufacturing charcoal as it burns intensely at great heat. In the process of charcoal production beech wood creosote is made. This provides us with the remedy **Kreosotum** which should be compared.

In traditional medicine it was said that water from a hollow beech tree would heal 'scurf and scab'. It has been used more recently to treat chronic skin diseases such as eczema and psoriasis, and it is an ingredient of an expectorant syrup for bronchitis. The leaves can be used as a poultice for boils and other 'hot swellings'. It is a tree suitable for meditating with or under. It is said to encourage and engender the potential for growth through creative change. It is a 'teaching tree' and as such is ruled by the planet Saturn. However, as a remedy that has an influence over the sacral chakra it also comes into Jupiter's orbit.

It is instructive to compare the Bach Flower Essence of Beech as there are features in common. It is recommended for those who are too critical of

others; intolerant and judgemental even though they are caring individuals often with their own history of sadness.

Keynote effects

The remedy softens attitudes and takes the sense of urgency out of a fraught situation or state. Vitality is maintained and improved through redirecting negatively overwrought energy to more routine activity; it helps to ground the patient and allay doubts and anxiety. (The patient may return and say that he has no idea why he said certain things last time as they were either inaccurate or unimportant.)

General symptoms

Exhaustion; enervation; world weariness; feels weakened by a series of misfortunes or a lifetime of struggle (like **Oak**) but with despair; yet often has the energy to explain all this with urgency and a feeling of ‘why should this happen to me?’ Suits children who seem burdened by family history and who do not do well; slow growth rate; poor progress. Suits rootless, restless people even those who seemingly work hard; those who are clearly in the wrong profession or on the wrong path in life. Older people with wizened look; those who age before their time. Has a sense of being stuck on all levels (though not as obviously as **Clay**) yet can also feel very hurried and rushed with agitation.

Copper Beech is a remedy that can unscramble confused cases as might appear when it is hard to see which of several miasms might be uppermost. Anxiety about personal state (psoric) underlies other miasmatic conditions:

- necrosis; copper-coloured eruptions (syphilitic)
- fungal infections (inveterate) of the external genitals and < cold, damp and often has more than one focus of pathology (sycotic)
- bronchitic tendencies in those who are permanently restless (tubercular)
- a sense of loss of purpose or a loss of will power (carcinogenic)

Poor co-ordination. Skin problems either alternate or coexist with internal pathology: particularly eczema. Minor pathology that is associated with

liver overload: migraine headaches, thick mucus that congests the sinuses and throat, mucus in the bowel, constipation. After injuries to the back especially whiplash when other indicated remedies have not fully healed the condition. It has the sycotic attribute of having poor energy in the daytime but improved energy and stamina after the sun has set.

It is recommended not to be given to any woman who is actually taking HRT as aggravations may result that are not curative. Infertility especially in those whose family history includes difficult gynaecological problems. Also infertility in men who have or have had difficult and/or unresolved relationships in the past. (For couples who seem to be incompatible on one or other level; can be as if the woman has a form of allergy to her partner.) **Copper Beech** has an affinity for the paired organs of the body though, often, where one side is dominant: one-sided pathology, either the left or the right, in eyes, lungs, kidneys, sex organs or brain. Excessive adrenal function causing the patient to be yang orientated. AIDS.

Should be considered during pregnancy for the incarnating soul which is being born to parents with multi-miasmatic background and high-energy lifestyle as, it is said, it will help either to clear the miasmatic influences or to lessen their strength. This is especially important in those whose parents are likely to take the vaccination route. If given in this context then a high potency is recommended.

Mental and emotional symptoms

Agitation; anxiety; overexcitability with restlessness and anxiousness. Fearful of the unknown; of the past; of not doing the right thing; of the dark; of dark places; of being alone for too long in open spaces. Anticipation especially from having lived through bad experiences before. Has become pessimistic and negative; anxious about impending misfortune. Anxious that life will be over before they are ready or before they have achieved anything worthwhile. Anxious about old age as they feel that life is rushing past while they are wasting time. Worried about creative potential; he feels his best work has not been achieved yet. Angry with himself and with those who block his way or who challenge him. Intolerant of frustrations; he often seeks or demands help from others to shift the source of frustration: 'You must help me...!' Cross and irritable with agitation even full of rage to the point where he feels like killing someone.

Becomes hurried and overexcited which can lead to confusion and clumsy movement or speech. In a confused case the patient may well give wrong or wrongly slanted information. They often give confused information about their state because of the sheer volume and weight of circumstances; they present a jumble of parts from different periods or aspects of their lives; they appear not to have been able to sort out the confusion of their past. While speaking they can assume an intense expression (as if everything they say is of equal importance). Can be bigoted; sceptical; rigid thinking; unwilling to learn by experience; stuck in his ways. For those whose religious beliefs have restricted their spiritual growth. They cling on to past incidents and are unforgiving (compare **Emerald** which is more likely to do with parents); holding on to grudges can cause weakening of resolve and purpose. Finding something they set out to do is too difficult, they start other projects but with half an eye on their recent failure. In extremis, there is a sense of towering rage; an inexplicable but overpowering wish to kill someone (by strangling or crushing; might say they want to annihilate or pulverize someone).

Physical symptoms

Head

Tension headaches. Weight on the vertex; brow feels crowded. Liver headaches < forehead. Vertigo during the menopause.

Eyes

Burning sensations. Flickering in the vision; everything is too dark, needs extra light. Bright sunlight can cause dry and tired eyes; wants to shield and rub them.

Nose

Thick mucus; post-nasal drip. Brown catarrh after colds. Excessive hair growth in nostrils.

Throat

Sense of constriction (like **Lach** which is the animal analogue). Mucous membrane of the inner throat feels thickened; thick, bubbly mucus and saliva; impedes clear speech. Roughness > eating soft foods. Coughs up lumps of foul mucus: brown and jellyish.

External throat

Skin tags and rough skin. Thin skin with coppery stains after sun burn.

Chest

Asthmatic breathing; rattling and whistling < cold, damp weather. Sense of constriction in upper chest. Eczema over the sternum (**Lyc**).

Stomach

Heaviness with loss of appetite. Feels bruised as if punched in the solar plexus. A feeling of being unwell (in digestion) but without any obvious symptoms; an uneasiness. Bubbling sensations.

Bowels

Bubbling sensations. Rumbling and grumbling. Stools may have jelly-like mucus. Anal itching; candida problems. Constipation with soft stools.

Female

Should not be given this remedy while they are on HRT. Menopause: heat with agitation; depression; sense of guilt and frustration with tendency to sweat. Stress = and < hot flushes and sweat. Often feels: 'Oh, What's the point of it all?' Agitation < all symptoms; symptoms < agitation. History of fungal infections; should be considered in candida and leucoplakia. Thick leucorrhoea which can be brown or greenish with a dank smell (like an old cellar).

Male

History of aggressive, yang sexuality which has now become dissatisfying and unsatisfactory; for men who turn to another woman for a change. Late onset promiscuity. Incomplete erections. Mentally aroused but physically

unresponsive. Fungal infections. General energy state disturbed by unresolved karma of previous relationships.

Skin

Eczema, especially that which will not clear up on the usual indicated remedies. Psoriasis. Skin tags; polyps; warts; verrucae. Very thin and smooth skin which is easily damaged; < hydrocortisone creams.

Back

Whiplash injuries; old cases that have not resolved in spite of much treatment. Sacrum: especially useful after other remedies have been given without complete success in cases of old injuries. Lower back pain in those whose lives are frequently or constantly marked by misfortune. Pains in back < anger and frustration.

Sleep

Drowsy in the daytime but energetic after the sun goes down. Dreams of frustration; of being late; of not having enough time to do something; of drowning; of anger; of the past. Wakes from sleep/dream in a sweat.

Considerations for the use of the remedy

- **Kreosotum** is not particularly well represented by most materia medicas though Vermeulen's *Prisma* gives a rounder picture of it that rewards investigation. What emerges is how important **Kreosotum** is for children, women with gynaecological problems and for mucous membranes in general. All the same areas feature in **Copper Beech** though **Kreosotum** is, in terms of physical pathology, a lot more destructive. Robin Logan, quoted in **Prisma**, emphasizes **Kreosotum**'s themes of 'self-preservation' and 'survival instincts'. These can be read as being extremes of the **Copper Beech** sense that there is not enough time to complete what needs to be done in terms of purpose; Logan suggests that adults needing **Kreosotum** are overburdened by responsibilities. Both remedies are restless and agitated; **Kreosotum** is dissatisfied with everything while **Copper Beech** is dissatisfied with himself. It may be that

those who have done well on **Kreosotum** will come to need **Copper Beech** at some point afterwards to complement it.

- **Lachesis** has several aspects in common with **Copper Beech** including the restricted throat symptoms, the menopausal stress and agitation and the intolerance. However, **Copper Beech** does not have the sinister or sheer vitriol that **Lachesis** can display. **Copper Beech** is crosser with itself than with anyone in particular. Neither does it have the vanishing of thought or confusion that **Lachesis** can share with **Kreosotum**.
- **Tuberculinum** is as restless and irritable and just as dissatisfied with the self; it also shares the asthmatic tendencies and the male sexual symptoms. It is usually less robust than the **Copper Beech** patient.
- **Platina** is more egocentric with less reason than a **Beech**.
- **Lycopodium** is probably the easiest to confuse with **Beech** but more obviously right-sided, liver-orientated and self-protective; it follows best when **Lach** and **Copper Beech** have worked well.
- Even a strong, worldly **Pulsatilla** may mask a **Copper Beech** (though the latter does not have the same characteristic modalities).
- **Emerald** where the causative factor is likely to be in parenting while **Copper Beech**'s causation is often in past physical relationships.
- **Ruby** is much more of a blood, circulation and high blood pressure remedy and covers guilt and shame more readily.

Copper Beech's closest relationship is with **Green Beech** which is as yet unproved though it appears to be similar in almost all respects except that it is a lighter and airier energy, more tubercular and less syphilitic. Speculation suggests that **Green Beech** will be most useful when given after **Copper Beech** has lifted the patient out of the sycotic/syphilitic depth but when the energy of beech wood is still indicated. Though, like all tree remedies, **Beech** is a base centre energy, it is very strongly indicated by distress in the sacral centre. Thus it is a remedy that has affinities not just for the organs of the sacral chakra but also for other remedies that belong here too: **Sepia**, **Lachesis**, **Lycopodium**, **Platina**, **Thuja**, **Sabina** and **Pulsatilla**. Any of these may precede or follow well; **Sepia**, **Lycopodium**

and **Pulsatilla** might all be required in acute episodes or aggravations that will not resolve. **Ignatia** will support a **Copper Beech** who goes into an emotional crisis; both are passionate remedies with difficulty expressing through the throat chakra.

Med-am, Syph, Tub and **Carc** are all compatible with **Copper Beech** where indicated and any of them or each in their turn may be needed to underpin what **Copper Beech** achieves. It is worth noting that beech have a preference for chalky soil so it is no coincidence that **Calc-carb** should be the constitution most likely to produce the **Beech** picture nor that it should follow so well.

Esoteric therapeutics

Helps restore balance; peacefulness. Provides a link between the past and the now (which seems so confused) and thus makes the future less fearful. Brings to the surface negative karmic and ancestral energies that need to be addressed in order to set one on (or back on) the right path. Encourages clarity of vision and restores the patient's sense of purpose especially in those who have operated from a strong adrenal force but who remain frustrated. Strongly protective of the aura. The remedy holds the memory of conflict that threatens to destabilize and corrupt us to the point where it is well nigh impossible to remain in harmony with Nature. The reliance on outside, technical resources such as TV, radio, microwave, etc. speeds up communication but at the cost of bringing conflict into the home from which none of us is protected, and encouraging the materialistic desire for more which ultimately blinds us to the health of the planet. This remedy is helpful to reawaken a sense of caring and responsibility about the environment. **Copper Beech** protects and heals the seven layers of the aura; it is said that at the seventh layer, the spirit accepts or rejects the fatality of potentially terminal conditions. This may make **Copper Beech** an invaluable remedy in those who are suspected of heading towards cancer or who are in the early stages of the disease.

Chakras

Crown

For those who have lost their way; they have lost their bearings and do not have the peace of mind or stillness in the heart to be able to steer their way back. The spiritual route seems blocked and they are disorientated and thrown off course. Many and varied dreams but all of anxiety and of not being on the right path. Much creative energy that is dissipated by the links between the crown, brow, heart and base being blocked.

Brow

When thoughts overwhelm feelings the brow is unable to make spontaneous choices based on intuitive understanding. Like **Emerald, Copper Beech** finds that there is a profound imbalance between ego and id; **Emerald** and **Ruby** are crystal analogues of **Copper Beech**. Head and eye symptoms occur when thinking blocks the intuition; when circumstantial stress and pressure impose limits on creativity.

Throat

Sense of constriction due to inability to express emotions adequately especially when there is a matching blockage of disharmony in the sacral chakra.

Heart

Symptoms manifest in the lungs: asthmatic breathing especially < in cold damp weather.

Solar plexus

Full of conflict and this causes them to face each challenge as if they would lose the fight. Frustration is strongly felt and stokes the fire of their creative passions but to no effective purpose; they let the fire burn out before forging anything. Loss of appetite; a feeling of having been bruised in the stomach. Uneasy sensations in the whole chakra. Bubbling sensations in the intestines. Candida; constipation.

Sacral

Every effort to expand consciousness is met with frustration either from lack of groundedness or from making choices with limited understanding especially in and about past relationships. General imbalance in the organs of the pelvic bowl. Symptoms frequently manifest at times of hormonal change such as puberty or menopause or in coming away from a recent relationship. Fungal infections. Yang sexuality and even promiscuity is likely to be in the history.

Base

Strong personalities who are tempted to explore the world with an expanding consciousness but who are ungrounded by a lack of thorough understanding of their real limitations. They are incensed that the world is not theirs in which to roam unchallenged. They fail to see that it *is* open to them but not until they have secured their base which they have left too early. This leaves the base to express various symptom pictures: eczema, psoriasis, constipation, anal conditions, < from spinal injuries, arthritic and rheumatic changes in the musculoskeletal system that are < sycotic influence.

Case studies

1 'A woman of 40, born in South America to Latin and Austrian parents, originally came for treatment for her headaches and mood swings and continued constitutional work till now. She had also suffered periodical bouts of an irritable bowel (which always responded to **Lycopodium** supported by **Morgan Gaertner**). She had a chequered history of moving from one country to another: "I never felt at home in either of my parent's countries". She had a broken marriage and several unsatisfactory relationships in the past but then she was living alone. She always responded to constitutional remedies very powerfully but got better from acute conditions immediately without any aggravation. Her usual reaction was to feel that the remedy most recently taken would overwhelm her and leave her emotionally wrung out. Remedies she received over several years included **Carcinosin** ("That left me in tears for a week! And then I was angry for a week. It's so difficult to be here in this world!"), **Thuja**, **Ayahuasca**, **Pulsatilla**, **Lac**

Humanum (“I feel so much more feminine; I’ve lost that feeling that I am turning out like my mother!”), **Anacardium** (“That was such a difficult remedy; it reminded me so much of my past that I’ve blocked out”), **Lycopodium, Med-am** (“I feel that I’ve been to the black hole of Calcutta”), **Sulphur, Emerald** (“I just had to clear the house out after that remedy; it was a really good feeling!”), **Tuberculinum** (“I’ve never felt so well in my life,” though she wept as she said this). She has always been extremely articulate about how she has reacted to each remedy. On this occasion she came to say that she felt that she was not grounded. “I know I’m not grounded because my digestion is playing me up.” She was a bit depressed and feeling lonely. She said that whenever anything good happened she’d become very enthusiastic and inspired but then find it so hard to remain earthed. “I’m so keen to study more. I feel that it’s life’s blood to learn. I have so little time and I’m always afraid that if I invest all this effort I shan’t see any return for it. I want time to study, I want time to find a relationship and I want time to see my friends, not that I have many, and I need to see my clients to pay the bills. I need something that will do all that for me because I’m not sure I believe in myself enough to achieve all I want to do!” She received **Copper Beech** 1M after which she returned to say: “All the symptoms of the past came up, one by one in a procession: the depression, the aches and pains, the menstrual cramps, the backache. Then they went, just like that! The warts I had on my hand disappeared and more came up on the palm of the other hand; they went too. I had a patch of what looked like eczema come up on my elbow and go. The skin on my soles peeled off. I saw the cranial osteopath the other day and he said that I hardly needed any treatment because I am completely well. I really am! I can organize time better; I’m putting up with less crap from clients too. I don’t mind that I’m now 40 and not 30.” However, she added that she felt there was still more work to do.’ **CG**

- 2 ‘A woman in her 40s, very thin; slightly anorexic-looking. She had amenorrhoea. She said, “I haven’t enough time! I’m scared to let go of things. Life’s full of clutter. I can’t ‘squidge’ things in.” She had feelings of guilt and grief over her mother. After **Carcinosin** 1M she had **Copper Beech** 30 twice a week. When she came back she felt

better in herself; she had more energy; she felt she had a period brewing; her sleep was much better. “I’m much more relaxed.” It was only after this that she was able to grieve for her mother. She had **Nat-mur**, **Sea Salt** and **Rhodochrosite** in turn and did very well.’ **RP**

- 3 ‘A man of 53, a Sagittarian who had been coming for treatment for 12 years, came for his regular two-monthly appointment. He had felt physically “pretty good” since the last time. He had suffered from Crohn’s disease for the past five years that had developed when he had gone to live in Ireland for a couple of years and felt extremely unhappy and unfulfilled. He had initially gone down the conventional route for the Crohn’s and had some years on sulphur drugs and steroids but had recently decided that he wanted to come off all allopathic medicine as “they are incompatible with my reasoning of life.” He managed to control his Crohn’s symptoms through careful diet and taking life very quietly, something he found very difficult as he is, by nature, a very inquisitive and searching person with a passion for being busy. The remedies that helped him come off the drugs were, in their turn, **Lycopodium**, **Morgan Gaertner**, **Ruby** and **Nat-sulph**. On the previous visit he had still had some discomfort and was anxious that the symptoms would come back. He had a combination of **Lumbricus** + **Tunbridge Wells Water** + **Black Obsidian** LM1 which on the next occasion he reported had made a difference to his bowels and helped him to feel far more secure; he wanted to continue with it.

‘He then confessed that though he felt pretty good this feeling of being physically better caused him to feel rather depressed. “When I’m better it brings the anger out in me. The anger is at my own lack of fulfilment of life; my lack of achievement. There’s all this frustration at not achieving.” What made things much more difficult for him was that he had been made redundant (his reason for returning from Ireland) and was still out of work while his partner was in full-time employment. He was given **Copper Beech** 30 once a week for six weeks. When he returned he said he still felt a lack of purpose but went on to describe what a change to his life tai chi was making; how he felt martial arts (he was practising several) were “definitely positively changing the chi in my body”. He was also “dying to get out in the garden as soon as the weather will let me”. His demeanour was

more enthusiastic and keen. The depression had lifted and had been replaced by anticipatory urgency to get on with something.’ **CG**

- 4 ‘A woman in her mid thirties, who had been having sporadic treatment for some years, returned to England from her home abroad after a gruelling pregnancy and birth of her first child. Before the pregnancy she had been in a state of “never well since glandular fever”. She had dreaded the prospect of children and had been both terrified and furious on discovering her pregnancy which was extremely draining and caused her severe debility. Now, two years on from the birth, at her appointment, she appeared to be better. She had had **Anacardium 1M** a month before leaving home which she felt had calmed her mood considerably and she was getting on better with her daughter, an extremely bright, determined little person who knew precisely what she wanted out of life.

‘She now presented with a variety of problems: stiff and achy joints with swelling (<the flight); very heavy periods that come in a gush for 24 hours and left her temporarily drained < pains that doubled her up; varicose veins. She was also in a state of agitation and anxiety. “My work is up and down. It’s either full on or there’s nothing. There’s nothing at the moment. It makes me anxious. When I’m anxious I can’t be moderate. When I’m not working I feel bad, anxious, exhausted and I lose my self-confidence. I’m forever chasing the clock – whether I’m working or not. I have huge energy. I can make people do anything; I’m good at galvanizing them. I have this awful sense that I’m not going to be employed any more; it’s ridiculous, I know. I’ve had sudden inspiration recently – I want to write a novel.” In speaking there was an urgency in her tone. “Now Robert wants another child. I just can’t get pregnant now – we’ve been trying for two months and no luck, thank heaven! I’ve got this feeling inside me that it’s not going to work.”

‘She was given **Fagus Purpurea 1M** (single dose). When she returned for the following Christmas holidays she said that the remedy had really grounded her and made her feel much calmer and more balanced. “Things just didn’t seem so frenetic. I got on and did things at a normal pace and didn’t exhaust myself; I achieved masses. I found

that dealing with Rosie was easier and less fraught even though we had been doing better anyway.” She felt that she had her old self-confidence back again. She was also 12 weeks pregnant. She had come to terms with it far more easily than on the first occasion though she didn’t enjoy any of it. She had some morning sickness but this time she was able to cope far more easily.’ **CG**

Author’s note

An important keynote of this remedy is the sense that time is running out for the patient to achieve anything worthwhile. There is a sense of stagnation and what holds them back is an event, an episode, a person or a relationship that has cast an influential shadow over the patient’s life. Sometimes the person is unaware that there is anything unresolved yet their manner and expression suggest that they hold others to blame for feelings that remain influential. An accompanying theme is tension and anxiety. These may not necessarily be obvious at the first interview unless the whole issue of achievement or achieving is raised. Underlying the **Beech** state is this sense that their ability to succeed is being undermined or that they are being prevented from reaching the fulfilment of aspiration and ambition. Lots of busy energy is used up on doing all sorts of things yet the effect is seen to be like treading water. The patient’s story is often littered with references to how the lives of others have impinged on their own. Like the tree, these people are adaptable and may come in different constitutional guises: **Calc-carb** (resilient) and **Calc**’s close relation and polar opposite, **Phos** (sensitive). Nevertheless, all **Beech** patients tend to be thin skinned, like the tree, which can make them appear fragile; not necessarily physically (though this can be true of those with difficult pathology) but emotionally.

FRAXINUS EXCELSIOR

Common Ash

The remedy, more usually referred to by its common name, **Ash**, was proved by the two meditation groups: on 10 and 24 July 1998 when each participant took a single dose of the 30th potency on both occasions.

The Background

Ash trees belong to the olive family (Oleaceae). The most usual variety in Britain is *Fraxinus excelsior* while in America there are several native species which differ in size and colour depending on climate and soil. The common ash tree grows in rich, limestone soil that is damp rather than dry and sandy; it likes water. It has a wide distribution: it ranges from Norway, northern Europe and Russia down to the Mediterranean coast.

It can attain upwards of 100 feet though it is common to see pollarded ash trees. Trees in warmer, dryer climates are smaller. The form is of a tall dome with narrow branches, stretching upward and in parallel from a long bole, which then dip gracefully; the ends of the branches then turn up to meet the light. What distinguishes ash trees from all others is the black and velvety buds on the ends of light grey shoots. The black is caused by scales that are covered in fine flattened hairs. The buds hold a dark, sticky resin which sometimes oozes out. The ends of the branches produce compound leaves bearing 9 to 11 leaflets. The trunk of some trees, especially small ones, may be disfigured with spurs or large cankers.

Some trees may be male, some might be female. Others may be both male and female, changing sex from one year to the next. Yet others may be predominantly male with a few female branches or vice versa. Flowering happens in April and trees bear flowers that might be male and female. The male flowers are purple and turn to yellow after shedding the pollen while the female flower is greener and more open. The tree fruits abundantly but not every year. This fruit comes in clusters of 1½-inch long ‘wings’ that have a notched tip and a tiny spike. They have the appearance of a bunch of keys in the late autumn when they remain on the trees after the leaves have fallen. They are a favourite food for bullfinches.

Ash trees are deeply rooted as they need a plentiful water supply and an anchorage during gale-force weather. However, the roots spread out a long way and draw off goodness from the surrounding soil leaving the area impoverished and sour; this discourages the growth of any other hungry plant life.

Ash has always been a most viable tree economically as it is useful for making furniture, implements and interiors, being a light-coloured wood that is hard wearing; it is frequently laminated in furniture manufacture.

The ash features in the ancient legends of Greeks and Norsemen. The ash branch carried by Nemesis was the symbol of divine justice which she used to humiliate those who became arrogant and boastful and those who failed to offer thanks and sacrifice to the gods for their gifts. The Greeks also revered the ash as being associated with water, rain and thunderstorms. In various ancient cultures spears made of ash were given to youths as a mark of transition from boyhood to manhood. For the Norsemen, Wotan or Odin as he became, hanged himself from an ash tree in symbolic sacrifice so he could gain occult arcane knowledge in order to assist humans. Odin’s spear was made from ash and he used it to ferment war and discord. Odin is associated with causing such rage in the hearts of his warriors that their spirits left their bodies causing them to experience no pain from battle-inflicted. The later Vikings worshipped the less bloodthirsty Thor, god of war, travel and thunderbolts, who carried both hammer and ash spear. Viking ships were built of oak but their talismanic emblems were made from ash. The ash tree was always considered to be possessed of feminine energy and associated with the power and wisdom of the snake which was often depicted at the roots of the tree. Yet it was with an ash stick that St

Patrick banished all snakes from Ireland in the 5th century AD. Early Christians held the ash tree in awe as the only tree in Eden that the snake would not dare approach thus neatly turning pagan myth back on itself. Though the ash was a symbol of the sun and the sky and their gods, it originally had been viewed as invested with moon energy. This meant that it fostered the powers of intuition.

Ash has always had a healing reputation even if, in ancient days, rather more magical than medicinal. A young ash tree would be split, cleaving the trunk in two. The two halves would be held apart so that a child, afflicted with any ailment such as a rupture, a hernia, warts or even malnutrition, could be passed between them as part of the ritual healing. If the tree, once it was bound back together, healed well then it was taken as a sign that the child would recover. Offerings and libations would then be left with the tree as thanks to the goddess for her gift of healing. Another method was the ritual burying and sealing of a shrew within a hole made in the trunk of an ash. The tree thus became a sacred healing agent; leaves and twigs from the tree were said to cure paralysis and cramps in both man and cattle. It was believed that the shrew's spirit would run through from the tree into the patient causing movement where there had been painful spasm or loss of sensation. It was also usual to put an ash stick into a fire till the sap oozed forth whereupon it was given to a newborn child and rubbed into the skin.

Ash had a reputation for curing warts. A pin was stuck into the wart and then into an ash tree while someone intoned an incantation for the removal of the offending excrescence. As this spell was so often referred to in old texts it might be assumed to have been of some benefit. An infusion of dried ash leaves act as both laxative and diuretic. An infusion of spring-gathered dried leaves was often used as a medicine for rheumatism. A recipe for costive people used by gypsies was ½ a cup of leaves to 2½ cups of boiling water drunk over a 24-hour period.

Keynote effects

The remedy fosters calm and inner peace. It encourages open-mindedness. It allows for greater flexibility in those who have been too fixed and rigid in their opinions and routines. Like many of the new remedies it helps to relieve the brain of chuntering thoughts. It speeds up sluggish lymphatics and may soften or reduce lymph nodes that are chronically enlarged. Can

ease the aggravations which wake people from sleep (may be used to support or follow **Lachesis**, for example).

General symptoms

It is said to work best if given during the summer months. (**Ilex Aquifolium** is reputed to work best in the winter months.) This is a remedy that has a considerable amount of physical discomfort. The musculoskeletal structure becomes rigid and stiffened in any part or all over. Muscles can feel sore and unresponsive; joints can feel weak but stiff and unbending. Tendons and ligaments feel stretched to breaking point. Sensations of constriction in parts due to tightened ligaments and muscles. The remedy increases the fluidity in the system both intracellularly and through the lymph and CN systems (compare with **Sycamore Seed**). By encouraging the unblocking of the lymphatics the remedy helps to restore integrity to the muscles by draining their cells of toxicity (compare with **Lactic Acid** and **Sarcoplactic Acid**). It is a remedy that has strong associations with children especially where there is confusion; stress that causes them to feel on the point of giving up and in danger of taking wrong turns. It can be useful in those who are backward either mentally or physically (or both) where the rest of the indications fit. It is a remedy that can be used to help children to fulfil their potential. Hay fever which affects mucous membranes, the eyes and causes aching and soreness in the muscles. Poor oxygenation of blood with air hunger. There is a poor use or a reduced level of iron in the system. Hardened arteries; varicose veins – in knots, prominent. Asthma and emphysema. Insomnia; one of the most important remedies for sleeplessness often due to rigidity and tension. Sciatica and other nerve pains: sharp and lancinating. Sensations of prickliness all over accompanying various conditions. < hay fever; < frustration.

Mental and emotional symptoms

Engenders calm, quiet and peacefulness; when the patient is frustrated and exasperated by the lack of forward movement in their life. Feeling of being stuck. Sense of futility; of having done it all before. Lack of motivation; a wish to stop bothering and to surrender to the hopelessness. A sense of being aimless. Often feel bored especially in young adults and teenagers. If

they do start to talk about themselves they often become animated about their longings and hopes and desires but the enthusiasm quickly dissipates as they feel unable to realize any of it. Arrives at a point where there is no desire to keep up any pretence any more; wants to cut out unnecessary effort to impress anybody else. Loses interest in appearance; can become quite shabby and neglectful. A sense of personal grief: as if abandoned by anything of a spiritual nature (psora); out of step with Nature. A sense of being out of step with oneself; sense of separation as if the heart and the mind were not in sync. A feeling that one is not doing the right thing; that one should be putting one's creative energy into something more worthwhile or more congenial. Anxiety from this feeling of not being involved in what one is meant to be doing. Fixed ideas: about what others should be doing (parents, children, siblings, friends); about things and events and feeling that other people should be fitting in with one's own thoughts, ideas and plans. Expectations of other people can be so strong as to hold back the patient in his or her own progress. Loss of intuitive thought. Cluttered mind and chuntering brain which prevent any creative or intuitive thinking to come through (and also prevent peaceful sleep). Rigid mind with fear of change and a fear that things will not turn out as one expects them to. Fear of letting others be who they are; always trying to change those with whom she lives so that it becomes easier to predict outcomes within a relationship. The remedy allows for more flexibility and understanding. Confusion about sexuality: fears and loss of self-confidence in those who are coming to terms with being bisexual, homosexual, transsexual or transvestite.

Physical symptoms

Eyes

Burning and stinging; watery. All < hay fever. Symptoms are < from May to July.

Nose

Streaming nose with soreness and some burning. Streaming nose with no cold symptoms.

Respiration

Difficult breathing in a hot atmosphere. Air hunger. Poor oxygenation of the blood leading to anaemic state.

Sleep

Poor sleep due to activity of mind. Chuntering thoughts with anxiety <. Dreams of letting go of the cares of the world. Rich and varied dreams that can cause frustration when they are not remembered or when it is difficult to see their meaning. Tends to be sleepy instead of active. Wakes up feeling < than when she went to bed. Wakes feeling tired and dull. Becomes stiff and rigid during the night and wakes with aching, stiff muscles.

Extremities

Sciatica < from the hips down the leg to the knee or even to the ankle.

Lymphatic system

Swollen glands; nodules in the glands < throat area. Likely to be of service in cancer of the lymph glands.

Considerations for the use of the remedy

- **Thuja** can look very similar especially in the problem of duality; this may be in the sense of 'being in two minds' or in the deeper aspect of doubtful sexuality. Ash does not have **Thuja's** ability to keep up a professional front while at work.
- **Anacardium** differs in the aspect of duality; **Ash** has none of the former's potential for confrontation or even violence.
- **Sulphur** has the same lack of definition and is even more likely to neglect his appearance; he is also lazier and has physical symptoms that mark him out.
- **Rhus-tox** has similar arthritic pains but the usual **Rhus** modalities are different in **Ash** which has all the muscular stiffness and soreness of Rhus Tox without the modalities of > moving about. It lies, in acute prescribing, somewhere between **Rhus** and **Bryonia** and is

complementary to both. (In **Ash** physical symptoms can cause sleeplessness and psychic distress from insomnia.)

- **Ash** is a tubercular remedy almost as much as it is a sycotic one and it can be fairly described as a torpid **Tuberculinum**.
- **Amethyst** has insomnia for psychic reasons though **Ash** may also find sleep very difficult especially in those who are physically weak or emotionally vulnerable.

Works well after **Oak** and furthers that remedy's work on the rigidity of the system. **Ash** is useful for those who have taken sleeping drugs or cannabis in order to get to sleep. It follows **Thuja** for those who have been on antidepressants. **Thuja** 1M with **Ash** 30c on a daily basis. Works well with **Sycamore Seed** and **Rainbow** on the energetic fluidity of the whole body. **Ash** follows or precedes **Sulphur** well especially when the latter seems to make little appreciable difference beyond the physical symptoms becoming easier. It enhances the work of **Rhus-tox** especially after strenuous sports workouts (**Rhus-tox** 200c for the overstraining followed by **Ash** 30 b.d. for three days for keeping the musculoskeletal system limber). Both **Pulsatilla** and **Silica** are complementary. **Ash** + **Rainbow** + **Sycamore Seed** 30c makes a good triad remedy for therapeutic drainage and rehydration of the whole system especially in those who have forgotten to drink enough in hot weather or after sports and where neither **Phos-ac** nor **China** is indicated.

Esoteric therapeutics

It is worthwhile quoting the following passage from *Tree Wisdom* by Jacqueline Patterson (Thorsons, 1996):

Now we can look more closely at the ancient symbolism associated with the ash tree for by illustrating the fullest expression of life it stimulates the psyche into remembrance and cultivates a specific strength within us. This enables us to heal the past and reclaim our true spiritual heritage. It is no secret that indigenous beliefs and practices have been consistently overlaid by invading cultures, politics and religious change. It is, however, rarely realized how deeply this affected the people for their intimate and reverent contact with the natural world was severed

and their traditional values negated. This has a great relevance on how we re-enact this in our world of today for as people we are unconsciously moved by our collective race memories ... the ash has been most difficult to define for as it touches the deepest primeval levels it shifts the sands of time so dramatically that we become as our ancestors, moving through ages stretching back into infinity. As a tree of ancient lunar associations which became symbolic of the might of solar gods, the ash knows the changes wrought and our mix of genealogy. It is thus ideal to guide us back to ourselves.

This rather elliptical passage has strong relevance to the remedy; by dint of historical culture clashes when ancient wisdom became subsumed by newer belief structures, often invented to create a politically-motivated spiritual power base over the vanquished, the connection for the common man with the earth and Nature and its laws became attenuated and eventually lost. Ash, both as a tree and a homoeopathic remedy, has the ability to remind us of the recorded natural and intuitive wisdom held in our collective and individual gene pool.

Harmonizes energy by balancing the yin and yang principles. Facilitates the flow between the conscious and the unconscious. Allows greater flexibility into the spirit, mind and emotions as well as the physical body. Works on the base centre to help ground the patient who has become so inflexible that there is no more learning being done. Sheds a light on the individual's purpose; allows the patient to be more at peace with herself. The remedy encourages the patient to start again without the sense of tedium at having done it all before. Works on the sacral chakra through the rebalancing of the water element in the system. Works on the solar plexus by healing the rigid energy of the pancreas (manifest as lack of joyfulness) and spleen (manifest as lacking in any aspiration or motivation especially among teenagers). Works on the throat centre where a lot of expression has remained stuck and unvocalized. Works on the brow centre by clearing away a lot of stultifying, rigid thought processes that were fixed years before, probably as a security device in a time of uncertainty or through parental inculcation.

Chakras

Crown

Facilitates the flow between the unconscious and the conscious; assists in establishing or maintaining the connection between the crown and the brow centres.

Brow

Facilitates the use of intuitive thinking to balance out excessive intellectual processing and analysing. Eases chuntering thoughts that obscure intuitive spontaneity. Rigidity and fixity of vision. Thought processes are not well worked out; thoughts are expressed in confusion.

Throat

Lack of self-expression in children or in those who have forgotten what it is to be childlike.

Thymus

Attracted to those who have syphilitic behaviour patterns and reactions. The remedy offers some protection against manipulation by others with negative energy patterns and ulterior motives.

Heart

Grief that leads to the feeling that one is out of step with everything or with oneself; a sense that one is not doing the right thing; that one is not on the right path which fills the heart with foreboding and prevents the centre from expanding either in relationships or towards greater spiritual awareness. Difficult breathing; air hunger. Poor oxygenation of the blood.

Solar plexus

Frustration and irritation resulting from not being able to let go of old emotions and from continually stalled thinking which slows the liver and gall bladder function, compromises the spleen and lowers the immune system. Loss of motivation. Loss of joyousness.

Sacral

Confusion as to sexual identity. Water balances affected; increases thirst in those who do not drink enough and restores the integrity of kidney function. A difficulty in translating experience into awareness.

Base

Sense of futility; thoroughly stuck. Sense of boredom especially in the young. Anxiety and fear which holds them in a state of inertia yet the anxiety stems from a feeling that they are not involved in what they are intended to be doing. Fear of letting go. Lack of confidence in their ability to effect any meaningful or lasting change.

Case studies

1 'A young man of 17, from a gentle family of fundamental Christians, who had been coming for treatment over a number of years, still had certain fundamental issues that had never resolved. Despite responding well to most of his prescriptions he had never lost his shyness and diffidence at communicating with anyone apart from his family. He still tended to fly off the handle when irritated by his siblings and could be extremely unkind, even vicious with his remarks. He was often worried about things, mostly about his school work which he felt had to be perfect. He could have sudden mood switches though he was usually on the serious side. He was very sensitive to criticism and he could be cast into gloom by anything less than glowing praise for any of his work. Yet he could become very bored by work and he would then be easily distracted. At school he seemed to need to be attached to a friend in order to borrow confidence though he could be extremely judgemental about other people, even to the point that he felt they deserved admonishment or even retribution. After **Anacardium, Thuja, Calc-phos, Tuberculinum, Lycopodium, Syphilinum, Mercury, Proteus, Ferr-sulph** and **Aurum**, given over six years, he was more mature but seemed to have put all his efforts into growing; he was now over six feet tall. His mother had commented that he was now "a far nicer person to be with; less unpredictable". However, he still felt easily distracted when he did his school work though he would

never hand it in unless it was perfect; he was now trying to make himself invisible because he hated his appearance – even his writing had become minuscule; he no longer wanted to wash and his hair became lank and greasy; he was afraid of saying the wrong thing all the time; he appeared to have lost all motivation; he had complained that he no longer fitted in at school; he felt that he had to prove himself all the time and in order to do that he had become a perfectionist. Despite all this, he was intensely sympathetic towards others. With a dose of **Moldavite** 1M acne came out on his forehead and he came off all things sugary. His self-confidence markedly improved though he remained quiet and serious. He had a brace fitted on his teeth and at some point he had acquired a girlfriend. His mother reported that he seemed really tongue-tied and almost “panicked” when the girlfriend was in the house. Then the mother came for treatment for herself but spent most of the appointment talking of her son. “Our main concern at the moment is that we don’t know how he’s going to communicate with the outside world. It’s getting worse as he gets older. He’s now worried that he hasn’t got the normal feelings for girls. *We’re* worried that *he’s* worried that he is gay.” He was given **Ash** 1M. Within two months he was “a different lad”. He had a new girlfriend and was devoted to her; he had decided to go off to America to work on a student camp for the summer; he now looked after his appearance and wanted to make a good impression with new clothes; he was far more open and ready to talk; he was far less obsessed with getting things perfect. He was very pleased as his acne had cleared up.’ **CG**

- 2 ‘A 25-year-old woman came to see me. She was a vegan; quite obsessed with the diet. She had seen a lot of practitioners of various sorts. None of them had come up to scratch as far as she was concerned; there was something wrong with all of them, none of them could get her right was what she said. She was rather self-righteous; very rigid. What she wanted sorting out was her back problem: her spine was very rigid. There was no flexibility at all. Her spleen energy was spinning in the wrong direction, anticlockwise. Her blood didn’t flow properly. She went onto **Ceanothus** 3x every day and she stayed on it all through. She had **Pulsatilla**, **Thuja**, **Staphysagria**, **Syphilinum**, **Silica**; all of them had reasonable indications but she

burned her way through them very quickly and nothing really touched the rigid spine and none of them helped her become less complaining. Then, just based on the rigidity, she was given **Ash 1M**: twice a week for four weeks. Her spleen energy improved hugely and began spinning in the right direction. It bounced back into action; all her motivation came back. She became really quite pleasant and she didn't complain of things not working or of people misunderstanding her. She continued **Ash 1M** till the next appointment and then she brought flowers! Her solar plexus began to be much better and she decided to eat meat. She is not nearly so stuck or rigid either in her back or her attitude: no rudeness or superiority.' **JM**

- 3 'An old lady of 79, going senile, was referred by her family. They had recently put her into a care home as they couldn't cope with her any more as she kept wandering off from her house and getting lost. She seemed quite happy in herself though her sleep became a problem. She wouldn't go to sleep. At first she did quite well on **Baryta-carb** but this failed after a while. **Pulsatilla** then was prescribed and this did well for about three months. Then, for a reason I can't remember, she had **Ash 9x** daily. She has slept well ever since. If she fails to take the **Ash** she begins to be wakeful so she stays on it and feels really well.' **JM**

GOLDEN BERYL

Heliodor

This crystal was proved through meditation by 20 students attending the summer school of the Guild of Homoeopaths in May 2006 at a retreat in West Sussex. The students were divided into two groups of ten which sat in meditation on consecutive days; none of the students was told what was being proved and group 'A' was not permitted to discuss the proving with 'B' until the second meditation was completed. Each student was given a dose of the remedy in the 30th potency on the night before the meditation and each was required to take two further doses afterwards to comply with the guide's instruction that any initial dose of this remedy should be given in three doses.

The Background

Golden beryl belongs to the same group as emerald and aquamarine, and therefore shares much of their geological and mineralogical pedigree. It often appears in granite rock and is 7.5 to 8 on the hardness scale. It is usually found in a shiny prismatic formation and can be quite large. The name beryl may be derived from the Greek word *berullos* meaning shiny; certainly, most examples have a sheen or a lustrous quality. Golden beryl is otherwise known as heliodor which derives from the Greek words *helios* (Sun) and *doron* (gift). The first example was discovered in Namibia in 1913. From this discovery a spectacular jewel was fashioned in 1914 for

Kaiser Wilhelm II and his wife and it became a sensation. However, it was soon forgotten in the turmoil of the First World War since when this gem has never recovered its initial reputation. It is now mined in Brazil and Madagascar.

Keynote effects

This is one of the most ‘grounding’ remedies of all and is comparable with **Oak** in this aspect. A sense of personal freedom is enhanced; there is greater trust in oneself and in one’s intuition. The lifting of spirits from lack of joy and a prolonged sense of darkness so that laughter and merriment are brought back. An enhanced awareness of the environment; colours and sounds are both more vivid. A greater sense of either one’s masculinity or femininity being enlivened. Strengthening of one’s life’s purpose. Encourages the perception within of what is real and what is not; of what is true and that which is illusory. The patient is able to be more honest with himself; to be more accepting of those things that have tormented him.

General symptoms

The remedy has a powerful effect on the central nervous system especially when it is associated with symptoms that are the result of tension and stress; when anxiety and stress affect the organs of the solar plexus: liver, gall bladder, spleen and pancreas. (**Oak** affects the musculoskeletal system more.) It is very useful as a drainage remedy in low potencies. It influences the sensorium in cases of mental illness or where the patient feels as if he is showing signs of mental affliction. Treats the spine and the cranium: useful after injuries to the spine or cranium especially when there are tension and symptoms in the digestive system or in the eyes as a result. Whiplash. Paralysis after physical trauma. It is said to heal the effects of injury on the spirit energy in cases where **Arnica**, **Nat-sulph** or **Cicuta** cannot reach; for damage to the spiritual energy, from concussion, that has not cleared from the psyche. (It is a feature in common with the other beryl remedies, **Emerald** and **Aquamarine**, that it heals the spirit that has been traumatized through accident and trauma; that part of the spirit that has been so hurt that it has to be reawakened and reintegrated with the system and for which **Opium** is the usual remedy indicated. For this reason the beryl remedies

should be considered when **Opium** fails to act when given for this reason.) The remedy is one of those which facilitates the realignment of energy that flows through the spine and is therefore of great use in conjunction with craniosacral treatments.

Golden Beryl influences the body clock by healing the damaged energy of the pituitary. It can help to reorganize the balance of hormones that is directed by both the anterior and posterior lobes most especially those that affect the kidneys, liver and spleen.

To be considered in cases of laser treatment to the eyes. Just as **Emerald** is invaluable when given preoperatively for protection and to assist the removal of any pathology, so **Golden Beryl** is important before eye surgery, especially laser surgery. The remedy is of great service in the treatment of eyes and eyesight generally: short- and long-sightedness, astigmatism and glaucoma.

It is useful in cases where the jaws are affected through tension, nervous or emotional; bruxism. Inflammatory conditions of the throat especially when they threaten suppuration (i.e. quinsy).

It is a heart and circulation remedy having a positive effect on hardening arteries and improving elasticity of the tissues. (The combination of **Golden Beryl + Calc-fluor + Lumbricus** in low potency may be considered for strengthening and giving pliability to the arteries.) Should be considered for the treatment of anaemia in cancer patients. Hot flushes; sensation of a hot flush like pins and needles all over the body extending into the extremities. Generally a feeling of being very hot. There is also the opposite: a feeling of being chilled.

Useful in healing problems of the digestive tract. It complements the bowel nosodes. It covers inflammation of the intestines or where there is overreaction in any part of the intestines. Diarrhoea or dysenteric stools; poor assimilation of nutrients causing anaemia and a debilitated immune system; nervous gut reactions such as colic, colitis and diverticulitis. Useful in the process of treating Crohn's and ulcerative colitis and precancerous conditions. Useful in those whose timidity and lack of self-confidence lead to their lives being compromised or handicapped by digestive difficulties and overreactions. (The combination of **Golden Beryl+ Carcinosis+ Hydrastis** should be considered for draining the small and large intestines of malignant energy.)

Golden Beryl is indicated in boys and men: for those who are struggling to find their masculine identity in a context of macho competitiveness and disinterest from females, or for boys who are struggling with adolescence and finding the transition from boyhood to manhood particularly confusing.

Mental and emotional symptoms

Anxiety, tension and timidity. Unsure of oneself; lacking trust in one's ability to cope, in one's intuitive grasp, in one's ability to think quickly enough. Confused emotions: excitement, bewilderment. Inability to concentrate; mind feels confused and foggy. Difficult to remain focused on what is in hand. A sense of inadequacy and the feeling that one has not been able to do anything right. Sadness with pent-up tears. Unable to cry though the sadness and grief are of long standing. Despondency. Allowing life's vicissitudes to get the better of one's fighting spirit; languishing into the torpor of living expediently rather than by making creative choices. Lack of confidence and shyness. Ailments from anticipation. It is considered to be, when indicated, as if it were a homoeopathic tranquillizer: it calms the anguished spirit. The distressed patient may question: 'Why am I here? What am I doing?' A sense of desolation and nothingness. Mental heaviness. The remedy protects the fragile mind; it is indicated in those who fear they are going insane or those who fear that their mental symptoms add up to a diagnosis of increasing senility. The mind can feel blank as if all sensation and awareness of surroundings are erased. (Mind goes blank during hot flush in menopause.) It is useful in those who have, up till now, experienced life as a series of knocks, blows, traumas that have all taken their toll and now, in aggregate, add up to loss of freedom and direction of purpose. They suffer stress and tension that trigger any number of symptomatic effects especially in the digestion and which lead to a gradual but inexorable loss of effectiveness, lack of confidence and diminution of joyfulness. They feel tied to their circumstances and often lose awareness of how their lives are compromised. The patient may complain that he or she does not feel in the body but outside in some nebulous region where part of the spirit is as if anaesthetized.

Golden Beryl may also cover conditions arising from an overinflated ego. For those who rely heavily on their intellects without allowing intuition to balance their judgement. Such patients often have weak kidney

energy and disturbance of the digestive tract; the remedy may give them a greater sense of awareness of other aspects of their potential.

Physical symptoms

Head

Heaviness across the top of the head, over the crown. Oppressive pain as if someone were pressing down. Dull headache on the front, top of the head which settles on the left side. Buzzing in the head with a sense of mistiness. Sensation of expansion in the head. Head feels tight. May be aware of pulsation within the cranium. Sharp pain in the left occiput which can extend to the left eye. Left-sided head pain with nausea. Sensation as if there were a vortex going right through from the top of the head and down through the spine to the coccyx accompanied by a lack of balance and swaying. Sensation as if someone is twisting one's head off. Congested feeling in the middle of the forehead (third eye). Crawling sensation at the crown of the head. Itchy scalp < left then < right.

Eyes

Watery eyes < right. Tears can be a little thick and sticky; mucus from the eyes. Long-sightedness. Short-sightedness. Astigmatism. Incipient cataract. Glaucoma. Bloodshot eyes. Inflammation of the lids and the canthi. Soreness of both eyes on the lids and the canthi. Dark rings under the eyes in those with weak kidney energy.

Ears

Pain at the base of the ear. Boring pain in the right ear. Acute sense of hearing.

Nose

Congested sinuses; sensation of blockage < left side. Acute sense of smell.

Mouth

Grinding of teeth in those who are overstressed. Tension in the jaw; makes speech difficult. Clenching of the jaw which can cause misalignment of the jaw. Aching in the jaw. Pain from ear extends down towards the jaw.

Throat

Sore throat threatening suppuration. Tightness in the throat < swallowing. Sense of thickening in the throat < right.

Chest

Speedy heart rate especially in those with a predisposition to anxiety. Aware of one's heart beat. Pain down the left side of the chest with difficulty breathing and breathlessness. Sensation of a knot in the heart area. Atherosclerosis; high blood pressure. Incipient angina is likely to be positively influenced. Quick stabbing pain in the chest which comes on with aching in the liver extending to the right scapula. Tickling cough at the top of the chest.

Digestive system

Anxiety felt in the solar plexus; in the stomach (which, after the remedy, becomes a sense of excitement accompanied by hilarity). Sensation of discomfort and pain in the right iliac fossa: deep, achy and grinding. Noises in the region of the ileo-caecal valve. Aching in the liver. Turbulence in the intestines. Inflammation of the intestines in Crohn's, ulcerative colitis, diverticulitis, etc. Diarrhoea: dysenteric stools. Colic, colitis. To be considered in potential malignancy in the digestive tract.

Female

Uncomfortable stabbing pain in the left side of the vagina with urging to pass water. Pain in the right ovary.

Urinary organs

Aching around the kidneys. Weak bladder and aching kidneys in older people. Frequent urging. Passes a lot of colourless urine. Kidney and bladder problems in anxious individuals and those with backache – tension

held in the back = frequent urging. It is a kidney drainage and support remedy.

Back

Sharp pain in the back at the level of the lower ribs on the left side close to spleen and pancreas; pain tends to radiate. Trauma and injury to the spine; whiplash – works well in combination with **Arnica**, **Nat-sulph**, etc. as **GB** works on the higher level of the spirit energy while the others work on the physical and emotional. Wearing pain in the sacrum that goes into the hip (< right) causing a lopsided feeling. Sore, bruised sensation in the sacrum extending up the whole spine < night. Soreness and irritation across the whole back. Bruised sensation of the spine > for bending double and getting up and moving around. Aching in the shoulders. Top of the spine feels tense. Itching around the neck. Itching across the back and shoulders.

Extremities

Itching on the right wrist and forearm. Hot flushes extend into arms and hands. Heat felt in the palms. Tingling down the arms into the second, third and fourth fingers. Aching in the fingers.

Considerations for the use of the remedy

- **Emerald**, the best-known of the beryl group, is less easily confused with **Golden Beryl** than some other remedies. Though both have lack of confidence, inability to concentrate, and tension, and suffer from a history of trauma, **Emerald** is far more inclined to dwell on resentment and bitterness; to feel envy; to be changeable and fickle; to put thoughts fostered by the wounded ego before common sense or intuitive inspiration. Both are balancing and grounding remedies but **Emerald** has a greater direct influence on the heart chakra while **Golden Beryl** has a greater influence on the base, sacral and solar plexus centres. **Emerald** might be said to hold up a mirror to the patient's state, affording a view of what is needed to go through the healing process while **Golden Beryl** offers greater strength of purpose, structure and ease from tension.

- **Oak** is comparable in its influence on grounding; preventing the patient from avoiding issues that arise as the result of the curative response to the remedy; making sure that, whatever life lessons may surface after the remedy, they will be worked through as thoroughly as circumstances permit. Both are remedies to consider in injuries to the spine and both have tension in the musculoskeletal structure after trauma; **Golden Beryl** is more likely to have concomitant digestive problems or eye trouble. Generally, **Golden Beryl** is a more overtly sensitive, anxious, even timid character with a lack of security and self-confidence while **Oak** is more stoical and more used to the daily grind of routine; a tougher exterior altogether. **Golden Beryl** is more easily confused and cannot concentrate for too long while **Oak** keeps going 'no matter what'.
- **Jet** might come up in comparisons with **Golden Beryl** as both are listed for fragility and timidity as well as confusion and poor concentration. Both also cover inadequacy in performing set tasks; both have suppression of grief with pent-up tears. Both can be 'doormat' remedies which links them both to the cancer miasm. **Golden Beryl**, though, has more of a sense of 'What am I doing here? What's life all about?' There is a sense of desolation about the beryl remedies that **Jet** does not have. **Jet**, on the other hand, is full of disappointment coming after a period of long struggle. There is a feeling of being hemmed in by circumstances and a sense that nothing ever goes the right way. There is more frustration in **Jet** while **Golden Beryl** suffers more from the tension, anxiety and timidity.
- **Thuja** needs to be compared as it is the most widely used remedy for affording a patient a view of what is real and what is illusory. Both remedies encourage the ability to see where delusion and fear have obscured the patient's true path to healing. Where they differ is that **Thuja** is far more steeped in the tissue of compensatory activities and belief structures that the patient constructs in order to cope with all that is not well. **Golden Beryl** is confused, unable to concentrate and hampered by a sense of inadequacy, but is usually honest about all this. The **Thuja** patient invents ways to hide and obscure all failings and often ends up believing in the veneer, when the truth is

that life and the world are profoundly unsafe and potentially threatening. **Thuja** may well precede **Golden Beryl** and when this happens the result is likely to be the establishment of a strong sense of grounding and determination; clear focus and more self-reliance.

- **Lycopodium** may well need to be compared where digestive symptoms, food intolerance and issues of self-confidence are strong features of a case. Where **Lycopodium** has not achieved the expected response, **Golden Beryl** is capable of grounding the patient whose solar plexus and base are so out of sync with natural rhythms and so held in tension from the history of trauma, that the necessary self-healing energy is spent or rendered ineffective before the otherwise indicated **Lycopodium** can complete its work.

Golden Beryl is related to all the bowel nosodes and works well in conjunction with them. It is particularly associated with **Carcinosin** but also with **Tuberculinum** and **Medorrhinum Americana**. It is a remedy that can help to sort the confusion that sometimes arises in those whose negative miasmatic influences are not obviously defined though clearly at work. It follows and precedes **Oak** very well (as do **Emerald** and **Aquamarine**). It also follows or precedes **Lycopodium**, **Chelidonium** and **Thuja** very well. (A typical prescription might be: **Lycopodium** LM1, **Golden Beryl** 200 once per week for six weeks and **Morgan Gaertner** 30 one three times a week for six weeks.)

It is a remedy to be considered in a triad with **Thymus Gland** and any of the following: **Ayahuasca**, **Carcinosin**, **Chalice Well**, **Lumbricus**, **Thuja**, **Barytacarb** and **Latrodectus Mactans**.

It makes a good drainage remedy when combined with others: **Hydrastis** + **Ivy Berry** + **Golden Beryl** is an excellent drainage and support remedy for the liver, spleen and kidneys. **Berberis Vulgaris**+ **Golden Beryl**+ **Uva Ursi** 12x is one to strengthen, support and cleanse the kidneys, ureters and bladder. **Golden Beryl**+ **Thuja**+ **Pomegranate** 12x is excellent for those with prostate problems. This should be compared with **Golden Beryl** + **Sabal Serrulata** + **Pomegranate** 12x. (The former is more useful when PSA [prostate specific antigen] levels are raised; the latter is more useful if there is hypertrophy of the prostate and dribbling of urine.)

Esoteric therapeutics

Golden Beryl is a remedy that offers protection to the auric field and fosters freedom of spirit, joyfulness and a renewal of self-confidence. It brings clarity of intuitive insight and thus allows for a more balanced view of life's circumstances. It encourages patients to become aware of or to refocus on their life's path after a period of feeling anxious, tense, lost. Where there has been a feeling of ungroundedness and lack of structure **GB**, when otherwise indicated, can help to return the patient to a sense of being on the right path. It is a remedy for healing the damage done to the auric field and etheric body by trauma to the head and spine or to the heart chakra.

Chakras

Crown

Brain damage from trauma and injury. The remedy affords protection for the aura. It engenders freedom of spirit and joyfulness with a return of a sense of humour. It is a great lightener of the spirit in general. Helps to separate truth from illusion. Potential for cancer particularly likely to manifest eventually in the digestive tract.

Brow

Balances intellect with intuition. Encourages the person to call on their experience to temper their intellectual prejudices. Helps people to make decisions wisely; helps to calm fears and anxieties that prevent successful choice making. A lot of confusion and muddled thinking. Headaches with pains and heaviness in the brow and on the vertex. A remedy generally for problems affecting the vision.

Throat

This chakra is often blocked, allowing for little or no creative personal expression. The voice is 'held back'. Tension and tightness in the throat.

Heart

Tension, anxiety and grief held in the heart chakra. The grief is often of long standing and unreachable by other remedies however well indicated. The history of emotional stasis leads to heart pathology especially in the form of angina, atherosclerosis and palpitations. High blood pressure. Stabbing pains in the chest which are random though may turn out to be associated with indigestion.

Solar plexus

Aching and tenderness in the liver and gall bladder area. Noises in the digestive tract. Pain and discomfort in the ileo-caecal area. Pains in the liver extend into the right scapula. Diarrhoea and colic. Nervous gut. Fear and anxiety felt and held in the stomach and intestines.

Sacral

Gynaecological symptoms: pain in the ovary (right) and on the left side of the vagina associated with urging to pass water.

Base

Lack of self-confidence; fears and anxiety. Realigns the energy that flows through and up the spine. Enhances the ability for the patient to adapt to changing circumstances. The remedy is one of the most important for establishing 'grounding'. Adrenal energy is enhanced; as tension is released so the patient is better able to use rest to restore energy and self-heal. Profoundly calming to the central nervous system.

Case studies

- 1 'A woman in her 60s who had been coming for treatment regularly, complained of feeling drained of energy, very tense and tearful. She said that she had felt very "up and down" and that she could burst into tears at any moment. She had been away for a short holiday but had dreaded coming home because she didn't know what mood her husband would be in when she got back. He was a moody man who treated her either brusquely and overbearingly or as if he were a little

boy who needed her undivided attention all the time. She had also felt the “pull” of three very close friends who were ill and in trouble. Though she wanted to “be there for them” she also desperately needed her “own space”. She wept when she mentioned that she had lost another friend to cancer some months before (for which she had been given **Ignatia** 10M at the time). She was a patient who responded very well to **Arsenicum Album** and had said that **Arsenicum-iod** 200 had helped her “tremendously” most recently for sleep problems and anxiety. She said that she felt stressed and overstretched; she was bothered by her husband’s unpredictability and felt that she lived life feeling far too tense. She was given **Golden Beryl** 30c: one each week for three weeks. She returned six weeks later to say that “of all the remedies I’ve ever had it’s the one I shall remember most. I was grieving. I felt all the layers lifting. I felt lifted out of it. It was fantastic! When I finished taking it I felt terrible withdrawal symptoms. I wanted to go on taking it.” On close questioning it transpired that her husband had returned from his own holiday soon after she had stopped taking the remedy and had been sexually demanding. The patient, who suffers menopausal dryness of mucous membranes, found this very difficult and painful to deal with and some of her earlier symptoms of tension and anxiety returned. However, she was remarkably cheerful and focused; there was not the least hint of grief or tears. She felt that the **Golden Beryl** had not been lost; she was aware of feeling far more centred and stable. The sense of layers being lifted from the patient is a common result.’ **CG**

- 2 ‘I have been extremely well since the proving and it is as if I have left all my cares and woes behind. I feel so much calmer and am able to organize my time and life so much better. I feel very happy and content at the moment. I am able to deal with everyday things in a more calming way. Nothing seems to worry or bother me. I feel more confident and outgoing. The course was a wonderful experience and has changed me for life! ... My digestion has improved and frequent urination is so much better.’ – A member of the Guild proving circle recorded this experience after the proving was finished.

- 3 'I have noticed that I no longer wish to use my glasses when I go out driving. So assume it must be the **Golden Beryl** working on my shortsightedness. Very exciting.' She went on to add that 'during the two days of the proving I had very scanty urination (very unusual for me). Then the moment we had finished the proving, all back to normal flow again; quite noticeable difference.' – Another member of the Guild proving added this comment.
- 4 'A woman of 58 who had been coming for treatment for many years and who had most recently received **Calc-carb** LM1 (for constitutional reasons) followed within eight weeks by **Sepia** 200 (for herpes, bearing-down symptoms and general clouding of the mind), came complaining of other symptoms and exhaustion from life changes. She had been going through the various stages of divorce, of starting a new relationship (which included sexual relations for the first time in many years) and moving house to downsize. She had various acutes: a very severe attack of herpes on the right leg with a high fever; toothache from an incipient abscess beneath the gum; anxiety over the purchase of a new vehicle (which meant freedom for her). She had had several dreams about inundation and babies being drowned and had woken feeling that there would have been no point in saving the babies as the world was coming to an end anyway. Her digestion had been helped by the **Sepia** though she felt that it had dried her out and slowed her down. She felt plugged up and in need of fibrous food. Her right hand was also painful from the tension felt in the tendons; she had Dupuytren's contracture. She said that she felt befuddled in her mind and rather ungrounded which was worrying as she particularly felt that she needed to be on the ball in her search for a new home and vehicle. She was given **Golden Beryl** 30: one three times per week for three weeks. She returned to say that her brain became clearer than it had been for a long time; that she had become very decisive (to the point of surprising herself); that her divorce was going through "amazingly amicably"; that "my gut improved every time I took that remedy"; that she had had no more herpes nor any sense that any was lurking; that her sleep was considerably improved. She noted that her prolapse symptoms were still a problem and emptying her bladder was still "not perfect". She felt that she was

much more grounded but that the impending sale of her home might cause her some emotional difficulties. However, she was very satisfied with “the effects of that fantastic remedy”.’ **CG**

5 ‘A very sensitive girl of 14 was brought by her mother, a rather masculine woman who had two other daughters. The girl was just beginning her periods. She had become painfully shy and couldn’t speak. Her throat chakra was completely closed. She was given **Silica, Pulsatilla, Natmur** (though I wasn’t convinced of the indications for this), **Syphilinum** and **Lachesis** (which did more than any of the others). She would only speak to me when her mother was not present. It transpired that she was confused about her sexuality. She even said that she had been thinking about the possibilities of having a sex change operation. She was given **Golden Beryl 30** once a week for ten weeks. After three weeks there was a dramatic change. She had no recollection of ever having had thoughts about a sex change; she had forgotten, too, about her confusion. She now loved dressing up and looked very feminine and she grew her hair long.’ **JM**

6 ‘A 16-year-old lad came with an injury to his spine after falling off his bike. What was really odd was that he had begun to look feminine after the accident; he looked more and more like a girl and he now had confused feelings about his sexuality. He also became psychic. His whole chakra system had been deranged by the spinal injury; it was as if his yin aspect became completely dominant. I’ve never seen this before. He had all the usual remedies for the injury: **Hypericum, Arnica, Thuja** and so on and he had cranial osteopathic treatment as well. He then had **Golden Beryl 30** twice a week for six weeks. Everything just went back to normal. He went back to being a thoroughly masculine boy and the spinal problem cleared up.’ **JM**

ILEX AQUIFOLIUM

Holly

The remedy was proved by both meditation groups of the Guild first in January 1996. Participants of both groups took a single dose of the 30th potency prior to the meditation. It should be noted that **Ilex Aquifolium**, **Holly**, is different from the remedy made exclusively from the red berries of the tree which is generally referred to as **Holly Berry**.

The Background

The name, *Ilex*, is Latin with a possible local Mediterranean derivation. There are many trees with this name including the holm oak, *Quercus ilex*, the evergreen oak. ('Holm' is another name for 'holly'.) Pliny gives the common holly tree the qualifying name of *aquifolium*, not because of any association with water but because the leaves bear sharp spikes; the word derives from *aquila*, the Latin for 'eagle'.

The holly is a native of most of northern, middle and southern Europe, western Asia and North Africa. It is a slow-growing tree that is often found in mixed woodland though it particularly favours growing close to oak and beech. When it grows with other tall trees it thrives in their shadow as it will grow well in shaded areas. However, it will only reach a maximum of 40 feet in such conditions. If it grows in an open area then it can reach upwards of 50 feet. The holly grows best in well-drained, gravelly soil though it is common and profuse where there is underground water (see

below). It has a straight trunk with fine grain, smooth bark of an ash-grey colour that is often shaded by the characteristic dirty green of algae. It is also home to very thin, tiny lichen which cause curved lines of black to form that have been likened to Oriental writing. The bowl is marked by whorls and knots where old branches that have not developed extend outwards and are easily snapped off. Holly tends to make the soil around it uncongenial for other plants.

The leaves are thick and glossy and have seven or eight sharp spikes which alternate upward or downward in direction to afford maximum protection. They are 2 inches long and 1¼ inches wide. The leaves at the top of the tree may be smooth edged largely because of insufficient water or even drought. They are tasteless and odourless. The tree is evergreen though leaves fall after several years. They resist the erosion of time and weather for some while due to their tough, fibrous leathery nature.

In May the holly puts out small masses of white flowers tucked into the axils of leaves, close to the branch. The common holly is either male or female so the flowers require pollinating from another tree. The flowers of female trees give way to the familiar coral-red berries. The same tree seldom blooms prolifically two years running. In some cases a tree will produce a lot of blossom but no berries; the barrenness is due to male flowers only being fully developed locally. If holly is kept as a hedge, clipped and shaped, then it will not produce fruit, conserving all its energies for forming the vicious, protective spikes on the leaves.

The berries are poisonous though birds, particularly blackbirds and thrushes, eat them with impunity. Cattle and sheep enjoy eating the leaves. In some country areas holly used to be given to cattle as winter fodder and it was said to improve their milk and the butter made from it. Rabbits enjoy young holly growth and will gnaw the bark from the immature stems of young saplings.

Holly wood is hard, with a close, even grain. It is a greenish colour on being cut but turns almost white when left to season. Seasoning takes longer than with most woods because holly holds the sap well. This makes the wood liable to warp easily so it is useless until thoroughly dried out. It is then of great value in woodturning and is ideal for inlay work.

Holly wood burns fiercely which made it ideal for smiths in the forging of weapons. It was also used to make shafts for spears, as well as in the

manufacture of chariot, cart and carriage wheels.

Holly has always been associated with Christmas. Traditions dating back to the Druids and the Romans call for holly to be used as part of the end-of-year celebrations. Druids gathered holly in and decorated their homes for a brief spell so that the woodland spirits could safely join humankind. For ancient Britons, holly had to be removed before January was out or it brought bad fortune on the household. The Romans had the custom of sending branches of holly to friends and relatives during the riotous festival of Saturnalia that occurred close to the winter solstice. Such pagan habits were severely suppressed by the early Christian Church. The Druids also considered holly as full of good omen and a protection from evil. They recognized holly's ability to survive and to remain evergreen through the winter despite its very upright growth and they felt that it symbolized strength and tenacity. In Christian lore, the holly was associated with Christ. In some European languages it is called 'Christ's thorn'. Legend has it that holly sprang up from the footsteps of Christ with the berries symbolizing drops of His blood. Early medieval writings tell of the legend of the holly king, a figure associated with vegetation and fecundity – cause for the Christian Church's profound disapproval.

Holly grows in areas where there is underground water. They are often found on rises in the terrain or on hills where underground streams feed wells, ponds, lakes or local rivers. In such places there is often a lot of geopathic stress, areas of the earth which emit force lines of positively charged 'waste' energy over which it is detrimental to live. Those searching for such lines or grids of bad energy that induce illness in people who live in their vicinity, often look for the telltale signs of holly trees to guide them.

Traditionally, the parts used for medicine are the bark, leaves and berries. The bark was used to make birdlime, a glutinous substance that was spread on trees to catch birds in medieval times and also used as an insect repellent; birdlime was exported at one time from the Lake District, where holly was so abundant, to India for the relief of troops plagued by biting insects. The leaves were gathered and dried to make a diaphoretic infusion to treat pleurisy and catarrhal conditions by inducing sweating. The same was given in smallpox, intermittent fevers and rheumatism. If cinchona failed to relieve ague, holly was regarded as an alternative. The leaves were soaked in vinegar and used topically on corns.

A decoction or infusion of leaves, which in fact contains chemicals such as ilicin (a bitter substance), ilexanthin (a yellow pigment), theobromine and caffeic acid, is a febrifuge; it is tonic, cathartic and diuretic in action. *Potter's Encyclopaedia* tells us that a fatal drop in blood pressure has been induced in rats by an extract of holly. Culpepper records that 'the bark and leaves are good as fomentations for broken bones and such members as are out of joint.' Other writers tell us that holly has been used in gout, kidney and bladder stones, jaundice, urinary problems, chronic bronchitis, rheumatism and arthritis. A recipe of one or two tablespoonfuls of dried leaves boiled in a cup of water is a satisfactory preparation. The berries are potentially violently emetic and purgative; they are dangerous when ingested by children. They have been employed in the treatment of dropsy and, in the dried form, as a haemorrhagic remedy.

Dr Clarke, in his *Dictionary*, includes **Ilex Aquifolium**. His description is based on the use of the tincture of fresh leaves, berries and young shoots. He notes that **Ilex** has a reputation in treating diarrhoea, eye problems, intermittent fever, jaundice, spleen pain and staphyloma (protrusion of the cornea or sclera as a result of inflammation). He refers to Hale's book in which he quotes Rafinesque: 'The decoction and wine have been used for cough, pleurisy, colic, gout and rheumatism'. He noted that Cooper had cured pain in the spleen with **Ilex**, giving us the keynote indication: symptoms > in the winter. Cooper gave it to a man with chronic deafness whose trouble was > the winter. A single drop dose of the tincture was curative in a 50-year-old man whose probable prostatic trouble caused him an irritation in the urethra with constant dropping from the orifice. Also reported is Hale's quote of an article by a Dr Hendricks on the effect of **Ilex** mother tincture on the eye. The doctor used five drops of the 1x, four times a day in several cases of 'rheumatic inflammation of the eye with periostitis of the frontal bone which almost leads to staphylomatous degeneration of the cornea'. Hendricks treated a 17-year-old girl with **Ilex** who had been seen by renowned oculists since she was five and whose cornea was infiltrated and staphylomatous and caused nightly burning pains; the remedy healed the problem within six days. Cooper, Clarke tells us, said that 'the diarrhoea of **Ilex** is accompanied with mucous flux' and he suggested that it may be useful in psilosis (another name for 'sprue' or sore throat, raw tongue and digestive disturbances mostly suffered in tropical countries but perhaps not unknown in Europe).

The Bach Flower Essence of Holly covers such emotions as hatred, envy, suspicion and jealousy. This is the counterpart of the homoeopathic remedy where we find the same negative qualities in one who is, nevertheless, deeply emotional with the potential for great joy.

Keynote effects

Rebalances the water in the system. Softens the exterior hardness and brittleness of character on each of the levels of body, mind and spirit. Leavens the sycotic state.

General symptoms

The significance of the patient's complaint or complaints may be difficult to assess as there is a tendency to conceal or obfuscate information. Dropsical complaints; oedema in sycotic patients. The water balance is disturbed in the system. Dehydration < after sunstroke or vomiting and diarrhoea. Gout. Regeneration of damaged nerve tissue particularly in those who have suffered severe trauma to the spine. In blood disorders when the blood does not clot; anaemia. Underdevelopment and lack of growth in the womb; for children who are slow to mature. May be considered in cancer; cancer where there is bleeding. Vomiting of blood or expectoration of blood. Any haemorrhage is likely to be bright red. Menopausal problems: a regulating remedy during life changes organized by the hormone system. Hot flushes with prickling sensations; flooding of menstrual blood. May also be considered in conditions of the breast particularly when there is a clear emotional link. Male infertility. Vaccination damage (see **Jet**): for those children who, ever since vaccination, are unable to connect well with other people or with the world around them. **Ilex** is said to be a remedy that is very useful in tubercular children who appear to be unable to fit in with their life pattern: they do not do well in school as they do not make friends easily; they do not fit in at home as one or other parent finds them hard to cope with (especially the father); they feel uncomfortable in themselves; uncomfortable in their skin. Warts, tumours and red naevi. Stooping or bowed posture later in life. Parkinsonism. (Several provers felt that they were able to stretch their spines upwards with greater ease after taking the remedy.)

Mental and emotional symptoms

Defensive, prickly and aloof yet beneath, when one is allowed to see further into the heart, there is humour and light in the person that is not readily apparent on mere acquaintance. Pride, arrogance and egotism are their most obvious characteristics though they can also be stubborn and obstinate. Beneath there is, nevertheless, a strong sense of compassion. Hard and brittle exterior hides a soft and easily hurt interior. The tough front is born of a lifetime of struggle and emotional pain. They have received only conditional love or no love and they find it hard to express love or to give it without cost. There is bitterness and envy; jealousy and long-held hatred. There is the tendency, which becomes more marked the older the patient gets, to 'hide one's light under a bushel'. All this negativity stems from a difficult relationship with the father figure. Where **Lac Humanum** is able to foster healing between mothers and their children, **Ilex** is able to do the same between fathers and their offspring. Rifts within families due to paternal discord and disapproval. The patient has spent years feeling emotionally cramped, crushed. Rage from jealousy or envy is pent-up and does not find expression readily so it is manifest in physical symptoms such as water stored inappropriately in the body or pains in the joints. (Younger **Holly** patients are more likely to use their sharp tongue.) The patient may well appear to be a bluff, respectable pillar of society and there is, at least to start with, little self-expression to suggest the reality of seething emotion beneath this surface. The intensity of checked emotion may lead to gout, Parkinsonism, paralytic states and pains in the musculoskeletal system. Despair and hopelessness; suicidal thoughts. In young people there may be self-harming. Deep insecurity. Poor memory; difficulty in grasping concepts or retaining information. Irritability and intolerance; does not suffer fools gladly. Yet there is also a sense of humour that can see the absurdity of some situations. They are constant in their loyalty and proud of their sense of honour and duty. If they achieve positions of authority they can cause resentment to build up in others through their intolerance but it is what they do *not* say that causes the upset as they leave others to imagine the worst. This is due to their dislike of hurting other people's feelings. Underlying everything is a reluctance to move on when the relationship between patient and father figure is left unresolved. It is a remedy that may well become associated with the Oedipal conflict. Restlessness and turmoil; can become

bored easily and seek new routines and new challenges but, like the holly tree itself that is intolerant of being disturbed once established, the patient does not like to be moved in those areas which have become fixed through the search for security. Becomes too occupied with trivia or minutiae to be able to focus on any big picture; becomes overconcerned with the little things leaving no time for mature reflection.

Physical symptoms

Head

Dizziness. Tension in the top of the head.

Eyes

Watery eyes < right side.

Nose and sinuses

Sharp and burning pains. Runny nose in allergies or coryza. Pains < in the right sinuses and cheek. Hay fever affects the nasal passages. Sensation of the smell of burning.

Mouth

Cracked corners of the lips.

Chest and larynx

Chronic coughing. Dry sore throat.

Stomach

Thirsty for cold and hot drinks.

Abdomen

Liver and gall bladder: gout in the extremities. Gallstone colic. (Ill-advised to recommend gall bladder flush until all maintaining causes are addressed. The patient is likely to be aggravated and caused unwarranted pain in such a detoxification process with a possible risk of pancreatitis.) Constipation or

diarrhoea. Haemorrhoids and sense of obstruction in the bowel. **Holly** may well be a remedy that will gather a reputation for treating jaundice.

Female

Menopausal problems especially when there are characteristic pains: sticking, sharp, burning. Hot flushes with redness of the face.

Urinary organs

Holly is suggested as a remedy to consider in treating kidney stones particularly when there are the characteristic pains of sticking and burning as well as the intolerant attitude in one who struggles to curb their temper.

Skin

Dryness, itching and the need to scratch. Urticaria and eczema both with itching that makes scratching imperative. Prickling sensations in the skin.

Back and neck

Damage to the nerves in the spinal column after a trauma; tension in the muscles of the back around the spine which feels tight and drawn. Stiff neck and shoulders. Tension in the solar plexus as a result of tension in the mid-back.

Extremities

Aching and restless limbs. Arthritic pains possibly < hands. Twitching in the muscles. Pain down the right leg to the calf from the buttock: sciatic pain.

Sleep

Drifting into sleep when sad or depressed.

Considerations for the use of the remedy

- **Apis** has stinging pains with intolerance, inflammation and > from being left alone. This can look similar to **Ilex** though only in skin or,

possibly, ovarian conditions. Inflammation can look just as puffy but is not so hot nor as torpid as **Apis**.

- **Nux Vomica** is very similar in temperament and may easily be confused in conditions such as piles though there is more spasm in the physical symptoms of **Nux**.
- **Ignatia** can also be similar in pains such as those in piles or proctitis but **Ignatia** is usually more overtly expressive of any emotional problem associated with the symptoms.
- **Lachesis** is less likely to be confused with **Ilex** once it is realized that the latter has a deep concern for others hidden under the mask. Any difficulty in differentiation is likely to be in choosing a similimum for a younger patient who is less well practised at controlling emotions. However, in menopause problems **Ilex** may well be called for when **Lachesis** seems indicated but does not complete the work.
- **Nat-mur** is the remedy that has been most closely compared with **Ilex** because of the resentment and hidden emotion. However, **Nat-mur** is less well indicated when there is the characteristic father/child relationship.
- **Ferr-met** might be compared in haemorrhages but is differentiated by the fact that it is far more physically hypersensitive than **Ilex**.
- **Cactus** has similarly sharp pains; **Ilex** should be considered if **Cactus** does not help.

Remedies that are likely to have been considered apart from those above include **Lycopodium**, **Sulphur** (more obviously warm-blooded), **Nitric Acid** (far closer to chronic depression) and **Anacardium** (which also has an internal conflict that may stem from the relationship with the father though the physical pathology makes it easy to distinguish). All these remedies are followed well by **Ilex**. New remedies that are similarly associated include **Emerald** (more ego-orientated), **Winchelsea Sea Salt** (same as **Nat-mur** above), **Rhodochrosite** (which is more in need of nurturing), **Rose Quartz** (which is far less prickly), **Ruby** (which is more fiery and may have more advanced symptoms in the cardiovascular system) and **Copper Beech** (more importunately urgent). All the potencies of **Ilex** are of value though the highest potencies are, perhaps, of more use in dealing with deeply

emotional issues concerning family dynamics. **Ilex** may also be considered when the patient has done well on other indicated remedies but has still not managed to let go sufficiently of past familial problems that prevent a final breakthrough into fully mature, creative individuality. If it is suspected that the paternal issue is underlying then **Ilex** can gently lead the patient back to dealing with whatever lay at the heart of this problem.

Esoteric therapeutics

The chakras that are mainly affected are the base centre, the sacral, the solar plexus and the heart. The patient is unlikely ever to have been able to establish him- or herself sufficiently well in the base to be able to mature fully. There may even be a lack of physical development in some fashion. Despite any appearance to the contrary, there will be a lack of maturity or a deficiency of purpose. Coming to terms with the father or the patriarchal energy within a family is essential for the complete maturity of the base centre. For the understanding of this it is of interest to learn of the legend behind Uranus and Saturn, exemplars of the age-old conflict between father and son and, in our more enlightened times, between father and daughter as well.

Uranus, in Greek myth, was the son and husband of Gæa, the Earth goddess. He was the personification of Heaven and father of the Titans including Kronos. Uranus, so concerned at the unruly behaviour and tempestuous nature of his six sons and six daughters, possessed as they were of such immeasurable strength, wanted to have them thrown out of Heaven and banished to Earth in perpetual imprisonment. Gæa plotted with her children for her husband to be removed from Heaven and for Kronos to replace him. Kronos captured his father and, with his sickle, emasculated him so that he could no longer father negative emotions. Drops of his blood fell onto Earth and she at once conceived the three Erinyes, the furies who avenge the crimes of patricide and perjury. Kronos set about reordering Heaven and establishing a permanent hierarchical structure (the base centre). With his dying words Uranus had predicted that Kronos would, in his turn, be deposed by one of his own sons. Kronos, threatened by this, devoured each of the children borne to him by his wife and sister, Rhea, who became enraged and hid her third son, Zeus, between Heaven and Earth by hanging his cradle on the branches of a tree where Kronos could

not find him. When eventually Zeus came to maturity he waged war on his father first by trickery and then by outright rebellion, determined as he was to rule Heaven and Earth (the sacral centre). He captured Kronos and struck him with his thunderbolt, effectively dethroning him. He consigned him to Earth where he marks out Time.

Chakras

Brow

Inability to discriminate between temptation and genuine opportunity. The unsteadiness of the sacral chakra and the immaturity of the base lead to making many errors of choice.

Throat

The silence of thwarted protest blocks this centre.

Heart

Anguish at knowing that potential is not being fulfilled but not having the power or resources to overcome this. Much pain and hurt because of disapproval or disparagement from the father figure.

Solar plexus

Frustration at lack of progress. Has come to a point where all progress is thwarted and creativity threatens to stagnate; success seems to be sawdust and ashes in the mouth. Anger and fury lead to a need to retaliate (in the young) or to retreat (older patients).

Sacral

Immaturity: finds relationships founder or there is infertility that blocks fulfilment. There may be an element of history repeating itself in those who have fathered children who are now causing difficulties that mirror the patient's own troubles with his father.

Base

An unwillingness to go back and start again. A feeling of threat (especially in the young) when emotions become involved; fearful of having to face authority, of not having the right attitude to overcome obstacles. Prefers routine in order to avoid leaving one's comfort zone.

Case studies

1 'Girl, aged 18 months, has had lots of coughs, croup 4 times, not > salbutamol, now barking; rattly at night. Has a runny nose when cutting tooth and runny right eye all winter. Eczema since 4 months old, severe by 6 months; used hydrocortisone until 2 months ago. Was very severe in summer but never scratches ... Had all vaccines. Chickenpox at 4 months ... Has a rash all around mouth and dribbles a lot. Tantrums when thwarted: one a day. Mother: eczema as a child; father: hay fever as a child and psoriasis. Both parents are allergic to cats; heart conditions, strokes and cancer in the background. **Tuberculinum** 30, **Holly** 6 (daily) and no Calpol. One month later: cough completely gone; eczema a lot better; eyes not watering. Still a few red spots around the mouth and under eyes. Sleep: hard to get off to sleep; wakes at 1.30 a.m. and will only sleep in parents' bed. (At grandparents' sleeps easily and through the night.) ... **Holly** 200. One month later: Chest is clear;... skin is clear; sleeping in own bed, no problems. Much > in self; fewer tantrums.' **ME** (*Prometheus* No. 7 December 1997)

2 'A girl, aged 7 months: eczema for 3 months. Her mother also had it badly. Began at the ankles; now over chest: itchy and red. Not given any dairy products which has helped; still breastfed. Has had many coughs and colds. Teething: slow and painful. Birth: very painful and distressing ... Mother is taking the Pill; wants to stop breastfeeding but baby won't take to the bottle. Sleep: wakes several times, scratching, to feed ... Family: psoriasis, cancer, allergies, heart disease and asthma. **Holly** 30 and **Tuberculinum** 6 (drops). One month later: skin cleared after 10 days so mother stopped the drops. Only scratching

very occasionally. Sleep: fine; goes through the night. Mother has stopped breastfeeding; baby is on hypoallergenic milk ... **Holly** 30. The mother then came for treatment for her eczema which was much more difficult but the daughter has stayed clear.' **ME** (*Prometheus* No. 7 December 1997)

ME further writes: 'Around the time of these two cases I had many other cases of children with eczema which cleared on **Holly** with or without **Tuberculinum**. Alas, it was too good to be true and just as I was thinking that I had found a brilliant remedy for eczema, hubris came to my rescue and the cases that came needed other remedies and were much more intractable. However, I have continued to find **Holly** an excellent remedy for young children and very useful for childhood eczema. It is also useful during the menopause as an intercurrent remedy but my experience with adults indicates that its action is very limited in people who are rather full of themselves.'

- 3 'The 44-year-old man who came suffering from chronic fatigue and allergies (see second **Latrodectus Mactans** case) returned to report that he had now come up against his father's illness within his psyche. His father had suffered from bipolar disorder, had been for a long time on strong psychotic medication and had been subject to terrible fury and despair, like his mother before him. The patient was trying to come to terms with the memory of his father who had committed suicide some six years before and whom he remembered as a figure of anger and threat. He was given **Carcinosin** 1M (chronic swelling of glands) and **Ilex Aquifolium** 30 once a week for four weeks (as he had been so clear about the influence of his father's energy on him). He returned and explained that he had two major problems: his bowels and "the inner dialogue in my head. The big conflict in me at the moment is to go in the direction my soul wants me to go and the way the ego wants to go. Ego is definitely digging its heels in." He was then given **Anacardium** 1M with **Lycopodium** LM1 (as these two remedies are complementary and the physical symptoms warranted the latter remedy). The result was that the bowel symptoms were considerably reduced and his sense of inner turmoil was much easier. He then said that he would feel better if he were in a relationship and that despite erectile dysfunction, his libido was quite a bit

better. "There's a longing to connect even though there's a fear. I feel my heart centre is opening." Treatment continued for some months more during which he fell in love and coped with the fact that the relationship came to nothing (**Ignatia** 1M). He revisited an old anger about an operation to deal with a hydrocele on his left testicle that had made him feel wretched (**Staphysagria** 200.) He seemed to be more stable, to have better overall energy, more motivated (he started a career-changing course) and he was far more animated. He appeared to be fully involved in his healing process. Then, after a dose of **Tub-bov** 1M, he cancelled his further appointments without offering any explanation. Despite the frustration of not being able to continue encouraging him in his exploration, it was clear that it had been **Latrodectus** that enabled this man to let go of his complicated and confused feelings for his mother and after the **Carcinosin** and **Ilex** that he felt free of his father's shadow.' **CG**

- 4 'A young married woman of 32 came to see me; she had been diagnosed with severe Crohn's disease. Her consultant wanted her to go on steroids but she did not want this at all. She was a very closed and defensive person. She had diarrhoea and severe stomach cramps that could come on suddenly especially if she was going out in an evening or going into stressful situations. After several months of controlling the symptoms with **Aloe-soc** and **Sulphur** she began to open up and told me that her mother had left the family when she was a teenager and that she and her sister had stayed living with their father. There were many emotions around her mother but she said she was mostly really angry with her father and couldn't face him because of the way he had not supported her and her sister when they most needed him. He had a new partner whom they did not get on with and he would not support them when life got difficult at home. The stomach cramps always came on when she had to see him. I gave her **Holly** 1M.

'When she came back the next time, she reported that she and her sister had met up with their father when she told him exactly how she felt and why. She said she was really surprised at how she managed to talk to him without getting upset; he listened and they had a long discussion after which "I felt much better as if a weight was lifted" and

the Crohn's symptoms began to improve. By the following month she had not had any diarrhoea or stomach cramps. She came back for two months but had had no reoccurrence of her symptoms. Although she did need more (constitutional) treatment she felt she could not justify spending money on herself now as her husband was out of work.' **JL**

- 5 'A young woman of 20 had been treated with remedies for polycystic ovaries and excessive hair growth on her body. During the time she was being treated her parents split up. Although she was living with her father, they barely spoke. Her mother had previously told me that her husband had not wanted children and when the first child came he didn't take much interest but when the second child came along he absolutely doted on her. Her mother and father rowed constantly and she used to hear these arguments all the time. While her mother was at home, home life was tolerable but when her mother left everything changed. She had always felt her father doted on her younger sister and had no time for her. She didn't feel he loved her at all and felt very angry and resentful towards him. She had had a long-term relationship (since she was 14) and had recently become pregnant and had a termination. This had further alienated her from her father. They had a huge argument when she told him how she felt but this again had resulted in an even bigger schism. Although very intelligent she could not get her life together; she had quit her university course. She is a very responsible person and very protective of her sister. She wanted to have a family of her own but she also wanted to have a career and work abroad. She was finding it very difficult to decide what she wanted to do with her life. I gave her **Holly** 1M and **Oak** 30c, one each week.

'The following month she reported she had talked calmly to her dad on several occasions. They had sorted out many of their differences and they were getting on much better. She had also been able to talk to her boyfriend. She felt they were much happier and starting to make positive plans for the future. She had also decided to go back to university to finish her course. This was in 2004; she has since finished her degree and is now living and working in Spain on her own and very settled and happy.' **JL**

JET

Jet was proved on 9 May 1997 by the graduate students on the Guild of Homoeopaths' course. Each participant was given a single dose of the 30th potency before the meditation.

The Background⁷

Jet is a form of fossilized wood. It is one of two semi-precious gemstones of organic origin; the other being amber. Jet is therefore not a crystal remedy at all though it is brought into this category because of its association with jewellery. The name is derived from the Greek *lithos Gagates* which means 'stone of Gagas'; Gagas was a town in what is now Turkey. From the Greek it became corrupted to the French *jaiet* and from there into the English word we use today. Jet was formed when wood fell into stagnant water and was then fossilized in a similar manner to coal. The prehistoric trees that provided us with jet are most similar to *Araucaria*, the family that includes the modern monkey puzzle and Norfolk Island pine.

There are two types of jet, the soft and the hard. It is likely that the former was created when the wood fell into fresh water while the latter fell into salt water. Under a microscope it is sometimes possible to see the age rings of the original tree. Sometimes quartz granules are found compressed into the jet. As a gemstone it figures in Moh's scale of hardness at between 3 and 4. Hard jet is far more durable than the soft though still susceptible to being carved. Jet is warm to the touch as it is a poor conductor. According

to the *Journal of Gemmology* XVII No. 1, 1980, jet is composed of carbon (75.2%), hydrogen (7%), nitrogen (0.7%), sulphur (4.6%), oxygen (12.5%) while there are traces of aluminium, silicon, potassium, calcium, iron and copper.

Jet is mined in many parts of the world: Turkey, Germany, France, Spain, USA, China, India, Poland and Russia. However, the highest quality is found in Britain, in Whitby, Yorkshire. (Paradoxically, the name 'Whitby' means 'white town'.) Jet has long been a source of labour and income in Yorkshire. Though it was used for jewellery and talismans by ancient people, is found in their barrows and in archaeological sites where nomadic people settled for a short while and was exported to places such as Scandinavia, it was only in the very early 1800s that mechanical means were developed that would turn jet into an industry. The first workshops were set up in the first decade of the 19th century and by 1850 there were some 50 of them making jewellery and ornaments. At its height the value of the jet industry in Whitby was, at today's values, worth some £3,000,000. Many of the works closed down in the 1920s due to cheaper imports (chiefly from Spain) which were, inevitably, of inferior quality. Today the art of making jet jewellery is still kept alive in Whitby by a few craftsmen skilled in an art that has its roots in prehistoric times.

Jet was at first either collected from the seashore or mined from tunnels dug into local cliff faces. Natural erosion by wind and sea washed up deposits on the shore and revealed these seams on the cliff face. In the tunnels, dug laboriously by hand, explosives could not be used in case the jet were damaged and because of the serious risk to life from the fragile geological structure. When the mining was moved to inland sites on the gentler slopes of the hills, extraction was made easier and marginally safer.

Unfortunately, in the later 19th century, when there was a flood of cheaper Spanish jet which made competition extremely stiff, many Yorkshire craftsmen went out of business though some were lucky enough to find substantial deposits that fetched high prices. Hard jet was valued at four shillings to one guinea per pound weight in the 1870s though later it rose to between £300 and £1,300 per ton. (Spanish jet, prone to hairline cracks and far softer because it contains a higher proportion of sulphur, commanded no higher value than £140 per ton.)

It was in the Bronze Age, when migratory early man began to lead a more settled existence, that jet was included in burial mounds as one of the possessions of the deceased that travelled with him into the afterlife. It was made into amulets and necklaces that are likely to have been regarded as talismans and items of protection and good fortune. When jet is rubbed with a cloth it creates static electricity, the inexplicable effects of which would possibly have increased its significance for these earlier people. The Romans were also interested in the intrinsic value of Jet and they assiduously mined it and worked with it to produce fine ornaments and jewellery.

Looking at a piece of jet one might think that it was dense and heavy yet it is very light and feels delicate though, in fact, it is extremely tough and enduring. Though in its rough state it is a dull black in colour, it can be polished till the surface gleams. Poets have waxed lyrical about jet suggesting that it has always carried meaning and import for people, not least because of its colour, unusual in jewellery.

Jet was most particularly popular with the Victorians, perhaps not least because it was associated with mourning. Queen Victoria wore jet as an essential part of her widow's wardrobe after the early death from typhoid of her husband, Prince Albert. Jet had featured strongly in his Great Exhibition of 1851 and is one of those enduring symbols of Victoriana: aspidistras, chenille tablecloths, sal volatile for wasp-waisted ladies and smoking jackets. None of which might be relevant to the remedy but for the fact that present generations come for treatment with deeply entrenched maintaining causal emotional trauma that so probably stretches back to the emotional suppression of those times.

Perhaps the last word on the history of jet should be given to Marbode, Bishop of Rennes.

*Lycia her jet in medicine commends;
But chiefest that which distant Britain sends;
Black light and polished, to itself it draws
If warmed by friction near adjacent straws.
Though quenched by oil, its smouldering embers raise
Sprinkled by water, a still fiercer blaze;
It cures the dropsy, shaky teeth are fixed*

*Washed with the powder'd stone in water mixed.
The female womb its piercing fumes relieve,
Nor epilepsy can this test deceive;
From its deep hole it lures the viper fell,
And chases away the powers of Hell;
It heals the swelling plagues that gnaw the heart,
And baffles spells and magic's noxious art.
This by the wise and surest test is styled
Of virgin purity by lust defiled.
Three days in the water steeped, the draught bestows
Ease to the pregnant womb in travail's throes.*

Keynote effects

The remedy usually causes the patient to feel calm and more peaceful, more trusting of their healing process and more detached from the difficulties they face. It restores faith in oneself and trust in those who may be able to help us. It seems to set people free of their mental toils. Can be of service to timid patients undergoing surgery (see **Buddleia**).

General symptoms

Jet offers several characteristic signatures: it is hard but light, susceptible to being carved into shape, retentive of heat and noted for its colour, black, that most easily absorbs light and reflects little. Patients often appear to mirror these aspects of the mineral: fragile (either emotionally or physically) but tough and very hard to shift from the causes of their problems. They are very fixed and moulded by their upbringing and lifestyle and find it very hard indeed to shake off the imposed parental/familial influences. They can be hard to fathom as they frequently avoid difficult issues and do not reflect back what is sought through enquiry. The patient's energy is often light but usually heavy in the burdens carried.

Lowered immunity to infectious disease. Immune system damage from the negative effects of vaccination. Ear/nose/throat problems as a result of

vaccine damage. Lack of vital reaction in those with frequent infections. Slow development: may be highly intelligent but reluctant to shine or have a low IQ and prefer to avoid intellectual challenges (like **Baryta-carb**). Developmental learning difficulties: dyslexia, dyspraxia. Arrested physical development. Premature ageing. Raised body heat particularly of the torso and head (but the extremities can be cold like **Calc-carb** to which it is strongly related). Heat with sweating. Sense of heaviness and dullness (though this can be obscured by their light attitude when in company; the heaviness and dullness are internal sensations). Constriction in the chest as in asthma. Body and emotions feel generally congested. A sense that the upper body is larger and more substantial than the lower. (The patient may seem to exist mostly in their upper body as if the lower three chakras were areas to be ignored. The heart and head are their 'business end' while the rest is of little interest beyond the functional.) Chiefly a right-sided remedy. Toxicity to the point of putrefaction. Necrosis. Jet can be used as a drainage remedy to help clear the lymphatic system. Pains in the bones of the neck, back and shoulders > pressure. Boring pains.

Mental and emotional symptoms

Dull-minded and confused. Easily made to feel inadequate in performing tasks. Slow to comprehend though obviously intelligent; as if there is a delay in processing information. (In children there may be a problem in processing instructions.) Appears to be easily frustrated and irritable but unable to stand up to opposition. Fragile and timid yet keeps going with all the daily routines that they have established for themselves (**Oak**). Despite their confusion or slowness of mental reaction they tend to be physically very active. The emotional state can be the result of deep disappointment after a long period of struggle during which they had a goal that was always going to be frustrated: the pursuit of an objective that would never have positive results for them. There is often a history of having striven long and hard but of lack of success or reward at the end. To be considered in those who have once upon a time felt the power of their creative thought but have failed to put it into practice and are now suffering physical, emotional and/or mental pathology as a result. (**Jet** supports or complements **Lyc** well.) A keynote is that one doubts oneself so often.

Unable to see how they are 'up against a brick wall'. **Jet** is useful in cases where women are dominated by male energy: where there is yin suppressed by excessive yang. Patients present themselves as being burdened. They carry the weight of other people's problems which they have taken on because they care too much. Their own creative energy is buried under the burden of having to minister to other people's needs. They can become 'doormat' personalities. They feel unworthy and tend to stay out of the limelight.

The patient presents as having a huge amount of stress even if they do not say much. They are always 'striving'. They may feel that they are under attack from everyone else especially in the work place. They have feelings of being cut off; of being denied their due. 'Whatever I do is frustrated. It doesn't matter what I try, I can't get it right!' (This might be compared with **Copper Beech** which says 'You have to help me. I just can't stand this any more. Time is running out and I feel that my efforts are all wasted!') Patients who find it hard not to weep when speaking about their circumstances – every time they come! Yet, paradoxically, they appear to be in denial about their situation; if the truth is pointed out to them they find excuses not to make changes. They even may agree that they would get better if they were to look after their own issues first but they often find reasons for not being able to change their general situation. Strong tendency to avoid; avoid conflict and confrontation; avoid negative issues. They strongly want approval but because they are so quiet about the way they do routine things for others, their efforts are often taken for granted and go unnoticed. Bright and happy on the surface but dark and depressed beneath. They often have a good sense of humour with a sense of the absurd and ridiculous which can lift their spirits temporarily. But being able to laugh tends to make them feel life is not so bad after all which in turn leads them to allowing further abuse of their efforts. They think a lot about death and dying which worries them more in terms of the indignity of pain and suffering; they are anxious to avoid a long drawn-out illness. Fear felt in the solar plexus. Eccentricity: patient may appear to be eccentric and even slightly insane. This is particularly true of older patients whose creative energy has never been given full expression. **Jet** is a remedy for insanity either actual or incipient. It should be considered for Alzheimer's. It may be found to be of help in menopausal or post-partum depression especially in

those who are normally light in energy, timid or bashful but who suddenly erupt into violent language or behaviour.

Children who do not want to grow up. Children may appear to be in inner conflict with themselves so that **Anacardium** seems indicated; **Anac** precedes **Jet** well as does **Hyoscyamus**. Children who, though they may be mischievous and bright, lack self-confidence even though well able to perform their tasks. Children might become obsessive/compulsive. There is lack of confidence sexually; the patient feels inadequate and lacking in self-worth both physically and socially. Both adults and children are keen to give but unable or reluctant to receive on the level of the heart chakra.

Physical symptoms

Head

Heaviness and congestion. Vertigo. Light-headed during or after much physical effort. Head feels big or as if it is expanding especially with heat felt generally.

Eyes

Can be reddened, sore and watery.

Nose

Disordered sense of smell: can smell ether or other chemical smells associated with hospitals. Mucus in the frontal and maxillary sinuses.

Throat

Congested and tense. Frequent colds. Often have to blow their noses (like **Lyc** or **Puls**); snuffly. Tickling cough with slight constriction. Feels as if it is expanding and congested at the same time. Expanding feeling affects the head, throat and shoulders < in the heat.

Chest

Asthma or asthmatic breathing. Tightness and congestion with heaviness. Tickling cough, dry and teasing.

Abdomen

Fullness and tension.

Female

Right ovary twinges. The remedy has an affinity for the right ovary

Male

Undescended testicles.

Back

Pains in the shoulders and sacrum.

Extremities

Legs feel freezing while upper body is hot.

Considerations for the use of the remedy

There are a number of comparable remedies that came up in the provings. Chief among them were **Anacardium**, **Hyoscyamus**, **Baryta-carb**, **Calc-carb**, **Lycopodium** and **Thymus Gland**.

- **Anacardium** is more likely to be differentiated by more sustained moroseness or viciousness; when this aspect of **Anac** is not evident then it can be difficult to see the difference though **Jet** is more finely balanced, more refined while **Anac** appears to be more out of sync with himself – like a square peg in a round hole.
- **Hyoscyamus** can never be mistaken for **Jet** in the acute but sometimes looks as mild if just as driven in the chronic state; it has a similar insanity in that there are outbursts of fury but in **Jet** they are not as sustained and more rational.
- **Baryta-carb** shares the confusion, dullness of mind and stunted progress or growth but is much chillier, tends to be far less articulate and wants to hide away far more; though **Jet** shuns any unexpected approach, there is usually far more evidence of a functioning intellect.

- **Calc-carb** is the most likely constitutional type to be found under the **Jet** 'layer' though the emotional emphasis is heavily in favour of childhood damage if **Jet** is indicated.
- **Lycopodium** can appear like **Jet** because of the lack of self-worth, fear of failure and the inability to carry through on set goals though **Lyc** is more likely to have the typical physical symptoms and more able to discuss the prospect of change.
- **Thymus Gland** is comparable with **Jet** for a number of reasons: both are remedies to consider in cases of vaccine damage; both cover cases where the immune system is compromised; both are useful in cases where there is slow growth or slow maturation; both are worth considering in developmental learning difficulties; both have a profound influence on the history of trauma. **Jet** influences the thymus/heart chakra deeply and may be found to be one of the most useful remedies in a triad combination with **Thymus Gland** (and a third indicated remedy) for relief in intractable cases of historical emotional trauma that have otherwise been prevented from making any forward movement despite the clearest symptomatic indications. However, the individual picture of **Jet** is far more distinct than that of **Thymus Gland** which may appear to be more like a patchwork of several other remedies such as **Silica**, **Thuja**, **Pulsatilla**, **Tuberculinum**, **Carcinosin** and **Phosphorus**.

New remedies that may be compared include the following.

- **Oak** is more stoic, has a stronger 'work until I drop' ethic and is less fragile.
- **Berlin Wall** is far more trapped in obvious despair and anxiety and suffers genuine choicelessness.
- **Black Obsidian** is more obviously toxic with the need to clear the liver and lower three chakras or the need to clear the effects of interfering drug layers.
- **Copper Beech** is more urgent about wanting to get better; more demanding about changing things to get on with the future as they feel time is running out.

Calc-carb, Baryta-carb, Anac, Lyc, Sulph, Silica, Syphilinum and **Thuja** are all complementary. They also precede or follow well. **Jet** is suitable for fairly frequent repetition perhaps because it is required to work so deeply on both the physical and the subtler bodies and so easily runs out of steam as the patient is inclined to overspend adrenal energy. It is a remedy that lends itself to being put into combination with **Thymus Gland** and a nosode such as **Syphilinum** in order to create a triad remedy that will heal damage of many years' standing to the heart centre.

Esoteric therapeutics

The remedy is most associated with the chakra of the thymus gland which acts as a protective shield for the heart chakra. It is also a remedy for the base, sacral and solar plexus chakras. It encourages the raising of the kundalini energy in those who have a weakened creative force. It is a remedy that affords protection for those who have sustained either physical or emotional damage in childhood. It soothes the heart centre and encourages the link between brow and heart to be restored. Those who have worked with the actual substance and can see its aura have said that, despite its darkness, it is a very light energy and that it is attractive to 'elementals'.

Chakras

Brow

It is hard for this patient to connect the brow with the heart chakra. Avoids heart issues by working hard and filling in time with chores so that the brow does not have to make choices. The ego remains suppressed rather than letting the id choose to change the status quo. Confusion about one's mature identity; very little or no fulfilment of personal expectations because judgement has been clouded by the expectations of others. Stultified. Congestion, fullness and sensations of expansion in the head (extending down to the upper body).

Throat

Avoids using the voice to express what lies deeply buried in the heart and thymus centres. Feelings of congestion and constriction as well as uncomfortable expansion in the throat and thyroid area especially < heat.

Heart and thymus chakras

Jet has a strong affinity for the thymus. Susceptible to being thoroughly suppressed emotionally and to the syphilitic miasm. The patient may seem to be living in 'the abyss' with no way out yet may not be seeking actively to find a way out; may, indeed, be too anxious for that. Vulnerable heart. Heart full of conflict and unresolved emotions yet no willingness to make changes by looking unequivocally through the brow centre. **Jet** restores the link between the two centres. Tight chest; asthmatic breathing. All manner of problems that may arise from vaccine damage.

Solar plexus

Inability to face the challenge of trying to find the right path. Conflict in the heart centre feeds down into the liver as susceptibility to toxic build-up.

Sacral

Stunted maturation process leads to lack of growth (in either physical, mental, emotional or spiritual aspects) and loss of awareness of one's potential; of self-discovery.

Base

Lack of self-worth; stunted growth from difficulties with learning. Lack of awareness of any reality beyond essential functioning. Closed towards learning anything that might foster change. Busy but to no lasting, long-term achievement. Apparently well motivated but is hiding from the demands of soul purpose which has become obscured by negative experience, vaccines or both.

Case studies

1 'A woman in her late 40s who had been coming for some time for constitutional treatment suffered from excruciating nerves. She was forever worried about her two daughters who were 19 and 23. She was also at the beck and call of her husband who worked at home, shut away in his study except when he emerged to be fed. She was a very creative person who had nevertheless abdicated her own career for the sake of her children and her husband's work. Though she would try to keep up a bright front it was obviously an effort and at each appointment she would dissolve into tears. She would sit on the edge of the chair and twist her hanky around her fingers telling of her anxieties. They made her feel nausea; they gave her tinnitus; they made her feel unbalanced and suffer episodes of dizziness. She responded only in part to **Arsen-alb**, **Staphysagria** and **Lycopodium** (which was chosen for her digestive symptoms); she found some relief from **Cocculus** in the acute. She was eventually given **Jet 1M** after she said, through a torrent of tears, "I just don't seem to be able to get anything right at all! Everything goes wrong! Whatever I do is wrong!" She returned to report that she was clearer in her head, she had less marked tinnitus and that her nausea was much better. She had a less harassed look and her demeanour was less passive; she was more incisive and there was even a slightly aggressive tone to her voice. The whine that had been there before was absent. She also said that she had begun to get back to her own artwork.' **CG**

2 'A woman in her mid 30s came with all the manifestations of sarcoidosis though she had been given no diagnosis. Before the symptoms became obvious she had been suffering for some considerable time with allergic reactions, out of body sensations and tremendous physical and mental weakness. Her memory was poor and she felt that there was nothing solid in her to hold onto. She was susceptible to colds all the time and she had severe rhinitis. She had needed a raft of remedies to get her vital energy to respond to further remedies; she had said, "My base chakra is blown away! It's not there!" (She had had homoeopathic remedies for some time and was an aficionado of alternative therapy.) Yet she had been studying very hard with every intention of achieving a qualification that would allow her to become financially independent. After **Opium 10M** (one dose),

Sycamore Seed + Thymus Gland + Ayahuasca LM1 and **Rainbow** 100 daily (not least as there was a history of recreational drugs), she felt that she was back in her body. “I feel as though all my neuro-activity has been rebooted. All the circuits are reconnected. I can’t tell you what a relief that is to have it back.” She was now aware of the pain in her body that she had been denying. She had had migraines (return of old symptom) and her nose was unendurable. “My third eye is definitely not clear at all. My intuition wants to come back.” In the last few days she had become anxious and fearful about her condition. She had **Buddleia** 30 (o.d. x 3), the **Thymus Gland** combination at LM2 and **Lac Caninum** as she was so giddy in the head and had swollen glands popping up.

‘She reported, a few weeks after the acute had resolved and a dose of **Hydrogen** 200, that her mind had been switched on but that her back was suffering. She had been sleeping far more than she had ever been able to before and she had lost some excess weight. Her ankles swelled and she felt flu-like symptoms. She responded well in the acute to **Benzoic Acid** in low potency. She soon came up with “lumps, bumps and bruises from the knees down”. The shins were chiefly affected and she had pains in the bones. Now the sarcoidosis was manifest with the characteristic erythema nodosum. She was given **Merc-sol** 200 (o.d.) and **Scirrhinum** 200 (single dose). The symptom pictures fluctuated and went through cycles of varying remedies. The most indicated was **China-sulph** which was given in 30 to follow the **Merc-sol**. As the erythema symptoms and the sarcoidosis abated, migraines became the chief feature. This was aggravated by an angry episode in which she felt that she had been unfairly treated at college. **Staphysagria** 1M helped her to resolve this and **Proteus** 30 in support eased the frequency and severity of the headaches for the time being. However, the next phase was that she felt her heart chakra was opening up and that there was so much stuff in there to deal with. “I can feel my heart beating all night!” She was questioning her relationship with her partner; she was so angry that he was angry with her so much of the time. She was given **Goldfish** 200 and, later when she felt her body clock went out of sync, **Sycamore Seed** 30 (3x per week). She felt that her self-confidence was given a tremendous boost by the **Sycamore Seed** and her heart had calmed right down since the **Goldfish**.

‘Impatience and irritability, restlessness and a strong need to be independent were the indications for a dose of **Tuberculinum** which appeared to bring all the erythema and sarcoidosis symptoms back though they became manifest at the same time as she had a difficult, badgering friend to stay who was in recovery from cancer. All her pains and other symptoms got better within an hour of her friend’s departure. However, she then “slipped into depression”. Over the next few weeks she became very down indeed. As she ached all over her body; felt that she had never been cared for or supported by her parents; that her father had always put her down; was happier up North than down in the South; felt the injustices of the world bearing down on her, she was given **Carcinosin** LM1. After a week she had a revelation: “I felt that I had to stop. Everything came into focus. With the sarcoidosis my body is attacking itself; I’m at odds with myself! I don’t have to prove myself to the world. I have to get better.” She had headaches, pains in the soles of her feet, hypersensitivity to noise, utter exhaustion, poor memory, pain and pressure in her neck, throbbing in her teeth, diarrhoea every morning and intensely itching, crawling skin which was worse after the headaches. In addition she was depressed and scared of penury. She felt that nothing that she had ever done had really worked out satisfactorily. At this point she was given **Jet** 200.

‘After this she developed acute bladder symptoms which needed **Berberis** Ø and then **Calc-carb** 30 to clear and eczema reappeared on the inner creases of her elbows. Though her migraines continued to plague her, the sarcoidosis symptoms all eased off, she felt far more positive and was able to organize her dire finances. She had never felt as hopeless as she once did before the **Opium** and **Ayahuasca** + **Sycamore Seed** + **Thymus Gland** combination remedy but the **Jet** was able to lift her onto a new level of recovery. She said, “I’ve been dealing with stuff that it’s taken me years to come to grips with.” She now knew that the headaches were hormonal in origin and that her intense heart and skin crawling symptoms were associated with them. She was much clearer about *how* she was; a lot of the confusion of symptoms was now untangled. The case continues and will require much careful monitoring.’ **CG**

3 'A boy of seven, a Taurus (and they so often have throat problems), was brought with a "never been well since" vaccination picture. He had had a series of bouts of quinsy and was in a real **Pyrogen** state. Over the next five years he was given all the vaccine antidotes amongst other remedies and the miasmatic nosodes when indicated. The quinsy stopped but his voice was permanently affected and he had this strong susceptibility to sore throats. His throat chakra and sacral chakra were spinning the wrong way. Then he had **Jet** 30 once a day for 14 days. On day 13 he was completely better; his voice changed and he started to feel and look better. A month or so later the old symptoms began to return with his voice becoming strained and husky again and his throat feeling sore. He then had **Jet** 1M and his symptoms promptly disappeared. The two chakras had also begun to spin in the correct direction. Six months later he is doing well with no sign of a return of symptoms.' **JM**

4 'About 14 years ago a mother brought her little boy to see me. Her son had been given the measles jab; her estranged husband had taken the boy to the doctor in a fit of pique simply because he knew it was against his ex-wife's express wishes. 48 hours after the jab the boy developed paralysis of the whole of the left side of his body. He then began to show signs of progressive mental retardation and lack of growth. All this led to his being placed in a specialist school. He was given **Morbillinum** 10M, 50M and CM over three weeks and the paralysis completely disappeared. After four years of constitutional treatment he showed every sign of being relatively well with his growth and development having caught up with his age group. There was then a ten-year gap when I heard nothing. Then the lad rang me himself and asked if he could come and see me. There was a slight return of some of the old symptoms so he was given **Morbillinum** LM1 and then 2 but this did not make much difference. He then had **Jet** 10M and in 24 hours all the returned symptoms disappeared completely and he has remained well.' **JM**

Author's note

This [case 2, page 325] is one of those sprawling cases in which there is no apparent satisfactory action of any one remedy. Yet for the patient there was never any doubt that each one had its positive effect. She always knew that her complicated history would take time and patience to unravel. She is profoundly aware, without doubt supported by her extraordinary dedication to the homoeopathic way, that she is on a ‘journey of healing’ and that cure is no more than a concept. It is typical of **Jet** to make its appearance in a case of this kind – intelligent, fragile, sensitive, lacking in confidence, with a poor immune system, lack of vital reaction, heaviness and a tendency to become a doormat – in just this way; apparently as an intercurrent yet actually having a deep, positive influence for the following treatment.

Before sending the manuscript of this book to the editor, I asked the patient’s permission to submit her case as an example for **Jet**; she was unaware of what remedies she was given until after their indications had passed and at the time of prescribing the **Jet** I had no idea about the connection with Whitby. I sent her a copy of **Jet**’s materia medica and also asked her for any further information she might have about her experience. Apart from two small corrections of my original, she wrote the following in an email:

‘I’ve read what you wrote about **Jet** several times. The most amazing thing is that at some point soon after taking the **Jet**, I had this amazing urge to move to Whitby. It only lasted an evening but I got the map out and had a look at it. I had this sense that I belonged to the place and that if I moved there my life and everything would all work out OK! Which is quite appropriate, considering the themes of the remedy. The next morning, I woke up and thought about moving to Whitby but the desire to move there and the sense of belonging to the place had totally vanished so I dismissed it as just another place which I had considered moving to. But the funny thing is that previous to all of this, it’s been the one place I’ve always wanted to visit and never got to.’

⁷ For the information about jet I am entirely indebted to Hal Redvers-Jones of the Whitby Jet Heritage Centre and to Whitby Literary and Philosophical Society.

LATRODECTUS MACTANS

Black Widow Spider

The remedy was given a meditative proving at 8 p.m. on Saturday 26 June 2004. There were two groups of provers: one of seven males and another of seven females. The provers were each given the remedy in the 30th potency to take one a day for five days before the proving circles and a single dose of the 200c at the start of the proving. The remedy was made from a female specimen of the spider. Only the leaders of the two groups knew what the remedy was.

The Background

The black widow spider belongs to the genus *Latrodectus* and the family of Theridiidae. *Latrodectus mactans* is a native of the Americas. There are some 30 or more varieties of black widow in the world of which some are already known to homoeopathy. *Latrodectus hasselti* is from New South Wales in Australia; *L. curassavicus* (Theridion) is from the West Indies (chiefly from the island of Curacao) and *L. katipo* is from New Zealand. The origins of the name *Latrodectus* derive from Latin and Greek and suggest something like ‘a robber that bites’.

The black widow female (two-thirds of an inch) is larger than the male (a fifth of an inch) and is about the size of a fingernail. Though the female is highly venomous its bite is not usually fatal. The poison is a neurotoxin which causes local pain within 5 to 60 minutes. Muscle spasms and cramps

develop with severe abdominal pains and sweating with general weakness and oppression in the chest area. Most patients recover within 24 to 72 hours. Fatalities have been known in the very young and the very old.

The black widow is aptly named as she is of a satin black (while her husband is a small, pale nonentity with no bite) and she has the characteristic red hourglass etched on the underside of her abdomen. She is, like the other members of the Theridiidae, comb-footed. With a bicycling motion of her hind legs, she uses the combs on her feet to reel in her web lines when they have trapped a meal.

The spider spins a complicated tangled web usually secreted within a crevice, a hole or beneath a ledge from which individual, taut threads are let down to the ground or a lower level. These lines are prepared with sticky globules that make the whole network a fatal trap for unsuspecting insects that may blunder into them. Though the web looks untidy, covered with the skeletal debris of past meals, old leaves and any other windblown detritus that may have become entangled, it is far from being a mess. The web is a feat of engineering skill, designed so that she can feel the slightest movement from the furthest flung thread. Once something is caught, she lets herself down to the struggling beetle or moth, bites it and then proceeds to wrap it with more sticky thread. The bite will paralyze but not kill the victim. The widow withdraws with her prize to her lair, injects digestive enzymes into its body and then eats her live meal by sucking out the innards. The widow herself is far too well evolved to get caught in her own web; she spends time out from feeding treating her legs with oil to avoid becoming entangled in her own trap. The only other creature canny enough to approach her web without becoming ensnared is a prospective mate.

The male spider comes prepared. Once he is mature and has shed his last skin, he spins a pouch of silk and deposits his semen in it. He gathers it up into the knobbly ends of specialized feelers and goes in search of a mate. He finds her by smell; the widow's web reeks of pheromones. As he approaches, he rearranges the web to confuse her and then starts to serenade her by stroking the web with his front legs and beats a tattoo of vibrations with his abdomen. The outcome of his overtures is by no means certain as she is just as likely to eat a male as to mate. If he is allowed near enough or he manages to hypnotize her for long enough, he will bind her with silk to secure his retreat once he has delivered his cargo.

The mated widow will create a spherical egg sac with hundreds of tiny hunters; the more voraciously she is able to satisfy her appetite, the more progeny she will produce. Each one carries venom but not all of them will mature. Black widows begin and end life as cannibals. The vast majority of baby widows will be food for those which are stronger, bigger and more voracious. The egg sac is home for five days before the survivors venture out. They remain together for a few days, becoming an ever smaller band of moulting spiders till each one becomes more independent minded and goes in search of a hole of their own. As they mature the spiders' original light brown colour turns gradually darker with each skin shedding.

Humans bitten by widows are always the unsuspecting and the incautious. In the past, in times when lavatories were garden rooms, the majority of bites were on those whose relief was short lived. Indeed, the earliest 'proving' of **Latrodectus** was the recorded effects of a gentleman, a patient of a Dr Semple, who did not realize that he was sharing the seat with a widow who took exception to his appendage. Dr Semple reported in the *Virginia Medical Monthly* of 1875, quoted by Dr Clarke in his *Dictionary*, that the man was bitten on the prepuce and that 'At first there was itching; in less than half an hour, nausea followed by severe abdominal pains. Soon after, violent precordial pains extending to axilla and down the left arm and forearm to fingers with numbness of the extremities and apnœa. Dry cupping was resorted to and the blood that flowed was thin and florid and uncoagulable ... He then found most violent precordial pains, the left arm almost paralysed; pulse 130, very feeble. Skin cold as marble, countenance expressive of deep anxiety. At 8 next morning ... the symptoms were worse and continued to increase until 2.30 p.m. Pulse uncountable and scarcely to be felt. Vomited black blood, a quart or more. Soon after, reaction set in and the man gradually recovered. He had two copious stools like the black matter vomited and after that felt quite well. In 36 hours from the time he was bitten he took three half-quart bottles of the best rectified whiskey without showing the least symptom of intoxication.'

Gordon Grice, in his fascinating book *The Red Hourglass* (a book devoted to predators), relates the experiences of an intrepid doctor, Allan Blair, who experimented in the 1930s by allowing a widow to bite him on the little finger of his left hand. The bite was undetectable but the symptoms that developed demonstrated the extraordinary variety of effects produced on the human body. There was burning which spread up the finger; the

finger turned red and then blue and swelled 'into a purple-red sausage'. Within 20 minutes the pain had spread to his chest and gone into his armpit. Blair realized that the venom travelled through the lymphatic system as well as the blood. He became 'dull, drowsy, lethargic; his blood pressure dropped; his pulse weakened; his breathing seemed deep. His white count began the steep climb it would continue throughout that day and night. His blood pressure and pulse continued to worsen.' Pains in his abdomen and flushes of heat with a headache ensued. His neck became painful and his legs began to feel 'flushed and trembly' while his abdomen became tense and hard. Despite weakness, chest constriction, swollen face, difficult speech, laboured breathing and torturing pain, ECGs showed that his heart was good – a fact that contradicts those who say that the toxin damages heart tissue. Blair decided to try a hot bath as he had heard that it could relieve the symptoms. He found almost instant relief though once he left the hot water the pains began again. His blood pressure fell to 80/50 and his pulse became thready. With the pains and the sweats came chills in the night time. Barbiturates given to him by the hospital were useless but morphine afforded a little relief. After three agonizing days in hospital and a week to recuperate at home, Blair recovered. The last of the pains to go had been in his legs. The story was widely circulated by the press and turned Dr Blair into something of a medical celebrity. He retired to do research on cancer and died of heart trouble at the age of 47 years. This too was taken as evidence that he had suffered irreparable damage at the fangs of the laboratory spider. This is not proven as no evidence has been offered as to the origins of his pathology which may, after all, have been hereditary. Nevertheless, it is interesting for homoeopaths that the man who carried out such a heroic proving should have died so young of the very condition for which the spider is best known as a natural healer.

Black widows have been known to despatch old people especially those who already have incipient heart pathology. Others may have weakened vital organs such as kidneys or they may already have toxicity in their systems and succumb to septicaemia as a result of the bite. Of almost equal interest is the fact that there are some mammals that are peculiarly susceptible to the bite. As Grice tells us: 'Rats become more sensitive to noise so that they're easily startled; they rub their snouts and twitch; they put their heads on the floor between their hind legs, as if expecting an air raid, before they die. Cats ... come to fear the light. They crawl backwards,

belly to the floor, howling, and then drop into a condition that in human schizophrenics is known as “waxy flexibility”. The animals remain catatonically still, holding any odd position the experimenter bends them into before they, too, die ... Among the animals who find widow venom especially deadly are guinea pigs, mice, horses, camels, snakes, frogs, insects and spiders including the widow itself. Others, like dogs, sheep and rabbits can often survive the bite.’

Keynote effects

The remedy clarifies the relationship issues that have always existed between the patient and his two parents. It also helps to prevent patients with the characteristic family issues from becoming future heart patients. **Latrodectus** is chiefly known for its severe, even terminal symptoms of acute heart attack in which situation it is peerless when indicated.

General symptoms

NB Text in italics is quoted from Murphy’s *Homoeopathic Remedy Guide* and O Julian’s *Materia Medica of New Homoeopathic Remedies*.

A remedy for the heart and circulation. Is indicated in many conditions of the heart where there is pain, anxiety, restlessness and numbness: angina, atrial fibrillation, heart failure, coronary artery disease, acute infective endocarditis, pericarditis and heart attack. Pains dart about the body or appear in different places; < in the joints and in the legs. Blood is thinned and loses its coagulability. Skin becomes cold like marble. Pulse rate rises but becomes feeble. No intoxicating effects from spirits such as whiskey. Heat with sweating, tremor, numbness in parts and poor circulation (cold extremities). Liver and heart pathology as are found in alcoholics. Left-sided remedy. Extremely sensitive: to noise particularly but also to anything that sets up a vibrational energy: music, drumming, traffic, voices, etc. All the five special senses can feel heightened. Miscarriage especially when there is a suspicion that the father is an unwilling partner in the pregnancy. Throat and thyroid conditions – especially hypothyroid (in men). Restores integrity to damaged tissues; can > scarred tissue of the heart, aorta and valves. Paralysis and loss of function of vital organs especially after stroke; encourages the return of speech and facial expression in stroke cases. Helps

to dissolve atheroma, cardiovascular plaque and clots. Another remedy for the elimination of the side effects of hallucinatory drugs especially those that weaken the heart; especially Ecstasy. Useful for those with AIDS or who are HIV positive. Deeply syphilitic remedy. May be of use in those who have congenital heart defects. *Haemorrhage of black blood*. *Idiopathic thrombocytopenia*: where the clotting factor does not work. It increases the blood flow to the vital organs. Support remedy for organs (especially the kidneys) that may be struggling due to lack of oxygen and nutrition.

Mental and emotional symptoms

Fear and anxiety (like **Arsen-alb**). Fear of bats; of death and of dying. There is a strong difference between the effects on men and women of this remedy. In a man there is a feeling that there is no structure or control to his life. Has no control over his destiny. Full of unexpressed rage that causes the patient to feel emotionally damaged. Rage leaves the patient feeling stupid and self-dismissive, vulnerable and exhausted. Unable to give and receive love; the emotional heart is blocked. Feels abandoned. In women there is a coolness of emotional expression; able to hold disturbing emotions at arm's length. Can remain calm in a crisis. Can appear callous to others, especially men. For both men and women: the block in the heart centre is of long standing and derives from parents and forebears: inherited heart trauma especially from the father's side. Patient can be aware that the relationship between his parents is central to his condition; particularly in terms of his father's difficulties in communicating or offering his emotions to his mother. For children who have never been able to make sense of their parents' union; where the children feel they suffer from the incompatibility of their parents especially when the father has become less than he might have been by accepting the role of husband to a woman in some way negatively dominant. A fear of emotional loss that has been handed on from father to son or an inherited difficulty in expressing emotion even if the emotion is genuinely felt. **Latrodectus** is a remedy that can free up the emotional voice. Writer's and artist's block; the remedy helps to release the stuck flow of inspiration especially where the block is related to or caused by fear and the inability to voice inner feelings. For men who feel at a disadvantage when working with women. For patients who come from a family line in which there is mystery and lack of truth especially where the

father figure is either shadowy or absent or in some way lacking. An absence of truth. Patient feels that there is no time to relax and settle down; feels that he cannot create space for himself. Can't find his bearings. Timid, nervous, tentative. Seeks companionship but finds it very difficult. Encourages the sense of structure and foresight. Cynicism and apathy. *Hesitant speech with tears. Nervous irritation with fear of going mad. Anguish makes him scream.*

Physical symptoms

Head

Headaches: < in the temple and the brow; especially < on the left. Left side of head feels stuffy, thick and cloudy; right side feels clear. Feels that he cannot think with the left side of his brain. Pains in the jaw < left which extend up from the throat and chest. Pain can feel dangerous (as if it heralds a heart problem). A sense of rictus. Strokes: the remedy can be restorative afterwards. Jaw has pain that leads to rictus (a fixed grin or grimace). *Pain in the neck to the occiput. Headache < 2 p.m. till 3 p.m. Vertigo and constrictive headache.*

Eyes

Conjunctiva are suffused with blood. Dim vision. Possibility of cataracts; consider in glaucoma. *Constant pulsating pain in the eyes.*

Mouth

Labial fissure. Trembling tongue. White coating of the tongue. Copious salivation.

Chest

Oppression in the chest. Pains in the chest: burning, stitching, cramping < deep inspiration. Pain extends up to shoulder, down the left arm to the hand; up into the jaw and head. Pains felt in the clavicle < left. Difficult taking a deep breath. Noisy chest from pulmonary oedema. Endocarditis; pericarditis; myocarditis. Atrial fibrillation. Heart failure; angina pectoris. Ectopic beats. Apnoea. Yawning. *Angina pectoris. Violent, precordial pain*

extending to the axilla and down the arm and forearm to fingers with numbness of the extremity. Sinking sensation. Cramping pain from chest to abdomen. Gasping for breath; fear of losing breath and dying. Bronchial rales. Cough with hawking. Yellow, thick acrid sputum. Pulmonary oedema. Very slow respiration; thinks he will suffocate.

Abdomen

Fullness and heaviness. Liver disease with heart pathology. Alcoholics. Can drink whiskey with no ill effects. Severe abdominal pain with nausea and a sinking sensation in the epigastrium. Colic and hardness of the abdominal wall. Chronic cramp of the abdominal muscles without tenderness on palpation.

Male

Very acute pain in the right testicle < movement. Perspiration in the genital region. Frequent erections.

Urinary organs

Burning pain in the urethra on passing water. Red urine which may be albuminous or with casts.

Limbs and extremities

Pains in the muscles and joints: aching and sharp. Claudication. Extremities cold with heat and sweat generally. Poor peripheral circulation. Blueness of parts. Petechiae. Ecchymosis. Pains travel down the right leg and affect the bones, the joints and the muscles. Hard aching pain in the axilla. Pain in the left arm; feels paralysed. Weakness of the legs followed by cramps in the abdominal muscles. Parasthesia of the lower limbs. Burning of the soles of the feet.

Sleep

Restless, anxious sleep. Wakes with shortness of breath. Sleep apnoea. Dreams: of organizing things; of building or constructing things. Dreams of flying. Insomnia. Sleep disturbed, anxious.

Considerations for the use of the remedy

- **Cactus Grandiflora** has sharp pains in the mediastinal region with a sensation of an iron band around the chest or squeezing sensations; palpitations are more marked, the aggravation time is at 11 a.m. or 11 p.m. and there is not the same discoloration and bloating of the skin.
- **Kalmia Latifolia** is more marked in rheumatic patients with neuralgic pains and stiffness though an acute angina attack can be difficult to differentiate; **Latrodectus** is more likely to be very emotional, fearful and have breathing difficulties.
- O Julian also recommends comparing **Heloderma** and **Spigelia**.

Latrodectus is chiefly known for its use in acute heart attacks and in angina pectoris. However, it has a greater depth than this might suggest. It is of great use in those who, without its benefit, might go on to develop heart pathology because of unresolved emotional issues associated with those aetiologies suggested above. It is very often a remedy that presents itself after several appointments. The patient, having been using previous prescriptions to dig into the psyche to reach a level that has its roots in childhood, is now trusting and confident enough in the situation and in him- or herself to work on such deep issues as the damaged and damaging relationship with the parents. Thus it is a remedy that complements others that have begun the journey and yet more that will continue it. **Ayahuasca, Lac Humanum, Ilex Aquifolium, Rose Quartz, Chalice Well, Jet, Thymus Gland, Syphilinum**, the salt remedies, **Purple** and **Aurum** are complementary and precede **Latrodectus** well. It is likely to work well with tree remedies that have an affinity for the heart centre: **Oak, Ayahuasca, Sandalwood, White Chestnut Flower**; also crystal remedies: **Emerald, Aquamarine, Golden Beryl, Rose Quartz, Rhodochrosite**. **Latrodectus** can be combined with **Syphilinum** and **Arsen-alb** as a support remedy for the dying. It is a remedy that lends itself well to being combined in a triad remedy with **Thymus Gland**; a typical triad remedy is **Lat-mac + TG + Syph** or **Latmac + TG + Ayahuasca**.

Note on potency choice

For organ support use the lowest potency: 6c. For physical pathology use potencies up to the 30c and 200c. For mental and emotional 'pictures' use 10M and above.

Esoteric therapeutics

A remedy for the heart chakra. Has been described as awakening all seven levels of the heart centre and allows the spinal (kundalini) energy to flow unimpeded through this centre; **Aquamarine** may be needed to help **Latrodectus** reach so deeply into the auric field. Allows all ancestral hidden traumas to be brought out and resolved; uncompromising in the aspect of revealing the truth. Helps patients to find structure in their lives; to face the challenges manifest in a life without full emotional communication on the heart level; to see where it is necessary and beneficial to be able to make sacrifices. Helpful for fathers who cannot tolerate the competition offered by their children; helps them to realize where their true responsibility lies (may be followed or preceded well by **Ilex Aquifolium**). Helps men not to feel that they are caught in a web spun around them by family life. Encourages the voicing of emotion or the production of work that is a personal statement. Helps those who have been damaged emotionally to receive, thus improving their sense of value and self-esteem. For those who feel that all their aspirations are hopelessly lost in their personal history of emotional misfortune. The remedy can be helpful in difficult birth situations: where there is haemorrhaging and great anxiety felt in the heart and chest.

Chakras

Crown

Restless, anxious sleep; wakes breathless and panicky. Dreams of building; organizing. << from recreational drugs especially Ecstasy.

Brow

Extreme sensitivity especially to noise and vibration; < rhythmic vibrations (music, machinery, traffic). All five special senses are disturbed and heightened to the point of being painful. Men tend to be timid and nervous, overemotional (even if they hide it well). Women tend to be calculating, practical and pragmatic – good at making decisions.

Throat

Hypothyroidism in men. Women may express themselves as dismissive of men; able to discuss disturbing emotions in cool terms (which makes men feel that they are hard-hearted). Creative block: artist's or writer's block: < from fear of criticism and the inability to voice opinion; lack of self-defence (in men particularly).

Thymus gland

Syphilitic tendencies; AIDS/HIV. NBWS trauma to the heart centre years before in childhood (see below in heart).

Heart

The history of the relationship between the parents may be essential to the patient's condition and any inability to give love. Block in the heart centre from the parents; a feeling that it is impossible to understand how one could have been the product of the relationship between two such incompatible people as one's parents: the father being weak, unable to communicate love to the mother, henpecked, emotionally disabled in some other way or absent; the mother being cold, unfeeling, dominant, uncaring or similarly blocked in the heart chakra. Rage against one's father; against one's mother. Unable to give or receive love as there has been no example to follow except a sense of abandonment. Rage leaves patient feeling exhausted, stupid and impotent. They blame themselves. For fathers who cannot face the competition of their children for the wife's attention. For physical heart pathology in its earliest stages up to terminal illness. Poor circulation; incipient angina attacks; chest feels restricted; stitching in the chest; numbness, pain and anxiety in the chest. Atheroma (works well alongside **Crataegus**). Angina: restriction and pains go up into the left shoulder, down the left arm and cause numbness, coldness and purplish discoloration in the left hand. Ectopic beats; arrhythmia; tachycardia; atrial fibrillation;

weakness with raised pulse rate that is feeble. Acute heart attack (use the 200). Heart failure. (Remedy can be used daily in low potency to ward off heart attacks.) Blood thins and coagulability is lost. Acute infective heart disease: endocarditis, pericarditis etc. Pains of disease dart about the body < into the joints and legs; skin goes cold. Sweats with any heat. Sweats, tremor, numbness < if the extremities are cold. Purplish skin discoloration. Remedy increases blood flow to the vital organs. Remedy restores integrity to damaged heart tissue.

Solar plexus

Liver disease < alcoholism. Cannot deal with challenge or conflict, or is left cold and cynical which allows them to be efficient but with no generosity of spirit, which can then lead them to alcoholism or experimentation with recreational drugs, or addiction to antidepressants that let them continue not feeling or expressing.

Sacral

Miscarriages especially when the father has been an unwilling partner in the pregnancy. AIDS and HIV. Remedy can support kidneys and other vital organs in potential heart disease.

Base

Fear and anxiety; inability to get things done. Fear of bats; of dying. Little sense of structure or control over life, especially in men. (The spider's web is not a woven net but is a nest from which apparently random threads are fixed to the ground below in order to capture prey.) Restores integrity to the tissues of the body. Fear of emotional loss in sons; cold hostility in daughters with an inability to express. Men who work with powerful women feel at a disadvantage. A sense of having no space and no time. Inability to relax. Pains in joints and muscles. Intermittent claudication. Skin goes mottled and appears bluish/purplish. The remedy fosters a sense of structure and order in the world.

Case studies

1 'A woman of 76 came for her regular appointment. She had been receiving treatment for some years for psoriasis of the scalp which had firmly resisted all indicated remedies (and a good few others). In the time that she had been having remedies, various other problems had also manifested including cold sores, chest infections, back pain, tennis elbow, cracked skin on her hands and sundry other symptoms. All had resolved well with remedies. On this occasion she reported that everything was getting on top of her. She had been very busy before Christmas and preparing to go away; she had enjoyed a visit to a friend but since then she had felt increasingly burdened. She had a return of cold sores (which **Rhus-tox** had sorted out), she now had chilblains and poor circulation in her feet and felt thoroughly lethargic (a condition she was completely unused to). She also had fallen on her right knee and bruised the side of her head. She had a crick in her neck. "I feel that I have lost some of my confidence. I have also had a shudder going down my centre; like a flutter in my chest." She had had some unpleasant dreams; "I'm trying to get somewhere or do something but I can't manage it." What worried her rather more was a sensation of a lump/pain (she couldn't describe it more clearly) in the precordial region of her chest which only came on at night. She felt that the sensation went into her left armpit. She was given **Latrodectus** 6 to be taken once each night for as long as she felt necessary but advised that she should call if the pain had not resolved within seven days. She was also given a combination tincture of **China** 3x + **Cactus** 3x + **Crataegus** Ø which she was directed to take at the rate of three drops each day. She reported that the pain disappeared within three days. It returned after she had left off the **Latrodectus** for a few weeks though she continued to take the tincture. She took the **Latrodectus** again for a few days and stopped again. She said that the heart symptoms had only come back when she overdid things. She stopped the tincture when the 4-ml bottle ran out. She never needed the remedy again and remains well today, some four years on.' **CG**

2 'A man of 44 came for treatment. He was thin with lank hair and a limp, damp handshake. His eyes were sad but kindly and his tentative voice was full of anxiety and caution. He presented with chronic fatigue syndrome which he had suffered for some ten years ever since

breaking up with his long-term girlfriend. “I was deeply in love but just couldn’t commit myself to marriage so we broke up.” He had trained for the law but once qualified and in practice in a large firm he realized that his fatigue was making his life impossible. He took sick leave and then left permanently. He suffered innumerable symptoms: weakness, poor oxygenation of the blood, brain fag, low libido with impotence, chilliness, nausea, various physical pains including in the chest, piles and dry skin. He was also very anxious and found it very difficult to be amongst people for long. He managed to get through each day by meditating for five hours at a stretch. He had undergone a wide variety of alternative treatments including homoeopathy; much had been eased temporarily but nothing had helped at any depth. Initially he was given **Thuja** 1M weekly for eight weeks and **Baryta-carb** LM1 which he felt made very positive changes though the prescription brought up other issues. The main problem was that of sensitivity to noise; he found his neighbours’ activities intolerable. He had his house soundproofed. Nevertheless, he felt that his brain fag was resolved and most other symptoms were reduced considerably in intensity. He described some of his background history, information that had not been vouchsafed in the first interview. He had been born abroad to parents who were dysfunctional; his mother was emotionally chilly and his father was a manic depressive. He had had a nanny for the formative years of his life. His mother “put me into a false position. I felt antagonistic towards my father. He occasionally erupted in terrible rage towards me.” The father was on powerful medication but eventually committed suicide. “They managed him (with drugs) but they killed his soul off.” He said that he felt that it was important that his father carried everybody’s negativity and shadow. “My father wasn’t strong enough to hold my mother. She was the strong one. She’s never discovered what it is to be a woman. Both my father and his mother had bipolar disorder. I feel more compassionate towards my father (now) but I can feel the distance.” He added that “My mother is not a very physical person. I’m angry with her but I’ve learnt to see her in a far more loving and compassionate light.” He was given **Latrodectus Mactans** 10M (collective single dose) with **Holly Berry** + **Sandalwood** + **Emerald** 30 to be taken as a protective and supportive remedy as he had given such a deep impression of grief

unwittingly visited on an innocent child. On his return he declared, “The big picture is that I’ve been working through these layers in the body. I’ve hit my father’s illness within me. That’s where I am today. I still feel quite lost really. I don’t seem to have found a normal life. I feel on the edge of it. I tend to ‘catastrophise’ everything! My gall bladder and the liver have taken a hammering.” However, he had cut down on his meditation, his skin complexion was a lot healthier and he was far more animated. He remembered that he had had pneumonia at the age of two which is when his brother had been born. He also said that he now wanted to explore the history of his birthplace and his relationship with his nanny whom he had adored but who had vanished from his life when he was ten. (See the third case of **Ilex Aquifolium** [page 310] for the continuation of this case.)’
CG

Author’s note

After the meditation circle, the group of men sat discussing their joint experiences. Two things came out of this conversation. The first was that all seven men found themselves communicating on an emotional level that was remarkably free of any machismo; the degree of relaxation and openness among them was unusual in a group of men. The second was that six of the men no longer had a father and had lost them some considerable time before and the seventh, whose father was still alive, expressed his contempt for him.

LEPISMA SACCHARINA

Silverfish

The remedy, generally known by its common English name, was proved by the meditation circles in January 1995. Before the meditation each member of the groups was given a single dose of the 30th potency.

The Background

Silverfish – or bristletail as they are sometimes called – are arthropods. They are amongst the very oldest insects in the world having been about on the planet for tens of millions of years. There are some 720 different species of silverfish worldwide, nine of them are indigenous to the British Isles. They differ from other insects in that their abdomens are segmented and they have three highly sensitive bristles fanning out from their rear ends which alert them to the tiniest vibration. Another difference is that the young are born in the form of a miniature adult; instead of following the usual insect metamorphosis of egg to larva to pupa to imago, silverfish progress to maturity by a series of moults. When they are fully grown, silverfish measure up to half an inch. The body is covered in silvery scales that are called setae, the same as those that cover the wings of butterflies. These scales are part of the protective mechanism as they slough off on contact when a predator such as a spider attacks the silverfish. Silverfish require just the right conditions in which to mate (22 to 26°C). Males perform spectacular courtship dances to induce the females to lay their

eggs, ready for them to be fertilized. This external copulation is another less than common insect practice. The female can lay up to 100 eggs in her lifetime. The lifecycle of the silverfish may be as short as three to four months or it may be considerably longer. Silverfish are quite capable of living without food for several months. Their favoured habitats are warm, dark, damp places. They shun the light and are active at night. They live off starches or rotting vegetation such as leaf mould. They prefer dried food. They are considered to be pests especially by people who love books as silverfish enjoy a diet of antiquarian bookbinding when they can get it. They have a particular penchant for natural glues and are often to be found in old houses feasting off wallpaper. Their enemies include spiders, ants, light, dry heat and pest controllers who actually despair of ridding human habitation of them as they are such successful insects.

Keynote effects

Silverfish has marked effects on the rate and manner of growth and development; it is a remedy that influences the musculoskeletal structure in general and the spine in particular (especially the thoracic area). It is invaluable in the treatment of children and in those suffering from whiplash, however longstanding the injury might be. It eases tension, both physical and mental, in those who are driven or who are more or less in a perpetual state of tension. In those who repeat old patterns of negative behaviour the remedy is capable of fostering change and enlightenment, so that the patient does not get back on 'the hamster wheel' they were on before.

General symptoms

Spine: scoliosis (especially after traumatic birth). Lordosis where the spine is concavely bent forward even to the point of causing a hump. Lack of mobility in the vertebrae; < osteoarthritic conditions after injuries; consider after whiplash. Spinal collapse; difficult to sit up; children and old people who sit hunched and find it too much effort to straighten up and yet are surprisingly nimble when on the move. Joints click and crack. Drying out of synovial spaces between joints; stiffness; arthritic conditions of the major joints and spine. Osteoporosis.

Useful in old age (when it > the process of stiffening and hardening); in early youth (when it > early onset of negative patterns likely to lead to pathology i.e. after birth trauma; after spinal injuries etc.). Children who grow too fast for their frames (complements **Calc-phos**). Also slowness: slow dentition; slow to walk or talk; slow to think. Silverfish is slow, not stupid. Paradoxically there is hyperactivity. The child runs round the room in circles; hurtles about at bewildering speed (like **Tarantula** but without the mania). Can become desperate and exhausted but keeps going.

Mental degeneration and paralysis from the base chakra upwards (Complements **Conium** and **Baryta-carb**). Ascending paralysis. Parkinsonism; MS; ataxia. Also epilepsy and conditions which display choreic movements. Sudden jerks and spasms. Electric shocks run through the body. Sudden switches of energy state: sleepiness, unawareness and gormlessness and then the polar opposite: acute sensitivity and quick-wittedness. Speedy minds that run out of energy. Swings between extremes: high/low energy; slow/fast movement; sleepy/wakeful; dull and torpid/quick and sharp.

Winter < (becomes torpid) and summer < (becomes overheated easily); spring and autumn >. Syphilitic remedy. Taps into the syphilitic miasm; can be given when it is suspected that this miasm is present but not openly revealed and it will encourage the manifestation of the underlying remedy picture if there are other indicating factors.

It is regarded as a remedy that is unlikely to cause aggravations in this miasmatic context. **Silverfish** is also a sycotic remedy; the creature lives in humid, damp conditions and lives on detritus. Where **Psorinum** is indicated in skin cases, but fails to work as expected, consider **Silverfish** as it has an affinity for the psoric miasm. Where a **Silverfish** patient has become powerless; where time is no longer relevant; where there is no sense of purpose, even though it might be disguised by an impatient attitude; where there is a pattern of constantly repeating the same mistakes, then consider **Silverfish**'s relationship with the cancer miasm and **Carcinosin**.

Mental and emotional symptoms

Feels tossed from one wave to another by life. Sense of futility; of speeding along but having to deal with obstacles which seem to frustrate any real progress; fruitless activity which disappoints and frustrates as end results do

not justify the considerable energy expended. Difficulty in organizing time; time passes too quickly, not allowing enough to complete set tasks; feeling that there is more time than there really is with a consequent need to rush which <. Easily confused by speed; loses sense of direction when forced to go too quickly; loses control of thought processes, starts off slow but begins to make errors when the pace is forced. Irritation with self for not being quick-minded or clear-thinking; exasperated. Thoughts race round in the mind yet feels slowed down and confused; unable to string a sentence together. Slowness alternating with hurriedness. Child appears to be quick on the uptake but slow to produce results. Also for those who appear to do very well physically but, in spite of obvious intelligence, fail to live up to academic promise. Wants to curl up and be alone. When angry and frustrated becomes irate and dismissive; cannot bear to be with others who may be slower or obtuse. Becomes impatient. Has a strong sense of right and wrong yet can be quite ready to change his mind. Willing to learn by experience but not so good at learning by rote or by being lectured. Will find methods of avoiding the routine or the unpalatable; prefers to set off in search of his own ways of doing things; would rather learn by making mistakes even though this frustrates as he has the tendency to get stuck. Has a strong pull towards hierarchies. They are not natural leaders but they are sticklers for making sure that people keep to their roles. They are disturbed by changes in patterns and routines. (They like patterns in designs.) They can often be found searching for things – even with intensity – but they can become stuck in the ‘search mode’; they are unable to see solutions in front of them. They can refuse to do things in the accepted way or as shown by another, yet might be later found doing those things efficiently as though they had arrived at the solution by themselves. Developmental learning difficulties: dyslexia. Helps to free the spinal column of foetal reflexes which have not been eliminated in the natural course of maturation. For those on the autistic spectrum. For those who find it a struggle to comprehend spiritual matters and their implications. Has an intellectual interest and awareness of spiritual things but finds it hard to embrace them with understanding. People who repeat the same patterns through their lives and cannot get out of the rut; constantly repeating the same mistakes; ever diminishing life force from not recognizing negative patterns of behaviour. For those who have an innate sense that they need to change their lives but

have found it difficult to stick to the changes they institute or who make changes that do not alter their basic negative patterns.

Physical symptoms

Head

Head feels too full; feels he or she must stop or else will burst. Bones of the head feel tight and constricting especially around the orbital and cheekbones as well as forehead. Vertigo: must close the eyes to stop seeing things spinning round; > lying on front.

Eyes

Aching on moving them especially after using them for a long time. Feels > for being in the dark.

Nose

Strong sense of smell.

Mouth

Teeth tend to decay quickly; < eating too much sweet stuff or junk food. Stale taste. Bites nails. Chews clothing: cuffs or shirt collars.

Throat

Stale-tasting mucus collects. Congestion and coughs to clear it but it keeps coming back. < drinking. Prefers dry food when throat is bad.

Heart and circulation

Cold extremities: poor circulation in arms and legs. Winter <; wants to hibernate. Sensitive to cold in the heart region; chest pains in cold weather.

Stomach

++ junk food; ++ sweet things. Little thirst except for Coke or other sweet drinks. Or can be in a situation where there is only time for packet foods and snacks.

Abdomen

Stasis of bowels; sigmoid flexure feels full but straining does not >. Ileo-caecal valve: pain or discomfort which causes need to find a comfortable posture while sitting or to rub the area (particularly of small children). Also congestion in the hepatic and splenic flexures causing flatulence and discomfort. Sudden spates of diarrhoea alternating with chronic constipation (often due to not giving enough time to bathroom activities). Dry, crumbly stools.

Female

Delayed menstruation. False menopause: period seems to stop but then comes on again but usually with a different intensity or other symptoms than usual.

Male

Feeble erections and temporary impotence; episodes come on without apparent reason or after a bout of more frequent sexual activity. Normal libido till the propitious moment and then put off easily by either ideas or too much fuss.

Skin

Ichthyosis; scaly skin with pearly coloured flakes. Itching with heavy flaking and peeling. Sensitive skin; is very ticklish.

Bones and muscles

Spine: weakness from too speedy growth or osteoporotic changes or injuries. Spina bifida: is recommended as one of the first remedies to consider. Scoliosis. Pelvis: spinal problems due to tilted pelvis; < after epidurals or lumbar punctures; injuries. Joints: arthritic/rheumatic. Stiffness of muscles and their attachments; causes the chest to feel stiff, and heart and lungs to be restricted.

Sleep

Sleepless or drowsy; in alternation. Anxiety about sleeplessness. 'Can't be bothered' attitude with drowsiness and long sleeps. Sleepless in the night but drowsy in the day. Wakes bright but quickly loses energy and is thoroughly torpid by midday; < bright sunlight. More energy at night.

Considerations for the use of the remedy

- **Tarentula** is far more violent than **Silverfish** which is just as restless but more likely to be similar to **Silica**.
- **Silica** is easily confused with **Silverfish** as there appears to be the same 'holding back' from shyness and timidity with a quick intelligence that can so easily seem to promise more than can be delivered. Both are sensitive; both can be obstinate; both can be irritable. **Silverfish** has far less ability to sit quietly and work at something with concentration. It is more likely to give up than **Silica** though the latter might be forced to from weakness or tiredness. **Silverfish** goes into torpor more than **Silica** but when it is busy it is far more agile, restless and 'all over the place' than **Silica** would have the energy for. In **Silica** children with learning difficulties, **Silverfish** is often required.
- **Salix Fragilis (Crack Willow)** is comparable in conditions of the bones. Both remedies share lordosis and scoliosis and there is arthritis in both. There is more potential deformity in **Salix** which is listed for ankylosing spondylitis. **Salix** does not have the same degree of restlessness as **Silverfish** and it is more associated with the heart chakra and grief.

Silverfish precedes or follows all the **Calcium** remedies, **Syphilinum**, **Tuberculinum**, **Carcinosin**, **Silica**, and **Mercury** (and it can closely resemble **Mercury**). Also complementary to **Goldfish**, **Ayahuasca**, **Salix Fragilis** (in spinal injuries) and **Clay**. As an injury remedy it is excellent and has proved its worth in cases of whiplash and other spinal injuries.

Esoteric therapeutics

Encourages enlightenment for spiritual development; heals negative Saturn energy especially in the aged (i.e. is good for grounding); heals the spine for

the greater potential and flow of the kundalini energy. Heals a sense of spiritual separation; might say 'It is as if there is something profound missing.' Venus energy is either neglected or lacking – poor self-expression and difficulties with expressing creatively. As with many of the remedies made from creatures and material that comes from an ancient history, **Silverfish** has the ability to bring forward (for treatment) or release a lot of stuck karmic influences.

Chakras

Crown

There is a sense that something else in life is missing which generally refers to a spiritual awareness. So strongly is **Silverfish** a base chakra remedy that it is as if any aspiration towards spiritual awareness is too far away to achieve. So much life is spent being busy or tired that there is no time for reflection, meditation or contemplation. Sleep patterns are easily disrupted; sleepless at night, sleepy in the day.

Brow

Confusion may reign in this centre because the left and right sides of the brain do not interact congruently. Though there is no question about intelligence or intellect here, there is a great difficulty in staying focused. Can easily be distracted by the thought of playing a game or food or a television programme; especially one in which there is a lot of action and noise.

Throat

With all the tension in the upper spine, there may well be poor drainage from the ears, sinuses and throat. Self-expression may be limited due to the mind going faster than the body; there may be a delay in saying what they want to say which can lead to considerable frustration in a classroom situation when events may move more quickly than they can cope with.

Solar plexus

Frustration can lead to outbursts of anger as they find it hard to deal with scholastic challenges. In older people, there may be a similar feeling in those who face dealing with new gadgets or technology but cannot 'come up to speed'. The problem is in the connections between the brain and the body but the effects can be tension and irritation that affects the bowels which may come to a standstill.

Sacral

Problems with the musculoskeletal system may be a root cause of difficulties in the pelvic organs, leading to problems with menstruation and impotence in men. The chakra can become torpid and have weak fluid energy flowing through it.

Base

Silverfish is a profound remedy at this level of the system. Both skin and bone problems originate here in this chakra. Problems in the spinal column, whether caused by injury or from a traumatic birth, lead to a compromised base energy and difficulty with generating kundalini energy. At best, this energy flows in fits and starts as if there were a build-up of it which suddenly needs to be released and which brings on the bouts of excessive restlessness and movement. There is a lack of steadiness in the remedy state which hampers development.

Case studies

1 'Boy who, at the first appointment, was eight months old. Presenting complaint: restless, disturbed sleep. Would not sleep in his bedroom alone. He was adopted at the age of three months after living with foster-parents. His adoptive parents thought that the biological mother was traumatized for most of the pregnancy which could explain a lot of his problems. He was incredibly fearful during the night; restless, disturbed sleep; needing constant contact with the parents for reassurance. The old fear remedies, which helped in varying degrees, did not hold for any length of time. By two years of

age he presented with all the classic signs of autism, namely very limited speech and vocabulary, not wanting physical contact, obsessive about his toys being in a perfect circle around him. On one visit his grandmother mentioned his fascination with the colour yellow and, basing the prescription on the meditative proving, I gave **Yellow** 12x twice a day for a fortnight. We continued with this prescription for over a year as the mother was very happy with his progress (albeit very slow) especially with his speech; he only needed a few visits to the speech therapist to correct the problem. Unfortunately he was vaccinated with DPT just before starting school after which he presented with lots of catarrhal problems for which he had **Thuja** 6 twice a day to clear the vaccine damage. After five months at school the problems started again: he was being bullied and he became angry and withdrawn. He was given **Black Obsidian** 30 twice daily to begin with and then once a day. His mother was very pleased with his school work (always just below average) and he was better behaved. He was given **Goldfish** 30 for his feeling that he had no friends and for the lack of concentration while reading. When the symptoms of “needing things to be done his way” and “parents always giving in to him” came up, he was given **Silverfish** 30 twice a day for seven days. This made a great improvement and he was better able to cope with his parents not capitulating to his every wish. This prescription was repeated in the next month with a further good response but eventually he was given a **Silverfish** 1M when there was a return of the terrible rages that he directed mostly towards his parents. A few months later he was featured in the local newspaper promoting the headmaster’s fitness policy which gave him a tremendous confidence boost. Since then, though he has continued with constitutional treatment, he has continued to do well.’ **KM**

- 2 ‘A woman of 49 came for her regular three-monthly appointment. She was complaining of pain in her neck. She said that she had had it “crunched” by a chiropractor but that had done no good. The problem was in the cervical spine: C II and C III. She had a sore neck, a permanent headache and felt sick some of the time. She also said that her digestion was very sluggish. She felt that “it’s all stuck to the sides of the bowel.” She was given **Silverfish** 30 to be taken twice a day for

seven days. When she returned she said that her neck was completely better, she had no more headaches and the nausea was gone. Her bowels, though still variable, were much better than they had been.'

CG

3 'A boy of eight was brought for his regular appointment by his anxious mother. She said that he was being cheeky and cocky a lot of the time. He kept saying that he wanted to play and then switching his mind to wanting to read a book. He did not want his mother to talk about him at all in the interview, but when asked if he wanted to wait in the waiting room he refused to go. He also refused to answer any enquiries; he directed all his monosyllabic replies to his mother in an inaudible voice. His mother said that he had been very confused and was having a hard time making any sense of things. He often gave inappropriate responses to questions, she said, and he tended to lie all the time. He suffered from dyslexia and dyspraxia and had attention deficit disorder. He was undergoing sensory response therapy for this which involved drawing the bristles of a paintbrush along areas of the body where there were still foetal nerve responses that should have gone within the first six months after birth. He was going through a daily exercise of brushing the spine. He was swinging between violent tempers and hysterical tears, anger and torpidity. He had been badly teased at school. "His self-esteem is rock-bottom. He's such a loving boy but he's such a Jekyll and Hyde. He just shuts down when things get too difficult." He was given **Silverfish** 1M. Eight months later, a time lapse his mother had never been able to leave before, he returned for a check-up. He was now far happier at school and doing well. The teasing had stopped as he was able to cope among his peers and make friends. He was still very sensitive and vulnerable but he was better able to concentrate and the only difficulty he now had with school work was his slow reading. When he had an explosion of temper it was now only when he was admonished for something he thought he had not done. He had grown and put on weight.'

CG

4 'A teenager who had been given **Aurum Iodatum** 1M for depression, despondency, a laissez-faire attitude and feeling too hot and "glandy" (NBWS using too much cannabis) returned to say that he felt a lot

better in himself, that he was no longer so worried about what he was going to do with his life but that since the remedy he had been growing again and his right hip was very painful. This was due to a twist in his spine which was very obvious on examination. He had had a car accident as well; his neck was painful on the left side and the ache extended into his left scapula. He was getting frontal headaches and he was not particularly articulate about how he was feeling or what had happened in the accident. He was given **Silverfish** 200 once a week for four weeks and **Sycamore Seed** 30 three times a week for the same period. The result was that all tension left his shoulder, he had no headaches and he was no longer so tired.' **CG**

Author's note

To see a silverfish react to light or touch is to understand how sensitive a patient in need of the remedy has become though, confusingly, that sensitivity is not there all the time. The creature is very speedy and tends to run around in confused circles and then dash off in a straight line; at other times it seems torpid and lacks reaction altogether. This is very like a signature for a child who probably suffers from some form of learning difficulty with a degree of attention deficit. Such children often have quite tense musculature at the top of the spine and across the shoulders which leads them to feel discomfort though they do not mention this; it has to be observed. (Wriggling in a seat may be a sign of this tension.) It is also a characteristic of some children who are growing too rapidly for their frame. The growth spurts make them tired and torpid but, like a **Phosphorus**, they might suddenly be up and about and rushing everywhere. **Silverfish** complements **Calc-phos** very well in such cases.

LUMBRICUS TERRESTRIS

Earthworm

The remedy was given provings by the meditation circles in May and June 1996. Each participant was given a dose of the 30th potency immediately before the meditation.

The Background

Lumbricus terrestris belongs to the family of the Lumbricidae. It is the largest of the 24 species in Britain. Worldwide there are some 1,500 different species. Only the North and South Pole are too inhospitable to be a home for worms. *Lumbricus* is usually reddish brown with a yellowish underside. It is the simplest animal form that functions by means of a vascular system. There is a 'saddle' region called the *clitellum* close to the reproductive organs. The body is cylindrical but for a flattened tail region that may develop in the mature worm. The body is segmented with *annuli*, rings. Each segment has tiny hairs known as *chaetae* which facilitate movement through the soil.

The worm has a vital role in the aeration and fertilization of the soil. It has a marked preference for clay soil. It forages for food on the surface keeping its tail within a permanent vertical burrow. Such burrows may be up to 6 feet deep. The worm feeds on dead or decaying plant material and soil. It draws organic debris down into the burrow and excretes casts of soil behind it. Darwin's estimate was that worms shift some 40 tons of earth per

acre in a year. To be able to achieve its feat of earth moving, to move through the soil, a worm needs to keep its body moist; oxygen must pass across the body's surface. Worms only venture out onto the surface at night or after rain when it is cloudy. Though they can survive a drenching and are even able to move through water, they cannot tolerate ultraviolet light.

Earthworms are hermaphrodite; they are mature at about 4 weeks. Though each worm has both male and female organs, self-fertilization does not occur. Worms come to the surface to mate which they do on wet days in the summer months. When ready to mate, a pair line up side by side facing opposite directions. During mating the worms lose all sensory perception. They secrete large amounts of mucus with which they cover the clitellum area and in which sperm is exchanged. The clitellum of each then secretes a substance that hardens to form a ring-like cocoon in which the eggs are fertilized. The cocoon slips from the worm's body and is left in the soil for the eggs to hatch from it. Contrary to legend, worms cut in half do not become two new worms. The top end may heal and continue to function but the back end dies off.

Worms have been recommended in folk medicine as a remedy for digestive problems and toothache.

Keynote effects

Lumbricus is speedy in relieving acute pain from injuries inflicted on the spine. In chronic pathology of tubal parts of the body it is usually much slower in acting but tends to clear congestion and restore organ function by stimulating the lymphatic system. It fosters further patience and self-confidence in going through the healing process.

General symptoms

Psoric conditions where there is a state of depletion and weakness either from stress or physical illness. It is a syphilitic remedy as it covers degenerative nerve conditions: MS; Alzheimer's; paralysis. Blood and lymph circulation are both affected as it has an affinity with all the tubes of the body. This also covers the alimentary canal and organs of respiration. It particularly affects the tubes which operate with peristaltic action or which have cilia on the mucous membrane. Sensations of constriction especially in

these organs of elimination or expression. Encourages the growth of new cellular tissue and may well halt the multiplication of cancerous cells; is said to discourage malignancy after surgery; to help to prevent metastasis. Regulates the body clock in those whose systems are out of sync. Sensitive to the moon's phases. Vaccine damage: Crohn's disease after the measles jab. Helps to antidote the effects on the gut of the polio vaccine; should be given before the vaccine in those cases where parents are determined to go ahead. Nervous system: subjective symptoms reported but with no objective evidence; numbness, twitching, trembling and paralysis with weakness but nothing to be seen. Consider in paralysis of either the upper or lower extremities; one-sided paralysis; palsy; stroke; spina bifida; cancer of the spine (relieves the pains). Damage to the spine from epidurals or lumbar punctures (complements **Hypericum** and **Ledum** as well as **Oak**); pain in the spine from epidurals and lumbar punctures has been removed altogether. Any condition where the thought process is still active but the motor nerve response is limited. Damage to brain cells from starvation of oxygen especially at birth. Dyslexia and developmental learning difficulties; particularly for those who fidget and cannot sit still and suffer from lack of concentration and yet have slowness in mental functioning due to faulty connections in the 'wiring' of the brain. Confusion between left and right. (Remedy serves to facilitate the co-ordination of brain cells.) Can be given at the beginning of a viral infection to limit the intensity and tenacity of the symptoms. Referred pains; pains that should appear to be on the left, appear on the right as in some heart conditions.

Mental and emotional symptoms

Self-expression is mostly seen through their work which is often unassuming and requires patience and diligence. They are not pushy people and lack self-confidence beyond the confines of their work (and even there may have lost focus). The remedy can bring in confidence and a recognition of the need to stand up and be counted. Single-minded. Negatively, the patient may be servile and unctuous with an irritating subservient attitude. Victim mentality: downtrodden and depressed; emotionally suffocated. Stuck in circumstances that are sapping their vitality. Useful for those who have lost their work and are at a loose end: retired, redundant, unemployed – any situation where the sense of identity through work is missing; can

become irritable and angry as a result. Gentle and sweet-natured but feels vulnerable so may appear bland and elusive. Avoids touch and may shrink on being approached. Has difficulty in expressing feelings and rarely cries; prefers not to try to articulate deep thoughts or ideas. Appears introverted. Depression and despair: suicidal tendency as they can become shut off from the world; they experience little or no joy and feel powerless. They may take the problems of the world on their shoulders but find it impossible to accept any consolation for themselves. Becomes frustrated with poor memory and is fearful that it is the beginning of senility. Useful in older age when the patient is losing memory and intellectual capacity.

Physical symptoms

Head

Vertigo in strong sunlight. Sense of confusion and disorientation when in a crowd or traffic. Tingling at the back of the head and into right face as if it had gone to sleep.

Eyes

Dim sight < sunlight. Prefers the shade. Short-sighted.

Ears

Eustachian tubes become blocked < history of ear infections. Wax deposits: brown and thick. Tinnitus.

Mouth

Dryness with thirst; difficulty in opening the mouth wide enough to protrude tongue. Teeth come through rotten in children.

Respiration

Sense of suffocation; difficulty breathing. Lack of oxygen from poor ability to fill the lungs.

Digestion

Children who will only drink milk and have no appetite for anything else; constipated as a result. Difficulty in swallowing things often due to a sensation of swallowing a lump. Nausea with a sensation of a lump in the stomach. Vomiting in children; projectile vomiting. Reversed peristalsis. Anorexia and bulimia. Difficulty in regulating the bowels. Constipation alternating with diarrhoea; constipation with no urging at all. Stools can be hard and dry or slimy or compacted. Rumbling and gurgling. Intestinal worms. A liking for indigestible things such as clods of earth. Long-standing intestinal problems that have gone on for years due to neglect or in spite of treatments. Useful where the patient has responded partially to one or other of the bowel nosodes. Toxic bowel with sluggish liver (like **Tunbridge Wells Water**). Cancer of any of the organs of digestion. (Can be used in 6x potency to cleanse the colon.) Hirschprung's disease.

Female

Useful in infertility for the patient with lack of self-confidence and inability to believe in her potential as a mother. Threatened late miscarriage (fourth or fifth month); helps steady the nervous system and maintain the healthy development of the foetus especially the development of its nervous system and the neural tube. Sexual frigidity; inability to respond to the opposite sex. Gender confusion especially where it has led to emotional shutdown.

Male

Conditions of the epididymis: stricture or inflammation or the results of same. Lack of sensation of the glans with no erection. Undescended testicle: usually right. Undeveloped or shrivelled organs.

Skin

Severe reactions to radiation and UV light; may have use in skin cancers. Sensitive and easily bruised; ecchymosis. Itching of the skin on the left side.

Neck and back

Stiffness. Spine feels sensitive. Lack of flexibility especially in the cervical area. Pains from injuries and particularly after epidural and lumbar

puncture.

Extremities

Arms and hands feel heavy and separate; fingers are swollen and palms are clammy.

Sleep

Desire to sleep in the afternoon; deep sleep 4-5 p.m.

Considerations for the use of the remedy

- **Calc-carb** is the closest mineral analogue and is followed well by **Lumbricus** when it fails; **Calc-carb** constitution is the most likely to develop the **Lumbricus** picture.
- **Morgan** is just as stuck on all levels but is usually dryer and not necessarily so associated with food intolerances.
- **Lotus** has more overt anxiety when troubled.
- **Sulphur** has far more heat and volatility.
- **Pulsatilla** is more overtly emotional and in need of support.
- **Nat-mur** shares the inability to cry but is far more likely to harbour grudges and resentment; it follows **Lumbricus** well when the latter has completed its work.
- **Clay** is even more stuck in the base centre with less movement and without any sense of refinement that **Lumbricus** can have.

Cleanses psoric soil but in doing so often unmasks syphilitic and sycotic manifestations. Affinity with all the bowel nosodes; increases the range of **Morgan, Sulphur, Clay** and **Medorrhinum** when the pathology being dealt with is in the bowel. Enhances the energy of **Okoubaka** in cases of toxic bowel from wheat allergy. Compare **Calc-carb** (with which it has an entirely complementary relationship), **Puls, Bellis, Carbo-veg, Nat-mur** (with which there is an emotional affinity), also metals associated with nervous conditions: **Cuprum, Zinc**, etc. Has a strong affinity with other new remedies such as **Clay, Goldfish, Silverfish** and **Oak**. Works well in

LM potencies for stroke patients. Follows **Tunbridge Wells Water** in severe cases of liver and bowel disease. Works well in combination with **Tunbridge Wells Water** and **Syphilinum** either as LM or in 'x' potency which might need to be considered in desperate cases. Has an affinity for the **Thymus Gland** and should be considered as a candidate for triad combinations with that remedy.

Esoteric therapeutics

While this remedy is of enormous value on the physical level, it does have a deeper, spiritual aspect that should be appreciated. **Lumbricus** is representative of most humanitarian concerns and as such is associated with patience and humility. For those whose life's purpose is already service to others, it affords greater strength and conviction; to those who would slough off materialism for spiritual growth, it offers the ability to make the transformation through encouraging the power of intuition. Allowing full rein to the intuition and accepting the consequences brings awareness of the need for continual personal development. The remedy has the ability to draw out that which is hidden within the psyche; it causes the subconscious to bring things into the light of consciousness; it will give insights into the reasons behind old, negative patterns of behaviour; it can reveal what is wrong pathologically by bringing symptoms to the surface (i.e. old and suppressed conditions that were never resolved). Fear of change is very strong in those who tentatively seek to develop away from Mammon and many find the difficulties of rejecting an acquired lifestyle too hard. The remedy provides resilience in the face of the challenge; one of the greatest difficulties the patients face is opposition from those who surround them. These 'loved ones' are often very persuasive in their efforts to stop the process of development as they fear being left behind. **Lumbricus** gives strength of purpose to pursue the new path. When given for such indicated reasons then it is probably best to use the highest potencies and without fear of aggravations. The remedy works on all the chakras but in particular it brings together the crown and the base. It also has a special affinity, on the physical level, for the solar plexus and all the organs of digestion, thus it strengthens the will and motivation that fuels it. In its ability to work on cleansing the immune system it has an affinity with the thymus gland, the chakra most associated with holding onto anything that might be a potential

block from the past. In clearing this chakra it also leads to clearing the energies of the throat centre and the parathyroid centre, the chakras of self-expression. It can also work on blocked or confused sacral chakra energies. The more grounded the patient becomes, the more apparent it is that the brow centre is also cleared by **Lumbricus** as the patient becomes more trusting of his or her intuition to lead the way.

Chakras

Crown

Unawareness of the need for spiritual development (see **Lotus**). Becomes so stuck in the base centre, working in service (usually inappropriately) that the patient fails to see the need for transformative change. Cancer diathesis. Vertigo and disorientation.

Brow

Has little ability to choose to make changes; powers of discrimination are impaired. Too involved in work and routine to see the imbalance between intuition and intellect, neither of which are much exercised within the patient's present situation. Sensations of numbness in the head. Senility as the result of being unable to transform.

Throat

Poor self-expression; avoids issues that would require using the voice. Sensations of lump in the throat which make swallowing difficult.

Heart and thymus gland

Much suffering held in the heart centre though it is borne with patience and humility. The patient feels unappreciated and unworthy but is unlikely to make much complaint. The sadness is manifest in other centres or in pains that migrate to other areas. In some, the grief may come from a deeper area of their history than they can remember; the thymus gland and the blood hold the memory of the emotional history. Unmitigated despair is turned into pathology such as cancer in the digestive tract.

Solar plexus

All sense of challenge and conflict are anathema to the patient who is unable to rise to either but shies away. Lacking the fire element with which to process anything that is ingested. Negative emotions are transmuted into pathology of the digestive tract with sensations of stricture, blockage and congestion. Symptoms range from diarrhoea (less common) to complete constipation or the alternation between them. The balance of bowel flora is easily upset in a patient who has struggled for years with conditions that are associated with toxicity, candida, yeast and parasites.

Sacral

Lack of creative potential manifests as infertility or difficulty in conceiving. Blocked or congested tubes. Helps to confirm sexual identity in those who are confused.

Base

Stasis in the base centre; little or no movement away from the drudgery of continual work yet little concept of learning lessons from experience. Very heavily an earth-orientated remedy: too much earth and too little air or fire. Symptoms manifest as increasing paralysis, stiffness, and structural weakness all of which may also be obvious on the mental, emotional and spiritual levels.

Case studies

(See case 1 of **Hazel**)

- 1 'JS, male aged 17. Back pain since rugby injury. Pain in dorsal spine < movement; < twisting to the right. Otherwise well. Had had the pain for two months. Was originally treated by osteopathy which > for 24 hours. Then the injury was compounded by a further rugby injury. Had not been free of pain for four weeks. **Lumbricus** 30c was given with craniosacral osteopathic treatment. Pain was relieved within 30 seconds of the first dose and did not return. Patient remains well despite further games of rugby.' **CG**

- 2 'A child had measles and the parents panicked and thought the measles was meningitis. They took him to hospital and he had a lumbar puncture. It was very traumatic. He had terrible constipation after that. He was a wriggly patient so he had **Lumbricus** 30 once a week for four weeks and the constipation disappeared. The rash came back so he finished the measles and then became hungry and made some developmental leaps.' **MB**
- 3 'A woman of 34 had an epidural when the baby she was carrying went into distress and a Caesarean section became necessary. She has never felt well since; she has suffered from pain in the lower spine and an earlier injury to the coccyx has been aggravated. **Arnica, Ledum** and **Hypericum** have not removed the symptoms. **Lumbricus** 30, daily for five days, has dealt with the pain and restored the patient to her normal levels of energy.' **CG**
- 4 'An artist, a stressed mother of three came for ongoing treatment. She complained of an acidic/metallic taste for which she used aloe vera juice. She felt that the problem was connected with her digestion: "It feels a really isolated thing, a hot thing in my intestines. I want something cool around my middle. I still get that pain in my left side here under my ribs." (A pain in her spleen). When she was hungry she felt that she had to eat something or she would become fretful. "My whole insides feel really sluggish. I'm constipated; I can only pass what feels like bricks." She felt bloated but not with wind; she was retaining water. "I've not been feeling myself. I can't get on with anything. I make the space to do my own work but then I just make excuses; there's so much to do for the kids. When I think back to my college days, it stops there as I'm not that person. I feel the split between what I have become and what I thought I might be. Now that I've been able to make the space, I feel there's no structure. I feel lost." She also added that she had been feeling heavy in her pelvis and having pains in the pinna of her right ear for which she took **Belladonna** though the pain always came back. She was given **Lumbricus** LM1: one drop daily after eight succussions. When she returned she said that she felt fantastic. She felt stronger "and more unified. It gave me a big kick. I got rid of a whole lot of stuff."

However, she felt that she was going downhill again. The constipation was coming back though she still passed motions each day and she was getting bogged down in chores. She said that whenever she felt weak her tonsils would swell and her throat would get sore. “I hold things there in my throat.” She said that her head was very busy, trying to be lots of different people. “I’m very aware of how scattered I am.” She was given **Lumbricus** LM2. When she returned in five months she said that her digestive symptoms were a lot better. There was no acidity; constipation was not mentioned. The only physical symptom was a pain in the back as the result of careless lifting. “I want more challenge; more intellectual stimulus. I get so cross with myself; why can’t I just be satisfied with being ‘mum’? I went for a really good job but then I couldn’t commit to it. I have such a lovely life. I should be really pleased but I end up crying with frustration.” She was given **Anacardium** 1M once a week for three weeks. When she returned in the following year she had been working in a full-time teaching post at the local comprehensive and was loving it. There was only occasional constipation, no ear pain, no throat or tonsil symptoms or emotional “down” days. She was complaining of cramp in her feet.’ **CG**

- 5 ‘A man in his 40s who had suffered a sudden and frightening drop in blood pressure some four weeks before, came for his regular appointment. He had had no more episodes of faintness but was aware of a dull ache in his neck which extended into his shoulders. The pain came and went episodically and was accompanied by stiffness, “clicking and crunching”. **Lumbricus** 30, one three times per week was prescribed. When he returned he said that there was no further trouble with his neck.’ **CG**
- 6 ‘On two occasions I have been asked by anxious mothers to help their sons who, though perfectly well in themselves after constitutional treatment, suffered the indignity of small genitalia. One was generally short and stocky and showing no signs of any major growth spurt while the other was short and very thin and **Silica**-ish. Both were 14 years old and treatment lasted until they were 15. Unable to find any reason in either to prescribe more of their obvious constitutional remedies, I gave them a combination of **Lumbricus** + **Baryta-carb** +

Thymus Gland LM1. In both cases the result was what was hoped for. The first boy also grew to be over 6 feet tall. The second boy asked his mother to request more of the drops as he felt it would be good to continue despite now being perfectly well endowed.' **CG**

MOLDAVITE

The remedy was proved in July 1994. Each member of the meditation circles was given a single dose of the 30th potency immediately before the session.

The Background

Moldavite is a tektite made up of 80% silica; 4% alumina and the rest of oxides. Tektites are vitreous blobs of a glassy material that has no crystal structure. They have a unique chemistry that still has not given up all of its mysteries. Tektites are most likely to be fused glass that formed as the result of meteor impact on rock on the earth's surface which had melted under the stress of the impact and intense heat. (Though there is speculation that the crystal is itself material from outer space). They occur in specific sites that are often associated with craters. Unique meteors striking areas of different rock in different geological areas would explain the chemical diversity of tektites. Some hold to the perhaps fanciful belief that tektites are shards of our own moon or from the planet Mars.

Moldavite is particularly prized, being the only gemstone associated with outer space. Gemmologists have rated it at 5 to 6 on the scale of hardness. It is valued for its bottle or olive green colour and its translucence and, occasionally, its transparency. However, though many shops selling crystals hold a stock of moldavite chips, these are usually not of gem class and tend to be opaque, dull in colour and lacking any lustre. It is only found in

Moldavia, part of what is now the Czech Republic. (Other places mined for tektites include Australia, Tasmania and Malaysia.) There are currently only four fully operational mines left that are extracting moldavite from the earth and they are likely to close some time before 2020 as they will soon be exhausted. It is estimated that only about 275 tons of moldavite was ever scattered on the earth and that it was formed some 15 million years ago.

It is said that to make a gift of a piece of moldavite is to initiate change for the person who receives it. Evidence for this exists. I went to a crystal shop in search of different specimens including moldavite. The shop owner asked what moldavite's esoteric properties were and I explained about its reputation for signalling uncompromising changes. When it came time to tot up the bill for my purchases, he very generously made me a gift of the moldavite. The implications did not strike me immediately but over the next three months I went through an intense period of change in both circumstances and health which included a house move, change of practice and change of attitude to various different things that had been blocked before. On mentioning this to Martin Miles, founder of the Society of Homoeopaths in the UK, he said that the same thing had happened to him and over the same length of time – three months. I have since verified this oddity amongst other colleagues and patients.

Keynote effects

The tendency is for this remedy to bring up hidden truths that have lain buried or secreted away for fear of their ever coming to light. It is uncompromising yet, paradoxically, may not produce the evidence either in the way the practitioner expects or straightaway. It can and does uncover the syphilitic miasm. Aggravations of existing complaints are not uncommon and may appear to effect little else which can lead to confusion for the practitioner. If there is integrity in the system and sufficient grounding already established then **Moldavite** can be given with confidence. Its greatest asset is that it will shift a patient who is hindered from progress by hidden syphilism and unresolved emotional trauma. The remedy helps the patient to realize that they do not need to do everything alone; that it is sometimes necessary and life-enhancing to receive help and advice from others. It helps patients to feel confidence in their intuition; in their choice of people in whom they can place their trust.

General symptoms

Useful for the treatment of burns. Burns that start to turn black. Heals burns that do not respond to the usual, indicated remedies such as **Cantharis** and **Causticum** or it complements them. For those who frequently have accidents which cause burns. Radiation burns such as would result from radiotherapy particularly if there is blackening of the flesh. Ulceration: chronic ulcers that will not heal and that suppurate; the discharge tends to turn black and gangrenous and causes the flesh to stand proud to form craters. Ulcers accompanied by burning pains. Syphilitic ulcers. Cold sores that go towards becoming black and have the sensation of burning. Discharges from any part of the body which turn black, even blackened wax from the ears. Teeth that decay and turn black; consider this in children whose baby teeth come through black. Amalgam poisoning: toxicity from the mercurial discharge from amalgam fillings especially when the amalgam and the tooth seem blackened. Pains: burning and syphilitic (< at night). Eczema which readily becomes infected. Impetigo with eruptions that itch and burn and may tend to blacken. Limits the susceptibility to sexually transmitted diseases, particularly syphilis. Miasmatically Moldavite is a syphilitic remedy and can be thought of in cases where the syphilitic energy is strong. It is also a remedy to help ease the carcinogenic miasm (the tendency to use pathology as an alternative path to spiritual development) and the tubercular miasm (the tendency to restlessness and frustrated creativity). Infertility: can be effective in helping those who have fertility problems to decide whether they really want to go through with mechanical and chemically induced methods of artificial conception. (It either strengthens their resolve or helps them come to the conclusion that the carcinogenic drug regime and mechanical interference might be too high a price to pay.) Can be used to relieve a patient of the bad effects of a remedy given for too long or too soon for them to have been able to handle the changes (e.g. **Lachesis** or **Nat-mur**).

Mental and emotional symptoms

Long-held grief usually stemming from feelings of being suppressed. Feelings of being unfulfilled. A sense of always having been suppressed but with no particular origin – as if born that way. A feeling of not being able to progress, to make headway in life. A feeling of having greater potential but

being unable to make the necessary changes. Depression: despite physical energy there is a sense of underlying dissatisfaction with life. A spiritual yearning; a strong desire to be part of something greater than the self. This may be accompanied by feelings of strong affinity for past civilizations such as Native Americans, the Incas or the ancient Egyptians. Also a desire to be in rough landscapes and stormy weather as this feeds an awareness of the power of Nature. Strong desire to be by the sea. A sense of aimlessness in life. A sense of confusion and lack of order. A strong desire to break free of all restrictions. A strong awareness that a new path is needed – desperate to change the status quo. Irritable and impatient especially with others people's slowness and confusion. Defensive especially when speaking about oneself. A feeling of being unlovable. Tells lies to protect oneself from difficult explanations that are emotionally loaded.

Physical symptoms

NB There were comparatively few physical symptoms recorded by provers. Most of the proving elicited the mental, emotional and spiritual picture.

Ears

Black or very dark ear wax.

Mouth

Ulcers: painful. Tongue is sore and ulcerated. Teeth decay and turn black. Children's first teeth come through stained and black. Amalgam fillings turn black and cause teeth to crumble or crack.

Throat

Mucus forms in the throat pit and stays in a lump.

Male and female

Tendency to sexually-transmitted diseases. Particularly susceptible to syphilitic conditions or syphilitic relationships. Infertility especially in partners who are not entirely compatible and whose relationship is not secure.

Skin

Eczema which readily becomes infected and has inflammation that tends to be characterized by a burning sensation. Burns which threaten suppuration. Ulcers that do not heal; syphilitic ulceration both external and internal. Cold sores: recurrent and chronic. Damaged skin tends towards becoming blackened. Impetigo: recurrent and persistent. Gangrene. Radiation burns especially after radiotherapy.

Considerations for the use of the remedy

- **Syphilinum** is similar in energy; there is a characteristic heaviness and darkness about both remedies. **Moldavite** is often indicated after **Syphilinum** has been given for miasmatic reasons but has failed to shift any hidden blocks. **Syphilinum** can open up the thymus centre so that **Moldavite** may lift any heaviness from the emotional heart.
- **Nat-mur** and other salt remedies can be very similar but with them the sense is more of suppressed emotions (which **Moldavite** does share) but they do not have the same degree of syphilitic self-destructiveness. **Moldavite** is most like a syphilitic **Nat-mur** state.
- **Berlin Wall** can be just as dark and heavy and suffer from a similar variety of complaints. What differentiates it from **Moldavite** is that there is a greater sense of being a 'victim' (or, more rarely, an aggressor).

Moonstone is its complementary opposite; it is yin to **Moldavite's** yang. **Moldavite** has a strong affinity for the sea remedies and complements them, most especially **Nat-mur**, **Winchelsea Sea Salt** and **Eryngium Maritimum**. It does not interfere with their action. **Moldavite** is followed very well by **Rhodochrosite**: the former feels unlovable, the latter seeks nurture on the deepest level. The remedy is also related to the radiation miasm and radiation remedies. If given in support of radiation remedies it will speed the dispersal of negative radiation and be strongly protective of the physical body from further damage. It is strongly linked to **Mercury**: it can complement **Mercury** when that fails to act thoroughly and covers similar chronic patterns of pathology (see case 3 below). It forms the third part of a complementary triangle with **Mercury** and **Syphilinum**. It is often

needed to act as a trigger remedy when these two (and other indicated) remedies fail to work. This means that in spite of excellent reasons for the prescription, the indicated remedy fails to act sufficiently deeply because there is a hidden and underlying state that prevents the expected outcome. When this underlying state is characterized by a deliberate lack of clarity from the patient, a lack of trust in the alternative process of healing, an avoidance of facing the whole truth then **Moldavite** can create the necessary spiritual/emotional change to allow the more obvious remedy to take effect.

Esoteric therapeutics

As a gem essence moldavite has long been regarded as unique. It is seen by some to be indispensable in making transformative changes in life. It is regarded as a crystal that will establish 'cosmic connections' so that one's existence is seen in the light of universal consciousness. It is said to be invested with the power to foster forward thinking, courage to explore boundaries of awareness and faith in one's ability to let go of old ways and make a fresh start, all of which falls in line with the meditative proving.

Moldavite is regarded as a powerful protective remedy as well as a remedial force to develop spiritual awareness as a pathway away from pathology. As such it has the ability to bring out the truth. (Thus it is an important remedy for the crown and brow chakras.) For all those who would bury their problems in pathology, **Moldavite** encourages them to look at the reality of their past and present lives. This can create difficulties for them if they do not have the courage or if they have a vested interest in remaining forever locked into their negative patterns. It encourages patients to reveal to themselves what has remained hidden; it encourages them to speak the truth. It helps those who feel as if they live in negativity and spiritual darkness to shed light on those feelings and circumstances (often associated with past events and relationships) that prevent them from development and creativity. (This brings it into the realm of the thymus centre.) It has the effect of giving people the permission that they did not realize they needed to be open, honest and trusting about their lives. They are imbued with self-confidence to be themselves and not what they feel is expected of them. For those who perversely do not want to make such a subtle healing change, the remedy might cause them to abandon alternative

therapy. The remedy can be effective in dealing with patients who come to waste the practitioner's time; those who play mind games just for the experience of manipulating others. The life changes that patients might make after taking this remedy are such that they can experience a sense of personal power: the power to make things happen, to change events positively. It is seen as a remedy that protects the aura so that others cannot disturb the positive changes that are taking place – many who see others getting better try to upset the positive healing process. The remedy works on the base, thymus, brow, crown and heart chakras.

Chakras

Crown

A longing for spiritual awareness. Feeling affinity for others on a spiritual journey or those in the past who have left a strong spiritual tradition to follow. Desire for a spiritual path without the hard work of going through the learning process. Also the opposite: no spiritual awareness at all. The cancer miasm may be strongly evident.

Brow

The mind is not so much in charge of the heart as suppressive of it. Head and heart have no open link of communication which a timely dose of **Moldavite** is capable of restoring. Unable to see how best to progress; fearful of taking the wrong steps to effect change.

Thymus

The history of trauma held in the thymus centre can be so heavy that it holds the patient back from all further movement. Syphilitic childhood and ancestral influences require healing through this centre before any further progress is made. The patient may seem to have a lot of 'dark energy' or seem to be entirely ignorant of any emotional history that might need resolution.

Heart

Grief and trauma of long standing which may have propelled the patient into other paths of occupation or walks of life than that which was expected. The patient is unaware of following the wrong route though gives the strong impression of being unhappy in present circumstances. The heart chakra requires a lot of protection as the patient is open to being hurt frequently despite any apparent toughness or lack of awareness of feelings. Though the heart may register the emotional pain, it goes unnoticed at the level of thinking. The patient may well feel unloved and unlovable despite all outward appearances.

Solar plexus

Moldavite is a remedy exemplifying the fire element though it is fire that has gone cold. There is a history of heat and burning in the past but the result has burnt out. Any 'fire' activity is slow and exhausted (in the same way that **Carbo-veg** and **Carbo-an** are). There is little spleen energy to regenerate aspiration except for spiritual reasons but these remain ungrounded.

Base

Easily ungrounded but is apparently good at hiding it. They love to experience the elements as it reminds them of the creative force within them that has been suppressed. Trust is an issue; they feel unable to trust enough either in themselves or others. Very little sense of structure or order even though they may give the impression of being organized. In some patients there may be evidence that they have been tossed about by whims of circumstance and that they have lost their bearings altogether. Their stories give the idea that they have experienced many things but very little that has taught them to avoid trouble or emotional turmoil. Emotionally and spiritually they are what is left of the shipwreck.

Case studies

1 'A man in his late 30s who had had years of homoeopathy with various practitioners came to me for his next homoeopathic 'fix'. He was a

musician and promoter in the music industry. He was in a relationship with a pop singer. He clearly had never had a stable sacral centre. There was a history of drugs and smoking and drinking. The singer wanted a baby and he had completely withdrawn sexually; he is a Scorpio and negative Scorpios want to be in control and they use sex to achieve it. She wanted to get out of the music industry and he felt out of control with this idea of hers. He had **Medorrhinum**, **Thuja** and **Lachesis**; **Lachesis** helped him quite a bit. He had already had so many other remedies including the nosodes. After five years of treatment he was still miserable. His whole chakra system was out; he started eating sugar as well. This began happening when he destroyed the relationship; she went off and got pregnant by another man within a week of the break-up. Whatever karma they had together was ruptured. There was no structure or integrity to his life any more. He had **Moldavite** 10M once a week for eight weeks. The transformation was miraculous. He came back into himself. His whole chakra system integrated and he could function properly again. He began a new relationship and is now no longer stuck in that old negative tie with the pop singer.’ **JM**

2 ‘A woman of 55 who was a **Calc-carb** type still couldn’t express herself emotionally even after lots of treatment. She had had **Calc-carb**, **Ignatia** and **Ambra Grisea** amongst other remedies over the years. She kept reasonably well but clearly carried a lot of heavy karma. She found it impossible to hold down any job for any length of time. The energy of her throat chakra was spinning the wrong way and even **Calc** did nothing for that. She then had **Moldavite** 30 twice a week for six weeks. When she came back the throat chakra was spinning correctly and she was a lot more able to use her voice. She then had a **Calc-carb** 10M which brought her on even more. After a while all that introversion began to creep back in and a dose of **Moldavite** 10M lifted everything onto a more permanent level of change. She was far happier and began to enjoy her life a lot more.’ **JM**

3 ‘A man of 47 suffering from a variety of complaints came back to homoeopathy after a gap of some years. He clearly had very low levels

of energy. He also had liver trouble betrayed by the sallowness of his complexion, suspiciously swollen glands in the groin, pains in the splenic flexure which extended down into the left groin, emaciation and problems in the digestive tract. He also complained of poor memory and confusion. He was obviously extremely unwell. He had a mortal fear of cancer and dreaded the outcome of blood tests and scans. "I have been anxious all my life. My dad died of bowel cancer at about my age; he had polyps." Over the following 13 months he was variously given **Carcinosin** LM1, **Mag-mur** 200, **Ceanothus** 2x (daily), **Aurum** 1M, **Carduus Marianus** 3x (daily) and **Merc-sol** 30s (for an acute episode). He said that each one had helped in one way or another and he felt that he had shifted in a positive direction though it was evident that he was still very far from well.

'Hospital tests showed there was nothing wrong with his colon. He felt very positive about the doctors who had attended him as they had been so encouraging about his use of alternative medicine. (He made up his own herbal medicines and flower essences.) "I realized that the worst thing was the threat of feeling powerless!" After a dose of **Staphysagria** for overwhelming powerlessness held in his memory of being bullied at school he had a huge lift in energy and a sudden rush of anger about what had happened to his teeth. He said that he had never been well since two root canal fillings had been removed along with several mercury fillings. "I feel really stuck and angry about having mercury in my mouth." He still had a large black filling in the upper jaw as well as several other less sinister ones. After the dose of **Aurum** he felt 50% better and he was able to be far more active. Nevertheless, whenever he exerted himself too much all the fatigue would return. Then one of the teeth with an amalgam filling broke and he went to an alternative-minded dentist who removed the rest of the tooth. He did well till the summer heat. **Aurum** 10M with a supporting dose of **Golden Beryl** 30 (3x per week) helped him back to his previous level of improvement though the inguinal glands were painful and swollen still. **Aur-iod** did nothing to improve the glands. He was given **Amalgam** 30 3x per week as so many of his symptoms were similar to mercury poisoning. Three more filled teeth cracked. He decided to have the remaining amalgam fillings removed. He was given **Moldavite** 200 once a week for eight weeks. He returned to

say, “That was a really good remedy for me. You could see yourself from the outside – particularly around women and relationships. I saw how I have had everyone in boxes and it blew all that apart. When I thought I was taking opportunities, I wasn’t! Everyone was in boxes. Then I looked at sexuality; I’d never realized it was a power! It became clear as to how I could never stay with any relationships. I used to do anything to make sure relationships would survive as friendships. I can’t cope with anyone being hurt. I know I’ve never recovered from my first relationship. There’s always got to be someone there who my focus is on. I have a great fear of being rejected sexually. There’s this total conflict in myself about all this. I avoid situations. I don’t want to harm anyone. In reality I just want a relationship but I was always in such a mess in the past; I was so self-destructive.”

‘He then had **Moldavite** LM1 as he felt that the 200 had “run its course”. He came back to say that he felt as if a dam was bursting, physically and mentally. Everything “has moved up to my heart chakra”. He now had symptoms of rheumatic pain between the ribs with stiffness and aching throughout his chest. The condition, when added to the chronic fatigue and compromised immune system, suggested Bornholm disease, a form of pleurodynia though, as with most labels, little use could be made of it. What was more important was that he now felt a lot was surfacing that he could at last examine. He felt excluded and had no faith in himself; he felt that he had no place to hide himself away (which he had been doing for the last five years); he didn’t trust his masculine side (“it always ends in the wrong results”). He now spoke of his ambivalent feelings towards his father, a charismatic person with an aggressive streak who tended to lash out at his son and whom he despised when he fouled up his first important relationship. “My mum was the weak one and I’m like her. There’s this incredible yearning in me to love people. Now, though, it’s more selfish. I want to be loved.”

‘Like many cases with shifting symptom pictures in a deeply chronic case that has historical, miasmatic and familial implications, this man has found no definitive “cure” for his ills. He knows that his state requires enormous patience and he is prepared to go as far along

the healing path as he can as if the journey were the healing process.’
CG

Author’s note

Moldavite, particularly in high potency, is an uncompromising remedy and, in those who are ready to embrace change, it will create a force for life change and spiritual development. It is, perhaps, best seen as an exploratory remedy, one to encourage a patient to continue using their homoeopathic treatment as a journey of self-discovery. Inevitably with this remedy, the syphilitic miasm will not be far beneath the surface and in those who would avoid this aspect **Moldavite** will help them cope. In others in whom the syphilitic state is already strong and for whom well-indicated remedies do little, **Moldavite** can help them either to become positively orientated or to leave treatment altogether. This remedy is something of a wake-up call. Yet it is not unusual for the remedy to seem to have had little initial effect unless there is a frank aggravation of existing symptoms. Its prescription may require patient observation. It is worth noting that **Moldavite** combines well with **Syphilinum** and **Thymus Gland** in LM though it is considered to be ineffective when combined with any other remedies. Consider **Moldavite** in those who come for treatment to deal only with acute physical pathology; they seem to make appointments only to ask about minor issues when it is obvious that they are simply shoring up their systems and avoiding deeper issues. (If there is any intuitive sense that the patient is influenced by any form of malignant energy entity it is inadvisable to prescribe **Moldavite**.)

MOONSTONE

The remedy was proved by the meditation groups in October 1994. Each participant was given a single dose of the 30th potency immediately before the circles.

The Background

Moonstone is a feldspar belonging to the family of silicates. Other constituents include potassium and sodium. Feldspars are the largest and most abundant group of all minerals and are distributed in igneous, metamorphic and sedimentary rock. (Feldspar has been found in moon rock.) Moonstone belongs to the orthoclase or adularia type of feldspar which forms in combinations of prisms terminated with two faces with a rhombohedral appearance. They are usually milky white and have a pearly sheen (known as chatoyancy) with a degree of transparency and translucence. There is a vitreous lustre to it and it may commonly appear with white streaks. The crystal is formed at comparatively low temperatures in hydrothermal veins. It is 6 on the scale of hardness.

Sri Lanka is famous for its abundance of moonstone. Burma is the other chief source of this opalescent stone. It was sometimes known as Ceylon opal. The people of India call it *Candra Kanta* and hold to a legend that the crystal grows under the moon's rays. As it does so it is imbued with an etheric energy that impregnates the stone with particular occult and magical properties that never leave it. This energy has a powerful effect on the

human psyche and gives the gift of prophecy during the time of the waning moon and of love in the waxing moon.

It has been known throughout history as a stone of prophecy and one that influences love in all its aspects. For whatever purpose it is used, it has always been recognized that a moonstone's power (vital energy) is itself strongly influenced by the energy of the moon. It is also said that the stone's use should be governed by the cycles of the moon as much as by the indications for its prescription.

In mythology the moon has always been a female figure, a goddess. For the Greeks and Romans she was Artemis or Diana, also the goddess of hunting. She was one of the few virgin goddesses who presided over fertility, conception and birth who nevertheless bore 50 of her own children by the shepherd Endymion, not to mention three others by Zeus himself. In addition to her indifferent chastity she had the misfortune or intemperance to slay at least two of her mortal lovers.

Pliny tells us that an image of the moon is impressed into the stone and that this waxes and wanes in harmony with the planet. Pope Leo X was said to have been in possession of a fabulous moonstone that lost all its lustre as the moon waned but became brilliant as it waxed. According to ancient lore, knowledge of the future and spiritual guidance are imparted to whomsoever holds a moonstone in the mouth whilst standing alone in the light of the waning moon, uttering a prayer to Gabriel, angel of the moon, asking for God's grace.

As a medicinal aid it was used in the treatment of tumours, dropsy and kidney malfunction. It has also been used to treat headaches (by applying the stone to the temples) and to reduce fevers, and is said to reduce states of fearfulness in those with fevered imaginations. Many saw and used it as a symbol of hope and therefore carried it with them as a charm for protection of their general good health and also while they travelled, particularly during ocean voyages. It was used to cool the fire of a fevered imagination and protected the carrier from any harmful effects of the moon's rays. Moonstone is a stone associated with the star sign of Cancer.

A piece of unpolished moonstone is used to clear other crystals of malignant energy. The affected stone or gem is placed in a black cloth bag (in order to shut out all light) along with the moonstone and buried for a

period of a few days. The cleansed stone should then be remagnetized by leaving it on the soil for a further few days.

Keynote effects

The remedy is most effective in those whose yin aspect has been wounded; it restores the balance between yin and yang. It is noted for its healing of the generative organs especially in those who suffer in some manner from a maternal influence at the root of their problems. It also has a balancing effect on the water element of the system.

General symptoms

Moonstone corresponds to sycosis and the water element. It is also of use when the tubercular, cancer and radiation miasms are evident. Useful in all the major stages of development: conception, birth, puberty, menopause and terminal illness. Foetal development is particularly indicated not least as it calms any fearfulness in both the mother and the baby. It encourages a steady development of the central nervous system and protects etherically the spinal column and the brain through the birth process. (It is a remedy to be considered for the protection of a foetus that must endure the amniocentesis test.) Infertility: chiefly affects the anima, the female principle. In male infertility where the spermatozoa are damaged by heavy metal toxicity or from radiation then **Moonstone** has been suggested in support of other indicated remedies. In female infertility there is often indecision about the desire for the responsibility of children, sometimes because the patient has not sorted out her relationship with her own mother yet or because she is not entirely at ease with her husband or partner (see **Moldavite** which is far more syphilitic). There might also be intense guilt (hidden) over a previous aborted pregnancy or sadness after a history of miscarriages.

Affects the water balances of the body. Oedema or dehydration. Disordered bladder or kidney function. Menstrual disorders. Excessive or insufficient lactation. Excessive secretion (or dryness) of mucous membranes. Blood purifier and lymph drainage remedy. Cancer especially when there has been abuse or problems of personal identity. **Moonstone**

can be used as a drainage remedy in a low 'x' potency. (Works well alongside **Plutonium** here.)

Sensations of icy coldness on one side of the body or the other or in a single part. Mainly a right-sided remedy. Releases stress from the heart and solar plexus. Varicose veins and arterial insufficiency; general stagnation and poor liver energy. Clumsiness: all five senses are blunted.

Mental and emotional symptoms

Grief – from acute situations; from long-standing trauma; from physical/sexual abuse; from being misunderstood or unaccepted; from betrayal or humiliation. Any circumstances from which the yin aspect has emerged damaged. This can lead to excessively negative yin behaviour such as is displayed by many sycotic remedies: **Puls, Thuja, Staphysagria, Sepia, Medorrhinum**. Also the opposite: excessively yang behaviour as displayed by tubercular and syphilitic remedies: **Lyc, Merc, Anac, Argmet**. There is an inability to cry. Relationship problems – when the bonds of friendship or marriage are strained or broken but where neither party is clear or honest or frank enough in speaking the whole truth. Where there is distrust in telling the truth for fear of the consequences that might go beyond the patient's control. Seeking to be released from what have become the irksome ties of a relationship but for illusory reasons. The search for a false freedom so that one can experience more and more, but being unaware that one will be left with nothing lasting or whole (until or unless the present relationship is resolved). Perverse desire to rupture a long-standing relationship. Helps women to be more compassionate towards men. It can also encourage men to be more in tune with their feminine aspect. Fear of the ageing process; of looking old; of senility; of appearing to be unattractive. Fear of the future; that something terrible will happen; of ghosts; of the dark; of intruders. Strong desire to run away or to hide. Fear: especially useful in foetal distress or where the mother is excessively anxious about the pregnancy and birth. Can be given throughout the pregnancy when indicated.

Mind becomes confused and tends to wander. Confusion about time; about what one wants to say. Inability to think clearly: dullness of the intellect; senility. Children who have learning difficulties. Feels threatened by the breakdown of routines: the strong desire that stems from frustrated

creativity to break a stifling routine. Aggression: controlled and hidden; deviousness. Seeks vengeance; 'wicked stepmother' syndrome. 'Mirror, mirror on the wall ...'; anxious about cosmetic appearances (i.e. what she sees in the mirror) and there is little true compassion. Unforgiving. Evil thoughts or a tendency to be influenced by the evil thoughts of others or through the media. Schizophrenic. Disorientation especially after drug abuse. Easily led to act against their better judgement. Helps those who have been brainwashed to recover their own identities. Inability to get in touch with sexuality; unable to decide as to one's own sexual identity; bisexuality (see **Ash**). Guilt over hidden sexual feelings. Incestuous thoughts.

Moonstone restores calm after a storm; relaxes relentless resentment; soothes stress. Indicated also where there is a failure to respond to any chosen indicated remedies and there is a distinct maternal influence at the root of the problem. (The maternal influence may be from one who is deceased.)

Physical symptoms

Head

Vertigo with the sensation of swaying from side to side. Easily susceptible to the effects of alcohol. Inflammatory conditions of the brain. Encephalitis: after-effects. Menstrual headaches especially when there is oedema in the system.

Eyes

Puffy lids especially when stressed or during menses. Watery eyes and a tendency to eye infections. Dry eye syndrome.

Ears

Catarrhal deafness. Squelching sounds in the ears on changing position. Labyrinthitis.

Nose

Green mucus; fluent discharge.

Throat

Post-nasal drip. Swallows much mucus which affects the voice. Goitre – nontoxic or exophthalmic. Hyper- or, more usually, hypothyroidism.

Chest

Catarrhal chest; prone to infections. White or albuminous mucus raised. Lungs feel waterlogged. Every drink feels as if it fills and lies in the lower lungs. Wet weather asthma.

Heart

Heaviness in the heart region.

Digestion

Heaviness and discomfort after eating and drinking.

Abdomen

Dropsy. Bloating and water retention especially during pregnancy and menses. Watery stools. Piles (< menses).

Female

PMT: mental and physical symptoms. Painful and swollen breasts. Fallopian tubes blocked. Fibroids. Pains in the ovaries. History of miscarriages; ectopic pregnancies; endometriosis. Complications after termination of pregnancy.

Male

Frequent and troublesome erections especially among **Pulsatilla** subjects. Watery ejaculation. Prostate problems. Underdeveloped genitalia (see **Thymus Gland** and **Lumbricus**).

Urinary organs

Water retention or frequency of micturition. Frequent urinary infections.

Skin

Emotional and stress disorders. Psoriasis and eczema. Acne rosacea.

Extremities

Pains in the right side: shoulder, hand, hip, knee. Inexplicable pains associated with emotional stress though the patient doesn't see the connection. Swollen ankles. Displaced joints requiring frequent osteopathic treatment.

Considerations for the use of the remedy

- **Nat-mur** is similar in the aspect of grief: both have an inability to cry from suppressed emotions though **Moonstone** emotions may be more distant while **Nat-mur**'s are locked up. The **Nat-mur** emotional aridity and harboured bitterness is unlike **Moonstone**'s controlled aggression (not always immediately evident unless they have held the state a long time) though both are unforgiving. **Nat-mur** is far less easily confused or easily led astray; is far more focused as it is better orientated in the brow centre. **Nat-mur** is more direct, more cynical, more efficient while **Moonstone** is more disturbed in the mind, has more convoluted thinking processes and gives the impression of being less well grounded.
- **Sepia** and **Moonstone** are often apparent in a basically **Calc-carb** constitution. **Sepia** covers some of the same areas of gynaecology as **Moonstone** and can give a similar impression of being aggressive but it is usually far more trapped in drudgery. **Sepia** may also seem to have relationship problems like **Moonstone**'s but the latter is more likely to be perverse in seeking a rupture while **Sepia** simply wants relief from grind, appreciation, rest and practical support in order to feel more balanced.
- **Pulsatilla**, in its usual state of weepiness, needing support and attention, is fairly easily distinguishable from **Moonstone** but the other face of it, the tense, busy, aggressive but easily cowed **Pulsatilla**, can appear similar to **Moonstone**. Both can be light-headed, both can be catarrhal, both have similar physical modalities

of < stuffiness, < direct sunlight, easy dehydration. Both are easily stressed and easily led. Both may have an emotional struggle over sexual orientation. What differentiates them are **Pulsatilla**'s inclination to cling on to what seems the safety of familiarity, no matter what damage this causes, and emotional dependency while **Moonstone** often gives off a sense of distance and coolness.

- **Medorrhinum** can be just as disorientated and far off but there is more potential violence and suddenness of swings of mood. **Moonstone** may bring up **Medorrhinum** as the follow-up remedy.
- **Lac Humanum** is an analogue remedy and covers similar territory to **Moonstone** in regard to the influence of a mother figure. If **Lac Humanum** fails where indicated **Moonstone** should be considered as a possible alternative. The main differences seem to be the heightened physical sensitivities with depressiveness, lack of feeling and indifference of **Lac Humanum** while **Moonstone** has a stronger imbalance between yin and yang, is more liable to be obsessive about something that is unbalancing to the mind (usually to do with an aspect of creativity such as fertility or the pursuit of a dream ideal) and is more fearful of anything that ungrounds it further.
- **Luna** is hard to differentiate and the choice between them may be determined by the range of physical symptoms, the degree and intensity of those symptoms, intuitive practice and aetiology. Both are sycotic and psoric. The underlying perversity of **Moonstone** may be all that the practitioner has to go on. It may be that the two remedies and **Lac Humanum** form a trio of medicines that can be used, as Compton Burnett would have done, in a series: when one has begun healing work, another is given to 'ring the changes' without altering direction. (See Compton Burnett on **Thuja**, **Sabina** and **Cupressus**.)

The most likely constitution underlying a **Moonstone** state is **Calc-carb**. All the sea remedies are related in that they are complementary. **Silica** and **Pulsatilla** both follow and precede **Moonstone** well. **Lac Humanum** is well supported by **Moonstone** and vice versa. The higher potencies affect the crown centre profoundly though this is not to say that low ones would

not. 6c and 30c are commonly useful in menstrual problems as they work well on the sacral centre.

Esoteric therapeutics

As a crystal energy moonstone is 'balancing, introspective, reflective and lunar. It is capable of helping one with the changing structures of one's life on the physical, emotional, mental and spiritual levels. The energy relates to new beginnings allowing one to realize that "new beginnings" are, in reality, the fruition of each "end" ... It is also a stone for feeling and understanding via the intuition and emotional thoughts rather than via intellectual reasoning.' (Melody, *Love is in the Earth*)

Moonstone affects all the chakras and all the seven levels of the auric field. It acts most immediately on the parathyroid gland and its centre (which is a little above the throat or thyroid centre.) The parathyroid centre has to do with self-expression through the sound of the voice: making oneself heard; voicing one's feelings; finding one's voice. Many of those who have proved this remedy have mentioned feeling a sense of bubbling up or of bubbles. They have felt that this connected with emotional release after having spoken or verbalized their feelings. They have felt that the throat chakra becomes unblocked. The sacral chakra is also affected by this remedy as it has a profound effect on the generative organs – principally on the female organs. Kidney function is also influenced. The crown chakra is opened up by **Moonstone** but only after the process of mental and emotional release has begun. Aspects of the psyche of which the patient was unaware can be brought out. Like all the gem remedies that influence the higher chakras, it has the ability to encourage greater spiritual awareness in the patient. **Moonstone** is one of the remedies to consider prescribing, if indicated, fairly early in treatment as it bears repetition well and encourages the patient to use self-expression as a means of elimination rather than simply relying on the physical body to produce discharges. The heart chakra is hardly less important as **Moonstone** is a powerful though gentle grief remedy. It allows the unspoken or the unspeakable to be eased out of the heart centre and up into the throat for expression (see **Rose Quartz**). Its effect on the brow centre is a little different: it eases depression through this centre where the patient has become pessimistic and cynical, seeing everything with a jaundiced eye. **Moonstone** allows intellectual

clarity to be mixed with an intuitive grasp so that truth is perceived in a softer light; there is a greater generosity of spirit.

Chakras

Crown

The patient may appear either 'out of body' and 'spacey' (easily confused with **Luna**) or cold, unfeeling and cynical. Confusion about one's purpose in life. Dreams that disturb sleep. Vertigo. May be considered in those who are struggling with the long-term effects of recreational drugs; particularly useful after drugs such as LSD and amphetamines.

Brow

Difficulty in disentangling thoughts and feelings: confused. Depression from being unable to see one's way. Pessimism and cynicism. Bleak outlook. No intellectual clarity; muddled thoughts. Inability to discern the truth so easily led into making errors of judgement especially in relation to others who are manipulative.

Throat

Moonstone has an affinity for the minor chakra of the parathyroid centre which is an extension of the throat chakra. The patient has little idea of how to use vocal expression to inform others of inner feelings; voice cracks or weakens; singing voice falters or is left unused. No emotional release; not even tears. Thyroid becomes congested with unexpressed emotion: goitre.

Heart

Sadness lies unexpressed. Heaviness in the chakra both physically and etherically. Weight and congestion of the heart and lung field. Feelings of unresolved trauma may be transferred from the heart centre to a developing foetus during pregnancy. The remedy may be of great service in lifting the influence of maternal grief and stress from the baby's growth patterns.

Solar plexus

Finds it difficult to face up to new challenges as the system is too orientated towards the water element; the fire element is too weak to foster spleen and liver energy. Motivation is usually low or non-existent and aspirations are absent. Conflict arises in close partnerships or relationships but the patient responds with either cynicism or neglect.

Sacral

Joy is compromised. The inability to cry and feel any relief is reflected by and worsened by water retention. Hormonal difficulties when the brow and sacral centres are both affected. Water balances are poor; oedema and dropsical swellings or the very opposite: dehydration (may look like **Pulsatilla**). Infertility. Low libido.

Base

Rarely able to contact the base centre: fearful, confused and unable to reflect on consequences. Useful in bringing back to base those who have used hallucinogenic drugs. Routine occupation is difficult as there is little ability to organize effectively.

Case studies

- 1 'Female patient age 36. Fell pregnant by accident, considered abortion and then miscarried at nine weeks. Huge guilt and emotional issues after miscarriage. Presenting symptoms at appointment: uncertainty about having another child; wants to go through birthing process but unsure if actually wants a baby at the end of it; can't get maternal; comes in fits and starts; best friend is pregnant with the same due date as miscarried baby; baby thoughts keep going round and round in head. **Moonstone** 1M one at night, one in the morning. Returned in six weeks, "Yes, I do want another baby. When it happens, the time will be right." ' **LD**

2 'A female singer-teacher aged 33 came to see me in 2004 with period pain, depression, anger and terrible PMT. She was very angry every month from ovulation. She had heavy periods, sciatica, trouble with her trimandibular joint and digestive symptoms. After a separation she now had a new man in her life. Her mother had disowned her three years previously, much as she had done with all the other members of her family, which was a relief to my patient. She did not want to see her again; she described her as resentful, bitter and manipulative. "She needs to suffer to feel important and this has become a sort of madness." The patient felt that she had found herself since her mother had cut her off; before, she had felt that she had had no boundaries. Recently the mother had got in contact again and wanted to see her.

'Since starting this case she has had many changes and her PMT and depression are things of the past. She had been given **Lac Humanum** several times when it was appropriate and when she first heard that her mother wanted to see her again I supported the **Lac Humanum** with **Ayahuasca**. She came a month before the meeting and was clearly afraid of becoming the meek underdog again. She was also worried about the way her career was going. She wanted to make some changes but could not see the way forward. I felt that **Moonstone** would complement the previous action of **Lac Humanum** so I gave her **Moonstone** 1M (single dose).

'When she came back she reported that everything had been great; she went out to lunch with her mother and felt that she remained strong and had not let herself be taken over. They agreed to meet again in two weeks; she feels now that she is in control though she has decided not to let her mother meet her new boyfriend. She says that her voice has been much stronger and she feels that, musically, she is sounding very good. She has noticed that there is a lot of synchronicity in her life involving people who have been giving her helpful information. She is more grounded and is now starting to do a lot of marketing for her career in which her new partner has offered to help her. She also commented that she had forgotten what a sexy person she could be.'

JL

3 'A 35-year-old woman, a Cancerian, came with a history of sexual abuse. She had been raped while drunk at some point in her teens. She had never got her life together at all. She had never had a relationship. She was stuck in her crown. She wouldn't come into her body; it was as if it was too risky to inhabit her physical body. She had **Moonstone** 10M, one dose. Within two weeks she had got herself a job (which she still loves) and after three weeks she started a relationship which has worked out well.' **JM**

Practitioner's comment

I have given Moonstone to girls who really suffer around the time of their menstrual cycle. I tend to support this in a 30c, taken up to 3 times daily as required. **JC**

NELUMBO NUCIFERA

Lotus

The remedy, usually referred to as **Lotus**, was proved by the meditation groups in June 1997. Before the meditation each participant was given a single dose of the 30th potency. The remedy was made by Sylvia Treacher from the leaf, flower, stalk and root. These were taken from a plant growing in a pond in sacred ground in an ashram in the province of Kerala, India.

The Background

Lotus was made from the *Nelumbo nucifera* which belongs to the family Nelumbonaceae, a plant indigenous to south-east Asia. It grows from the western reaches of Asia, across Iran and eastwards into China and Japan. *Nelumbo* means ‘water bean’; *nucifera* derives from the Latin word for ‘nut’. This differentiates it from its ‘cousin’, the Egyptian lotus (*Nymphaea caerulea*), which is the blue lotus that was depicted so frequently in Egyptian art. It is also different from the Greek jujube shrub (*Zizyphus jujuba*) where the mythical drink of forgetfulness has its origin.

Nelumbo nucifera is the sacred lotus of the Hindus. It is a very hardy aquatic plant that grows from rhizomes that are anchored in the silt and sediment at the bottom of ponds, lakes and slow-running streams; it is found even in Himalayan lakes nearly 4,000 feet above sea level. The stalks rise up out of the water and the leaves, which can be two feet across, may extend as much as six feet above the water. Flowers rise on separate stalks

above the water. They appear as tight buds and, when mature, they open to the sun's rays. They are up to ten inches across, are pink or rose coloured and are fragrant. All parts of the plant are edible. The rootstock is either boiled or preserved in sugar. The young leaves are used as a vegetable and the stamens are used for flavouring tea. The seeds of the *Nelumbo* are curious in that they have the astounding ability to remain live for hundreds of years. It has been recorded that some have been preserved in bog peat for a 1,000 years but have still germinated.

The lotus has been associated with spirituality since the earliest times. It has symbolized fertility, the birth process, purification, sexuality and rebirth of the dead. In Buddhism it is a symbol of perpetual life. It has always been associated with the sun as its flowers respond to the sun's rays by opening and then closing at sunset. In spite of this, because the plant grows in water, it is 'ruled' by the moon and belongs to the water element. In ancient Egypt the lotus featured prominently in the creation story: out of the inert waters rose a lotus flower with a mound of dry land. As the lotus opened the Sun god stepped out in the form of a child. The lotus was also the traditional flower of Lilith, Adam's first wife according to the ancient Jews.

The lotus is used as a medicinal herb⁸ and a food. The parts used are the seeds, the root, the leaves and the bud. It has been used as a medicine for some 2,000 years, and is recorded as being astringent, febrifuge, hypotensive, stomachic, styptic, tonic and a vasodilator. The seeds and the flower are seen to work on the heart, liver and kidneys. The root is seen to work on the lungs, stomach and liver. The leaves work on the organs of the solar plexus and the meridians that run through it. The juice of the leaves is used to treat diarrhoea and when decocted and mixed with liquorice, it is used to treat sunstroke. A decoction of the flowers is recorded as useful in the treatment of premature ejaculation. The flowers are also used as a heart tonic. The flower stalk is haemostatic and useful in the treatment of ulcers, flooding menstruation and post-partum haemorrhage. The stamens are used in treating urinary problems including frequency of urging and bleeding from the bladder. They are also used for nosebleeds, uterine bleeding and premature ejaculation. A decoction of the lotus fruit deals with symptoms concomitant with heart problems such as febrile anxiety; it is also a vasodilator with sedative properties. Among the constituents of the seeds are flavonoids (vital antioxidants) and alkaloids (suggesting lotus's use in analgesia). The seeds are used to lower cholesterol levels in the blood. They

are also useful in the treatment of conditions where relaxation of muscle fibres is necessary such as uterine cramping, and in digestive trouble such as chronic diarrhoea. The seeds are also used in spermatorrhoea, leucorrhoea, palpitations and insomnia. Starch from the root is used to treat dysentery and a paste can be made from it to apply topically on ringworm and other conditions of the skin. Parts of the roots are used to stem nosebleeds, in haemoptysis (the coughing up of blood from the lungs) and in haematuria (bleeding from the bladder and kidneys). It has also been recorded in laboratory experiments on mice that (S)-Armpavine extracted from the lotus has the effect of suppressing T-cell proliferation in systemic lupus erythematosus, an autoimmune disease⁹. Other research has suggested that chemical compounds found in the lotus make the plant a fertile ground in the search for cancer treatment.

In Ayurvedic medicine the lotus is seen as principally belonging to the kapha dosha, which means that taking the herb has a cooling effect on the system. It works on the metabolism to improve nutrition. It calms the nervous system and yet stimulates the autonomic nervous system to work more in harmony with the endocrine glands to balance the hormones. It is thus seen as a stimulator of the menstrual flow. The leaves have been used in cases of alcohol and mushroom poisoning. Ayurvedic practitioners too have used it to treat diarrhoea, bleeding disorders, menstrual problems, leucorrhoea, threatened miscarriage, venereal diseases, impotence, heart weakness, fever, irritability, insomnia and blood in the urine. Incautious ingestion of the lotus can cause indigestion, constipation and fermentation of ingested food. Other constituents to be found in the lotus include: asparagine, tannin, carotene, thiamine, nicotinic acid, riboflavin and ascorbic acid as well as calcium and iron. What is also interesting is the consistency of usage amongst the medical communities of south-east Asia, a vast area with diverse cultures.

Keynote effects

Lotus is very calming both after an acute and for those who are anxious, agitated and distressed as a feature of a chronic condition.

General symptoms

NB It was noticeable that there were comparatively few physical symptoms experienced by the provers in comparison with other remedies. However, the cases suggest that the information handed down from Ayurvedic and Chinese medical practitioners may be of the utmost significance in the development of **Lotus** as a homoeopathic medicine.

Most physical symptoms tend to be accompanied by a degree of anxiety, restlessness or unease even when this is not expressed or observable. Without this, **Lotus** is contraindicated. (Proving aggravations from inappropriate prescribing of **Lotus** usually include restlessness and anxiety.) Torpidity, lethargy but with an inner sense of disquiet. Body heat is marked even in those who are generally chilly. Heat may be manifest in one organ only such as the liver or the bowel. If so, the organ or area may also tend to bleed (such as the bladder, kidneys or bowel wall). Symptoms can appear one-sided. The pain threshold can be high in some but the patient may manifest anxiety or restlessness rather than pain where one might expect the latter. Tension is held either generally or by a part of the body (especially in an area of weakness or that has been traumatized). There is a marked tendency to congestion and constipation. This can aggravate the build-up of local heat in, for example, the liver, the gall bladder or the kidneys leading to inflammation or even a general febrile state. Skin conditions such as eczema or psoriasis where heat markedly aggravates. Cancer diathesis.

Mental and emotional symptoms

Deep sense of shock held in the solar plexus. Nervous excitement; anticipates the worst. Feels restless and anxious but without necessarily knowing why. A sense of something impending. Anticipation of something that might threaten to overwhelm him, though finds it hard to articulate. Fear of failure; lack of self-confidence. Forgetful, drifting especially after a crisis. Needs reassurance though can be aggressive in looking for it. Has a sense that he has come to the end of a chapter in his life but does not know how to start again. Stirs up trouble especially in crises; can get into a 'flap'. Can sometimes be like a thirsty **Pulsatilla**. Vain, self-centred and sceptical; can be boastful in order to boost a shaky self-image.

Physical symptoms

Head

Too warm. Light-headed, dizzy.

Eyes

Poor vision; early sign of cataract.

Respiration

Shallow and laboured breathing. Hollow feeling in chest behind sternum. Air hunger.

Abdomen

Congestion. Constipation. Blockage of the descending colon.

Skin

Sensitive, sore skin just before fever. Psoriasis and eczema where the body is too hot.

Extremities

Poor co-ordination: trips up. Sycotic pains in the feet. Very hot feet. Weak ankles. Aching joints all over body.

Considerations for the use of the remedy

- **Ruby** tends to be more yang in spirit and energy while the tension is mostly held in the solar plexus, diaphragm and heart area.
- **Oak** is more stoic and dogged and the tension is usually held in the top of the spine while the back pains occur mostly in the coccyx or sacrum.
- **Sulphur** is less likely to show the emotional symptoms or the history of trauma even though physical and general symptoms may make the differentiation hard.
- **Calc-carb** is often the underlying constitution for someone needing **Lotus**.

- **Ferrum** is far more overtly physically sensitive and more given to showing any aggression felt.
- **Pulsatilla** is far more likely to be thirstless.

Lotus is a remedy to consider using after clearing miasmatic blocks. Hence it should be considered as a remedy to follow any of the nosodes or those of the new remedies that have the power to effect this: **Oak, Sycamore, Ash**, etc. This is so even where miasmatic blocks exist with a maintaining cause of a history of severe physical trauma or emotional traumatic shock. When physiology, emotion and miasm become interlocked, it is not simply the cure of a pathological state but the imperative healing of unresolved history (karma) that has become the body's purpose; body, mind and spirit are intent on healing present illness, an episode of past history and securing the future by unravelling a miasmatic block. **Lotus** is a remedy to support this process.

Lotus's main focus of activity is to prevent the seizing up of the body's fluid energy. As the patient lets go of the acute pain of grief (even if the event that triggered it is now some time past) **Lotus** maintains the body's metabolism and tide of fluid dynamic energy, the esoteric in-breath and out-breath (cf. **Sycamore Seed**). This is particularly so where there is added to the grief a sense of remorse or of bitterness and acrimony; it enables one to forgive oneself in remorse and to forgive others enabling one to see more clearly their motives where there is a desire to attribute blame (see also **Hornbeam**). One of its greatest attributes is its ability to follow and support **Sandalwood** when that remedy is used to help a patient release from severe trauma after bereavement. So it is a remedy that should be considered in the acute phase of any emotional trauma, not necessarily as the main remedy but as a support. One remedy that is particularly complementary is **Golden Beryl**. These two form an incomparable team in laying foundations in the base centre and encouraging expansion and growth. It is possible to regard **Lotus** as the homoeopathic equivalent of Rescue Remedy. As such it can be given in frequent doses of 12, 15 or 30c. It will support **Ignatia, Aconite, Arnica** and **Pulsatilla**. It works well in conjunction with **Emerald, Oak** and **Carcinosin** in the same manner. It will also act as a bridge remedy between any of these and **Phos-ac**. It can also be used in drop doses when combined with appropriately chosen Bach Flower Essences (i.e. **Lotus** 30 +

Star of Bethlehem + Rock Rose + Oak + Red Chestnut as needed for someone who has taken, say, **Ignatia** and then **Pulsatilla** for grief.)

Lotus may be useful in any troubled patient but its effects are not always obviously manifest. Patients who have set out to develop along a spiritual path tend to be more attuned to its work while others, perhaps with some scepticism about alternative healing, are tempted to attribute its success to other factors (no impediment to its prescription). However, as in the Egyptian creation myth, **Lotus** can be the initial energy force needed to set a person on the road of personal development, a spiritual discovery. It can lessen the restless quest for material gain. It can encourage patients to open their eyes to a wider horizon to see beyond the syphilitic and syctic urge to succeed only competitively and materially.

Esoteric therapeutics

On the spiritual level lotus is a symbol of purity, peace and serenity even in adversity. It calms the mind and subdues restlessness. It is one of the remedies to open the heart centre unconditionally. It strengthens the will to aspire for a higher order of communication both with our fellow human beings and with the world of the spirit. The energy of the lotus is appropriate to every chakra. The root of the flower grows from the silt and sediment of earth. The stalk stretches through water to reach air in order to absorb, metabolize and flower in the fire of the sun. It is thus a remedy of the base, sacral and solar plexus centres. In having the power to heal all these lower chakras it follows that it prepares the bodies for ascension through the heart centres to the higher planes. Its purpose is to assist the patient to stretch up beyond the limit of self-estimation and reach for higher and purer aspirations. For this reason it is a remedy to consider using after those already well known for their power over states of self-doubt and lack of confidence. Lotus is able to maintain the progress of such remedies and to lift the patient on to further development when they might otherwise be content to sit back on their laurels.(Many **Lycopodium** patients, for example, use **Nux** in the acute to ease their digestive or headache symptoms but **Nux** does no more than treat the physical acute. **Lotus** goes further and lifts the patient out of the **Lycopodium** habit of creating digestive disorders through excessive sensitivity.) **Lotus** releases the voice. Many patients who are unable to voice their inner thoughts also suffer from lack of self-

confidence. **Lotus** is one of the remedies to encourage communication through the throat either in the form of words or through singing. It releases the kundalini to surge upwards through the abdominal viscera and emerge through the throat in words or song. As a result of this release, greater objectivity is achieved so that all that seemed personal, negative energy is given a broader and less threatening aspect. Everything is potentially seen as part of a greater design of Nature. This perception is developed through the healing of the brow and crown centres.

Chakras

Crown

Lack of aspiration to follow any spiritual path to enlightenment. Too concerned with the minutiae of everyday living to realize that personal growth depends on an exploration of the spirit. The personality is subsumed by events; the patient would prefer not to be here. A denial of spiritual awareness or of the spirit's role. Hence **Lotus** belongs to the cancer diathesis. **Lotus** encourages the renewal of a sense of purpose; to start again from the base and work upwards.

Brow

Poor memory; feeble powers of consecutive thought. Too much is going on to be able to remain calm and collected. Clouded, sluggish intellect; blocked intuition. Easily distracted and confused. Executive decisions are either avoided altogether or very difficult to make. Headaches accompanied with these symptoms. Heat in the face.

Throat

They find it difficult to make their mark on what they do. They find it hard to make an impression on others within their chosen field of activity. They are either put off by what they perceive to be the strength of competition or they concern themselves too much with ephemera. It is difficult for them to express how they feel within a partnership; too much water flows under the bridge before they find their voice.

Heart

They find relationships to be an area of challenge and conflict as they may well feel that they are the weaker half within a partnership. Much trapped and unexpressed emotion lies in the heart and thymus area. There is great difficulty in seeing how to make transformative changes. Anger and resentment build up, fester and calcify, as it were. There is too much suppressed fire and too little air flowing through this chakra. The remedy opens up this centre and fosters forgiveness. Heart symptoms are likely in those with a family history of circulatory disorders or lung conditions in tubercular patients.

Solar plexus

Frustration from unfulfilled ambition. They have spent too long avoiding central issues and being aware of little more than a sense of underlying anticipation. If they aspire to anything it is as if it is kept at a distance as they squander inspiration and suppress expression by spending their energy on small things. They 'miss the boat'. Yet there is usually fire enough to regenerate; the remedy tends to balance the four elements so that the system is calmed down and given space for energy to flow. Liver and gall bladder pathology; bowel problems such as constipation and piles; poor lymphatic response from a spleen.

Sacral

This chakra may be blocked or shut down; congested either physically or emotionally in the generative organs. There is little or no expansion in this chakra. Kidney energy may be weak; frequency of bladder urging may be a feature. There is likely to be a history of common sense having been overturned by sensuality at some point in the patient's story. Congestion and sluggishness in the ovaries and uterus. Low libido is likely in both sexes.

Base

The patient is likely to feel stuck and without any understanding of how to move forward. Despite a history of life lessons, the **Lotus** patient is unable to learn from the experiences. Finds it hard to remember lessons from

experience so tends to repeat the negative patterns of behaviour (which is particularly likely to affect sycotic individuals). They can seem well rooted but then they do not grow because they waste their talents; they can seem rootless but then they avoid all challenges and prefer not to be here. Constipation. Dry skin: eczema and psoriasis. Awkward coordination; poor spatial awareness.

Case studies

1 'I have used on several occasions but there are two amazing times that I really thought WOW. My niece, six years old, was given a surprise birthday party. When she entered her home and everyone shouted, "Surprise!" she was taken aback and turned round and said to her mum, "I thought you said I couldn't have a party." She ran to her room crying. There was nothing we could do to calm her down, she was hysterical, crying aloud, not wanting to change her clothes or come down to cut her cake. I then popped a **Lotus** pill into her mouth and within minutes she had dried her tears, changed into her party frock and gone downstairs to the awaiting guests to cut her birthday cake, smiling. The second incident was when my brother, 28 years old, came round one night, to let off steam. He was ranting away about how fed up he was, with work, wife, parents and family. He was going on and on. I knew if I offered him a pill to calm down he wouldn't take it so I offered him a cold drink with ice. When I went to the kitchen to get his drink I crushed a **Lotus** pill and added it to his iced lime squash. I then had to go upstairs to my crying baby. Upon my return my brother was knocked out fast asleep on my sofa. I let him sleep and he slept for about two hours, and then awoke, looked at the time and said it was late and went home. The next day he rang me to say he had booked a surprise holiday to Dubai for the bank holiday weekend for himself and his wife. When I asked how he was feeling he said, "Cool". Wow!' SP

2 'A woman of 60 came for treatment following a long history of illness that began with cervical cancer some 17 years before. She had recovered from the cancer after radiotherapy. She was emaciated and looked at least ten years older. She was extremely frail and tottered as

she walked. Seven years previously she had been diagnosed as having Crohn's disease. She did not believe the doctors, and the treatment they offered her did not improve her condition; indeed, she felt markedly worse. She was taken in for an exploratory operation which told the doctors nothing and left her with adhesions and scar tissue. She now suffered from considerably more pain than before. This was in addition to the frequent bouts of diarrhoea and bleeding from the bowel that she already suffered. She also had sensitive skin that produced rashes in any hot environment (though she was a chilly person). She explained that she had always been "a swingy sort of person, up and down". She liked warmth but not heat. She was prone to feeling suffocated in a stuffy atmosphere. Her sleep was frequently interrupted by needing to pass water. She most recently had developed a pain in the right side of her abdomen which seemed most likely to be her ileo-caecal valve. What she was most troubled by was the uncontrollable and unpredictable bouts of diarrhoea and bleeding. She had no fear that it might be cancer as she had had the problem for far too long for it not to have developed by now. When she did not have diarrhoea, she passed "rabbit droppings" and felt constipated. At first she was given **Pulsatilla** LM1 and **Thiosinaminum** 6x daily. When she returned she reported that she had felt more confused and that her usual difficulty over making decisions was worse. "I can't even make up my mind what to have for breakfast!" She did feel that she had more energy and she had been doing a lot of gentle gardening. There was no improvement in the bowels except that the pain in the ileo-caecal valve had disappeared. She then went into hospital for a "small bowel resection"; she developed complications and had to have another operation and a lengthy stay in hospital to recover from threatened septicaemia and an ileostomy that failed. She lost a lot of body fluids and her electrolyte balance became dangerously low. On coming out of hospital she began to improve very slowly on a sequence of various remedies such as **Phosphorus** LM1, **Arsen-alb** LM1 and 2, **Sepia** 100, **Tub-bov** 100 ("Incredible! I couldn't speak after that remedy!"), **Arg-nit** LM 1 and 2 and **White Chestnut Flower** 200 (she was furious with the medical profession), **Dys-co** 200 and **Aloe** 6 daily. After just over a year she was stronger and able to do things without the constant assistance of her husband. "I'm back where

I started!” However, she now had griping and grumbling in the descending colon; bouts of windy and explosive diarrhoea (though less frequent); a sensation of anal clenching; sensitive skin. “I have this sense that I am seizing up. I can’t make decisions. I keep changing my mind! I get this achy tension when I’m anxious! I just want to go away, withdraw, not be bothered. I want to be alone; it’s all too much.” She then was given **Baryta-carb** 1M and a bottle of **Lotus** 30 to take as required, up to one each day. She returned to say that she had far more energy, she had been on a fantastic holiday to Rome and Naples, she had sorted out her house move that she had been planning and felt that her bowels were not quite as bad. “I do like that **Lotus**. When I take it I feel so calm.” Unfortunately, circumstances caught up with her: she developed faecal leaking through the bladder wall when a fistula opened up through the bowel. She was deeply mortified and disgusted that she was passing faeces through the vagina. She was taken into hospital yet again for an operation which failed to stop the problem. This time she asked for remedies earlier to help her recovery. With the sequence of **Syphilinum** 100, **Phos** LM 2, **Oak** 200, **Rainbow** 200 and **Carcinosin** 1M the fistula closed up and she became stronger. She eventually was able to accept work again (she was an actress). She moved house to the country. She said that she had used the **Lotus** throughout the ordeal. She had twice asked for a repeat prescription of the original 4-gram pot she carried around with her everywhere. She still does. She is far better able to make decisions; her self-confidence has improved enormously. Her skin no longer feels so sensitive and she does not produce any rashes. She no longer has bowel pains. Her chief problem is that she tends to overdo things and get tired.’ **CG**

- 3 ‘A young woman who came for regular constitutional treatment became pregnant. She was surprised by the event but essentially very happy despite a feeling that the timing was awkward and apprehension that she was not completely sure that she could rely on the father, as it was a relatively new relationship. She began by taking a single dose of **Chalice Well** 200 and supporting it with **Lotus** 30 once a day. She said that she could feel how the Lotus “really goes down into the womb and completely calms it down. I can feel any stress that was there calm down.” ’ **CG**

4 'A mother of three young children came for her regular appointment and said that she had an instinctive feeling that she had to have a fourth child. Her problem was that her husband was obdurately against the idea and refused point-blank to oblige what he saw as a whim. She was very upset and went home with an **Ignatia** 1M. She returned nearly three months later with the same obsession. "The whole child scenario has been going on. It hasn't been ruled out, but we're still at opposing ends of the pole." During her period she could not bear to be touched; she had mood swings as well. She did not want to give way to her emotions but did so on her own especially when she watched anything emotional on the television. Her gums had been bleeding and at night she sucked the roof of her mouth till it was raw. "I'm scatty and forgetful and I'm so inefficient! I'm consumed by all this. I don't want not to be! I don't want it to go away! My husband says he's in a box." She was given **Moonstone** 1M and **Lotus** 30: one three times a week for two weeks. When she returned she said that a lot had been going on. At first she said that her next period had been a flood that lasted for nearly a month on and off; she became very irritable and very emotional. She had been very sluggish and had put on weight. She was still absolutely determined to have her way, but so was her husband determined to have his. She felt full of despair at times and yet knew that their relationship paradoxically was much stronger; this was something she was unable to explain. She had developed two verrucae. Then she said, "I was on planet Lovely with that **Lotus**! It was after the two weeks on them that all that bleeding started but I was fine. I knew I was getting rid of something. Preparation perhaps? What can I give my husband?" She was given enough **Lotus** 30 for the next eight weeks. When she returned she was fuming. She had given her husband eight weekly doses of **Lycopodium** 10M having looked it up in a friend's homoeopathic book. She had had a furious row with her in-laws (something that had been festering for a long time) and felt utterly unsupported by her husband. She went away with **Staphysagria** 10M and more **Lotus** 30. One month later she phoned to say that she was pregnant. She felt that the remedy had kept her centred and calm in what had become a veritable struggle of wills.'

CG

5 'Woman aged 26. Second pregnancy and had had various remedies during pregnancy for backache and morning sickness with good results although the morning sickness had not gone completely. It comes to the due date and she calls me saying that she is a little worried as in three days' time she is supposed to have the baby and she is worried that the labour won't come in time. She is quite a nervous person anyway and is worried there will be a problem, as with her first child, where there were complications and she had to have a Caesarean section. She says that she would just like something to calm her down a little and also something to ensure that the baby arrives at the right time. I had heard of using **Lotus** as a calming remedy and thought that it would be efficacious in pregnancy and birth. I therefore prescribed **Lotus** 1M, four doses to take in four hours on the due date.

'The father called a few days later to say that she had had the baby and that there had been no complications; it was a natural birth. He was also very impressed with the remedy I had given her as after the first two doses she had felt quite a bit of movement from the baby and then after the third dose she definitely felt that the baby wanted to come. Then after the fourth dose her waters broke. Baby is now a year old and doing well as is the mother.' **NG**

6 'Woman of 37, pregnant with seventh child. Has had nine pregnancies but two were stillbirths. Incredibly tough lady with a good temperament. Treated her in pregnancy from the seventh month. Calls me in the last month of pregnancy to say that she has been to see the consultant at the hospital who has said that she seems ready to give birth. The child is in the right position but the doctor is concerned as there have been a couple of times where it was thought she might give birth prematurely; the last two births were by Caesarean and this birth is going to be the same. The doctor is prepared to give her one more week and then induce her. She does not want this to happen. I ask her whether she thinks the baby is ready to come and she replies with a resounding "Yes!" He has been quite an active baby recently and she looks heavy with him. Considering the reaction of **Lotus** in the previous case I decided to use the same remedy: **Lotus** 1M in the morning and again in the evening. Considering this woman's case I

was not sure that that would be enough so I also gave her 10M to hold for the next day, morning and evening.

‘24 hours later I got a call to say that her waters had broken and she had gone into hospital. She said that after the second dose in the evening her waters broke within five minutes. The baby was born 48 hours later by Caesarean section and is healthy and well as is the mother.’ **NG**

⁸ For the following information I am entirely indebted to Plants For a Future, a registered charity with a website dedicated to putting out well-researched information on useful plants that is, nevertheless, left unsigned and unattributed. (www.pfaf.org)

⁹ Institute of Pharmacology, National Yang Ming University, Taiwan, R. O. C.
www.leaddiscovery.co.uk

OKOUBAKA AUBREVILLE

The remedy was given a meditative proving on 14 January 1994 by 11 members of the Guild proving circle. Each participant was given a dose of the **Okoubaka** 200x and a dose of **Wheat** 6c within approximately five minutes of each other. While this choice may be regarded by purists as having compromised the proving, it was made as it was felt that wheat, when made up into homoeopathic potency, would have a matching or complementary physical and mental symptom picture with **Okoubaka**. (The same may well be true of the remedy, **Gluten**.) The first reports about this tree had surfaced 22 years earlier in 1972 in clinical anecdotal evidence collected by Magdalena Künst who had been using the D2 (and D3) potency and occasionally the D1 or D4. The original supply stock of the plant and particularly the bark was brought to France by Willmar Schwabe at the request of Ms Künst.

The Background

Okoubaka is native to the Ivory Coast in West Africa. It is a member of the Octonematacae family. At full height it reaches 80 feet while it is 10 feet wide.

The tree is surrounded by legend as it is viewed by the indigenous people as a plant of remarkable magical powers. Ivorians refuse to cut the tree or even to touch it. The indigenous people regard it as a powerful protector and its different parts are used in healing, providing 'forest medicine'. They believe that to wear a piece of bark is to protect oneself against accidents; to

put it in the house is to guard against spirits, sorcerers and thieves; and that those with evil intent who come anywhere near it will immediately be struck down with convulsions. If the bark is macerated and added to bath water or as an ingredient of a lotion, it will act as the antidote to poison. As a drink, it will calm an attack of tachycardia. If it is used as a nasal inhalant it is said to cure headaches. It is believed that if inhaled as vapour it will ease oedema and if used as a compress it will cure a haematoma within 24 hours. Other ailments for which Okoubaka has been credited as a cure include the quaint, but undefined, 'retardation of schoolboys', allergic syndromes, gastro-enteritis, cardiospasm, diabetes, food poisoning, the residual symptoms after an attack of colitis of the bowel, influenza and tobacco poisoning.

The following is a quote from *Allgemeine Homöopathische Zeitung* 1991 Vol 236 ¹⁰ that is then quoted by O A Julian in his *Dictionary of Homoeopathic Materia Medica*.

Following reports by M Künst and W Schwabe on the antitoxic and resistance enhancing effect of this remedy in very low potencies (1x – 4x), the drug was used to treat 700 patients at Reutlingen District Hospital in Germany with surprisingly good results in all cases of drug induced exanthema or allergy. The patients had not had corticoid or anti-allergic drug therapy (for their iatrogenic condition) except for three who had been given clemastine fumarate (Tavegil) without success. A good result was seen in 436 of the 700 cases, some improvement in another 111 patients whilst there was no effect in 153 cases. The results confirmed the positive effect reported by the earlier authors on cases of intoxication and diseases of the liver, gall bladder and pancreas. Thus out of 147 patients treated for allergic exanthema due to chemicals, drugs and food (majority iatrogenic) 141 responded well, 5 more showed marked improvement and one did not respond. Remarkable results were also seen with hay fever, hypertension, gastric upsets and poor general health. Okubaka is not an anti-allergic drug but the question arises as to how far exposure to toxic substances (chemicals, environmental pollution) is responsible for the increase in allergic conditions, many instances of hypertension and poor general health. A number of

individual case histories are given to encourage further investigation.

O A Julian then goes on to say that no homoeopathic proving had been conducted to date though he cites a range of symptoms that have been recorded from clinical use of the remedy.

General symptoms

- Troubles consecutive to food poisoning
- Allergic troubles with pancreatic reflexes following intoxication by insecticides
- Troubles of intoxication following various infections
- Nicotine intoxication with gastric uneasiness with general weakness
- Icterus (jaundice)

Neuro-endocrine-psychic system

- Repeated headaches
- Vertigo
- Weakness of memory and difficulty in concentrating
- Learning difficulties especially of students

Digestive apparatus

- Anorexia
- Distension and fullness of the stomach
- Eructations with nausea; sometimes vomiting and vertigo
- Borborygmus (intestinal wind) often accompanied by colic and or diarrhoea
- Flatulent dyspepsia
- Heaviness and tension in the gastric region

(Blood and circulatory apparatus)

- precordial pains of angina pectoris type

- pricking in the precordial region
- venous trouble of the lower limbs

Critical appraisal of results of the clinical use of **Okoubaka**

It appears that the remedy had a quick effect as it was only given for 7 days or, in rare cases, for 14 days (see case 8 below). It was prescribed in the D3, (less often) in the D2. (At the time of the report) the higher and highest potencies were still being tested. (It was remarked that) good test results (did) not indicate a complete cure since most cases (had) not been observed for long enough. (It was), nevertheless, (put forward that) for the following situations the remedy could be indicated:

- For all known intoxication and toxic allergies.
- Suspected strong toxic drug effects e.g. before the specific remedy is prescribed (case 2 below) and very often the similimum is easier to find after **Okoubaka**.
- For all cases of hay fever, hypertonia, headaches, eczema, liver, gall bladder, pancreas, stomach, intestinal diseases it should be tried.
- It should be tried in cases where finding the similimum is difficult.

Typical case histories

1 ‘Man, aged 19, with history of scarlet fever and warts on the soles of his feet came for treatment. Otherwise healthy. For the previous five weeks he had had a strong morning nausea started off when brushing his teeth. After taking **Okoubaka** D3 he reported it helped wonderfully and he can brush teeth again.’

2 ‘Woman, aged 37, complains, “Totally knocked out and pissed off”; (has a) history of recurrent duodenal ulcers, sinusitis, cystitis, pyelitis and gall bladder problems with one tonsil taken out. Started feeling ill two weeks ago with tonsillitis on the right side, feelings of heaviness like a stone in her stomach and (feeling) worse for warm drinks; she craves bread, coffee and sweets which aggravate. Further analysis of her mind symptoms would seem to indicate **Lycopodium**. As she has

received antibiotics and loads of other drugs she first was given **Okoubaka**. (The) report after 14 days (was): dry eyes improved; does not need eye drops any more; “I was always very ambitious, thrifty, angry and excitable and my husband always said that I was malicious. This has all improved dramatically just as the pimples and acne have also cleared up.” After that she got her similimum **Lycopodium**.’

- 3 ‘Woman, 25, has had loads of antibiotics and other drugs for chronic urethritis; every time she had antibiotics she would develop a rash. Now, for the third time, she has taken “Bactrim” resulting in a string allergic exanthemata on her face and neck which did not improve on being given Tavegil. Her condition was deteriorating with a loss of appetite. On being given **Okoubaka** D12 all her problems cleared up.’
- 4 ‘Soldier, 22, has suffered from hay fever for years; he was “desensitized” two years ago (which resulted) in improvement for a short period. This year it is so bad that the eyes are virtually closed from the swollen eyelids. The patient comes for treatment and insists on Volon A injections (for allergies). At the same time he received a dose of **Okoubaka** D2 following which his swelling went, (his running) nose went after two days and his acne improved.’
- 5 ‘Woman, 31, comes with liver and gall bladder pains, a light (coloured) stool and icterus. There is a liver swelling. The patient suffers from terrible flatus and cannot take...meat, coffee, alcohol, tea or sweet food without problems. Her tongue is furred and (has the impression of her teeth). As the patient has been exposed to environmental poisons she was given **Okoubaka** D3 for 14 days after which she returned and said, “I could cope very well. I felt vital and with no liver problems. I can eat everything again.” ’
- 6 ‘Woman, 40, hysterectomy and an unusually long convalescence. At present complaining of flushes and sweating, pain when lying down in sacroiliac joint. Complains also of pain in the right foot and has oedematous fingers, hay fever for last four years. Now has had a sore throat and hoarseness for six weeks. She took **Okoubaka** D3 for a week and reported amelioration; all complaints (were) gone except for

the oedematous fingers. After taking D3 she developed a series of painful pimples and the skin became very sensitive for a while.'

7 'Woman, 53, reports with a diagnosis of persistent hepatitis and 30% fatty liver and gall bladder pain as well as recurrent chronic bronchitis. There is also a renal adenoma on her right side and she has high blood pressure. After **Chelidonium** D6 the complaints improve and she has no more diarrhoea but constipation developed. Remarkable symptom is that she cannot lie down on the left side. She was given **Ptelea** D6 which brought about some improvement. Then she received **Okoubaka** D3. Her report was (that there was a) significant sharp smell (to the) stool generally after the fifth day; (that she) felt much better and is more productive and feels fresher and not so tired any more; her low blood sugar improved; the eczema on her head was now gone; the mucus had decreased; the high blood pressure was still there.'

8 'Woman, 41, often had eczema but now complains about allergies, partly hay fever; she suffers from fear, depression, weakness and irritability before the period. She had been taking an oestrogen drug for a year which has now been stopped. She requires at least ten hours sleep a night. After a dose of **Okoubaka** D3 each day for a week she improved dramatically. She now only needs eight hours sleep, her depression before each period has gone and she feels quieter, more balanced and more productive. After ten days she reported that her sleep was down to seven hours a night.'

Note on the meditative proving

The meditative proving was unique in that two remedies were proved in the one sitting. **Wheat** and **Okoubaka** seem to have a remarkable affinity. **Okoubaka** should now be regarded as one of the main remedies for wheat/gluten intolerance, a condition all too common and all too commonly neglected or misunderstood, and it is worthy of black-type designation in any homoeopathic repertory alongside **Lycopodium** and **Nat-sulph**. The remedy of **Wheat** is made from the genetically modified, hybridized Canadian wheat that is so prevalent in Britain and that was developed to

produce a faster-growing, shorter plant that yields vastly more gluten-rich flour than is natural. This is to differentiate it from continental wheat, which is less adulterated, and comes from spelt, the original so-called Anglo-Saxon wheat which is far lower in gluten.

Though it should not form the basis for any hard and fast rule about prescribing these remedies, it might be helpful as a guide to regard the 'x' potencies of **Wheat** as a means for draining the system of wheat/gluten toxicity. If it is suspected that there is an allergy to wheat or gluten then it is only common sense to advise the patient to review and revise the diet; gluten and wheat are in a vast range of food including a majority of tinned food, cereals, pasta and packet foods. It might also be noted that **Wheat** is made not only from the hybridized variety but also from one that is contaminated by chemical sprays (used to fertilize artificially and as insecticides). Given in cases of gluten intolerance, **Wheat** in potency would be an isopathic remedy and only experience will tell whether it is of importance or redundant when **Okoubaka** is the similimum.

Keynote effects

Encourages the system to detoxify from the effects of chemical pollution with the net result of releasing the patient from suppression by external forces. It is also of significance in the treatment of those who are intolerant or allergic to wheat and specifically gluten.

General symptoms

The general reactions in wheat/gluten allergy include stasis and inertia with, in some, alternating bursts of hyperactivity. Children: are dull, gormless; they cannot think; become perverse. They are often rather skinny and resemble **Silica** or weedy **Pulsatilla** patients; this does not preclude plumper people but they are usually slightly older, in their teens. Dyslexic children born to parents who suffer from allergies. Adolescents who are capable; intellectually well equipped and yet who cannot or will not fulfil their potential due to inertia. They cannot be bothered to work through it. Sudden bursts of activity that leave them tired and weakened. Frustration comes up because they do realize that somewhere, something is not right. They are ill at ease with themselves; never satisfied. Those who never find the right job and probably never will in their present state; they get stuck in

patterns of behaviour. These patterns may lead them into using marijuana from sheer frustration or lack of any other interest. The combination of junk food based on a diet heavy with genetically modified starch, and marijuana is a formidable challenge to homoeopaths.

The inheritance of allergic susceptibility and vaccine damage to the immune system lead to a history of frequent infections of the throat, tonsils, ears and upper respiratory tract. Chronic catarrh (that might remind one of **Kali-bich** or **Hydrastis**). Yellow discharges: thick, sticky and difficult to remove. Arthritic joints that arise from an 'overloaded liver'. Digestive disturbances; general dryness and poor fluidity within the body's tissues. Asthma. << since vaccination; glands chronically swollen. Tends to be easily overheated and + open air (though can be abnormally cold). Generally > from physical exercise (has to struggle to make the effort). The whole system is hyperacidic. There is usually a history of frequent antibiotics, steroids or other chemotherapeutic treatment.

Mental and emotional symptoms

Inertia and lethargy; 'can't be bothered' attitude. Dullness of an otherwise capable intellect; unable to think. Dissatisfied and discontented; ill at ease with themselves (yet often enjoy being in crowds or groups). Restless (in spite of lethargy). Agitation (like **Med-am**); frustration with bursts of anger and destructive behaviour. Desire to hurt people; violent thoughts. Apparently motiveless behaviour – sometimes the patient is unable to say why they acted that way. Indecisive. Awareness that something is wrong within but unable to say what or wants to shrug it off. Hyperactivity in bursts alternating with the more general state of torpor. Hopelessness and feeling of desolation and despair; feels like giving up – and often does. Sadness with weakness. Small tasks seem tremendous. Fear of inadequacy. Fear of darkness; of being alone. Poor memory. Panic attacks. Feels the intuition is impaired. When 'down' they are emotionally negative; easily hurt and withdrawn.

Physical symptoms

Head

Pains < in the temples (feels like a nail being driven in); also frontal headache due to disordered digestion. Head feels thick and heavy which seems to < poor memory which can feel like a metal cap over the top. Bottlebrush hair or lank and lifeless.

Eyes

Swollen and puffy due to hay fever. Dry burning and sore. Dry eye syndrome.

Ear, nose and throat

Thick yellow catarrh; rhinitis and sinusitis. Blockage of the Eustachian tubes: history of ear infections and catarrhal deafness; also of antibiotics and/or grommets. Earwax: thick, yellow and with scaly skin at the orifice. Glue ear. Threatened mastoiditis; pains in the mastoid process. Dry, sore and burning throat with chronic symptoms of hay fever and asthma. Snuffly children. Swollen tonsils < since vaccination.

Respiration

Hay fever and asthma. Wheezy rattly chest with thick catarrh. Crepitation. Base of the lung becomes completely stagnant. Weight on sternum with dyspnoea. Difficult to expectorate. Too weak to cough. Lungs feel stiff. < lying down yet feels uncomfortable while sitting; > fresh air but exercise = exhaustion. Sense of feeling suffocated which can lead to mild panic.

Digestion

Bloating and wind; feeling of heaviness in the abdomen. Flatulence. Loss of appetite alternates with extreme hunger and overeating. Though << for bread and pasta, may crave them. Pains and indigestion follow a meal < for drinking quantities with it. Heartburn and hiatus hernia. Fullness and constipation: << laxatives; << roughage such as wheat bran. Chest pains like angina due to trapped wind. Heaviness in the bowel as if full of bulky stool but can only pass loose, pappy, foul-smelling stools. Yellow diarrhoea. Complete chemical breakdown in the gut due to multiple allergies. Hyperacidity. Halitosis with constipation/diarrhoea. Loose motions but always feel full and congested. Diverticulitis. Chronic constipation. Urging

but only passes smelly wind. Anal prolapse. Haemorrhage from anus: bright red but sluggish. Haemorrhoids: painful < sitting; > lying with legs drawn up. Moisture exudes from the rectum; escapes with flatus. Candidiasis.

Female

Congestion in the uterus and Fallopian tubes. Irregular periods with sluggish flow which stops/starts. PMT = bloating before and/or after period with appetite changes: + carbohydrates and bread. Also with sinus congestion. Thrush: white or pale yellow, thick discharge which is bland after the period but causes irritation from ovulation till start of the period flow. Burning pains in ovaries or genital region. Loss of libido.

Male

Impotence; cannot sustain an erection. Parts are flabby.

Urinary organs

Strong urine which can smell sweet, foul or like corn. Can be cloudy. Thrush: itching and soreness at the end of the urethra > thorough wash. Tendency to cystitis with/without kidney pains. Acid urine. Urethral stricture: slowness of urine flow.

Skin

Allergic eczema which responds to psoric/tubercular remedies which do not however complete the cure. Hot and itchy particularly over the torso. Dry, flaking skin which exudes a clear fluid. Affected areas: around the face (especially < around the mouth); chin; ear lobes; abdomen and ends of the extremities. Skin becomes very rough and fiery red. Histamine reactions. Skin is slow to heal. Perspiration absent despite feeling overheated; cold sweat when cold and anxious. Protuberant umbilicus.

Extremities

Stiffness and swelling of joints. Hands and feet feel puffy by the end of the day or can wake with swelling and stiffness. Wandering pains in affected joints. The more bloating there is in the abdomen the less discomfort there is in the extremities.

Considerations for the use of the remedy

- **Lycopodium**, which has most of its gluten allergy symptoms in the intestines, the liver, the nasal passages and the lungs, though it can also cover the depression caused by gluten toxicity, is differentiated by its typical modalities.
- **Kali-bich**, which rivals **Okoubaka** with the yellowness and stickiness of its discharges but is less obviously aggravated by wheat or gluten, is less obviously disorientated, ungrounded and agitated than **Okoubaka**.
- **Med-am** covers a similar range of mental and emotional symptoms but is less associated with the toxicity that results from chemical and gluten poisoning, though **Okoubaka** can lead a patient into succumbing to the sycotic miasm when **Med-am** will be required to support the progress.
- **Pulsatilla** is more obviously thirstless and warmer blooded than **Okoubaka** while both can be lacking in motivation; **Pulsatilla** is likely to be clearly differentiated by its meek emotional picture.
- **Thuja** can have similar discharges and be equally challenged as to motivation but there will be a serious underlying insecurity with a dissembled façade of being ‘fine’.
- **Sulphur** has sluggishness though **Okoubaka** is usually more chilly; **Okoubaka** may follow **Sulphur** if it fails to clear up a gastric acute.

Gaertner and **Dys-co** can both be prescribed alongside **Okoubaka** at intervals as an intercurrent as they complement well. **Psorinum**, **Med-am** (mood swings and hay fever), **Tub** (hay fever; dissatisfaction with life): all complement **Okoubaka** and enhance its action. **Pulsatilla**, **Kali-sulph** (another remedy with yellow discharges), **Thuja** (congestion, flatus, spaciness, anxiety) also follow well. Like **Thuja**, **Med-am** and **Sulph**, **Okoubaka** has hair that sticks up like a bottlebrush. **Silica** (poor recuperative powers; chilly and lacking in grit); **Graphites** (sluggishness; unhealthy, pasty skin; anxiety over academic achievements). **Clay** (asthma + sluggishness). **Okoubaka** can be given in high potencies (weekly) with a daily dose of low potency **Wheat** or **Gluten** (6c or 6x); **Gaertner** 30 (the

closest bowel nosode) can be given intercurrently, based on indications. **Okoubaka** can be given on its own where it is indicated – **sluggishness of all systems with allergic reactions** (often due to heavy-metal toxicity or petro-chemical pollutants as well as to wheat). Can also be used as a low-potency support or drainage remedy where a constitutional remedy is well indicated such as **Calc-carb, Graphites, Clay, Lyc, Thuja** or **Pulsatilla**. An example prescription might be **Clay** 200c: once a week for four weeks and **Okoubaka** 6x o.n. It is worth noting that **Okoubaka** is recommended by some homoeopathic pharmacies as a remedy indicated in food poisoning and on the Internet there are advertisements for a combination of **Carbo-veg 6 + Nux-vom 6 + Fragaria 6 + Okoubaka 6** which is recommended for bad breath. (It is specifically noted as a remedy for pets with halitosis.) The combination of **Okoubaka + Wheat + Candida** has also been used with some success in treating coeliac and candida problems.

Esoteric Therapeutics

Creativity is blocked and the patient is not grounded or in the body properly. The effect is the fracturing of the chakra system and the loss of vital fluid energy from the body. The base is weakened making poor grounding inevitable. The brow chakra is blocked so that perception and decision making are compromised. The thymus gland is most likely to be damaged by vaccines. As the thymus centre is affected so are the immune and endocrine systems, hence the tendency to frequent infections except in those who persistently smoke and those people who suffer from headaches, severe mucous problems in the lungs and throat as well as blocked sinuses. The heart, solar plexus and sacral chakras are all blocked. Poor communication and a troubled endocrine system suggest that the throat chakra is weakened.

Chakras

Crown

Lack of any awareness of spiritual attainment. Feels blocked from any spiritual progress. Atheistic or agnostic; prefers to stick with the rational

world as if addicted to modern life with all its pollutants and toxicity. Narcolepsy and severe sleepiness during the day especially when needing to pay attention. Cannot reflect on the deeper meaning of experiences and thus learn from them.

Brow

Intuitive reactions are dulled or non-existent and the ego is suppressed by toxicity. Finds it very hard to focus attention for any length of time especially when there is a struggle to breathe through blocked sinuses or because of asthma. Cannot make up mind satisfactorily; always feels uncomfortable with the choices made as if there is something wrong. Cannot see the way ahead so slumps into inertia. Muddled thinking. Dullness and feeling gormless. Depression; even suicidal.

Throat

Finds it hard, if not impossible, to express what needs to be said. Long history of (suppressed) ear, nose and throat trouble renders this chakra damaged.

Heart and thymus

Weak and heavy in the heart. May sometimes harbour resentment and bitterness in this centre which explode in short bursts of violent behaviour. There may be a perverse desire to hurt others especially those who are younger or weaker.

Solar plexus

The energy in this centre is dark or on the way to becoming black. Toxicity of the whole gut from wheat/gluten allergy; this can lead to a complete chemical breakdown. Variable activity in the intestines. Tendency to become susceptible to gall bladder problems and to diabetes. Liver generates heat though the patient can be exceptionally chilly. All symptoms << from chemical interference: laxatives, wheat/gluten. Symptoms in other parts due to overloading of stress in the solar plexus. Candidiasis; yeast <<. Patient should be encouraged to explore the possibility of an exclusion diet.

Sacral

Finds it hard to experience joy and freedom. Congestion of this chakra (and in the solar plexus) exemplifies the need to throw off all toxic influences. Impotence and difficulty in conceiving. PMT. Bloating from oedema before or after the period.

Base

Lack of any grounding. Poor understanding of needing to start at the beginning of anything; tends to start a project without regard to structure and content. Loses interest when things get difficult; can't sustain effort. Irritation in the psyche often causes skin eruptions that appear initially as psoric but do not respond fully to indicated psoric remedies.

Case studies

1 'Male, 14, who had eczema and breathing difficulties. "He has had a cold for two years! Is at present booked in for a tonsillectomy and adenoid scrape in four months. Has had **Tub-bov**, **Thuja**, **Pulsatilla** and **Psorinum** all of which have given him relief and made improvements but every time he goes sailing (each weekend) all his symptoms get worse." Mother delayed the operation as she had been so encouraged by his progress so far. He was then given **Rad-brom** before and after sailing (which he does off the south coast near the Dungeness power station). Further improvement was reported but did not hold. He was then given **Okoubaka** 200 (single collective dose) with **Clay** 6x o.n. for two weeks. The operation was cancelled altogether.' **JO** (*Prometheus* No. 6 June 1997)

2 'Female, 75, painter and sculptor; successful career. History of hepatitis at 24; now has vaginal discharge which is < dairy products. History of TB as a child. Also has irritable bowel syndrome which is << dairy and wheat. Is a Buddhist but has to eat meat as it is "the only way I can get any protein". She is tiny, thin and full of energy, enthusiasm; is great fun to be with. However, she is very reactive and sensitive. She gets ravenous by lunchtime and "my knees shake". After she had **Tub-**

bov, Phos, Thuja and then **Carcinosin** everything was much better except the food allergies. She was then given **Okoubaka** 200 (single collective dose) with **Wheat** 3x o.n. All physical symptoms >>.' **JO** (*Prometheus* No. 6 June 1997)

¹⁰ The article and statistical table is quoted in full in *Prometheus* No.1 June 1994 and permission to quote was kindly given by the author, Dr Schuren.

QUERCUS ROBUR

Oak

Oak, the name by which *Quercus* is usually known, was given meditative provings in November 1992. The circles came at the end of a month in which each participant had been taking the remedy daily. Each member of the groups was given a single dose of the remedy immediately prior to the meditation. (It is worth noting that some of those who were supposed to take the remedy daily gave up doing so as they had the sense that the remedy was of no curative value. It transpired that one of the symptoms of an **Oak** patient is the sense that there is not much point in taking any remedies as they are unlikely to work.)

The Background

Oak trees, members of the Fagaceae family (which includes the beech), are to be found from Ireland to Asia Minor, from Scandinavia to the coast of western North Africa. There are a large number of varieties of oak, all of which are deciduous. The English or pedunculated oak can grow up to 100 feet tall. They prefer acid, clay soil but are tolerant of all soils except for peat and limestone. They can survive a certain amount of flooding, drought and even salinity as long as there is good drainage. It is usually regarded as a lowland species and is most associated with mixed woodland where it is surrounded by undergrowth of bracken, low-growing shrubby trees and heather, holly and brambles overshadowed by the oak's thick canopy. It is a

hardy tree being able to survive temperatures as low as minus 24°C. The oak flowers between April and May; the seeds ripen between September and October. Flowers are either male or female though the same tree can bear both; they are wind-pollinated.

The oldest living specimens can reach 1,000 years of age or more, though in Britain these are rare and most are only likely to reach less than half that age. The oldest oaks tend to be those that have been pollarded. The girth can be 25 feet though some have reached over 40 feet. They grow more vigorously when they have been cut at about 20 years so that shoots branch out from the trunk very readily. Even trees with hollow boles can still continue to put out new branches. Mature trees can require up to 200 gallons of water daily. Oak trees support up to 500 different species of insect. They also provide lodging for several different types of plant including sphagnum moss, oak moss, lichens and parasitic moulds.

Oak wood has a number of uses. Most importantly and because of its immense hardness and water resistance, it has been used in the building and construction of both houses and ships. (There is now a return to using oak as an ecologically friendly, sustainable housing material.) It is also used for furniture making. Oak wood has been used for coffins since time immemorial as its robustness is able to withstand the ravages of time, water and pest attack. Poor-quality oak is useful as firewood and for charcoal. Leaves are useful for making compost. The bark is a rich source of tannin and the wood also supplies wood tar, creosote and quaiacol. Acorns have traditionally been used to fatten pigs.

Medicinally, the oak has had several uses: as an astringent, a decongestant, a haemostatic and as a tonic. It is mostly the bark that contains the remedial properties, a decoction of which provides an internal remedy for chronic diarrhoea, dysenteric stools, intermittent fevers and haemorrhages. The bark used for brewing the decoction comes from the branches that are between five and twelve seasons old. As an external application it is a salve and antiseptic for wounds and skin eruptions. It has been used for vaginal douching when there is inflammation and discharge of the genitals. It can also be used as an antiseptic mouthwash. Oak galls, produced in response to the presence of insects that live on the nutrients provided by the tree, have astringent properties and are of value in treating diarrhoea and haemorrhages. Oak trees even have a culinary use. Acorns provide a coffee substitute and a thickening for stews as well as an

ingredient for bread making. As the taste of acorns is bitter due to the tannin, they are 'leached' by a washing process and then powdered ready for use.

The oak has great religious and cultural significance. It was sacred to the Norsemen, the Germanic tribes, the Celtic peoples and to the Greeks and Romans. Individual trees have been used as shrines and oracles. To the northern Europeans of pre-Roman times, the oak was associated with Thor, the god of thunder; it has a low electrical resistance and is the tree most likely to be struck by lightning (though the ash suffers in a similar way). The tree was a channel for the appearance of the gods before people – especially if struck by lightning and set alight. It is associated with fire as it is traditionally used as the Yule log and as the wood for the fire of Midsummer's eve when fertility rites were held, possibly along with human sacrifice. It was also the wood used by the Vestal Virgins to keep their perpetual fire alight. The Druids (the name derives from the Greek *Druz* and means 'oak man') revered the tree as it embodied the strength, power and spirit energy of their god Esus. Many sacred oak groves were destroyed by early Christian missionaries as they were centres of heathen worship. To the Greeks and Romans the oak was sacred to Zeus and Jupiter. Herne the Hunter is the main character of a tragic and cautionary legend first told in the time of Richard II; an oak dedicated to him was blown down in Windsor Great Park and mourned by Queen Victoria. Oak is associated with the myth of the Green Man, a woodland god who represents humanity's interface with Nature. The Green Man is also connected with the legend and symbology of the Green Knight who challenges the knights of Arthur's Round Table to sever his head with an axe. Only Gawain has the courage to accept; he decapitates the Green Knight who at once picks up his head and rides off having bound Gawain to a return duel in the following year – though this should be taken to mean at the end of the year (winter) – thus illustrating in a dramatic fashion the seasonal nature of all things.

Edward Bach put Oak in his Flower Essence category of 'despondency and despair'. He noted the remedy's positive effects on those who are stoic when faced with traumatic challenges. This is the person who keeps going despite disappointment, long-running circumstantial difficulties and lack of reward.

Keynote effects

Positive qualities that **Oak** can foster: patience; resilience in the face of inevitable stress; tolerance of the shortcomings of others; resignation and acceptance when needed where circumstances are beyond the individual's control; clarity of vision even in situations that are seemingly hopeless. Also a willingness to shoulder the burdens of others where that would give genuine support. Return of a sense of humour and sense of the ridiculous. Light-heartedness. Patients notice that after the tension they have been feeling lifts, opportune circumstances begin to flow around and towards them again. It is one of the most profoundly grounding remedies in the entire materia medica (see **Golden Beryl**).

General symptoms

Debility after a long struggle but the patient often manages to continue despite the weakness – though on borrowed time. It is useful for debility and weakness after childbirth especially when there has been trauma or a surgical drama. Debility and weakness with continued effort in old people who become tense, nervous and anxious. Tension is always a significant feature of **Oak** and is often a leading symptom. Useful in the final stages of a terminal condition when the body is held in tension and the vital force is unable to let go. Also for relatives, in the grip of fear and tension, waiting for serious news about a loved one. After a long period of study and examinations where the student doesn't see the need to take a break. Lack of vital reaction: **Oak** joins **Sulphur, Psor, Carc, Opium**, etc. as a remedy for lack of response to homoeopathic treatment. Very often it is needed in cases where physical tension is simply too powerful for the nervous system to free up enough for the indicated remedies to work well. This may have been caused by a history of accidents especially to the spine or from a birth trauma. It is a major remedy for those who are in coma. It helps to draw the spirit of the patient back towards the physical body so that they can feel secure enough to reintegrate with the body if there is still enough integrity or it can help the patient to be released from the vestiges of physical attachment (see cases). Shock and trauma: **Oak** is a major remedy for acute physical and mental shock and trauma. After back injuries; **Oak** complements **Arnica, Rhus-tox** and **Calc-carb** as well as other spinal injury remedies. Birth trauma: is most useful after Caesarean or forceps

delivery where the baby was unable to complete its own birth process without major intervention (see **Ayahuasca**). Toxicity: < from pollutants (especially petroleum), radiation and noise pollution. **Oak** is a blood cleanser (by working through the spleen). Lymphatic cleanser (especially when used in 'x' potencies) though it works best alongside specific lymph drainage remedies such as **Calc-carb** and **Silica**. It also restores spleen energy for which it has a close affinity. Useful in those who have had a splenectomy as it reinforces the etheric body of the spleen. (It is useful here with **Eryn-mar** and it complements **Ceanothus**.)

One-sided remedy; often < on the right.

Mental and emotional symptoms

Solid and dependable (as **Calc-carb** can be) but often works away at fruitless activities which are unlikely to further their career. They put things off or waste time on small matters rather than commit themselves to anything that might bring on significant change. Can be involved in important work but will often limit its potential to ensure that change is minimal. Gives up from lack of inspiration rather than lack of stamina or enthusiasm. Forgets to go on with what he was doing; neglects things or people without realizing. Can swing between optimism and despair. Artists who do not recognize their full potential and suffer from 'artist's block'. Excessive patience which can be draining on the energy. Lack of will or motivation to change. Inability to see when activity or intention becomes fruitless. Repeats activities: would rather stick to a routine than risk complications or change. Still waters run deep in this patient but she is unwilling to examine what lurks beneath.

The patient may have spent their life force up to now in fulfilling the parents' ideal at the expense of their own self-expression and creativity. The patient is divorced from his self-awareness and travels a course dictated by the expectations of others. (For example, someone brought up to follow in his father's footsteps in the family firm; someone sent off to school with the specific intention of getting an education leading to a career in law or medicine, etc.) Or it is useful in those who have become institutionalized by their education or their career; they fail to see how they can advance beyond the confines and limitations of their work. Strong sense of guilt that they are not matching up to an ideal; that they are inadequate either for a set task or

to fulfil the expectations of others. May work away at something with enormous effort but still feel that the product is not worthy. Social inadequacies: a feeling that they are not good enough; that whatever they do or say could be criticized. The remedy gives people a voice and a sense of purpose that can rise to a challenge of the wounded or weakened ego (see **Emerald**). Anxiety: this might manifest as physical tension (especially in the shoulders and the lower back and a locked up diaphragm) with little verbal expression or as below-the-surface emotional turmoil with irritability and a sense of nervous distraction. **Oak** gives courage and self-belief where these are needed either in long-term or short-term, acute situations. Stress: is useful for the adrenalin-driven businessman who provokes a frenzy of activity in himself and those around him but who gradually weakens himself (like **Nux Vomica** but without the acute sensitivity). Balances male and female energies: the yin and the yang (see **Moonstone**). Also for young people with an excess of yang energy but no responsibility, who become debilitated from too much stimulation, promiscuity, noise and rushing about. For mothers who have had to suppress their yin energy (femininity) to cope with the demands of husband, home, children and job. (Like **Sepia** but with the sense that there is much missed potential.) For aggressive women who respond only temporarily to **Sepia**, **Lil-tig**, **Plat**. For those who have lived through war situations and cannot come to terms with peace – they have lost the sense of yin; there is no idea any more of how important yielding energy is. Grief and despair: in acute grief when **Ignatia** either is not well indicated or fails to act. **Oak** covers enormous muscular tension, irritability, obsessive worrying over minor details or concern with one thing to the exclusion of all others. Someone who is held in tension, who is restless but exhausted, but continues to make arrangements, appointments, to sort things out when what they need to do is to allow time to express their sorrow. Anger: slow to anger but once there can be toweringly angry which makes them feel cruel and pitiless. They become irritable and resentful as well as implacable. Anger creates physical tension with headaches and shortness of breath. Anger is always followed by depression from which the patient may not emerge easily. In terms of the miasms, **Oak** is useful in any miasmatic state though it is particularly psoric, tubercular and syphilitic. It is also carcinogenic. It is useful and often indicated as an intercurrent between **Psorinum** and **Carcinosin**. Especially useful when given in low ‘x’ potency after **Psorinum** or **Sulphur**.

Physical symptoms

Head

Pains and heat especially after any rage. Heat and expansion felt in the head. Tightness and tension felt in the eyes and head especially over the forehead (so typical in **Lycopodium** patients). Tension in the cervical spine and occiput from overwork or sitting too long at the computer or desk. Headache with pains in inner corner of the right eye as if gouged with aching in the spleen and rapid heartbeat.

Eyes

Floaters and blurred vision from stress. Tension felt behind the eyes.

Ears

One-sided tinnitus.

Chest

Tachycardia especially with pain in the spleen. Desire to breathe deeply but cannot; yet without any diagnosable pathology. Anxiety felt in the chest. Palpitations. Pain goes into the left forearm when lifting a heavy weight. **Oak** should be used with discretion if there is pathology of the heart tissue. (It is well supported by **Rose Quartz** or, in more serious cases of angina, **Latrodectus Mactans** both of which, if given for some days before, will support the heart while **Oak** does its work constitutionally.) **Oak** can clear the lymphatic tissues of the chest.

Stomach and abdomen

Tension felt in the solar plexus. Hiatus hernia that may seem to call for **Nuxvom**. Strengthens the liver in cases of food allergies. < fatty foods. Incipient gall bladder trouble. May well be called for in cases of wheat and dairy allergy which go back into the patient's history a long way. Constipation and bloating especially brought on by stress. Sensation as of a knot in the umbilical region. Hernias that do not respond to the indicated remedies. Gall stones and gall stone colic. Haemorrhoids; both internal and

external, sometimes with fissures but with little bleeding. Piles can become very itchy; wants to rake them. Hardened skin of the anus.

Female

Long-term effects of abortion: incomplete process of grieving in those who had to get on with things after the event. Restores old symptoms to clear them. Menstrual cramps and sudden flooding. Clotting and severe contracting pains. Has been known to encourage the dispersal of fibroids (see **Buddleia**) and restore absent or suppressed periods. Yellow leucorrhoea.

Male

Infertility (suggested causes: from immature development of the epididymis or after a vasectomy reversal). Impotence in men who pursue their creative activities with enormously aggressive energy and have little left for the bedroom. Cysts on the scrotum; growths on the genitals.

Urinary organs

Kidney stones and the history of stones that has caused weakened kidney tissue or function.

Neck and back

Tension in the neck and shoulders. Pulsation in the carotids with palpitations. Prickly heat and spots in the cervical area. Spinal injuries: either in its own right or as a follow-up remedy after **Arnica**, **Rhus-tox**, **Nat-sulph**, etc. **Oak** strengthens the spine that has suffered previous injuries.

Considerations for the use of the remedy

Oak is to be compared with the great psoric remedies below, as well as with **Thuja** and **Clay**.

- **Sulphur**, which is more obviously affected by temperature and dryness as well as being, in some patients, more obviously lost in

intellectuality, is often followed or preceded by **Oak** and they are complementary.

- **Calc-carb**, which is more obviously inclined to anxiety and is less able to hide it, shares many characteristics: the stolid, plodding nature; the tendency to keep going (in strong constitutions); the tendency to stiffen up (arthritic/rheumatic) and slow down. Many **Calc-carb** patients need **Oak** to help them dig deep into their past, unresolved problems. **Oak** is one of **Calc-carb**'s vegetable analogues.
- **Baryta-carb** may be a remedy state that comes up after **Oak**; this is not a bad sign despite the depths of **Baryta-carb**'s picture. If this occurs it indicates that the patient has been taken back into some aspect of childhood that was never satisfactorily completed.
- **Kali-carb**, which can easily be mistaken for **Oak** because of the tension, sleep trouble and rigid outlook, is distinguished by its mixed anxiety, sensitivity and irritability along with its demanding nature.
- **Psorinum**, which is often used to unlock cases impeded by miasmatic undertows, is followed and preceded by **Oak** which complements it well, and whose action is enhanced by it. As a remedy picture in its own right, **Psorinum** is much less stoic, less resilient than **Oak** tends to be.
- **Morgan**, which is far more obviously toxic than **Oak**, is even more 'stuck' and when **Oak** cannot complete its work, **Morgan** may be required to shift it on.
- **Silica**, which is apparently far less robust, sometimes needs **Oak** to help it work thoroughly. Many **Silica** patients have the **Oak** quality of persistence even when they are debilitated; **Oak** helps when **Silica** has no more physical energy despite having the will to carry on. (A patient on **Silica** LM does well with intercurrent doses of **Oak**.)
- **Thuja**, which, like **Calc-carb**, can stiffen up and slow down, shares **Oak**'s tension and increasing inflexibility; though these are due to an underlying anxiety about their insecurity in a world that seems hostile, rather than **Oak**'s tendency to keep going somewhat blindly, getting tenser and stiffer because the workload is grinding and

because of the unwillingness to look up from the road they are travelling, in case they see what they do not want to have to deal with.

- **Clay**, which is far more stuck than any other remedy, is a good complement to **Oak** which grows so well in this type of soil. There is more catarrh, less energy, less animation and far less motivation than in **Oak**.

Oak can be used in several ways. It is perfectly legitimate to consider this an 'opening' remedy particularly in a case where the patient has little or no grounding. The precedent for this lies in Hahnemann's use of **Sulphur** as an opener in cases. Where there is no obvious toxicity but there is reason to believe that the patient is not grounded, unable to achieve much because of this, and yet is someone who keeps plodding on, then **Oak** is well indicated. Even if another remedy seems to be better indicated by the totality of symptoms, it is often better to use the **Oak** first otherwise the rival remedy will dissipate quickly and have little effect despite ample evidence for its employment. **Oak** can also be considered in those who have been given several indicated remedies but have not responded as well as the indications would lead one to expect. The root cause for this is often that there is an underlying familial pattern of negative energy that has never been broached by other remedies; as if there is a 'miasm' of unresolved familial stuck energy that needs to be worked on. **Oak** is one of the remedies to tap into this. **Oak** can also be used as an intercurrent either based on its indications for functional disturbance or to support another complementary remedy (see pages 425-6). It is also a remedy that can be prescribed in appropriate, low 'x' potencies for the purpose of strengthening and cleansing a beleaguered chakra that is particularly under strain while a main, homoeopathically indicated remedy is working on the whole. The 3x clears the base, 5x clears the sacral centre, 7x the solar plexus, 9x the heart, 11x the throat. Then there is a hiatus: the 15x clears the brow and the 22x clears the crown. The 13x clears the thymus centre. These potencies are capable of clearing shock and trauma from the associated chakra whether the condition is a spiritual, psychic or physical one. It is particularly noted that **Oak** in a low 'x' potency follows and supports the nosodes well. For example, **Psorinum** 1M with **Oak** 3x one daily for 12 to 15 days; **Carcinosin** LM1 with **Oak** 6x daily. **Oak** can take the place of **Silica** when that might seem indicated in a

Carcinosin case; **Silica** can quarrel with **Carcinosin** and their proximity is best avoided; **Oak** complements **Carcinosin** and will help the patient to return to a psoric or tubercular state. **Oak** is often needed in cancer patients who are going through the process imposed on them by orthodox medicine; it is a situation which they seem to have no choice but to pursue and **Oak** can give them the resolve to follow through and strengthen their constitution at the same time. **Ayahuasca**, which is so distinct in its essential picture, is important in its close relationship with **Oak**. If **Ayahuasca** is needed to reach back into the past to heal particularly maternal-line trauma then **Oak** is often called for to support it by grounding the patient transported back so far in time. For example, **Ayahuasca** LM1 with **Oak** 100, one each week for four weeks in a case of a patient who seeks to unravel their difficult relationship with the female line especially where there is fear and avoidance yet a dogged continuation of old maternal patterns. **Oak** is regarded as inimical to **Nat-mur**; although through inadvertence these two remedies have been given close together without apparent unnecessary aggravation, it is worth bearing in mind that it was strongly advised during the meditation circle not to prescribe them in close proximity.

Esoteric therapeutics

The seeds of the need for **Oak** are sown deep in the past; it is a remedy, like many of the new remedies, that helps people to deal with karma or 'life lessons'. **Oak** is one of several new remedies that unlocks a patient's past: in a stuck case where there is a historical or karmic event that has never been dealt with and that needs to be addressed before any further progress is made in the patient's present state. The problem can also be familial; it may have been held by forebears who never did face the problems which has left the patient with the karmic obligation to pick up the burden and deal with it. This can be manifest in stoicism that each previous generation has demonstrated in the face of all the difficulties that have built up as a result of the refusal or inability to address the problems. The hallmarks of the personality of those who have borne this difficult karmic energy are forbearance and resilience and these have masked the way in which both the patient and his ancestors have been worn down and gradually defeated. There is a lack of learning through experience that fortitude may only help

in certain circumstances. Sometimes it is the best course to admit to one's limitations and to give up unnecessary struggle and seek help or to change one's course altogether and renew one's purpose. It is for patients who are not aware of when the right moment to quit is. This makes **Oak** a base centre remedy as this lack of awareness of one's limitations is very much of the Saturn centre. This basic state is often at the mercy of syphilism which turns the stoic into an unwitting victim. (This can leave them in a perpetual state of emotional and spiritual winter; no seasonal change being ever experienced by them on an emotional level.) An **Oak** personality can be seriously damaged or even destroyed by a manipulative, destructive syphilitic person who is out for their own advantage. (For example, an alcoholic with an **Oak** partner who keeps on looking after him or her while slowly becoming undermined.)

The energy of the remedy is often very yang. The hardness is such that in extreme situations the patient can be broken from lack of flexibility. A spiritual rigidity may set in. The remedy encourages trust and faith in oneself and in the ability of others to offer appropriate assistance. (The ceremonies and rituals based on **Oak** in ancient lore were communal rites.) It is for those who do not learn their life lessons easily; they plod on and often repeat their mistakes. Yet they can also be seen to give up easily when faced with any new task or burden. It is hard for them to marshal their resources and set themselves onto a new course; they tend to lose a sense of forward drive and to procrastinate. They often fail to notice the difference between endurance and suffering. It can also be yin in the sense that **Oak** can heal an excessive (even obsessive) sense of deference: the patient would appear to defer to one who would exert a negative influence over him while maintaining a steadfast, stoic attitude without noticing that he is being manipulated. (The rigidity is not aggressive but passive.) Where one person's karma has been interfered with and imposed on by that of another.

It is also a remedy for the solar plexus: the aspirant energy of the spleen can be restored to creative inspiration by **Oak**. Where long years of service have blunted the creative purpose, **Oak** can restore a sense of personal creativity. It unlocks despair and sadness that are held in the liver, blocking the patient's will power to encompass changes of direction.

Oak is a heart chakra remedy: for those who suffer grief but who fail to learn by the experience. They continue through life burdened by sorrow but without acknowledging how the experience might help them to grow and

expand their consciousness. They are like people who are held in a yoke and continue to trudge along a rutted path with eyes cast down; they miss much because of not looking up and seeing the potential of their world.

Oak can also help to clear the fog in the brow centre. Encourages the patient to see what is needed next (i.e. some sort of change) and allows the inspirational spleen energy to work with the intuitive energy of the brow to create a force for new beginnings.

Chakras

Crown

The crown chakra is usually blocked and there is little spiritual reception beyond habit. They do not heed the urge to grow and develop spiritually, preferring routine and custom to guide them. Sleep can be troublesome: wakeful.

Brow

Confusion: cannot see what is happening in their lives. No forward looking vision; prefer to keep their heads down and stick to what they know best. Tend not to allow themselves to get into a position in which they have to make major decisions as they feel inadequate and insecure unless the decision can be based on what they have always known. They are able to discriminate well and may have very solid moral integrity but they can easily be confused by too much choice or when faced with a decision which might have equal but opposite outcomes.

Throat

Poor expression of deep emotions. Tinnitus. Poor hearing.

Heart

Grief held close in the heart centre, of long standing or from a past generation. A heavy heart but without rancour. It is simply a weight and a burden. Despair but unexpressed. The heart carries the disappointed

expectations of parental influence. Tachycardia and ectopic beats. Rage may sometimes emerge and swamp all other feelings.

Solar plexus

Reluctance to face challenges in case of conflict. Enormous stress and tension held in the stomach and abdomen. Motivation is low or absent while the patient remains poorly grounded.

Sacral

Little sense of expansiveness or sustained joy. Generative organs may be compromised in either sex. Blocked sexual energy. Kidney energy is compromised; water balances disturbed.

Base

Either rigidly fixed by boundaries or unable to keep any boundaries intact. Very poor grounding or far too earthbound with no flights of fancy at all. Easily affected by injuries to the body's structure. Also disturbed by having to contribute to, perform at or be part of any public event or spectacle. Cannot function well when there is a high degree of tension as the physical body particularly and the emotional body tend to seize up. It is a remedy for long drawn-out ordeals when the patient must maintain a level of competence. Pains and tension anywhere in the musculoskeletal system.

Case studies

- 1 'Woman in her 40s who had been under considerable tension and anticipation due to waiting for her partner to make up his mind about leaving his wife and marital home, came with tearfulness, scattered thoughts, inability to think of anything deeply and a sense of having been only partially effective at work ("skating over the surface"). She had also been snappy with her children and remorseful about this. She mentioned that she had been under considerable strain, doubting whether her partner would really manage to leave his home for her. **Oak** 10M was prescribed. Within 15 minutes she felt that she experienced a surge of energy. She then felt much more decisive, less distracted and more able to concentrate on work. She later felt that her

sense of humour returned and that lots of opportunities that had been held up now all started to come up at once.’ **CG**

2 ‘A woman rang the clinic to say that her husband had had an accident at work; he had fallen from scaffolding and landed flat on his back. The paramedics who had been called suspected that he had broken his back and he was taken into hospital. Tests showed that he had not broken anything, but that his spine was severely bruised and that he would have to stay in hospital until able to move without assistance. The man became extremely restless and anxious about his work as there was a deadline to meet. He was in considerable pain. His wife wanted to know if there were any remedies apart from the **Arnica** 200 and **Rhus-tox** 30c he had taken that would make him more comfortable. Because of the tension that he felt in his back, the tension he was engendering in the ward and in his wife, and the severe pains of which he was not complaining he was given **Oak** 1M to take each day. The result was very swift in coming. He was out of hospital on crutches within three days, dispensed with the crutches within a week and was back to work within ten days. He did realize that he had to take things very carefully and was unable to lift weights for some weeks but he was relieved to get back to work long before the doctors had advised.’ **CG**

3 ‘A man who had had an attack of asthma, had fallen and hit his head and suffered from such severe concussion that he went into a coma, was taken into hospital. The homoeopath was consulted by a friend who went to see the patient, reported on the situation and asked if anything could be done. He was in a vegetative state which was remarkable for swiftly rising temperatures which caused extreme heat and redness and for profuse amounts of phlegm that had to be aspirated from his lungs. It appeared that, despite the coma, the patient was extremely sensitive to the tube being introduced down his throat; he became rigid and a pained expression suffused his face. The friend was directed to give **Belladonna** 200 for the feverishness and **Theridion** 200 for the extreme sensitivity to the tube. With both these remedies the patient found considerable relief despite the fact that the doctors had said that his thalamus was failing and that he was beyond

their reach. The fevers became less frequent or high and there was less frequent need of the tube. This situation continued for a few days and the next report was that everyone in the ward including the family, the nurses and the other patients were in an underlying state of high, agitated tension. At this point the friend was directed to give **Oak** 30. The effect was most immediately felt by the patient who took a deep breath and within a few minutes passed away peacefully and, it was noted, with a smiling expression. It then became obvious that the others who were being so affected by the events were all suddenly relieved of tension and became far more relaxed and able to consider their own feelings.' **CG**

4 'A woman who was due to appear in chambers in a legal wrangle over a divorce settlement asked for support so that she could go through with the ordeal. She was anxious and rather pessimistic about whether the outcome would go in her favour. She seemed level-headed and in command of what her solicitor expected of her, yet she felt that she was likely to be affected by the unbearable tension that she had found so hard to withstand on a previous occasion. She was given **Oak** 1M to be taken before the ordeal. She reported that she acquitted herself well and that the case had gone better than she had expected. She said that she had felt calm and far less tense than she had been on the previous occasion.' **CG**

5 'Female: d.o.b. 18/11/46. Her presenting symptomatology was psoriasis since the age of 5 with an aggravating eczema that comes and goes. She also had asthma and coeliac disease; underweight with feelings of constant tiredness. Allergic response to wheat which caused bloating, diarrhoea, nausea, flu-like symptoms and general lassitude. The family history was of a brother and father dead of tuberculosis; her older sister had an overactive thyroid and her younger sister had an under-active thyroid. Her psoriasis can cover her entire body and, as a child, it was all over her; she spent most of her childhood in hospital covered in bandages and coal tar. It is worse for sunlight and heat and it is better in winter. The eczema on her hands may weep and ooze a clear liquid. Her asthma alternates with the psoriasis. The psoriasis went away during her pregnancy. She has a shadow on her lung. Her

periods are normal and regular. She sleeps well but wakes up unrefreshed and heavy-headed. She loves the sunlight though she is generally < for the heat. She is much better in the mountains and loves going skiing. She has a great fear of water and drowning. She is not very well grounded or organized in her daily affairs. She exhibits all the miasms quite strongly throughout her symptomatology. What comes across most in her personality is her Englishness. She has been weighed down by life and has had to struggle especially against ill health. She worries a lot about the family, business; she is constantly anxious about everything. She is slow to react and very patient with her delinquent children. She endures much from their abusive behaviour. Prescription: **Oak** 1M: four doses. At her next appointment she reported that she had obtained much relief and felt much happier in herself and had increased vitality. All the symptoms greatly improved including her psoriasis. The eczema went along with the asthma. Her coeliac symptoms were much improved and she found that she could take a little wheat with no aggravations at all. She wakes much easier in the morning and is no longer heavy-headed.' **MM** (*Prometheus*, No. 4 Spring 1996)

- 6 'A businessman who seemed very **Arsenicum** to me, came for help when his business collapsed. He is a Virgo so he is very conscientious and hardworking. He had been working for a big company and was a high flyer but he had been made redundant and he felt that his world had collapsed. What's more, his wife left him; she had married him for his money. He had various remedies but **Aurum** did the most for him. He started up in business again; this time, his own. It was a success very quickly. He found a new partner and she was not so interested in his money. Then this second business went bust. He lost everything again and the wife left him as she couldn't take his depression. He had **Aurum** and **Arsenicum**, **Medorrhinum**, **Thuja** and others that were indicated for the different states he went into as his life went on. Nothing changed his basic sense of depression though. He couldn't pull himself together. He was not in his base chakra at all; he had been knocked right out of his base and **Sulphur**, **Lycopodium** and bowel nosodes made no difference. He then had **Oak** 10M. The reaction was amazing. He said that he had never felt like this before. He was

completely transformed; his whole demeanour had changed. He was lifted completely out of his former state and was totally grounded. He has really moved on since then and is so much happier.’ **JM**

Author’s note

Oak is not advised for those who are taking any form of hallucinogenic drug as severe aggravations might result. If it is indicated in such cases it is advisable to put the patient through a detoxification programme first: **Rainbow** 1M or 10M followed by **Nux** in a low potency daily and **Ayahuasca** either in LM or in 1M daily for a few days. Although a warning about aggravations in those who smoke cigarettes was given during the meditative provings, **Oak** has been prescribed to some of those who smoke without significant aggravations though it would be well to be cautious in those who have heavily catarrhal lungs. (In smokers with weak digestion and questionable elimination processes, it may be helpful to use a combination of **Ceanothus** + **Berberis Vulgaris** + **Lobelia Inflata** 6x on a daily basis before using **Oak** even when it is well indicated. This combination remedy supports the lungs, spleen, kidneys and liver and encourages elimination of waste through the mucosa and kidneys.)

Practitioner’s comment

I use **Oak** 10M when a patient has reached the end of their tether: ‘One more thing I can’t take!’ It’s for such stress and tension. **RP**

RAINBOW

Spectrum

This remedy, also and more properly known as **Spectrum**, was made by holding a bottle of pure ethanol in the rays created by the sun shining through a prism. The sun's course was followed for approximately two hours. The resulting tincture of prismatic light was then potentized in the usual way. It was proved by the meditation groups in October 1996. Before the circle each participant was given a single dose of the 30th potency.

Keynote effects

Its main effect is to encourage the flow of fluid energy; can release blockages in the energy that should flow along the meridians. It lightens heaviness in any form.

General symptoms

Encourages the flow of bodily fluids and their correct balance. Works on the blood, lymph and cerebrospinal fluid and, therefore, indirectly on the central nervous system by encouraging its nourishment. Helps to open up the third ventricle of the brain so that the tissues of the brain are bathed in CSF, including the pituitary gland, the latter being thus enabled to receive and deliver its hormonal messages without interruption or interference. On this level, **Rainbow** can be used in any pathology with confidence that it

will help the body in a cleansing and nourishing action in safety. Has a role in clearing the system of pollutants including radiation and immunizations. As an antidote to vaccine damage it is suggested that it should be given in the LM1 potency over a period of a month in conjunction with the indicated similimum. (It may also be used in this manner alongside the isopathic remedies.) Promotes the increase in the level of serotonin in the system and thus has a role in easing depression. Depressive states can be brought on by drugs (allopathic and recreational), injury to the brain (or parts of it), or for genetic (miasmatic) or karmic reasons. Encourages the detoxification of the bloodstream from nicotine poisoning. Heat: hot flushes, raised body temperature, fever with night sweats. Sensations: trickling or running water feelings; numbness in parts. Stagnation or thickening of body fluids: oedema; blood clots; menstrual disorders where there is clotting; water retention or amenorrhoea. Complements remedies known to detoxify the liver and kidneys and thus encourages thorough elimination. Regulates the breakdown of spent cells; improves spleen energy and helps the skin to slough evenly – so **Rainbow** can be thought of as a support remedy in psoriasis and eczema. Helps at all stages of development: birth and death, puberty; bridges the hiatus between development states. > as prophylaxis. Bridge between the two halves of the body; between the chakras; between one endocrine centre and another; between relations (in family feuds); between one state and another (conscious/unconscious); one time and another (karmic/seasonal). Can be given when there is no outstanding pathology. It gives responsibility back to the patient. Helps to clarify confused states. Can be given to support other remedies that struggle to complete their action. Easy dissipation of energy and stamina.

Mental and emotional symptoms

Fearfulness; torpor, stagnation. Fear of change. Anticipation; apprehension; confusion. Lack of grounding; ‘spaced out’ feelings. Temporary loss of (emotional) equilibrium after trauma, long bout of stress or hard work or acute illness. A feeling of not being able to get back on top of things (even though there is no particular reason for being blocked). Lack of mental acuity and clarity. Poor intuitive perception. Helpful in rehabilitating a patient after a mental breakdown. Depression – often due to inability to see how to change course. (Has a positive effect on the production of

serotonin.) Disgruntled teenagers (like **Calc-phos**). Rootless. Difficulty in seeing where one fits in to one's surroundings or within the social or family group. Fear of not having a structure; loss of control when routines and structure break down. Menopausal mood disturbance. Irritability and impatience.

Physical symptoms

Head

Headache with searing, burning pain in the right temple; pain extends in a straight line from the temple to the right ear and glands below the ear and into the neck. Brain feels as if it is buzzing.

Eyes

Watery left eye. Conjunctivitis of first the left and then the right eye. Photophobia; difficulty seeing because light is too strong. Lachrymation in strong sunlight. For those who find they need to wear tinted lenses. Glaucoma.

Nose

Watery flow with a head cold.

Chest

Compromised breathing due to chronic lung congestion. Helps chosen similimum to work on exchange of gases, mucus production and easing of tension in the chest wall and the diaphragm.

Heart

Can be used for the long-term relief of thickening arteries, raised cholesterol levels and blood pressure. **Rainbow** complements other heart remedies well.

Female

Menopause symptoms with hot flushes.

Skin

Impoverished skin from poor internal elimination.

Neck

Torticollis with head turned to the right.

Sleep

Dreams which are involved and seem to carry meaning but are hard to interpret.

Considerations for the use of the remedy

Rainbow can be compared with any other remedy that covers fearfulness, torpor, stagnation; lack of grounding, resistance to change; confusion, irritability and impatience. It is most frequently used as an intercurrent or when indicated remedies fail (this is particularly true after psoric and constitutional remedies) or as the ‘glue’ between other indicated remedies in conditions that call for detoxing.

Rainbow is excellent when used to combat the long-term effects of recreational drugs. As such it can be supportive of **Ayahuasca** (see case 1). It is also complementary in this role to **Nux Vomica** or **Cannabis Indica** or **Opium**. It is one of the new remedies that can be prescribed frequently and either in high potency as the similimum or as a support remedy in a low potency, frequently (daily or weekly), alongside another. It has an affinity for all the nosodes but particularly with **Syphilinum** and **Tuberculinum**. It complements **Sycamore Seed** in that remedy’s action on the sphenoid bone. **Amethyst** and **Oak** are also remedies with which it has strong links. However, it is likely that all tree remedies will find a resonance with **Rainbow**.

Rainbow has a seemingly non-homoeopathic indication. It has the ability to cause what is known to cranial osteopaths as a CV4. This is a situation where the third ventricle of the brain, that reservoir that holds cerebrospinal fluid before it is pumped out and past the pituitary, becomes constricted and ‘less willing’ to play its part. A cranial osteopath would, if all else indicated the need, put further compressive pressure on this structure until the body recognized the need to react. This is the point at which the structure is

released, the effect of which is a flood of cerebrospinal fluid emerging from the now relaxed third ventricle. **Rainbow** has a similar effect to this procedure and it can be given in cases where there is little symptomatic indication for any particular remedy beyond a sluggish system and a body clock that needs an overhaul. Occasionally, in new cases where there is integrity in the system and no clear sign of a single indicated similimum, **Rainbow** is an excellent opening remedy. The patient may be complaining of not much more than feeling sluggish, stale and in need of a boost.

Rainbow is also of value in cases where the patient leaves the clinic with their indicated prescription only to continue in a day-to-day situation that amounts to a serious maintaining cause. For example, someone who works in an environment that presents the problems of passive smoking or in a garage, say, where toxic fumes might compromise the action of remedies. In such cases it is worth considering the use of regular doses of **Rainbow** to help the body with the elimination of the toxicity which would otherwise be a threatening maintaining cause.

Esoteric therapeutics

In the meditative proving several themes emerged: disconnection; bridges (in the sense of building connections); cleansing; breaking down (in the sense of deconstructing in order to build again); the concept of darkness being part of the light; understanding; guidance and support. Most provers felt a sense of being disconnected: not in their usual state of awareness. They felt less in control of their consciousness. This led to the feeling that there was a strong affinity with **Phosphorus**.

Aspiration is a keynote in this remedy; **Rainbow** sheds light on the significance of purpose and on the choices people make either to fulfil that purpose or to avoid it. It is said to engender harmony, peace and purification on all levels. In helping light to be shed on an individual's purpose it allows the heart centre to be opened so that giving and receiving are greatly facilitated. It is one of the new remedies that is known to encourage the lifting of negativity and of dark thought processes. In lifting negativity it can also bring forward the syphilitic miasm for treatment. Remedial support for those who have a syphilitic reaction to the remedy will be necessary. Is said to encourage individuals to lower or break down their defensive barriers that would otherwise prevent them from moving forward

emotionally or spiritually (though it is also applicable on the physical level as well). Is said to be useful in those who are involved in family rifts or feuds. The remedy allows the individual to see the truth of the situation, to stand back from the conflict and see the totality of their role. Allows for inner understanding and deeper perception so that no party need be apportioned blame, but both sides may benefit from a shift in perspective. By being part of the healing energy of family problems – even those of many years standing – this remedy can be seen as a lightener of karmic loads. Enhances telepathic and intuitive awareness. Enables one to perceive what is truly genuine and what is superficial and rootless. It is especially useful in those who chase after illusions. Day-to-day delusions of daydreamers; also for those who delude themselves that hallucinatory drugs can provide any answers. Is seen, by sensitives, to heal damaged auras. **Rainbow** has the ability to initiate healing in any of the individual chakras as each of them is represented by the colours; thus **Rainbow** can be thought of as one of the remedies that can be prescribed as a support remedy to the similimum. A remedy that focuses on the individual's aspirations (thus healing spleen energy). **Rainbow** relates to the middle pillar of the Tree of Life in that its main purpose is to bring people into a state of unification.

Chakras

Crown

Dreamy and confused. Tends to prefer illusion to reality. Unable to distinguish between superficial illusion and deep understanding. Lacks the ability to reflect on experience to any depth. In those with a history of drug use and abuse, the link between crown and brow is tenuous at best, broken at worst. Dreams which need interpretation: **Rainbow** helps patients to make sense of their dreams.

Brow

Difficult to think; cannot see their way clearly. Muddled and forgetful. Indecisive though not necessarily as a character trait, more as part of the present condition. Overactive brain though with little positive result.

Anxiety and apprehension which is made < by their inability to prioritize efficiently. Fosters the functional balance between left and right sides of the brain (quite often needed by those with learning difficulties) and complements **Sycamore Seed** in this aspect. Invaluable in those with toxicity problems that are << due to poor hormonal function. Poor vision especially due to heredity.

Throat

Poor aural reception which leads to halting vocal expression. The muddled activity in the mind leads them to lose confidence in the way they would normally express themselves.

Heart

Thoughts and feelings seem to come from two separate places because heart and head are not communicating properly or at all. There is too much stagnation in the system or confusion for the heart to open up with any sense of security.

Solar plexus

Encourages spleen energy: improves faltering motivation from lost aspirations.

Sacral

Little positive energy flows through this centre when **Rainbow** is indicated. Pubescent and menopausal changes that make life difficult and shake the patient's confidence. Though expansion and amplification of the fluid energy may be happening, it is not leading to positive, creative expression or experience. Menopausal symptoms including hot flushes and congestion of the pelvic organs.

Base

Slow and sluggish with an increasing lack of confidence. Congested lymphatic system.

Case studies

1 'Two brothers, 15 and 18, who were given to whiling away their idle moments with marijuana and who came for cranial osteopathic and homoeopathic treatment combined, were finding it hard to make much progress either in their academic work, creative work or socially. The older was struggling to get his portfolio of artwork completed and the younger was finding life at home particularly irksome due to parental pressure. The osteopath noted that both patients were stuck; that their fluid energy was not flowing well. Of the older he said, "He's not here at all! He's not in his body." He had taken **Tub-bov** 50M five months before which had helped after a series of chest and throat infections that had left him weak and lacking in any stamina, though a recent cold had still not cleared and he was still feeling unwell. Kinesiology showed that he was suffering from airborne fungus spores. He was drinking four cups of strong coffee and a can of Coke every day. He was given **Rainbow** 10M during the osteopathy whereupon the practitioner noted that the patient came back into his system, the fluid drive began to work and there was an immediate lifting and opening action throughout the body. He shortly afterwards finished his artwork and won the place at college he had been hoping for. He also decided that he would go on a backpacking trip to south-east Asia with a group of friends. This proved to be a success though he succumbed to further temptation and smoked a lot of pot. When he returned for more of the two-handed treatment it was apparent that he was still suffering from lung trouble and was producing copious quantities of thick, yellow mucus (which was slightly relieved by **Kali-bich** 200). He felt constricted at the top of his chest. He was given **Rainbow** 10M again and this was followed by **Ayahuasca** 10M. After this he abandoned marijuana altogether. On the next occasion he came for treatment, he asked to have a confidential word about his brother, saying that he hoped that something could be done about his excessive dope smoking. He said that he had tried to convince his brother of the dangers. He also said that he felt as if he were caught in the middle between him and their mother. The only health problem he had was on his skin: two patches of circumscribed eczema on both inner elbows. (He was given **Sulphur** CM.)

‘Of the younger the osteopath said, “He’s scattered. He’s like a puzzle which has not been put together.” His mother had reported that he was rude, surly and foul-mouthed; he threw things in a fit of temper, was disrespectful, sarcastic and an accomplished liar. He was also undersized and had shown little sign of growing for some time. He was given **Rainbow** 10M followed by **Nux Vomica** 200 – 1M – 10M (at weekly intervals). The **Rainbow**, given during the treatment, had an effect similar to that it had had on his elder brother. When he returned it was clear that the session and the remedies had effected some change as he had been much pleasanter to live with and was not smoking nearly as much dope. However, he shortly afterwards fell in with some unsavoury characters at school and took up the habit again. On the next occasion of dual treatment the osteopath noted that there was a “shearing pattern” throughout his body (when the two halves seem, like tectonic plates on the earth’s surface, to be slipping out of alignment with each other). The osteopath felt that this was indicative of inner conflict. As the patient had been prescribed **Anacardium** on a previous occasion with no effect whatever he was given another dose of **Rainbow** 10M with similar results to previously. However, when he came back for further treatment it became very apparent that the underlying problem was an emotional one. The family had been disrupted by the breakdown of the parents’ relationship. There was a lot of tension in his body and his heart chakra was heavy. His digestion was knotted up and he suffered from a lot of pain in his neck. He was given **Three Salts** 10M¹¹ which immediately had the effect of settling the turmoil in his system. He was also far readier to listen to cautionary advice about the dangers of smoking dope and cigarettes (which had only been broached perfunctorily before). It was also noticeable that he had, since the first dose of **Rainbow**, started to grow.’ **CG**

- 2 ‘A 32-year-old man, a Taurus, came to see me. He had very adolescent behaviour. He had used drugs since he was 15: dope, cocaine, amphetamines, opium; he’d had them all. He had had treatment before he came to see me and I treated him for about 10 years. His aura was full of holes. There were no defined layers to his aura at all. He was very delusional. He was full of anxiety. He had many remedies to

attempt to put some integrity back into his system: **Thuja, Sulphur, Morgan, Ayahuasca, Moonstone, Nat-mur**. Latterly, in turn, he had had **Calc-carb, Lycopodium** and then **Medorrhinum** to which he responded well. Nothing really held for long; it was only in the last couple of years that he stopped using dope; he'd stopped because he frightened himself in the end. He had **Syphilinum** and that really helped though no remedy could close his aura. Then he had **Rainbow 200** three times a week for six weeks. His aura closed completely – it had never completely closed like that before. He stayed on the **Rainbow** though at once a week. Then his chakras started spinning properly. He felt much better in himself. There was still toxicity in his system so he then had **Morgan 200** followed by **Sulphur 10M** and all his improvement has held for the last six months in a way that has never been possible in the past.' **JM**

- 3 'A 71-year-old Cancerian man who had had lots of treatment for never being well since his wife died, got to the point where he was suicidal. He had had **Nat-mur, Ignatia** and **Carcinosin** from his previous practitioner but he still felt he wanted to die because of the massive depression. He just couldn't get over his wife's death. He took an overdose; fortunately he was taken care of in time. He had **Syphilinum, Aurum, Lycopodium, Oak** and all of them did something though after the **Oak** something seemed not quite right; I couldn't put my finger on why. Then he had **Rainbow 10M** once a week for eight weeks. It turned him around. He came back saying that he realized that his wife had died when it was her time: "She was meant to die when she did." He wept a lot which he'd never really done properly before. He went off to a counsellor after this. He had further doses of **Rainbow 10M** and it always lifted him. Six months later he is much, much improved and after a **Natmur** all his emotions were well balanced.' **JM**

Author's note

During the proving the most remarkable sensation felt by several of the participants was a sensation of water trickling through the body from the head rather as if there were a slow waterfall within. Everyone who felt it

said how pleasant this was and how it illustrated the cleansing aspect of the remedy.

Rainbow is a peculiarly useful remedy in its role of supporting patients through difficult times on remedies that dig deep into the psyche. I have often had cause to use it as a stabilizing remedy in those who are often or permanently in a state of confusion and feel unable to integrate the various and imperative demands made on them by home and work or the conflicting effects of thinking and feeling, routine and fantasy. Perhaps it is fanciful to see it in this way but I have often thought of the rainbow's separation of the spectrum's seven colours as analogous to the effect of the remedy on a muddled psyche; the confusing thoughts and feelings are eased apart for internal, subliminal analysis so that the patient is able to see what it is that needs to be done. They are able to see through the obfuscation that habitual emotional reactions throw up in response to any difficult negative situation.

¹¹ **Three Salts** 10M is a combination of **Nat-mur** + **Winchelsea Sea Salt** + Himalayan Crystal Salt.

RHODOCHROSITE

The remedy was proved in April 1997 by the meditation groups. Each member took a single dose of the 30th potency before the circles.

The Background

Rhodochrosite is a carbon-based mineral. It is formed in either masses, grains, columns, crusts or rhombohedral structures. The presence of manganese gives the stone its rosy colour. It forms either as stalactites in hollows where water containing manganese and carbonic acid collects to create masses or as stalagmites from water dripping from the ceilings of caves. It is characterized by rippling rings of rose-coloured striations. Its chemical formula, $\text{MnCO}_3 + \text{Ca, Fe, Zn}$, suggests comparison with other minerals that are already remedies, **Manganese, Calcium, Ferrum** and **Zinc**.

Rhodochrosite essence is one that engenders balance and the healing powers of love. It allows those who take it both to receive and to give compassionate understanding. It opens the heart centre without creating the fear of vulnerability. It helps to break down barriers in the heart chakra. It encourages positivity and enthusiasm and lifts one out of any negative mood that began from feelings of being unable to cope; of being easily overwhelmed. It can improve the circulation, the quality of arterial tissue (making it more elastic) and can stimulate sex drive. It has been used to relieve migraine headaches.

Keynote effects

The remedy fosters compassion, discrimination and understanding, leaving the patient feeling more certain of what he or she needs to do or how to progress. It can seem to slow down the speed of the patient's energy so that everything happens in a more measured way. It also affects the circulation and oxygenation of the blood especially in cases where the hormones are out of balance as well.

General symptoms

This is a remedy for the heart and circulation; it is also for those who suffer respiratory problems from heart disease or high blood pressure and from disordered water balances and kidney malfunction. Atherosclerosis, angina. Palpitations; ectopic beats; high pulse rate. Asthma; pulmonary oedema. Oppression of the chest with pressure in the mediastinal area. Fibrillation. Bronchitis or bronchiolitis in heart cases. Nausea from pressure due to oedema; morning sickness. Tiredness and feeling faint. Heat; hot flushes < menopause. Yet can feel the cold especially in the extremities. Dryness of the skin, but the eyes feeling heavy with excess water internally. Generally oversensitive especially to smell and scents. Mucous membranes that work overtime without clearing underlying toxicity. Skin conditions such as eczema and psoriasis. Menopause.

Mental and emotional symptoms

Feeling overwhelmed by circumstances; unable to cope with any more burdens. Rigid convictions held because of judgements made to support protective barriers around the emotional heart. Hard-hearted. Cynicism. Intolerant especially of criticism. Bluff exterior but soft inside. Heavy-hearted. Constantly feels embattled; worn down by demands from other people – which happens because the patient has allowed others to call on them for help. After a long period of emotional giving without any return. A desperate need to feel nurtured; cared for and supported. A feeling of being a motherless child in a hostile environment; refugee status. A desire to be held. Anticipates the worst from the future; this comes in episodes of negativity. Cheerfulness alternating with negative moods. This is especially true of those who are cheerful whilst among others but depressed while

alone (**Palladium**). Loneliness. Panic attacks with hyperventilation. Anticipation with anxiety: nail biting. (The remedy can engender a deep sense of relaxation and peace or it can result in a renewed burst of enthusiasm and energy.) Fear of repeating the same mistakes over and over. Deeply held anger which underlies cynicism or a sense of hopelessness at being unable to change anything. Feels aggrieved at other people's behaviour or attitudes but stays silent for fear of conflict or causing offence. Can become quite prickly. Has been considered as a remedy in Alzheimer's.

Physical symptoms

Head

Faint feelings. Headaches where there is too much blood in and around the brain and poor drainage from the head. Heavy-headed. Tendency to bloodshot eyes. Floating sensations.

Throat

Clogged up with mucus which is difficult to clear.

Chest and respiration

Difficult breathing; asthma. Heaviness in the chest. Constriction around the heart. Fibrillation. Rapid heart rate but low blood pressure. Feels suffocated: must have fresh air; the mental/emotional state of feeling as though they are overwhelmed and under siege or even under attack is reflected in the sensation of suffocation in the chest particularly when it comes on in waves. Sense of smell heightened: smells roses. Fleeting pains around the heart.

Digestion

Belching. Tight thoracic diaphragm and possible hiatus hernia problems. Nausea of pregnancy. Nausea with oedema. A remedy to consider to reestablish the correct balance of bowel flora; complementary with **Proteus** and **Lumbricus**.

Female

Menopause. Hot flushes. High blood pressure related to hormone changes. Menopausal symptoms with fits of anger and frustration. Sadness during pregnancy as if the pregnancy brings up old hurts or even an inexplicable sense of joylessness. Infertility: the remedy may highlight the focus of the origins of the problem. Painful intercourse due to tension in the pelvic bowl.

Urinary organs

Pains in the left kidney; also pain on the right side that is deep-seated. To be considered in any pathology where there is kidney trouble and symptoms in the heart region. The patient can become dehydrated yet full of oedema. Retention of urine, ascites, abdominal bloating.

Extremities

Aching pains in the right calf extending to the ankle. Tension in the limbs: aching, twitching. Physically restless (but less marked than in **Zinc**). Swollen fingers from water retention.

Sleep

Exhaustion and enervation. Feels that she must lie down or she would fall down. Tiredness out of proportion to the amount of physical work that has been accomplished. Faintness with weariness. Dreamless sleep that is nevertheless not particularly refreshing.

Considerations for the use of the remedy

- **Manganum**'s personality fits very well with the emotional description of **Rhodochrosite**: people who want to please others but who need acknowledgement of their efforts; if they don't get this then they feel aggrieved. They tend to withdraw and sulk when hurt. They are sensitive and artistic and their moods can be easily switched by music. They feel and take responsibility easily; they can become busy and restless with this. They can fail to see when others do not want their ministrations. They can become fearful about trivial things. It is also a remedy that covers anaemia, the destruction of red corpuscles and liver dysfunction. Physically it is strongly

associated with the inner ear: in acute conditions the inner ear is often affected; deafness < damp weather – neither of which are common to **Rhodochrosite**.

- **Calc-carb** is usually the underlying constitutional state to a **Rhodochrosite** picture and it does well in following in a case where there are heart-orientated symptoms. Both remedies tend to be worriers and to do things methodically in order to avoid later complications. It is not unusual for a **Calc-carb** woman to need **Rhodochrosite** during the menopause. The main differentiation is in the emotional state.
- **Ferrum** is more acutely affected by physical and mental sensitivity and prone to flashes of heat and temper than **Rhodochrosite** though both can suffer the typical **Ferrum** problems in blood and circulation. A major difference is that **Rhodochrosite** is hardly ever as rigid, forceful or rude as **Ferrum**. There is less assertiveness, less inflexible will in **Rhodochrosite** which can be too tense, weary and sad to be able to match the **Ferrum** picture even if the latter has been there in the past at some point; especially if any traumatic stress felt and stored in the heart chakra was suffered at a time when the patient was more like a **Ferrum**.
- **Zinc** is not so likely to be mistaken for **Rhodochrosite** as it is far more physically sensitive, weaker, less able to respond and changeable but when angered it is more violent in attitude.
- **Rose Quartz** is not nearly so physically sensitive nor so embattled. Nor does it have that core feeling of needing to be nurtured and held. **Rose Quartz** does not wear its heart on its sleeve and has more hidden emotional turmoil.

Remedies which can be mistaken for **Rhodochrosite** include **Nat-mur**, **Puls**, **Aurum**, **Proteus**, **Palladium** and **Ferrum**. Also **Winchelsea Sea Salt**, **Berlin Wall**, **Rose Quartz**, **Peridot** and **Oak**. The combination of **Rhodochrosite**+ **Peridot** + **Rose Quartz** is a powerful healer and support remedy of the heart chakra when that centre is liable to weaken the effectiveness of an indicated constitutional remedy if left without support. This combination can be used to open a difficult case in which the wounded

heart predominates but where **Nat-mur** (even if strongly indicated) might cause an emotional aggravation or has been given and has done nothing. **Rhodochrosite** is compatible with **Thymus Gland** and may be considered as a potential candidate for inclusion in a triad remedy such as **Thymus Gland + Rhodochrosite + Rainbow**.

Esoteric therapeutics

Rhodochrosite is a mineral remedy for the heart centre principally. It is also a base centre, sacral centre and brow centre remedy. It opens the heart centre when that chakra has been deeply wounded and has held grief for a long time. It softens the heart that has become hardened from many blows. It encourages compassion and dissolves cynicism; it allows one to ask for and experience nurturing again. Its use is most called for in those who have never had nurturing or who have longed for it but who have been denied it. It creates balance in those who are out of balance from emotional trauma; for those whose lives are on hold because they cannot find a way to resolve deep hurt. Allows people to let go of all those issues that are unimportant; they can see the true significance of things that have unnecessarily preoccupied them. It helps to release the syphilitic miasm from the heart chakra.

Chakras

Brow

Gives a greater sense of balance between intuition and intellect, the latter having felt so easily overwhelmed. Affords detachment and distance from the pressure of demands. Can become dispassionate about things despite the yearning to be nurtured. Too much thinking disturbs equilibrium to the point of causing muddled and confused thinking; the remedy fosters understanding more than clear logic.

Heart

Encourages the release of deep hurt from this chakra so that the link between head and heart is restored and any sense of guilt at putting oneself first is dissolved.

Solar plexus

Spleen energy is affected by motivation being suppressed by anxiety and tension or rigidly held views. The liver tends to underfunction and lead to poor digestion which is compounded by water retention in the abdominal cavity. Life is a constant challenge for **Rhodochrosite**; problems accumulate one on top of another until everything, life itself, feels like a conflict. Nausea from the feeling of being under threat or siege.

Sacral

Useful remedy at times of cycle change or at key developmental phases: puberty, pregnancy, menopause. Tension in the pelvic floor can cause intercourse to be painful.

Base

So held-up in the heart centre that it is difficult to attend to everyday matters. Distinguishing priorities becomes a difficulty so important things are left undone or altogether forgotten.

Case studies

1 'A woman barrister, recently divorced in acrimonious circumstances and who had been struggling either with the perimenopause or an early menopause, came for help with hot flushes. "They are ruling my life. When they come I feel they shake my confidence. They make me feel nauseous. Then I can go from boiling to freezing in 30 seconds." The flushes swept up her body from the solar plexus; she flushed bright red, and sweat would make her shirt cling to her back. The flushes made her susceptible to feeling anxious and embarrassed, emotions that she was not at all used to. She also complained of her mind racing; she could not keep her feet on the ground, she said, because her

thoughts were running in all different directions. She wanted to do so many things and yet had no time to do anything properly. She felt claustrophobic a lot of the time but everything was much better if she was able to meet up with friends. “I really need to be with people. I’m OK if I can be with close friends.” She felt that she had put on too much weight over the previous three months: “It’s comfort eating.” She had not had a period for five months yet she would feel uncomfortably clammy for a few days at the times when it should have been due. She was given **Rhodochrosite** 30 – 200 – 1M at weekly intervals. She returned to say that “the remedy did a fantastic job! After the first dose I felt sick for a while; after the second I had a show of blood as if a period would come on; then after the third I had another blood loss – and that was it! The hot flushes are gone; all I get is hot feet now. I’m much more focused on what I’m supposed to be doing and my energy is just amazing!” ’ **CG**

- 2 ‘Woman in her mid 30s. Great desire for perfection in herself. Had a very difficult childhood hence the need for perfection which she could not match. She had promised herself that at 36, if she was not happy, she would end her life. First visit: wonderful husband but not happy; medical opinion was that there was no hope of conceiving as the ovaries were too diseased. She now had reached that age at which she had promised herself that she would put an end to her life and she calmly informed me that she would carry it through. She seemed mentally very stable and fully aware of her choice. She had been on antidepressants and that had made things worse. Fortunately she had stopped them. Homoeopathy was the final option she was trying. Many remedies were indicated, **Sea Salt**, **Carc** and others. I felt the central concern was that she needed to love herself; she needed to nurture herself. Regardless of how much nurturing she was receiving from others (and she was), she needed to feel she deserved it. Everything about **Rhodochrosite** fitted. It shows a way out of an impasse when life is too much, bringing in a lightness of spirit. It awakens those who are asleep on any level. In this case, she was ready to put herself to sleep permanently. I was in no doubt about that, but she was frightened to carry through with her promise because she felt, even after death, she would not have any relief.

‘This remedy works prominently on the heart chakra and balances the sacral centre, brow and crown. I hoped this would help her love herself. She had never nurtured the child within; she had not been allowed to. She was in total despair but in quite silent withdrawal. It is said that the remedy may help prevent the heart chakra from closing completely. This, I feel, is what would occur if she chose to take her life. This also fits in with the Carcinosis state of perfection; a process of cleansing guilt. This for me was central to this case: the need to love herself. I chose just to give this one remedy on its own. I needed to know exactly what was happening and if she fulfilled her promise then I had to be clear that no aggravation had occurred. (How I had to love and trust myself here too and not go into panic mode: should I inform her family? etc!) I gave Rhodochrosite LM1 one drop daily after 12 succussions as for me 12 is a magic number.

‘One month later, when she was due to come back, she cancelled her appointment as she had just got a puppy and could not bring him out. She continued with her LM1. 12 weeks after starting the **Rhodochrosite** LM1 she came to see me. She was not in such a state of “perfection”; she was glowing, laughing and happy. Her husband, she had found, was her soulmate; she felt happy not worried; she had decided to give up her job. She was also six weeks pregnant! Life was good. I have not seen her since. She has promised to bring the baby to see me when he is born.’ **LR-H**

3 ‘A 52-year-old woman, a Pisces patient, came. She had never been well since the menopause. She was about six months into it. She complained of a poor memory; she “lost herself”. Sad, depressed, poor concentration; she was really worried about her mental state. There was a lot of emotional history: there had been a time when quite a few of her family had died, one after another. They went suddenly and traumatically: her son was killed in a car crash, another relative died of rapid cancer and there were others. She had never processed all this trauma. It seemed as if the menopause brought it all up. She was quiet and unassertive; she was tired and burnt-out. Her kidney energy was really low. **Medusa** did quite well for her. **Nat-mur** did a bit. Then she had **Rhodochrosite** 30, twice weekly. All her symptoms cleared up: no menopause symptoms at all! She now is able to talk about the family

deaths. She is much more forthright; not so quiet and unassuming. She has done really well.' **JM**

4 'A 32-year-old Gemini came to see me. He was a psychotherapist. He had a history of bowel problems. He also said that all his relationships that he'd ever had – friends, girlfriends – they all failed. He couldn't sustain any of them. He always become emotionally involved with his patients; he was very oversympathetic. He did well to start with on **Causticum**; then **Pulsatilla** and **Silica**. Nothing spectacular. Then he went onto **Rhodochrosite** LM1, 2 and 3 in succession. He developed and kept his present relationship; they now have a baby. He gave up psychotherapy for a while and went to a supermarket and stacked shelves. Then about six months ago he returned to psychotherapy and now has a completely different attitude over his clients.' **JM**

5 'A Cancerian – I'm not sure how old he is, 60s perhaps – came for heart problems. He was very **Arsenicum**. He had that and then he had **Thuja** and **Medorrhinum** but I can't say that any of them really held for long. He felt that his heart was held and restricted; it made him very anxious. This went on for some while until he had one dose of **Rhodochrosite** 200; all the heart symptoms simply vanished and they have not returned.' **JM**

ROSE QUARTZ

The remedy was proved first in June 1995 by the meditation circles. Each member of the groups was given a single dose of the 30th potency immediately before the meditation.

This remedy was proved in three forms: the triturated, potentized crystal matrix of **Rose Quartz**; the gem elixir; the potentized form of the gem elixir. It has been said that the triturated rock pertains to the physical body; the gem elixir to the emotional body; the potentized elixir to the spiritual body. There is also a combined remedy of all three. However, the recorded action of the first of these suggests that it has the power to work on all three levels in the same way that the other remedies can. When ordering from the pharmacy it is necessary to state which remedy is required.

The Background

Rose quartz belongs to the quartz group and is an oxide. Its chemical formula, $\text{SiO}_2 + \text{Na, Al, Fe, Ti} + (\text{Ca, Mg, Mn})$, shows its link with silica as well as other well-known minerals that are also remedies - sodium, alumina, iron, titanium, calcium, magnesium, manganese. The pink colouring is due to the small traces of manganese. It is formed 'magmatically' (and therefore is associated with volcanic activity) in chunky masses, granular structures, in veins and, far more rarely, in small crystals.

This crystal has for centuries been associated with fertility and love. It has been used in the healing of physical female disorders and heart

problems as well as in the more esoteric realms of 'love magic'. Associated with Venusian energy, it is regarded as an energy to encourage the appreciation of art and beauty.

Rose quartz has been described as a creator of balance between yin and yang and a tuner of the chakras. It affords one space and time for reflection and allows for greater awareness and appreciation of the fine arts when they are needed to encourage relaxation and healing. It has been called the 'stone of gentle love' and it has been used to pour soothing oil on the troubled waters of a relationship in difficulties. Though the crystal at first feels cold to the touch, it warms when held. If one is going through a particularly stressful time in which emotions are being stirred, holding a crystal for a time can relieve symptoms of stress and tension. For those who work in busy offices under pressure and would normally end the working day feeling exhausted, rose quartz on the desk seems to act protectively.

Keynote effects

Opens up the heart chakra to the possibility of resolving emotional trauma that has been buried for too long. Fosters the realization that the arts are essential for reflecting emotional energy so that the inherent beauty can become part of the healing process. It also grounds the patient who has spent too long shoring up the heart chakra to the detriment of the base centre and living life at a practical level.

General symptoms

Has been found to be of use for those who are going through a period of transition especially after a period of difficulty or isolation has come to an end. Stasis: cannot move on due to inability to make commitments or because of extremely low energy (useful in chronic fatigue). Poor circulation; useful in atherosclerosis, high blood pressure and portal stasis. Angina pectoris; arteries are narrowed contributing to poor oxidation of the blood and breathlessness. Blood purifier and enhances the immune system especially in those depressed emotionally. Discharges: dark green. Leukaemia. Poor coordination; sharpens up nervous responses and balances the sympathetic and the parasympathetic nervous systems. Tends to bring miasmatic blocks to the surface and thus it works well with **Tuberculinum**,

Syphilinum and **Medorrhinum** and enhances their action. Clarifies unclear cases where emotional issues are hard to penetrate. This is very much a heart centre remedy and it will complement and deepen the action of any other complementary remedies. Radiation miasm: will help to clear radiation from the patient and should be considered when anybody has shown little or no response to well-indicated remedies when radiation toxicity is suspected. Also affords protection from any further irradiation. Throbbing sensations – even through the whole body. Chronic bone complaints which do not respond to remedies well: osteoporosis; weak bones; deep aching. Often useful in those who have spent a long time attracted to recreational drugs and who do not see the potential harm in them; may help to shift them to the point where they are able to recognize for themselves the truth that hallucinogens (of any description) do not have the slightest positive healing properties when used in their material state. Better for sun and sunshine (though in moderation – rose quartz is bleached by the sun and is one of the few crystals that should not be left in the sunlight); better in company (though they appear to be on the edge of any group); better for movement and moving around. Worse for inertia (though they often end up like that), routines, cold and catching colds and also aggravated by having to make important decisions.

Mental and emotional symptoms

A remedy for the troubled soul. An inexpressible sense of something amiss with life; a deep feeling of angst. Lack of joy; too serious; lack of any levity and sense of fun or humour. Inability to make connections with other people; sense of distrust of others and even a fear of them. (This can be a temporary state or more chronic.) Sense of isolation and abandonment which has led to despair. They feel trapped within their loneliness and through this they lose a sense of purpose and have no direction beyond everyday routine (which <<). They feel unappreciated and unacknowledged partly because they cannot penetrate their own wall of reserve or resentment or diffidence that they have built up (like **Nat-mur**, this remedy does not want anyone to penetrate their defences).

For children who are slow to develop through a reluctance to face the adult world; they hold back and display childish behaviour. For children who suffer the consequences of taking on the responsibility of attempting to

heal their parents' emotional difficulties; of broken homes where they make futile attempts to improve relations between the warring parents (compare the **Magnesiums**). Those who have suffered emotional, physical or sexual abuse and who have buried the deep hurt beyond the communicable. Sense of loss and separation; desire to travel but, unlike **Tub** which is in search of new experience, they seek to retrieve something that they feel is missing; something that is familiar. (**Rose Quartz** can sometimes appear to be like an introverted **Tuberculinum**.) They also have the opposite: a strong need to 'go home', to find a place to settle and to relieve their weariness. Wants to 'give up and go home'; wants to shut the door on the world. (This might sometimes appear to be like **Baryta-carb**.) Suicidal thoughts – a way of achieving the goal of 'going home'. (Would choose to use pills.) This would happen if the patient felt that they could no longer cope with the imperfections of life. They seek the perfect match for their love. Naive and idealistic. Refined and artistic. Can also be the opposite: harsh and cruel; pitiless and have a desire to put people down though this is likely to be when feeling cornered. Fear of the ageing process as they fear that they are increasingly less likely to find love and understanding. They will feel wretched afterwards if they have been unkind or abrasive towards anyone.

Becomes harassed easily with the feeling that they have too much to do and too little time to do it in (cf. **Fagus-purp**). Thorough dislike of routines and physical chores; poor ability to sustain sufficient energy to complete set tasks – can become careless – yet they often get stuck into situations which oblige them to struggle with this aspect of themselves. Can start off with high energy but quickly lose steam and tire. As if physical energy dissipates and leaves a vacuum filled with frustration and depression. This leads to lack of concentration and brain fag. **Rose Quartz** can encourage people to finish what they started. There is a dislike of physical work or the after-effects of tiredness that are brought on by such work. Absent-minded – can alternate with quick, sharp-wittedness. Become absorbed in thought; their attitude may offend others who feel they are stand-offish or conceited when they are simply self-absorbed. Tendency to reminisce. Obsessive or chuntering thoughts (compare **Calc-carb**). For those who take refuge in the arts as a compensation for not finding 'perfect love'. A major indication can be the history of never having been able to form a stable, long-lasting relationship. Encourages positive thought and action. Their difficulty to build relationships causes them to lack confidence even if they give a good

display of it. They feel they are not good enough. Tends to conceal information that might be construed negatively; they are quite capable of lying and of flattery but it is always in order to bolster their damaged lives and not for personal or material gain. Nevertheless, beneath the exterior there may be hidden depths of syphilitic guilt (i.e. self-destructive) which may well be brought up by the remedy.

It is said to be helpful to those who have to face the dilemma of whether to stay with their harmful orthodox treatment or to trust their choice of alternative therapy; this is especially true of those who are given conflicting diagnoses and advice and who become thoroughly confused. (Such patients are basically facing the choice of working through their disease and resolving past patterns of negativity by using remedies or of suppressing symptoms in the short term with drugs or surgery in order not to have to deal with life issues. This dilemma is most common in those who are suffering from heart pathology – they are amongst the most difficult patients to treat satisfactorily as they become so dependent on their drugs and fearful at the prospect of doing without them, however carefully and assiduously they may be monitored. An early dose of **Rose Quartz**, if well indicated, can give them encouragement to pursue the homoeopathic way.)

Physical symptoms

Head

Crushing headache with constant aching pain and darkly blurred vision. Piercing pain in right temple. Pressure in the ears with dull headache and with heaviness over the eyes. Left side of brain feels affected.

Eyes

Floaters. Become irritated and watery; dryness of lids. Itchy skin around eyes.

Ears

Thick, dull yellow wax which builds up; history of syringing the ears.

Nose

Pain which extends down the nose from the root; as if there were pressure. Clear coryza < right side.

Throat

Pain extends into right ear. Arteritis with pains in temple and throbbing in throat. Constriction. Irritation and resulting cough with dryness and build-up of mucus. Sensation of choking or of being about to choke. May be of service in cancer of the throat.

Respiration

Slow and difficult breathing. Cardiac asthma: feels he might die from lack of breath and no one would notice. Air hunger and hyperventilating. Difficult to get breath in.

Heart and Thymus

Pains of angina. Sensation as if the thymus were causing pain. Can be used as a heart tonic when put into combination with **Crataegus** and **Kali-mur**. The combination suggested is **Crataegus** mother tincture with **Rose Quartz** 6x and **Kali-mur** 6x (one to three drops twice per day.) Relaxes the pericardium when the tissues surrounding the heart are taut and create a downward pull or torsion which puts a strain on the heart itself. Thudding heart beat with the sensation being felt in the ears.

Stomach

Sense of heaviness and nausea in pit of stomach. Wants to hold and protect the solar plexus area with hands as it feels so heavy and delicate with the nausea. ++ water.

Abdomen

Severe constipation, at first with soft stools and then inactivity. Sharp pain in the spleen area or in the splenic flexure.

Male and female

Loss of libido in those for whom sex has become just another bodily function – impotence and frigidity. History of promiscuity or of having loved and lost with no further desire for a new partner. Uterine damage from operations such as D & C or caesarean. This is often accompanied by grief though it goes unexpressed. There may be a history of sexual abuse, the memory of which is held in the heart not least because the perpetrator was one who was trusted. (Heart and uterus are closely linked in energy flow.)

Urinary organs

Sediment in the urine. Has a supportive and draining action on the kidneys. Can be used to enhance kidney energy which is weak when given in low ‘x’ potency at the same time as the indicated constitutional remedy. (This is particularly relevant in those cases where the patient is going through a period of dealing with grief over relatives, especially those of a previous generation, and even more so if there is high blood pressure.)

Skin

Very little sweating.

Extremities

Lack of co-ordination; clumsiness. Cold feet. Pain in the right hip going down the leg. Arthritic pains in the fingers especially in the middle or little fingers which are associated with the pericardium and heart meridians. (Is useful to complete the action of **Kali-carb** in sciatica.)

Sleep

Wants to sleep up to 12 hours at a time. Uses sleep to shut off from reality; wants to escape into sleep. Most distracted and anxious people find it difficult to sleep but these patients sleep well. Likes to take naps in the day time.

Considerations for the use of the remedy

- **Oak** is often strongly indicated before or after **Rose Quartz**. **Oak** is sturdier and more stoic in the face of adversity while **Rose Quartz** may tend to wilt under the strain, retreat into themselves or go into denial. If **Oak** is the indicated constitutional remedy there will often be call to use **Rose Quartz** to help open up the heart chakra; this is particularly true in what is so often referred to as a ‘typical **Nat-mur** case’.
- **Nat-mur** can look so like **Rose Quartz** both in the reserved conservative type or the tight-lipped, bitter type who harbours a grudge, though the latter does not have any of the **Nat-mur** modalities in any marked way.
- **Manganum** like **Nat-mur** and some people needing **Rose Quartz**, cannot forget injustices perpetrated on them, though **Manganum** is much more likely to be brusque, ill tempered, fretful and obviously embittered. They are also more likely to suffer from musculoskeletal weakness, sensitivity in the ears and the need for rest. **Rose Quartz** wants to retire into sleep but in order to escape rather than because of weakness.
- **Calc-carb** shares the chuntering of thoughts with anxiety though **Rose Quartz** may not be so practical or determined to work on detail; it may be more pessimistic than **Calc-carb** and more inclined to daydream.
- **Carbo-veg** can look similar in breathing difficulties though there is more blueness and gasping.
- **Emerald** is more ‘the wounded ego’ though the pain to the heart chakra should not be underestimated.

Remedies that are complemented by **Rose Quartz** include **Syph, Med-Am, Tub, Nat-mur, Carb-veg, Carb-an, Kali-carb**. New remedies that are associated with **Rose Quartz** include **Oak, Plutonium, Fagus-purp, Bay Leaf**. Also needs to be compared with **Manganum**. **Rose Quartz** is closest to the tubercular miasm in its mental/emotional state though this state may be coloured by either syphilism or sycosis; in either case the patient is very likely to have suffered as a victim at some point in history. In heart pathology **Rose Quartz** has been used in low potency to ease the symptoms

of angina (6, 12 or 30c). It supports the action of better-known heart pathology remedies such as **Lachesis**, **Kalmia Latifolia**, **Latrodectus Mactans**. It has also been used as an ingredient in a combination remedy: **Crataegus** Ø + **Rose Quartz** 30c + **Arnica** 30c (though other potencies have also been used such as the 6x). This has been shown to be a very useful support remedy in angina and other heart conditions that cause the patient to feel weak and battered. If the patient feels more emotional and tense then the combination should be **Crataegus** Ø + **Rose Quartz** 30c + **Emerald** 30c. The dosage should be at the practitioner's discretion though five drops twice daily has proved efficacious. **Rose Quartz** is one of the remedies that is most commonly used when homoeopathy and cranial osteopathy are combined in one session. The indications for its immediate use in a session include a feeling that the heart is constricted by tension and torsion in the pericardium which is causing compression and a downward dragging pull. This may be associated with other symptoms of tension and dragging in the body which constitute the patient's complaint even though they may be unaware of what is happening to the area of the heart. The reason for prescribing **Rose Quartz** at such a moment is that the pattern of torsion and tension belong to the patient's history, and without the remedy they are likely to remain as a maintaining cause.

Esoteric therapeutics

Rose Quartz is a heart chakra remedy and can be used to support the physical and emotional heart and lung field in times of stress especially where there is physical pathology that is aggravated, as in those with asthmatic tendencies or angina who tend to feel << when under stress. It is also a throat chakra remedy: it encourages people to express their feelings that have been held back. Words may follow an initial episode of tears. It engenders calm and peacefulness to the troubled heart and it actively helps to slow the pace of life in those who live at high speed. Though it has a warm colour, the remedy is cooling to the spirit. For those who live according to the rational mind, overusing the intellect, **Rose Quartz** is the ideal balancing remedy as it encourages the intuition to emerge and calms the mind sufficiently for receptivity and the appreciation of beauty, the arts and imagination.

Chakras

Crown

Restores faith in one's sense of higher purpose. Encourages the recognition of art forms as 'food' for the spirit.

Brow

Encourages positive introspection when weighing up problems; helps one to call on past experience for understanding in order to avoid repeating habitual errors.

Throat and parathyroid

Self-expression is made easier in those who have rarely or never exercised this chakra to say what and how they feel. The release from this chakra is gentle and measured.

Heart and thymus

Deep wounds held in the heart centre often complicated by layers of historical trauma registered by the thymus centre. The history of grief would, if left unresolved, lead to physical pathology of the tissues of the heart so the recognition of the value of **Rose Quartz** as a support remedy for this chakra is inestimable. It helps to regenerate loving in those who have been worn down by trauma and circumstance; it helps people to feel more settled emotionally. It restores the integrity of the thymus gland as a viable heart protector.

Solar plexus

Patients needing **Rose Quartz** for a beleaguered heart and thymus often need the remedy to complement others indicated for their symptoms in the digestive sphere. Nausea, discomfort and other symptoms are a reflection of the distress emanating energetically from the heart.

Sacral

Confusion and distress in the sexual sphere reflect the disturbance in the balance between yin and yang.

Base

Rejuvenates the chakra system through rebalancing the sympathetic and parasympathetic nervous systems. The cells of the body may be showing signs of toxic overload in one form or another particularly from radiation, but also from congestion of the liver and spleen while the kidneys may not be filtering well. **Rose Quartz** is often of use in cases when patients need remedies that encourage elimination of toxicity while helping to establish a sense of grounded purpose, and working towards an efficient body clock.

Case studies

1 'A woman in her late 70s, collapsed in her garden with exhaustion, breathlessness, constriction and a sense of a heavy weight on her chest. She had great difficulty in returning indoors but eventually managed to sit in her armchair and establish steady breathing. She was given **Aconite** 200 immediately and then **Carbo-veg** 30. Eventually she was able to get to bed and feel more comfortable with a warm drink. The remaining symptom was exhaustion with facial pallor. She slept considerably for the next few days. Over the following days and weeks she made a rapid recovery though she felt rather frail and vulnerable; she avoided excessive exertion. The only other remedy given after the **Carbo-veg** was, first, rose quartz crystal essence (which she ever after continued to take) and then **Rose Quartz** 30 which she took every day. She was quite clear that the **Rose Quartz** was of great benefit and helped her to feel stronger. She had no further symptoms of angina for the next two years though a careful watch was kept on her symptoms throughout. She was careful to keep up the **Rose Quartz** 30. She was able to return to her usual activities of gardening and dog walking. In the next winter she suffered from a severe bout of flu (**Eupatorium**) which left her feeling weak and unwell; she was irritable and felt unclear in her mind. She recovered from this very well (using indicated remedies) but at the end of January, on the very day that she

had been able to spend a healing time with her daughter, with whom she had always had an emotionally repressed and difficult relationship, she went out into the garden and died suddenly from a myocardial infarction. The postmortem revealed that the heart tissue was extensively damaged and largely blackened; far more than would simply explain the infarction. She had always dreaded the indignity of old age with the threat of drug support and hospital visits. She died without ever once seeing a doctor, taking any drugs, going to the hospital or having an operation. She always regarded **Rose Quartz** as her 'own special medicine' that helped her to avoid all that. What makes this case particularly relevant to **Rose Quartz** is that she was a woman who had (like an **Oak** patient) lived a full but gentle life despite a considerable degree of heart stress and trauma suffered as the result of a failed marriage, an impossibly demanding mother, difficult children, considerable financial privation and a chronic back problem that intermittently caused crippling pain. Emotionally, she had reached her 70s having locked her grief away so effectively that she was now unaware of its significance; she always claimed not to be aware of any grief to speak of, even if she went through episodes of stress. Her very loving nature was not impaired by her experiences but her emotional history was consigned to oblivion. She had had **Nat-mur** and other grief remedies to no obvious effect. It is tempting to believe that **Rose Quartz** gave her two further years of life without any of the usual medical interference.' **CG**

- 2 'A woman in her 50s came for a joint treatment of cranial osteopathy and homoeopathy. She was suffering acutely from a headache and from sharp pain in her right hip; she felt that she must have done something awkwardly to have set up this pain. She was also very tired. As she was being examined the osteopath explained that her pericardium was very tense and tending to twist downwards causing a pulling effect on the heart. This was having an effect on the right hip through the general downward facial drag. It was mooted that she also may have been going through some emotional stress. **Rose Quartz** 200 was given as soon as the osteopath had finished assessing the situation. The effect was immediate. The woman began to weep quietly and over the next few minutes the osteopath was able to

witness the pericardium gently unwind. When the woman got off the couch she had no headache and no pain in her right hip. Indeed, she felt revitalized. I have often confirmed the efficacy of **Rose Quartz** in similar situations. It has also proved very effective if used to complement **Sycamore Seed** in more intractable cases.’ **CG**

- 3 ‘A woman in her 60s came for her regular three-monthly appointment. She had had homoeopathic treatment for many years as well as cranial osteopathy. She was very ‘alternative minded’. Her history held a lot of grief to do with one of her children who was mentally unstable and a grandchild who was threatened with loss of sight from early onset diabetes. She had had various complaints over the years including sinusitis, chronic constipation, menopausal symptoms and episodes of exhaustion and, occasionally, vertigo. She responded rapidly to treatment. On this occasion she came with very painful arthritic fingers. She had been taking **Calc-carb** LM1 since her last appointment which she felt had kept her constitutionally well during a time of crises. “I have been saying to myself ‘Why am I such an **Oak?!**’ There’s been so many emergencies!” She had felt that the **Calc-carb** had prevented the fingers getting any worse but that it was doing no more than a holding job. The fingers were swollen with nodules and the middle one was hot and more painful. She was given **Rose Quartz** 200 to be taken once a week for eight weeks. She was so far impressed by her progress that she asked for more of the remedy on her return. The nodules had become far less painful and the middle finger was not hot, though she felt the pain if she knocked it. She had also been able to weather the fresh lot of crises that had happened without any other pathology manifesting. Her energy had been maintained throughout.’ **CG**

RUBY

Ruby was proved by the meditation groups in March 1997. Before the circles each participant was given a single dose of the 30th potency.

The Background

The ruby is an oxide that belongs to the corundum family of minerals and has a trigonal structure. This means that the crystal has a basic internal triangular formation, the simplest of all. The other gems in this family include sapphire, emerald and topaz. It is second only to diamond in its degree of hardness. It is mostly composed of aluminium oxide and is formed of rhombohedral prismatic crystals. Its chemical formula, $\text{Al}_2\text{O}_3 + \text{Cr, Ti}$, suggests comparison with the other elements present in the gem that are already well-known remedies: **Alumina**, **Chromium** and **Oxygen** as well as **Titanium**. It is the presence of chromium that determines the colour of the individual stones that can range from pink to deepest red. Ruby is formed when liquid magma is held in rock such as granite that is rich in aluminium where it gradually crystallizes. Occasionally, rutilated rubies are found; rubies with mineral needles embedded within that give them a star formation. The most valuable specimens come from Burma and are of 'pigeon's blood' red. Other countries that produce rubies include India, Sri Lanka, South America, Russia and China.

There have been a number of valuable rubies in history including the one worn by the Black Prince that brought so much ill fortune to all those who

possessed it after him (it was purloined by one owner after another), and that of Henry VIII which he wore on his thumb. It is said to have been the ruby unwillingly left by Louis VII of France on the tomb of St Thomas à Becket when he visited Canterbury in 1179. Swedenborg viewed the ruby as a stone of passionate devotion; the Persians saw it as a protector against 'black forces'; other cultures have venerated its power of attracting and retaining material love – which might have suited Henry VIII quite well. For the Hindu faith it is a stone that burns within with an inextinguishable flame and one that cannot be hidden. In many parts of the world it is associated with dragons; the ruby affords protection against these creature-energies of the underworld. Universally it has been known as a stone of passion, affection, power and majesty. It has been said to remove obstacles and give victory. It signifies vitality, life and happiness. It was worn from a health point of view, as an amulet against plagues, sorrow and evil spirits which 'dreaded the flashing of the stone from the hand of a good person'.¹²

Ruby, as a crystal essence, works on the spirit, mind and emotions and is protective of the physical body in times of crisis such as might be generated by fever states or heart pathology. It can assist in the transformation of one's life patterns through fostering inspiration and creativity. It expands awareness through creative activity. Ruby warms the chilled soul. On the mental level it will aid concentration so that the struggle of creativity does not become negative. It lights up dark areas of the mind which are difficult to access due to confusion from complex emotions. It is said to calm emotional confusion so that one is able to deal with practical, worldly matters. It is also said to bring 'lucidity to the dream state'. It is useful in creating 'stability in one's economic status'.¹³ It has also been used 'to decrease the length of time required for chemicals and toxins to exit the body'. On the physical level it is useful in clearing stuck negative energy in any organ of the body.

Keynote effects

Relieves the tension of suppressed or unexpressed emotion held in the solar plexus and heart chakras; eases fears especially about health; calms a sensitive and reactive digestive system.

General symptoms

Affinity for the organs of the solar plexus and for the diaphragm and the ligaments and tendons throughout the body. Heart and circulation; it is a blood cleanser. Chilliness; this can affect one side of the body – generally the right. Patches of cold especially if they are felt to move around the body. Assists in the removal of toxicity from the body. Encourages cells to remember their original purpose so it is useful in both wound healing so that scar tissue is at a minimum and in cancer where the cells have become rogue; this is especially true in the digestive system. Wounds: stab or lacerations; has antiseptic properties. Encourages speedy coagulation. > the after-effects of bacterial and viral infections. Haemorrhages. Blood cleanser. > those who have poor vitality due to liver dysfunction. ME, chronic fatigue and all states of debility. Affinity for children and adolescents and for those from the Indian subcontinent and south-east Asia.

Mental and emotional symptoms

The inability to let go of emotions. Encourages negative emotions to be cleared through understanding and awareness of responsibility. Helps to restore a sense of self-worth; (it works well with **Aurum**). Fear and fearfulness. Fear of new situations; fear of being sacrificed; fear of the dark; fear of one's own dark side; fear of being in someone else's power. Shaking or trembling with fear. Fear of death and that it will cut one off from an unfinished life. Anticipation. Can engender courage and forthrightness. Anger: comes up in outbursts. Tends to fly off the handle. Vehemence and intolerance. Impatience yet with slowness and poor articulation of expression. Anger that is expressed inappropriately; helps to focus the cause of anger so that it is expressed towards the right direction or person but in a safe, positive fashion. Teenage anger. A sense of being consumed by worldly events or by family emotions; in this aspect may feel that they are sacrificing too much and it may make them fearful. Mental blankness with an inability to focus one's ideas or thoughts. Forgetfulness: for what one is about to say. Cannot remember details. Escapist daydreaming; others may think him lazy which makes him fume. Wishes so much that she could be anywhere but here; in some idyllic place where none of the present troubles are going on. Helps to balance thoughts and feelings that have become confused and a source not only of distress but also physical debility. Guilt and shame. A feeling of unworthiness due to the recognition of how much

worse off others are while feeling that there is nothing that can be done to redress the balance. Fastidious; a feeling that one has to clear out a lot of mental and physical clutter. Feels isolated. Helps children and parents to come to a calm and reflective understanding in times of emotional clashes.
> the generation gap and resulting conflicts.

Physical symptoms

Head

Migraines with nausea and vomiting especially when the liver is involved. Sensation of pushing down on the vertex or of pushing inwards. Head feels split. Pain from the cervical area and up and over the head to the forehead. Compression down the back from the head and neck.

Eyes

Pain in the corner of the right eye as if stabbed by a finger.

Nose

Pain at the root of the nose as if it is blocked. Nosebleeds that are profuse.

Heart

Compression of the cardiac area. Palpitations. High blood pressure. Angina. Pain behind the sternum as if a heart attack would come on.

Digestion and stomach

Sensation of a stone in the stomach. Heaviness in the upper abdomen. Bloating; both flatulence and flatus. Cancer. Protective remedy in laser treatment. (Rubies are used in the process.) Liver-cleansing remedy. Useful after hepatitis when the body is weakened and cannot restore itself to full strength. Balances the energies of the organs of the solar plexus. Constant nausea. Morning sickness. Irritable bowel syndrome; symptoms and/or pains felt in the transverse colon and splenic flexure. Spleen may ache or feel enlarged.

Male and female

High sexual energy or feeling burnt-out. Anger associated with sexual frustration. Early sexual awareness. When sex is used as a way of avoiding hidden emotions. Problems arising from abuse of the area. Menstrual disorders especially focusing on the left side. Premenstrual tension especially if felt with heaviness and tension in the solar plexus. Tension is palpable in the ovarian region. Hot flushes especially during the menopause.

Extremities

Right side feels alive while the left side feels dead. Itching and aching in the right leg. Pins and needles in the right leg. Tingling in the legs. Fidgety and restless. Backs of the hands feel itchy. Pains in the legs at night.

Considerations for the use of the remedy

- **Alumina** also has sudden outbursts of rage which can be violent though seldom directed towards people; it is also confused and forgetful. However, it is a remedy of confused identity much more than **Ruby**; it is much slower than **Ruby** and wants to be so. There is little of **Ruby**'s intensity and there is far more sense of deep repression and suppression. There is more sense of fire in **Ruby** even when overwhelmed, while **Alumina** is more heavily earth.
- **Oxygen** seems to have little marked affinity with **Ruby** though both may be worth considering in patients suffering from cancer. **Oxygen** has been recorded as causing reduction in tumour size with concomitant eliminative discharge. **Ruby** is helpful in relieving patients of the toxicity of orthodox treatments and of fears of the condition.
- **Chromium** (chromic acid) shares a poor memory and some superficial bowel symptoms but it is a far more closed person than **Ruby**; far more concerned not to give away too much information for fear of being found out, yet there is often a bright surface which they do their best to keep up. **Ruby** is a more open book, wanting to get things sorted out; their priority is to get better, not to be worried about what might be unearthed. Chromium is characterized by its influence on mucous membranes, on the heart and digestion, the

uneasiness of the limbs, its right-sidedness and its antiseptic properties.

- **Ferrum** is often mistaken for **Ruby** as they both have fiery tempers, are intolerant and irritable, sensitive and prone to exhaustion. However, **Ferrum** is more obstinate; more stuck in wilfulness; less able to act on common sense when something they are doing or thinking is wrong and needs adjusting or correcting. Though both remedies can be easily provoked, **Ferrum** goes into obdurate opposition more than **Ruby**. Nor is **Ruby** as excruciatingly sensitive as **Ferrum**.
- **Staphysagria** is often used for healing of a damaged sacral centre following abuse. Though it often acts quickly to afford relief and seems very satisfactory, it is not as deep as other remedies for the history of abuse, being more useful when given closer to the event and less useful the further into the past it recedes. Both **Ruby** and **White Chestnut Flower** are able to reach deeper into the full suppression of traumatic memory, memory that has gone so deep that it is now held in 'tissue memory'. (**Staphysagria** may heal the emotional wound well, but leaves buried memories in the abused chakra or parts which are the root cause of unexpressed distress and anger, anger that becomes a source of much power that eventually turns in on the patient and becomes self-destructive.)
- **Red** is very similar indeed but it is less subtle than **Ruby** with fewer variations on the central theme of thwarted passion or mission. **Red** is to do with the balance of yin and yang, the primacy of ego over id, mood swings, the inability to communicate or connect with others, unexpressed or uselessly expressed rage, the distortion of truth and the battle within to be true to one's self, all of which leads to tremendous physical and emotional tension in the diaphragm. Nevertheless, these two remedies are complementary and when one has not done all that might be expected, the other has completed the work.
- **Emerald**, the 'wounded ego', can be just as irate and sensitive as **Ruby** but it is not nearly so likely to be indicated in the digestive symptoms nor is it so fiery and passionate. There is more obvious

intellect at work in **Emerald** though this is not to say that **Ruby** has less intellect, just that their emotional state is more gut reaction than confusion between thinking and feeling.

Ruby has affinities with **Phosphorus** and **Ferrum** especially in blood disorders; with **Arnica** and **Bellis Perennis** especially after injuries to the organs of the solar plexus. It follows **Hyoscyamus** or **Medorrhinum** especially in conditions that relate to the sexual sphere. **Lyc**, **Chelidonium**, **Nux-vom**, **Nat-sulph**, **Arsen-alb**, **Sulph** and **China** are all complemented by **Ruby** and may either precede or follow well. **Thuja**, **Carbo-veg**, **Nat-mur** and **Lachesis** may be indicated after a dose of **Ruby**. The colour remedy, **Red**, is a very similar energy but of a less subtle vibration. **Chromium** should be studied carefully alongside **Ruby** as it is chromium that determines the colour of the stone; the more chromium in the stone, the deeper the colour red.

Esoteric therapeutics

Ruby, being red and associated with the solar plexus, is governed by Mars, the planet that rules the organs of digestion: the liver, spleen, stomach, pancreas, small intestine and gall bladder. It is therefore associated with fire and its transmutation. The fire of anger is transformed so that it is harnessed to service and compassion. The fire of inspiration is transformed into creativity. The fire of the digestive processes is transmuted into the earth of waste products which serve to cleanse the system. Where there is tumult at the heart of the flames, **Ruby** causes the lower emotions to vibrate at a higher rate so that peace, stillness and stability result. It releases fears that manifest frequently as anger and resentment. It allows tranquillity and balance to enter into the mind so that judgements can be made from a point of complete objectivity. When the aspiration generated by the spleen and productivity generated by the liver are thwarted it encourages clarity and vision, a sense of space and harmony. It not only heals discordant energies of the solar plexus but also harmonizes the energy that flows through all the chakras. It assists one to reach a point in treatment where the heart centre can be healed. If the solar plexus is not healed first then the heart centre will always remain imperfectly tuned. The diaphragm is the division between the physical plane and the higher levels; **Ruby** affects this sheet of muscle

by calming all the negative emotions that become held there in a state of tension and suspense.

Chakras

Crown

The patient finds it difficult to focus in the crown because there is so much energy generated from the organs of the solar plexus. It is often a life test for a person needing a constitutional dose of **Ruby**, to enjoy awareness in this chakra. There is often difficulty with meditating as there are obtruding thoughts that take away the ability to let go. If peace and tranquillity are achieved then compassion for others will flow freely.

Brow

The dispassionate intuitive mind does battle with the prejudiced, passionate intellect which is influenced by the challenges presented to the liver, or the conflicts that arise through frustration and thwarted mission. The remedy affords a cooling of the temperament and a clarifying of the mind so that a measured approach can be taken to difficult decisions or irrational fears.

Throat

Quietens and steadies the voice so that there is a realization that bluster and noise are not always the best way to achieve one's ends.

Heart

Fear held in the heart; often due to misconceptions and misapprehensions (particularly in youth). Tension and anxiety cover depths of unresolved anger and hurt that have their roots in the solar plexus. Heaviness in the heart causes overwhelming tiredness; the patient feels locked into the negativity.

Solar plexus

Anxiety held in the solar plexus can feel as if it is a physical sensation. Frustration, intolerance and draining away of motivation are often given physical manifestation in the digestive tract. The patient so often feels in conflict with external forces either in the family or at work or with things that have occurred in the past. Tension and nerviness stem from here mixed with a feeling of 'Oh, no! Not again!' A dread of having to do battle again.

Sacral

Anger and fear may have their original root in a damaged sacral chakra < since abuse; < since being cut off from an early love affair which remains unresolved with anger and resentment festering even though there might be the realization that the relationship would never have worked. Very difficult to let go of hurts from old relationships. One of the effects of this remedy is to make the sacral and heart chakras feel as if bathed in a comforting warmth; when this occurs there is a consequent softening of the mood and a greater access of joy and control.

Base

The patient may seem locked into a negative base centre grind of everyday chores and routine. There is little sense of joy and expansiveness. **Ruby** encourages the patient to lighten the drudgery, lift their spirits and aspire to a better outlook without being swayed by the underlying intensity of their negative passions. They are able to be more in control of their feelings, more certain of where they want to go and able to say what they need to say to achieve their aims. The **Ruby** patient is someone who has an aspect of intense introversion which threatens to set negative limits on a passionate, loving and expansive nature.

Case studies

- 1 'Female aged 48. Business heading towards bankruptcy. Business partner did not care about the situation. Patient was carrying the whole burden of the business failure and therefore was under constant stress. Frightened of the partner and what she might do – she had a very

violent temper and the patient felt she would turn violent towards her. Frightened of what the future might bring; how much debt she would end up with; whether she would lose her house as well. Frightened to end the partnership which she knew was the right thing to do. Physically she had lost weight recently due to stress. Often felt nauseous because of lack of proper meals. Two weeks previously she had had a heavy head cold which had left her feeling very tired and run down and she said that she had not recovered from the virus yet. Her energy was poor due to stress, worry and the virus. Prescription: **Ruby** 30, one each week. She returned one month later and reported that she had taken action with the bank and solicitor to end the business partnership despite her original feelings of fear. She had overcome her fear of her partner and spoken to her about the financial situation of the business. The partner had become violent, as expected, but the patient handled the situation well and calmly. The partner had since ‘run away’ and left the patient to sort everything out. She no longer felt fearful and was handling the situation as well as possible under the difficult circumstances. Her energy was much, much better and she was now eating properly. The nausea had gone and she felt that she had recovered from the virus.’ **SP** (*Prometheus* No. 9 December 1998)

- 2 ‘Female aged 35. During the previous 18 months this woman had undergone treatment for breast cancer; she had chemotherapy and radiotherapy with homoeopathy throughout. After her recent checkup, although everything seemed fine, she became extremely fearful that the cancer still remained; that the cancer would reappear elsewhere; that she would die. She also expressed fears for her husband and toddler daughter; what would life be like without a mother? Physically she felt “liverish” and sluggish with constant lethargy. She felt she still hadn’t recovered from the chemotherapy. She still had to have a nap every afternoon. She still did not do very much; everything was too exhausting. (A slight improvement had occurred with **China** and **Phos-ac** on previous occasions.) Prescription: **Ruby** 6 twice a day. She returned much brighter and bubblier. Her energy was much better. No longer needed a sleep every day, only occasionally. Felt more motivated to take part in day to day activities. The fears seemed to have subsided and she had put them into perspective. Having thoughts

of the future which fear had prevented her from doing previously. She was now enthusiastically organizing a 70th birthday celebration for her father.' **SP** (*Prometheus* No. 9 December 1998)

3 'A woman of 43, a nurse, came for her twice yearly check-up appointment. She was someone who, having suffered from chronic fatigue, often did well on **Sepia** and sometimes needed **Oak** to sustain her strength. She had had a "bug" that had started off as gastric and then gone into a "viral" influenza and cold. It had come on after a violent row with her teenage son and a consequent confrontation with her husband, something that had never happened in their marriage before. After this her diaphragm went into painful, cramping spasm. She said, "I saw red!" She felt as if everything was twisted inside and that nothing could go through properly. She had been to the cranial osteopath and felt that this had released a lot of the grip on her intestinal tract but she felt quite unable to let go of the emotions. The situation had brought back a lot of her old feelings of depression from which she used to suffer before coming to homoeopathy and osteopathy. She felt as if she had no reserves of energy or emotion left at all. The osteopath had said that she had run out of adrenalin. She was now left with pains in the epigastric region towards the left side. This was an old symptom that was the result of an irritable gallbladder. She was then given **Ruby** 200, one twice a day for three days. The net result was that she recovered fully and immediately from the viral condition, the pains in her epigastrium disappeared within a few hours and she felt very much calmer emotionally. She felt more philosophical about the attitude of both her son and her husband; she felt "Let them just get on with it. I haven't got time to get all het up about it. I'm less confrontational with them and it works better." ' **CG**

4 'A woman of 26, a nurse at the local hospital, who had returned to homoeopathic treatment after several years, came with a history of unremitting trauma. She had black hair and a sallow, unhealthy skin; her voice was small and her manner extremely meek. She lived with her boyfriend to whom she was unofficially engaged though no date for the wedding could be fixed as she was not able to think of marriage while she felt so bad and he would always prevaricate whenever

anything about marriage came up in conversation. She had always been a very sensitive person riddled with many fears; she was always afraid of the dark, of ghosts, of the dead and the dying, of disease and of the loss of relatives whom she loved. Her health had taken a severe downturn when she had been given the hepatitis B injection; she had had glandular fever within days and she had not really recovered from that some three years later. Her story was that she had been persuaded by her boyfriend to go to a party though it was against her will; he would have gone too but preferred some other event to which he had made her feel unwelcome. She went to the party and met up with all her girlfriends who proceeded to set her up for the evening with one of her boyfriend's mates from work. She was extremely reluctant to go with this man even though she knew him quite well. She just wanted to go home. He, however, pursued her and raped her in the garden. She became pregnant and had a termination. She was put on antidepressants which made her feel "like a zombie". She had already been on Prozac for some two years after her grandfather had died and had been ill as a result. "I've never really felt in my body. I'm always tired in my body. And my memory is terrible. I get terrible pains in my stomach and I feel sick all the time. I get headaches everyday. I'm just beside myself. I'm like 106 and I'm not even 27 yet. I'm embarrassed at how I am. I can't socialize. I don't want to go out. I'm constantly crying. I'm grieving. I feel disgusting since the rape. I don't like any sexual contact but I go ahead anyway. I'm so angry! I couldn't ever face him again. He was a friend! It made me hate him! Hate him! He took a great big chunk of me away. And I'll never, never, never forgive my friends for what they did; they thought it was a laugh!" She was scared of everything as she used to be. She panicked easily. She drifted off into thought-space and found concentration impossible. She felt paranoid. "I'm always looking for signs that people don't like me." She was getting severe pains in her legs at night. She couldn't bear any intrusive noise. "I want peace and quiet but I want to scream and shout and stamp my feet and have a tantrum. I'm so intolerant at the moment!" She was given various remedies over the following months, some more successful than others: **Staphysagria** 1M, **Carcinosin** LM1, **Ignatia** 10M (for an acute fit of hysterics with globus when her grandmother died), **Aurum** LM1 and **Syphilinum** 100. She remained

deeply angry, profoundly tired and full of fear. She said that she no longer had any motivation for herself though she continued to do things for other people. She now spoke her mind without any hesitation. She had panic attacks in which she felt things were whirling around making her go extremely tense all over. She wanted to get out of where she was and go home. She used to burst into angry tears.

‘ “The main issue I have at the moment is that death controls my life. There are a lot of people around who are dead. I am very worried about the people who might die. Death frightens me. I don’t see how people can be alive one minute and dead the next. I cry an awful lot. I almost become hysterical. I can’t tell anyone about it as I don’t want to hurt anyone. I wonder how much longer I’ve got to go myself. I’m most scared of my parents dying. I don’t know how I’m going to get through life without them.” She was then given **Ruby** 200 – 1M – 10M: a week apart. When she returned in six weeks, she said that she had been taking charge of things more; she had been able to cope with the staff who gave her a hard time at work; she had been having far fewer nightmares and sleeping better; she felt closer to her boyfriend and felt guilty that she might have spoken ill of him. She now felt more introverted; she was feeling critical of herself particularly about her physical appearance. There was no mention of anger this time. It was far more about her being able to keep going on a day-to-day basis; about wanting to continue improving her health. She said, “The rape doesn’t bother me so much. It’s more that my boyfriend blames me for his cannabis habit which I find disgusting; it’s in the house all the time.” As she seemed to have been making progress and it was by no means certain that **Ruby** had run its course, she was given **Rainbow** 100 to be taken weekly for four weeks on the basis that **Rainbow** enhances the action of other remedies. On her next return she was very much brighter, her colour was better, she was more controlled and did not weep at all. She wanted change. “I feel stronger. I care about things now. I’m not taking any shit. I’m not being rude; I’m stating how things should be and I’m sticking to it. I was always scared. I’d have dreams of my boyfriend leaving me. I was afraid of saying what I wanted in case he left me. Now the opposite has happened. He’s proposed!” Treatment continued but the focus became, as can happen after remedies such as **Staphysagria, Ruby, White Chestnut Flower,**

the organs of the sacral chakra. Her periods became an issue; physical sensitivity, ovarian symptoms and painful intercourse came up in their turn, all working out through the physical body what she had managed to do in the mental and emotional bodies.’ **CG**

- 5 ‘A woman in her 50s came for help with Crohn’s disease; the doctors had not been convincing in their diagnosis even though she had had the problems for over 20 years. She herself had thought that she had irritable bowel syndrome. She had had various different drug regimes but none of them had made any difference in the long term; she still had wind, bloating, discomfort, unpredictable urging to pass motions which were never the same twice in a row and she had had bleeding from the rectum. She had undergone colonoscopies and barium enemas but no inflammation had ever shown up. She had been given steroids and other drugs for Crohn’s which had left her feeling very unwell; she had taken herself off them and felt better.

‘Her problems had a direct aetiology: 20 years previously her mother had died and her bowel problems began. Then her husband went to work in the Midlands and only came home at weekends and then her son became “super-sensitive psychotic” and was diagnosed with withdrawal psychosis. She spent many hours on the Internet looking for information about her and her son’s conditions in an attempt to understand them. It all made her extremely angry; she felt that she had been badly let down and neglected by the medical profession.

‘She was initially given **Staphysagria** 1M (single dose) and **Chelidonium** 30 (once a week for eight weeks). Though she felt calmer and her bowels were better behaved, it was obvious that she was still very tense, more so when she thought about drugs and doctors. She now complained of her chronic backache which was worse for playing badminton, her only form of relaxation. She was given **Oak** 30 (three times a week – for its therapeutic effect on chronic backache) and **Thuja** LM1 (one drop daily after eight succussions – she had developed thick, green laryngeal catarrh, joint stiffness and pain < initial movement, etc.).

‘The back pain completely disappeared. Her bowels remained well until her appointment for her annual colon scan and check-up with the consultant at the hospital was due. The anxiety and irritability around this made her digestive symptoms return, she said. She had the wind, bloating and explosive, runny motions with abdominal discomfort. She was then given **Ruby** 30 (three times a week until the next appointment). When she returned she said that the consultant had been unable to find any symptoms of Crohn’s or anything else except for some slight scarring on the walls of the sigmoid colon. He said that she had obviously never had Crohn’s and as there was nothing wrong with her, he was discharging her.’ NG

- 6 ‘An Italian woman, married to a financier, came some years ago for treatment for a persistent abdominal pain and headaches. The pain was in the area of the gall bladder and extended across to the left side towards the splenic flexure and caused bloating, flatulence and flatus. The headaches she described as “sick headaches”. She was a very passionate and angry person by her own admission. She was deeply distressed by her husband and his state though she declared that she was devoted to him. Her feelings stemmed from the fact that her husband was never content, always gloomy and distant. “He’s so typically English! He won’t express himself and I find it so frustrating! He had a terrible childhood; given away by his teenage parents and brought up in a cold household. I’m so angry with him and yet I love him so much. I’m angry with his parents. I’m angry with his employers for not caring enough about him. I’m angry that he can’t see that his job is killing his soul!” She had several prescriptions over a few years. She felt better enough to bring her children for treatment and she even persuaded her husband to come once. **Lycopodium** did the most for her. A gap of two years then followed. When she returned she still had the gall bladder symptoms (which had never completely gone) but now she was seriously frightened for her general well-being. She was exhausted, mentally and physically. She was getting the headaches again and now they were making her vomit. This time she went away with **Ruby** 200: one three times a week for three weeks. Within two weeks she rang to say that she was free from the abdominal pain for the first time in ten years; it had disappeared the day after

taking the second dose of the remedy. Her digestion was working better than she could remember: no wind, no bloating. The vomiting with the headaches was much better too. She now had Bell's palsy of the left side of the face. She took **Causticum** 30: one a day for three days and the symptoms disappeared overnight.' **CG**

¹² Isidore Kozminsky, *The Magic and Science of Jewels and Stones*, Vol.II (San Rafael, Cassandra Press, 1988)

¹³ Melody, *Love is in the Earth: A Kaleidoscope of Crystals* (Earth-Love Publishing House, 1991)

SALIX FRAGILIS

Crack Willow

The remedy, generally called by its full Latin name to differentiate it from the other willows, was proved by eleven members of the original Guild meditation circle on 22 October 1993. Each participant took a single dose of the 30th potency. The remedy was made from a tree growing on clay soil in Sussex. This tree overgrew a natural pond in an area uncontaminated by regular traffic.

The Background

Crack willow belongs to the family Salicaceae. One of the largest of the willows, native of Europe and northern Asia, *Salix fragilis* can grow up to 80 feet tall and have a bowl circumference of five feet though its usual growth takes it to no more than 50 to 65 feet in the British Isles. The tree owes its English name to its habit of vegetative propagation: the upward thrusting shoots are brittle and when disturbed by wind, storm or the weight of snow, the branches will audibly crack at a joint and lean towards the ground. If the ends of the branches touch the soil, shoots immediately begin to take root in the damp or wet ground. If a branch snaps clean off, it will start to sprout rootlets once it has come to rest on convenient earth. The result is a rapid proliferation of willow groves, usually along the banks of streams and rivers. This clonal reproduction is an adaptation that suits a tree that is otherwise relatively short lived; it is said to live for some 200 years

though it is likely that some examples would exceed this by some margin. Its easy rooting from branches also leads to congregations of single-sex populations. Crack willow is fairly common though it is easy to mistake it for other willows of which there are at least a dozen. A distinguishing feature is its appearance: the ample canopy is supported by a bowl that leans over water and quite major lower branches that may have cracked and partially fallen over adjacent ground and from the tips of which new saplings are growing.

The tree is very hardy and can survive temperatures of minus 32°C. It inhabits very damp places as it requires an inordinate amount of water; it soaks up some 400 gallons each day which makes it almost twice as thirsty as an oak. Its favourite location is on marshland or lining the banks of streams and rivers and it far prefers acid clay soil and to grow in the open to get the maximum light. It likes its feet in water and its head in the sun.

The bark is roughly fissured, tough and greyish. The leaves are similar to those of other willows: narrow and lanceolate, sharp-pointed with serrulate edges. The upper surface of the leaves is a darker green than the underside which also has a soft down. *Salix fragilis* propagates easily with others of its family. The leaves and flowers (catkins) appear in April, the fruit matures between May and June. The flowers are dioecious with plants bearing either male or female flowers but not both and they cannot self-pollinate. They depend on bees and the abundance of wildlife that they attract to help them pollinate.

Like other willows, it has several uses: it has been used for making children's toys, fencing, flooring, pallets and for charcoal. Though the wood is pinkish in colouring and tends to be soft, brittle and to split, it is nevertheless tough and hard-wearing. The thinnest branches, which are extremely flexible, are ideal for basket weaving. Even if they dry out before use, they can be soaked in water and then bent into shape to make traditional baskets.

Willow has been known as a herbal medicine for at least 2,000 years. The parts that are used for medicinal purposes are the inner bark of the branches and the leaves. The optimum time for collection is in the spring. The chemical constituents of interest are tannin and salicin. Tannic acid is found in many trees and the homoeopathic remedy of it was taken from an oak gall, from which the remedy **Gallic Acid** is made. Salicylic acid, used to

make aspirin, is found in various plants, most particularly in Gaultheria (wintergreen) and *Spiraea ulmaria* (meadow sweet). Both are already homoeopathic remedies and should be compared with **Salix**. (**Pussy Willow**, **Salix Nigra**, and **Red Willow**, and **Salix Purpurea** are homoeopathic remedies as well.)

Patients suffering from diarrhoea and excessive secretions of mucous membranes or haemorrhage have derived benefit from plants rich in tannin. This chemical is associated with causing dryness and constipation along with weakness and abdominal pains; it is an astringent. Salicylic acid, on the other hand, is homoeopathic to rheumatic constitutions though it is also associated with a wide symptom picture including depression of vitality, syncope, acid dyspepsia and even delirium especially during fever. It is also to be considered in tinnitus and other conditions of the aural apparatus.

Willow as a herbal medicine is a tonic, an antiperiodic and an astringent. It is also an antipyretic, sedative, hypnotic and antirheumatic. It can be used in a number of forms: a powder, an infusion, a fluid extract, a syrup or as wine. *Potter's Encyclopaedia* lists willow as an analgesic, anti-inflammatory, febrifuge and tonic and states that it is 'an ancient remedy which has been used in various forms for rheumatism and gout, fevers and aches and pains of all kinds'. The bark, if macerated in vinegar, may be used for the removal of corns and hardened skin. An infusion of the leaves is recommended for its calming, even slightly soporific effect especially in those who suffer from insomnia. Rheumatism is described as being relieved by a bath with willow leaves. According to Mrs M Grieve in her exhaustive *A Modern Herbal*, willow is useful as a vermifuge, during convalescence after acute disease and in chronic diseases of the bowel characterized by diarrhoea or dysentery. She recommends one drachm of the powdered root in one or two fluid ounces of the decoction.

Keynote effects

Salix is a remedy to recover grounding in those who are weighed down or cowed by circumstance or history. It helps patients to cope with what is happening in their lives rather than to give up or avoid it and move on without resolving difficult situations. It helps the patient to level up the differences between their exterior toughness and their interior weaknesses.

General symptoms

The main 'themes' of **Salix Fragilis** are a lack of fluid energy, stiffness, constriction, rigidity and weakness along with extraordinary sensitivity. The main areas of pathology include the heart, the blood, the bone marrow, the immune system, the spine and traumatized bone; the nervous system can be easily overburdened. The remedy influences sleep and dreams especially in insomniacs. It affects the circadian cycles of the body. Distribution of water in the body is unbalanced; the feet sweat but otherwise there is usually dryness of the skin with retention. The remedy has a positive effect on the bladder and kidneys; it is indicated in chronic or recurrent cystitis. Breathing is compromised due to the restriction felt in the chest; lung symptoms are consequent on heart pathology and may be the early sign that the heart's tissues are threatened. (Every one of the provers suffered from stifled breathing during the meditation session.) Arthritic changes with pain in the affected parts. Rheumatism with or without inflammation. Deformities of extremities with arthritis or rheumatism. Kyphosis and lordosis. Ankylosing spondylitis. Acute trauma to bones especially useful in greenstick fracture. Breaks and fractures; **Salix Fragilis** both complements and rivals **Symphytum** as an instigator of bone mending. Also for acute trauma to the spine and coccyx when a 'twist' is part of the pattern of the accident (see **Ayahuasca**, the first remedy to consider for a twist in a part due to a trauma). After an accident has left the patient feeling weak, fragile and twisted with more or less pain in the bones. Osteoporosis. **Salix Fragilis** is one of the main remedies to consider for encouraging the lowering of raised cholesterol levels if the other indications are evident and as long as the exciting cause is a prolonged state of tension and anxiety which is so often the case. It is also a homoeopathic analgesic (particularly after traumatic injuries) and should be compared with **Hazel**. Miasmatically, **Salix Fragilis** is principally psoric and sycotic. It corresponds to the cancer diathesis only before any physical evidence of cancer is manifest; it is for those who are obviously carcinogenic in attitude and suffer conditions that might herald cancer. It is, however, recommended for those who are suffering from depletion in the bone marrow and spleen in leukaemia or from chemotherapy for other cancers; **Salix** is a remedy that will 'cut through' chemotherapy without disturbing what it is sent in to

do. It is also another of the new remedies to consider in fertility treatment, in pregnancy and after birth. Affected by the moon and its phases.

Mental and emotional symptoms

Feelings of being stifled, crushed, burdened and buffeted are keynotes of **Salix Fragilis**. Like **Nat-mur** and, sometimes, **Ignatia**, it has difficulty in crying or in expressing innermost feelings. Emotions are stifled to the point where there is no awareness that they need to be brought out for resolution. A feeling of wanting to be held though unable to ask for it. A sense of there being 'no one there for me' even when there is (so this is not quite like **Pulsatilla**'s abandonment). There is a feeling that one cannot take another step in the dark; it is easier to stay put and not risk any more burdens. Feeling so burdened that any more and one would break. Yet they dread failure; they limit their ambition in order not to suffer disappointment; they tend to learn avoidance tactics. Lack of self-confidence though this may not be evident at first if they are good at dissembling.

A very powerful desire and need for peace and quiet; wants stillness and silence when living through a crisis. Yet **Salix** can be very like a cross between **Silica** and **Phosphorus** (particularly an introverted **Phosphorus**): in retreat on one hand but lively and able to switch on sparkle on the other. The patient usually feels blocked in some way and, as a result, stuck as if 'in concrete'. Slow to respond; slow to volunteer information. Victim mentality; some will seek the company of other victims with whom they feel safe (which suggests the leprotic miasm very strongly). They feel pressured by their restrictive upbringing even long after they have left the parental home. They repeat patterns that perpetuate the victim-hood or the stuckness. Their spirits may be too crushed for them to be able to change through their own efforts. Nevertheless, they are often, like **Silica**, very strong and determined, even calculating, in their routines. They give up being creative in favour of their responsibilities.

There is one kind of **Salix** patient who may be very refined and gentle; may give off almost an ethereal quality. This may be evident particularly in either children or older people; older patients who are suffering from heart problems. **Salix** is a remedy for those who *feel* acutely; they suffer nervous breakdowns as a result of all the pressures. They are full of compassion for others and are very considerate of others' feelings and needs. These people

are full of fear: fear of change, of being destabilized, of facing the challenge of new departures, fear of being overcome by emotions, a fear of sexual intimacy that can amount to frigidity. Harboured beneath the surface is often deep hurt and bitter resentment. **Salix** can easily be mistaken for **Nat-mur**. Introversion.

Physical symptoms

Head

Tension headaches < being burdened and excessive sensory aggravation.

Eyes

Dry eyes.

Nose

Frequent nose colds with runny, clear mucus. Sneezing; sensitive to change of temperature.

Mouth

Bitter or bitter-sweet taste. Blueness around the margins of the mouth.

Throat

Constriction.

Chest and heart

Sense of restricted breathing. Anxiety felt in the region of the heart. Chest feels crushed; poor oxygenation of the blood; anaemia. Cardiac asthma: lung conditions are the result of heart problems. Angina; atherosclerosis; pericarditis. Patient tends to sit bent forward holding the chest (**Carbo-veg** and **Kalmia** are the opposite). Pains in the chest with heart pathology (complements and supports **Lachesis** and other animal poison remedies). Pain in the left chest with a sense of constriction in the throat: sensation of something pulled back and down with a twisted feeling inside the chest wall involving the lower ribs on the left side (cf. **Rose Quartz**).

Stomach

Thirsty for water.

Female

Infertility: difficulty in conceiving though tests may not show any reason why. Frigidity: the patient may be avoiding physical intimacy and making the excuse that it is sufficient for them to be following a spiritual path. Period problems: irregular periods, PMT; excessive bleeding; endometriosis; fibroids; ovarian pains.

Urinary organs

Though not part of the proving, **Salix** has been useful in healing the bladder and urethra in chronic recurrent cystitis (cf. **Golden Beryl**).

Neck and back

Back pain. Tension in the neck and shoulders (compare **Oak**); agonizing pain in one, other or both shoulders. Lordosis, kyphosis and scoliosis. Ankylosing spondylitis. Stiffness and rigidity of the spine. Pain in the sacrum and the left side of the back with numbness. A feeling as if the back might snap. Osteoporosis; brittle bone disease.

Extremities

Feet sweat. Broken bones; fractures; greenstick fractures.

Sleep

Insomnia. Disturbing dreams.

Considerations for the use of the remedy

- **Nat-mur** (and **Winchelsea Sea Salt**) is just as burdened by grief and resentful but **Salix** is less likely to be snappy; **Nat-mur** is not necessarily an avoider; it is also more robust and quite a bit less obviously sensitive to feelings which are nevertheless left unexpressed.

- **Oak** is a tougher proposition altogether despite all the spinal and shoulder tension; **Oak** keeps going without knowing when to stop and presents a picture anything but fragile. **Salix** also keeps going but is obviously very fragile and feels overwhelmed and burdened.
- **Lachesis** and other snake and spider poisons have similar pains and pathology in the heart and chest. **Latrodectus** and **Naja** have pains that extend to the left arm and down to the hand; **Cenchrus**, **Latrodectus** and **Naja** have pains that extend into the back; **Naja** has pains that extend into the neck and shoulder; **Latrodectus** and **Naja** have pains that go into the left scapula. **Kalmia** has pains that go down left the arm and into the hand and fingers.
- **Silverfish** is as useful in conditions of the spine but the mental and emotional picture of this remedy is quite different. It is probably more often indicated for whiplash than **Salix** but this should not prevent its use when other indications match the patient's state. These two remedies complement one another in post-traumatic injury.
- **Ayahuasca** is a remedy that also has the physiological twist held in the tissues after a traumatic incident. However, it is more useful in the acute or soon after (perhaps up to a month after) the event while **Salix** is more for the chronic consequences.
- **Lycopodium** may sometimes be confused with **Salix** as both have a rather tougher exterior than the person on the inside. **Lycopodium** tends to be more outwardly bluff or even aggressive and has its typical modalities and keynote symptoms to identify it.

Salix is complementary to **Arnica**. It is an excellent remedy in greenstick fracture and has been known to complete healing after **Symphytum** has done all it can. It is also a remedy to consider for chronic cystitis when the bladder is virtually in the habit of throwing acute episodes. For both these uses it has usually been prescribed in the 30th potency. When **Salix** is used in heart pathology it combines well in potency with **Cratægus** Ø; i.e. **Cratægus** Ø + **Salix Fragilis** 3x (or 6x). If **Ayahuasca** and **Salix** are remedies to undo any twists in physical injury patterns, **Hornbeam** is the remedy to consider for 'twists' in the psyche resulting from emotional

injury, especially when the effects of psychic attack from the abuser is still held within.

Esoteric therapeutics

The chakra that is most affected by threatened or actual pathology is the heart. This chakra is closed down emotionally. **Salix** is also for the base centre when the bones are affected. Fear of change makes it very hard to make transitions; the brow centre is held in stasis with the patient unable to move forward or back. It is also said that selfishness based on lack of confidence and the fear of risking change separates the brow and the crown in this remedy making it difficult for children to be conceived. The remedy may be able to shift consciousness so that the ego is able to bear with change and transformation to allow for an incoming soul to be born. **Salix** fosters a sense of timelessness that is intensely valuable for recuperation. The sense of having no time barriers is soothing to the troubled ego, often overwhelmed by pressure and responsibility. **Salix** is yin to the yang of **Oak**. For those who are excessively sensitive, overwhelmed and tense, the remedy affords a sense of surrender.

Chakras

Crown

Disturbing dreams suggest difficulty in making sense of everyday life on the level of the spirit.

Brow

Fear and anxiety tend to keep them fixed into routines and cause them to be unadventurous. The tough exterior and inadequate interior mean that the patient is not likely to be comfortable making anything but carefully considered decisions; the intellect dominates the intuition.

Throat

Tends to avoid overt self-expression.

Heart

The heart centre is closed down; any expression of grief is more likely to appear in physical pathology, either in the heart and lungs themselves, or in the disturbance of the generative organs, the water balances and in the kidneys or bladder.

Solar plexus

Little motivation to do much more than the routine things in life (therefore poor spleen energy) and lack of creative fire after years of suppressed emotion. Useful in those with high cholesterol who have had lives dominated by difficult emotions.

Sacral

The closed-down nature of the heart is reflected in or caused by the closing down of this centre. Lack of feeling in the generative sphere may be temporary or more permanent and the result of trauma or apparently not. Fear of intimate relations may be the indicating symptom especially if the first occasion either proves difficult or was traumatic.

Base

Salix is very much a base chakra remedy and one that helps to establish groundedness in those who find it hard to focus on anything permanent. There is always the tendency to move on before the present task is finished properly. This is an attempt to avoid starting anything new; starting something new requires preparation, planning for difficult eventualities and struggling with as yet unknown challenges, all of which **Salix** finds hard.

Case studies

- 1 'A woman who was tall and willowy came for treatment. She complained that she kept breaking bones in her body. She said that she was always dropping things and breaking things "including bits of myself". She came to see me several times, sporting a bandage on one

part or another. She was always trying to pack a lot into her life and there was this sense that she gave off that she felt life was fragile and that she needed to do as much as possible in the time available. She had originally come for treatment because she wanted to get some order into her life. She was tired from rushing around all the time. She was given **Salix** 1M, three doses. She came back five or six weeks later and it was noticeable that she was using different vocabulary: “I feel stronger and more together.” She went from strength to strength from then on. I had decided to give her just the **Salix** as I had just learnt about it and wanted to see what it would do. It did a lot for her on every level.’ **AC**

- 2 ‘A woman of 38 came with thrush. She had a history of pelvic inflammatory disease. The thrush was characterized by a thick, green discharge which had a fishy odour. She was given **Medorrhinum Americana**, **Thuja** and **Sycotic Compound** but these made no appreciable difference. There was a block somewhere. The keynotes of her case were: sensitivity, unresolved issues and guilt around her parents’ death; she could not cope and felt she was not strong enough. She is very intuitive and possibly clairvoyant but I felt that her heart energy was blocked. She had **Salix Fragilis** 200.

‘During the next six months everything began to clear and I wonder if the **Willow** allowed the “block” to lift and let the other remedies, given before, to kick in. I did not prescribe anything during this period as I did not want to interfere with the general healing process. At the most recent follow-up, she has been symptom-free for three months.’
JO

- 3 ‘A 26-year-old woman came for treatment at five months pregnant. She was very weepy and sensitive. NBWS glandular fever at 18. Found she could not cope with anything more than the pregnancy and a very quiet routine. Any extra problems caused her to snap. Very worried there would be something wrong with the baby; could not push the idea out of her mind. No major physical symptoms but poor circulation. **Crack Willow** 30 b.d. for seven days. In two weeks she reported back that she felt very much better.’ **JO**

4 ‘A woman of 54 came with anxiety. Her marriage was at stalemate. She had met someone else but could not bring herself to tell her husband. He could be quite aggressive, bordering on being physically violent, but he had never actually struck her. She was prescribed **Emerald 200** (single dose) every Sunday for one month and **Oak 1M** on the day she was going to tell him. She was then able to face her husband who was angry but not violent; he eventually confessed that he, too, wanted the marriage to finish. She was then given **Crack Willow 6** one every night for seven weeks to give her the strength to see through all the changes. She subsequently finished with the other man too, saying, “I want to be my own person and stand on my own two feet for the first time in my life!”’ **JO**

SANTALUM ALBUM

Sandalwood

The remedy was proved by the two Guild meditation proving circles first in March 1998. It was brought from Kerala province in southern India by Sylvia Treacher who had realized its potential as a remedy because of its frequent use in Buddhist and Hindu festivals (particularly those associated with fire). The remedy for the meditative proving was made from parts of the tree including the bark and leaves. The tree selected was from the ashram of a holy man. The remedy taken for the proving was the 30th potency.

The Background

The remedy is mentioned by Dr Clarke in his *Dictionary* and referred to by Boericke in his *Materia Medica*. Clarke tells us that the original remedy was derived from oil of sandalwood and diluted in alcohol. He reports that it is of therapeutic use in gonorrhoea and kidney ache though the cases cited involve the use of drop doses of the oil. Boericke suggests making a comparison between **Santalum** and **Copaiva** for ‘aching in kidneys’. Murphy, in his *Homoeopathic Remedy Guide*, separates **Santalum Album** from **Santalum Oleum**. Confusingly, in writing about the former he quotes verbatim from Clarke who writes about the curative effects of drops of oil but, when writing about the latter, the oil, he gives information about its herbal use as well as some extra therapeutic information as if the two

remedies were distinct. What emerges from this is that **Sandalwood** is a remedy that has a small but perhaps significant reputation for its action on the urinary and sexual organs when they are manifesting symptoms of gonorrhoea or, it may be surmised, sequelae of sycotic sexually transmitted diseases. Though practitioners are told that ‘tincture and all potencies’ may be considered, it is the oil that effected any therapeutic changes in the cases cited.

There are some 19 varieties of sandalwood. They grow in various parts of the world including Australia, the Hawaiian and Pacific Islands, the West Indies and in India which has, by far, the greatest population of *Santalum album*. The sandalwood trees that grow in Mysore are reputed to be the best variety. The quality of the trees on other areas of the planet is usually regarded as inferior though this is the subject of some controversy.

Sandalwood is a small tree reaching only about 20 to 30 feet high; it matures at about 45 to 50 years which is when the oil content is at its most potent. It is an evergreen, semi-parasitic tree in that it taps into the nutrient supply of neighbouring plants such as grasses, herbs, shrubs and trees. The tree has many drooping branches with smooth, grey-brown bark. The new twigs are hairless; the 1½- to 2½-inch oval leathery leaves, which are opposite, have short leaf-stalks. The flowers are small and numerous, pink and then reddish purple and grow in a mass in a tripartite pyramidal formation. The flowers emerge twice a year, in April/May and September/October. The fruit are spherical and pea-sized; they lie concealed beneath the remains of the faded flower and hold a single, almost black seed.

The sapwood of the tree is white, unscented and of no commercial value. The heartwood is strongly aromatic, has an oily feel and is yellowish brown in colour. The heartwood is hard and splits easily. In harvesting the sandalwood, the branches are cut off and discarded. The trunk is left on the ground for several months so that ants eat away the sapwood. The heartwood is then sawn into lengths and taken for grading at the mills.

India accounts for some 90% of the world’s production of sandalwood oil. As the forests of sandalwood are heavily overexploited and subject to poaching and smuggling, the trees are now under government protection. In Kerala in 2001 there were some 62,000 trees. By 2004 this number was

down to 55,000. One measure being taken to protect them is having satellite-tracking devices embedded in the trunks.

Sandalwood has been used medicinally for over 4,000 years. It is mentioned in ancient Sanskrit and Chinese texts and it was known to the ancient Egyptians who used it principally in their embalming practices. The oil has always been used in religious ceremonies and the wood, which can hold its unique fragrance for many years, is used for intricate carvings of deities to adorn sacred buildings. The wood and oil have always been of great commercial value. It continues to be used in the manufacture of soaps and scents and as an aromatherapy oil. (At the time of writing there were some 2,370,000 sites listed for sandalwood on the Web, the majority of which were advertisements for sandalwood-based cosmetics, and a further 70,000 odd for *Santalum album*.)

The constituents of the plant include 80% to 90% sesquiterpene alcohols α - and β -santalol; sesquiterpene hydrocarbons α - and β -santalene; α - and β - curcumene, borneol, isovaleric aldehyde, santene and santerone. Its medicinal properties include being diuretic, antiseptic, restorative, disinfectant and relaxant. It has been used in urinary conditions and throat conditions such as laryngitis, sore throat and persistent dry cough, acne and other skin eruptions and dysentery. It also covers inflammation, sensitive skin, tension, stress, nausea, vomiting and sunstroke. In Chinese traditional medicine it is viewed as a sedating agent. It has also been used in the relief of itching in cases of eczema though topical applications, it should be noted, can cause skin irritation. In aromatherapy sandalwood essence is used in the relief of anxiety and depression, bronchitis and coughs, catarrh and sinusitis, dry eczema and sexually transmitted diseases. The aromatherapy essential oil is capable of antidoting homoeopathic remedies or altering their intended action.

Keynote effects

Sandalwood is effective in fostering calm and encouraging a sense of having more time to cope. It is a balm to the spirit and the emotions. This is particularly true for those who have anxiety and symptoms in the heart after traumatic emotional events. It is also homoeopathic to inflammatory states that stem from living through times of emotional harassment. The remedy affords a time of stillness, quiet and surrender.

General symptoms

Physical ill health (especially when there is any degree of inflammation) that is the result, however distant, of never having been well since a traumatic event which the patient has never been able to resolve. A general sense of fragility and vulnerability. Inflammatory conditions of the spine, of the brain, of the bronchus and bronchioles, of the pericardium, of the Fallopian tubes, of the kidney, urethra and the bladder. Soreness and stiffness accompany other symptoms. Pelvic inflammatory disease. Infertility. It is said to be a blood cleanser and to be one of the remedies to work on the endocrine system by balancing the hormone output of the hypothalamus and the pituitary gland. It is also possible that **Sandalwood** will make a reputation as a remedy to consider in high blood pressure when other indications are present. Should be considered in patients who have unstable blood pressure; readings show different levels every time as changes in blood pressure are to do with stress and difficult emotions. It is indicated for physical and emotional turmoil in the heart. Nausea. Disordered sense of smell. Miasmatically it is associated with sycosis and cancer.

Mental and emotional symptoms

Bouts of feeling and thinking negatively. Any depression is likely to stem from a loss of faith in oneself, in not being sure that one is going about doing things in a correct or appropriate manner. A wish to be quiet; to be left alone; to be contemplative; a desire to nurture oneself. A deep sense of unutterable sadness. An awareness of the significance of death and the fragility and tenuous nature of life. A remedy for bereavement. Living in grief at the passing of a loved one and clinging to their memory; an inability to let go of those who have died. Time goes too quickly in moments of emotional upheaval; a feeling that there is not enough time to feel and think all that needs to be addressed. A lack of tranquillity. It softens rigid thinking that results from a powerful intellect; for those who are obstinately convinced of something that is not necessarily true. Weeping with the feeling that one could not stop.

Physical symptoms

Symptoms in italics are quoted from Clarke and Murphy.

Head

Dizziness < with sense of falling to the left. Pain in the head on the left side. Faint feelings. Prickling and tingling sensations on the scalp < on the right side.

Eyes

Gritty feeling. Itching < right. Possible remedy for cataract and dimming of sight.

Ears

Right ear feels completely stopped up which = a sense of being unbalanced. Has to strain to hear anything.

Nose

Disordered sense of smell; putrid smell. A smell of coal; sickly sweet smell.

Throat

Painful throat though not sore. Inflammation.

Chest

Ache in the lower ribcage around the spleen area. Palpitations; stress and pain felt in the heart. Fluttering sensation around the ribs. Oppression of the chest. *Hacking cough when but little sputum is expectorated.*

Digestion

Nausea; diarrhoea. Bloating and fullness with nausea. Sulphurous flatus. Hiccoughs.

Female

Pelvic inflammatory disease. Salpingitis: inflammation of the Fallopian tubes causing infertility. Menopausal symptoms particularly when the

patient does not want to go through the process. Should be considered for toxæmia of pregnancy.

Male

Painful erections; swelling of the prepuce. Thick yellowish, muco-purulent discharge. Deep pain in the perineum.

Urinary organs

Pain in the kidneys; aching. Inflammation of the kidneys, bladder and urethra. Muscular soreness with inflammatory condition. Consider for proteinuria. *Chronic cystitis. Frequent burning, smarting, swelling and redness of the meatus. Sensation of a ball pressing against the urethra < standing. Stream is small and slow. Acute aching in the kidney region. Gleet with profuse, thick discharge.*

Back and shoulders

Inflammation: may stem from injury. Soreness and stiffness after exercise and straining. Pain on the lumbar and sacral spine.

Skin

Sores; acts as a balm.

Sleep

Insomnia < during the menopause. Sleepiness.

Considerations for the use of the remedy

- **Berberis Vulgaris** is an obvious comparison in kidney pains especially as it has just as much stiffness in the muscles (though **Sandalwood**'s pains are chiefly in the back).
- **Medorrhinum** (and **Medorrhinum Americana**) share the gonorrhoeal and generally sycotic symptoms though they are usually more irrational and fraught than **Sandalwood**. **Sandalwood**'s connection with the esoteric world is not as potentially spurious as **Medorrhinum**'s which is unreliable and tenuous. **Sandalwood** is

mostly negatively associated with the esoteric because of the attachment to a past relationship (a mother or a loved one), now passed away.

- **Thuja** can suffer from a similar physical symptom picture, though its concern not to be found out in its inadequacy and in its fragile and tenuous hold on reality mark it out as distinct from the sense of fragile hold on life that **Sandalwood** suffers.

Sandalwood is chiefly a sycotic remedy and it is most likely to be needed by those who already have strong sycotic tendencies. It is of considerable importance in healing acute grief in those who have recently lost a loved one. The highest potencies have been shown to be invaluable in maintaining calm and equanimity in those who would otherwise be severely rocked by deep emotion. It has a strong affinity for and is entirely complementary to **Ignatia** (see the case below). It is a remedy that is sometimes needed when other grief remedies prove to be ineffective or incomplete in their action: **Nat-mur**, **Aurum**, **Staphysagria**. This occurs when the patient is unable to detach themselves from the deceased loved one; the patient clings to precious memories and, by doing so, holds onto the relative within the psyche thus preventing any personal progress. In cases of fluctuating high blood pressure where **Sandalwood** is indicated, the combination of **Crataegus** Ø + **Spartium Scoparium** Ø (in equal parts) may be considered.

Esoteric therapeutics

Sandalwood, the remedy, complements, confirms and expands on the efficacy of the oil. It is balm for the spirit when body, mind and soul are deeply hurt. This is particularly true when the effects of the grief include inflammatory reactions, even if they become manifest only after a long gestation. It is a remedy that soothes and cleanses the auric field of energy. It is of great service in helping in any rite of passage including birth, puberty, menopause and death, all of which may require some degree of the fire element to achieve. It was felt most strongly in the proving that it would be indicated in helping the complete incarnation of souls when there was any problem of the mother not sensing any connection with the growing foetus (from the third month onwards). In this it is highly likely to be

complementary to **Ayahuasca**. It is also a remedy that can be given to relatives who are struggling with witnessing the dying process of a syphilitic patient who is, through fear or habit, causing distress by continuing to manipulate others. **Sandalwood** is also a fine remedy for the balancing of intuition with intellect where the latter has become fixed in traditional but outmoded or ill-conceived beliefs. There will often be a sense, felt by the practitioner, that there is much information about the distant past that is important in the case but it is just out of reach.

Sandalwood influences both the water and fire elements; it eases the patient (who is likely to have that strong sycotic tendency) back towards the psoric state (earth) so that they are grounded and more in control of fire and water. As it calms and soothes the heart chakra it allows the person to turn negative emotion to more productive use; breathing becomes deeper, drawing in air that tempers the purposeful drive towards creativity. As this process occurs, time becomes less of a driving force and the patient feels there is more time and space for a more measured existence.

Chakras

Crown

Greatly soothing to the injured spirit. **Sandalwood** encourages the awareness of the possibilities and potential of a spiritual path. It is one of the remedies that can be used to uncover the buried trauma of past times so that historical but obscured impediments to progress can be eased out of the psyche. Eases sleep trouble in those who are suffering from insomnia due to inability to cope with traumatic circumstances.

Brow

Balances intellect and intuition; ego and id. Helps those who are obliged to hold things together during a crisis when emotions might otherwise threaten to overwhelm them. Fixes on aspects of grief which they can do nothing about; they tend to repeat patterns due to faulty perception of their role in relation to others. They tend to cling to prejudices implanted in the psyche by parenting or tradition that, in present circumstances, tend to impede perception of how to expand consciousness.

Heart

Deep emotional pain in the heart that is often associated with clinging on to those who have passed away. This may be a parent or close relative or a child or even a soul not fully incarnate that passed through miscarriage or termination.

Solar plexus

Poor motivation to change due to the oppressive history of grief in the heart. Spleen energy is poor; liver energy is sluggish due to toxicity.

Sacral

Creative awareness is blocked or threatened. Fertility may be a problem due to inflammation. Kidney energy is weak.

Base

Ungrounded; inefficient in controlling time. Difficult to organize things as there is so much pressure on the heart and crown centres. Inflammation affects the musculoskeletal structure: the sycotic miasm undermines positive psoric patterns of behaviour so that routine becomes difficult, consecutive thought is interrupted and anxieties assume bigger proportions than they should and cause the patient to bury trauma in inaccessible places in the heart chakra.

Case studies

- 1 'A woman who had recently suffered bereavement with the death of her father was given **Ignatia** 10M for the acute symptoms of grief. She reported that it was very helpful but that she was worried now because she was going to have to keep things together for the funeral. She was very anxious about breaking down during the service at which she was going to have to give an address. She felt that she was shouldering a lot of responsibility in organizing the event and that she wanted to do everything "just right". She was given **Sandalwood** 10M to take

before the funeral. She said afterwards that everything had gone very smoothly; that she had not broken down at all; that she felt that she had come away from the funeral and wake as if able to breathe and think clearly for the first time in a long time.' **CG**

2 'Another patient, who had lost her mother some years before, was still in mourning. She was unable to stop worrying about the circumstances of her mother's death and she found it difficult to imagine that her mother would not at any moment walk through the door and speak to her as she had always done. She was given **Sandalwood** 10M. She was able to report at her follow-up appointment that she felt far less burdened by the past; freer in spirit; more communicative; more able to come out of a shell that she now realized she had imposed after her mother's death. She felt that she could look forward again instead of worrying and fretting about what she could not have changed.' **CG**

3 'A woman of 78, who had had many years of homoeopathy, fractured her hip. She had had a lot of medical history: breast cancer (resolved by homoeopathy alone) and lots of heart trouble (she had had a treble bypass). When I saw her I felt that she was going to die. Her husband was very good with remedies and was prepared to help in any way; they had a wonderful relationship. He too felt that his wife's life might be coming to an end. He gave **Carbo-veg** and **Arsenicum** at appropriate moments though they seemed not to do very much despite the obvious indications. He then gave her a dose of **Sandalwood** 200 every day when he visited her in hospital. She told him that the remedy "made me see another dimension. I can see all my loved ones waiting there watching over me." She was allowed home where her husband assumed full responsibility for her care. Once she was settled into her own surroundings he administered a single dose of **Sandalwood** 10M. Without losing consciousness and shortly after saying that she was going to join her waiting family, she passed away in peace.' **JM**

4 'A boy of four was brought along. He had a history of two very close brushes with death when he was a baby. On one occasion he revived after the administration of **Carbo-veg** and on the other he had had to be resuscitated. He then had an acute attack of infantile rheumatism.

The symptoms partially cleared on the indicated remedies. He'd never incarnated properly though, so remedies couldn't work as they should. It was as if he just didn't want to be here at all. The mother felt the truth of this. The boy couldn't eat or articulate properly. He was very emaciated. He had all the usual remedies you might expect: **Silica**, **Calc-carb**, **Nat-mur** and so on. Then he had **Sandalwood** 30 once a day for 21 days and then later he had the 200 once a week for three weeks. All the rheumatic symptoms disappeared completely and he came right into his body. He put on weight; he ate well. He now responds well to any remedy that he might need and he continues to do really well.' **JM**

THYMUS GLAND

The remedy was proved by the meditation groups; it was first taken in September 1999 in the 3x potency and for a month afterwards. One aspect of the meditation was of interest: at the end of the circle it proved impossible to ‘close down the auras of the chakras’ of the participants. That is to say that the auric fields of the group members did not respond to the usual closing ritual thus leaving them vulnerable to esoteric outside influences. This state continued for the following month until everyone returned for the next circle.

NB It is important to refer to **Thymus Gland** by its full name so that it is not confused with *Thymus serpyllum*, the herb remedy.

The Background

The thymus gland is a pinkish grey, two-lobed organ that lies under the mediastinal area of the chest, a little above the heart and below the thyroid. It is situated in front of the aortic arch and the trachea. It has been referred to in literature since the ancient Greeks but it is an organ still of some mystery as science has not yet discovered all of its secrets. In animals it is known as the sweetbreads and is considered a culinary delicacy. The origin of the word ‘thymus’ is from the Greek *thymos* which etymologically derived from an earlier European root word *dheu* that had the meaning ‘to rise in a cloud’, ‘to burst into flames’, ‘to smoke’, ‘to fume’. The word *thymos* denoted life force or soul though it originally referred more directly

to ‘the breath’ or the breath of life – upon which depended energy and courage.

It was only discovered that the thymus gland plays a central role in creating and maintaining the immune system as recently as the 1960s. It was at one time believed that the thymus was useless, rather in the way that the appendix is usually viewed today. Then it was considered that it was an organ active in childhood only, and that it atrophied with puberty, as post-mortems revealed that so many adults had shrivelled or atrophied thymuses. It was seen as an integral part of the maturation process but of no consequence in the adult. At another time, it was believed that an intact thymus was a sign of illness, as children who died from sudden cot death were found to have enlarged thymuses. This led to the belief that radiation treatment on the thymus would limit disease in children. Yet more recently, injections of thymus extract have been given to children suffering from severe, life-threatening infections with ‘very satisfactory results’.

The thymus gland is at its most active from birth to puberty in the sense that it is central to the creation and maintenance of the mature immune system. Not only does it store lymphocytes that are essential in the elimination of viruses and bacteria but also other cells that are specialized in seeking out, neutralizing and eliminating cancer cells and foreign tissue. White blood cells originate in the bone marrow and about 50% of them go straight into the bloodstream for immediate deployment while the rest are carried via the bloodstream to the thymus gland where they are further processed into T-lymphocytes. These T-cells have three major functions:

- they stimulate the production of more antibodies by other lymphocytes;
- they stimulate the growth and activity of phagocytes which are specialized to surround and engulf bacteria and viruses;
- they themselves are designed to recognize and destroy foreign and abnormal tissue.

The gland also secretes thymopoietin which impairs the transmission of postsynaptic neuromuscular signals; without this the body would be in a constant state of overstimulation which occurs in myasthenia gravis, a condition that leads to muscle weakness. Interestingly, some four out of ten

cases of thymoma, cancer of the thymus gland, occur in those who suffer from myasthenia gravis.

Without the thymus we are in danger of succumbing to even the least infection. The removal of the thymus causes tremor, weight loss, easily broken bones, weakness and susceptibility to infection and the early development of cancer. The gland acts like a thermostat to create the right balance of immunity. It increases the output of lymphocytes to fight infection and cancer but it turns down its activity to prevent an autoimmune disease (which suggest that anything that damages the thymus so that it is unable to 'tone down' would lead to an increased likelihood of autoimmune disease). Its role is therefore vital in the body's ability to deal with infection, allergies, cancer and autoimmune diseases in general and tissue rejection in the case of transplants in particular. Anything that interferes with the process of developing the thymus's full potential is likely to threaten the body's defence system.

Any of the following can lessen the effectiveness of the thymus gland:

- smoking
- alcohol
- prescription drugs and recreational drug use
- high levels of cholesterol
- excessive sugar consumption
- food additives
- mental, emotional or physical stress
- chronic ill health especially where that includes a lot of pain or depletion of the body's resources.

It is not surprising that early post-mortems discovered that the thymus glands of the deceased were withered: disease and malnutrition had had the effect of reducing the thymus to a size and function level that was inadequate for survival.

Puberty does not begin until the thymus has done its initial work for the immune system. It secretes a hormone that signals the initiation of sex hormone activity and the end of its own expansive activity of contributing

to the general process of maturation. Or it should do. Problems arise when it does not do this. Enlargement of the thymus can, due to its anatomical location and structure, cause interference with the return blood into the body from the brain. It can also put pressure on the heart and lungs, and it has a profound effect on mentality and emotions.

There are at least two groups of children who are thymus-dominated and they are relatively easy to spot. Those whose thymus is damaged through illness, malnutrition or any other factor are fragile, pale and have porcelainlike skin that is laced with blue veins. (A blue vein may be particularly obvious at the bridge of the nose.) They are prone to conditions most readily associated with TB and its miasm: infections of the lungs, ears, glands and mucosa; they have weakened bones that break easily and may be accident-prone. Sexual maturation may be delayed.

If the thymus is enlarged, continues to be proactive and yet there is also sexual maturation, there is a different picture. The subject is completely out of touch with his spirituality and is entirely physically orientated. There is excessive libido with a tendency to violence and aggression. Criminality may develop. There is little refinement and right-brain activity is limited to physical sensation while cultural and artistic sensitivities are out of reach. There is a gross quality overlaid by negativity. Facial expression might be permanently set. There is suspiciousness, and humour may only be evident through grinning with downturned corners of the mouth. This picture suggests some affinities with Asperger's syndrome.

Damage to the thymus can be caused by thymoma, a tumour of the gland. More often, though, damage is caused by severe trauma, mechanical accident, radiation and, very particularly, artificial immunization. Drug intervention (particularly antibiotics and steroids) are also detrimental to the gland. Childhood fevers with opisthotonos should also be considered suspect. Emotional trauma, especially if sustained for any length of time, is certain to affect this gland: fear-fulness that induces emotional dependency is a prime indication. (In adults this often becomes a fear of disease with a dependency on medical intervention.)

The thymus gland operates, as does the spleen, on more than just the physical level; the energy that runs through it before puberty continues to flow after the gland's dissolution.

Keynote effects

Thymus Gland, the remedy, opens up the body, mind and spirit to past trauma; this may be physical, emotional or ancestral. If the thymus is the library of negative events in the life of the patient (like the black box or flight recorder on an aircraft) then the remedy made from it is the key to open it. The remedy opens a door to potential that would otherwise be locked away, atrophied. Whatever may have occurred in the past that has profoundly changed the original life pattern of the individual, can be brought forward out of obscurity into the light of healing, not necessarily just by the use of **Thymus Gland** which has started this process, but by complementary remedies that follow.

General symptoms

The remedy affects the circulation of all the body fluids: blood, lymph and electrodynamic energy. Thus in turn it affects the water balances of the system. It affects the immune system and encourages the development of efficient antibodies. It heals damage to the nervous system from trauma and restores integrity to the five special senses. Vaccine damage: **Thymus Gland** is best used to treat vaccine damage when prescribed in conjunction with isopathic remedies, **Thuja** and **Silica**. Head and brain injuries: **Thymus Gland** is one of the most important remedies to consider in cases of brain injury even those of long standing and especially in those who have not responded to other well-chosen remedies. (In the latter case it is best used in very high potency: 10M or above.) NBWS taking allopathic drugs that have caused any alteration in the personality.

NBWS childhood illnesses such as chickenpox or measles. Children who suffer frequent acute illnesses of the respiratory tract and mucosa, liver and bowels. Children who are slow learners: slow to walk; have slow dentition, slow physical growth. Children who suddenly stop developing or who show an obstinate determination to stop learning or to regress. Children who retreat into themselves after witnessing or experiencing a trauma. Sudden personality changes especially after acute episodes of illness. Children who are accident-prone. Children who are unwilling to meet one's eyes, who sit and look away into the distance with their arms folded; they frown quickly as they think of answers that they may not give. Children who become

obsessive over cleanliness; about little things; about recurrent irritating symptoms. Children who have sudden weight gain or weight loss or swings in their weight.

Adults: for those who have been cut off from their ancestral roots (refugees); those who were sent away to school; whose childhood was interrupted by sudden changes that were irrevocable; those who suffered abuse of any description; those who have no knowledge of their parents at all; for those who have no memory of their childhood; those whose memories begin after the onset of puberty. For those who are extremely naive. For those who are constantly thwarted from carrying through their ambition through lack of will; their will power was crippled by others in the past.

Hypersensitivity in the nervous system or abnormally free from pain. Poor nutrition with a tendency to food intolerance later on. Where there is history of frequent colds and infections. Frequent flashes of sweating especially on the back and chest.

Senility. Parkinsonism. Trembling and awkwardness of gait. Nervousness, anxiousness and weakness.

Mental and emotional symptoms

There is despair of recovery. A sense of hopelessness and helplessness and being resigned to drudgery and mediocrity. The patient is vulnerable to conflict that arises out of worldly matters: they are often the ones to be done down. Anxiety that they have done something wrong – guilty feelings but with no obvious trigger. Feels empty-handed as if they have achieved little or nothing of worth. Sense of insecurity; particularly financial. For those who carry the emotional burdens of other members of the family. They do not see clearly in what intolerable position they are actually living. Often becomes fussy and obsessive about small issues or hurts and ailments in order to disguise deeper troubles.

Disorientation and spaced out feelings. They feel far away and not with it. Clairvoyant and clairaudient: in those who have had traumatic childhoods but who often get their timing wrong when predicting events (**Med-am**). Unreasonable and unreasoning anger particularly at major changes in life development: teething, puberty, pregnancy, menopause and retirement. Fear of new challenges in case success should cause them to feel

too independent, a state that would be fraught with difficult decisions. Crisis of identity especially for those who belong to an institution and are made redundant or who retire. No sense of gratitude; takes things for granted and has a low respect for Nature. Feels rushed and hurried especially in those accustomed to a speedy lifestyle. The remedy shows them that one can't force the pace of things. It encourages trust in the intuition.

Precocity in children; the child seems to be abnormally concerned about adult things. Overtly loving children who threaten to smother or govern one parent or both. Slow to comprehend despite obvious intelligence. (The delay is caused by their being either far off with their heads in the clouds or by their need to think of answers in anticipation.)

Tendency towards schizophrenia. Useful in the wake of a nervous breakdown. Calms and restores balance to the nervous system. Memory and communication are seemingly no longer connected. The patient is left without any sense of place or purpose. The patient can feel as if crushed by the weight of circumstance. Others feel displaced and without roots. There is a strong wish to retreat from the world. Patients either show a complete lack of concern for natural things or the state of the planet, or they can feel the very opposite: a worry about the safety of the world.

Physical symptoms

Head

Brain damage; history of brain damage even of many years standing – use very high potencies. Cranial tension; intercranial pressure. Headaches in forehead or occipital protuberances. Head feels heavy and tight. Cervical area: tight and causes headaches. Meninges become tense and constrictive < childhood fevers or NBWS meningitis. Recurrent cradle cap. Prominent veins in temple region.

Eyes

Astigmatism. Exophthalmia.

Face

Freckles and sensitivity to the sun. Liver lines on the forehead.

Throat

Often has difficulty in swallowing: sense of lump in the throat-pit. Frequent sore throats that come and go in spite of well-selected remedies.

Chest and respiration

Fluttering and anxiety felt in the chest/heart. Breathlessness felt with anxiety. Tension and fullness. Wheezing with no apparent cause when well. Physical pain and heaviness in the heart. Diaphragm is tight. Tendency to hay fever. Asthmatic breathing. Hyperventilates in sleep and in hot weather. Cannot take a full breath.

Abdomen

Fleeting sharp pains that can alternate with chest or back pains. Pot bellies with pigeon chests. Liver and spleen feel constricted (< the spleen).

Back

Tension in the neck and back. Stabbing pains between the ribs that seem to come through to the front. Children complain or seem anxious about their hearts even though the centre of pain is not in the heart region.

Skin

Nettlerash and allergic reactions.

Fevers

Children who suffer frequent **Belladonna/Calc-carb/Tuberculinum** type fevers.

Considerations for the use of the remedy

- **Nat-mur** is one of the first remedies to think of as it is so associated with grief. If **Nat-mur** fails to complete the action for which it was prescribed then **Thymus Gland** is worth considering as a means of clearing any impediment that may be underlying the lack of

progress. (The same is true for **Winchelsea Sea Salt** and **Himalayan Crystal Salt**.)

- **Sepia** is another remedy that is associated with sadness and drudgery, apathy and dullness, yet it is more associated with hormones or an immediately struggling or failing relationship than **Thymus Gland** would be.
- **Aurum**, like **Nat-mur**, may have been selected for excellent homoeopathic reasons but fails to do all that is expected. **Thymus Gland** is just as hopeless and full of despair but it is usually more vulnerable, more disorientated and less demanding than **Aurum** which remains the darker and more urgent remedy. There may be no history of competitiveness in the **Thymus Gland** picture.
- **Chalice Well** is another remedy that has darkness within, though it is a remedy that is often needed to help patients let go of troubles that have become habitual. **Chalice Well** patients usually 'know' intuitively that they have to explore the dark side of their condition.
- **Hornbeam** is also a very dark remedy but the regret and remorse and the fear of being judged are far more active than would be found in **Thymus Gland**.
- **Thuja** has similar feelings of disorientation and detachment; crises of identity as well. However, **Thuja** is more anxious about shoring up a fragile structure while **Thymus Gland** is more NBWS a life-changing event.

Thymus Gland may be employed in a number of ways.

- As a remedy in its own right and prescribed on the symptom picture presented.
- As a support remedy but often on the mental/emotional/spiritual level rather than on the physical. As such it can be prescribed in the 3x, 6x, 9x or 12x potencies (o.d. or o.n.) to support the action of the chosen indicated remedy when the similimum would not be able to achieve its full effect due either to maintaining causes or to a specific weakness in the flow of energy through the system, such as might

occur after prolonged emotional stress or use of drugs (recreational or allopathic) or after vaccine damage.

- In the aftermath of acute situations: for example after **Acon** or **Ign** when the remedy has completed its action on all the physical symptoms but the emotional stress remains. Also after **Zinc** when that is given for nervous exhaustion after a debilitating disease and where emotional frailty persists.
- Therapeutically, it will often finish work begun by other head injury remedies such as **Arnica**, **Hypericum** and **Nat-sulph** though it is usually necessary to use the 10M.
- As a constituent of a combination remedy (see below in 'Combinations').
- As part of the prescription created to eliminate vaccine toxicity. It has been effectively used weekly in the 30th potency to follow the isopathic vaccine remedies (**DPT** or **MMR**), **Thuja** and **Silica**.

Esoteric therapeutics

On the esoteric level the thymus should be regarded as a chakra in its own right though it is indissolubly associated with the heart and thyroid centres. Its etheric vibrations exist a little above, to the right and in front of the sternum. The colour associated with it is **Turquoise** (which is a remedy with a strong affinity for both this centre and the throat; it will support anyone with stricken thymus and throat chakras especially where the expressive 'voice' is lost). The thymus is the centre that records emotional pain and trauma (including abuse of any description) and mechanical injuries to the spine and brain. Part of its purpose here is to protect the heart centre. Many who have felt life to be too painful will put much of their life force through this centre; they will appear to be guarded or spaced out, distant and fey. They are using the thymus centre as an escape hatch. It is as if their spirit energy escapes through the vortex of the thymus chakra and inhabits the space outside the body. Cranial osteopaths and craniosacral therapists may report a fulcrum of vital energy a little outside and in front of the body.

It can be seen from this that those with thymus gland problems might fall into two broad categories:

- those who are so frightened of life or find it so painful that they want to escape to the distant world of the other side of the chakra (the vital force is in retreat) i.e. they become ungrounded and out of reach
- those who are trapped in the world of the physical and material, who fear not what they find down here on the earthly plain but the process of healing that they must work through.

The remedy explores the darkness within with the aim of encouraging resolution. The thymus gland is the physical aspect of the abyss, the 'black hole' (see **Chalice Well**). It fosters the inner vision of the beauty of the world and Nature. It encourages people to stay on a spiritual path in the face of the temptations of the material and technological world (see **Corylus Avellana**). Thus it has a strong link with the crown and brow centres.

The thymus is also the link between past, present and future. It is here that the sense of belonging takes root. It is the centre, in conjunction with the crown, for spiritual recognition. Damage to the thymus will result in disorientation, disassociation or the opposite end of the scale: atheism and total reliance on the material world and a feeling that all that happens in the world is all there is. This is the channel for ancestral knowledge and connection; it is also the centre from which the miasmatic activity of syphilis most readily develops. Psora and leprosy are related to the base; TB is related to the heart and solar plexus; sycosis is related to the sacral chakra. Cancer, while entering and being drawn into the system through the crown chakra, tends to become established by using the energy of the chakra in which the diseased organ or part lies. Miasmatic disease only enters the body through these energy centres; it is the weakening of the auric field of energy that allows disease to manifest.

As the thymus is most closely associated with the syphilitic miasm it is in this centre that one finds the historical roots of those problems associated with self-destructive tendencies, violent or criminal intent. Whatever is perpetrated by one against another that causes harm, goes towards crippling this centre: mendacity, cruelty, aggression, abuse, violence. The thymus is also a witness's recorder of these same negative events; anyone subjected to

or who is a witness to violence and emotional trauma will hold the memory of it here.

Above all it helps patients to deal with spiritual and emotional issues in their right time. The thymus gland is, as we have observed, a library of deeply held memory of negative events, both of the patient and of the patient's ancestry, and the remedy is a key to unlock the door into this chamber of suppressed maintaining causes. It is here that **Thymus Gland** is unique: it is a remedy that can be used as if to direct remedies indicated by past events and their consequences back into the patient's history, bringing them forward into the present, so to speak, to unlock and eventually resolve otherwise intractable maintaining causes of trauma. When **Thymus Gland** is combined with other remedies (most commonly to form a triad remedy) that have an affinity for this chakra and are indicated by the energy of a long-buried causative factor, together and as one they heal blocks to cure that have so far prevented other well-indicated constitutional remedies from working.

Combinations

Each of the following combinations may be ordered from the pharmacies, where they are made from the potency below that which is required so that the result is a combined single remedy. (For example the 1M is made by combining the three remedies in the 999th potency which is then succussed up to the 1M.) In some circumstances it may be felt more appropriate to prescribe the combination in an LM. Though it may be breaking with convention, it is not only feasible but sometimes expedient to put the three ingredients together in the same bottle; the first dose being administered *after* the first succussion.

Though each combination may appear to be highly complex, it should be borne in mind that they have so far been prescribed on the indications of historical circumstance and present fixed effects. In other words, each one is 'homoeopathic' to a condition set up in the patient's history and which constitutes a block to cure. Such remedies are most useful when the ideal single similimum is out of reach due to the complexity of energy patterns laid down at a time when the patient was incapable of coping with the scale of the trauma. They open doors to complex cases in which patients with traumas (often first experienced in childhood or in the womb) are unable to

face the search for a resolution or are unaware that there is any necessity to do so. They may be used to open a case, or thought of when patients, after several doses of conventional, well-indicated remedies (such as **Nat-mur**, **Staphysagria**, **Aurum**, etc.) relapse after a period or after any reminder of the original trauma (such as an anniversary, for example, or a sad event); when a patient never quite throws off the pattern or habitual reactions of the grief or trauma. Such patients may appear to have done well but, in fact, have never really moved on.

- **Thymus Gland + Arsenicum Album + Syphilinum** Underlying this remedy is a sense of ‘facing the abyss’; the long night of the soul has come to the point where there seems no more hope with which to face life. When the patient has lost any awareness of how to deal with a potentially destructive situation yet has the energy and resourcefulness if only she could connect with it. Has been successfully used in treating longstanding sense of guilt in a mother who has had an abortion. For those with an identity crisis who feel desperately confused and have lost their sense of purpose or orientation in life. This may well be the result of traumatic events that occurred in childhood and that have left the patient restless, anxious, locked up in their trauma and unable to make any developmental progress. These people may complain that they feel they must be insane or going mad. They apologize for their condition but nevertheless pester the practitioner for a speedy solution. They need reassurance and easily become dependent. The remedial action has been observed to be profoundly relaxing. There is also a sense of greater awareness; as if they are taken back from the abyss to see how narrow their focus has become and how much of the rest of life they have been missing. Can be used for those who go through an abortion: precede the combination with a dose of **Aconite** 10M before the operation, then give the remedy immediately after for several days with intercurrent doses of **Sandalwood** 10M. Can be used as an introductory prescription for confused and multilayered cases where the patient has become limited and hemmed in by a present circumstance and lives with a persistent sense of anxiety.

‘**Thymus Gland + Arsen-alb + Syphilinum** is a good panic remedy...(in one case) she had a fear and panic that she’d have a

return of terminal disease.’ **RP**

- **Thymus Gland + Ayahuasca + Syphilinum** For those who have suffered from serious birth trauma and have been left vulnerable to emotional suffering especially where there is any history of difficult, destructive emotions in the maternal side of the family. Can help to release those who have ‘taken responsibility’ for family trauma. Patient presents with a long history of stress and emotional upheaval in the family which actually stems from the maternal line. If it stems from the father’s line then substitute **Ilex Aquifolium** for the **Ayahuasca**. This is a remedy that has been known to affect the lives of all the other members of the family of the patient in a positive way.
- **Thymus Gland + Syphilinum + Holly Berry** This remedy affords the greatest protection to anyone who has suffered trauma and is continuing to do so and requires the equivalent of spiritual and emotional armour plating. There is in the patient no self-protection left; it has all been worn away by circumstance. It is useful for those who are having to continue to deal with the outside world but who find it excruciatingly hard. For those who are in a pattern of finding that they are dealing with people who offer no generosity of spirit; nothing that happens to them encourages them to feel that they are in a supportive or even loving environment.
- **Thymus Gland + Syphilinum + Berlin Wall** Total collapse of all defences with sense of being completely trapped; numbness of emotions, dullness of mind unless stirred by suffering acutely from the world’s human tragedies; it makes them ill to think of horrors such as the Holocaust. Unable to read the newspapers. Hope is eclipsed by the unremitting repetitious cycle of negativity. Extremely stressed out, hemmed in and worn down. Is complemented by **Buddleia**.
- **Thymus Gland + Syphilinum + Hornbeam** For those who live or work in the shadow of a perverse, manipulative, destructive and potentially syphilitic person or institution. The patient feels judged the whole time. There is often a deep sense of humiliation that might have led the practitioner to prescribe **Staphysagria** at intervals. The

influence may even be felt as a possession; a relative who has passed on and left a deep sense of thralldom. Has been used successfully in those who have long suffered from 'psychic attack' from another person.

- **Thymus Gland + Carcinosis + Baryta Carbonicum** Slow, backward and puny children. Those who have had their emotional and physical development severely disrupted by emotional trauma and/or immunization. The child is reluctant to learn what the parent attempts to teach. Shy, timid and obstinate. Useful in **Silica** types where that remedy seems unable to reach far enough. Adults who show signs of spiritual withdrawal. They feel that their lives are empty and unproductive yet they lack any motivation or incentive to begin anything new; their lack of self-confidence saps their creativity. This is especially true of those who showed early promise. Useful in geriatric patients who have had a lifetime of suppression (medical or emotional) and who only respond marginally to indicated remedies. Also for those who are miasmatically carcinogenic but who have not responded encouragingly to **Carcinosis**.
- **Thymus Gland + Ignatia + Tuberculinum** Of value to those who apparently need **Nat-mur** but who have not responded particularly well or curatively. Many of **Nat-mur**'s problems lie so deeply that they are out of reach; the patient recognizes the degree of effort required to effect an emotional healing change and shies away from it. This remedy combination can help them to recognize what hurt needs to be addressed, accepted and healed. Can be used to support **Nat-mur** especially when it is given in LM potency. While the **Ignatia** works on the throat centre, the thymus works on the heart protector and the **Tuberculinum** works at the level of the solar plexus and the base centres to give anchoring and grounding to the **Nat-mur**. It is also of value when used to support **Winchelsea Sea Salt** or **Himalayan Crystal Salt**.
- **Thymus Gland + Ignatia + Syphilinum** If the potential damage is destructive then **Tub** can be substituted for **Syphilinum**. Can be given in acute situations where the patient might be seen to be in danger of being so traumatized as to be unable to comprehend the

enormity of the tragedy let alone express anything. Becomes quiet and apparently lost in thought; loses sense of time and place; unreachable. Acute grief in those who keep suffering emotional blows (see **Oak** which this remedy supports well). Helps to break the pattern. Strengthens the heart and thymus chakras so that they can recover quickly. Can be used in chronic cases where the main remedy has uncovered a well of grief that the patient would prefer not to handle. Can be a support remedy for **Chalice Well**.

- **Thymus Gland + Causticum + Psorinum** Those who are obstinately and dutifully concerned for the welfare of others at their own expense yet who are anxious and fretful with an underlying sense of guilt and lack of real control. Useful when **Nat-carb** is indicated but fails; also after **Tub, Sulph, Nat-mur** and **Calc-carb**. Keynotes are rigidity, unspoken anxiety and the diversion of the patient's purpose away from self and onto another. Patient can't look at the practitioner's eye; he fixes his gaze elsewhere not to avoid but to internalize the process of answering to make sure that any question asked is covered. For those who used to enjoy doing something but their course has been diverted by the demands of others. They often think that they know what they are about but a keen observer will be able to tell that they are either being manipulated by relatives or friends or that they are completely without any deep sense of purpose of their own any more. All their life's effort is devoted elsewhere. Works best if a crown centre remedy such as **Sandalwood, Buddleia** or **Rainbow** is indicated by the general constitution. Follows **Carcinosin** well.
- **Thymus Gland + Yellow + Clay** This combination is useful in the cleansing of toxicity in patients suffering from any condition of the skin, bowels or lungs. It is indicated in those who do not respond well to other remedies, who aggravate on other remedies or who constantly relapse. The patient is stuck both physically and mentally and there is a history of miasmatic influences that have never fully resolved. It will treat those who do not respond to remedies because the body is compromised by candida and hyperacidity in the entire system. Given in low potency it can support those remedies that have been given owing to their apparent homoeopathic indications. It may

be seen in such cases that constitutional remedies fail because there has been no realization that the vital power of the yeast infection is greater than the patient's vital force.

Where the necessity of difficult cases demands invention

The above remedies are only a selection of such 'triad' combinations that have been used with relatively significant success. Every practitioner of homoeopathy, once familiar with the idea and potential of **Thymus Gland** triad remedies, will quickly realize that in order to deal with the deep complexities of some cases, they may find it necessary to create combinations that are specific to each individual case. While the combinations above have been tried and tested, to use them therapeutically in a rote fashion might not be enough to effect the necessary healing and resolution of long-established historical patterns of pathological energy. While each might eventually establish a reputation for itself (particularly the first two), they are given here as examples of a methodology and as a guide. To individualize a triad prescription to a particular patient is to create a unique homoeopathic similimum to a highly complex, profoundly historical context in which any habitual or chronically repeated pathological energy state would be rooted and from which it would derive its source of negative dynamism.

So often we reach a point where we are reduced to treating the symptoms of a long-held and intractable condition (whether of body, mind or spirit) in a case where we have started off treating the 'whole' with what must have appeared to be well-indicated conventional remedies; it happens so easily in our search to clear blocks to cure. Our efforts, though, may well have so far proved to be no more than 'pruning'. By fashioning a combination remedy, the practitioner is doing nothing less than reaching back into the patient's history or even beyond in order to foster the elimination of negative energy patterns set up long before the patient had the resources to deal with them, or the vocabulary to protest against them, or the will to avoid them. Certain remedies come up over and over again as constituents of triad remedies created for this purpose; **Thymus Gland** is the cornerstone, the base of the triangle, so to speak. **Arsen-alb, Ayahuasca, Chalice Well, Holly Berry, Hornbeam, Ignatia, Jet, Lac Humanum** and **Syphilinum** are among the most frequently used.

The remedies are that are most associated with the thymus gland that we know about so far are: Aquamarine, **Arsen-alb**, **Ayahuasca**, Baryta-carb, **Berlin Wall**, Black Obsidian, Buddleia, Carcinoin, **Chalice Well**, DPT and MMR (and other isopathic vaccine remedies), Eryngium Maritimum, Green, **Goldfish**, **Holly Berry**, **Hornbeam**, Himalayan Crystal Salt, Ignatia, Japanese White Oleander, **Jet**, **Lac Humanum**, Latrodectus Mactans, Lotus, Lumbricus, Moldavite, Oak, Plutonium, Purple, Rainbow, **Rhodochrosite**, Sandalwood, Staphysagria, **Syphilinum**, Thuja, **Thymus Gland**, Tuberculinum, **Turquoise**, Winchelsea Sea Salt. (This list includes remedies that do not appear in this book but which are available at the pharmacy and will receive greater exposure over the coming years.)

The triad remedies that make good homoeopathic changes are often intuitively selected once a keen understanding of closely associated remedies, a thorough knowledge of the subtle relationships between them and a certainty of positive intentions is well established. In other words, selecting a triad remedy is no hit-or-miss affair but a choice developed from a sound basis of structural knowledge in both new and old remedies, the chakra system and the firm belief that it is both possible and advisable to use remedies to treat, not a symptom picture in the accepted sense, but a historical contextual situation of extraordinary complexity from which grows a symptom picture that defies the conventional prescribing route. Triad remedies are a means to an end or, perhaps, a beginning for they lead to the gradual simplification of cases so that the patient arrives at a moment when conventional constitutional prescribing is possible without any referral back into the confusion of a multilayered emotionally traumatic past that up to now has been frustrating treatment.

Case studies

(See case 2 in **Jet** for a reference to a **Thymus Gland** triad remedy.)

- 1 'A woman who had never been well since a blow to the head some 13 years before was given **Thymus Gland** 10M after all other remedies noted for NBWS a head injury had failed to make any impression on what seemed to be a maintaining cause that prevented her moving on from her persistent chronic symptoms of headaches and digestive

problems. After the remedy not only were her headaches much eased but her digestion improved in response to the indicated remedies.’ **CG**

- 2 ‘Female aged 51. Presented with menopausal symptoms; had tried three different types of HRT and was not happy with them – she had been putting on weight and feeling very tired. “Vaginal dryness is a problem more than anything – I’ve just got married this year.” Mild hot flushes and ankles became very stiff. Felt more tired after coming off the HRT. Sleep more interrupted. Was quite often anxious, woke at 4 a.m. and “gnaws away at things”. Car accident nine months previously; she was not hurt but felt out of control. She moved her bowels every two to three days. When she was four and a half years of age the person who looked after her disappeared, a big loss. Her parents died when she was eight and she went to boarding school soon after. She used to stay with different members of the family. When she was 11 an aunt to whom she had been very close, died. She married in her mid twenties but split up when she was 29 or 30. She felt sad for her two sons and she regreted not giving them an ordinary childhood. Her sons could make her suffer – blaming her for everything. “I feel as if I am to blame.” At 35 to 40 she had another relationship (which turned out to be another loss) and she grieved for that. Two of her brothers died of heart attacks, one 20 years before and the other 6 years before. “I feel as if I am all grieved out.” Finally, a brother died of smallpox before she was born. Prescription: **Thymus Gland** 30, daily for five days followed by **Green** 30 in one week. At the follow-up visit five weeks later she reported: “I seem more alive. My partner is really impressed with the change in me and said I had to tell you. He says I’m more like my old self. The vaginal dryness has not been so much of a problem. My nails have improved! I’m dreaming a lot more – I dreamt my sister had died and I wasn’t able to get to her funeral; I was very sad. I feel much more energetic. No problem with hot flushes. My ankles feel a little stiff. My bowels are still sluggish. I do still feel as if I am to blame. However, my son was so impressed by my improvement he has decided he will go and see a homoeopath himself.” (Prescription: **Aurum** 30 twice daily for four days followed by **Aurum** 200, three doses.)’ **PH** (*Prometheus* No. 9 December 1998)

3 'Girl aged eight: she came with chronic catarrhal problems and low vitality. She was a dull, unresponsive girl who would sit in the chair with her eyes to the floor answering in monosyllables. She looked unhealthy with a grey pallor and swelling under the eyes. Her voice was thick and catarrhal. She was quiet. No temper, got tearful easily, tidy but lazy and couldn't sleep when anxious about school work. Over a two-year period she had **Medorrhinum**, **Psorinum**, **DPT**, **Thuja** and **Calc-carb** with a limited response to all of them. A homoeopath who had previously treated her had prescribed **Med**, **Puls** and **Kali-bich**. She was given **Thymus Gland 30**: one a day for five days. She fell asleep after the first dose and then developed a clear, runny nasal discharge. A repeat dose was sent three weeks later. One month later she came for her appointment and this bright, pretty young girl walked through the door. She stood by her mother, embraced her or sat on her knee, she smiled, she talked; her eyes were bright and her skin was fresh and clear. Her mother said that she had become much more affectionate, more talkative. She had asked to have her hair cut and she had grown interested in boys. She had grown up. Her teacher said that she was much more relaxed, confident and talkative. She had developed molluscum contagiosum round her neck and itchy skin down her right side. The catarrh had gone. Her energy was up and sleep was better. Four months later she became catarrhal again. This cleared up with **Lycopodium 30 x 5**.' VI (*Prometheus* No. 9 December 1998)

4 'This lady came presenting with backache which she had had for six months and terrible emotional upheaval. Within the past year she had had a series of emotionally draining events and then her father, to whom she had been very close, had died suddenly. She looked very delicate and sensitive, almost ethereal. She apologized for taking up my time and thanked me for seeing her. She said she cried all the time and felt raw in her heart area. She was sleeping badly and was having nightmares. She had no appetite and was not eating well. She was unable to work. Her osteopath had told her that her spine was twisted and out of alignment. She had pain in the left sacroiliac region. She had **Ignatia** after her father's death but it had not helped much. I felt that she was in so much shock that she wasn't really in her body: no

roots, no base; very vulnerable and open. I wanted to give her **Oak** but she was a heavy smoker. I thought **Ayahuasca** would help untwist her spine and realign her chakras as well as help her to stand on her own, break any links with people or situations that were not in her best interests and let her move forward. **Ignatia** 1M; five days later, **Ayahuasca** 200 plus **Aesculus** 30 daily for 10 days then twice a week.

‘One month later she was much better. “I’ve shifted a lot. I did a lot of sobbing from the soul. I feel more positive. I can accept the situation more now. I feel more even.” She said that she had started working again and, although she still felt a bit insecure, was getting back to normal. Her appetite was better and she was eating again. She felt less dependent and wanted to be on her own to get her thoughts together. Her back was improving but still painful at times. Her left hip felt it would give way. Her right knee was painful. She still felt a bit fragile and lacking in confidence and her energy was still not great. As well as giving her more of a sense of her own self-worth, I wanted to help her break the negative patterns and clear the syphilitic influence in her life. I also wanted her to have some auric protection. **Thuja** 1M; **Thymus Gland** + **Ignatia** + **Syphilinum** 30 one each week; **Purple** 30 once a week; **Rhus-tox** 30 twice a week.

‘She rang up to say that she felt she didn’t need to come again just yet as she was feeling so much better. She was still having problems with her back but in herself she was in good form.’ **KL** (*Prometheus* No. 12 June 2000)

5 ‘This lovely little boy now aged five first came to me nearly a year ago. His parents were already taking him through an American behavioural therapy system ... and he was taking a variety of dietary supplements for a leaking gut and candida. His birth was very fast ... he did not breathe until his feet were tickled. He then developed normally but had many ear infections and tonsillitis after his first year.

‘According to his parents he was very bright and alert and his speech was advanced. His development was arrested by the MMR vaccination after which he was ill for a week with a high temperature, listlessness and loss of appetite; he ceased talking and started drifting

off. Six months later he developed meningitis and was diagnosed autistic a month later.

‘His behaviour had improved enormously as a result of the behavioural therapy ... though he would not speak ... he had enormous tantrums at home especially when he was pushed in his therapy. He had a very poor appetite; he had a completely organic diet that was dairy-, gluten-and sugar-free but he craved sugar.

‘I started him off on **Nat-mur** 200 followed by **Sea Salt** 200; **MMR** 30 twice weekly alternating with **Thymus Gland + Arsen-alb + Syphilinum** 12x twice weekly. His parents said he was lethargic after each dose of the **TG + A + S** and grumpy after the **MMR**; he had yellow pus coming out of his eyes and all his autistic symptoms were worse initially. His speech had since improved dramatically; he was saying words and stringing them together and had far fewer tantrums. He had had a temperature at night for the first week and was restless since when he had slept better. The remedies were repeated. He had another aggravation with pus in the eyes, lethargy and then aggression but since then he had made fantastic progress and his speech was improving daily. Autistic behaviour was less noticeable, he had become affectionate and cuddly with his toys and his parents. **Med-am** 30; **Thuja** 1M; **MMR** 200 weekly.

‘He again had an aggravation: lethargy followed by aggression with biting but he was much better after the first and subsequent doses of **MMR**. His appetite was now excellent. He had not had any sore throats with catarrh in the mornings; this was now better. His speech continued to improve. **Berlin Wall** 10M; **MMR** 200 weekly; **Thymus Gland + Arsen-alb + Syphilinum** 12x weekly.

‘There was another aggravation after the **Berlin Wall** and also after each dose of the **MMR**. His behaviour was quite wild and he liked spinning himself in circles. His parents were “staggered” at his speech progress and he was trying to read well for his age. He was trying hard to communicate.

‘The case continued and he was given further doses of **Med-am** 200, **Nat-mur** and **Sea Salt** along with **Rainbow** LM1 followed by **Carcinosin** 1M over the succeeding months. Self-expression and

personality began to come through and he showed that he had a sense of humour. He was given **Saccharum** 1M and **Organic Brown Rice** 200 to alternate weekly to help him with his sugar craving. This was followed by **Earthworm** 10M and further weekly doses of **OBR** 200.’ **AF** (*Prometheus* No. 10 June 1999).

AF adds: ‘This boy’s improvement has been staggering – greater than other autistic children I have treated – and the therapy that he has been following has made an enormous difference to him ... His parents have been very determined to “rescue” him and have put a phenomenal amount of effort into his behavioural therapy.’

6 ‘**Thymus Gland + Ignatia + Syphilinum** 10M was given to a woman who came with a history of grief from her early childhood and eczema that had the appearance of a herpetic eruption on the left breast. The eruption had lasted right through all four years of her studies. The remedy brought it back before all her symptoms resolved.’ **RP**

7 ‘12-year-old girl. Her parents were anxious about their daughter’s height. She was brought to me because she’d been put on steroids which had prevented growth. She was very small for her age though the patient herself didn’t feel bad about her height. Precocious puberty: began to develop breasts at six and a half years. Aetiology: blow to the head. (**Arnica** had been rubbed on but not taken internally.) Mother was quite shocked when I asked if she’d had a bang on the head. She said she’d told the doctor about it but he said that a bang on the head would not be the cause of accelerated puberty even if the pituitary had been bruised. The child was given the hormone drug Cyproterone Acetate and an anti-androgen to hold back the onset of puberty.

‘There was the usual history of childhood immunization. Other symptoms included a yellow discharge with a fishy smell and at other times a white creamy discharge which came and went between periods. Eventual menses were established at 11. They were irregular but not painful. She had headaches at the sides of her eyes; earaches which were pressing around the mastoid process and felt as if there were pins pricking her. She also had mouth ulcers, sore throats with earaches and she found it difficult to breathe through her nose. She had

adenoids and swollen tonsils. She used Ventalin. She first started getting wheezy when she was 11. The asthma was aggravated by being in the country. She suffered from hay fever with itching of the face. There was eczema behind the knees. She had no sense of thirst; she hated prawns. All her teeth fell out at puberty. She had had dreams of people trying to kill her and her friends; of being chased, stealing a car. She had had ghastly dreams about burglars.

‘She suffered from cold extremities; cold in bed. Described as the cockiest girl in school. Rude to older girls. She was easily angered though tended to cry easily; she was sensitive. Friends would say she was “moody, nice, disorganized and we can talk to her”. She tended to be lazy. There was fear of insects, worms and thunderstorms. She was given **Pulsatilla** 1M (single dose) for the general symptom picture and **Thymus Gland** 6 for five days because of the aetiology. I saw her five months later when she told me she’d grown two inches in two months and a little more since. The discharges occurred on and off and her headaches were much better. She still couldn’t breathe well through her nose as her adenoids were large. The asthma was better and eczema was gone. The hayfever was better in the summer. She was not as lazy as she had been. I gave her **Baryta Carb** 10M (single dose) and **Thymus Gland** 6 (daily for 10 days).

‘Seven months later the discharges were completely cleared and her period now came every three to four weeks and was fairly light. She had not had any further mouth ulcers. She had no thirst again and she was still slightly wheezy. She was now anxious about being attacked in street (but this seemed reasonable as an intruder had come into the house). Her extremities were still cold and she was still not able to breathe properly through her nose. She now enjoyed thunderstorms! She had pains in the knees (which are still there) and she had grown a little more. **Thymus Gland** 6 daily for two weeks and **Pulsatilla** 200 daily for five days. She remains well.’ **FST**

- 8 ‘A female aged 46 years with Italian parents. She came as a referral from an osteopath who has been treating her for neck and shoulder aching, lower back pain and tight diaphragm. The neck and shoulder pain was a compensatory pain from the lower back. Two years

previously she had a headache from September to December which went from the occiput to the vertex: a dull ache that was there all the time. She became depressed and thought she had a brain tumour. She had injured her back pulling some boxes off a shelf 14 years ago. There were no other significant physical problems.

‘She was a very talkative, animated, emotional type of person who was passionate about her children and afraid to take her eye off the ball so worried constantly about them. She described herself as empathetic, organized, a nurturer, a person whom other people leaned on but she never asked for help, she felt she was especially good as a mother, very loyal and assertive and a perfectionist. She then went on to tell me that she and her husband didn’t row but internalized strong emotions. She didn’t shout or scream but would be like a pot boiling over occasionally. She married young and didn’t have children until she was 34. She felt a personal and career failure and felt she was failing her children. She started to tell me how she was very much in love with her husband, they were besotted with each other and the centre of each other’s worlds but when she had their first child she felt her husband transferred all his love to the baby; he became obsessed with the baby and she felt she had disappeared. She tried to talk to her husband but he couldn’t understand and said he loved her just as much. Gradually they stopped communicating and the relationship “blew”. He wouldn’t address the problem and thought everything was fine.

‘She said she felt devastated and experienced a bereavement. Then she became angry and hurt. She “withdrew into a box” feeling isolated and withdrawn and remained there for 10 years. He didn’t understand how unhappy she was and called her “the ice queen”. Several times she tried to finish the relationship. She felt that the part of her, the little girl in her that believes in love, had been destroyed. She felt bitter, cynical.

‘I felt that she needed **Nat-mur** as must anyone else reading this but felt that if I went in straight away with this I probably would not get the result I wanted, so I decided to give her **Thymus Gland + Ignatia + Tub** 1M, a single dose weekly with an intercurrent dose of **Ruby** 30c weekly.

‘When she came back she said the remedies had had a discernible effect. She felt that there had been no immediate change in her back pain but as the month went on there was a huge improvement in how she felt about things. She realized just how negative she had been and she had wallowed in emotion; the intense pain she felt in her heart began to seep away and, now, when she interacts with her husband she does not go through the torment of pain that she usually does. She still wants more from him but their interaction is much better.

‘I repeated the prescription and the improvement continued and her back pain changed. Her neck and shoulders got worse over the next month and then improved but the lower back pain became much worse. She has since been given **Nat-mur** and **Rose Quartz** and the relationship with her husband is going from strength to strength and at the last consultation she said it was almost back to what it was years ago. She feels she has almost let everything go and they can move on now. She now wants to get back to finding a career.’ **JL**

WINCHELSEA SEA SALT

The remedy was given two provings by the original meditation groups of the Guild. The first was in March 1997. Each member of the circles was given a single dose of the 30th potency immediately prior to meditation. It is important to differentiate **Winchelsea Sea Salt** from the other salt remedy, **Sal Marina**, even though they share obvious characteristics.

The Background

This remedy was made from salt precipitated from sea water taken from the English Channel. The Channel is the southernmost point at which the Atlantic meets the North Sea. It is one of the busiest sea lanes in the world with many tankers and cargo ships passing through it daily. It is therefore one of the most polluted courses of water in Europe. Furthermore, the sample of water was taken from Winchelsea Beach, a stretch of coastline only a very short distance from Dungeness where one of the oldest nuclear power stations in Britain is situated which, despite official denials of any danger, is highly suspect as to its absolute safety, particularly as the water around the station is known as ‘the boils’ due to its consistently raised temperature. The local tide washes water across the bay towards the west so that any radiation inevitably spreads in that direction and pollutes Winchelsea and beyond. (In addition, there are also French nuclear power plants on the other side of the Channel and they are equally suspect.) The sample was collected on 25 January 1997 at 12.20 a.m.; this time was significant as it was a short while after the full moon coincided with a major

confluence of planets (which some have stated was the official beginning of the Age of Aquarius). The sample was in a one-litre container; approximately half of the water was boiled to precipitate the salt of which there were some eight grams, a sizeable quantity for the amount of water used. The remaining water was then made into a separate remedy now known as **Winchelsea Sea Water**. This latter remains unproved as yet but initial investigations show that, while it has close similarities to **Aqua Marina**, it is somewhat different due perhaps to the pollutant content of the sample. It is also of a similar nature to **Sea Salt** but has a more rarefied vibration, no doubt due to the water content. It has also been clinically shown that **Winchelsea Sea Water** is more useful in 'salt cases' which have allergic reactions. Both remedies were prepared and potentized by Sue Palmer of the Helios Pharmacy.

The proving was undertaken because so many homoeopaths had begun to feel that patients were no longer able to achieve the deep healing effects from **Nat-mur** that it had always hitherto been renowned for; it was felt that it was time to make a new version of an old friend. Sea salt is not the same as rock salt, used to make **Nat-mur**, as it comes directly from the sea and is contaminated by unidentified pollutants and very possibly radiation. However, it has always been the case that **Nat-mur** has been linked to the other sea remedies such as **Sepia**, **Murex**, **Medusa** and **Stingray** even though it was made from a very landlocked substance. One of the first ways to use it should be as a remedy to consider if **Nat-mur** is indicated and fails to hold. It also needs to be compared with the latest addition to the salt remedies, **Himalayan Crystal Salt**.

Keynote effects

The effects of this remedy are very much what one would expect from **Natmur** though **W Sea Salt** has the extra dimension of lifting the effects of pollution and radiation from the patient's physical and auric bodies.

General symptoms

Dryness and dehydration are marked; water balances are wrong especially during life changes such as pregnancy and the menopause (in men as well as women); kidneys and lungs affected. Drainage and support remedy for

the kidneys. Due to poor irrigation in the system there is poor conductivity in the nervous tissue; the special senses are affected. Fluid imbalances also lead to poor elimination with resultant toxicity which has an inevitable connection with cancerous states; poor tissue regeneration. **Winchelsea Sea Salt** and **Sea Water** are viewed as remedies indicated in patients who are likely to go towards cancer. Hypersensitivity of the nerves. Tingling and pins and needles; numbness. Carpal tunnel syndrome; feeling shaky and trembly. Endocrine glands: thyroid problems (thyrotoxicosis); pituitary malfunction especially at the menopause. Rebalances the chemistry of the body. Sleepiness even to the point of narcolepsy. Sleeping sickness. Allergies and hay fever. Discharges which itch and burn; soreness of skin and membranes at the orifices. Very strong link with radiation miasm which is characterized by tiredness and lethargy; tissue changes especially on the skin (skin cancers, changes in warts, moles and birthmarks); changeability of symptoms. One significant difference from **Nat-mur** is how easily the patient is knocked off balance by insignificant events; easily upset by trifles. This is mostly apparent in the emotional sphere but is also manifest physically as well. Skin conditions which stubbornly refuse to heal especially eczema; the patient seems almost wilfully to hold on to the condition as if it were a mask for them to hide behind. They also tend, at least in the young and old patients, to run out of energy more readily than **Nat-mur** even though both remedies have the well-known stoicism; nevertheless there is greater resolve and determination (not to say hardness) during the middle years. Very difficult to get a sense of seeing the whole canvas of the patient's picture which may well be another feature of the radiation miasm as well as being a typical symptom of the salt remedies. Can also be used as an acute remedy in colds and influenza. As is expected, there is much albuminous mucus; sneezing; itching and burning. Herpetic eruptions: simplex and Zoster. Arthritis: nodosities on small joints; ankles and feet, knees and hips affected. Affected by the moon's phases; aware of the change of biorhythms in the body. Strong need to be near the sea or water. Reactions to the sun's rays: sunburn, blistering; skin dries out, though in some skin conditions the sun may have a homoeopathically beneficial effect.

Mental and emotional symptoms

Feelings of being alone and sad; feels like crying but cannot; tears will not come. Very unsettled and as if thoroughly rattled or out of sorts. Bitterness and holds grudges. As if left high and dry. Feels unworthy of love and attention. Self-blame and guilt. Sense of great sadness that something has been stolen from her a long time ago and that it is irreplaceable. Sense of separation, not within as a divided self, but from others. If this state is left for any length of time then there is a chameleon quality: in order to feel emotionally stable will begin to hold the opinions of those closest who are strong. This is not because they lack any character but because it is a way of forging a link with another, however tenuous, that nevertheless is one that does not make emotional demands. If this continues for long then the patient begins to lose their strength of purpose, becomes more easily swayed or influenced by others and tends to let things drift. (This loss of direction is eventually conducive to malignant pathology.) Embarrassed at receiving anything special; it enables people to understand that they are worthy to receive as well as to give. Wants to go off and hide in order to take stock and think of how they feel. Constantly self-analyses. If asked if he likes his own company he will agree and mean it; she needs space and privacy; there is still, though, a need to communicate and this is hard to satisfy as emotions tend to well up to the surface and this causes the feeling of being vulnerable. Aloof. Full of expectation and anticipation; exhilaration. Feels something very special could be about to happen but this is soon followed by feeling tired and sleepy. Very industrious; on the go often in the service of others. Others may find them boring and lacking in any interest; going into retreat or withdrawal = losing interest and becoming less interesting. Can be pig-headed and independent; do not want to listen to reason.

Physical symptoms

Head

Tight headache; feels as if the brain is dried up and under pressure. Holds head in hands and wants the pressure. Vertigo: as if he would fall forward but without feeling faint. Migraine: < with high blood pressure; < menopause. Hair falls out. Itching of the scalp in small spots.

Eyes

Dim vision. Tired eyes; dry, sore and prickly. Sees flashes and zigzags: < peripheral vision. Lachrymation < sun and wind. Exophthalmia. Tears can be bland or burning. Tears with yawning.

Ears

Itching, flaky skin. Itching in inner ear especially with stopped-up feeling. (< in hay fever.) Thick wax; brown and sticky. Hearing becomes very acute and = irritability when < by traffic, etc.

Nose

Copious albuminous mucus which is continuous. Sneezing with coryza. Tickling which = need to rub nose.

Face

Eczema < around the eyes (like goggles) or around the mouth. Eruption is red, sore and flaky. Skin can be swollen and leak moisture even though it feels dried out. Skin above the top lip develops deep vertical lines.

Mouth

Dryness with considerable thirst. Tongue is furred; white or grey. Stale taste in the mouth. Salty taste on the right side of the tongue only. Dry, cracked lips that even start peeling. Strong tingling sensation.

Throat

Dryness and soreness. Voice loses its power and may 'crack'. Claggy mucus in the larynx. External neck becomes scrawny. Hyperthyroidism. Lump in the throat. Pricking, tingling sensation only in the right side of the throat. Cancer of the oesophagus.

Chest and respiration

Heart centre is closed. Stress = feeling shocked; needs to sit down and take deep breaths. Breathless with exertion and indigestion. Angina pectoris.

Palpitations. Palpitations < lying down; can cause wakefulness. Chest feels weak. Tightness of the upper chest. Sighing. Yawning.

Stomach

Strong desire for salt and salty foods but also the opposite especially in those who used to want it, but gave up after realizing how it might be bad for them. Strong thirst for either hot or cold drinks; + tea. Heartburn. Emptiness. Nausea especially with migraine or with flatulence. Wind feels trapped in ribcage < left side. Nausea > for wind shifting with rumbling and gurgling. Loss of appetite except for snacky bits and pieces. Cancer. Nausea or indigestion of pregnancy.

Abdomen

Bloated < menses as from water retention. Constipation with dry stools. Sensation as if there were a hole in the solar plexus which feels connected to strong emotions. Old malarial cases.

Female

Amenorrhoea. Difficulty in conceiving. Dryness of the vagina. Herpetic eruptions with blisters and itching.

Male

Early loss of libido. Prostate tends to cause slowness of urine flow. Low sperm count. Feeble erections.

Urinary organs

Frequent desire to pass water; < at night. Wants to pass a little but often. Pains (aching) in right kidney. Very useful kidney support remedy. Indicated when knee and kidney problems seem to arise at the same time. Water retention before the period.

Skin

Dry, sore and tends to redden when <. Herpetic eruptions; herpes Zoster. Cracks in the hands and feet; quite deep before they bleed. Itching in parts

and wants to scratch. Warts on the palms and verrucae. Skin gets sore in the wind. Itchy and reddened eczema that tends to come and go. Wounds that will not heal.

Neck and back

Sensation of a draught or of feeling cold. Wants to sit up straight; can be like a ramrod. Shoulders feel tight and stiff. Neck feels stiff and 'crunchy' < right side.

Extremities

Tingling, numbness and pins and needles. Carpal tunnel syndrome. Stiffness in the right thumb joint which = pain after use of it.

Considerations for the use of the remedy

- **Nat-mur** is the most obvious comparison to make as they are both salt. It seems that **Winchelsea Sea Salt** is capable of doing everything that **Nat-mur** can do and more. It has been used successfully in just the same acute situations that **Nat-mur** has for so long: colds, allergies, herpes outbreaks, skin problems related to the sun, etc. Both are noted for the relief of emotional stress through tears. Both have the need to get away from noise, stimulation, the routine hurly-burly of contemporary life. **Nat-mur** is, if anything, rather dryer and better able to preserve a calm exterior as if there were nothing wrong. **Winchelsea Sea Salt** gives off an air of being less world-wary, but there is more restlessness of spirit.
- Growing on the seashore, as it does, **Eryngium Maritimum** is enough of a sea remedy to be compared with **Winchelsea Sea Salt**. **Eryngium** is even dryer, both in personality and physical body, than **Winchelsea Sea Salt**. Both cover herpetic eruptions though **Eryngium** is more likely to be generally exhausted. Both suffer from depths of grief though **Winchelsea Sea Salt** will talk about it more readily, if more guardedly than **Eryngium**, which will be more sceptical of anyone being able to help resolve such deep emotions. **Winchelsea Sea Salt** is given to more self-analysing.

- **Sepia** is far more intolerant and fed up; a picture that is mixed up with exhausted indifference. **Sepia** follows and precedes **Winchelsea Sea Salt** well.

Winchelsea Sea Salt has obvious affinities and similarities with **Nat-mur**, **Sal Marina**, **Aqua Marina** and **Himalayan Crystal Salt**. Indeed, the similarities may be so close that many might feel that yet another salt remedy is superfluous. However, there is a qualitative difference between them and, as the case illustration shows, **Winchelsea Sea Salt** may well achieve a deeper and longer-lasting result in some patients where **Nat-mur** has been inadequate. **Winchelsea Sea Salt** has more movement in it than **Nat-mur**; it may be just as stuck in grief but there is a greater ability to shift out of that state through sheer will power. It may also seem that a patient who needs it has more active energy, less cynicism and is more inclined to participate in the healing process than **Natmur** may sometimes appear to be. There is also a greater sensitivity and intolerance to the environment.

Though there is no proving of it to date, orthodox or otherwise, the combined remedy of **Nat-mur** + **Winchelsea Sea Salt** + **Himalayan Crystal Salt** has emerged as an extraordinarily deep-acting remedy in cases of stone wall grief. **Sepia**, **Causticum**, **Staphysagria** and **Eryn-mar** all have as close a relationship with **Winchelsea Sea Salt** as they do with **Nat-mur** and the other salt remedies.

One of the channelled instructions for the use of this remedy was that, in cases requiring salt energy for the deepest healing, **W Sea Salt** should be preceded by a dose of **Nat-mur**. A prescription might appear thus: **Nat-mur** 10M (single dose) followed in 48 hours by **Sea Salt** 10M (split dose). The precise nature of this instruction would seem to be made redundant in the case of using **Three Salts** (the combined remedy of **Nat-mur** + **Sea Salt** + **Himalayan Crystal Salt**). However, as with Burnett's suggestion that using very similar remedies to ring the changes in prescribing for patients who stay within the sphere of one remedy (see his use of **Thuja**, **Sabina** and **Cupressus Lawsoniana**), prescribers may want to use all three in sequence over an extended period.

It was also a feature of the channelled receiving that **Sea Salt** and **Sea Water** combined were of inestimable value in clearing the radiation miasm that is characterized by dwindling reserves of energy, increasing

encroachment of pathology, gradual impairment of the immune system and the breakdown in the quality of blood, as well as susceptibility to lack of reaction to remedies and to natural healing and allergic reactions.

Esoteric therapeutics

Sea Salt has an important healing effect on negative ‘kidney energy’, the inherited pattern of creative energy that is passed from generation to generation, but that is subject to accumulated unresolved ancestral problems. It has the ability to reach back into the past ‘cellars’ of traumatic events that have been taken on and carried (usually in the thymus gland) by the patient in an effort to find ways of resolving such traumas. Many of the new remedies (see **Ayahuasca, Chalice Well, Hornbeam, Jet, Rhodochrosite, Eryn-mar** and **Thymus Gland**) have this ability but few have such a direct effect on the kidney energy and on the heart at the same time. It heals hurts that are held in any chakra. If they are only suspected and not manifest, the remedy may well reveal the location, nature and effect of such hurts after taking the prescription.

It was pointed out during the proving that the sample that went to make **Sea Salt** and **Sea Water** was collected at the very start of the Aquarian energy, at the full moon and at high tide. It was received that this confluence of influences imparts an extra aspect to the remedy: ‘new beginnings’ at the point of stillness, the moment when the tide turns.

Chakras

Crown

Sea Salt and **Sea Water** are both considered as precarcinogenic; either one on its own or the combined remedy can cleanse the auric field of the energy seeds of cancer which happens by virtue of the easing out of the emotional body of old hurts and grudges. Fosters a greater awareness of the value of following a spiritual path.

Brow

Affords clarity of purpose, singularity of vision and creative impulse based on a less critical, ego-dominated balance between the intellect and the intuition.

Throat

Any 'poor me' attitude is eased thus releasing the stress on the thyroid gland. Softens a critical or cynical tongue. The remedy eases the voice which has been so little used to expressive effect.

Heart and thymus gland

Deep hurts from the history of forebears or even from past lives. Any trauma that might be holding back spiritual progress will more than likely, sooner or later, need **Sea Salt**. (A sequence of ascending potencies may be of service here: 3x, 6x, 12x, 30, 100, 200 and so on, given over a number of months with the 'x' potencies given daily and the 'c' potencies given more sparingly.)

Solar plexus

Retreat from challenges and avoidance of conflicts is a keynote of this remedy and profoundly affects this chakra. There is a loss of motivation affecting the spleen energy. (May be usefully compared with **Chalcancite** in this aspect.) The remedy unblocks this centre and allows more expansive dynamism to flow through the organs.

Sacral

The water balances are strongly affected.

Base

This is a 'starting again' remedy. It takes people back to basics; it helps them to see that to remain in their present state is perverse and risks more serious pathology. Like many other new remedies, it will help the patient to let go of old burdens of grief and resentment so that these negative emotions no longer prevent valuable experience which encourages personal development.

Case studies

1 ‘The patient, who was in her late 50s, had been complaining of hot flushes for eight to ten years in spite of taking HRT. Three months prior to the first consultation she stopped taking the drug. In appearance she is rather masculine and has short cropped grey hair; she wears outdoor working clothes and boots and her hands are work-hardened. Though she has a ready smile she is unemotional. The presenting complaint is hot sweats which are debilitating; the face burns and then the flushes move downwards with a prickling sensation. She feels “frantic” and “hysterical” and can collapse with them.

‘The gynaecological history includes a hysterectomy at 50 after a routine check detected fibroids. Her periods had begun at 14 and had been extremely painful; she would faint, vomit and pass diarrhoea. There would also be PMT, bloating and tenderness of the breasts. During the surgery for the hysterectomy the bladder was nicked. Since then she has suffered great frequency and urgency of urination.

‘Other symptoms that she mentioned were: eczema between the eyes; sticky, clear discharge from the right ear (intermittent); chronic post-nasal drip; tendency to a sore throat; cold sores around the mouth (which are < the sun); weakened knees which tend to feel pain when weight bearing. Her energy drops from 3 to 5 p.m. and she generally feels < early a.m. She is a chilly person.

‘Her past history seemed relevant to the general case. She was unable to recall much of her childhood except that she was prone to a lot of sore throats and colds. She was always very pale, thin and hungry. She hated school and felt she was not able to understand things. She disliked her father whom she described as an insensitive disciplinarian. She remembered that, at 13, a friend told her that it was the first time she had ever seen her laugh. Through her schooldays her health remained good as it did through her time at art school. She had had a lot of difficult lesbian relationships. When she was 47 her father died and at around the same time her long-term partner left her for

someone else. She decided to change career. She had an episode of two years during which she was unable to sleep. She went into gardening and gradually felt better as she enjoyed it so much. Now she felt too old to enjoy it any more. She said that she was feeling “weaker”. The previous year she lost a “dear friend”. When asked about her emotions she said that she did not cry – “too busy”. She did cry, she confessed, when her friend had died at Christmas time. She said also that she did not lose her temper as she kept it “slightly under control”. The family history is chequered with heart problems and cancer. Both grandmothers died of breast cancer in their 50s.

‘On 10 January 1996 she was given **Nat-mur** 30 (single dose) and **Lachesis** 200 as required for the hot flushes. On 9 March 1996 she returned and reported that the hot flushes had been much better; she was only getting three mild ones per day. However, they were now becoming stronger again. She was now only sweating when the flushes came on. She complained of heavy legs “like lead”. She had sudden episodes of exhaustion < 10 – 11 a.m. She had also strained her back (> gentle movement). She was given **Sulphur** 200 (single dose) and **Natmur** 30 (o.n. x 5).

‘On 26 April she now said that her flushes were << again. She was exhausted most of the time even though her back was >. She also had bloating in the abdomen and felt that she had lost control of her weight. The cold sores were now inside the nose and tended to scab and bleed. She also was anxious about money. **Nat-mur** 200.

‘On 30 May she said that the hot flushes went completely for a while. They then < again for the last two weeks. Now the flushes came on with “panics”. She had become very absent-minded, had mood swings and felt “spacey”. She said she was feeling emotionally “very frail” and wanted “to pull the covers up and stay there”. The cold sores were much > but now she felt hot most of the time and was much thirstier. With the hot flushes there was a musty odour from the left axilla. She said that she was “on the edge of tears”. **Sulphur** 200 now and then 1M in three days.

‘3 August very much > but she felt that it was “creeping back”. Poor memory. Too busy to be anxious. Only a few cold sores but she treated

them with Zovirax. Legs felt heavy and swollen. She now was getting boils in the ears which she said was an old symptom. She had a good appetite but could not be bothered to eat. She was now getting eight or nine flushes per day but they were more manageable. She had aching joints that were < from the humidity. **Sulphur** 1M. On 31 August no >. **Manganum** 200.

‘On 4 September she said that hot flushes were immediately > though they were still there. She was now waking sad and feeling depressed all the time. Could not be bothered to eat. All mental symptoms much < due to having to deal with very difficult mother. Lost energy when the flushes came even though the intensity was >>. Now very chilly. **Psorinum** 100. She was also given **Sepia** 200 to take for the hot flushes as needed.

‘15 February 1997 she said “Not too bad!” Soon after the remedy she developed an eruption that looked like a mushroom on her left arm on the site of the vaccination scar. She went to the doctor and had it removed under local anaesthetic. She also developed another boil in her right ear. The hot flushes had gone away completely for some while and she felt that **Sepia** had really benefited her. However the hot flushes were now beginning to return. Her depression was much improved but her hips were now troublesome. She had also had a chest infection which she had had suppressed with antibiotics. She reported that her mother was very ill. **Thuja** 30 b.d. x 5. (**Sepia** 200 to continue as needed.)

‘On 15 March she reported that her mother had died; she had lost her cat and felt “gutted”. She felt stunned; panicky; unable to cope. She could not sleep straight through; woke at 1 a.m. to feel that she had stopped breathing. The hot flushes had been “terrible” and had been coming on at the rate of eight per day; she was taking five to six **Sepia** 200 each day as this was the only way she could control the flushes. She said that she felt generally much << for anything emotional. There was some suggestion that she had recognized a pattern of feeling < before the full moon and gradually < with the waxing moon. **Winchelsea Sea Salt** 30 b.d. x2.

'5 April "Much, much better". The hot flushes went completely though they were creeping back a little but they were much less intense and lasted less time. She said that she felt much more peaceful. She had had a few cold sores but had put more Zovirax on them. A boil came up and went in the right ear. She felt no depression. **Winchelsea Sea Salt** 30 b.d. x 4.

'25 May hot flushes were > and she said that she could forget about them now. She added that she had been tearful but that the emotions were "up front". The cauliflower growth on the left arm had now been coming back for a couple of weeks. **Thuja** 1M.

'1 July the hot flushes had returned since the latest full moon. Had been getting five to six per day. Was concerned that there was a very bad smell from the tenant's caravan close by, "as if something had died" – was afraid that it might have been the tenant. Still found that **Sepia** worked well when she had a flush. Had been getting heartburn and belching which was < stress. **Winchelsea Sea Salt** 30 o.n.

'24 July "I'm alright!" Hot flushes >>. Said that she was a bit depressed but "not seriously". She had been feeling some grief over her mother but had been enjoying company more. She had felt lonely and had gone to keep fit and to badminton. Not nearly so exhausted these days. She spoke of remembering the depression she felt as a teenager. She never felt wanted at home; now that her mother had died she felt unneeded. She recalled that there had been conflict with her father as she was "arty" and he had wanted her to be a bus conductor. She had never liked her father as he had been a drinker and she did her best to avoid him. She said that she had come to realize that she had blanked out a lot of her childhood. She had had difficulty in establishing relationships at school. She had had problems in understanding what was being said to her at school; she misunderstood instructions all the time. **Winchelsea Sea Salt** 200.

'31 July 1997 she rang to say that she felt very well and that she had no real problems at that moment. The patient had presented quite a lot of **Nat-mur** symptoms and had responded to it but not as deeply as might have been hoped. The main reactions had been to the **Lachesis**, **Manganum**, **Sulphur** and **Sepia** – but the **Lachesis** and the **Sepia** had

been for acute episodes rather than for deeply constitutional reasons. The “detour” into **Thuja** was useful and beneficial and hardly unexpected in a long-term chronic case such as this. (It is noteworthy how close **Thuja** and **Nat-mur** so often are.) The patient herself was quite clear that it was the **Winchelsea Sea Salt** that had made the most significant difference to her health. Though it is early days yet to judge the longterm effects of the 200, it is reasonable to accept the patient’s own estimation of the benefit to her: she is frankly thrilled with her progress. Perhaps it is not inappropriate to mention that the patient actually lives on Winchelsea Beach!’ **JF**

- 2 ‘A woman who had severe eczema on her fingers while going through the break-up of her marriage was given **Nat-mur** which only relieved the symptoms. She was then given **Winchelsea Sea Salt** which completely removed the eczema.’ **RP** (who adds, ‘I use **Sea Salt** a lot for grief.’)

Part III

NEW REMEDIES AND THE ENERGY CENTRES OF THE BODY

The following is a guide to the 36 remedies and their affinity for and influence on the chakras. Those in bold type are not necessarily deeper acting, simply more often indicated when that chakra is struggling. The list of more well-known remedies that follows in parentheses is not exhaustive; the remedies mentioned are those which have an affinity for the associated chakra. There are inevitably names missing from the lists but this is only from want of experience to date.

Crown

Amethyst, Black Obsidian, **Ayahuasca**, **Buddleia**, Hornbeam, Lumbricus, Moldavite, **Moonstone**, Rainbow, **Sandalwood**, Thymus Gland (**Cann-ind**, Carcin, **Luna**, **Opium**, Thuja, Visc-alb)

Brow

Ash, Amethyst, Chalice Well, Copper Beech, **Goldfish**, **Moldavite**, Oak, Okoubaka, **Rainbow**, Rhodochrosite, Ruby, Salix Fragilis, Sandalwood, Silverfish, Silver Birch, **Sycamore Seed**

(Aeth, Agar, Ailan, Anac, Arg-met, Arsen-alb, Arsen-iod, **Baryta-carb**, Bell, **Calc-carb**, **Calc-iod**, China, China-sulph, Cimic, Coff, Ham, Hell, Hyos, Hyper, Lyc, Mang, **Merc-sol** [viv], Nat-sulph, Nit-ac, Phos-ac, Plat, Plum, Pluton, Proteus, Psor, Silica, Stram, Sulph, Sulph-iod, Syphilinum, Thuja, Tub, Verat-alb)

Parathyroid

Moonstone, Oak, Rhodochrosite, Rose Quartz

(Arnica, Belladonna, Calc-carb, Hypericum, Ledum, Lyc, Pall, Plantago, Puls, Tub)

Throat

Emerald, Hazel, Goldfish, Moonstone, Rainbow, **Rhodochrosite**, Rose Quartz, **Sea Salt**

(**Caust**, Iod, **Kali-bich**, **Kali-iod**, **Kali-mur**, **Kali-sulph**, **Lac-can**, Lach, Lyc, Nat-mur, **Pluton**, **Puls**, Rad-brom, **Spon**)

Thymus

Ayahuasca, **Berlin Wall**, Black Obsidian, Buddleia, **Chalice Well**, Erynmur, **Goldfish**, **Hornbeam**, **Jet**, Latrodectus, Lotus, Lumbricus, Moldavite, Oak, Rainbow, **Rhodochrosite**, Rose Quartz, Sandalwood, **Thymus Gland**, Winchelsea Sea Salt

(**Arsen-alb**, **Baryta-carb**, Carcin, DPT, Ign, **Lac-hum**, Plut, Staphys, **Syphilinum**, Thuja, Tub)

Heart

Amethyst, Ayahuasca, Berlin Wall, Buddleia, Chalice Well, **Emerald**, **Golden Beryl**, **Goldfish**, Hazel, Hornbeam, Ilex Aquifolium, Jet, **Latrodectus**, Lotus, Moldavite, **Oak**, Rainbow, **Rhodochrosite**, **Rose Quartz**, Ruby, Salix Fragilis, **Sea Salt**, Silver Birch, White Chestnut Flower

(Ambra, Ammon-mur, Anac, Ant-crud, Arsen-alb, **Aurum**, Calc-mur, **Carcin**, Caust, Crat, Cycl, **Ign**, **Lac-hum**, **Lach**, Mag-mur, **Nat-mur**, Phos-ac, Proteus, **Puls**, Staphys, **Tub**)

Solar Plexus

Berlin Wall, **Black Obsidian**, Clay, Copper Beech, **Golden Beryl**, Hazel, Ilex Aquifolium, Jet, Lotus, **Lumbricus**, Oak, **Okoubaka**, Sea Salt, White Chestnut Flower

(Ailan, Aloe-soc, Ambra, Ant-crud, Bell, Bellis, Bryonia, Calc-sulph, Cardmar, Cham, **Chel**, **China**, Coloc, Dys-co, Ferr, Gaertner, Ham, Hepar,

Hydras, Kali-ars, **Lach**, **Lyc**, Mag-carb, Mag-mur, Morgan, Morgan-Gaertner, Nat-phos, **Nat-sulph**, **Nux-vom**, Phos, Pyro, Sulph, Thuja, Tub, Verat-alb)

Sacral

Ash, Clay, **Copper Beech**, **Golden Beryl**, Goldfish, Hazel, Ilex Aquifolium, Rhodochrosite, Salix Fragilis, Sandalwood, Silver Birch, **White Chestnut Flower**

(Apis, Arg-nit, Benz-ac, **Berb-vulg**, Cann-sat, Canth, Cimic, **Follic**, Kreos, **Lach**, Lil-tig, Lyc, Med, **Med-am**, Nat-sulph, Nit-ac, Plat, **Puls**, Sabal, Sabina, **Sepia**, Sycotic-co, Syphilinum, **Thuja**)

Base

Amethyst, Ash, **Ayahuasca**, **Black Obsidian**, **Buddleia**, Clay, Copper Beech, Emerald, **Golden Beryl**, Goldfish, Hazel, Hornbeam, Ilex Aquifolium, Jet, **Lotus**, **Lumbricus**, **Moldavite**, **Oak**, Rhodochrosite, Rose Quartz, Salix Fragilis, Silverfish, Silver Birch, White Chestnut Flower

(Acon, Aesc-hip, Alum, **Arsen-alb**, Ammon-carb, Ant-tart, Arg-met, **Arnica**, **Baryta-carb**, Bellis, Borax, Bryonia, **Calc-carb**, Calc-fluor, Calc-phos, Calc-sil, Calc-sulph, Calen, Carb-an, **Carb-veg**, **Carcin**, Caust, **Conium**, Cuprum, Ferr, Fluor-ac, Graph, Ham, Kali-bich, Kali-carb, Kali-phos, Kali-sulph, Kreos, Leprosinum, **Lyc**, Mag-carb, Mag-phos, Mag-sulph, Mang, Med, **Med-am**, Morgan, Nat-carb, Nat-phos, Nat-sulph, **Nux-vom**, **Opium**, Petr, Phos-ac, **Phos**, Plum, **Psor**, Puls, Rad-brom, Rhus-tox, **Silica**, Stannum, **Sulphur**, Syphilinum, **Thuja**, Tub, Zinc)

REMEDIES AND THEIR ABBREVIATIONS

| | |
|-------------|-----------------------|
| Acon | Aconite |
| Æesc-hip | Æsculus Hippocastanum |
| Aeth | Aethusa Cynapium |
| Ail | Ailanthus Glandulosa |
| Aloe | Aloe Socotrina |
| Alum | Alumina |
| Ambr | Ambra Grisea |
| Ammon-carb | Ammonium Carbonicum |
| Ammon-mur | Ammonium Muriaticum |
| Anac | Anacardium Orientale |
| Ant-crud | Antimonium Crudum |
| Ant-tart | Antimonium Tartaricum |
| Apis | Apis |
| Arg-met | Argentum Metallicum |
| Arg-nit | Argentum Nitricum |
| Arn | Arnica |
| Arsen-alb | Arsenicum Album |
| Arsen-iod | Arsenicum Iodatum |
| Aur | Aurum Metallicum |
| Bac | Bacillinum |
| Baryta-carb | Baryta Carbonicum |
| Bell | Belladonna |
| Bellis-per | Bellis Perennis |
| Benz-ac | Benzoic Acid |

| | |
|------------|-----------------------|
| Berb-vulg | Berberis Vulgaris |
| Bor | Borax |
| Bry | Bryonia |
| Calc-carb | Calcareo Carbonicum |
| Calc-fluor | Calcareo Fluorata |
| Calc-iod | Calcareo Iodatum |
| Calc-mur | Calcareo Muriaticum |
| Calc-phos | Calcareo Phosphoricum |
| Calc-sil | Calcareo Silicata |
| Calc-sulph | Calcareo Sulphuricum |
| Calen | Calendula |
| Cann-ind | Cannabis Indica |
| Cann-sat | Cannabis Sativa |
| Carb-an | Carbo Animalis |
| Carb-veg | Carbo Vegetabilis |
| Carcin | Carcinosin |
| Card-mar | Carduus Marianus |
| Caust | Causticum |
| Cham | Chamomilla |
| Chel | Chelidonium Majus |
| Chin | China Officinalis |
| Chin-sulph | China Sulphuricum |
| Cimic | Cimicifuga Racemosa |
| Coff | Coffea Tosta |
| Colo | Colocynthis |
| Con | Conium Maculatum |
| Crat | Cratogeomys Oxycantha |
| Cupr | Cuprum Metallicum |
| Cycl | Cyclamen Europæum |
| Dys-co | Dysentery Compound |
| Ferr | Ferrum Metallicum |
| Ferr-phos | Ferrum Phosphoricum |

| | |
|------------|---------------------------|
| Fluor-ac | Fluoric Acid |
| Foll | Folliculinum |
| Gaert | Gaertner |
| Graph | Graphites |
| Ham | Hamamelis |
| Hec-lava | Hecla Lava |
| Hell | Helleborus Niger |
| Hepar | Hepar Sulphuricum |
| Hydr | Hydrastis Canadensis |
| Hyos | Hyoscyamus Niger |
| Hyp | Hypericum Perforatum |
| Ign | Ignatia Amara |
| Iod | Iodum |
| Kali-ars | Kali Arsenicum |
| Kali-bich | Kali Bichromicum |
| Kali-carb | Kali Carbonicum |
| Kali-iod | Kali Iodatum |
| Kali-mur | Kali Muriaticum |
| Kali-phos | Kali Phosphoricum |
| Kali-sulph | Kali Sulphuricum |
| Kreos | Kreosotum |
| Lac-hum | Lac Humanum |
| Lach | Lachesis |
| Lepro | Leprosinum |
| Luna | Luna |
| Lyc | Lycopodium |
| Mag-carb | Magnesium Carbonicum |
| Mag-mur | Magnesium Muriaticum |
| Mag-phos | Magnesium Phosphoricum |
| Mag-sulph | Magnesium Sulphuricum |
| Mang | Manganum |

| | |
|------------|-----------------------|
| Med | Medorrhinum |
| Med-am | Medorrhinum Americana |
| Morgan | Morgan Pure |
| Morg-gaert | Morgan Gaertner |
| Muta | Mutabile |
| Nat-carb | Natrum Carbonicum |
| Nat-mur | Natrum Muriaticum |
| Nat-phos | Natrum Phosphoricum |
| Nat-sulph | Natrum Sulphuricum |
| Nit-ac | Nitric Acid |
| Nux-vom | Nux Vomica |
| Op | Opium |
| Pall | Palladium |
| Petr | Petroleum |
| Phos | Phosphorus |
| Phos-ac | Phosphoric Acid |
| Plan | Plantago Major |
| Plat | Platina |
| Plum | Plumbum |
| Pluto | Plutonium |
| Prot | Proteus |
| Psor | Psorinum |
| Puls | Pulsatilla |
| Pyr | Pyrogen |
| Rad-brom | Radium Bromatum |
| Rhus-tox | Rhus Toxicodendron |
| Sabal | Sabal Serrulata |
| Sanic | Sanicula |
| Sep | Sepia |
| Sil | Silica |
| Spon | Spongia Tosta |
| Stan | Stannum |

| | |
|-----------|----------------------|
| Staph | Staphysagria |
| Stram | Stramonium |
| Sulph | Sulphur |
| Sulph-iod | Sulphuricum Iodatum |
| Syc-co | Sycotic Compound |
| Syph | Syphilinum |
| Thuja | Thuja Occidentalis |
| Thyroid | Thyroidinum |
| Tub | Tuberculinum Bovinum |
| Verat-alb | Veratrum Album |
| Visc-alb | Viscum Album |
| Zinc | Zincum Metallicum |

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