

Pele's Hair, Hawaii

Trials, medical histories, trauma and transformation

A strange thread-like structure from the foot of the Kilauea volcano in Hawaii has passed through many hands before coming to rest here before you.



Fig. 1: Pele's Hair, Hawaii.

Testing was carried out using the classical method and in triturations, both several times and independently of one another, mostly without knowledge of the remedy. We evaluated a total of 35 protocols and presented them to experts*. Finally

*Jane Tara Cicchetti, Jörg Hildebrandt, Irene Schlingensiepen and Peter Tumminello – we report on them in detail. Incidentally, as with everything in this work, please read this in a gender-neutral manner.

We then compared the test results with three years of clinical experience. Apart from exploring a new remedy, we find other aspects of this work interesting. The trials were classic self-experiences of remedies (AMSE) and trituration trials. Comparing these two approaches promised to be fascinating. The next question was whether blinded and unblinded subjects would yield different results. Most participants did not know which remedy they were testing, and in most AMSE trials, not even the trial leaders knew. A third question regarding the theory of trials was to occupy us, one that has caused uncertainty from the very beginning: are results from treatments remedy-specific or random? We present the entire material to you so that you can find your own answers.

Three authors have taken on the task of publishing this work. Their names are listed in purely alphabetical order. The key ideas emerged during our discussions and were refined through the feedback of others.

The therapeutic experiences contribute significantly to the scope of the material. With Pele's Hair, a remedy has been developed that will often prove to be a simile.

Before we give too much away, here is the outline:

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I – Pele's Hair – The Beginning

In search of new remedies, I (Christina Ari, CA) travelled to Hawaii with Mag. Robert Müntz in May 2010. On Maui, we had encountered several plant remedies new to homeopathy. Now

our journey took us on to Big Island, the largest island in the Hawaiian archipelago, where we witnessed the most active volcanic activity on our planet.

Volcanism in Hawaii

Hotspots in the outer mantle allow liquid magma to rise from the Earth's interior through the crust, continuously piling up to form landmasses. This results in shield volcanoes, which grow rapidly and cover a large area. As a result of continental plate movement, typical island chains form in the Pacific. The total heights of Mauna Loa and Mauna Kea on Big Island, measured from the seabed, are each over 9,000 metres. The two peaks are thus the highest elevations on Earth.

For three days, we immersed ourselves in an incredibly impressive world dominated by the capricious forces of nature. The landscape changed its appearance depending on whether we were driving through black lava deserts of varying ages or through rainforest areas. We were able to observe this scene even better from the air. The approach to the smoking crater of Kilauea (Fig. 2), which has been continuously spewing material since 1983 and thus buries fertile land beneath it every day, evoked images of the lunar surface



Fig. 2: Smoking crater of the Kilauea volcano.

inside us. The fresh, glowing lava bubbling up from the ground right beneath us warmed the otherwise cool air at this altitude immensely, and there was a metallic smell.

Due to the low gas content of Hawaiian lava, dangerous explosions are virtually unheard of. The eruptions are rather gentle, but long-lasting.

A magical encounter at the Kilauea crater

On the evening of 28 May 2010, shortly before sunset, we drove to the rim of Kilauea to observe any possible eruptions, but above all we were searching for the hair of the volcano goddess Pele. (You can read more about the myth at the end of the monograph.)

In a fine drizzle, we set off at the break of dawn; there was no sign of the full moon that had been forecast. Wafts of mist drifted across the barren lava landscape, interspersed with thorny bushes and scrub, which stretches along the crater rim, which drops steeply for some 150 metres. Wafts of smoke rose on the horizon from a smaller, constantly active crater and mingled with the mist. This, then, was where this gem was to be found – a unique formation created exclusively by the eruptions of Kilauea. I asked Pele with all my heart for a gift to help create a remedy that would aid people in need.

As it was quickly getting darker and more eerie, and we had already left the safety barriers far behind us, we returned to the observatory. However, I hadn't given up yet and asked a security guard about Pele's Hair. He led me behind the building. There, between the cracks in the pavement, rain-soaked, hair-like glass-metal fibres glistened goldenly at me. I asked him if I could keep them. He nodded in agreement, and I quickly stowed them in my jacket. Officially, taking rocks from the national park is prohibited. We gratefully accepted the gift. Already on the flight back from Hawaii, Robert Müntz and I saw the potential significance of Pele's Hair as a homeopathic remedy. To this end,

we would test it. I triturated the substance to C4 immediately upon our return. The company Remedia, based in Eisenstadt, took over the C3 as the starting material for further potentiation. The remedy has been available on the market since June 2010. The first AMSE took place during this period.

Our sincere and heartfelt thanks go to Robert Müntz, who provided the remedies for all the tests.

Pele's Hair is – what?

Geochemical constituents are (Lit 7):

CaO, MgO, Al₂O₃, SiO₂, Na₂O, Fe₂O₃, FeO, K₂O, TiO₂, P₂O₅, MnO, H₂O⁺, H₂O⁻

Pele's Hair are volcanic glass fibres that form when small particles of molten lava are hurled into the air during lava fountains and spun by the wind into hair-like strands. In sunlight, they glisten a golden blonde. The molten rock is stretched to less than a millimetre in the process and is therefore easily breakable. Extremely hot air, high acceleration and the low viscosity of Kilauea's silicate-poor basalt (tholeiitic basalt) are the conditions required for the formation of these achnelites (lava spatter formations), which occur exclusively here. Pele's Tears, drop-shaped formations, are created in a similar way, albeit with lower acceleration.

The strands can be blown up to ten kilometres away, getting tangled in bushes or caught between rocks. On the Big Island, if you're lucky, you can find them in mineral shops, where they are considered a rarity. It holds particular value for the local people, especially in spiritual terms. Outside Hawaii, it is scarcely known, except on the west coast of the USA, in Japan, Australia and other parts of Oceania, where the fire goddess Pele and her mythology are still alive.

Pele's Hair is formed under extreme heat, at around 1,200° Celsius, much like gemstones. The wind and sea in the immediate vicinity ensure rapid cooling, a further prerequisite for the material's distinctive character.

The structure of natural glass is non-homogeneous compared to that of minerals. According to Diana Oettel¹⁷, Pele's Hairs are irregularly extended tubular systems with a teardrop-shaped end that encloses crystals, i.e. non-extensible material. These areas look like knots (see Fig. 3). Inside the cavity system, minute bubble-like structures are deposited, which also adhere to the outer wall. These correspond to spherical gas bubbles, which are referred to as 'tears'. They are therefore spherical pyroclasts. Presumably, the sunlight that penetrates these fine glass tubes and is refracted many times within the bubbles causes the material's golden shimmer. One might speak of translucent matter. In Pele's Hair, we are faced with an incomparable natural phenomenon reminiscent of gemstones, which likewise only reveal their splendour when brought into the light.

Are we simply dealing with a type of basalt, or is it more of a gemstone? We will return to this question later in order to provide an answer from a homeopathic perspective once all the data on Pele's Hair has been analysed.



Fig. 3: Pele's Hair under the microscope.

II – Test subjects

This chapter describes how our test subjects fared with Pele’s Hair. The symptoms are presented in the order in which they occurred. This enables you to check here the context of every symptom summarised in the repertory in the next chapter. Where possible, we reproduce the test subjects’ own words, but condense their notes to the essentials.

As the trials were not based on a master plan, the numbering of the testers is not consecutive. We have nevertheless endeavoured to label each symptom in such a way that you can find it in the tester’s notes and in the list of symptoms.

The trials were evaluated by Franz Swoboda (FS – Part II.a) and Susanne Diez (SD – Parts II.b, c and d).

II.a – Two AMSE, evaluated by Franz Swoboda

The results of this section are drawn from two independent AMSE homeopathy courses held in Graz and Vienna. The participants were fourteen doctors and pharmacists, aged between 23 and 50. The AMSE in Graz took place in autumn/winter 2010, and the one in Vienna in autumn 2011. The Vienna group, comprising test subjects 1, 7, 8, 9, 13, 15, 16f, 17f, 22f and 25f, was supervised by Bettina Baltacis (BB), Reinhard Flick (RF) and the author (FS). Test subjects 44, 66, 77, 88 in Graz were supervised by Wolfgang Eichler (WE) and Anton Rohrer. The verum/placebo key was handed over to RF and was only viewed after the final debriefing with the test subjects in March 2012.

At the time of the trial, the remedy was unknown to the investigators and the participants, with the exception of RF. They knew only that the potency was C30. They also knew that placebos might be included, but not in what proportion. (Among the 25 samples for the Vienna group, there were five placebos.) It was unclear whether they would be testing a known or unknown remedy. Most participants were testing for the first time. After a week of preliminary observation, the records were to be kept until all

symptoms had subsided. Intake was limited to a maximum of three days, three times a day. If significant symptoms occurred, intake should be stopped earlier. Each participant was assigned a supervisor from the group, who was to check the entries in the logbook during daily telephone contact. The supervisors were those who were not taking the medication due to pregnancy or ongoing therapy. In addition, the participants were in almost daily telephone contact with the study leaders, particularly at the start. After all, observing and recording requires practice. All symptoms were to be checked for completeness. No exchange of information among the participants was planned, and to our knowledge, none took place. As tightly-woven as the support network seemed, it proved to be full of gaps in the course of the AMSE. More on this in the comments from the study leaders (KPL).

To avoid the problem of deciphering handwriting, the participants were instructed to enter their symptoms into a form provided by the ÖGHM.

Key: 1 (examiner); 3 (day) or 3, 4 (days) or 3–5 (days)

Examiner 1

noticed no changes whatsoever. Following contact with the supervisor on day four after taking the remedy, the logbook no longer even states ‘0 symptoms’, as it had on the previous days.

(KPL: Testing is not for everyone. Time for observation and recording must be planned. If one notices no reaction to the remedy, one quickly loses interest.)

Tester 7

was disappointed throughout the entire AMSE that, as in a previous trial, she remained symptom-free. She repeatedly expressed the fear that, as before, she was taking a placebo. And so it was.

Subject 8

misplaced her notes and could not find them again. For the final discussion, she wrote down her recollections: “On the evening of the first day, I was very aggressive, for no apparent reason

The same thing happened the following day too! On the third and fourth days of taking it (!) everything was 'normal'. (On this last day of taking it) "the stomach pains came! I was hungry very often and as soon as I ate anything, I felt sick!! For days on end! I never actually vomited, though. The extreme irritability I felt on the first and second days of taking it never returned; I was slightly irritable at times, but not as aggressive as on those two days!

And insomnia set in a week after taking it and lasted ten to fourteen days: "I had trouble falling asleep and staying asleep – which I never usually do!! – and nightmares about really strange, confusing things; sometimes I woke up drenched in sweat and shaking! A month after taking it, I had no symptoms at all." 8; ?

KPL: During the consultation three months after the AMSE, she adds: The feeling of hunger was overwhelming. She had to eat something immediately, after which she felt sick straight away. This 'aggressiveness' meant that 'everything' about her husband annoyed her. One nightmare was clearly etched in her memory: she falls down a "cliff", wakes up mid-fall, trembling, sweaty, frightened, with her heart pounding. We asked her to describe the scene. The cliff had been wide, vast and empty; it was not dark, but nothing could be seen (because of fog?). She could not recall any other feeling apart from fear.

Examiner 9

nothing else stands out in the preliminary observation, despite close observation. On the second day of taking the remedy, symptoms appear:

Increased thirst (I generally drink a lot of water), drinking even more water today than usual, yet still a 'dry throat' 9; 2

In the late afternoon, suddenly feel very tired, lie down. After waking up (30 mins' sleep), on the right thumb and right ring finger, one round symmetrical wheal on each, also on the right forearm and right elbow, and one wheal on the right collarbone 9; 2

Itching as if from a mosquito bite, > scratching 9; 2

Increased feeling of coldness throughout the body, shivering, needs a jacket, > warm room (as with flu). 9; 2

Very listless, tired; tiredness not usually this severe, I am rarely tired in the afternoon 9; 2

The subject takes (a misunderstanding?) the remedy only once a day, but for four days.

Severe pain in the right temple, cannot tolerate noise, needs fresh air, brightness is a problem; the pain has been there since waking up, accompanies me all day, but only on the right, in the temple area, somewhat throbbing, pressing. Do not usually suffer from headaches, perhaps 1–2 times a year for a few hours 9; 3

Woke up tonight from crying in my sleep (haven't done this for at least two years) 9; 3

Increased tiredness during the day, driving is difficult, concentration is poor 9; 3

Whole head aches, feel weak, tired, dull, constant, somewhat pressing; aggravated by sunlight, ambient noise, driving; ameliorated by rest, being alone, sleep 9; 4

Severe tiredness, very sensitive to light (eyes ache), better indoors than outdoors, lying down > 9; 4

I feel irritable, weak, as if something is missing, out of sorts 9; 4 Headache better, dull sensation still there, but can tolerate noise again 9; 5

Lots of stress at home, looking after my siblings, feeling restless 9; 5

Cold, runny nose, clear, stuck in the sinuses, better with blowing my nose and warmth 9; 5

Cough, sudden, barking, lungs completely full, can't clear properly, sputum yellowish, then clear 9; 5

Five days later: runny nose better, headache too, cough still there, not as deep-seated, feel drained, lots of stress at home, am more aggressive than usual 9; 10

Another five days later: Cough disappears, cold almost gone, still irritable due to stress at home, am in the new flat, have time for myself, can relax, am setting my priorities differently, feel more at ease. The peace and quiet in the flat does me good 9; 15

End of notes.

Examiner 13

After taking the morning dose on the first day: Sudden dizziness, as if I were about to topple forwards, whilst feeding my child, duration approx. 30 minutes 13; 1-

At lunchtime after the next dose: 13:00–16:45 extreme, leaden, paralysing tiredness and heaviness; I only experience this during extreme changes in the weather, but the weather is currently stable; or it reminds me of early pregnancy with this paralysing tiredness, > after jogging 15:00–16:30 on both days. Pain starting in the ankles and rising into the calves, initially a dull joint pain, then a pulling, dull calf pain, “as one imagines thrombosis”, feeling of heavy, swollen legs; also reminds me of pregnancy, back then almost constant ankle and finger joint pain, especially in the mornings, better again > jogging 13; 1

16:00 Whilst jogging, despite maintaining usual running speed and cadence on the heart rate monitor, feeling as if someone were sitting on the chest, laboured breathing, difficulty taking a deep breath 13; 1

The next day from 15:00, as on the previous day, extreme, leaden, paralysing tiredness 13; 1, 2

Observed by boyfriend: peculiar sense of humour, “joke-addicted, slapstick funny”, making fun of him 13; 2

Generally, whilst taking the medication, I experience deep, dreamless sleep (I usually dream a lot). The following night, a strange state of sleep and wakefulness. I stare at the bedroom window; I know I’m at home, but the window looks just like the balcony door in the bedroom where I was on holiday (I returned three days ago). I stare and know this can’t be right; I doubt my sanity, feel as if trapped – it’s an unpleasant sensation that subjectively lasts for minutes; suddenly I see the room again as I know it. Such states between sleep and wakefulness usually only occur in situations of extreme stress 13; 3

The practitioner comments: Overall, the remedy seems to be related to pregnancy. (KPL: This means that symptoms from the pregnancy have returned.) I. had severe, familiar symptoms which may now be cured for good following the remedy? In any case, the remedy has struck a chord. KPL: Dizziness and ‘silly banter’ – frivolous joking – were certainly new.

Tester 15

Pain in the lower abdomen, as if I had eaten burst grapes; increased thirst; a general feeling of warmth; balanced mood; a dream from the 'Heidi' series: the song at the beginning. 15; 2

The next day, still very thirsty, "as if I'd eaten something too salty; drinking doesn't help; then drink a glass or more, still thirsty, want to drink something cold"; feeling sick, sensation of warmth, not sweating, aversion to warm drinks. 15; 3

Stomach ache again; drinking does not agree with my stomach, causes pressure in the stomach, a dull sensation like bloating 15; 3

Dream about a baby she has to look after; particularly that she isn't left in the lurch; the baby wasn't wearing a nappy, which was funny; had a lot to do with babies during her work placement. 15; 3

Stomach ache at night, pressing, burning, (again) as if after eating sprayed grapes; dull sensation; flatulence; gone by morning. 15; 4

Four days later, we read in the supervisor's notes (not the subject's own): Around 11 pm, very thirsty, no improvement from drinking 15; 9 – end of records

Examiner 16f

In addition to the familiar lower abdominal pain on the first day of menstruation, new symptoms:

Around 8 pm, pulling pains in the thighs, heavy legs as after great physical exertion; awoke at night with a dull, pressing pain in the forehead. 16f; 1

Dream of a long journey; prior to this, a farewell to her grandmother, with the fear of not seeing her again upon her return. (KPL: The grandmother died twelve years ago.) 16f; 1

On the second day, the symptoms are so pronounced that the subject stops taking the medicine after the morning dose, the fourth in total: In the morning, pain radiating from the forehead on both sides to the back of the head, > pressure on the temples and movement; exhaustion and leaden tiredness; increasing restlessness from midday onwards, sensation of tachycardia with a normal heart rate of 70 beats per minute; sensation of elevated body temperature – in fact, it is 36°–36.5°;

plus ‘conjunctivitis on the left’, a familiar symptom, and that same night: a dream of giving birth to a child – no feeling of joy, rather a sense of being overwhelmed and fear of the future. 16f; 2

The next morning, very severe pain in the forehead, > after breakfast and in the fresh air 16f; 3; the “conjunctivitis” has subsided; after lunch in a smoky restaurant, extreme headache radiating into the eyes; acupuncture brings some relief (Di 4 and Pc 6). 16f; 3

The following day: Mild headaches from early morning onwards, > after a walk; otherwise no physical symptoms, but in the afternoon a depressed mood for no apparent reason, although work with patients was very satisfactory; in the evening, additionally feeling very irritable and annoyed, also for no apparent reason. 16f; 4

The next day began with a ‘racing heart’ despite a normal pulse, and from midday onwards, exhaustion and a feeling of being overwhelmed by a moderate workload. 16f; 7

On the sixth day NB: after a long car journey in the morning, headache, particularly in the forehead area, > two glasses of water and a cup of coffee. 16f; 8

Everything then seems to have subsided until, a week later, menstruation begins: in the morning, sudden menstrual bleeding, almost gushing; after an extremely short interval of 18 days; otherwise, bleeding begins slowly, accompanied by cramp-like pain in the afternoon, improvement only in the evening in bed 16f; 15; the next day, the bleeding is significantly lighter and painless.

Tester 17f

Five to ten minutes after the first dose, I had a slimy sensation on the palate – for about 15 minutes. The slimy sensation on the palate was less pronounced after the second dose, but I had the feeling that more saliva was being produced. 17f; 1

Shortly after taking the remedy, a tickling sensation on the left side of the nose, which then moves to the right. Five minutes after the second dose, the tingling in the nose returns, initially more pronounced on the left and at the tip of the nose, and after half an hour it moves to the right. After about an hour, the tingling in the nose has almost completely disappeared. Occasional burning sensation on the palate. 7f; 1

Less thirst and a queasy feeling in the stomach. 17f; 1

After the third dose, a slight sensation in the nose again: a mixture of tingling and burning.

A tightening sensation in the face, particularly in the cheeks. 17f; 1

That same night: I woke up between 2:00 and 3:00 am, I felt hot (without sweating), I was dead tired, my eyelids were heavy, my body was completely tingly and restless, especially my legs. The side I was lying on felt as though it had a stronger blood flow. (The same symptoms three months ago, when the magnetic field mat was new.)

Fell asleep again after an hour or two, but woke up again around 5:00 am and had that hot, tingling sensation again. 17f; 2 I dreamt about shopping in a supermarket and about

a meeting with FS (the examination supervisor; KPL: the meeting did not take place

) 17f; 2

At 6.30 am, a stabbing pain in the right eye (outer right) for a few minutes.

At 9.30 am, a brief stinging sensation in the left eyeball, on the outside. 17f; 3

Five minutes after taking the remedy, the tickling sensation in the nose returns. The tingling rises up in the nose, as when eating horseradish. 17f; 3

After the second dose, a burning sensation in the temples (not very strong), and a little later a burning sensation in the nose as well. 17f; 3

Restless sleep, woke up frequently. I had a rather restless sleep, but not the hot tingling sensation on my body as on the previous day. I slept in a different bed, without the magnetic field mat. My mood is good and, as on the previous days, I feel very balanced.

After taking the morning dose, a burning sensation in the nose returned, which, like when eating horseradish, burns towards the forehead.

At 12:00, phone call with FS. I have stopped taking the remedy as I experienced a reaction whilst asleep. 17f; 4 (KPL: Night-time reactions, particularly unusual ones, suggest a reaction to the remedy, so continuing to take it could be disruptive.)

Didn't sleep well again last night. Kept waking up, felt a slight warm tingling sensation, less intense than on the first night. Shorter periods of wakefulness. Balanced, hardly ruffled. 7f; 5

Layed awake for a long time at 3:00 am tonight, felt the tingling described. Didn't sleep much for the rest of the night, kept waking up with the tingling. By 6:00 am I couldn't sleep at all, even though I was tired and hadn't had enough sleep. I was tired all day, but my mood was normal. 17f; 6

Slept through the night for the first time since starting the medication. Dreamed something about work and my colleagues. 17f; 7

(KPL: Over the next few days, the subject describes not physical reactions, but a lack of, and then a sense of, security in the relationship and a desire for a family of her own.)

I've been sweating more under my arms at night, and the sweat smells stronger than usual. My boyfriend says he hasn't noticed anything, but that's how I've felt, and I've noticed for the last two or three days that I'm sweating more. 17f; 8–10

The (following) night, I had a strange dream. There was a man who wanted to 'make a move' on my boyfriend – not so much in a physical way, but more as a friend, though still with the clear aim of starting a relationship, and he also wanted to build a friendship with his son. It didn't stress me out, as my boyfriend isn't interested in men in any way, but it was weird and annoyed me. Especially because I'm on night shifts for the next two days; that was the case in the dream too, and I didn't want the man to sneak into my life whilst I was away. 17f; 11 (The participant continues to sleep poorly over the following nights.) It was four o'clock and I couldn't get back to sleep. As I lay there awake, I found myself thinking a lot about my late Aunt B., how much I loved her and what a wonderful person she was. Then I also thought about my 'Aunt' K., my father's cousin, and realised that I'd never had a warm relationship with her. She was simply always there; her husband had died young, she had no children, and we were her surrogate family. I often benefited from this,

Sometimes it was annoying. Now I feel that she
'love' for her. As a child, I never gave it a second thought. 17f; 14
The carer notes: More of a craving for fruit, and in the second week for
coffee. 17f; ?

Tester 22f

is particularly conscientious. Shortly after the first dose, 12 noon: Mild,
pulling pain in the neck in the C7 region; tiredness; head feels somewhat
heavy. 22f; 1

6 pm: Neck pain of the same intensity, radiating into the left shoulder blade;
head movements slightly painful; pressure equalisation sensations in the left
ear, like on a plane or when 'blowing through' at the ENT doctor's. 22f; 1

04:30 Urge to urinate; dreams of people from the past whom I haven't seen
for a long time. 22f; 2

06:15 Diarrhoea, rapid, in a rush, foul-smelling and watery, no pain. 22f; 2

12:30 Very tired, head feels somewhat heavy. 22f;

2 05:20 Urge to urinate. 22f; 4

Followed by a dream: I am in a 'shared flat' in a large country villa (in the
Balkans?), after a shower in the bathroom next to my bedroom, the
bathroom is knee-deep in water, but the water drains away quickly; I watch,
as an uninvolved observer, as if at the cinema, a 'threesome' (two men and a
woman) in the 'castle grounds', but the three are discovered (not by me) and
flee in a car, jumping onto the back. 22f; 4

Awake almost every hour during the night, restless; no recollection of
dreams upon waking or getting up; constipation. 22f; 6

03:00 Burning abdominal pain, > when curling up; urgent need to pass
stools with diarrhoea. 22f; 7

06:20 Ditto; abdominal pain gone after these two bowel movements. Only
notice later in the day that my concentration, particularly at work, has been
waning for days. 22f; 5-7 Only notice the change in 'vision' in retrospect:
for the past two days, my vision has been somewhat blurred; I need my
reading glasses more often than usual; driving in wet and poor
lighting conditions is

difficult; therefore drive very defensively and cautiously and have to be very careful in traffic; judging distances is also more difficult than usual; unfocused and tired in the seminar, make spelling mistakes (mix up letters). 22f; 8

Despite nine hours' sleep, I feel extremely tired; concentration remains poor; spelling mistakes are increasing. 22f; 9

A lot of urine, more white than yellow. 22f; 9

01:00 Nocturia; again at 4:30. 22f; 10

00:30 Diarrhoea. 22f; 11

06:10 Woke up and got out of bed; remembered the following dream: A jeweller made me, as a woman, a replica of my precious necklace worth 10 dollars, so that I would burn the replica rather than the real piece of jewellery. 22f; 11

07:55 Diarrhoea; around midday, formed stools 22f; 12

Woke up several times during the night; dream towards morning: I notice a small, flaccid 'scrap of skin' on my left wrist, which "folds away"; I check in the dark to see if it's really there. As it isn't, I go straight back to sleep. 22f; 13 Pain in the left ankle (heel spur) worse than usual. 22f; 14

Restless sleep with frequent waking. 22f; 15

06:30 Diarrhoea; 13:50 Stool still loose, but partly formed again. 22f; 15

03:00 Lay awake for a short while; 06:15 Ditto. 22f; 16

02:00 Awoke and recalled the following dream: In the stairwell of an old house (spiral staircase), a bunch of keys clattered as they fell to the ground; I also saw a knife with a large, shiny metal blade and 'bones' that were also made of metal. 22f; 19

I notice in retrospect that I have been very forgetful over the last few days (e.g. leaving my mobile phone behind). 22f; 20

Lack of energy and concentration when learning my lines for the amateur theatre play. 22f; 20

Dream: The former mayor of my local council (I was actually a member of the council there from 1995 to 2005) takes me on a tour of a 'high-rise' that is not quite finished yet. 22f; 21

Dream: 'See' some scenes from Puccini's opera 'Turandot' as in the opera (Puccini is actually my favourite opera composer). 22f; 21

Dream: Sexual penetration into a kind of 'bubble' (at three o'clock). 22f; 26

Dream: I see erotic scenes as in a Fellini film (at five o'clock). 22f; 26

Dream: "Gas explosion" right next to my head – I feel the shockwave, but nothing happens to me at all (at five o'clock). 22f; 27

In the morning after waking up, another vivid memory of the former mayor and my work on the local council. 22f; 28

In the evening at theatre rehearsal, major difficulties with the text due to a lack of concentration and apparently poorer memory; I stood out negatively during some rehearsals because of this. 22f; 28

Dream: In a game of chess (I have been chairman of the Vienna Doctors' Chess Club for many years), a black rook attacks the white queen – but I cannot see how the game continues; I have no recollection of the feeling. 22f; 29

Dream: I see an artificial, robot-like woman whose joints consist of metal parts (like artificial joints); her ankle joints in particular move as if on rollers and as if remote-controlled. 22f; 30

KPL: The subject continues to observe until the 38th day. No further symptoms occur. The fact that physical symptoms are initially in the foreground, followed by dream messages, must surely mean something?!

Examiner 25f

During the pre-observation week, the subject records familiar symptoms such as a blocked nose, neck pain and night sweats. On the day of administration, the picture changes. Minutes after the first dose, she notes nausea rising from the stomach to the throat, belching, then a headache above the eyes, a dull, pressing pain; an hour later, vertigo and ringing in the ears join the symptoms. A few minutes after the second dose, nausea, belching and flatulence return; the same occurs after the third dose at 10 pm, with a dull pain above the eyes. Sleep is restless and superficial, with a feeling of cold and many dreams she cannot recall 25f; 1

The next morning, the same reaction after taking the dose: nausea rising from the stomach up to the throat, with nausea, belching, flatulence and, this time, an urge to defecate; then the pressing headache again 25f; 2

After the midday dose, nausea and the urge to vomit return, accompanied by stomach pain (constricting, pulling), < sitting and bending over, as well as pressure and movement; > lying stretched out; with a pale complexion. 25f; 2

In addition, a headache above the eyes; “very irritable, nerves on edge, overreactions”.

Nausea and stomach pain even after the evening dose, now the sixth in total. 25f; 2

Nausea at night as well; almost to the point of vomiting; as if the oesophagus were moving upwards; drinking <, likewise lying on the stomach; > lying on the side; sleep is light and restless.

Dream: As a child, I am playing with Barbie dolls and toy cars. 25f; 2 The following day, the subject takes the remedy again, but only twice. For the symptoms are similar: nausea, which is now significantly worsened by drinking, as well as by eating; accompanied by belching with a white-coated tongue; vertigo and headache above the eyes again; after the last dose at lunchtime, also a sharp stomach pain with frequent urge to defecate; the stool is grey-brown and unformed. Once again, the many dreams of a restless sleep are not remembered. 25f; 3

The following day, the subject stops taking the remedy. Nevertheless, at the same time, nausea and stomach pain occur, accompanied by a bowel movement, all as described above; a dull sensation in the head is added, “as if foggy, hazy, scattered; thoughts cannot be organised; headache above the eyes; fresh air does not help; the tongue as described; now irritable for the first time. 25f; 4 The symptoms persist for a week after taking the remedy and are replaced by mouth ulcers on the inside of the lower lip and a cold sore on the upper lip – a familiar complaint.

During this week, the subject recalls a dream, for the first and last time during her trial. It is so unusual that it would later become the key dream for Jane Tara Cicchetti’s understanding of the remedy:

Dream: I was bitten in the heart by a black dog. 25f; 6 The supervisor noted: A black dog killed her and tore out her heart.

Examiner 44

At around 11 o'clock, I notice that I can't make out the writing. The letters are blurring. If I hold the page further away, it's fine again. (Long-sightedness?) If I really try hard, I can focus on close-up objects again. After an hour and a half, everything is back to normal. It's slightly different when driving: only slightly, but I notice things that come into my field of vision more keenly, pay them more attention, and linger on them longer, as if I were driving under the influence. 44; 1

I'm very tired. The cat woke me up. I'm grumpy. Out of sheer annoyance, I've forgotten the dream. It wasn't that important anyway. From 11 pm to 5.30 am I slept like a log, but I feel exhausted. I'm getting really annoyed with my daughter. She's driving me up the wall. (A little later:) Carefree! I could really indulge myself. I feel so good. Later, I'll sing Christmas carols with my daughter. I'm so glad I have her and I'm enjoying the time with her. 44; 2

Dream: A former colleague clearly thinks my work shoes aren't smart enough. I walk into the surgery and see three pairs of gorgeous shoes on the treatment couch. They've got high heels, though, so they're not suitable for work. I try them on anyway. They look brilliant. But they're not comfortable. I thank her, but give the shoes back. Trying them on has put me behind schedule, though, which annoys me. Now I'm stressed. 44; 3

Dream: I'm teaching. Everything's going well. Then Hermann Maier comes in and takes over the lesson. Everyone likes it, including me. I stand to the side and listen. However, the next time I'm in this class, everyone's grumbling. Some are even completely out of control and no longer recognise my authority. 44; 3

Dream: It then emerges from me like a bubble located in my upper abdomen. It fills my upper abdomen and moves towards my chest. There, it pops (bubbles) out of my body. Bubble! It's bigger than a football. I watch this unfold in amazement, letting it happen; it feels pleasant. I feel relieved. 44; 3

After getting up, my eyelids are swollen. I'm feeling rather grumpy. It's not until around 9.30, after coffee and breakfast and an hour after taking the globules, that my mood improves. But now it's a massive improvement. Today, too, I'm in high spirits again. (Later, I'm "annoyed"; she had the same swelling of the eyelids 15 years ago at Lake Titicaca.) 44; 4

At 9:00, I notice this deterioration in vision again. This time it's severe once more. It lasts for an hour this time too. Then everything is back to normal. I notice it more at work because I'm reading more. 44; 7

I've been feeling annoyed all morning. My daughter is dawdling endlessly. I can hardly stand it. She can be very difficult at times. Especially today, because I know I'm not properly prepared. I try to stay calm, but I can't manage it. She's being particularly bad today. When she starts being cheeky as well, I lose my temper and give her a slap. I was so furious, I couldn't control myself. I completely lost it. 44; 8

The next two days 'euphoric'; regret that this is no longer the case on the 11th day.

I don't fancy beer today (she's been drinking it the last few days, which was unusual for her). Instead, I've been drinking a lot of milk the last few days. I don't usually do that. 44; 12

I've also noticed today that my feet smell. I never get sweaty feet, but now I realise this was actually on Tuesday. That was when I had an argument with my husband, who claimed my feet smelled. But they've never smelled before, so I was angry. Yet they really did smell. I've only just realised that. 44; 8-13+

My period still hasn't come. I'm feeling completely exhausted and worn out again today. It's all too much for me. The weekend was too short. I need much more rest. The day was filled with work from morning till night again, and I've wasted my short lunch break. In the afternoon, I'm really grumpy with my daughter again. I love her to bits, but she also gets on my nerves so much. As long as I'm there for her, everything's fine, but when I need my space, she doesn't respect that. That's what's making me so angry at the moment. It used to annoy me before too, but not as much. Not so emotionally.

The stomach pain is still severe; it's more likely the oesophagus. At times, it's difficult to swallow food (KPL: initially, the symptoms were marked as 'known'; at least in terms of their persistence, they aren't). 44; 14

Another busy day, stretching into the evening. In the evening, I enjoy sitting with my husband for a short while and having a glass of wine. I don't fancy beer anymore. But even with wine, I feel it makes my heartburn worse. I don't really mind, though. I eat very little, only in the evening when I have time. The food keeps getting stuck. It's a cramp-like pain until the food goes down. 44; 15

(KPL: When my period finally arrives, the tiredness improves temporarily, but not the stomach problem.) I still have this heartburn. I'm drinking lots of tea now, but it doesn't help. I'm hungry and tend to snack more. Especially with rice and meat (dry), the food always gets stuck in my throat. 44; 16

I'm still so tired. The alarm clock jolted me awake. I dreamt that I'd made a new medicine. All I had to do was mix two old ones together. It was brilliant. 44; 17

The record breaks off here, without the symptoms having improved.

Examiner 66

During the pre-observation week: a cold, a cough, neck pain. These symptoms persist at the start of taking the remedy and continue beyond that. Some symptoms during the period of taking the remedy are out of the ordinary; they are new.

It is too hot under the duvet; when uncovered, it becomes cold, but there is a warm sensation in the head. 66; 2

Woke up with a headache, dull, affecting the whole head; it stopped on its own after an hour. 66; 2

Similar the next day: Woke up with a headache, a dull ache throughout the head, better when lying down, worse when getting up, a feeling of pressure in the head; it is too hot under the duvet, but when uncovered it feels cold, yet there is a warm sensation in the head, an unpleasant warm sensation in the head even after getting up; abdominal pain, just below the ribs

, a pulling pain, starting in the morning, subsiding in the late afternoon, later only pressure pain. 66; 3

Approx. 15 minutes after taking the remedy in the evening, a hot sensation in the head, sweat on the forehead. 66; 3

KPL: It is remarkable how remedy reactions superimpose themselves on an existing picture of symptoms. One rarely gets to see this, because the subjects are usually healthy when they start taking the remedy. It was probably a misunderstanding that led us to this realisation.

Tester 77

Before starting: neck pain from shovelling snow, otherwise no notes. It starts immediately after taking the remedy: twenty minutes after the first dose, blisters (like mouth ulcers) on the hard palate on the right, painless. 77; 1

My partner says I'm much happier than usual! I laugh more freely! Very cheerful and full of energy; tasks to be done are easier to manage; I'm more relaxed when things don't go to plan; time passes slowly. 77; 2-3

Intense thirst for ice-cold drinks around 6 pm (also yesterday) 7; 3-5 (in the middle of winter)

Bowel movements less frequent than usual, without urgency, without discomfort. 77; 5 Following the onset of a cold with a strongly burning discharge, then a blister under the nose caused by blowing the nose 77; 8 – familiar symptoms – the record ends here. A pity, as it started so promisingly.

Examiner 88

The subject was on a health cure, which may have affected the symptoms (thermal water, treatments). Clear symptoms were: 20:00 belching with the taste of the evening meal. 88; 1

11:00 Sweating from head to toe with a pale face, followed by a feeling of weakness and listlessness. 19:00 After 15 minutes of cycling, profuse sweating, odourless, with a red face. 88; 2 Briefly blurred vision once in the morning and once after lunch (as if looking through clear water), immediately gone after closing and reopening the eyes or rubbing them. 88; 3 Noticeably fond of talking.

Dream 1: “I walk past various figures – bodies – the last one, with dark skin and a powerful build, has been ‘beheaded’, but its face is slanted between the upper and lower jaw – lower on the left than on the right, looks like a ‘plastic mask’ – I think: that’s not possible – but is it a dream? A half-dream? Actually creepy, but it isn’t; rather ridiculous, sarcastic.

Dream 2: I’m walking or strolling leisurely along the beach, on the sand – there’s no water in sight. Suddenly, my head bumps into something – they’re the legs of hanged people, pale, delicate legs in black brogues (like ballerina shoes); I look up: “Doll’s body”, I think: “that’s David” (my second son) – without fear, because it can’t be him, he’s wearing women’s shoes. Body = blurred head – nothing recognisable – like a doll with a skin-coloured cloth draped over it. I form a picture in my mind, wake up, think: dream globules? – Write it down. I’m always relaxed, no night sweats, I find myself smiling; despite the ‘half-dreams’, I feel well-rested, refreshed – I’ve slept well. I haven’t remembered a single dream in the last 15–20 years, except for once!

Bought a striking amount at the Christmas market, more than I intended; spent a lot of money on family and friends. 88; 8

Spending more money again (a present for my son). I’m usually very thrifty! 88; 9

II.b, c, d – Further AMSE and triturations, evaluated by Susanne Diez

The following are the trials evaluated by Susanne Diez (SD). Under II.b, first the records of an AMSE and a trituration trial, both conducted by her between August and November 2011. The C30 was to be taken over five days: once on the first day, twice on the second, and three times daily from the third to the fifth day, or until symptoms appeared. The support provided to the subjects during the trials consisted of almost daily telephone contact.

In addition, SD evaluated the records of an AMSE that had been initiated in Germany (D) by Karin Bandelin (II.c).

The initial trituration Christina Aris (CA) is also available here in SD's evaluation (II.d).

You can read more about the trial procedures **from page ... in Chapter VI**, the protocol for the Pele's Hair project.

Key, with examples:

“18/C4”: Potentisation trial, tester 18 during potentisation to stage C4

“29.1, VS/ E2–E3”: Ingestion trial; subject 29.1, altered symptom, ingestion days two and three

“NB3”: Third day of the follow-up period

“NS” stands for a new symptom, “HS” for a healing symptom and “AS” for an old symptom – which is only recorded if there is a significant change.

* indicates that the testers were aware of the remedy at this stage of trituration.

II.b – AMSE and trituration by Susanne Diez

Subject 16

Dosage C30: E1 1 x, E2 2 x, E3–E4 3 x daily, E5 2 x daily

I stripped naked before lunch because I had this strange feeling: I was sooo hot, I just wanted to ‘take off’ the outermost layer of my skin (2–3 cm). I just want it gone. Alongside the feeling of being ‘hot’, I also had this tingling, nervous sensation, as if I had to take my clothes off immediately, otherwise I wouldn't be able to stand it. (E2)

“I just want to strip off the outer layer of my body!” “As it was getting more and more unpleasant, I decided to skip the third dose that day. By the evening, this strange sensation had completely disappeared.” (E5)

Dream: The junior master baker at one of our local bakeries was helping me cover stacks of wood (or something similar – I couldn't quite make it out) in a large, very bright warehouse. A warehouse like that doesn't actually exist, because the ceiling must have been made almost entirely of a translucent material (most likely a thick, pale yellow plastic, like the sort used in polytunnels!). It was so bright, and there was no artificial light.

We also covered these piles of wood (?) with carpets. There was a large, grumpy warehouse worker there who helped us. We were in a hurry because a thunderstorm was on its way. (E2)

Dream: A completely bizarre dream. The ‘theme’ of this dream was ‘Champagne’ – the colour! All the dresses, the jewellery, the accessories – everything was in this distinctive cream shade. The setting was a sort of modelling competition like the ones on TV (Deutschland sucht den Superstar, Germany’s Next Top Model, Österreich sucht weiß der Geier wen, etc.). I know of such programmes from hearsay. The dresses shown on this catwalk were breathtakingly beautiful, all the creations in the same shade, as was the ambience. What struck me most about this dream was that, right down to the glass bead jewellery and the hairstyles, I could see everything clearly in my mind’s eye when I woke up – and still can today. It was a pleasant, highly visual delight. I still have to smile today when I think of this dream. One participant in particular still stands out in my memory: ear-length, dark brown hair, lying flat against her head, swept diagonally across her forehead and temple on one side; beautiful glass bead jewellery further adorned the whole look. The dress was knee-length. Unconventional! (E3)

Pain, from the neck to between the shoulder blades, dull, then shooting sharply “like lumbago”, “as if someone were stabbing me with a red-hot needle or a knife”, also “as if blocked – I want to move but I can’t”, in the morning, first on the left (NB1) then on the right (NB2), < reaching forward quickly, sudden jerky movements, pressure; > warmth; stiff “as if I’d swallowed a stick”; after cold air, damp cold (suddenly in the evening after a hot day); AS, but very severe “when it gets worse, I could be admitted to a psychiatric ward”; NB1–NB5

“My mood was a mixture of irritable, angry, desperate, hopeless, but the overriding thought was really just one: Oh God, what will I do if this gets even a little worse... dejected and afraid of what will happen next. This grumpiness (anger) at the world, at life, at everyone! (NB1–NB3) ... The accident in 2000 happened when I was burnt out: ...when I

When I should be resting, I throw myself into activity... we drove to visit a sick child and I wasn't wearing a seatbelt... children, little children... to this day, I don't know how I survived that... it acts as a brake, a way to slow things down in a situation of overload...

In August 2008, when I also had such a bout of lumbago, I was registered for an exam to complete my training, an extremely stressful situation... at that time, autumn and damp cold were added as triggers; moreover, I was doing a lot of heavy physical work, carrying a lot of things during a move. The pain this time was worse than the last time. At first I thought I'd slept in a bad position during the night, but then it got really bad, absolutely exasperating." (Supervision note: The participant did not get in touch and was unreachable for two days)... but:

"The logical consequence was to persevere."

Knee: "as if blocked" ... you want to move it and you can't, like in the neck and shoulder area... it's blocked, but there's no obstacle to overcome... "dull and blocked" ... there's something there, nothing major, but you want to shift it and then let it be... like a fist inside... it's like a black cloud, like a swarm of flies, little black flies... there's something there, no compact shape, not a specific point but dull in the sense of formless... dull in the sense of being blocked...

Dream: Amusing dream sequences of rowers rowing in a precise line in a canal. Next to the water were cuboid-like structures labelled 'parents'; the rest of the dream was also labelled with English words. Strange that I saw the whole thing from a bird's-eye view. (NB2)

Dream: I was out walking with a group, using walking poles in the snow. Suddenly we found ourselves in a school and I saw two doors leading to cupboard-sized 'dwellings' belonging to two young men. We chatted briefly with them and then wanted to continue through a glass door and down a long corridor (it was a school, after all), which was bordered on one side by a glass front facing outwards. Through this glass, we saw a misty meadow with a large lake adjacent to it – similar to the weather panorama images shown on ORF2 early

from the camera in Podersdorf. The strange thing about the dream was that I could remember the name tags and even a name (I rarely dream with such precision and detail). Mr Daschw... and Mr Fröhlich. (NB2)

My older son (aged 5) wet the bed and told me this morning that he'd had a bad dream and that's why he'd wet the bed. It occurred to me that, during the exam period, he'd had one of those 'crazy' moments, which is completely out of character for him. For half an hour, he wanted to build a Lego car. It didn't work the way he wanted it to. He screamed, shouted and whinged about why it wasn't working, was on the verge of tears, and then started shouting at his toy again. After half an hour, he was able to explain to me what he'd been trying to build and why it hadn't worked.

My younger son went through a difficult phase: every time he woke up, whether in the morning or from his afternoon nap, he would immediately start crying bitterly and desperately. Things had actually finally calmed down a bit for us since Thursday afternoon. It coincided with the first few days of my neck pain.

Subject 17

Dosage: C30 once in the morning for two days, discontinued due to dizziness.

Dizziness in the head until around midday, not vertigo, hollow sensation, head feels detached from the eyes upwards. When turning the head, a feeling as if the brain matter is lagging behind the movement. Slight sweating all over the body. Sweet food helps, rest helps, distraction helps. At 12:00 the symptoms disappear. (E1, E2, E3)

In addition, focusing when looking into the distance is difficult, as with short-sightedness without glasses; I squint my eyes slightly. A soft feeling in the knees, some unsteadiness when walking. Eating sweet things helps, rest and standing still help. 11:30 symptoms disappear. (E2)

Theme of the days: self-confidence, will I be able to cope with the tasks of the future, do I want to take the step towards more responsibility, more creative freedom? No more dizziness in the NB. Instead, since then, I have been getting severe headaches on the first day of my period

The pain is intense, almost migraine-like; it radiates from the eyebrows across the crown of the head, is throbbing, and eases once the bleeding starts. I have become braver and more self-assured over the last few months.

Subject 18

Dosage regimen C30: E1 1x, E2 2x, E3 1x, E4–E5 3x each, E6 1x. During the course of treatment, everything came to a standstill. No decisions were possible: “It’s stalled”, “I have to wait”, “there’s nothing.” Her periods were late; she had to wait for them with great difficulty. Only after the standstill, after the waiting, does everything start moving again and flow. “A friend noticed how dismissive I was, curt, unwilling to discuss things. I thought I was no different from usual. I just don’t want to do that right now, I don’t have time, it’s just the way it is.” “I was no longer sensitive or compassionate. Others noticed that I kept harping on about something, couldn’t let things be, like constant nagging; I didn’t know why.” (E, NB) Images come to mind: a symmetrical figure, radiating outwards, a tube with a bubble. The sun, very bright. The womb? So many directions. Rays. (C4)

Subject 19

Dosage according to schedule: C30, E1 once, E2 twice, E3–E5 three times daily; believed she was taking a placebo during the treatment period; symptoms mainly in the lower abdomen.

At 10:25, sensation of a blocked ear on the left, as if there were cotton wool in the ear. (E2)

At 19:00, feeling of coming down with something; heaviness in the neck, pressure on the back > lay down and slept for an hour. In bed, noticeably warm hands (otherwise usually always feeling chilly all over). On the left big toe, a strange numb, furry sensation on the medial edge. (E5) Mood good, I am rather calm, understanding, quiet and balanced, full of energy, getting things done that I usually put off, such as window cleaning, quickly and with enthusiasm; as if I were doing a Christmas clean, everything very thoroughly. Toe is still feeling strange. (NB2)

Overstrained myself whilst cleaning, strained my back whilst lifting, since then pain in the middle of my back at the lumbar spine, never had that before,

< Sitting, standing, moving, > lying down. I'm feeling rather irritable at the moment, partly because I can't do anything but I'm bursting with energy; I've been working despite the pain, otherwise I could read for hours without having to do anything all the time.

I get worked up over trifles, get annoyed with my family; I'd prefer to be left in peace and not have to speak to anyone.

Didn't sleep well (NB5), couldn't find a comfortable sleeping position, kept moving about. > Lying on my stomach without a pillow, completely flat; back pain when getting up and making the first movement, until midday, as yesterday,

< on movement, bending forward; general improvement from midday

Very poor sleep, constantly awake, tired in the morning, back pain when bending forward. (NB5)

Dream: I was in a clothes shop with a friend and we were looking at clothes. Another friend came along and started provoking us, saying we couldn't afford the clothes anyway. I was absolutely furious, but I held my tongue. But she came back again and started provoking us and putting us down once more. Suddenly we were sitting opposite each other on the floor and I tapped her on the forehead three times with a clothes hanger. She suddenly collapsed and we called the emergency services. A helicopter was sent. I was terribly afraid that something terrible might happen because of the little thing I had done. I carried her in my arms and ran out of the shop towards the helicopter so as not to waste any time. She was conscious and moving, but not speaking. Finally, a doctor arrived and explained to me that she probably had a brain haemorrhage and he didn't know if she would recover. I was in a state of panic and felt an overwhelming sense of guilt. Afterwards, I woke up feeling dazed. (NB8)

Dream: I dream that I'm pregnant with twins. I think: I can't cope with that – I definitely don't want that! I wake up in a panic; after waking up, I wasn't sure if it was just a dream. Four

children would really be too much to handle. If I had twins, I might as well move in with Grandma.” (NB9)

12:30 Sneezing and runny nose; watery discharge from the nose, feeling of coldness in the body; 14:45 Feeling of warmth throughout the body, warm shivers; feeling unwell; 15:30 sneezing several times, nose hurts from constant blowing, sore under the nose; 16:10 sneezing has stopped; burning sensation on the upper lip, no more blowing (NB10); no more symptoms once her period started. (NB11)

Subject 21

Took the remedy according to the schedule; suspected she had taken the verum because she was ‘in an unusually good mood’ at the time of taking it, even though she had no other symptoms. (Note from the trial supervisor: I was so struck by the subject’s almost overexcited mood in E1–E3 that I thought we might be testing a drug). In fact, she was testing the placebo.

Image during trituration: I am under chestnut trees; the ripe chestnuts lie on the ground among the leaves; thoughts of childhood, of the little chestnut men we used to make and put up everywhere. An autumnal meadow glows in shades of gold in the evening sun; dusk is falling quickly. Deer come out of the woods to graze – a peaceful atmosphere; why can’t it be like this everywhere in the world? Why do people destroy this beautiful world with their lust for power? It could be beautiful and peaceful for everyone. I get really angry at this thought. (C3)

Image: A bay by the sea; inside a large shell I can hear the sound of the waves; the sky is overcast, the atmosphere rather gloomy; I stumble along a path high up above the cliffs, whilst below the sea roars. Deep black clouds hang over the sea; the wind suddenly stops – unsettling; the calm before the storm? First flashes of lightning, it grows very dark, a queasy feeling being up there all alone, nowhere near to take shelter. The lightning grows ever more violent, loud rumbling of thunder, the rain lashing my face; I don’t know which way to go to get to safety; fear rises – then a ray of sunshine breaks through the clouds and the danger seems averted. (C4)

Image: I am in a hut with a large window; outside, a snow-covered landscape; the snow glitters in the low sun. Brightness, white-blue flashes of lightning like rays; sensation: light, floating; a slight scratchy feeling in the throat with a tickle to cough. Bright turquoise light, like a glacial lake. Colours: golden yellow, rust red – autumn colours. (C5)

Subject 22

Took C30, E1 once, E2 twice, E3–E4 three times daily for four days; then discontinued due to headaches and peculiar cold symptoms.

Particularly notable were symptoms that reappeared later during the trituration process (and which, in some cases, only became clearly identifiable as trial symptoms as a result, note): Rapid heartbeat, symptoms as if a cold were suddenly coming on but which did not develop, with a heightened sense of smell, headaches that felt different from usual (dull pressure, throbbing, from the forehead to the temples). More tired than usual. In the follow-up note, the decision to move out of the flat was carried out:

“I was surprised that I went through with the move so quickly. It was a decision: I’m doing it now – it happened in a flash, I just went ahead and did it.” (NB)

Dream: Received three hearts from Günter because I warned him about gangsters. With a specific reason for each one.

Dream: Attended an event. The former ballroom was now empty, freshly renovated. I spoke to a woman I’d met there before.

Dream: Hainburg and the banks of the Danube again. (E3)

Comment: Hainburg on the banks of the Danube as a place of power, a place of energy, shamanic rituals (even whilst triturating, Hainburg comes to mind again as a shamanic place of power, like the preparation of ancient remedies, older than homeopathy)

Heart palpitations, rather emotional, for no reason, ears briefly blocked, memory of Pernegg (holotropic breathing) and the session a year ago, where I had an emotional breakdown with ‘I don’t want to go on any more’, coughing urge again. Dizziness, sensation that the body is spinning like a skittle placed on its tip around a central vertical axis, urge to cough, mild headache, urge to cough again. (C4)

Subject 23

Dosage C30: E1 1x, E2–E4 2x each, E3 1x

In the morning, when I look in the mirror, I feel completely alien to myself and find myself ugly; my eyes in particular seem aggressive, like a wild animal. (E1)

More selfish when driving; I don't care what others think; I have no problem if they have to wait behind me; usually I'm more considerate and think more of others than of myself, and carry on driving just so others have less trouble; this time I didn't do that and didn't feel guilty. (E2)

More uncompromising, tougher, more focused on my own advantage. I stick to my guns. (E3)

(Supervisor's note: The participant describes herself as more inconsiderate, more selfish and less sensitive than usual. However, I note in my log under E4 that she gave me loving, appreciative feedback on my work with the AMSE.)

I can concentrate well, keep a clear overview and don't get bogged down in details; I have plenty of energy; I'm not very sensitive, I can't feel the songs inside me when singing in the choir, and singing along doesn't give me any energy (though it usually does). Less warm-hearted than usual. (NB 6, over several weeks)

More self-assured, more matter-of-fact; I say things more directly, without thinking about what the other person might think or whether I might hurt them; I don't overthink things, but simply get on with it, doing my homework more effectively. (NB2)

At work: A highly emotional experience with a disruptive and humiliating customer; I'm emotionally shaken and annoyed. I can brush the incident aside, hardly dwell on it, and quickly put it out of my mind; I find it much easier to be the 'boss'. I go to buy wine with M. and hardly interrupt him; I can let him take the lead and hand over responsibility to him; I stay calmly in the background, but can still stand my ground and have my say; I state what I want more clearly and express myself more distinctly. (NB5)

We go to a party; I drank alcohol in the evening but was able to stick to my limits; more self-assured, didn't have to go along with others, was able to hold back, coped well with the alcohol. Cheerful and self-assured. (NB6)

Dream: a sombre atmosphere, a child's birthday party; a father and son are travelling by train in a smart, beautiful carriage panelled with wood. On another train is an old man; he is run-down, wearing old clothes, on a shabby, dirty train (like those in Third World countries). The father and son want to meet the old man because he is their grandfather. The grandfather is in a bad way; he is travelling on the train without a ticket because he has no money; he is nervous and cautious, and slips out of the train with his clothes tucked under his arm. Father and son are travelling in a private compartment; the father helps fill in postcards for the future; total luxury and silence, golden-brown wooden panelling. Father, son and grandfather meet on the luxury train; the grandfather is relieved and happy, they greet one another with kisses and hugs. (E2)

The mood was sad and oppressive, alone without my mother – something was missing, a sense of loss, family; upon reunion (part of the family) there was great joy, happiness and relief; the colour gold dominated the train compartment. Woke up very alert at seven o'clock after the dream, despite having had little sleep, then fell asleep again, afterwards 'completely exhausted' and almost unable to get up, with a throbbing headache at the back of the head (AS, but very severe) – sensation: sluggish, dull, depressed, thinking as if paralysed, she couldn't remember what she had wanted to buy.

Comment: "Gold" – on the one hand the oppressive feeling in the dream, on the other hand the golden, valuable. Contrasts: oppressive, oppressive/valuable; gold is valuable, but I don't need it, I don't wear any gold jewellery, it stands for the materialistic, wealthy world, which I don't usually like very much, but in the dream it was good, pleasant; down-to-earth; it wasn't terribly shiny... more of a dull, pleasant colour, a dark yellow, a dull, lustrous dark yellow, very pleasant; that was the mood: in a wealthy family, where everything fits; warmth in a golden cage. The absence of the mother: father and son were sad because of this. Mother: Born-

Kindness, caring for others, warmth, looking after the family with warmth – that’s what keeps the family together.

Dream: I was trimming the hair of a blonde woman; golden hair. (E3)

Comment: the blonde hair reminds me of the gold from yesterday’s dream. Trimming hair is beautifying; if you have a few longer strands and you trim them so that you have a round, beautiful face again. The blonde was also a shiny dark-yellow gold.

Craving for carbohydrates (pasta and bread). Less craving for chocolate. I’m less thirsty; I usually drink more.

The colour GOLD features prominently, also as ‘golden hair, like an angel’s’.

Less bloating and no feeling of swelling during menstruation. Menstruation stopping at night; first lighter, then heavy, dark with fragments of mucous membrane.

Dream: I go to the ‘higher-ups’ at Danube University in Krems and want to enrol in a course completely unprepared, but I have no idea what I want or what’s on offer; whilst registering, I realise that the course everyone is queuing up for and filling in forms for is intended solely as further training for nurses; I feel like a fool because everyone else has a clue, only I don’t; I realise it was a mistake to come here and that I don’t need a course at all; I couldn’t care less about the further training; instead, I go out and have a ‘fancy’ party with the others – it’s fun. (NB1)

Dream: I’m probably pregnant and mention it too soon at work; they quickly organise a new employee and I have to start training them, even though the pregnancy hasn’t been confirmed yet; I don’t know if maternity leave is possible, I’m worried and annoyed at my openness and honesty. (NB4)

“Overall, I was tougher, unyielding, selfish and uncompromising; I stuck to my guns without discussion, which made me calmer and more patient, and nothing could throw me off balance. I dealt with everything quickly: ‘Done, finished!’ I

I was more direct than usual; I didn't feel guilty about it. "I don't care about the other person now; I can't empathise, no empathy. It's something like 'non-feeling' – being unfeeling, insensitive, lacking sensation. Also joyless – almost as if dead. I was indifferent to the music too; it didn't move me." (up to 6 weeks NB)

"A very unpleasant symptom: dryness, left eye, lower eyelid reddened and dry, conjunctiva dry and therefore uncomfortably scratchy/itchy, < in warm and smoky rooms and with air conditioning; > outdoors, humid air. Rubbing the eye exacerbates the feeling of dryness. In doing so, thick, long yellowish strands can be pulled from the inner corners of the eyes." (Several weeks of NB, > only after Pulsatilla)

Subject 24

Dosage: C30, E1 once daily, E2 twice daily, E3–E4 three times daily; E5 discontinued after the morning dose due to back pain and feeling unwell.

Back pain: my lower back feels stiff, as if I were walking very upright; rigid and stiff in the lumbar region, as if I had a slab in my lower back restricting my movement; I want to get rid of the stiffness; I manage to do so. Everything improves with distraction. (E3, E4; AS, but strikingly severe – also in the NB)

Strong urge to pass stools in the morning, loose stools; only feel unwell from ten or eleven o'clock onwards. (E4)

Otherwise, the back pain is worst during heavy periods; now it's not pain, just stiffness, a tension in the back. Sensitivity to damp weather: I feel trapped when it rains and I can't do what I want.

"Nothing happens by chance" – since E2 I've been reading "Arme Haut" by Andrea Nießner: the main character moves to an area I know; he's a doctor, a homeopath; a strange story unfolds involving a cemetery, a bicycle, the Untersberg; he meets a dog again, one that had crashed and disappeared. It describes the path out of burnout, a path away from conventional medicine and into a different life, country life. This doctor had crashed, gone missing, was found, then disappeared from the intensive care unit where he was on a ventilator. – Back into the past—

Moving on, shedding the past like old skins, and becoming oneself: I, too, have left the hospital and am trying to get by without a job, but I'm torn... there's an ambivalence in these two stories; for me, the message is somehow this: I don't have to stay within the hospital system. For a long time afterwards, I couldn't let things rest at the hospital; I always had to probe, to be sarcastic, even towards the children..."

I cut my son's hair, his blond curls; I don't like doing it. (E)

Subject 25

Took the remedy according to schedule C30, E1 once, E2 twice, E3–E5 three times daily; thought she had symptoms in the first three days, then felt unsettled by the absence of symptoms on the fourth and fifth days of taking the remedy, a weekend. Were the symptoms more stress-related?

The most noticeable symptom occurred on the night following the last day of taking the medication: I went to bed around midnight, and at around 1.30 am I woke up from a deep sleep because I desperately needed to go to the toilet. My bladder felt as though it was about to burst. I hadn't drunk any more than usual before going to sleep. I also had a bowel movement, which never usually happens in the middle of the night.

My hunger and appetite were reduced in the first few days. I still craved chocolate. My mood wasn't good in the first five days after the AMSE. I was stubborn in arguments, couldn't seem to let things go, and nothing seemed to please me. My boyfriend says, though, that it wasn't any worse than usual. I dreamt every night.

It's striking that the symptoms mainly occurred during the first three days. On day 3, I suddenly felt very flu-like, completely drained, with dry mucous membranes – but then I suddenly felt fine again!

Dream: I have to pack clothes, but they won't all fit in the suitcase. (E3)

Dream of a large spider that I'm afraid of and that my boyfriend has to remove. (E3)

Dream: I'm going away with a colleague after work, but I didn't know we were going swimming; I'm disappointed that nobody told me and I haven't brought any swimwear with me. I'm taken to the station so I can go home, but the station is being renovated and I don't know my way around. Surprisingly, I don't feel stressed. (E4)

Dream: about clients undergoing substitution therapy. I keep getting the count of the capsules wrong and get confused with the calendar too. (E5)

A slight feeling of hunger (even though I'd eaten something shortly before), a slight queasiness in the stomach, a feeling as if my stomach is pulling inwards (around the navel), air in the stomach. Air keeps rising from my stomach up into my throat... I feel as if in a trance, as if I'm being controlled remotely, I still feel as if I'm being controlled remotely, as if behind a glass wall... The abdominal discomfort is improving, but air is still rising... I still feel as if I'm being controlled remotely, as if I'm 'not quite there'. (VC4)

Subject 26

C30 twice daily on the first and second days, and three times daily from the third to the fifth day. Apart from the AS stomach ache, no symptoms were reported, despite being asked in detail every day. Nor were any reported in the NB. (Comment: due to some pre-existing minor complaints and recent medication use (NSAIDs), it was questionable whether the subject should participate in the AMSE.) This subject was, alongside Subject 21, who tested the placebo, the only one who tested during a period that was calm and relaxed for her and was able to adjust well to the testing period.

Subject 27

For four days, she mistakenly did not follow the schedule: E1 1x, E2 3x, E3 1x and globules placed under the pillow at night (on the subject's own initiative), E4 2x. She finds the medicine tube on NB5 in her bed and feels like picking up the tube again and again and playing with it for another two days. She notes:

“Toy” and “addictive potential”.

I feel a deep energetic resonance with the remedy within me. The physical sensations are very strong. My right inner ear suddenly starts to tingle. Both feet and lower legs up to the knees feel damp and cold, as if in a swamp. Suddenly, audible bowel movements begin. My bowels are working intensely, more so on the left. I place my hands on my stomach with the tube. A strong heat radiates from my hands. I have the sensation that I could penetrate deep into my stomach. I feel a gentle warmth on my face. The heat in my hands persists: intense energisation, pulsing, glowing. It feels as though I am undergoing a healing session. Memories of Native American shamanic work and a longing for a deep connection to the earth's forces surface. A feeling of gliding through the cosmos. I take the medicine tube and wrap it around the waistband of my jogging bottoms; I want to continue feeling the effect. In the garden, I feel as though I am in a trance-like state, somehow unreal. The surroundings seem alien to me. In the cellar, I'm struck by strong smells: a perfume scent of sandalwood and the damp, stale cellar air. As I write this down, I feel intense heat in my head and inner ears again, as if I'd been on the mobile phone for too long.

The saying comes to mind: 'A cool head and warm feet make even the best doctor poor'. That doesn't apply at all to this remedy; quite the opposite, in fact. A gentle burning sensation in the head. Heat and fire in the stomach, as if in an oven. I perceive my feet as having a cool, bluish hue. (E1, E2)

Suddenly awoke at two o'clock in the morning. Felt a great burning heat, the size of a fist, in the stomach area (solar plexus). (E3)

Taking the remedy whilst walking: once again, an exaggerated sense of smell. The scent of a female hiker lingers in my nose long after she has disappeared from view. The impression that the forest does not want to absorb this artificial cloud of scent.

Severe flatulence during the day – ate too many dates. (E3)

After taking the remedy, heat in the head from within, also increased sexual desire, tingling in the hands.

These days I often notice a furry, white-coated tongue. (E4)

When I go to bed, it is 11 pm, but I cannot get to sleep. I get so hungry that at three o'clock I boil a soft-boiled egg and eat a few slices of bread. I read for another hour until I slowly start to feel tired and fall asleep around 4.30 am. (NB5, subject still had the medicine under her pillow)

Dream image: "Boss with a white hairnet and a brown strand of hair"; I was in the bathroom after waking up. When I look in the mirror, I clearly see myself in this dream image of the boss. (NB5)

I hold the tube in my fingers again and feel an intense, burning sensation in my third eye; both eyes are burning slightly too, but particularly the area between the eyes on my forehead. Then my bowels start to move, the palms of my hands are pulsating and tingling strongly. These intense energetic sensations can be felt throughout my whole body. (The effect of coffee is somewhat similar.)

Dream: There's a rock concert featuring Gianna Nannini. Flat cushions are laid out in front of the stage, as if for meditation. All around there are normal seats and standing areas. I'm there very early, before the concert starts. The singer herself is carefully arranging the cushions, thinking carefully about the exact positioning of each one. My childhood friends and two of my sister's teenage friends have also arrived so early. They immediately reserve a whole row for themselves. At first, I don't want to sit with them; it's too far forward for me. I'd rather be a bit further back. I think it over. I also feel like I'm missing out on something and ask a friend and my sister if I can still sit between them if it comes to it. I think the seat cushions are laid out generously and there's still plenty of space in between. Besides, once the concert starts, nobody sticks to this pre-arranged layout anymore.

My emotional state is all over the place. I feel fragile and overwhelmed. I feel as though my nervous system is on the brink of collapse and completely frayed. I'm worried about everything (work-related) and everyone in the family. I feel as though I'm not up to the task, that I won't manage it, that I'm incapable – a whole range of doubts and worries. In between, there's anger and finger-pointing.

A neighbour who popped round in the evening says I seem ‘dazed’. (NB8)

Dream: I am talking to an elderly woman. Her clear eyes are striking. There are shadows under her eyes. I can tell from her appearance that she has been through a difficult time. The woman tells me that she was clairvoyant, clairscient and clairaudient, and that this state was incredibly exhausting and demanding for her. The woman speaks of inner heat and burning out.

The emotional “state of emergency” from the previous day has left an after-effect this morning, with a feeling of lamentation and tearfulness. At work, I notice that my eyesight (near vision) is particularly poor this morning.

The working day is going extremely well and productively. The fog seems to be lifting; the challenges are becoming manageable and are taking on a more positive outlook again. (NB9)

Dream: I am at my parents’ house. We are having a big party. The tables for the guests are set up on the east and north sides of the house in the shape of a large L. I am sitting with my siblings on the north side, behind the house. At the same time, our neighbours – on the south side – are having a big garden party. They are celebrating a wedding. There is a lot of dancing. Long after midnight, there is still plenty going on. On closer inspection, only children are left. All the lights are off. The children are sitting on the floor playing cards. Our party is going on longer. There is no music or dancing. The guests are sitting and eating. They are dressed festively, in dark colours. It is well past midnight. I offer the guests some more cake and coffee. Contrary to expectations, everyone wants to eat. I cut the cake and cream slices into very small pieces, as it is already so late. I am sitting at the table with my family. My youngest sister is sitting diagonally opposite me. She tells us matter-of-factly that she is pregnant and will have the baby in the spring. We take note of this without much reaction.

Another dream sequence: I am walking around naked in my parents’ house. My body is tall and slender, like a teenager’s; my skin is tanned and glistening, as if oiled. I bump into my mother and notice that she is looking at me surreptitiously. (NB10)

Early dream: I am with a group of other young people on the new university campus (Humanities) in Salzburg. I plan to go back to university to do a Bachelor's degree. I ask another student what she intends to do. She says "OS", which in the dream means something like "undecided". She can decide at the end whether she wants to do a diploma or a teaching qualification. In an open basket there are keys and valuables. Mine are in there too. I'm standing a little further away, but I'm keeping a close eye on the basket. (NB11)

This period is characterised by intense emotional ups and downs. At times I feel completely overwhelmed by the work; sometimes I hit a deep slump, feeling as though everything is getting on top of me and that I no longer want to carry on working like this. My inner energetic sensation is one of heat and shakiness, as if I'd had too much coffee.

Work is going well again, and before I know it, I'm making plans with excessive enthusiasm. I feel as though I'm on a real rollercoaster ride and know that I need to take good care of myself.

I encounter extremes on other occasions too: my husband cooked Persian chicken with lots of saffron and barberry rice. I devoured the meal with incredible greed. Although I mainly eat a vegetarian diet, I polished off a whole chicken leg. Afterwards, I was so knackered that I had to lie down. Sadness: "A lot has come together recently; everything was very intense on various levels, with great intensity; many things were unfolding, I don't know... Ambivalence towards this remedy, the theme of polarity and extremes. This intensity is only now, two months after the remedy, slowly dissipating, and I'm regaining my footing."

"I felt unbalanced, had to think about stressful things and old experiences that I'd like to let go of. I have become strongly connected to the theme of 'acceptance' and through this I am regaining my energy; letting go or accepting – 'letting go' feels as though I am leaking energy in the process; the remedy has put me in an unstable state – burnout aspects, depression as a family theme, the anchoring

to the earth was lifted. It has to do with polarity and extremes; when writing the NB (addendum after two months), I also used the word 'Venenum' (poison) instead of 'Verum'. The sudden, extreme craving for meat, which I devoured greedily, or the suddenly extremely heightened sense of smell, as well as the need to fiddle with the remedy, which I suddenly find in my bed again, and the phrase 'addictive potential'.

Overall impression: "As if the remedy stirs something energetically deep within, inner heat, all the chakras are more active, increased sensual pleasure, everything tingles, vibrates – like a mild coffee effect, a strong sensation that is, however, difficult to put into words. The symbol of fire emerges, fire, simply burning."

After completing the NB, the subject felt a strong urge to burn her notes and the remaining globules of the remedy. (NB)

29.1 and 29.2 took from the same tube. They knew neither the nature of the remedy nor whether it was verum or placebo.

Subject 29.1, husband of the supervisor (29.2), taken 3 times daily for 3 days.

A great deal of stress at work, which he copes with very well on the one hand, but on the other hand he notices increased irritability. Situations in which he feels aggressive, but is able to control the aggression. He scratches the skin next to his thumbnails, almost auto-aggressively, more intensely every day until it bleeds and large wounds form (VB, E1–NB5); fluctuating mood, in which being alone is experienced as unpleasant on the one hand, then again as a pleasant sense of freedom.

Dream: something to do with a boat; are we getting in or not? Who is getting in? Waiting. Indecision. (E2)

Everything is covered in a layer of ice: all the trees, all the leaves on the ground, all the paths, all the cars. A visible stillness. Time, too, seems to have stood still. No, not quite, for it is getting darker.

Colourful children's drawings, featuring an Easter bunny. A sense of joy whilst drawing with coloured pencils. Which colours go together? Yellow and purple, green and red – the colour scheme in the classroom. The result is an exhilarating feeling of being in the present moment.

I hear laughter; it unsettles me. I have obviously laughed too little. What can I laugh at? Have I ever felt happy through laughter? (VC4)

Dream (based on C4): A frog eats a tiny little rabbit, and it gets stuck in its throat. This creates an unsolvable problem.

Dream (after C4): A car loses the load secured to its roof on a bend. I try in vain to run after the car.

Subject 29.2

AMSE supervisor and investigator. Dosage: Twice daily for two days, 21–22 September 2011

Once the last participant had completed her homeopathic treatment, I felt like taking the remedy myself (which is not unusual) and connecting with her in this way as well. Prior to this, a curious coincidence had occurred, as I took part in a five-day meeting with homeopathic colleagues precisely during the period of most intensive care for my subjects, at which ‘red phosphorus’ was tested, triturated and experienced during a shamanic journey. Although I had not actually intended to take part in the testing, as I was feeling the influence of the AMSE remedy more as a mixture of work pressure and, at the same time, clear, competent working energy with which I could work well and productively, albeit with a tendency towards irritability, I naturally found myself drawn into the field of this testing as well, and so, in addition to the trituration and the shamanic journey, I took red phosphorus in C30 once. Shortly before leaving for this meeting (even before the conscious phosphorus trial), I experienced a massive outburst of anger for a completely trivial and, in hindsight, utterly incomprehensible reason – something I am familiar with in principle, but which happens extremely rarely – and when it does, it is always for a recognisable reason. What is particularly intriguing is that I had previously experienced a similarly intense outburst of rage shortly after taking Phosphorus 1M, as well as following a multi-stage trituration of a sulphur crust from Iceland.

I also had the impression that every time I immersed myself in AMSE – as well as during the two days of intake and for a few days afterwards – the pressure of work seemed to increase immensely, right up to

the limits of my capacity. I experienced a strong sense of ‘reaching my absolute limit’, accompanied by heightened alertness and perceptiveness, but also an inner warning not to overdo it. The fact that I was unable to reach two of the participants at a time when they were struggling, despite several attempts, troubled me more than usual during those days. It was also striking that, whilst looking after the participants, I constantly got the dates wrong and mixed up the days, which is something I’ve never experienced before.

Whilst taking it, I had the impression I was taking a placebo, because overall I experienced ‘too much and too intensely’ – a sense of emotional confusion, yet clarity in my work. In hindsight, this chaos cleared up – a pattern that also often applied when developing the AMSE.

Semi-lucid dreams, 1.30 am and towards morning – I’m not sure whether I’m really dreaming or fantasising in a half-sleep; few fragments of the dream remain, not as images but as sentences, like reflections: “falling through layers of the past”, “restrictions and limitations caused by over-constructing.” (E2)

What remains is a fragment of a dream-like image: one of my patients comes in with her teenage son, who had ADHD (note: this is not real). During the consultation, this son behaves completely ‘out of line’, living in a world of his own, feeling completely misunderstood. I manage to establish a cautious connection with him by telling him that I could tell he felt misunderstood. (E2)

Hot flushes accompanied by sweating, particularly on the face, followed by a noticeable cooling-off. The image of a magnet – iron filings aligning themselves. Bending, curving, straightening, direction, alignment, clarification, signposts. This is not about grand emotions or hysterical drama; now we’re speaking plainly. Decision. Simple and clear, sober, direct, straightforward. Wire mesh, a clear crystal lattice, order and system. Doing what needs to be done, without dithering, without fuss. Heat. It has a lot to do with structure, bringing order to chaos. The power of clarity. I feel alert with a clear head. Heat in the face. (VC3)

Structure, loss of structure; I lie, I fly, I gain/lose my balance.

A ripe ear of corn, its head bowing to the ground and tears dripping from it onto the earth. Losing and finding one's balance. A sugar cane field in Cuba.

Toiling away (hard labour!) until exhaustion. Factory workers, caught up in endlessly repetitive processes. A horse harnessed to a yoke. Hardship.

I am now sitting at the driver's seat, but the horse refuses to move; it holds its head bowed, sad and weary. I do not know where we are going. No destination.

A Southern atmosphere. Slave labour. Endlessly vast, golden-yellow cornfields in the scorching heat, an oppressive atmosphere.

I sit in the carriage wearing a cowboy hat and let my gaze wander over the deserted landscape. Where are we to go? Before me, an endless straight road with no destination. We slowly set off. The hooves clatter. I sit hunched and stooped as if after years of hard labour; the hat slips from my head and the sun beats down relentlessly on my skull. I am an old man, with thinning hair, unshaven.

Blinding sunlight, almost unbearable. But in the background, in the distance, a dark wall is looming – a menacing wall of clouds. It's eerie, like the calm before a heavy storm; gusts of wind are picking up. The horse is now trotting faster. There's nowhere to take shelter. The horse breaks into a fast trot; we're travelling faster and faster, my hair flying in the wind. I am no longer sitting in a carriage, but on the horse's back. We are flying; it is a wild ride. I feel tension, fear; it has to do with great power and force. Acceleration. Where is this journey, this flight, taking us? As if we were taking off, we fly straight into the cloud storm, as if into a tornado, as if into the eye of a hurricane. Leaves are flying, ears of corn are whirling through the air, everything is flying; it is an eerie force. I sit upright on the horse's back and marvel at it. The horse is now a young black stallion, and we are truly flying now, high into the towering, billowing clouds. With great force

. The horseman of the Apocalypse. Beneath us, a violent tropical downpour falls upon the earth and everything there sinks into the mud.

Elias's Sun Chariot suddenly appears, and the atmosphere immediately calms. The black stallion collapses beneath me and plummets straight down to the ground. Dead to dead. Several arms—I cannot see who they belong to—pull me gently into the Sun Chariot. It is so bright that I cannot see clearly. A sigh of relief. It is light and peaceful.

We continue our peaceful flight and land in the Baroque fresco of a church dome (Hafnerberg). But Elijah's sun chariot doesn't belong there either. So the dome opens and the chariot flies upwards again, towards the heavens. I cannot—or am not allowed to—go with it, so I remain sitting outside on top of the dome, right next to the cross on the dome. But it's not a comfortable spot up there either, so I climb down and walk into the forest, to the Celtic place of power, to the large stone. I rest. It is a quiet, sunny autumn day, cool but not yet cold.

“I can lead to borderline situations, and I can lead you into borderline situations. I can put a stop to things and I can speed them up. I can kill and give life. Scales. Balancing. Balance is a fine line, a borderline, a dividing line.” The magical line of transition from one to the other.

“I take away your reason so that you may open yourself to the wisdom of the dream.”

I find myself back in the Southern landscape. It is a dark night. All around me, everything is exhausted, weary and chaotic, as if after a massive battle. Dead silence.

But suddenly, in the middle of the black sky, there is a very bright hole. Yellow, red and golden colours glisten within it, like in a kitsch sunset – or is it a sunrise? The sun is about to appear within it – diamond light. Now the dazzling light appears and I have to turn away, look down at the ground. Strands of light, like delicate golden threads, fall from the glittering hole of light in the dazzling firmament to the ground. ‘Wormhole’ comes to mind. I feel a mixture of fear, awe and curiosity. I try to grasp some of these golden threads, but they are made of pure light, translucent,

delicate, intangible, and yet I now wrap myself in some of these threads. It is like a tingling nettle dress, invigorating; it does not burn me. I glow in the dress of light, I dance and rejoice, I am now completely light.

What are you doing to me, unknown healing entity? “I am showing you your next life in a dream.” I can now see the destruction all around me. As if after a fire or a war. Everything is blackened, covered in soot, and smells of ash and burnt matter. Total loneliness. Not a soul, not a living thing is anywhere near. As if I were the last person left.

I walk across a field of burnt stubble, still wrapped in, clothed by, these strands of light. Like a tiny fiery ball rolling across the site of the fire. Indecision. No idea what I’m supposed to do here. Wait? I feel nothing. I simply look at this scene, as it were, from the inside. I perceive only the smell: of burnt things and of very, very bright light – like ozone. I realise that I can roll across the ground and feel the cold, damp stubble pricking my skin. This brings me back to an unpleasant physical state: wet, cold, almost naked, vulnerable – and I realise that I am all alone. All alone and helpless as a child. At a loss. There is nothing here to show the way in this wasteland. Now the threads of light have vanished too, and the sky is grey as on a gloomy, overcast day. I am cold. I am a baby sitting on the ground, in the middle of the wet, burnt (maize) field, clad only in a nappy.

Quo vadis, domine? I hear a soft singing in the distance, like a girls’ choir. Music of the spheres? Suddenly, a gentle warmth surrounds me, a soft glow, and a figure I cannot see wraps me in soft, warm, fragrant cloths. I close my eyes. The pause between exhaling and inhaling. I could ask, but I do not ask. I simply feel myself relaxing and my child’s body growing completely limp. It is good. I know I have arrived; I do not need to know where.

Behind my closed eyelids I see a light, a delicate red, like the glow of an embryo. The earth’s translucent flesh.

‘Translucency’ – no idea what that means.

I carry the heart of all things within me, and a great grace makes it shine. When the time comes, I shall see that all is light. We are condensed light. (VC4)

Almost immediately, violent crying wells up, several times, in waves, without any sense of sadness; a sensation of opening and expanding, as if something were blossoming deep within the heart. A tickling sensation in the throat. The crying rises again immediately, turning into violent retching, several times, rising in powerful waves, into the throat, into the mouth, as if I had to vomit from the depths like a torrent, as if from a funnel (I have to suppress it, otherwise I would probably have actually vomited). Belching (empty), spasmodic upwards, swelling up. I really have to fight against this strong sensation pushing upwards. Then I slip up with my words, saying “it’s time to rub” instead of “time to scrape”. Then suddenly a laugh rises within me, more like a muscular reflex, rising from deep within. In hindsight, I find it funny that I now have to rub very quickly and vigorously, with a lot of pressure (I must!). I already had to scrape vigorously, now it’s getting even faster and more intense. Hop, hop, hop, little horse, run at a gallop! I’m getting faster and more vigorous and have to turn the bowl with my left hand as if in a frenzy, have to laugh again, it’s absurd, funny, then suddenly the sensation as if I had to vomit a large bubble, filled with liquid stomach contents, into the bowl in a torrent. Heartburn. The rubbing sound from the others sounds like loud singing, like from a large singing bowl; funny, it’s never been that loud before. A strong urge to cough.

Exhaustion. A violent yawn. I need to stretch and stretch out; it’s like being in a body therapy session. As if layers within my body are shifting against one another, releasing blockages, setting the whole system in motion. A tickle in my throat, a rumbling in my stomach. I notice that I’m moving clumsily and somewhat erratically, “I move against the planes within me”.

“As if a foreign god / commanded me to be silent.” The song sings within me: “Farewell for the night / now the end is drawn / that I must depart”, I walk / leap swiftly along a forest path in the subtropics (in Hawaii), like a child skipping ... there ahead is a

line, I must leap over it – beyond this line lies free fall. (VC5)

At night after C5: pain, burning, then as if raw, very severe, so much so that I couldn't sleep because of the pain; starting from the right ischial tuberosity, it extended along the inferior ramus of the pubic bone – for about an hour, then suddenly stopped, and I was able to fall asleep again.

Subject 31

Feeling of needing to swallow: it doesn't work. Images of a forest, a dark forest, thoughts about my lack of symptoms: Isn't this wonderful, I'm sitting here and absolutely nothing hurts, everything is fine. I feel very warm. I admire the beautiful things around me, such as the light and shadow on the door frames or the tea towel. (VC3)

Subject 32

Mum makes hot chocolate for the children; at first, the grinding feels soft, as if resting on cotton wool. Now it's getting rougher as she triturates it. Somehow plump and elastic, like a rubber ball, a tactile experience! Butter churn, hay milk butter, meadow straw, gum arabic. Sneezing. Mild headache in the forehead. A hint of toothache, barely perceptible. The pestle has become hot. Heat rises from the mortar. (VC3)

Dream (after C3): My cat buries herself in the compost heap, leaving her face exposed so that I can approach her empathetically to communicate with her. In response to my empathetic questioning, she confesses to me that she is terrified of dying.

Darkness descends. A rose-shaped blossom emerges from the darkness. A radially symmetrical blossom or fruit, like a kiwi cut in half. Impressions of a dark passageway, a cave, an entrance to the otherworldly realm beyond.

My ears are burning. Will anyone accompany me on this shamanic journey? Anubis, the mediator between this world and the next. I suppose I'll have to make my way into this dimension alone! A fire is burning behind me; natives are dancing around it. The shaman! Whoa, I'm on a shamanic trip! I've got to get through this!

It is so beautiful and peaceful. Why can't it stay this way? I seek the darkness. Black is a colour too, the negative light. Through the darkness to the light!

Dancing with the wolf. Towards the sun; the sun warms the world. Where do I hear the shamanic drums? I remember hearing them in a dream before my initiation illness. But today I'm not afraid of them. I was in the afterlife, but the others don't understand any of it! (VC4)

Subject 33

I relax further and close my eyes: a dark path, thickly overgrown with trees and bushes, leads through a forest; at the end, I can see the sun shining down on a clearing – 'the light at the end of the tunnel'. I walk along the path, drawn towards the light. Once again, I see a forest whose colours grow ever darker; everything turns black. In a clearing lies a military cemetery with white wooden crosses. A river flows through the forest; on the banks, soldiers lie in cover, carrying rifles, firing and being shot. Some fall into the river. I open my eyes and they burn. (VC3)

Subject 34

"Love, warmth of the heart" are words that keep cropping up. A pleasant, gentle, touching feeling. A deep breath. In short: nothing but words, nothing but feelings. My head is spinning. The song: "When everything spins, yes, when everything spins." I can hear the melody ringing in my ears. Someone is doing lots of somersaults in a row and lands safely every time. I hear applause. Circus ring: performers on the trapeze fly through the air and are caught, held with a firm grip. Light shines. I feel dizzy. Neck, spinning in my head, yet my body is completely still; dizziness and the repeated phrase "I'm going to be sick", yet no physically unpleasant sensation accompanies it. There is a spinning in my head (spiral-like) and I see myself slumping at the "phrase", with a rounded back, hunched over, kneeling. No vomiting, nor the sensation of it, yet the phrase is intense. The feeling of wanting to strike something/someone. The word "scoundrel" repeats itself too.

The dizziness is overwhelming. The phrase ‘released from custody’ keeps coming back, a sensation. An image emerges: a large wooden gate; someone comes out, carrying a suitcase in their left hand. They step through a large iron gate onto the street. ‘Released from custody’ keeps repeating itself. Strange? What’s that about? Slowed down, tired, exhausted. In a trance, far, far away. I see someone leaning against the wall. I think they’re tired and pale too. The person slowly slides down the wall, leaving a red streak on it. When the person is sitting, I realise it’s blood. I scream, violently, hysterically. Someone slaps me in the face and holds a revolver to my forehead. I freeze. In slow motion. I sit huddled on the floor, limp, motionless. I stare at the wall and the red trail of blood. Suddenly: Where is the person who was just lying on the floor? I ask myself. A person comes in and I ask them. They reply: Which one? The injured person, the dead person? The blood. There’s no one there, there’s no blood, I hear in reply. There’s nothing. Mad?! I feel limp and stiff again. Who will believe me? What can I believe? Slowed down, tired, completely exhausted. I feel as if I’m not there, my body, mind and soul feel separated. Stiff. I’m in a white room, I see the trail of blood again. I’m in my everyday life and see a squashed red berry: I’m not there (dissociated), children are squirting ketchup: not there again (dissociated). Raspberry juice is running down (trigger / in all situations): not there again. It’s extremely exhausting. What’s wrong with me? I keep ‘zoning out’. Very exhausting. Extremely tired. (VC4)

II.c – AMSE in Germany, evaluated by Susanne Diez

In spring and summer 2011, an AMSE trial with Pele’s Hair took place in Germany, coordinated by Karin Bandelin, with four participants, supervised by three investigators: Regina Göbel, Petra Nowakowski and Samira Mohamed. The trial was double-blind. The C30 was taken only once. Three subjects (1D, 4D, 8D) received the active treatment, one subject (3D) received the placebo.

Subject 1D

Took 1 dose of C30 on 4 July 2011

Woke up at 2 am, suddenly, with a dry cough (NB3) as the only usable symptom

Subject 4D

36a Took 1x C30 on 25 March 2011

Nosebleed (NB1)

Feeling of cold, “freshness” in the mouth and throat when breathing in; hot tea feels like cold tea (E1 shortly after taking); white coating on the tongue (E1)

Mucosal lesion, as if she had bitten her cheek, redness, “as if scarred”, painful (stinging, burning) only on contact, left, then also right (NB4 – NB20)

Skin rash, cold sores, small blisters, at the left corner of the mouth with a tingling sensation (NB4, 5)

Pain, cramp-like, pressing, at night (during insomnia), without menstruation (NB5)

Difficulty falling asleep, followed by restless sleep, as if she were not sleeping at all, as if in a half-sleep, with dreams about work (E1 – NB3)

Subject 8D

Took 1x C30 on 24 May 2011

Irritable, impatient, annoyed by trifles, cannot tolerate contradiction, tense, anger over trifles, throws things (E1 – NB3)

Earache, pressing, on the right (E1)

Discharge from the nose with a salty taste, also retronasal discharge (retronasal catarrh), nose blocked, more on the left than on the right (E1)

Speech difficult due to a lump-like sensation in the throat, with hoarseness, sensation of swelling like a lump, as if constricted, difficulty swallowing (E1)

Waking up after midnight, 1:00–1:30 am, then sleepless, with brooding (NB1 – NB3)

Dreams: Vivid dreams about work, busy, as if she were completing tasks all night, as if automatically. Tired in the mornings (NB2 – NB4)

II.d – The initial potentisation of Christina Ari, evaluated by Susanne Diez

The chapter concludes with the initial trituration of CA, from stage one (C1*) to stage four (C4*). SD evaluated this again.

Subject 0*

The hair in the medicine wouldn't fit into the little bowl at all – such unruly hair; just like mine always was when I was a child. I was never well-groomed with my long plaits; that stubborn hair refused to be tamed and stuck out in all directions. “The child looks like a shaggy goat,” my grandmother used to say. My cousins always looked well-behaved and demure, and that's exactly what they were. Even the colour of their hair matches my natural colour.

We couldn't clean the hair (medicine) properly; it's been lying there for ages, though in its natural environment... Heartburn, clearly accompanied by gurgling in the stomach.

A slight vibration, a slight tremor in the fingers, becoming more intense in the thumb in particular.

My thoughts feel as though they've dissolved, empty. A cold shiver runs down my spine, accompanied by a slight tremor. Heartburn rises, accompanied by a queasy feeling. The rubbing is exhausting; my hand feels heavy. My neck, between my shoulder blades, feels tense. Shaky, everything is swirling (teeming) within the tissue. The boundaries dissolve, between the formations that are already firmly established; everything is thrown out of balance. A thrilling sensation – what comes next? There is still resistance. Everything is already rearing up, striving to break through to the outside. It wants out; it wants to shatter all boundaries and norms, to break free from the corset. To be free! Everything is swirling and the taste is metallic. (C1*)
Dream (after C1*): I dreamt that I had dissolved into chemical compounds. Into the components of Pele's Hair? But there were compounds such as aluminium fluoride or sodium fluoride – in any case, a fluoride compound that does not occur in hair. I was completely integrated into this compound. To be one with chemical elements or compounds. A wonderful feeling!

Nausea rises from my stomach and sits in my throat. I feel hot. I'm at my wits' end. Nervous, impatient. Something wants to burst out of me. I want to keep moving; staying still doesn't help. The nausea is accompanied by

a dull headache in my forehead and behind my eyes. Weakness and pain in the lower back (an old symptom). I'm struggling to scrape it off. Everything is stuck so firmly to the shell, I can barely get it off. I've never experienced anything so hard and sticky before. It's as if the mass has fused with the shell. Nausea, and my nose is itchy. A fly in the room makes me nervous, annoys me. The headache annoys me. Scraped it off with all my strength. Itchy nose, nausea, metallic taste, urge to urinate. Anger and irritation in my stomach, with impatience. Rubbing with all my might, scraping with all my might. Something wants to come out, something wants to tear apart. I feel sick. My head feels dull. I can no longer make out any feelings. No concrete thoughts. Everything is so concentrated, motionless, unbearably pent up. Done, finally the rubbing is over! It was almost unbearable. Like hard work, no ease. No flow. As if trapped. Everything is up to my neck, the nausea, the annoyance. As if I want to cry and cannot. Stagnation. (C2*)

A wave of nausea and heartburn rises. A sudden burst of sweat. An unpleasant, explosive sensation (reminiscent of hot flushes during the menopause). Dizziness, irritability. A rush to my head accompanied by surging sensations. Silence; everything stands still. No thoughts within me; all connections to myself are severed. I perceive everything outside myself: the flies in the room, the cat beside me, shedding so much hair. The alarm clock ticks so loudly. Inside me, there is heartburn and heat. Heartburn. Nothing. Flies are a nuisance. Completely detached from the inside. No connection. When I try to perceive something within myself, I feel uncomfortable and the heartburn gets worse. Time passes slowly. Stupid flies, now I have to open the window. What's the point? What am I supposed to say? Rubbing and scraping. It all fits, just pretend! Remain in a state of disconnection. Where does that lead? A stalemate. Everything seems hard, tough and lifeless. The heartburn forms a lump in my throat. I feel tired and heavy; as if beaten down; motionless. Everything is merciless, relentless, inescapable; you just have to get through it. It stops you feeling anything, so you're protected, and then you don't feel the pain either. Remaining in eternity. In Leo, no one finds me, no one notices me; I find no one either. Everything in the room around me seems lifeless and

Everything feels dead, even the plants in the room. Bright colours are bright, but they lack any real vibrancy. I don't perceive the liveliness, the lightness, the joy. Living like this isn't easy. It's as if my chest is about to burst; then everything that's weighing me down and burdening me could come pouring out. It could flow freely again. Now I feel cold. (C3*)

Dream: I wanted to build myself a house on basalt, in the middle of the green rainforest, with a view in all directions.

Dream: I was at a party with lots of people, they were all on drugs. They felt nothing inside.

I feel like having sex when I wake up and show it; I haven't felt that way for a long time. Watched TV in the evening, a refugee drama; then dreamt about my own flight during the night, lost my house, garden and dog. I was sad. Did Tai Chi and meditated in the morning, then learnt from the Hawaiian plant book that the kahunas receive messages about medicines in their dreams.

At the start of the C4 trituration, I feel a sense of fullness in my chest and heart area that fills me. A feeling one experiences when embracing a loved one, a feeling that connects everything that is. Like a merging, an unconditional sense of oneness. It releases all the feelings the heart was unwilling to let go of and sets them flowing. Tears want to flow out of sheer joy.

As soon as my everyday consciousness interferes – because I'm supposed to be at the surgery on time – everything grinds to a halt again. It feels like nausea rising from my stomach, pushing upwards. Everything feels as though it's about to burst. Let it flow – that brings relief! Pele helps me with this; everything seems so simple. Everything flows and feels wonderful. When I relax completely and rub rhythmically, I feel the life energy rising from below. It flows through me right to the top. I don't yet know where this leads. Love blazes in my heart, and with it, joy. Everything flows. Thank you. Everything around me—the plants, the animals and all objects—radiate life back. Everything takes on the sustaining expression of the life force inherent in them, even lifeless things like chairs and tables. Everything shares in this creative power, with which everything has always been in contact. Now I can perceive the ' ' as inseparable. This is precisely

the connection we so desperately need in order to perceive ourselves fully as well. (C4*)

III – Symptoms

This list contains all symptoms from taking trials, trituration trials and case histories.

To protect the dreams from being distorted and thus losing their messages, we do not force them into the list of symptoms, but present them in full in Chapters II and IV, for test subjects and patients respectively. They are also discussed at length in Chapter V.

Key

‘(KG-A1)’, ‘(KG-A2)’: healing symptoms from the medical histories of CA. They are placed in brackets to distinguish them from the test symptoms

“KG-C1”, on the other hand, are test symptoms following an originally therapeutic C200 (CA)

“0*/C1-C4”: trituration of CA, stages one to four; * indicates not tested blind

“18/C4”: further trituration trial, tester 18 during trituration to stage C4

“29.1, VS/ E2–E3”: intake test; tester 29.1, altered symptom, intake days two and three;

“NB3”: Third day of the follow-up period

“25f; 1-12”: Tester 25f, symptom occurred daily from day one to day twelve or persisted for that duration

“NS” is a new symptom, “HS” a healing symptom and “AS” an old symptom – which is only recorded if there is a marked change.

Mind, Temperament

(Aversion to work KG-A1, KG-B13)

(Increased activity, busyness, and engagement; performance-oriented KG-A4)

(Increased activity, busyness, and engagement; everyday tasks are completed more easily; feels better organised and structured KG-B12, HS)

Activity, busyness, work, increased, tidying up KG-C1

Work comes easily KG-C1 = Test C200

(activity, busyness, work, reduced, lack of motivation KG-A1, KG-B12, KG-B13)

(Activity, busyness, work, reduced, lack of motivation, worse early in the morning, did not want to get out of bed and engage in any activity, put off every task KG-A1)

Being alone, feels lonely, alternating with a good mood 29.1, VS/ E2–E3

(Left alone, feeling of abandonment KG-A2, A3, B8) (Fear of not being able to cope alone KG-A2, KG-B13)

(Fear, existential fear, due to the early loss of his mother KG-A2) (Fear of being in a crowd KG-A1)

(Fear of not recovering from his illness KG-A1) (Fear of not being able to breathe properly KG-A2)

Workaholism, hard-working KG-C1 (Work, aversion KG-A1) Work, craving for KG-C1

Annoyance, rage and anger, in the stomach, with impatience 0*/C2

Annoyance, anger and rage over trivial matters 0*/C2 (and KG-B6, KG-B7)

(Annoyance, anger, rage over injustices KG-A2, KG-A4, KG-B6)

(Annoyance, anger, rage, suppressed KG-B11, B8)

(Annoyance, rage, fury, sudden = short temper KG-A4)

(Annoyance, anger, rage, alternating with sadness KG-A2)

(Annoyance, anger, rage, over the loss of a relationship KG-A2)

Wanting to break out, wanting to get out, something wants to get out of me ... 0*/C1, C2, C3, C4; 29.2/C5*

Break out, see Escape

Autoaggressive tendency: injures oneself by scratching one's thumb violently until it bleeds; outwardly very controlled 29.1, VS/VB, E1–NB5

Persistent, cannot let anything rest 8, NS/E–NB; 23, NS/E–NB; 24, NS/E–NB ... a period of action of the remedy lasting up to six weeks after taking it is noticeable

Persistent – one simply has to see it through; to persist indefinitely 0* C3
(Persistent, one simply has to see it through KG-A2, B13 cf. Indifference, Fighting against disproportionate adverse circumstances KG-A3, KG-B13) DD Acid.phos.

Dizziness, as if intoxicated, with irritability 0*/C3
(Observed, feels watched by others; what makes the symptoms worse KG-A1)

Acceleration 18/C4; 21/C5; 29.2/C5*

Acceleration, alternating with deceleration 29.2/C5* (Symptoms triggered by people approaching KG-A1) (Symptoms triggered by violence and violent acts KG-A1, KG-A3, KG-B6, KG-B8)

Complaints due to injuries, accidents KG-C1 and (KG-A1, KG-A2, KG-B7)

Complaints due to shock, fright KG-C1 and (KG-A2, KG-A3, KG-B1, KG-B7)

(Complaints due to grief, sorrow, worry; unable to cry KG-A3, B8)

Complaints caused by grief, sorrow, worry, or the unexpected loss of loved ones; feeling shocked by this KG-C1 and (KG-A2, KG-A1, KG-B1, KG-B4, KG-B7, KG-B9, KG-B10)

(– feeling confused by this KG-B8)

(Complaints due to disappointment and indignation KG-A2, KG-B6, KG-B8)

(complaints due to hurt feelings KG-A2, B8) (complaints due to sympathy

– with the pain of loved ones KG-A2, KG-A3

– with the grief of the grandmother KG-B4)

(Symptoms caused by emotional stress KG-A2, KG-A4, KG-B4, KG-B6, KG-B10, KG-B12, KG-B13)

(Coping, unable to cope with things any longer, overwhelmed by emotional and mental stress. “It’s all too much for her.” KG-A2, KG-A4, KG-B7, KG-B10, KG-B12, KG-B13)

Lack of connection 0*/C3 Distant
0*/C3; 34/C4)

Distant, calm: otherwise gets emotionally involved quickly 25, NS/ E1–E4

Distant, better able to set emotional boundaries KG-C1 Distant, selfish, less considerate, indifferent towards

others, ‘harsher’ 23, NS/ E2, E3)

Distant, dismissive 18, NS/ E–NB: External observation (Distant in relationships KG-A4, KG-B13)

(Distant from feelings KG-A3, KG-B13)

Distant from pain: severe headaches are, according to C200

“as if numb, as if under local anaesthetic” KG-C1

(Distanced from her partner; she views him as a responsible family man but does not see him as an equal partner KG-A2, KG-A3, KG-B13

– feels let down by him KG-A3)

(Distant, withdrawn, shy KG-A1, KG-B7, KG-B12, KG-B13, KG-B13)

(Unreserved in relationships KG-A2, KG-B4)

Unreserved KG-C1 (see also: prone to joking)

Dissociation, unemotional (0*/C3; 34/C4)

(Withdrawn into oneself KG-A1) (Emotions,

trapped KG-A1, KG-B13) (Emotions, suppressed

KG-A3) (Emotions stuck KG-A3, KG-B13)

(Emotions – suppressed feelings are released KG-A4) Emotions:

emotionally charged and finally wants to sleep KG-C1 (Sensitive, noises, loud, against KG-B11)

(Sensitivity, psychological and physical KG-A3)

(Sensitivity, lack of: she could no longer perceive any feelings as a form of self-protection KG-A3, KG-B13)

Feeling “as if blocked” 0*/C2

Feeling as if frozen KG-C1

Feeling as if frozen 34/C4 and (KG-B13) Feeling as if trapped 0*/C2

Feeling of being blocked, congested, motionless, unbearably blocked. No flow 0*/C2

Sensation of stagnation 0*/C2, 0*/C3 Sensation of bursting, everything is 0*/C4

(Feeling of being enclosed KG-A1), cf. feeling of being imprisoned (Feeling of having no space in her body with a need to break out of the skin KG-A4, KG-B12) (feeling, stone, feels like a KG-B8) (feeling, let down, was KG-A3) feeling of tearing, something wants 0*/C2 energy, suddenly 29.1/C4*

Energy, increased; I want to tidy up, clear out – without hunger or thirst KG-C1

Energy, flows from bottom to top, invigorates the senses 0*/C4 Alienated, from oneself 23, NS/ E2; 27, NS/ NB6

Alienated, from oneself 0*/C3) see delusions

Alienated, from oneself, feeling body, mind and soul as separate 34/C4

Alienated, surroundings seem foreign 27, NS/ E1 shortly after taking Determined, clear and direct in decision-making 18; 23; 22, VS/ NB

Euphoric, hyperactive 8D, NS/ NB4

Escape, wanting to break out, something wants to get out of me 0*/C1-C4; see also sensation of bursting, everything is about to escape, desire to burst out of one's skin 0*/C2 and (KG-B12) (Escape, break out, want to, flee from home, after the mother KG-A2)

(Escape, break out, want to, during pregnancy KG-B13) (Escape, break out, want to, flee, far away from home KG-B4)

(Escape, break out, wants to, from petty-bourgeois structures KG-B4)

(Escape, from society KG-A1, KG-B11, KG-B12) (Urge for freedom, increased KG-A2, KG-A4)

(Gloomy, depressed KG-A1) Cheerful 77; 1ff, self-observation

(Euphoric, lightness, as if floating 21, NS/ E1 – E3 - Placebo) Thoughts, fading, as if dissolved, empty 0*/C1

Thoughts, stagnation 0*-C1

(Thoughts, cannot think of anything other than the person who hurt her KG-A2)

(Thoughts, constantly thinks of her deceased grandmother KG-A4) Thoughts, clarity KG-C1

Rush of thoughts 25/C4

Emptiness of mind, lack of concrete thoughts 0*/C2

Emptiness of mind, all connections to oneself are severed 0*/C3

Numbness 0*/C3; 34/C4 and (KG-B13)

Numb, nothing makes you feel anything anymore, this protects you, so you don't feel the pain either 0*/C3

Unfeeling, hard, lack of compassion, selfish 18, NS/E, NB self-observation; 23, NS/E3–NB 6 weeks

Loss of emotion, emotions are no longer discernible 0*/C2 Emotional agitation, emotional tension, agitated, a feeling of tension 0*/C1, KG-C1

(emotional agitation, emotional tension, excited, mood swings KG-B1, KG-B7)

Violence 0*/C2; 32/C3; 34/C4; see also delusion of violence, rubbing and scratching with all one's might 0*/C2

Conscientious about trifles (“calls for order”) (29.2/C3) Indifference towards others; see also Insensitive (Indifference, alternating with irritability KG-A3, KG-B13)

(Indifference, in the struggle against adverse circumstances KG-A3, KG-B13) DD Acid. phos.

(Feelings of hatred KG-A2, KG-B8) Clear, sober, direct 29.2/C3

Clear, attentive 31/C3

Clarity, starting something new 29.2/C3

(Clarity regarding the background to the complaints – important healing symptom KG-A4, KG-B4, KG-B12, KG-B13, KG-C1)

(Clarity, open to a broader perception KG-B12) Clarity, I have become aware of many things KG-C1

Clarity: following a bout of diarrhoea, a process of realisation sets in (KG-C1); avoids conflicts and competition (KG-B11); concentration: has waned at work (22f); from around 3 o'clock: poor concentration, spelling mistakes, extremely tired despite nine hours

sleep 22f; 9

Forgetfulness for days; e.g. left phone behind 22f; 20 Poor concentration and energy when learning lines for a play

22f; 20, 28

accompanied by intense dreaming and impairment of other sensory functions, see Eyes

Poor concentration, mistakes at work and mixing up words; during gastrointestinal disturbance, see 25f; 7

(Examiners 22f and 25f combine gastrointestinal disorder with impaired sensory faculties and vivid, unusual dreams.)

(Difficulty concentrating, dropped out of school, did not want to study KG-A1)

(Difficulty concentrating, with visual disturbances and dizziness KG-B/)

Difficulty concentrating/learning, has to repeat the year, no longer wants to go to school (KG-A2)

Laughing, yawning, spasmodic 29.2/C5*

Feeling of emptiness – feeling of mental emptiness. When trying to perceive something within myself, feel unwell and experience more heartburn 0*/C3

Lack of lightness 0*/C2; (KG-A2, KG-A4)

(Distrust, feeling of being bullied KG-A2)

Dejected, subdued, lacking drive 22, NB, urge to tidy up for a few days KG-C1

(Striving for perfection KG-A4)

Haphazard, starts many things at once 24, NS/ E3

Irritability, nervous, impatient 0*/C2 Irritability, over trifles 0*/C2, C3 Irritability, when coughing with a cold 9; 5-15 Irritability, when coughing with pain 66; 6-12

Irritability (with back pain) 19, NS/ E5–NB5 Irritability 8; 1, 2 and 24, AS markedly increased/ E3)

Irritability, anger, hits daughter: days before in a 'high mood' 44; 5

Irritability, but aggression can be controlled better than usual 29.1, VS/ E2
 Irritability, over trifles, cannot tolerate contradiction 8(D), NS/ E1 – NB3
 (Irritability, nervous, tense KG-B7, KG-B12, KG-C13 with pain in the jaw
 area)
 (Irritability over trifles KG-A2, KG-B7, KG-B11, KG-B13) (Irritability,
 mood swings rapidly KG-A4, KG-B7) (Irritability, moody, grumpy and
 unpleasant KG-A4, KG-B7)
 Irritability, everything and everyone is a nuisance KG-C1
 (Need for rest, withdraws KG-A1, KG-A4, KG-B7, KG-B11, KG-B13)
 Restlessness, feeling of unease and palpitations – with normal pulse 16f; 2, 7
 (Restlessness, nervousness KG-A1) (Restlessness,
 fidgety, nervous KG-B12)
 (Restlessness, when lying down and sitting, during the day KG-A1)
 Striking, urge to strike 34/C4
 Melancholy – living like this isn't easy, but you just have to get through it
 0*/C3
 (Melancholy – but I just have to get through it, alternating with suicidal
 thoughts KG-B13)
 (Melancholy KG-B7)
 Self-confident, calmer and more patient 23, HS/ E4 – NB Self-
 confident KG-C1
 Self-confidence, lack of 17, NS/ NB3 later: “I have become braver and
 more self-assured”
 Senses, dulled and weakened 0*/C2, C3; (KG-A1, KG-A4, KG-A3, KG-
 B13)
 (Speaking, says things out loud that she has just thought 17, NS/ E2)
 Speaking, enjoys talking conspicuously 88; 3
 Mood changeable (see Sensation) 27, VS/ NB1–NB9; 29.1, VS/ E1–E3
 (Argument, it was a big mess, lots of arguing, lots of confusion KG-B8)
 (Arguments, with partner KG-A2)

Quarrelsome, impatient, stubborn, 'can't let things be' 25, VS/ E5–NB20
 Criticises, critical of others 22/ after C4
 Trance, as if in, as if remote-controlled, as if behind a glass wall 25/C4
 Trance-like feeling, "as if unreal, surroundings seem briefly alien
 " 27, NS/ E1
 (Trance-like feeling, her mother's funeral seemed completely unreal to her
 KG-A3)
 (Trance-like feeling, past events are as if veiled KG-A4) (Grief, absent or
 suppressed KG-A3, KG-A4)
 Sadness 27, AS, VS/ E2, NB7 – see Emotion (sadness, depression,
 alternating with anger and irritation KG-A2)
 Indecisive 18, VS – persistently disoriented, 'stagnation' Impatience 0*/C2
 Impatience, towards others, intolerant 22/ after C4 Impatience,
 quick-tempered, irritable 24, AS strikingly strong/ E3 Lack of
 impatience 23, VS/ E4–NB for approx. one month (feeling of
 abandonment KG-A2, KG-A3)
 Wasteful, fond of shopping 88; 8–9 Confusion,
 time, mix up dates 29.2, NS/ E Confusion, time 44;
 2
 Despair due to back pain 16, VS/ NB1-NB3 Despair 0*/C2,
 C3; 22/C4
 (Despair, following the death of the mother KG-A2)
 (Despair, facing imminent abandonment by partner KG-A2) Weeping,
 convulsive, in waves, as if the heart were opening 29.2/C5* (Weeping,
 increased KG-A2, KG-A3, KG-A4, KG-B7)
 Crying, impossible 0*/C2 and (KG-A3, KG-B13)
 Crying, tears flowing with joy 0*/C4 Delusion,
 boundaries dissolving 0*/C1
 Delusion, separated from the inner self. No connection 0*/C3
 Delusion, no one finds me, no one notices me; nor do I find anyone 0*/C3
 Delusion, everything is lifeless and dead 0*/C3
 (Delusion, feels like a stone KG-B8) Delusion,
 violence, blood 34/C4

Delusion, everything seems hard, tough and lifeless 0*/C3
Delusion, everything is merciless, relentless, inevitable 0*/C3
Delusion, mirror, sees oneself as a stranger, in the 3, NS/ E2
Delusion, mirror, sees oneself as someone else 27, NS/ NB6 (Crying, paroxysmal 3(D), NS/ E1 – Placebo)
Conflict, when grinding the material 0*/C1 (resistance, stubbornness, contradiction KG-A2, B12, B13) Prone to joking, makes fun of someone 13; 2
Time, passes too slowly 0*/C3
Tearing, something wants to come out, tearing 0*/C2
Anger, irritation (in the gut) 0*/C2
Anger, over trifles 8(D), NS/ E1
Anger, throws things 8(D), NS/ E1

Dizziness

Dizziness, sensation that the body is spinning around a vertical axis 22/C4
Dizziness, spinning, in the head, with nausea 34/C4
Dizziness, movement of the head, accompanied by blurred vision and sweating, < turning the head, > sweets and rest (17, NS, E1, E2, NB1)
Dizziness, as if I were tipping forwards (when sitting) 13; 1
Dizziness, in the evening, movement amel KG-C1
(Dizziness, sudden, with fear of falling KG-B7)
(Dizziness, balance problems, when among people and speaking to them KG-A1)
(Dizziness, as if walking on cotton wool KG-A4)
(Dizziness, due to tension in the neck muscles KG-A4, KG-B12)

Head

A burning sensation, like an energetic sensation on the top of the head, at the “crown chakra” 27, NS/ E4)
Burning sensation at the temples, and a little later also in the nose, after ingestion 17f; 3
(turning, blocked, due to neck tension KG-B7)
(Turning, blocked, head cannot be turned due to painful resistance, as if immobile KG-B12)

Sensations, surging, as if something were rising in the head 0*/C3 Sensations, dull, with nausea 0*/C2

Hair loss, suddenly none 27, VS/ E4 Heat

“like a fine blaze” 27, E1, E2, E4

Heat, heat in the head with sweat on the forehead, after taking 66; 3

Hollow, feeling as if hollow, see Dizziness 17, NS, E1

Headache at night, waking from a dull pressure in the forehead 16f; 1

Headache in the morning; forehead, extending on both sides to the back of the head; pressure on the temples >, movement >, especially in the fresh air; smoke < 16f; 2, 3

(Headache, throbbing, forehead, above the eyes, in the morning KG-B6) (Headache, stabbing KG-B7)

Headache in the morning upon waking, dull, with a sensation of heat in the head; lasting for an hour; it is too hot under the covers, but becomes cold when uncovered 66; 2

< on getting up, > lying down; later pain in the upper abdomen 66; 3

Headache after a long car journey, two glasses of water and coffee > 16f; 8

(Headache, in draughts KG-A1)

(Headache, due to stress KG-A2)

Headaches, mild frontal headache accompanies me very frequently KG-C1

(Headache, worse with change in weather KG-B8)

Headache, menstruation, before/during, on the first day, at the onset, onset of bleeding > 17, NS, NB – 1 month

Headache, with weakness, tiredness, irritability, sore eyes; < sunlight, noise, driving; > being alone, rest, lying down, sleep, room 9; 4

Headache, right temple, < light, noise; craving for fresh air 9; 3

(Pain, dull, pressing, forehead 22/C4)

Headache on the forehead, pressing, dull, as if foggy, unable to organise thoughts (during nausea, stomach pain – see below – and loose stools) 25f; 1–7 (-19)

Pain, dull, forehead and behind the eyes 0*/C2

Headache, dull, in the forehead and behind the eyes, with nausea 0*/C2
 Headache, aggravated by this 0*/C2
 Pain, pressing, right side of forehead, extending to the crown 21/C3 Pain,
 slightly pressing, throbbing 18, AS/ E1
 Pain, throbbing, on the first day of menstruation 17, NS/ NB
 Pain, throbbing, pulsating, across the forehead, when walking 22, NS/ E3, E4
 Pain, pulling upwards over the left ear, numb, “as if asleep”, when annoyed
 25, NS/ E3
 Pain, above the right eyebrow, throbbing, < pressure 22, NS/ E4 Pain, above
 the right eye, then left, 17–19h, bending over <, pressure
 >, 24, NS/ E1
 Pain, behind the left ear 22, NS/ NB3 Pain, left
 forehead 32/C3, C4
 Pain, from the eyebrows to the temples, on the first day of the period 17, NS/
 NB
 (Sweating, head, at night KG-B11)
 (Sweating, forehead and neck, during sleep and upon waking KG-A1) (Left
 frontal sinusitis, draughts <, vomiting > KG-A1) Numbness, as if numb with
 headache KG-C1

Eyes

Discharge, yellow, stringy, thick 23, VS/ several weeks of NB, Pulsatilla >
 Burning sensation in the C1 vertebra
 Feeling of pressure with headache, neck stiffness, shoulder pain, in the
 morning KG-C1
 Itching, right eye, upper eyelid 21/C5
 Itching, scratchy sensation, left lower eyelid 23, VS/ several weeks of NB,
 Pulsatilla >
 Itching, burning itching in both eyes 33/C3 Itching, inner
 canthi 31/C3
 Pain, burning, inner canthus 31/C3 Pain, burning,
 outer canthus, right 21/C4
 Pain, burning itch, outer canthus, right 29.2/C5*

Pain, stabbing, outside of the right eye, a few minutes; three hours later on the left 17; 2

Swelling, eyelids, upper eyelids, from morning until midday

44; 3 Tearing 18/C4

Dryness, left eye, lower eyelid reddened and dry, conjunctiva dry, scratchy/itchy, < warm, smoky rooms, air conditioning; > outdoors, humid air. Dryness < rubbing. Discharge
see above 23, VS/ several weeks of NB, Pulsatilla >

Vision

(migraine aura, with visual disturbance on the left, briefly unable to see, without headache KG-B4)

(Spots, black, sees KG-B7)

(Blurred KG-B7)

(Blurred, hazy KG-A4)

Blurred, hazy, as if looking through water 88; 3

Blurred, difficulty focusing, must squint, with a hollow feeling in the head (see dizziness) 17, NS, E2

Blurred, poor near vision 27, NS/NB8

Blurred, hazy, letters run together. 44; 1, 4 Blurred, hazy, in traffic; estimating distances
is difficult 22f; 8ff

Sharper? “I perceive things more clearly” 44; 1

Ears

(Sudden hearing loss and tinnitus following acoustic trauma

KG-A2) Heat in the ear, “as if I’d been on the phone too

long” 27, E1, E2 (Hypoacusis, improved KG-B11)

Itching, tickling in the right ear (27, NS/ E1 shortly after 1st dose)

Itching and slight burning KG-C1

(Ears feel like they’re closing in, as when going down in a lift, following acoustic trauma KG-A2)

(Pain, pressing, right 8(D), NS/ E1) Pain, stabbing, upon waking KG-C1

(Serotympanon, re-emerges as an old symptom during the course of healing, similar to KG-B11)

Tinnitus (KG-A1)

Stuffy 22/C4

Stuffy, like cotton wool in the ear, hearing worse 19, E2

Nose

Discharge, salty taste 8(D), NS/ E1 Discharge, retronasal

8(D), NS/ E1

Sensitive to smells, increased 27, E1 shortly after taking, E3 Sensitive to smells, greatly increased, after a brief runny nose

22, NS/3

Itching, nose, inside 0*/C2

Itching, nose, inside, with nausea 0*/C2

Itching, around the nose 21/C5

Itching on the left, then on the right nostril; see also mouth and face 17f; 1

Tingling in the nose, left, then right; at the tip of the nose after the next dose 17f; 1

Tingling again the next day, after taking the remedy; “it rises up like horseradish” 17f; 2, 3

Nosebleed 4(D), NS/ NB1

Pain, burning, in the nose, after taking the remedy; previously in the temples 17f; 2

Pain, stabbing, in the nose 18/C4

Runny nose, sudden onset in the afternoon with frequent sneezing, alternating

hot and cold shivers; at 4 pm it is all suddenly over 19, NS/ NB10, (11)

Runny nose, sneezing with a runny nose, tickling in the nose, after getting up at 11.30 pm, clear discharge, for an hour, “like crazy” 13; 4

Cold 22/C4 – as during the period of taking AMSE

Cold, runny nose, sudden, only for a short time (several times shortly after taking the remedy, lasting a few minutes) (22, NS/ E1, E3, E4)

(Common cold, greenish-yellow discharge, from the sinuses KG-B13)

Feeling of dryness in the mucous membranes 25, NS/ E2
– E5 Blockage, without discharge 29.1, NS/ E1 Blockage,
more on the left than on the right 8(D), NS/ E1 Nose,
inside, as if sore 25, NS/ E4, E5

Face

(A tingling sensation, caused by scar tissue following surgery on the face
and neck KG-B6)

Burning sensation on the face KG-C1

Colour, pale 19, E1 – observed by others

(Skin rash, forehead KG A4, following administration of remedy)

Skin rashes, chin, spots, during menstruation 24, NS/ E1, E2 Heat
29.2/C3; 32/C4

Itching, at the edge of the face 29.2/C3

Itching and stinging 33/C3

Pain, stabbing, fine, “like the spines of a cactus”, also on forehead and neck
33/C3

(Pain, severe in the face; in the area of the right maxillary sinus, it felt
pressing and radiated to the upper jaw. She could not bite. She was
desperate and irritable. After taking the remedy, everything came to a
head KG-B13)

Sweating, on the face, forehead, nose KG-
C1 (Right maxillary sinusitis KG-C13)

Numbness – at the site where my cheekbone was fractured KG-C1

Skin rash, small herpes blisters at the left corner of the mouth with a tingling
sensation 4(D), VS/NB4–NB5

Skin rash, cold sores on lower lip, the day after painful diarrhoea; see
Stomach and Intestines 22f; 8

Skin rash, cold sores on the right upper lip, with aphthae on the inside of
the lower lip, as the conclusion of a gastrointestinal disorder, see 25f;
12-19

(Skin rash, herpes, upper and lower lip KG-B7, KG-B9 healing symptom)

Mouth

Mouth ulcer, very painful, has to bite it open 29.2/ C3 for several days; mouth ulcer, painless blister /like a mouth ulcer on the hard palate 77; 1

(yet cheerful)

Taste, metallic 0*/C1,C2)

Feeling of cold, “cool sensation” in mouth and throat when breathing in; hot tea feels like cold tea 4(D), NS/E1

Slimy sensation on the palate after taking the remedy; after the second dose, rather salivation; see also Nose and Face 17f; 1

Mucosal lesion, as if she had bitten her cheek, redness,

“as if scarred”, stinging, burning on contact, left, then also right 4(D), NS/ NB4–NB20

Pain, tongue, left side and tip of the tongue, burning, as if from something sour 31/C3

Swelling on the palate, “as if burnt/sore, as if a blister were forming” 8, NS/ E1–E4)

Speaking, difficult due to a lump in the throat, with hoarseness 8(D), NS/ E1

(dryness KG-A1)

Tongue, white, furry coating 27, NS/ E3, E4

Tongue, coated white 4(D), NS/ E1

Tongue, white coating, musty taste, during gastrointestinal disturbance, see 25f; 4

Contraction, sensation of tightening, particularly in the cheeks, after ingestion; see also Nose and Mouth 17f; 1

Teeth

Pain, mild toothache (after a cool breeze the previous evening?) 24, NS/ E5

Inner throat

Feeling of cold, “feeling of freshness” on inhaling 4(D), NS/ E1, shortly after taking

(lump in the throat KG-B8)

(Clearing throat, due to scratchy sensation in the throat KG-B7)

Swallowing, urge to swallow, but cannot 31/C3) Pain, scratchy sensation, causes urge to cough 21/C5
Pain, scratchy throat, after cooling down 24, NS/ E3 (Pain, after cold drinks KG-A1)
Feeling of swelling, like a lump, as if constricted, difficulty swallowing, with hoarseness 8(D), NS/ E1
Speaking difficult due to sensation of a lump in the throat, with hoarseness 8(D), NS/ E1, see above
Tightness 8(D), NS/ E1, NB3

Outer neck

(skin rash, itchy KG-B4) (itching, outer neck KG-B3)

Stomach

Appetite, feeling of hunger, soon after eating 25/C4
Appetite, increased, eats unusually large amounts 32/ after C3
Appetite, increased, eats more than he is hungry for 29.1, VS/ VB, E1
Appetite, increased, stomach pain and nausea after eating, see below 8; 4
Appetite, reduced 24, NS/ E1, E3
Appetite, increased, enormous, even after lunch
Appetite, increased; without feeling hungry, I still have an enormous appetite and feel a total compulsion to relax. I am rarely really hungry, just always craving something. My eating pattern is completely altered and disrupted KG-C1
(Appetite, reduced KG-A1, KG-A2, KG-B11) – in anorexia (KG-B8)
Appetite, ravenous appetite (KG-B7), KG-C1
Appetite, ravenous hunger, followed by nausea. Later, stomach pain 8; 4 (several days)
(Appetite, increased with greed, insatiable and vomiting KG-B12)
Appetite, reduced, quickly full “I don’t want any more – not: I can’t eat any more” 25, NS/ E2, E3

Appetite, ravenous hunger, at 3 am, "I eat a soft-boiled egg and some bread"
27, NS/ NB6

Appetite, ravenous hunger, eats greedily, unusual craving for meat 27, NS/
NB9

Belching, with the taste of dinner 88; 1 Belching, empty,
tasteless, during the day 29.1, NS/E1

Belching, empty 25/C4; rising air from the abdomen 29.2/C5* Feeling of
pressure in the stomach KG-C1

Thirst, does not relieve dry throat, accompanied by feeling of cold and
tiredness; hives after afternoon nap 9; 2

Thirst, drinking does not quench the thirst; wants cold drinks, drinking leads
to abdominal pain, s.d. 15; 2, 3

Thirst for cold drinks around 6 pm 77; 3–5 (on day 5, accompanied by a
cold – known – and constipation – unknown)

Thirst, absent; on other days: increased KG-C1 thirst,
reduced 23, NS/NB
(Thirst, reduced KG-A1, KG-A2)
(Vomiting, alleviates the pain in sinusitis KG-A1)

Heat, wakes up with, at 2 a.m., heat the size of a fist burning in the stomach
area, "solar plexus" 27, NS/ E3

Nausea, queasy feeling 25/C4

Nausea, rising, up to the throat 0*/C2, C3, C4 Nausea, with
heartburn 0*/C3

Nausea rising from the stomach, lodged in the throat, with irritation 0*/C2, C4

Nausea, with heartburn, rising 0*/C3

Nausea, up to the throat, with belching, frontal headache, vertigo, ringing in
the ears, stomach pain – see above – and loose stools 25f; 1–7 (-19)

Pain, after eating, see Hunger, stomach pain after eating 8; 4 – several days

Pain, oesophagus, cramp-like, difficulty swallowing food 44; 11, 12

Heartburn, craving for sweets. Dry morsels get stuck 44; 13 – persistent?

Pressing pain, with nausea 33/C3

Pain, constricting, pulling; nausea, belching, flatulence, urge to defecate, frontal headache, and occasionally dizziness and pallor 25f; 1–7

Stomach pain, constricting and pulling, later becoming a sharp, stabbing pain;

< sitting and bending over, pressure and movement, eating and drinking

> lying stretched out and standing; accompanied by irritability 25f; 1-7 Pain, localised, severe, ‘stabbing up and down, in the afternoon, on an empty , > eating 16, NS/ E4

Heartburn, rising, with rumbling/gurgling in the abdomen, with a queasy feeling 0*/C1

Heartburn with heat, forming a lump in the throat, accompanied by mental blankness 0*/C3 (Heartburn, at night KG-B9)

(Heartburn, after sweets KG-A1)

Gagging, violent, rising in waves, as if she were about to vomit in a torrent 29.2/C5*

Abdomen

Bloating, air in the abdomen 25/C4

Bloating, flatulence, much less than usual during menstruation 23, VS/ E1–NB5

Heat “like fire in a furnace” with cool feet 27, E1 shortly after taking, E2

Pain, lower abdomen, with thirst for cold drinks, which <; with nausea, sensation of warmth 15; 2, 3

Pain, pulling downwards, pressing, in the pelvic floor (13:00–14:30) 16, NS/ E3

Pain, pressing, from the pelvic floor, as if from a “peg” or “as if blocked” (ovulation period?), no relief from bowel movement, as during pregnancy or menstruation, 13:00–14:00 16, NS/ E1

Pain, cramp-like, pressing, at night (with insomnia), without menstruation 4(D), NS*/NB5

Pain, stabbing, sudden, brief, right hypochondrium 29.1, NS/ E1

Pain, stabbing, sudden, brief, severe, right lower abdomen, in bed at 6:30 23, NS/ E4

Pain, throbbing, right groin 22, AS/ E4

A pulling sensation, as if the abdomen is being pulled inwards (around the navel) 25/C4

Rectum

Diarrhoea, in torrents, foul-smelling, watery, painless; 6:15; days later constipation, then abdominal pain, see below; diarrhoea > pain; later herpes labialis, see Face 22f; 2/7

Diarrhoea, around 00:30 22f; 11

Diarrhoea, followed by normally formed stools; repeated 22f; 11–15

Diarrhoea, followed by clarity of consciousness KG-C1 Urge to defecate, in the morning, shortly after getting up, and several times white stools in the morning 24, NS/ E5

Urge to defecate, in the morning, several times in succession (not as sluggish as usual) 23, VS/ E3

Pain, cramp-like in the anus (as otherwise occasionally during menstruation) 16, VS/E1

Urge to defecate, in the afternoon at 3 pm 21, NS/ E4, E5

Urge to defecate at night; wakes at 1.30 am with an urge to defecate and urinate, forcing one out of bed 25, NS/ E5

Constipation without urgency or discomfort, accompanied by a thirst for cold drinks in the evening 77; 3-5

Urinary organs

Burning sensation when urinating KG-C1 Urge to urinate 0*/C2

Urge to urinate, at night, wakes at 1:30 with urge to defecate and urinate, drives out of bed 25, NS/ E5

Urge to urinate, at night 22; 2, 4, 10
(Urge to urinate, at night KG-A1) (Urge to urinate, increased KG-A4, KG-B7)

(Urination, pressure reduced, with KG-A1)

Urine, copious, pale, (very pale urine, with fatigue and lack of concentration) 22f; 10

Female genitals

(Symptoms at the onset of the menopause KG-A2)

(Palpitations, before menstruation KG-B7)

(Menstruation, as if clotted, with pain throughout the lower abdomen KG-B4)

(Menstruation, with headache KG-B7)

(Menstruation, delayed, with pain and very heavy KG-B7) (Menstruation, increased sweating KG-B4)

Period, early, three days; not as tired and sluggish as usual KG-C1

Menstruation, too early, by 2½ weeks 27, NS/NB

Menstruation, early, on the 18th day of the cycle, with cramping pains 16f; 19

Menstruation, late, two days – the waiting is agonising, pressing headache at the crown – NS, lack of energy, indecisive, back pain (AS), feeling as if with a mild infection 18, AS/VS/ NB6, NB7

Menstruation, bleeding much lighter than usual on the first day and without the usual complaints – pain, malaise, feeling of bloating 23, VS/ E2, E3

Menstruation, intermittent bleeding, at night 23, NS/E2, E3

Menstruation, heavy bleeding, heavier than usual on the fourth day 23, VS/
E4

Menstruation, bleeding very dark with fragments of mucous membrane on the fourth day 23, NS/E4

Menstruation, painful, on the first day a pulling sensation in the thighs, heavy legs 16f; 1 (NS)

Menstruation without the usual back pain 24, HS/E1, E2 (usual symptoms: severe lower back pain, a pulling sensation in the back, thighs and pubic area, extending down to the heels; bloating at the start of the period; lighter bleeding than usual on the second day)

(Menstruation, irregular KG-A4)

(Menstruation; before and at the onset, she feels the residual symptoms of MS relapses KG-A4)

Sudden sweating with an unpleasant, explosive sensation, similar to hot flushes during the menopause 0*/C3

(Hot flushes with sweating during the menopause KG-A2)

Sexuality

Libido, increased – I feel like having sex upon waking and show it 0*/C3

(Libido reduced, no sex for 15 years KG-A2)

Larynx

Hoarseness, with a lump in the throat, difficulty speaking (8 (D), NS/E1)

Breathing

Breathing difficult, when walking, with pressure on the chest 13; 1

(Breathing with a feeling of anxiety KG-A2)

Breathing, difficult, cannot breathe deeply and cannot relax KG-C1

Cough

Cough; accompanied by a cold that has settled in the sinuses, with blowing the nose and warmth providing relief: sudden barking cough, “lungs completely full”, does not clear properly; sputum yellowish, later clear; (lasts ten days; “very irritable” during this time) 9; 5–15

Cough; with burning pain in the bronchi, yellow sputum 66; 6

That same evening, chills; the following night, 39°C; cough causes headaches, later also chest pain, > pressure on the chest when coughing.

In addition, abdominal pain with a strong appetite (!), but a rapid feeling of fullness. The back pain is > with movement. During this time, quick-tempered, grumpy over trifles – an observation by others 66; 6–12

(Cough, with a cold from the sinuses KG-B13)

(Cough, returns after remedy, as an accompanying symptom during recovery
KG-B11)

Coughing, with clearing of the throat

18/C4 Dry cough, sudden 22/C4,

32/C4

Dry cough, originating in the throat 21/C5, 29.2/C5*

(Mucus; thick, purulent clumps of mucus are coughed up from the bronchi
in the morning, about an hour after taking the medicine – curative
symptom KG-B6)

Chest

Bursting, as if my chest were about to burst; then everything that's weighing
me down and burdening me could come out and it could flow again 0*/C3

Skin rashes, hives, itchy, under the left clavicle 32/C3 Palpitations (with
emotion, but for no reason? Memory: "I don't
anymore") 22/C4 –

the same tester also had palpitations during the AMSE 22/E1 Palpitations,
felt right up to the throat; followed (again) by a headache

16f; 5

Palpitations, feeling of restlessness and racing heart – with normal pulse 16f;
2, 7

(Palpitations, irregular KG-B7) (Palpitations, before
menstruation KG-B7) (Palpitations, at night KG-
A2)

(Palpitations, due to emotional stress KG-A4) (Palpitations,
accelerated, sudden, with anxiety KG-A1)

(Palpitations, accelerated, after excitement, due to troublesome business KG-
A1)

(Tingling, externally; prevents lying still, worse during the day KG-A1)

Pain, pressing, feeling of pressure on the chest 21/C4 Pain,
stabbing, left 32/C3

Pain, stabbing, sudden, in the left armpit, radiating towards the chest 16; 5

Message from the preparation of the remedy: Love blazes in the heart, and
with it joy. A feeling of fulfilment in the heart and chest area, as when
embracing a loved one. A feeling that

connects everything that is. Like a merging, a sense of oneness, without conditions. It liberates all the feelings the heart did not want to let go of and sets them flowing 0*/C4

Back

Chill, back, a cold shiver runs down my spine, with a slight shudder 0*/C1

Pain, like muscle ache, in the morning after taking the remedy, > with movement 25, NS/ E1

Pain, after straining, lifting – every movement hurts, neck is stiff, irritated, tired – yet a desire to clean, < bending forward, bending down 19, NS/ E5 – NB5

Pain, from the neck to between the shoulder blades, dull, then shooting, “as if someone were stabbing me with a red-hot needle or a knife”, also “as if blocked; I want to move, but I can’t”, in the morning, first on the left (NB1) then on the right (NB2), < reaching forward quickly, sudden jerky movements, pressure; > warmth; stiff “as if I’d swallowed a stick”; after damp cold in the evening following a hot day 16, AS, but very severe, NB1-5

Pain, pulling in the C7 region; later radiating to the left shoulder blade; moving the head is unpleasant; head feels heavy 22f; 1

Pain and feeling of weakness in the lumbar region 0*/C2

Pain, pulling in the lower back, > being on the move and distraction 24, VS/ E5

Pain, thoracic spine, like weakness or tension, > sitting up, leaning back 21/C5; 29.2/C3, C5*; 33/C3

Pain, pulling, right shoulder blade, movement > 25/C4 (Pain, neck and radiating into the arms KG-B12) Sweating, I sweat constantly, especially on the neck KG-C1 Tension, neck, between the shoulder blades 0*/C1

(Tension, neck muscles; turning the head feels as if it is blocked – KG-B7)

(Tension, cervical spine, when lying down, with headache and sweating KG-B7)

(Tension, neck muscles KG-A4, KG-B1, KG-B6, KG-B12)

(Tension, thoracic spine, radiating to the chest KG-B7) Stiffness and tension in the lower back, when standing and walking, with a desire to move, which does not help, in the afternoon to evening < 24, NS/ E3, E4 see sensation
Heaviness, feeling of weight on the shoulders KG-B12

Extremities

(sensation, feels blood rushing through fingers and legs, following a blast injury KG-A2)
Unsteady gait, unsteadiness of footfall accompanied by a light-**h e a d e d** feeling; see
Dizziness 17, NS, E2
(Gait, unsteady, “legs won’t obey” KG-A4)
Heat, feet and lower legs at night, must uncover them 17, NS/ NB3
Heat, hands 18, E1
Heat, hands, “like energisation, pulsing, glowing” 27, E1 Itching, thumb (25/C4)
(Tingling, pins and needles, upper and lower limbs KG-B7) Feeling of tiredness in feet and lower legs, in the morning after getting up, as after great physical exertion, “as if empty, exhausted”, weak; > light movement 25, NS/ E3 (restlessness, lower limbs KG-B3)
Pain, both knees after walking downhill, the expected muscle soreness fails to materialise 27, NS/ E3
Pain, left knee, dull, “as if blocked”, in the morning upon waking, with back pain; see sensation 16, NS/ NB1
Pain, legs, like muscle soreness KG-C1
(Pain, knee and wrist joints, rheumatic, in the morning upon waking KG-A2)
(Pain, joints, rheumatic, wandering KG-A2) (Pain, left knee, following patella fracture KG-A1) (Pain, ankles, in the morning with stiffness KG-B7) (Pain, thumb joints KG-B7)
Pain, in the tendons of the back of the knees, like muscle soreness 22, NS/NB5

Pain, burning, later aching, severe, at night, right ischial tuberosity, extending along the inferior ramus of the pubic bone 29.2/at night to C5*

Pain, pressing, fingers four and five on the right, metacarpophalangeal joints 21/C4 Pain, cramp-like, lateral to the patellae, after walking uphill; > lying 25, NS/ E2

Pain, stabbing, right wrist 32/C3 Pain, stabbing, left hip 21/C5 Pain, stabbing, right foot 32/C4

Pain, pulling, right buttock, after sitting, extending upwards and backwards; > movement 25, NS/ E2

Pain, pulling, calf muscles, after exercise the previous day 4(D), VS/ NB4

Pain, pulling, thigh, on the first day of menstruation; heavy legs 16f; 1

Sweat, on the feet, smelly 44; 8-13+

(Swelling, lymphoedema, lower limbs KG-A4)

(Swelling of the legs, with a feeling of pressure, in warm weather KG-B6)

Heaviness, hand, after physical exertion 0*/C1 (Heaviness, legs, in warm weather KG-B3)

Heaviness, legs KG-C1

(Numbness and disturbance of temperature sensation in the context of MS, cured with Pele's Hair KG-A4)

(Numbness, hands KG-B7) (Numbness, fingers, in the morning KG-B6)

Trembling, vibration, in the fingers, particularly in the thumb 0*/C1)

(Trembling, hands, < when thinking about his complaints or when he feels observed KG-A1)

Skin

(Acne, long after puberty KG-A3)

Itching, generalised internal itching, with an addictive craving for chocolate (AS), desire to 'strip off the outer layer of the body', wants to shower or 'scrub properly', 'peel off these layers of the body', very irritable whilst doing so, see sensation 16, NS/ E2, E5

Skin rashes; skin smoother and clearer than usual during menstruation 23,
VS/ E3–NB2

Skin rashes, hives, after afternoon nap; with fatigue,
thirst, feeling of cold 9; 2

(skin rash, drug-induced, treated with cortisone, reappears KG-A1)

Pain, stabbing, recurring, like small insect bites, brief but intense,
particularly left arm and right leg 24, NS/ E4, E5, NB1
(dryness KG-A2)

Sleep

Feeling of heaviness upon waking in the morning after very deep sleep 21,
NS/ E2–NB2

Falling asleep, difficult 4(D), NS/ E1–NB3

(Difficulty falling asleep, thinks of complaints KG-A1, KG-A2) Waking up at
night, lies awake for a long time with occasional brief dozing
17, NS/ NB3

Waking up at night due to a dull pressure in the forehead 16f; 1 Waking up
frequently at night, problems falling and staying asleep, with nightmares
8; 7 – repeatedly

(Waking, at night, frequently KG-B3, KG-B7, KG-B12)

Waking, at night, frequently, waking almost hourly, restless 22f; 6

Waking, from a nightmare, trembling and sweating 8; 7 – repeated

Waking, due to crying 9; 3

Waking up at 1.30 am, as if from a deep sleep, briefly disoriented, with a
violent urge to urinate and defecate 25, NS/ E5

Waking at night, 2:00, suddenly, with restlessness and a fist-sized burning
heat in the stomach area, 'solar plexus' 27, NS/ E3, NB5

Waking, after midnight, 1:00–1:30 8(D), NS/ NB1–NB3 Waking, 2:00,
suddenly, with a dry cough 1(D), NS/ NB3

Waking, 2:00–3:00, with tingling, heat, restlessness; lies awake for one or
two hours 17f; 2, 3

(Waking, at night, 3:00 and 4:30 KG-A1)

(Waking, at night, 2:00 and 4:00–5:00 KG-A2) (Waking, due
to thoughts KG B8)

(Disturbed, when falling asleep and staying asleep KG-B6) (Disturbed, during a full moon KG-B6)
Restless sleep, tosses and turns frequently, vivid (sexual) dreams 17, AS during a full moon NB1– Full moon night, NS/ NB3
Restlessness, tosses and turns after waking at 2:00 27, NS/ NB5
(Sleep, light and superficial KG-B6)
Need for sleep, increased KG-C1
(Sleep is good and sufficient, yet not rested KG-B1) Insomnia, until 4:30 27, NS/ NB6
Sleepless, after midnight, 1:30 – 3:30, with brooding 8(D), NS/NB1 – NB3
(Sleepless, due to thoughts of an argument with partner KG-A2)
(Sleepless, due to heartburn KG-B9)
Feels unwell, occasionally nods off; hears every sound 19, AS/ NB6
Dreamless, deep 25, NS/ E1, E2
Dreamless 27, NS/ E1 – NB6
(Dreamless KG-B12)
Dreamless 13 NS
(Increased dreaming, after remedy KG-B12, KG-B13)
(Dreams, no recollection KG-A1, KG-B2, KG-B8)
Dreams, vivid, about work 8(D)/NB3; 4(D)/NS E1–NB3 (busy, as if she were completing tasks all night, as if automatically)
Dreams, numerous, mostly not remembered 23/ E2, E3; 24/ ...; 29.1/ E2
Restless, as if she were not sleeping, as if in a half-sleep, with dreams of work 4(D), NS/ E1 – NB3)

Sweating

Sweating, all over the body, in the morning; for symptoms, see Dizziness 17, NS/ E1, E2, NB1
(Sweating, at night KG-B12)
(Sweating, forehead and neck, at night and upon waking KG-A1) Sweating, on the forehead, nose, neck, shoulder area and hands
KG-C1

Sweating, on feet, foul-smelling 44; 8-13+

Sweating, constant, even without movement KG-C1

Sweating from head to toe with a pale face, followed by weakness and listlessness, 11:00 88; 2 (second day of taking the remedy; on the same day, at 19:00, the following symptom:)

Sweat, profuse, after fifteen minutes of cycling, odourless, with a red face 88; 2

(Sweating, in the morning, after showering KG-B7) Sweating, repeated 22, AS/ E1-E3 Sweating, heat 0*/C3

Sudden onset of sweating accompanied by an unpleasant, explosive sensation, reminiscent of hot flushes during the menopause 0*/C3

(Hot flushes and heat KG-B7)

General

Time, morning, 9:00–12:00. 17, NS/ E1, E2, NB1

Time, mornings, after waking (16, back pain, knee pain) (Time, mornings after waking, symptoms worsened KG-A1) (Time, mornings, everything worse KG-A4)

Time, midday, improvement from midday (back pain... 19) Time, afternoon, evening (24, back pain) (fatigue, weakness KG-B13)

Physical exertion aggravates symptoms; rubbing is tiring; hand feels heavy 0*/C1

Straightening up improves 18/C4; 21/C5; 29.2/C3, C5*; 33/C3

Outside, wanting to go outwards, from inside to outside 0* C1, C2, C3, C4 (“break through, burst, tear, shatter, burst out of one’s skin, push outwards”)

Movement, improves 0*/C2

Movement, craving for, wants to keep rubbing, staying still does not help 0*/C2

(Movement improves, movement became increasingly important KG-A2)

(Movement improves, desire for KG-A4)

(Movement, improves KG-C1)

(Blood pressure, elevated, systolic and diastolic KG-B6)

(Vomiting, improves KG-A1, KG-B12)

(Blood-forming system disorder in the family KG-A2, KG-A3, KG-B4, KG-B11)

Exhaustion, completely exhausted again after lunch KG-C1 (Exhausted, with a feeling of heaviness, 'as if pulled down or weighed down')

"feels" HKG-B6) (Exhausted, feeling drained KG-B7)

Flowing, getting into a flow improves 0*/C4

(Company, worsens when observed KG-A1) Feeling of heat 0*/C2, C3

Heat and heartburn 0*/C3

Feeling of heat, "I'm glowing", "overheated", despite cool weather. Cool showers do not make it more bearable KG-C1

Heat, at night 17, NS/ NB3

Heat, must undress completely 16, NS/ E2 Hot

flushes with sweating 0*/C3; 29.2/C3

(susceptibility to infection KG-A3, KG-B11)

Feeling of cold 0*/C3

Feeling of cold, before falling asleep KG-C1

Feeling of cold, with thirst, tiredness and hives, upon waking from an afternoon nap 9; 2

Fatigue, in the afternoon; wakes up after 30 minutes with itchy hives, scratching >

(very thirsty on this day; drinks a lot, yet dry throat; cold, > warmth) 9; 2

Fatigue, leaden, as in pregnancy 13; 1, 2

Fatigue despite nine hours' sleep, with concentration problems and spelling mistakes; very pale urine 22f; 9

Fatigue when menstruation is delayed. Only > when the flow becomes heavy, not at the very start; KPL) 44; 12

Fatigue, with a desire to rest. I am very tired, my legs feel leaden and my eyes are burning; I sleep in the afternoon KG-C1

Tired, in the morning 8(D), NS/ NB2 – NB4

Tired, 'exhausted', as after great physical exertion 25, NS/ E3

Tired and heavy, as if knocked out, motionless 0*/C3 (Tired, extremely tired KG-A4)

(Tired and listless, overwhelmed KG-B7, KG-B12, KG-B13) (Fatigue, during the day KG-A2)

(Fatigue, exhausted KG-B6, KG-13)

(Fatigue, during the day, despite sufficient sleep at night KG-B1)

Lively, no fatigue, after a hearty meal 23, HS/ E2 Lively, in the evening until 1:00 am 23, NS/ E2

(Smoking, craving for KG-A4)

Rest, aggravated, wants to keep rubbing, staying still does not help 0*/C2

(Feeling of weakness, after a loud noise trauma KG-A2)

Feeling of swelling, body, during menstruation, absent 23, HS/E Menstruation (secretions improve KG-A1, KG-B13)

(Secretions improve: after diarrhoea, a lasting process of realisation begins KG-C1

Tension, increased, everything is very tense, strained, stiff KG-C1

Food, beer, craving 44; 3 Food, meat, craving 27/NB

Food, milk, craving (unusual reaction to familiar heartburn for the examiner) 44; 9

Food, salad, aversion 23, NS/ NB Food, vegetables, aversion 23, NS/ NB Food, chocolate, craving 16/ E5

Food, starchy foods, pasta, bread, craving 23, NS/ E3–NB (Food, craving, starchy foods KG-A1)

Food, chocolate, cravings, at night KG-C1

Food, very spicy, very sweet or very fatty foods, cravings KG-C1

Food, fruit and vegetables, aversion KG-C1

Food, cravings, much greater desire for coffee, in the morning (KG-C1)

Food, sweets, amelioration: sweets alleviate dizziness 17

Food, sweets, aversion (less craving) 23, VS/ E2 – E5; 24, VS/ E1, E3

Food, sweets, chocolate, ravenous appetite with restlessness 16/E2-E5, familiar but intensified, see sensation

Food, meat, craving 27, NS/ NB9 (Food, beef, craving KG-A1)

Dryness, dry mucous membranes 25 (Skin: see above) Dryness,
increased thirst, yet ‘dry throat’ 9; 2 Vibrating sensation 0*/C1
Shaky, everything “swarming” (teeming) in the tissue
0*/C1 (Shaky, general KG-A1)
(Shaky, as before a difficult exam, after noise trauma KG-A2) (Shaky,
exhausted KG-B7)
Twitching in the body, like an electric shock 34/C4
(draught, aggravated KG-A1)

IV – Analyses: Pele’s Hair Strands

We have continually discovered new insights over the years of working with the remedy. Following many discussions amongst us testers and with colleagues, we have identified peculiarities and characteristics within the tangle of symptoms, which we present to you as individual strands.

1. Thread: Aetiology
2. Thread: Sensation
3. Thread: Keywords
4. Thread: Signature
5. Thread: Understanding Dreams by Jane Tara Cicchetti
6. Thread: Medicinal plant identification by experts:
 - 6.a Irene Schlingensiepen
 - 6.b Peter Tumminello
 - 6.c Jörg Hildebrandt
7. Thread: Myth

1. Thread: Aetiology – Trauma

In trials, one usually recognises common threads – themes that, alongside the symptoms, are intended to help find the right remedy for a patient. In Pele’s Hair, not least because of the many testers and trials, there is something to be seen that, in terms of weighting, stands a step

above the symptoms: an aetiology. We (SD, FS) are all the more certain of this as Christina Ari's case histories confirm it. You can read these in Chapter V.

Pele's Hair is a remedy for people who have not overcome trauma. If that is the case – what specific traumas does this remedy address? The trauma associated with Pele's Hair consists primarily of violent events – such as natural disasters, wars or accidents – that befall a person without any other individual intending to harm them personally.*

The violent impact stems more from a natural occurrence than from an ethical–moral context. These are universal human traumas, stressful and extreme situations that can only be resolved through change in the sense of transformation.

As trauma, events per se exceed the capacity for integration, leading to 'emergency solutions' to ensure the survival of the organism as a psychophysical whole. We have found indications and examples in the examinations for the subsequent reactions to the overwhelming trauma in Pele's Hair.

a – Decompensation

In the case of a pathological trauma reaction manifesting as rigidity, stagnation, standstill – 'as if dead'; detachment, numbness; blockage; constriction

b – Compensation

'Disguise', 'concealment' – also in the sense of a sycotic hiding be able to work well under pressure, whilst keeping their emotions in check

c – Solution through transformation

* Here, CA notes that, based on her therapeutic experience, Pele's Hair may also be indicated following relationship dramas.

ad a. Decompensation

If the transformation is unsuccessful, a feeling of isolation and separateness arises, a detachment from experience and feelings. Terms used by participants are set *in italics*: *numb, insensitive, diminished sensory perception; alienated from oneself, unreal, as if in a trance, frozen, stiff, blocked, stilted, something is stuck, constricted, narrowed, standstill, waiting.*

Dreams without resolution express the same inability to process:

Dream: something with a boat ... do we get in or do we not get in? ... who gets in? ... waiting ... indecision ... (29.1/E2) Dream: A car loses the load attached to its roof on a bend. I try in vain to run after the car (29.1/C4)

Dream: A frog eats a tiny little rabbit, which gets stuck in its throat. This creates *an insoluble problem* (29.1/C4)

Detachment manifests itself in several ways: in decompensation as *separation, isolation, alienation* (from oneself and one's surroundings), as a *sense of being clouded, unreality*, and also as *concealment and disguise* (presenting oneself differently or more attractively to the outside world, or using clothing to protect oneself from being naked); one *must* distance oneself, no longer knows one's bearings, is *confused, unfocused*. In decompensation, one is cut off, split off from one's feelings and thus also from empathy.

ad b. Compensation

Cut off from one's feelings, one can *work* ruthlessly and *selfishly*, yet also *well, clearly and efficiently; even under pressure, one can still work well – one perseveres*, can distance oneself, but then becomes *irritated and controlled over trifles, for no apparent reason, behaves aggressively*, or even auto-aggressively (e.g. 29.1): *implosion* instead of *explosion*.

Detachment manifests itself in the form of compensation, such as *standing on stage, on the catwalk or in the cinema, as in a film, detached from one's own experience; those in positions of authority, too, find themselves*

a certain distance from oneself. Being *prone to jokes* is another way of creating distance.

Exceptionally, or only in dreams, there are *unexpected, sudden outbursts, explosions*, as *something inside is indeed pushing out, wanting to come out, wanting to rise up*. Yet even these ‘explosions’ can be experienced without any accompanying feeling, that is, as if split off (see the dreams on pp. 22ff). Or the symptoms may shift into the body, manifesting as headaches, stomach complaints or dizziness, which may even replace the emotions or alternate with irritability (22f, 25f, see below).

Even *at night*, particularly around 2 a.m., something may suddenly push its way out of the unconscious, disturbing peace and sleep (see sleep disturbances in the list of symptoms).

‘Disguise’ and ‘concealment’ (including in the sense of a psychotic hiding) are, like *the ability to work well under pressure* whilst suppressing one’s emotions, forms of compensation.

ad c. Resolution through transformation

The solution is not so much about getting things flowing again; the challenge is greater: it is about transformation, reshaping, metamorphosis – about transformation. This occurs in every life through birth and death. But genuine, creative development is also based on transformative experiences, triggered, for example, by disasters that befall people. It is about passing through something elemental such as *darkness, fire or water*, in order to emerge, as it were, purified or renewed, reborn, reshaped, (once again) *‘into the light’*, into a new life or a deeper sense of being. In this purification, ‘shells’ must be shed, *‘layers of the past’*, both physically (skin) and figuratively (‘clothes’, disguises, embellishments), beneath which the true, the ‘naked’ self is hidden. Dream: A jeweller makes me, as a woman, a replica of my precious necklace worth 10 dollars, *so that I do not burn the real piece of jewellery, but the replica* (22f) – The fake must be burned so that the valuable remains.

This process can be experienced as a passage through birth or death, as an existential threat, or as a shamanic journey, a healing ritual or an initiation, whereby these situations are experienced as borderline situations that can overwhelm one's capacity to cope, and thus become traumatic.

"I can lead in borderline situations, and I can lead you into borderline situations. I can put a stop to things and I can speed them up. I can kill and give life. Scales. Balancing. The balance is a fine line, a boundary ridge, a dividing line. A magical line marking the transition from one to the other. I take away your reason so that you may open yourself to the wisdom of the dream.

"I show you your next life in a dream." (29.2/C4)

The transformation first manifests itself in images of threat (thunderstorms, apocalypse, destruction, war, tornadoes, fire – or in alchemical images of transformation, such as the dream of the black dog biting the heart – see Jane Tara Cicchetti's detailed interpretation below).

Then through images in which light triumphs over darkness, in images of transcendence, brightness, light and transparency. The embryo and the newborn baby also signify the birth of the new.

The liminal zone in which transformation can occur (though it need not – in which case it is experienced as detachment, alienation and unreality) can also manifest itself in a semi-awake, *semi-lucid* state between sleep and wakefulness.

The solution lies in 'getting into motion', emotion, in 'reconnecting' with the world and the environment through sensory perceptions and feelings, through the, albeit painful, re-experiencing and feeling. The dynamic of this movement is *'from the bottom up'*, a *desire to break free, to push upwards*, or it manifests as a need to *sit up, to align oneself*.

Stagnation must be set in motion, detachment must give way to sensation, the blockage must be traversed, as a passage through darkness and pain – *formless; blocked* – see symptoms in the musculoskeletal system.

Synthesis can be a transformation towards healing, also in the sense of a chemical – alchemical – synthesis – a ‘wedding’ (Examiner/Subject 27; hereafter abbreviated to Ex/S), a *celebration!* or the preparation of a remedy (Ex/S 44). Then (in healing) intense feeling is possible, new life, birth, transcendence.

Traumas

have confronted our test subjects day and night, as extreme situations in the form of violence, stressful situations and apocalyptic images.

Violence

they have experienced in dreams: Pr 19 seriously injures someone, KG-C1 sees her child nearly drowned, Pr 22f feels the shockwave of a gas explosion next to his head. Pr 88 encounters decapitated figures and hanged men. O* describes having lost everything and being on the run; she rubs “*with all her might*”: “*Something wants to come out, something wants to tear; an explosive feeling.*” Pr 34 wants to “*strike someone*”; she sees someone bleeding, a revolver, and feels “*frozen*”.

Pr 25f is “*bitten in the heart by a black dog*” (see Jane Tara Cicchetti’s analysis below); *an attack* takes place during a game of chess in Pr 22f. Pr 8 plunges over a cliff into the depths; the *destruction of the world* becomes a theme in 21. KG-C1 experiences the destruction of their own home by fire.

Stressful situations

In Pr16, symptoms resurface (“*neck witch*”) which she had previously experienced under *extreme circumstances* and which only reappeared during the examination. She feels she must “*persevere*”. Pr19 cannot imagine this, for if she were actually “*pregnant with twins*”, that “*would lead to overload*”. Pr 16 experiences something similar when she dreams *of giving birth to a child – no sense of joy, but rather feeling overwhelmed and fear of the future*. Pr 22 is reminded of the time when “*I had an emotional breakdown with ‘I don’t want to go on’*”, just like Pr 27: “*The remedy put me in an unstable state; burnout aspects; depression as a*

a family issue. My connection to the earth was severed.” Yet hardship and drudgery allow 29.2 to work well under pressure. Pr 16 hastily escapes the storm.

Apocalyptic images

The scene unfolds before the eyes of some of the examiners: ‘... *high above the cliffs, the sea roars below. Deep black clouds hang over the sea; the wind suddenly dies down – unsettling; the calm before the storm? The first flashes of lightning; it grows very dark; a queasy feeling, being up there all alone, with nowhere to take shelter for miles around. The lightning grows ever more violent, loud rumblings of thunder, the rain lashing my face; I don’t know which way to go to get to safety; fear rises – then a ray of sunshine breaks through the clouds and the danger seems to have passed,*” reports Pr 21.

“Blinding sunlight, almost unbearably bright. But in the background, in the distance, a dark wall looms – a menacing wall of clouds. It’s eerie, like the build-up to a heavy storm; gusts of wind are picking up. Nowhere is there any shelter nearby” and *“A cloudstorm, like a tornado, like the eye of a hurricane. Leaves fly, ears of corn whirl through the air, everything flies; it is an eerie force... A trial of strength. The horseman of the apocalypse. Beneath us, a torrential tropical rain falls to the earth and everything sinks into the mud”* are images from 29.2, as is finally: *“I now perceive the destruction all around me. As after a fire, a war. Everything is blackened, soot-covered; it smells of ash, the smell of burning. Total solitude. No human, nothing living is nearby. As if I were the last person.”* 29.1 expresses a similar mood in a slightly different way: *“Everything is covered in a layer of ice: all the trees, all the leaves lying on the ground, all the paths, all the cars. Visible stillness. Time has also stood still. No, not this one – for it is growing darker.”*

2. Theme: Sensation

Remedy-specific sensation words run through the trials, which we find significant for Rajan Sankaran’s methodological approach.

Tightening, contracting, constriction in 8D, 17, 25f, 29.2
Difficulty swallowing, feeling of a lump in the throat at 44, 8D and 31; getting stuck, feeling trapped, an unsolvable problem at 29.1; blocked, without having to overcome an obstacle, and dull in the sense of formless at 16
Congestion, rigid, stiff, standstill, as if dead at 0*, 18, 29.1, 23, 24
Feeling nothing at 0*, 23, 31 (see also 3rd thread: keywords) Pushing outwards and upwards at 0*, 44, 29.2

3. Thread: Keywords

Here we compare symptoms that have occurred similarly in more than one subject. Some have already proved characteristic in therapy, others await confirmation. You will therefore encounter some of these further down in the case histories.

– Stiffness, rigidity, stagnation, constriction, tightening, getting stuck, standstill – as if dead

During the period of taking the remedy, *everything stood still*. No decisions were possible, “*it’s stagnant, I have to wait, there’s nothing.*” Her period was also late and she had to *wait for it with great difficulty*.

Only after the stagnation, after the waiting, does everything continue again and *come into flow* – in Pr 18.

The back pain described in Pr 24: “*My lower back feels stiff, as if I were walking very upright; it feels rigid and stiff in the lumbar region, as if I had a slab in my lower back restricting my movement.* Pr 16 experiences the neck, shoulders and knees as “*dull and blocked, no obstacle to overcome; like a black cloud, dull in the sense of formless.*”

During the trituration, 0* writes: “*Silence, everything stands still. No thoughts within me, all connections to myself are severed ... No connection; as if struck down; motionless. Everything is merciless, relentless, inescapable; one simply has to get through it. It leaves one feeling nothing, thereby one is protected, then one does not feel the pain either no one finds me, no one perceives me; also*

I can't find any. Everything in the room around me seems lifeless and dead... Bright colours... have no radiance. I don't perceive anything alive or joyful. Living like this isn't easy. It's as if my chest were about to burst; then everything that's weighing me down and burdening me could come pouring out. It could flow again." In the next stage of trituration, "movement pushing outwards from within" emerges as the beginning of the solution.

– Emotionally distant, alienated from oneself

This is recorded verbatim in 0*, 23, 27 and 34.

Pr 16 expressed it as a "glass wall", "as if through a camera" and a "bird's-eye view" in a dream.

Pr 23 feels alienated when looking in the mirror, and Pr 27 sees another person in the mirror.

Pr 29.2 experiences this externally, in a dream: (A child) *"behaves completely 'out of line' during the consultation, lives in his own world, feels completely misunderstood. I manage to make cautious contact with him by telling him that I could tell he felt misunderstood."*

Pr 13 finds their familiar surroundings alien: *"I stare at the bedroom window; I know I'm at home, but the window looks just like the balcony door in the bedroom on holiday... I doubt my own sanity; I feel as if I'm trapped."* Pr 25 feels *"as if in a daze, dazed, distracted; my thoughts won't settle."*

Pr 25 feels *"as if in a trance, as if remote-controlled, as if behind a glass wall"* and Pr 27 *"glides through the cosmos"*, *"The surroundings seem strange to me"*, is in a *"trance-like state"* like Pr 34.

18, 29.1 and Pr 23 experience themselves as *selfish, less considerate, harsher, and indifferent towards others:*

"I don't care about the other person now; I can't empathise, no empathy. It's something like 'non-feeling', being unfeeling, numb, insensitive. Also joyless – almost as if dead. I was also completely indifferent to the music; it didn't move me." 0* experiences the external world: *"Was at a party with lots of people; they were all on drugs. They felt nothing within themselves."* This is accompanied by altered

– sensory perceptions

Pr 17f finds it “*difficult to focus ... has to squint, with a hollow feeling in the head or dizziness accompanied by blurred vision.*” Pr 27, 44 and 88 complain of poor visual acuity.

The ears feel “*clogged*” in 19 and 22f. 22f, 27 and 44 are more sensitive to smells than usual.

– Stage, celebration

In the dream of Pr 16, clothes are shown on the catwalk; 22f sees herself in a ballroom; 23 at a children’s birthday party. The latter dreams of a train lined in gold, whilst another is shabby; Pr 27 meets the rock singer Gianna Nannini before and during a concert; later she attends a wedding. 0* sees herself at a party; 22f in scenes from Turandot, in *erotic scenes as if from a Fellini film*, and in a ‘*threesome*’.

KPL: The stage, the catwalk, the cinema (‘as in the film’) are also a means of distancing oneself from the events. Equally at a distance are

– authority and those in positions of power

In 22f it’s the former mayor, in 44 it’s the ski racer Hermann Maier, and in 23 it’s “*much easier to be the boss.*” Pr 23, on the other hand, *couldn’t care less* about those ‘*higher up*’ and would rather ‘*party in style*’. For some, the distance leads to

– isolation: egocentric, hard, unfeeling, ruthless,

on the one hand, *working with strength and efficiency whilst maintaining a certain emotional distance, great clarity of thought and in their work; emotions can be well controlled, or are not felt at all (in several participants)*, and a high capacity for work: “*It was a decision: I’m doing it now – it happened in a flash – I just went for it,*” notes Pr 22.

“*Uncompromising, tougher, more focused on my own advantage. I stick to my guns. I can concentrate well, keep an overview and don’t get lost in details; I have plenty of energy; I’m not very sensitive. Clarity in expression and decision-making,*” notes Pr 23. “*The working day*” by Pr 27 “*ver-*

is proceeding extremely constructively and well. The fog seems to be lifting, the challenges are becoming manageable and are taking on a positive tone again, whereas at 29.2 there is a “mixture of clear, competent work energy with a noticeable tendency towards irritability; emotional confusion, alongside clarity in work”.

The ‘*cleaning frenzy*’ of Pr 19 finds its counterpart in *dreams about work* at 4D and 8D. Pr 24 becomes ‘*aimless*’, starting to clean several rooms at once. Here,

– concentration and memory

, as in 22f and 25f. *Confusion regarding time* is noted by 29 and 44; in contrast, 23 can concentrate well with “*clarity of expression and decision-making.*”

– Irritability, controlled aggression

The sensation of stagnation is more prevalent in the AMSE, whilst the desire to break free is more evident in the trituration. In the AMSE, some test subjects experienced irritability that either erupts uncontrollably, manifests as behavioural outbursts (‘teasing’, persistent stubbornness and nit-picking over trifles), or is expressed solely through self-directed aggression. In the AMSE, controlled aggression and emotional detachment were accompanied by improved decision-making ability, greater self-confidence and determination.

Pr 29.1: Situations in which he feels aggressive but is able to control the aggression. He scratches the skin beside his thumbnails, almost auto-aggressively, more intensely every day until it bleeds and large wounds form.

Pr 44 hits her daughter, 8D throws objects in anger, Pr 24 flies into a rage, Pr 22 becomes ‘intolerant’ towards others, Pr 8 feels ‘*very aggressive*’ one day, and the next day persistent stomach complaints begin. Irritability and anger were particularly frequently reported moods. With Pr 16 it was the other way round; she had the symptoms the day before (headache) and noticed a “*depressed and irritable mood for no reason*” the next day.

Pr 9 and 25 described headaches “*with irritability*”, “*when annoyed*”.

– Coverings: clothes, skin

Clothes were a surprisingly frequent theme: in Pr 16 as ‘*breathhtakingly beautiful clothes*’, in Pr 23 as ‘*shabby rags*’. ‘*The guests are dressed for a party*,’ dreams 27; she herself is naked, falling through ‘*layers of the past*’. KG-C1 tries to find a “*suitable top*”, 29.2 dreams of a “*nettle dress*”, a “*dress of light*”. Pr 25 “*has to pack clothes*” and later misses her swimwear. Beautiful shoes play the leading role in 44’s dream. “I just want to strip off the outer layer of my body!” preoccupies Pr 16 all day long. She finds the heat unbearable. Pr 24 refers to the connection with the skin as a shell one wishes to shed as “*shedding the past like layers*”, which she links to an impending career decision. Pr 22f seems to notice a “*flaccid patch of skin*” on his wrist, “*which can be folded away*”, but sleeps on reassured when the change is not detectable upon waking. KPL on the theme of ‘*cloaks*’: freeing oneself from *the (skin) cloaks of the past* stands in contrast to *festive clothing and jewellery* (16, 24, 27). When one takes off one’s clothes (16) and detaches oneself from everything *concealing from the past* (24), one is *naked* (16, 27), one is *entirely oneself* (24).

People, too, can be part of a past from which one needs to break free. This ties in with

– Dreams of the deceased:

Pr 16f: *A dream of a long journey; before that, saying goodbye to my grandmother, with the fear of not seeing her again upon my return.* (KPL: My grandmother died twelve years ago.)

Pr 17f: *“As I lay there awake, I found myself thinking a lot about my late Aunt B., how much I loved her and what a wonderful person she was. Then I also thought about my ‘Aunt’ K., my father’s cousin, and realised that I’d never had a warm relationship with her. She was simply always there; her husband had died young, she had no children, we were her surrogate family. Often I benefited from this, sometimes it was a nuisance. Now I feel that she bought my ‘love’ for her. As a child, I never gave it a second thought.”*

In 22f, the dreams of *'people from the past whom I haven't seen for a long time'* are not emotionally charged; in KG-C1, they are slightly so when she sees her mother tending her father's grave in the cemetery; things become highly emotional in Pr 32:

"My cat buries herself in the compost heap, leaving her face exposed so that I can approach her gently to communicate with her. When I ask her gently, she confesses to me that she is terrified of dying."

Anticipating Jane Tara Cicchetti's statement that, in the dreams in Pele's Hair, the encounter with death is linked to the prospect of a higher goal (*"In all three important images, we see the theme of facing death in order to achieve a greater goal."*), the next section becomes clear.

– Transformation – through darkness to light

"Translucency" – "I have no idea what that means. I carry the heart of all things within me, and a great grace makes it shine. When the time comes, I shall see that all is light. 'We are condensed light', experienced on 29 February during the trituration test. Light and shadow play a role in Pr 31; Pr 32 sees the 'entrance to the otherworldly realm... Anubis, the mediator between this world and the next. One must surely make the journey into this dimension alone! A fire burns behind me, natives dance around. The shaman! Whoosh, I'm on a shamanic trip! I have to go through this! It is so beautiful and peaceful. Why can't it stay this way? I seek the darkness. Black is a colour too, the negative light. Through the darkness to the light!

The comparison with *'shamanic rituals'* or *'shamanic journeys'* also appears in Pr 22, 27 and 29.2. The latter describes *'the light at the end of the tunnel'*, *'suddenly a very bright hole in the middle of the black sky'*, *'glowing light'* and *'diamond light'*.

– The dissolution of boundaries

is part of this process of transformation: *"The boundaries dissolve; between the formations that are already firmly established, everything is thrown out of balance. An exciting feeling – what comes next? There is still*

there is resistance. Everything is already rearing up, striving to break outwards. It wants to get out, it wants to shatter all boundaries and norms, to break free from the straitjacket. To become free!" we read at 0*, and:

"A feeling you experience when embracing a loved one, a feeling that connects everything that is. Like a merging, an unconditional bond. It releases all the emotions the heart was reluctant to let go of and sets them flowing. Tears want to flow out of sheer joy." Such a process is exhausting, as we learn from 29.2:

"Exhaustion. Vigorous yawning. I have to stretch and stretch; it's like a body therapy session. As if layers within my body are moving against one another, releasing blockages, setting the whole system in motion."

– Between sleep and wakefulness

much takes place during the Pele's Hair examinations: "A peculiar state of sleep and wakefulness" is described in Pr 13, "a semi-lucid dream" in 29.2, "Dream? Half-sleep?" Pr 88 is unsure. Pr 4D feels as though she isn't sleeping at all, "as if in a half-sleep, with dreams about work".

"The most striking symptom was on the night after the last day of taking the medication: I went to bed around midnight, and woke up from a deep sleep around 1.30 am because I urgently needed to go to the loo. My bladder felt as if it were about to burst. I hadn't drunk any more than usual before going to sleep. On top of that, I had a bowel movement, which never usually happens in the middle of the night," notes Pr 25f. Pr 27's night was also disturbed:

"Suddenly woke up at two o'clock in the morning. Felt a great burning heat, the size of a fist, in the stomach region (solar plexus)." Pr 1D woke up at 2 am with a dry cough; Pr 8D was "sleepless, brooding" after waking up at around one o'clock.

– Pregnancy, child, childhood, cycle

Pregnancy as the archetype of creation; pregnancy and birth as a process of transformation. In the tests with Pele's Hair, pregnancy is experienced primarily as a burden and an overwhelming challenge.

Dream of pregnancy: *"I'm pregnant with twins ... it would be too much to cope with,"* fears Pr 19. *"I'm probably pregnant,"* says Pr 16, adding: *"A dream of giving birth to a child – no sense of joy, rather a feeling of being overwhelmed and fear of the future."* The joy is also subdued in Pr 27: *"My youngest sister informs us very matter-of-factly that she is pregnant and will have the baby in the spring. We take note of it very indifferently."* Pr 15 takes a more relaxed view of the subject: *"Dream of a baby she has to look after; particularly that she isn't molested; the baby wasn't wearing a nappy, funny; had a lot to do with babies during my work placement."*

Recalling unpleasant experiences during pregnancy, two examinees mention the following in Pr 13: *"A feeling of heavy, swollen legs; it also reminds me of pregnancy – back then I had pain in my ankle and finger joints almost constantly from the second month onwards, especially in the mornings; it stopped abruptly after the pregnancy."* Pr 16: *"Pain, pressing, from the pelvic floor, like from a "peg" or "as if blocked" (ovulation period?), no relief from bowel movements, as during pregnancy or menstruation."*

It seems to be a little easier with children: Pr 25f dreams: *"As a child, I play with Barbie dolls and toy cars."* Pr 21 comes *"Thoughts of childhood, of the little chestnut figures we used to make and put up everywhere."* In Pr 29.1, the memory is less pleasant: *"Colourful children's drawings, featuring an Easter bunny. The joy of drawing with coloured pencils. Which colours go together: yellow and purple, green and red – the colour scheme in the classroom. And the result is an exhilarating feeling of being in the present."*

I hear laughter – it unsettles me. I've clearly laughed far too little. What can I laugh at? Have I ever felt happy through laughter?" 29 February takes me a few steps back in time: *"I am a baby sitting on the ground, in the middle of a wet, burnt (maize) field, wearing nothing but a nappy. Suddenly there is a gentle warmth around me, a soft glow, and a figure I cannot see wraps me in soft, warm, fragrant cloths. I close my eyes... I could ask, but I don't. I just feel myself relaxing and my little body going completely limp. It*

is good. And I know I have arrived and do not need to know where. Behind my closed eyelids I see a light, a soft red, as if an embryo were being illuminated.”

We have gathered little information regarding the female menstrual cycle. In Pr 18, menstruation was delayed by two days; Pr 19 experienced premenstrual headaches. Pr 23: *“Less bloating and no feeling of swelling during menstruation. Menstruation ceasing at night; initially lighter, then heavy, dark with fragments of mucous membrane.”* It was unpleasant for Pr 16f: *“Everything then seems to have subsided until, a week later, menstruation begins: Sudden menstrual bleeding in the morning, almost gushing; after an extremely short interval of 18 days; otherwise, bleeding begins slowly, accompanied by cramp-like pain in the afternoon, improvement only in the evening in bed 16f; 15; the next day, the bleeding is significantly lighter and painless.”*

– Relationship? Family?

The question marks in the heading have two meanings. Firstly, that we are not opening a completely new chapter, as most of this could also be placed under ‘Distance’. Secondly, that during the trials we could not be certain what significance the symptoms would take on. As a preliminary measure, we append comments from CA to the trial symptoms.

First, the test symptoms: Pr 17 reports, in the days following the subsiding of physical symptoms, of a sense of security in the relationship that was initially absent but later felt, and of a desire for a family of her own. Pr 23 dreams of a happy gathering of three generations, from which the mother is, however, absent: *“alone without a mother – something was missing, loss, family.”*

We recall the dream of Pr 17f, under ‘Dreams of the deceased’, and that of the same examiner: *‘The (following) night I had a strange dream. There was a man who wanted to ‘make a move’ on my boyfriend – not so much on a physical level, but more in a friendly way, yet still with the clear aim of a relationship, and he also wanted to build a friendship with his son. It didn’t stress me out, as my boyfriend has absolutely no interest in men, but it was weird and annoyed me.*

Especially because I'm on night shifts for the next two days; that was the case in the dream too, and I didn't want the man to sneak into my life whilst I was away."

Here is a comment from CA, based on her therapeutic experience with Pele's Hair, on the subject of long-distance relationships:

Distance can always lead to relationship problems. This stems from a refusal to perceive one's counterpart for what they are. Instead, they are treated as a projection. One's own conception of a relationship cannot therefore be fulfilled, which is reflected in some case histories, particularly as a transgression of boundaries in relationships involving the devaluation of the other person. The relationships often have to endure a great deal. Those affected seek a solution to their conflicts through projection onto their partner.

KG-A1's childhood was marked by conflicts and acts of violence within the family. He was never married and once had a brief long-distance relationship. Essentially, he only had contact with his family; he had no friends. KG-A3 has grown-up children and a partner whom she never married; she always wanted to remain independent. Essentially, he never had a say in matters concerning the family and the children. Nevertheless, she accused him of not getting involved enough. KG-C1 hit her children, purely out of feeling overwhelmed; she also often belittled her partner.

– Syndromes?

The penultimate point in the 'Keywords' section discusses a similarity between examiners 22f and 25f.

They had a number of similar complaints, namely gastrointestinal problems, *along with* impaired perception *and* dreams whose meaning eluded them, but which, according to Jane Tara Cicchetti, were specific to the remedy.

Their symptoms began with: *pain accompanied by diarrhoea, recurring*, sometimes with a white tongue, sometimes not, sometimes worsening >, sometimes <, sometimes pain in the stomach with rising nausea, sometimes a burning pain in the abdomen – nothing passes through.

But at the same time, *perception is impaired*: sometimes in vision (near and far at 22f), ‘foggy, unable to organise thoughts at 25f, dizziness, ringing in the ears, learning difficulties, fatigue, etc.

At the same time (!) *dreams* occur; sometimes they are disruptive, but not memorable (25f). Even when they are remembered, they remain incomprehensible to the dreamer. The dreamers have nothing to say about their thrilling dreams. Not even a sensation can be elicited from them, which is all the more astonishing given that these are dreams of a heart-eating dog and explosions next to the head. They experience themselves as children (25f), meet acquaintances from the past (22f), and are observers of sex scenes (22f) and disasters (22f, 25f). No feelings about it, just a shrug when asked. Can one say that perception is limited here too? Or should it be understood as ‘distancing’ or ‘being detached’? Come to think of it, 22f wasn’t even bothered by his gastrointestinal complaints, even though they occurred at night. And 25f carried on cheerfully despite his complaints.

This goes beyond the usual degree of dissociation, as Reinhard Flick described the phenomenon in DocHom.² In *Pele’s Hair*, it is *the content that reveals itself precisely when the senses are restricted*. The messages are not recognised, not taken personally, not interpreted. What do the test subjects experience here, without experiencing it personally?

Read more in Thread 5: Understanding Dreams.

– Duration of symptoms

One final point: some symptoms were noticeable for a long time, even beyond the observation period.

Pr 8 – Difficulty falling and staying asleep, nightmares, up to one month after taking

Pr 17 – premenstrual headaches

Pr 19 – Cleaning frenzy (premenstrual?), back pain Pr 23 –

Selfishness, emotional hardness; eye symptoms

Pr 25 – Stomach complaints, headaches, irritability

Pr 44 – Stomach complaints, heartburn, difficulty swallowing (Bis-sen remained stuck)

4. Thread: Signature

From a further perspective on the dynamics of the remedy, Pele's Hair reveals its themes in the signature, in the AMSE and in the trituration test: Something rises/explodes/heat/stiffening/gold/golden hair. It concerns something very precious: gold, jewellery, beauty – both as a concealing, disguising external attribute, and as the true beauty and nobility of the true self. This noble, precious quality is endangered, threatened; it must undergo a perilous process of transformation. Pele's Hair manifests itself primarily in dreams. The glass-like texture of the substance is evoked in Pr 26 (*glass wall*) and Pr 16, who dreams of *glass bead jewellery* and delights in *the visual pleasure of a champagne hue*. In Pr 23, *gold* even dominates the train's décor, *a dark yellow, a dull, lustrous dark yellow*. In another dream, she cuts a woman's *'golden hair'*, *'gold hair, like that of an angel'*. Pr 24 cuts her son's *blond curls*, something she never usually does. Pr 21 and 29.2 dream of the *evening sun in golden hues* and *golden-yellow cornfields*. Hair was the first theme during the trituration of 0*, and on 29.2 she saw *strands of light, like delicate golden threads, falling to the ground from the glittering hole of light in the gleaming firmament. I try to grasp some of these golden threads, yet they are made of pure light, translucent, delicate, intangible... and yet I am now wrapping myself in some of these threads... it is like a tingling nettle dress, invigorating, yet it does not burn me. I glow in the dress of light.*

The fact that Pele's Hair is not merely of sentimental value is evident in the dreams of *glass bead jewellery* in Pr 16, of *keys and valuables* in Pr 27, of *the necklace* and its *duplicate* in Pr 22f, the loss of valuables (Pr 22) and the profligacy of Pr 88.

Others dream more of the metallic nature of the substance, such as Pr 22f: *'... a bunch of keys clatters down into the depths; I also see a knife with a large, shiny metallic blade and "handles" that*

are also made of metal.” Recalling even the titanium content of Pele’s Hair, the same examinee dreams: “I see an artificial, robot-like woman whose joints consist of metal parts (like artificial joints); above all, her ankle joints move as if on rollers and as if remote-controlled.”

Furthermore, , , Structure-Order-Hardness , have perceived: Pr 16:

“Cube-like structures, rows lined up in a precise row”, Pr 27 at a rock concert (!), for which the cushions are carefully arranged; Pr 18 as a “symmetrical figure, radiating outwards, a tube with a bubble”. Pr 29.2 describes “images of a magnet – iron filings aligning themselves; straightening, direction, alignment, clarification, signposts. Plain language. Decision – simple and clear, sober, direct, a clear crystal lattice, order and system. Doing what must be done without dithering and without fuss. Bringing order to chaos. The power of clarity. This may be called into question by the same examiner: “Loss of structure. I gain / I lose my composure”. Pr 23 experiences herself as “hard, unemotional, selfish”, as do Pr 18 and 29.1.

From a chemical perspective, going into detail: Pr 44, who mixes two medicines to obtain a new one, and 0*, who, after trituration, dreams of having “dissolved into chemical compounds” and finds this “wonderful”.

In Pr 44, we read of the volcano’s eruptive element as a *bubble* that bursts from the chest with a ‘plop!’. Pr 22f, on the other hand, describes something penetrating such a bubble. Pr 29.2 refers to having to vomit a large gush of liquid stomach contents into a bowl. Does the dream in Pr 22f of a ‘gas explosion’ right next to my head – I feel the shockwave, but nothing at all happens to me – require an interpretation?

Now that we have come so close to the mountain, the encounter in Pr 27 no longer surprises us either: “I have (in the dream) contact with an elderly woman. What is striking about her are her clear eyes. There are shadows beneath her eyes. I can tell from her appearance that she has been through a difficult time. The woman reports that she was clairvoyant, clairsentient and clairaudient, and that this state was incredibly exhausting and

demanding for her. The woman speaks of inner heat and burning out.” (more on this in Thread 7, the myth of Pele)

In fact, it gets hotter the closer we get: *“Internal heat” is what Pr 27 feels, “all the chakras are more active; increased sensations of pleasure, everything tingles and vibrates, like a mild caffeine buzz, a strong sensation that is, however, difficult to put into words. The symbol of fire emerges – fire simply burns.”* After the trial, the subject wanted to burn her notes and the remaining globules. *“Burning”* was the dominant sensation for this subject. Subjects 16, 17, 29.2, 66 and 0* also report *burning, blazing, heat* accompanied by the urge to *undress*, and *hot flushes with sweating*.

Now it's getting dangerous: Proverbs 29:2 is drawing near: *I'm walking/jumping quite quickly along a forest path, like a child skipping; up ahead there's a line I have to jump over; beyond that line lies free fall.* This is exactly what Pr 8 experiences, falling down a *'cliff'*, waking up *mid-fall, trembling, sweaty, frightened, with a pounding heart.* The cliff was broad, *wide and empty*; it wasn't dark, but nothing could be seen (because of the fog?).



Signpost at the edge of Mount Kilauea

5. Thread: Understanding dreams by Jane Tara Cicchetti

Jane Tara Cicchetti is a homeopath and a therapist trained in the methods of C. G. Jung. In 'Dreams, Symbols, & Homeopathy', she has demonstrated how she combines dream analysis and homeopathy.⁵

As she has been a friend of FS for years, she was willing to analyse the dreams and trituration experiences translated into English for her. She had not the slightest clue as to which remedy was involved.

She begins her analysis by noting that, in a trial, all symptoms can be seen as originating from the trialist. You may read her expert report in full.

Analysis of Prover's Dreams

We know that all the symptoms elicited by the provers of a remedy are to be viewed 'as if they were one person'. The same applies to dreams, which can contain powerful symbols pointing to the curative essence of the substance, particularly its effect on the psyche.

In the interpretation of an individual's dream, what is of utmost importance is to understand what the dream imagery means to the dreamer. Whilst this remains important when working with dreams during a proving, the individual meanings take on a lesser role, and the archetypal interpretation is of greater importance. In a proving, what we are looking for is the effect that the remedy has had on all of the provers. We might say we are looking for the common thread running through the collective dream of the proving.

In order to demonstrate the process of conducting such an analysis, I will walk through the steps used to analyse the collective dream of this substance. Note: the substance is unknown to me at this time.

At First Glance

When first looking through the collection of dreams, one feels that none of it makes sense. We can begin by noting symptoms that recur throughout the many dreams. There are several references to metals and bubbles, but not much else. After a cursory overview to get a sense of the landscape of the collective dream, we see that certain themes emerge. There is a sense of detachment versus experiencing

strong emotions. This is a good start, but we must be more methodical.

Identifying Rare, Strange, and Peculiar Imagery

For the information to be useful, we must first examine the most unusual, clear, or powerful imagery. This is not unlike identifying characteristic symptoms in a medical history, where we look for rare, strange, and peculiar symptoms, or symptoms that are very strong and clear. As in any dream analysis, the interpreter must be aware that the language of dreams, whilst encoded in symbolism, is very specific. Therefore, we must examine the imagery precisely and not assume that we know what it means.

As we delve into the “characteristic imagery” of the collective dream, we note that there are three particularly powerful or specific images: the black dog has killed the dreamer and is biting her heart, the Puccini opera *Turandot*, and the Austrian ski racer Hermann Maier.

The Black Dog Bites Her Heart



“A wolf devoured the king, and being burnt it restored him to life again”
from: *Atalanta fugiens* by Michael Maier, 1618

Prover number 25f writes, “A black dog bites my heart.” Her supervisor had noted, “A black dog has killed her and tears out her heart.” This is such a powerful image that it was mentioned to me by the proving master before I received the entire list of dreams.

A similar image appears in an alchemical illustration from 1617, entitled “A wolf devoured the king, and being burnt it restored him to life again.” (Fig. 1) It is a picture of a wolf eating the body of a dead king. To the side, we see the wolf being burned in a fire. Does this alchemical illustration relate to the dream? Does it reveal an important dimension of the substance? We have yet to see.

One thing we must bear in mind is that the dream differs in one important respect from the alchemical image: the dog is not devouring the whole person, but the dreamer’s heart.

The Puccini opera, Turandot

Prover 22f dreams: “I ‘see’ some scenes like in Turandot, by Puccini.” (Puccini is the prover’s favourite opera composer; he knows some of his works almost by heart.)

The story of Turandot, which Puccini used in his opera of the same name, was originally a tale from *One Thousand and One Nights*. This collection of stories was drawn from even older sources, so it is likely that the original story of Turandot dates back to ancient Persia or even Egypt. The central theme is that of a man’s willingness to risk his life for love, and that the strength and courage of his love can melt the heart of a cold and cruel woman.

In Puccini’s opera, Turandot is a beautiful, desirable, yet cold and ruthless princess. Her heart has been hardened by a desire for revenge for the murder of her ancestress who lived ‘a thousand years ago’. To assuage this grief, she has decreed that any suitor must solve three riddles in order to marry her. However, if the suitor fails to answer the riddles, he will be executed. As the story begins, ninety-nine prospective husbands have been executed in their attempts to marry Turandot. The next suitor is Prince Calaf. He is so smitten by Turandot that, despite the attempts of others to dissuade him from risking his life, he is convinced that he can answer the three riddles and win the princess’s hand.

He impresses Turandot's father, the emperor, and the members of his court with his steadfast courage and, to their amazement, solves the three riddles. The court declares that he has won the princess's hand. But she is unwilling to marry him and asks, 'Would you have me in your arms by force, reluctant and enraged?'

Calaf replies, "No, no, haughty Princess! I want you to be ardent with love." With this, he gives her the chance to answer his own riddle. He asks her to guess his name by the following morning. If she cannot, she must marry him, but if she answers correctly, she can have him executed.

In Puccini's opera, during that night, the hero sings one of the most famous tenor arias of all time, *Nessun dorma*, ending with Calaf singing: "I will win! I will win!"

In the morning, the princess cannot guess his name because her servant girl, Liu, whom she sent out during the night to find it out, has fallen in love with Calaf and will not reveal his name. Instead, Liu says, 'Love! That is his name.' Turandot orders her to be tortured, at which point Liu refers to her as 'you who are enclosed by ice.'

Calaf reproaches Turandot for her cruelty but then attempts to seduce her by kissing her. She asks him to leave, even though she admits to both hating and loving him. He tells her his name, and then says she can now kill him. Instead, Turandot announces that his name is Love, acknowledging that they are now lovers.

The Ski Racer

A female student, number 44, has the following dream: "I'm giving a lesson. Everything's fine. Suddenly, Hermann Maier enters the room and takes over the lesson. Everyone likes it, and so do I, standing there listening. But when I enter the classroom the next time, everyone's unhappy. Some even protest. My authority is at stake."

It is noted that Hermann Maier is an immensely popular Austrian skier. My research shows that he is, in fact, a champion alpine ski racer who has won a World Cup and an Olympic gold medal. He is known for overcoming obstacles, including having a slight build as a child due to growth impairments, surviving a head-over-heels skiing accident without a scratch, and finally, returning to win skiing

competitions after a near-fatal motorbike accident in which he had to undergo serious reconstructive surgery to save his lower leg. He has been nicknamed ‘The Herminator’ due to his seemingly indestructible nature.

Emerging theme

In all three significant images, we see the theme of confronting death in order to achieve a greater goal. In the alchemical drawing, the king, representing the ego, must be devoured by the wolf, representing the prima materia, the undifferentiated unconscious. The wolf is then burned, symbolising purification. This process is repeated three times. We shall see that this threefold process is echoed in the other imagery.

In spiritual alchemy – more on this later – this represents the process through which the adept must pass in order to achieve the union of opposites. It was believed that only then would the heart open up to a higher level of consciousness. The union of opposites is often depicted as beginning with a separation, followed by the purification of the parts, and finally, the reunion of the king and queen.

In the next dream, there is a reference to Turandot. Here we see the prince, the hero, defying death in order to connect with the reluctant princess. Once again, we see the three-part process, this time involving the need to answer the three riddles. This imagery tells us a little more. It is the same process but more specific. It reveals that the princess, representing the feminine principle or eros, is frozen with rage and indignation because of the murder of her ancestress. Other suitors, representing the not-wise-enough, undeveloped male principle or logos, have failed. It takes the wise masculine to melt her icy heart.

Finally, we have the dream of the skier, the Herminator. Here we have a man who has gone through the threefold process of defying death or overcoming obstacles, but in the dream, he usurps the authority of the dreamer, who is a woman. We could say that this again elaborates on the theme, but this time showing how it could go wrong. In other words, the male principle overcomes the challenges, but the union of opposites does not occur.

What is, however, more intriguing is that this dream provides a significant clue that we are on the right track with our interpretation. If we return to the alchemical reference of the wolf devouring the king, we may note that this image is from a series called *Atalanta Fugiens*, created by Michael Maier. So we have two Maiers – the skier and the alchemist.

This draws our attention to the accuracy and importance of the first dream and the alchemical process. Furthermore, it is well known to historians that Michael Maier was a Rosicrucian and that his works centred on the quest for spiritual transformation and the development of consciousness. Therefore, we can be quite certain, or as certain as one can be in the world of dreams, that these three dreams point to the threefold alchemical process that an individual must undergo in order to develop the fullness of heart that comes with the union of opposites.

Now that we feel quite confident about the broader theme of the collective dream, some of the imagery from other dreams can be analysed.

The Bubble

The image of the bubble appears in two dreams from different test subjects and is, at first, confusing. In light of our previous analysis, it begins to make sense. Test subject 44 (who also had the dream about Maier) had the following dream: “What is coming out of me is like a bubble. First it was in my upper abdomen, filling it up completely. Then it moved up to my chest. There it popped out of my body like a football, only bigger. I watched, puzzled. I just let it happen. I was fine with it. It soothed me.”

Prover 22f, who also had the Turandot dream, also had a dream featuring the imagery of a bubble: “I intrude sexually into a kind of bubble.” The bubble is an interesting image that, at first, seems out of place from our main alchemical imagery. But if we examine imagery rela-

In connection with the threefold process of unfolding from the prima materia, we find that this image is present in alchemical literature. It is said that when the prima materia is mixed or worked, the final result is the philosopher’s stone or lapis philosophicum. It is said to emerge from the chaos as a dark sphere. Jung, quoting an alchemical text, says this



The Adept in the Bubble, from *Bibliotheca chemica curiosa*, Geneva 1702

The spherical being, the most serene God, springs from the union of opposites. It sheds a special light on the perfectly round nature of the lapis. The dream of Prover 44 reflects this numinous quality in her dream of the bubble. As it rises up from her body, she feels soothed by it. In the dream of Prover 22f, it simply makes an appearance.

The Process Aborted

Many of the dreams contain fragments of imagery that could be interpreted as a failure to complete the opus. The union of opposites is never attempted, is not completed, or goes awry.

Prover 8: She falls down a cliff, wakes up whilst falling, anxious, trembling, with palpitations, sweating.

(We asked the prover later about the scenery: The cliff was vast and desolate; it was dark, with nothing else to be seen, perhaps due to fog. No other feelings apart from anxiety or fear.) This may represent the fear of venturing into the darkness that is necessary at the beginning of the

process. Prover 17f: “In my dream, a man tries to get close to my boyfriend, not sexually, but as a friend; in any case, he tries to form a relationship, even with my boyfriend’s son. My boyfriend isn’t interested in men. I find it annoying. I am away for two days, and I dislike a man intruding on my relationship.”

Union cannot occur between similars; it must be between opposites, otherwise there is no procreation. This interference in the union of opposites annoys the woman dreamer. It brings to mind the *Visio Arislei*, mentioned by Jung in his work on the *prima materia*. It is the story of a kingdom where nothing prospers and there is no procreation because only like mates with like. There are no philosophers and the land is barren.

Prover 22f: “I see an artificial, robot-like female figure, whose joints are metallic, like artificial joints. Her ankle joints move as if on rollers and as if they were remote-controlled.”

In this imagery, the feminine/eros is reduced to a mechanical figure whose movement/joints are metal. This could be seen as a symbol of a woman who is completely devoid of eros and driven solely by the cold logic of logos.

Some final notes

These are my own notes that I felt were obscure, so I did not include them in the original material, e.g. that Puccini died of heart failure before he completed his opera “Turandot”.

Mysterium Coniunctionis

The concept of the union of opposites has been a subject of esoteric writing for hundreds, if not thousands, of years. As such, it is an archetype in itself – an archetype that represents wholeness and liberation through intense purification and the reconciliation of life’s duality.

Jung introduced many traditional and ancient texts that described this transformation and metamorphosis into the field of psychology. In doing so, he gave the modern world a glimpse of the importance the union of opposites plays in psychological and physical health.

This mysterious union of the polarities present in all of life appears in both Eastern and Western alchemy. In Chinese alchemy, the transmutation of the body is described in *The Secret of the Golden Flower*. The Tantric yogic traditions, first in India and later in Tibet, contain both physical and mental techniques for attaining this union.

The Axiom of Maria

Maria Prophetissa, a woman, is considered to be one of the first Western alchemists. Very few details of her life survive, but she is thought to have lived sometime between the first and third centuries AD. She is often mentioned, with great respect, in alchemical literature.

The Axiom of Maria states: “One becomes two, two becomes three, and out of the third comes the One as the fourth.” We need the two to become one. But in order for the two to become one, we need the process of transmutation (three). Once the two becomes one, we have

four – the quaternity – representing wholeness or the One.

Jung referred to the Axiom of Maria as a metaphor for the process of individuation, and we see this theme again and again in the dreams of this proving.

One = unconscious wholeness – the prima materia (the wolf) Two = the opposites & particularly masculine and feminine, Logos and Eros.



Michael Maier's Atalanta Fugiens, 1618

Three = the process – that which arises as a result of the tension between opposites

Four = wholeness, the transformed state.

Some notes on *Atalanta Fugiens*, from a MA thesis in Medieval Studies by Florin George Calian of Budapest:

Alchemists studied myth and matter with equal interest. For the alchemist, myth holds the key to understanding the processes through which matter undergoes transformation. In alchemy, myth occupied the place of true and noble science.

On alchemical imagery: The central rule in conveying alchemical imagery is that the image must articulate easily and instantaneously a variety of meanings that encompass different layers of reality.

Alchemy's characteristic mode of discourse is to express its truths in binary figures of language: paradox, enigma, equivocation and allegories.

6. Thread: Drug identification by experts

6.a Irene Schlingensiepen-Brysch

6.b Peter Tumminello

6.c Jörg Hildebrandt

We wondered how precisely we had worked. Would the test results be comparable? Jörg Hildebrandt was to investigate this.

Could the remedy be identified from the test results? That would be a bit of a stretch, after all, the remedy did not yet exist. But we wanted to ask an expert on gemstone remedies, Peter Tumminello, long known to FS, a pioneer of gemstone homeopathy.⁶

A remedy that does not yet exist – can one still arrive at it? Here we thought of Irene Schlingensiepen-Brysch, who goes to the 'source' with her patients, guiding them to the identification of the remedy.⁴ To our great delight, everyone was immediately interested and set to work. Read the expert reports in their original form.

6.a – Irene Schlingensiepen-Brysch

The question put to Ms Schlingensiepen-Brysch was whether she could identify the origin of the remedy from the trial results, given that she knew only that it came from the lava/gemstone category. For her consideration, we presented all the trial symptoms, but no texts containing any clues as to the remedy.

Dear Mr Swoboda,

I have just broken myself of the habit of determining or guessing the remedy for source anamneses. After all, the source method is precisely about activating the patient's inner knowledge of their remedy.

I therefore read the case history in the same way that I read a source anamnesis. In doing so, I pay attention to the irregularities in the spoken text – that is, to the ways in which this person speaks about a topic somewhat differently from what we normally know and expect. In this way, the theme of the remedy is subtly expressed through images from the unconscious.

The most striking irregularities in the AMP for me were: hardness – rigidity – numbness – congestion

This theme of increasing inner hardness is often found in people who need a remedy derived from the earth, for example from mining. These qualities correspond to the lifeless character of metals, rocks or gemstones. Others perceive this inner rigidity in them. And they themselves often find it an unpleasant trait.

The corresponding aspect is warmth – the warmth of heart that these people may also possess. In source anamneses, these two sides of the same coin are found precisely in people who require metals or minerals as remedies.

The theme of congestion becomes particularly clear with compounds or minerals found in volcanoes. The words 'smoked', 'hazy' and 'crushed' also fit here. Other important themes relating to the fire processes within the earth include dryness, heat and burning up.

The theme of colours

Perceptions of colours such as champagne, red and gold appear in the reports of several testers.

The recurring themes of light and jewellery may be indications of precious metals or gemstones.

Translucent – glass – threads of light remind me of a patient who was helped by tourmaline.

Glass themes are also found in other gemstones such as opal, which contains a lot of silica. The theme of clarity reminds me of source anamneses from the diamond.

The metal-related dreams and associations raise the question: is it a precious metal after all? Titanium was one possibility, but the symptoms described are too complex to be explained simply by titanium.

Overall, the remedy does not fit entirely into any of the metal or mineral patterns known to me from source anamneses.

The following sentences seem to me to express quite central characteristics of the remedy under consideration. In a source anamnesis, I would need to understand these sentences precisely within the context of the source described if the remedy is to be determined accurately:

A remedy that fascinates people.

I can lead in borderline situations and I can guide you in borderline situations. I can put a stop to things and I can accelerate them. I can kill and I can give life. Balancing the scales. The balance is a fine line. A borderline. A dividing line.

In my experience, these are crucial core statements that characterise the remedy source itself.

With warm regards, Irene Schlingensiepen

When we uncovered the secret, we were all amazed at how close one can get to the identity of a substance simply by studying an examination. This is to Ms Schlingensiepen's credit, and at the same time we were certain that we had tested the remedy thoroughly.

6.b – Peter Tumminello

We asked Peter Tumminello whether he could recognise a gem remedy in the dreams and trituration texts (these were the only ones FS had translated into English). His reply:

Hi Franz – regarding your proving – see my comments below – it is interesting – feels close to a gem but not quite there.

- There is a soiled, faecal theme in the gems: that it does not soil itself; did not have a nappy.
- Also, jewellery and money are common dream themes in the gems:
“I am a woman in the dream. A jeweller makes me a copy of my precious necklace, for 10 dollars, so that I can burn the duplicate, not the original (it is not clear why ‘she’ has to burn the necklace).
- A strong affinity with a colour is gem-like (see info on champagne): I trimmed a blonde woman’s hair – golden hair; gold is the dominant colour in the train.
- Dream; of canoeists in exact order reflects gems – as they are based on the exact order of crystal structure.
- Crucifixion is also a theme in gems: Then I see a forest again, growing darker and darker; the clearing turns black – it is a military cemetery with white wooden crosses.
- Babies are also a theme: ‘I am a baby, sitting on the ground, amidst a wet, burnt (corn) field, dressed in nothing but a nappy.’
- Spiritual themes are common: “I carry the heart of the matter within me and grace makes it shine. When the time comes, I will realise that all is made of light. We are condensed light.”
- This is most important – I don’t know how significant it is in the proving – but this is the inner theme of the gems: release from prison/being shackled. The phrase ‘release from prison’ comes to mind: a large wooden gate, someone emerges, a suitcase in his left hand. He passes through a paled gate onto the street. Release from prison – what does that mean?

Months later, following an in-depth conversation with CA, he adds:

Dear Christina, regarding Pele's Hair and its classification, I am now erring on the side of it being included amongst the gemstones. As you will understand, there are grey areas in classification, but there are many good reasons for its inclusion.

Firstly – all those properties I mentioned in my email to Franz.

Second – it is a spherical pyroclast – very unique – this spherical shape is common to precious and semi-precious opal.

Third – your clinical findings regarding depression – which fit well within the gemstone theme – 'out of the darkness into the light'.

Fourth – a gemstone should meet a number of criteria: rarity – it is very rare; intrinsic value – in this case it is sacred; beauty – yes, a unique beauty, especially under a microscope; durability – it lacks this, but not all gems are durable, e.g. pearls – even though they are precious.

Fifth – it most closely resembles another stone considered part of the 'crystal' family – namely the amorphous (no crystalline structure) obsidian – and bears a strong clinical resemblance, as obsidian is used for psychological trauma.

Stone and glass just don't do it justice at all. I hope this helps. Best regards, Peter

So still: *"feels close to a gem but not quite there."*

CA discusses the distinction from the basalt remedies **in Chapter V – Understanding Remedies and Patients, on page....**

6.c – Jörg Hildebrandt

The authors asked Jörg Hildebrandt to compare the trials – the intake trials with one another and these with the trituration trial. He took this task so seriously that he developed a method by which trials can now be compared both qualitatively and quantitatively. Get to know Jörg Hildebrandt as the author of trial statistics.

Comparisons of trials – probability and certainty

The examiners for both the classical and the trituration examinations soon approached me to bring an external observer on board. A comprehensive monograph such as this one demonstrates how difficult and painful it can be to produce a synopsis or extraction of a drug trial into which so much heart and soul has been poured. A neutral person with AMP/AMSE experience can act more freely in this regard, without risking accusations of bias towards their own trial.

Whether this makes the remedy picture more accurate is open to question, for it is often precisely the subjective overall impression of the trial leaders that does more justice to the remedy than the seemingly objective data sets provided.

In any case, this challenge—which I gladly accepted—of comparing different approaches to AMSE/triturations turned into a time-consuming, energy-intensive yet fascinating task, which I intend to deal with as concisely as possible in view of the already extensive descriptions of remedies in this work.

Task A: What is the essence of the remedy, as revealed by the trials and knowledge of the remedy? Formulation of a working hypothesis through to clinical confirmation.

Task B: Are the two AMSE tests comparable with each other and with the trituration test? Can this be objectively assessed? If so, how?

A – The core of the remedy – as a working hypothesis until clinical confirmation

Initially, as with my own AMSEs, I read through the lists of symptoms. In Franz Swoboda's (f and FS) work, they were still presented in a compact form, just as the subjects had written them down; in Susanne Diez's (SD) work, they were already arranged in a head-to-toe scheme and, in some cases, separated into larger combinations of signs. A long symptom consists of several signs, which are ultimately broken down into repertory rubrics.

What stuck in the mind, what stood out most? First of all, the unusual formulations, particularly those described by a ‘blinded’ subject and which now appear to the informed reader as the remedy’s signature:

Subject 27 (SD):

- Heat “like fire in a furnace” with cool feet
- Dream: clairvoyant woman reports inner heat and burning
- Overall impression: “... the symbol of fire appears – fire simply burns ...” At the end of the follow-up period, the subject felt a strong urge to burn her notes and the remaining globules of the remedy

I also noticed those symptoms that were described in the same or similar terms on multiple occasions, whether by several subjects in a single trial, or – even more intriguingly – in different trials, or even in a trial and a trituration.

- Dreams of hair: 16 and 23 (both SD). This is striking, given that the remedy is called Pele’s Hair. Or:
- Pain, pulling downwards, pressing downwards, in the pelvic floor [...] as during pregnancy or as is otherwise occasionally the case with menstruation 16f (FS)
- Feeling of heavy, thick legs; also reminiscent of pregnancy 13 (SD)

Here, the comparison with pregnancy is found in one subject during the FS trial and in one during the SD trial.

This is also found in the dreams of both groups:

- “I dream that I am pregnant with twins. I think: I can’t manage this” in 19 (FS) is reminiscent of the dream in 16 (SD) of giving birth to a child – feeling overwhelmed and fear of the future”
- 15 (FS): A dream about a baby without nappies that I had to look after ... funny

The more similar the symptoms are, the more certain it is that they belong to the remedy. Headaches are likely to be caused by every remedy during the trial, but a pressing or heavy sensation, as in pregnancy – that gives me a higher degree of certainty. More on that later.

This approach is a familiar, subjective and almost artistic one. By linking it to the remedy's signature (in hindsight!), a mnemonic can be created:

Pele's Hair is a hair-like formation from a volcano

When one thinks of a volcano, one pictures a cone whose defining feature is its hollow peak, which occasionally spews fire. In the case of Pele's 'hair', this focus on the tip is further emphasised.

We find a concentration of symptoms in the head region:

- Various types of headache, including burning 17f, 27 (SD)
- Headaches worsened by driving 9 (FS), 16f
- Headaches, dull and pressing, or throbbing, particularly on the forehead and behind the eyes, extending to the temples, crown or back of the head – reported by several testers. The fact that they worsen when bending over suggests involvement of the frontal sinuses.
- A hollow sensation; the head feels detached from the eyes upwards 17 (SD)

Toxic sulphur clouds are escaping from the crater rim, obscuring the view, causing dizziness and coughing, and numbing the sense of smell:

Eyes

- Focusing is difficult, must squint 17 (FS)
- Blurred vision/accommodation problems at close range 22f, 27 (SD) and 44 (FS)
- Long yellow strands from the dry eye 23 (SD)
- Burning and itching of the eyes or canthi (sometimes inside, sometimes outside, reported by several test subjects)

Dizziness

- when turning the head 17 (FS)
- as if I were tipping forwards (when sitting) – falling forwards when dizzy 13 (SD)

Cough

- sudden dry cough 22 (SD)

Sensitivity to smells 22f, 27 (SD), 44 (FS) Foul-smelling sweat, e.g. 44 (FS)

During an eruption, the volcano brings ancient molten rock up from the depths, from the past, thereby creating new land and fertile terrain; it rumbles and growls to itself, and when it flows, it flows suddenly and unstopably until the flow solidifies. The rock burns, boils, rises, bubbles, becomes slower, heavier, more rigid. The rock is rough; it settles layer upon layer.

- Dreams/thoughts of the deceased or people from the past 16f, 17f, 22f
- I have already mentioned the theme of pregnancy and heaviness.
- It is as if my chest were about to burst; then everything that weighs me down and burdens me could come out. It could flow again... It wants to come out, it wants to shatter all boundaries and norms, to break free from the corset. To be free! 0* – the initial trituration of CA
- Acceleration – in three trituration tests (SD)
- Sudden runny nose 19 and 22 (both SD)
- Sweating fits (several times)
- Theme of the bladder: 77 (FS) has blisters on the hard palate. 22f: Sexual penetration into a kind of bladder. The same tester dreams: Gas explosion right next to my head – I feel the shockwave. Furthermore, in 44f: “It then comes out of me like a bubble located in the upper abdomen. It fills the upper abdomen and moves towards the chest. There it pops (bubbles) out of my body. Bubble!” Tester 77 (FS) suffers from cold sores.
- Heartburn rises (Trituration: C1/0 SD); cf. 44 (FS): stomach pain, mainly in the oesophagus. Nausea, as if the oesophagus were moving upwards 25 (SD)
- Irritability, even when in pain
- Despair when in pain
- Impatient
- Violent

- Angry
- As if frozen, stagnant, stopped – in two dilutions (SD)
- Skin, the skin’s surface, and clothing were themes for a surprisingly large number of test subjects; cf. the ‘desire to strip off the outer layer of the body’ in 16 (SD); shedding the past like layers in 24 (SD).
- Feeling of tiredness in the feet and lower legs, in the morning after getting up, as if after great physical exertion, “as if empty”, “as if drained”, without strength; > light movement 25 (SD), leaden sensation upon waking in the morning after very deep sleep 21 (SD). 44 (FS) sleeps “like a log”, 16 feels leaden tiredness and heavy legs, similar to 13 and 22 (all SD)
- Extremities: Knee pain (as if blocked, cramp-like, like muscle soreness); Stabbing pain in the extremities; Aching pain in the thighs during menstruation; Pain in the buttocks – on several occasions

B – Objectification of the examination comparisons

With so many symptoms, it is best to arrange the similar ones side by side in a table:

Trituration	AMSE SD / AMSE FS
Alienated, from oneself (0*/C3) ... see AMSE	Alienated, from oneself (23, NS/ E2;27, NS/ NB6)
Alienated, from oneself, feeling as though body, mind and soul are separate (34/C4)	Alienated, surroundings seem strange (27, NS/ E1 shortly after taking) Trance-like feeling, “as if somehow unreal, surroundings briefly seem strange to me” (like a memory of deep trance work) (27, NS/ E1 shortly after taking)
	<i>When I’m on the phone with my husband in the afternoon, he tells me something about the previous day. To me, however, it feels as though it happened several days ago. I can hardly imagine that this was supposed to have been yesterday. Strange.</i> 44; 2

Once a subjective decision has been made as to what can be considered similar, one counts how many symptoms match between the AMSE FS and SD (which have roughly the same number of subjects) and the trituration test by the same author (Trit).

First, AMSE SD versus AMSE FS (15 to 13 subjects) 38 matching symptoms (**26%**)
107 without



AMSE FS (29)



Matches (38)



AMSE SD (78)

If we compare both classic AMSE groups together (28 participants) with the Trit group (11 participants), we find the following result:

47 cases with matches (**24.6%**)
144 without



Trituration (25)



Matches (47)



all AMSE (119)

Although the number of subjects is not entirely comparable, it is nevertheless evident that there is a comparable degree of agreement between the trituration test and the two classical tests.

‘Is that a lot or a little?’, one might rightly ask, given that only one in four symptoms is similar. To this end, I compared the AMP of Hekla Lava from the Bose Foundation (17 subjects, clinical rubrics omitted) with the trituration and AMSE S, or AMSE F, in the hope of identifying a ‘volcanic theme’. At the very least, the sense of alienation mentioned in the table above is evident in Hekla:

- A feeling of being far removed from oneself. It is as if only one’s shell were present. As if not quite present in life, but rather as if still waking up or asleep.

Result: The match is 15, 16, and 18%. If one compares all of Pele's hair symptoms against those of Hekla, the match is 18%.

Is this the volcanic theme?

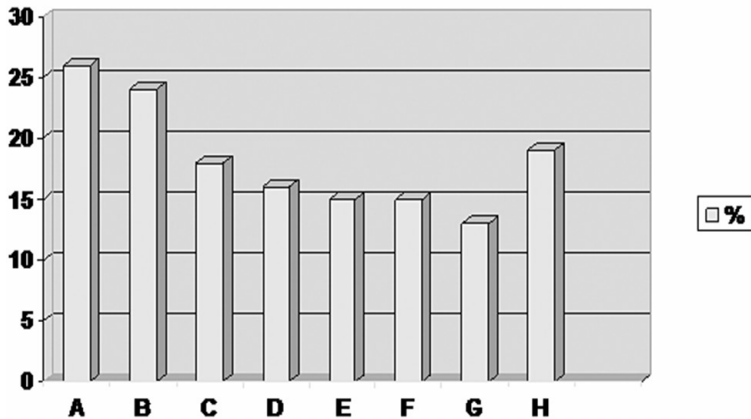
To this end, I compared my own examination of *Pachira quinata* (Cedro espinoso), a Malvaceae plant from the woolly tree family growing on limestone in Central America (17 records): 15% match with Hekla, 15% match with Pele.

Conclusion: It is possible that around 15% of similar symptoms represent 'noise' (comparable to a placebo effect?) and that a genuine match occurs from 20% onwards. But is this also the case with larger groups of subjects and even more thoroughly tested remedies? The similar percentages mentioned above, regardless of the number of subjects, would suggest so. However, one should not disregard the factor of the number of symptoms.

If we combine the symptoms of Hekla and Pele's Hair against *Pachira*, the figure is lower this time: 13%

If one includes the matching 'volcano themes' in the comparison with *Pachira*, the figure rises to 19%!

This suggests that some of the similarities in symptoms are likely due to the symptoms being too broad, too general, and therefore likely to appear in many AMSE cases. How can this be objectified?



Percentage of matching symptoms:

- A) AMSE FS/SD
- B) Trit/AMSE FS and SD
- C) Hekla/Pele total
- D) Hekla/Pele (Trit/AMSE FS/AMSE SD individually)
- E) Pachira/Pele
- F) Pachira/Hekla
- G) Pachira/Hekla and Pele total
- H) Pachira/intersection of Pele and Hekla

How do I quantify the quality of the symptoms?

Unfortunately, the theory behind this method goes beyond the scope of this publication and will be discussed in stages in the journal *Homöopathie in Österreich* (HIÖ; editor: the author of this treatise). Suffice it to say: it is not a matter of a degree of significance, as found in rubrics, but rather: how certain am I that this symptom belongs to the remedy picture?

A symptom consists of signs.

S: Sleep (not a sign but a state) – Awakening (1) – 2 a.m. suddenly (2) – with a dry cough (3)

The symptom therefore has three characteristics and is awarded three points. (One could argue for a fourth and add ‘suddenly’, although one usually wakes up suddenly)

S: Sleep – Awakening (1) – 2 o'clock (2) – with restlessness (3) – and heat in the stomach region (4)

Four signs or points.

F: Upon waking (1) – between 2 and 3 am (2) – restlessness (3) – heat (4) – tingling (5)

Five symptoms

Waking at 2 am is a combination of two signs that occurs twice (in different subjects!) in the SD trial. So I am fairly certain that this new symptom is indeed related to the remedy. I multiply 2 by 2: the more subtle

the symptom is and the more frequently it occurs, the more certain I become.
Certainty factor 4

So this also applies to FS testing: 3x2, then? Yes, but: suppose I'm doing a small test and a symptom appears three times; in that case, I'm very certain of it. However, when the trials become extensive, most symptoms will eventually occur multiple times. Therefore, I introduce a factor whereby I multiply by 5 from the third repetition onwards and add all subsequent repetitions in increments of one (i.e. 2x, 5x, 6x, 7x...). The certainty thus increases from 2×3 to $2 \times 5 = 10$.

Waking at 2 am with restlessness and heat occurs only twice, but with four signs, giving a certainty of eight.

If 'certain' combinations of signs in two AMSEs resemble one another, I can assume that the two AMSEs are comparable. For a certainty, a symptom must therefore occur twice.

Both Pele's Hair remedies and the trituration together achieved a certainty rating of 47.6% for the symptoms, meaning they appeared multiple times in the same remedy or in different remedies. The average certainty rating was 7.

How similar are the symptoms of two trials? If *headaches* occur in both groups, there is 100% agreement.

Of course, the similarity between '*Waking at 2 am with restlessness and heat*' is also 100%, but it is of higher value as the certainty is higher. To quantify this, one can multiply the certainty by the similarity. However, that would take us too far afield here.

Admittedly, the symptoms are more extensive: '*Waking at 2 am with restlessness and heat*' has four symptoms, whilst '*Waking at 2 am with a dry cough*' has three.

Both are from the same case study, but how can one compare them? They share two symptoms (awakening at 2 am). The common denominator of 2 covers 50% of the first, four-symptom

Symptoms, and 2 out of 3, i.e. 66% of the second symptom. On average, therefore, 58% of the symptoms are similar to one another.

Compared with the AMSE FS: *Upon waking (1) – between 2 and 3 am (2) – restlessness (3) – heat (4) – tingling (5)*

Here, two out of five signs (40%) are similar to the first and second symptoms. The similarity between AMSE SD and AMSE FS is therefore 58% and 40% respectively, averaging 49%.

The certainty is higher for this combination of signs, as it occurs three times. The similarity for the character combination *'awakening-2 o'clock-with restlessness-and heat'* is 4/4 (100%) for SD and 4/5 characters (80%) for FS. On average, this is 90%. Although the combination occurs only twice, its certainty is still comparatively high at $4 \times 2 = 8$ due to the four characters.

To avoid endlessly inflating sign combinations into incomparable symptoms through meticulous analysis, I am limiting the maximum number of signs to five for the time being. This means the minimum similarity of one out of five signs is 20%, or 0% if there is no similarity.

Result:

How similar are the symptoms of AMSE FS and AMSE SD to one another?

Average similarity: 63%: 6x 100%, 20x > 50%, 2x 50%,

10x < 50%

And the comparison between Trituration and both AMSE? Average similarity

67.7%: 16x 100%, 13x >50%, 7x

50%, 11x 25–49%

This results in a match for approximately 25% of the symptoms, with 63% and 68% of the individual symptoms, respectively, being similar to one another.

From abstract theory back to practice:

I can now rank the symptoms according to their degree of certainty, with some of these symptoms already listed in the aforementioned hypothetical remedy picture. From this, the following hypothesis can be derived:

Pele's Hair seems to suit an unhappy person who is suppressing (alienating, distancing themselves from) something traumatic that wants to come out, which is stuck in the upper respiratory tract (sinuses, throat, nose), or causes bloating in the right side of the abdomen or a stabbing pain in the left breast. It rises as nausea, pressing out as an urge to urinate or a breakout of sweat. It robs one of sleep, causes cold sores, similar to the distress of Nat-m.

The Pele's Hair patient is unable to see things clearly up close due to hypoaccommodation and because their eyes feel a burning sensation and itch.

Instead of the actual trauma, it is the wrong thing that makes him aggressive; see allergy symptoms, irritability when in pain, violent behaviour.

His symptoms are sudden, hot, yet pulling, stinging, pressing, throbbing.

He must learn to stand up straight again, for standing up straight helps, and he must get moving again instead of freezing up, for movement helps.

7. Thread: Myth 3

Pele is regarded as the goddess of fire and volcanoes, and the mother of the sacred earth. She was the daughter of Haumea, who embodied the earth's creative powers, and Kuwahailo, who represented its destructive forces. Her sister Namakaokahai, goddess of the sea, was consumed by jealousy when Pele betrayed her with her newlywed husband. She flooded the island where Pele lived with her family in Tahiti. Blessed by her parents, Pele left her homeland in search of a new one. Under the protection of her brother Kamooalii, the god of sharks, she fled across the Pacific in canoes with many of her brothers and sisters, as well as 40,000 gods. She hid her youngest sister, Hiiaka, beneath her bosom, inside an egg. Pele reached the outermost island of the Hawaiian archipelago, Niihau, and settled there. Soon she was discovered by her jealous sister. A fierce battle ensued. To seek safety from Namakaokahai's floods, Pele used her magical digging stick to pierce holes in the earth, small craters that

volcanoes. As towering waves repeatedly caused the volcanoes to die out, Pele was forced to move on. As she fled from her sister, the Hawaiian Islands were formed one after the other. When she reached Maui, a battle ensued, which Pele did not survive. Yet her spirit was powerful; it rose up, moved on and founded Big Island, the largest of the Hawaiian islands, creating the highest peaks on Earth there. In the crater of Kilauea on Mount Mauna Loa, she and her family finally found a new home.

Pele was a tall, beautiful woman with long, reddish-brown hair who loved to dance the hula and sing. She became angry when she felt she had been treated unfairly or when things went against her will. There are many stories of the brave Pele's love affairs and rivalries whilst on the run. One tells of the love-hate relationship between Kamapuaá and Pele, a clash of opposites. According to some accounts, he was her lover; according to others, she would have chosen exile rather than become involved with him.

As long as there is volcanic activity, the spirit of Pele will live on; she is regarded as the personification of these natural phenomena. Her character is volcanic – unpredictable, impulsive and violent when angry. She creates and destroys. It is said that to this day she takes human form, mingling with the population as a pretty girl or a white-haired woman with a white dog, to warn people she favours of volcanic eruptions. Tutu Pele, or 'Grandmother Pele' as she is also called, offers her protection to the outcasts and the persecuted. On certain days, devotees make a pilgrimage to the Halema`uma`u crater of Kilauea to offer sacrifices to the 'immortal goddess'. (Lit: Miethe)

V – Understanding of the remedy and patients

This chapter shows how CA began to prescribe the remedy following its initial trituration (**see Chapter II on page**). The

The trituration resonance gave her the confidence to recognise Pele's Hair in patients. The case histories have been analysed, categorised by

cures and partial successes. Extensive experience with basalt remedies enables the author to highlight the differences compared to Pele's Hair.

The trituration resonance

Problem: Sensory and emotional overload. Compensatory restriction of perception. Feeling of emotional isolation. Cut off from the flow of life. Lack of connection. Numbness protects against pain. Stagnation.

Resource: Centrifugal forces reactivate and desensitise blocked perceptual processes, creating a connection with all that is, without conditions. Feelings that the heart refuses to let go of are released. Everything flows – panta rhei. An undivided, unclouded perception of what is, in its purest form, becomes possible. Finding freedom in surrender to the flow of life.

Message: "Love blazes in the heart, and with it, joy." Analysis of the trituration resonance:

At first, I felt an energy blockage in my body, which initially led to intense, unpleasant irritation and, following failed attempts at compensation, triggered a state of emotional isolation within me. Everything in the room seemed lifeless and empty, as if cut off from the flow of life. Being disconnected from everything, remaining in a state of relationshiplessness, perceiving neither pain nor joy, was almost unbearable. It was like hard work without any lightness; I felt completely trapped, as if in stagnation.

Then, however, a movement arose, pushing outwards from within. Everything began to flow, from the bottom up, like rhythmic waves. In the process, all my senses were reawakened, making encounters both within and without possible once more. Connections were re-established with all that is. Primordial forces, which created an immense zest for life, came to meet me in this process.

Meditative encounter with Pele's Hair during the revision phase of my texts: Who am I? What am I? Where do I belong? What is wrong with me? What is wrong with me?

I am special, how can I prove it? I am so fragile, I am so hurt! Bad things have happened to me, it makes me sad and angry! I am alone and without a way out, but I have to get through this to survive.

Pele's Hair – a remedy for trauma

Following my experience with trituration, I began treating patients with the remedy. In most cases, these were people with unresolved, deep, traumatic experiences in their past or within their family system. Just as Pele's Hair is formed through violent physical processes, intense, violent circumstances can permanently alter a person's patterns of sensation and perception. The emotional impressions and associations triggered by a shocking physical or psychological trauma are perceived as too threatening to be processed on a mental level. The experience is repressed as a form of self-protection, which can result in a blockage of the emotional flow.

It is no longer possible to strike the right balance in perceiving and expressing emotions. To avoid pain, perception is no longer linked to feelings. The suppression of emotions also leads to misunderstandings in interactions with the outside world. These people feel misunderstood, hurt and offended; they withdraw and become stuck in their patterns. Their experiences are perceived from a distance, like fleeting images that leave no impression. It is difficult for such people to engage in relationships.

They also perceive themselves as separate from their inner selves, with a desire to recognise and feel themselves. They are constantly searching for their true self, which is locked away somewhere inside and to which they lack access. How, then, are they supposed to stand up for themselves?

Some people feel they don't belong anywhere, which makes them feel both sad and angry. They struggle with their vulnerability and fragility, and try to build structures of order around themselves.

In doing so, they perceive their energy levels as either too high or too low. They overwork themselves, which leads to exhaustion, unless they decide to withdraw beforehand due to a lack of drive.

What distinguishes Pele's Hair from other trauma remedies?

The trauma that Pele's Hair seeks to address is not the result of deliberate violence, but rather an act of arbitrariness that was neither planned nor foreseeable, triggered by forces of nature, accidents, times of war and upheaval, the death and loss of loved ones, or relationship conflicts arising from acts committed in the heat of the moment. The trauma is so overwhelming and oppressive that it leads those affected into a sense of hopelessness and blocks their path back to the reality they once lived. They flee into exile, free from threat, yet trapped in their isolation. They feel devalued and are embittered by this. Paralysed by grief and anger over their loss, they live in a state of uncertainty, defiance and denial, yet they are filled with a longing for a liberating way out that would enable them to lead a free, autonomous life. They seek liberation.

It is remarkable how some patients experienced an expansion of consciousness following treatment with Pele's Hair, a developmental step that opened up new perspectives, bringing greater clarity and joy to their lives.

Indications for Pele's Hair

Trauma as an aetiological factor is the primary consideration in the indications. I also think of Pele's Hair for patients with impaired or severely irritated sensory perception, which leads to a lack of emotional responsiveness and makes them feel insecure in their perception of the world around them. They want to come to terms with themselves and bring clarity and structure to their lives. They suffer from a lack of drive or tend to overburden themselves.

Psychosocial behavioural disorders, lack of drive and expressiveness, feeling overwhelmed, depression with an insecure personality structure, eating disorders, psychovegetative disorders, panic attacks or dissociations may result.

Organ disorders arise where the regenerative, rhythmic flow of vital energy is concerned (see below: differentiation from Basalt). Consequently, the skin and mucous membranes, bones, blood circulation, blood-forming organs, lymphatic system, menstruation, autonomic regulatory disorders, vasomotor disorders and sleep are affected. Headaches, dizziness, sinusitis, tension and sensory disturbances are common. Allergies and susceptibility to infection are observed, as is a positive effect in multiple sclerosis, rheumatism and Hashimoto's thyroiditis. On several occasions, I have found a diagnosis of leukaemia in patients' family medical histories.

The patients

A. Profound and lasting therapeutic success

Case history one – G. G., male, born 1943 – KG-A1

Diagnosis: Depression

He was the second youngest of twelve children. His childhood was marked by conflict and violence within the family. He was a nervous and troubled child. By the age of 14, he was already having to take medication to 'calm his nerves'. At that time, he withdrew into himself at home, refused to enter the workforce and shunned society for several years. Later, he became a labourer on construction sites. Due to the heavy work, he took early retirement at the age of 54. He never married, though he did have a long-distance relationship for a short time. Essentially, he only had contact with his family; he had no friends. At the age of 57, he suffered a fracture of the left patella in a cycling accident, which was treated surgically. Following this trauma, his condition worsened. He experienced panic attacks with severe tachycardia, which led to emergency medical interventions. Several courses of treatment proved unsuccessful.

Back in 2001, Mr G. came to see me for treatment. He seemed introverted, yet his eyes were lively, as if he were trapped inside his own body. He appeared to be in a state bordering on catatonia. He lacked motivation, did not want to get out of bed, refused to engage in any activity, and put off everything he had to do. He felt

as though he were being watched, uncomfortable around people, joyless. Yet he was restless during the day, dizzy, shaky, and had trouble falling and staying asleep.*

Treatment:

For several years, I treated my patient with Calcium carbonicum in increasing potencies, Medorrhinum and Petroleum. He felt better, but many of his symptoms were merely alleviated. The result was unsatisfactory.

In June 2010, I prescribed Pele's Hair C200 for the first time and had him repeat the dose a month later. The result was astonishing. By August, he was already feeling significantly better; his constitution seemed to be changing. He felt balanced and appeared happier. He began to open up to the world around him and take an interest in it. It became much easier for him to leave his home and socialise. He felt at ease.

His strange sensations disappeared; he sweated less and felt calmer. A slight tremor remained, particularly in the morning after getting up. He began to remember dreams – dreams of people who had passed away. After just the first dose of Pele's Hair, a rash reappeared; this had first appeared years ago as a reaction to a medication and had been treated with cortisone. It now disappeared of its own accord.

Ultimately, my patient recovered from a condition that had plagued him for almost his entire life. He has not visited me since August 2010. His niece confirmed the lasting success of the treatment in October 2012.

Comment: It had not been long since Pele's Hair had been triturated, and my still very fresh experiences confirmed the choice of remedy. I recognised the patient as being withdrawn into himself and unable to cope with the stimuli of his surroundings. I saw the cause of this as being overwhelmed by

*Footnote: These and other symptoms and complaints can be found in the list of symptoms in the previous chapter. They are placed in brackets there to distinguish them from the proving symptoms. This applies to all the case histories discussed.

It suggested a post-traumatic disorder dating back to his earliest childhood, which had been exacerbated by the subsequent bicycle accident. What struck me as particularly striking was the contrast between the liveliness in his eyes and his almost cataleptic state. This lent a certain dynamism to the man's rigid posture. His eyes resembled those of a child hoping with complete confidence for salvation. It seemed as though he had never given up hope.

Case history two – F. E., female, born 1954 – KG-A2

The patient has been under my care since 2008, when she was diagnosed with 'burnout syndrome' accompanied by panic attacks. She also suffers from seropositive rheumatism, which is a great burden to her as she teaches PE at a school.

She was thirteen when her mother was diagnosed with cancer. She was shocked when she found out. Her mother died on the day of her school-leaving ball. This led to the development of a coping mechanism linked to this trauma: "I can manage everything on my own" and "I won't get involved in a relationship again, because it might end up disappointing me once more". Her maternal grandmother died of a 'broken heart' shortly after her daughter's death. Her paternal grandmother was killed in an accident whilst trying to save her four-year-old son, the patient's father, from an oncoming car. One of her father's brothers was killed in the war. Her father died suddenly of a blood disorder 18 years after her mother's death. She has no contact with her sister.

She has three grown-up children and a partner whom she never married; she always wanted to remain independent. In essence, he never had a say in matters concerning the family and the children, even though she accused him of not getting involved. The children always took precedence over her partner.

She goes on regular trips, which often take up the school holidays, all on her own, without her husband. One day, he begins to withdraw from her without giving a reason. She refuses to accept this and is consumed by grief and anger at the impending loss of their relationship. This drags on for years until he finally files for divorce—

She is going through a break-up and is gradually winding down their shared life. She is outraged, refuses to accept it; the separation is unbearable for her, and she is completely at a loss. She is unable to think of anything else. This leads to persistent sleep disturbances and joint pain, particularly in the mornings. She is constantly irritable and upset, and feels deeply hurt.

In January 2012, following a loud noise in the gym, she suffers sudden hearing loss followed by tinnitus in her left ear. After a hospital stay involving infusion therapy, she is agitated. She trembles as if facing a difficult exam. Her ears feel as though they are closing up, like when descending in a lift. She remains sleepless and suffers from her weakness. She feels the blood rushing through the veins in her fingers and legs. Feelings of heat and hot flushes are unpleasant accompanying symptoms. Her feelings of hatred towards her partner intensify; she cannot understand why he wants a separation. Hatred and grief, rarely tears.

Attempts at treatment with Acid-mur, Nat-m, Calc-mur, Caust, Nat-caust, Ign, Acid-phos, Staph and Neodym-met yield no decisive success. In June 2012, I prescribe Pele's Hair C200 for three days.

In September 2012, she returns. She looks ten years younger. She spent the summer holidays in Ecuador and the Galapagos. She had a fling with her language teacher. The whole summer was 'just lovely', she says. Now she can appreciate the beautiful aspects of life again. She feels healthy and fit. The insomnia has disappeared.

In November 2012, I bump into her at the funeral of a mutual acquaintance. She is still doing well. Her former partner, from whom she has long since separated, is also present. There are no unpleasant emotions when the three of us strike up a conversation. Hatred and grief over the loss of the relationship have clearly transformed. She was suddenly able to recognise the causes that had led to the break-up.

Comment: I recognise Pele's Hair here in the dysfunctional relationship pattern triggered by repeated trauma of loss within the family: "I can manage all this on my own" and "I won't get involved in a relationship on a personal level again, because it could be disappointing for me once more". She is hurt, indignant, full of grief and hatred. Yet she refuses to be constrained in any way and retains an almost irrepressible urge for freedom, autonomy and recognition.

Case history three – H. I., female, born 1986 – KG-A3

The 25-year-old patient came to see me in October 2011, following the death of her mother in August. She consulted me about adult acne that had developed over the previous few months and a "weakened immune system". She had needed antibiotics four times in the space of a year. She was constantly suffering from colds and felt run down. She refused the recommended long-term course of antibiotics for the acne.

As the medical history revealed, she had been severely overwhelmed since her mother fell ill. In May 2010, her mother told her – and her alone in the family – that she had breast cancer. At the same time, her mother also informed her that her father was suffering from leukaemia. This came as a shock to her and was extremely distressing. On top of that, her mother refused all medical treatment. So she bore some of the responsibility for this. Alongside her own family (her husband and young child), she had to care for her mother until she died. Her father is still undergoing treatment. It was a difficult, stressful time. She suffered alongside her mother, who cried a lot and suppressed her feelings even more. It was "very stressful, on every level", she says, describing the circumstances.

The patient has three younger siblings. Before she was born, her mother lost two children. That is why her relationship with her mother was so close. Her parents' relationship was always problematic. The father used to hit the children with his fist. The father's mother always took her son's side. The siblings had health problems (hypoplastic kidney, osteosarcoma), so they were not resilient. In her own helplessness, the mother had

always offloaded the problems onto her eldest daughter, as it turned out in retrospect.

The patient has changed significantly over the past year and a half of caring for her ailing parents. She used to never speak out. But then she began to feel let down by everyone, especially her husband and her in-laws. Out of frustration, she sought comfort from a lover who was more supportive than her husband, though this weighed even more heavily on her mind. She felt “like a stone” and had the sensation that she was unable to grieve properly. She could not cry; everything was stuck, all those emotions: “When I swapped roles with my mother, I could no longer perceive any feelings as a form of self-protection.” The funeral still seemed unreal to her.

As Acid-phos did not bring the desired results, I prescribed Pele’s Hair C200, one dose on three days.

Three weeks later, she told me that she had started crying a few days after taking the remedy. She cried for hours, and since then everything had been easier. She was able to let her feelings surface again. Before that, she had been unmoved by everything. She had felt like a stone. Her acne was initially worse, but now her skin was much clearer than when we first met. She felt healthy during this time. Her attitude towards her partner remained the same, which is why I advised her to seek psychological counselling. I have not treated the patient since then. She is doing well; she is a cheerful woman, now divorced.

I bumped into her a few days ago. She has been through a lot since my treatment; her life has changed. There was a lot of turmoil during the divorce, and it took a long time to come to terms with the past. Now she feels like a new person. She seems confident and optimistic. She has never felt like a stone again.

Why ‘Pele’s Hair’? The patient felt let down by everyone, felt like a stone, and had the sense that she couldn’t grieve properly. She couldn’t cry; everything was stuck – all her emotions. She said that, as a form of self-protection, she could no longer perceive any feelings; at the funeral, she was as if in a trance. What is important

for Pele's Hair is the dynamic: when she found her confinement so oppressive, she resorted to acts of defiance intended to help her perceive herself better, to blossom, to break free. So, out of frustration, she took a lover who was more of a support to her than her husband.

Without this dynamic, one might mistake Pele's Hair for Basaltic Lava. "Everything was stuck; I couldn't cry," had reminded me of my AMSE with Basaltic Lava. This remedy helped a mother who lost her son in the Kaprun disaster, where the victims' bodies had literally melted in the heat. This distraught woman could not cry, so shocked was she. She experienced unbearable headaches behind her forehead and a feeling of pressure on her sternum, as if all her emotions were dammed up in her heart and could no longer flow. Everything was stuck. Neither forward nor back. She was deathly pale and suffering from nausea. Basaltic Lava M taken over three days brought significant relief. This patient showed no signs of dynamism; she had no hope whatsoever, could not venture a way out, could not take any action, as Pele's Hair patients do.

Case history four – P. U., female, born 1976 – KG-A4

Diagnosis: Multiple sclerosis since 1993 and primary lymphoedema in both legs.

She has been under my care since February 2002 and has also received Betaferon therapy. For the first four years I administered Lachesis, then I switched to the lanthanides. However, her symptoms never completely disappeared, although she felt well treated. In April 2010, two years after her last relapse, she told me she was under a lot of stress at work and that she commutes to Vienna. She now has a boyfriend who has a son, and emotionally, it is all too much for her. She is often in a bad mood, grumpy and 'irritable'; she snaps at people. She suffers from 'extreme tension'. Her cycle is irregular and whenever her period starts, she feels the residual symptoms of the last flare-up in her right arm and leg. She constantly feels the paraesthesia in her buttocks and the soles of her feet.

She puts too much energy into relationships and work until she loses sight of herself. Then she becomes irritable towards those around her and withdraws. Her job and boyfriend fall by the wayside. This is usually accompanied by a loss of energy and a flare-up of her condition. That is why I am prescribing the remedy that served her well for years: Holmium-mur.

Just two months later, in June 2010, she returns following a severe flare-up. She feels miserable. She has never had such a severe flare-up before. She was given cortisone five times and afterwards she felt very low mentally; she cried a lot and felt emotionally unstable. She suffers from paraesthesia from her feet up to her chest, which is only gradually improving. Her thoughts are preoccupied with her late grandmother, with whom she grew up. She never wanted to come to terms with her death; everything was as if veiled – it was during this time that the MS broke out.

Prescription: Pele's Hair C30. Follow-up after three weeks, following a total of seven doses.

After the first dose, she cries a lot over her grandmother's death. After the second dose, she calms down, then her mood lifts and she becomes more enterprising. The MS symptoms diminish, except for a slight remnant on her left wrist. The symptoms from the last relapse also disappear. She develops a rash on her forehead. A new development is that she is able to linger at her grandmother's grave.

Following the medication and several systemic constellations – which she had previously refused – she is able to recognise that she had unconsciously taken on her late grandmother's fate and distance herself from it. Her grandmother's fate was that, as a refugee during the Second World War, she had lost all her possessions and all her relationships, something she had never been able to come to terms with.

We decide to take Pele's Hair C30 only as needed. The patient has not had a relapse since then.

Comment: The initial loss of self-awareness was triggered by trauma. Later, it recurs in stressful situations, and for this patient it is not merely an internal sensation. In the

MS symptoms, this disturbance becomes physical. The impending loss of her autonomy forces her into withdrawal. However, she does not want to be restricted and remains in search of liberation and integrity. This is the dynamic inherent in Pele's Hair.

B. Partial successes and acute illnesses

Of these patients, only those symptoms that disappeared following treatment with Pele's Hair are included in the list.

Case history five – G. P., female, born 1972 – KG-B1

Single mother, emotionally unstable, very tearful, disappointed following a failed relationship and repeated job rejections, feels adrift, as if controlled from outside. Her concentration is poor; she cannot follow conversations because her thoughts wander. She is constantly tired and exhausted, and suffers from severe neck tension. She has been out of work for a long time and does not know how to move forward. She is emotionally unstable. She has always felt abandoned by her mother. When she was 22, her best friend died in a fatal accident whilst performing in a dance show, in her presence. She has never recovered from this shock. Her friend was her closest confidante.

Prescription: Pele's Hair C200, one dose on three days.

Five weeks later, she feels calmer and more confident, even though her situation hasn't changed and there's no job in sight. She feels stable again for the first time in a long while. The tension in her neck has gradually eased and the constant tiredness has stayed away.

Her concentration has not improved, and other key symptoms remain unchanged, so I continue the treatment with Acid-phos, which continues to help her.

Comment: This patient showed no indignation, no anger. Sadness was the central theme here, which is why treatment with Acid-phos proved to be more effective. Nor did I recognise any

desire for liberation from any supposed oppression or threat.

Case history six – H. M., female, born 1988 – KG-B2

Diagnosis: Depression with unspecified personality disorder

I treated the patient homeopathically from September 2009 to December 2011 as a supplement to drug therapy with neuroleptics and psychotherapy. No significant and lasting improvement was achieved.

Prescription: Pele's Hair C30 from June 2010 to April 2011

She is a very withdrawn young woman; things got worse after she finished school when her twin sister broke up with her, leaving her feeling abandoned. She had always felt neglected by her mother in comparison to her sister. She is the second of the twins, was delivered by forceps and was not breastfed.

She is sluggish, insecure, tense, tearful, lacking in interest and joy, emotionally suppressed, unmotivated, avoids company, finds it difficult to concentrate, and longs for contact and relationships.

Physical complaints: nausea, dizziness, headaches, recurring earaches, insomnia, palpitations, clammy hands. Shows scratch marks on her body, cites itching as the cause. Gum inflammation.

During the course of treatment with Pele's Hair, the symptoms improve only slightly. After the first few doses of the remedy, she cried a lot, smiled a little more often and became more open. She tells me more about herself. However, her hearing deteriorates, serous otitis media develops in both ears and the itching on both arms increases. Over the course of several months, the treatment's success levels off and I change the remedy.

Comment: Although I treated the patient for over two years, there was no lasting improvement in her symptoms, not even with the use of other remedies such as Cerium-phos, Nat-

phos and Calc-brom. Psychotherapy and psychotropic drugs also yielded little success. I have no explanation for this.

Case history seven – H. C., female, born 1954 – KG-B3

Diagnosis: Progressive systemic scleroderma

Treatment of the patient since October 2008

A single dose of Pele's Hair C200 was administered in July 2010, when she was persistently tired and listless and felt that her rhythm had been disrupted. She felt pressure in her maxillary sinuses and above her sternum, as well as pain in her left shoulder.

After taking the remedy, she experienced itching in her neck for over two weeks, a new symptom. A further two weeks later, she came to see me and felt generally well rested. She was sleeping better than usual and, despite the summer heat, did not have heavy legs. Everything took a turn for the worse when her husband returned after a few weeks' absence. Change of remedy.

Comment: The patient's primary concern was maintaining her independence within her relationship. She felt threatened and constrained by her husband's dominance; there were constant arguments in the marriage and she was seeking liberation. There is no indication of a traumatic event to which her symptoms could be attributed. Snake remedies such as Lachesis, Cenchris and Elaps helped her greatly. Dysprosium sulphate had a profound effect.

Case history eight – M-L. S., female, born 1972 – KG-B4

Desire to have children, under my care since March 2012

The patient's confidence in her ability to have a child had been shattered following two difficult, long-term relationships. One partner was infertile following penile surgery; another was HIV-positive. Her grandmother had witnessed her own child dying during the war whilst fleeing. This grandmother later died of leukaemia. She internalised her grandmother's grief.

Symptoms: headaches, including migraines with visual disturbances on the left side, susceptibility to stress, PMS, dysmenorrhoea, allergies, occasional palpitations, bronchitis.

In April 2012, she was prescribed Pele's Hair C30, twice a week for four weeks. Afterwards, she felt stronger and was able to set clearer boundaries with her colleagues, which reduced her susceptibility to stress. No headaches, no migraines. She was better able to cope with her feelings of guilt regarding her past relationships. The improvement has been sustained.

As she wished to have children, I continued to treat her with Folliculinum. One year after this treatment, she became pregnant as desired.

Comment: In this case, the key symptoms for Pele's Hair are evident: the fateful trauma coupled with the desire to be freed from this fate. As I had not heard from the patient for a year and only learnt of the pregnancy at the beginning of August 2013, this case history is classified under 'partial successes', although the criteria for a cure have been met.

Case history nine – K-L.C., female, born 1964 – KG-B5

Diagnosis: Uterus myomatosus, Hashimoto's thyroiditis

Treatment since May 2012

Key theme: She has always felt left to her own devices; everything was her fault. Her father was violent during her childhood, so she had to fend for herself far too early. As a child, she never felt truly cared for, only tolerated. To avoid the danger posed by her father, she never wanted to stand out and showed no emotions. Later, in her own family, she took on all the responsibility and constantly overburdened herself. In June 2012, prescribed Pele's Hair C200 for three days. Afterwards, she felt more relaxed, open and talkative. She is more at peace with herself.

Subsequently, I prescribed other remedies because there had been no change in the gynaecological symptoms accompanying the fibroids, such as dysmenorrhoea and PMS.

Comment: The remedy was prescribed due to the post-traumatic stress disorder, combined with feelings of abandonment and emotional repression. She had a strong desire for clarity regarding her life situation; this too would have been consistent with Pele's Hair. However, the patient did not feel restricted and had no need for change in her life. Treatments with Aur-mur, Sepia and Calc-mur also failed to bring about a cure.

Case history ten – P. K., female, born 1955 – KG-B6

Diagnosis: Recurrent parotid carcinoma, granulomatosis of both lungs (differential diagnosis: lung metastases)

The patient has been under my care since January 2010. She had discontinued all conventional medical therapies because they made her feel unwell and the tumour kept recurring.

The patient achieved a largely stable condition with Dysprosium silic. in increasing Q potencies. The changes in the lungs have been known since 2010 and remain unchanged. As the patient refuses bronchoscopy with biopsy, no statement can be made regarding the nature of the multiple pea-sized changes. Judging by the patient's stable general condition (she goes downhill skiing!), it is likely to be granulomatosis.

Since January 2011, I have been treating her with Pele's Hair C30 as an adjunct to Dysprosium silic, at irregular intervals until May 2013. She takes the remedy for sleep disturbances, accompanied by headaches and tension. She finds it difficult to cope with emotional stress. The remedy has a positive effect on these symptoms; she has been much more relaxed and carefree ever since.

Her childhood was marked by severe traumatic experiences within the family; abuse cannot be ruled out.

A follow-up examination in June 2013 revealed that the changes in her lungs had worsened; since then, her general condition has deteriorated.

Comment: This patient is suffering from the specific trauma of *Arz-nei*. The numerous disfiguring operations on her face have forced her into withdrawal. This hopeless situation has made her sad and angry. She feels threatened above all by her illness. However, there is no need for a consciousness-expanding perspective; she almost always says that she is well, coupled with the wish that everything remains as it is. This does not fit with *Pele's Hair*.

Before *Dysprosium-silic* and *Pele's Hair*, she took *Staph* and *Cenchrus*.

Case history eleven – M. W., female, born 1957 – KG-B7

Diagnosis: Depression, Hashimoto's thyroiditis, hypertension, C5-6 disc prolapse, isolated demyelinating syndrome Th1-2, menopausal symptoms; treatment since February 2007.

Her problems include tachycardic arrhythmias and neurological symptoms. She frequently experiences anxiety, usually triggered by the symptoms of cervical syndrome. Emotional instability is a key issue, and mood swings are a daily occurrence.

In June 2010, I prescribed a single dose of *Pele's Hair C200* for heart complaints and tension along the spine.

She then reported in September 2010: Immediately after taking it, the usual neck tension returned, even whilst lying down, accompanied by headaches and sweating; this condition lasted all night. This exacerbation of the familiar symptoms was followed by an improvement that lasted three months. Her heart is fine, and emotionally she feels freer. The hot flushes have become more bearable, despite the summer heat. She developed many cold sores during her period. She notices increased throat clearing with a scratchy sensation in her throat. She has nightmares about corpses. Sometimes she feels depressed and wistful when thinking about her past.

She is once again suffering from cold sores during her period and frequent, often fruitless urges to urinate, so I prescribe *sarsaparilla*, which helps. After two months, she returns and reports that her heart symptoms have worsened again, whereupon I

prescribe Naja. I don't know why I didn't stick with Pele's Hair.

In February 2011, she suffers an accident resulting in concussion. Since then, she has become very anxious again and all her familiar symptoms have returned. Above all, she is nervous and tense. I repeat a dose of Pele's Hair C200.

It is not until September 2011 that she returns, as she had been doing well for so long. Now, however, there is a new diagnosis that is preoccupying her: suspected multiple sclerosis, which is not confirmed in retrospect. Due to severe neurological symptoms, she is treated with cortisone. She does not continue with my treatment.

Case history 12 – K. S., female, born 1982 – KG-B8

Diagnoses: Depression, tension-type headache, sleep disorder, chronic gastritis, bilateral maxillary sinusitis, anorexia.

Combined therapy: Psychotropic medication, psychotherapy and homeopathy.

From the medical history: A childhood marked by conflict. Her parents divorced when she was seven; her mother disappeared for a while, returned and lived in the family home again, without taking care of the family. Consequently, the patient took on responsibility for her younger sister and felt abandoned, as if betrayed. She now has no relationship with her mother, who has since married three more times. She develops feelings of hatred towards her parents, but does not let her aggression out and is also unable to cry. She suffers from anorexia and rejects her body. Headaches are located in the forehead area, she has a lump in her throat, and her sleep is disturbed by thoughts.

Initial consultation October 2008, treatment with Nat-mur LM6.

She doesn't come back until September 2012 to tell me that I didn't help her back then. New medical history: her depression has worsened. She needs even more medication following a period of inpatient treatment that failed to bring about any improvement. She has recently found a partner, which is giving her courage. She tells me once again about her love-hate relationship with her father and the lack of a relationship with

Mother. When her mother left the family, she felt abandoned and was quite confused by it. She often suffered from headaches, which were worse when the weather turned cold. She has been able to cry again for some time now and sleeps well.

Prescription: Pele's Hair LM6, once a day. After two weeks, she says she hasn't noticed any change. Upon further questioning, she realises that she hasn't had any headaches since then, despite changes in the weather. She has been dreaming every night. She remembers one dream: the world was coming to an end, everything crumbled to rubble and ashes. But she could fly. She flew hand in hand with someone. Everything beneath them had crumbled, everyone had fled, she was covered in rubble and thought: now it's all over.

After this last meeting, I asked her to continue taking the remedy. I haven't heard from her since and don't know how she is doing.

Case history thirteen – R. P., male, born 1952 – KG-B9

When this patient came in for his annual check-up in August 2012, he complained of stomach pain and acid reflux. He said he had been experiencing both since Christmas. Since his mother's sudden death three months ago, the symptoms have become much more severe. Her heart suddenly gave out, right before his eyes. As a doctor and a son, he had to watch helplessly. Then insomnia set in, accompanied by night-time heartburn.

Prescription: Pele's Hair C30

Progress: After the first dose, his symptoms worsened; after the second, everything steadily improved. A month later, he developed cold sores around his mouth, which was unusual for him. The stomach complaints and insomnia had disappeared.

Comment: In the acute phase, I initially treated him with Acid-phos – without success, whereupon I switched to Pele's Hair.

Case history fourteen – S. R., female, born 1957 – KG-B10

This patient has come in for treatment of menopausal symptoms and burnout syndrome. Her medical history indicates unresolved relationship breakdowns, tragic deaths in the family and childhood meningitis. Symptoms: depression, palpitations, globus sensation, shortness of breath, night sweats, sleep disturbance, exhaustion, susceptibility to infection; all symptoms occur ‘violently’. She has suffered from frequent headaches all her life, including migraines; sinus infections, bronchitis, allergies, neck tension and ganglion cysts.

Treatment from July 2011 with Folliculinum and Acid-phos. By October 2012, the patient is doing quite well; she is virtually symptom-free. Even the ganglions have disappeared. Nevertheless, she complains of her low stress tolerance; she finds it particularly difficult to cope with emotional stress. I therefore prescribe her a dose of Pele’s Hair C200, after which she feels more relaxed.

Case history 15 – Z. M., male, born 2006 – KG-B11

Diagnosis: Immune-mediated thrombocytopenia (idiopathic thrombocytopenic purpura)

The illness broke out suddenly in the summer of 2011. The five-year-old child was treated at St. Anna Children’s Hospital and received immunoglobulin whenever his platelet count fell below 8,000.

I began homeopathic treatment with Phosphorus and, in the meantime, administered Pele’s Hair C200 on three days in November 2011. Subsequently, bilateral hypacusis with serous otitis media recurred, a condition that had last been treated with antibiotics in 2010. The platelet counts did not fall any further. I continued treatment with Spongia and Calc-sil. Since August 2012, the boy has had stable platelet counts.

M. was a radiant little boy who was popular with everyone. Suddenly, however, he could react with great anger and irritability if something or someone opposed him.

Comment: In this case, I used the remedy as an interim measure to support the body's response, as I considered the course of the illness to be life-threatening. His infections had previously been suppressed by medication, following which a severe disorder of the haematopoietic system developed. I prescribed Pele's Hair based on my understanding of basalt remedies, which have a beneficial effect on illnesses arising from impaired regeneration of rhythmically renewable organ systems. Her sparkling eyes and golden-blond curls led me to prefer Pele's Hair over other basalt remedies.

Case history sixteen – R. T., female, born 1975 – KG-B12

Diagnosis: anorexia, bulimia, bipolar disorder, cervical disc prolapse; under my care since 1993. It has not always been easy to alleviate this patient's symptoms during her long ordeal. From June 2010, when she was 35 years old, she was given Pele's Hair as an interim remedy, initially in C30, later in C200. From March 2012, she took only this remedy up to C1,000. She subsequently made great progress: she began to face up to her problems, disclosed her bulimia to her partner and underwent inpatient treatment, a rehabilitation programme for psychosomatic patients. She became more emotionally stable and felt that her patterns of perception had opened up. She still perceived herself as defenceless, but her life and contact with others have begun to flow. She experienced a marked improvement in her severe neck pain with extreme muscle tension, as well as in her dizziness and headaches. Her sleep became more restful. After a long period without dreams, she had a remarkable dream in which she chased a criminal and shot him. Her bulimia improved significantly for a while, but could not be stopped.

Comment: There was no history of traumatic events in her medical history. The reference to 'Pele's Hair' indicated that she felt trapped and wanted to break free. She is a perfectionist who struggles to meet her own high

expectations. Pele's Hair did not help sufficiently. She suffered a massive relapse in June 2013, during which she expressed suicidal thoughts.

After two doses of Diamant C200, she agreed to an inpatient stay. Two months later, she is still free of bulimic episodes.

Case history seventeen – M. A., female, born 1988 – KG-13

Diagnosis: Right maxillary sinusitis

Shortly before her second pregnancy, the patient had to cope with severe stress. Her house burnt down, and her first child nearly drowned in a pond but was just managed to be resuscitated. For a few hours, she even believed the child was dead, but it awoke healthy after five days in a deep sleep. By this point, she was already pregnant again. During the first five months of her pregnancy, she felt very unwell; she avoided company and cut off even close contacts. She felt isolated but was unable to discuss it or reflect on it. It was only towards the end of her pregnancy that she began to feel better and became more confident.

A few days before the birth of her second child, she developed an upper respiratory tract infection with a sore throat, followed by a runny nose and a cough. Suddenly, she felt pain in the area of her right maxillary sinus and her nasal discharge stopped. Hepar sulphuric got the discharge flowing again, and shortly afterwards labour began. It was a home birth without complications.

Eight weeks postpartum, she caught a cold again. This unfolded in exactly the same way as before the birth. The breastfeeding mother felt very weak; this condition had plagued her since the onset of pregnancy. This time the pain in her face was more severe; there was pressure in the area of the right maxillary sinus, radiating into the upper jaw. She was unable to bite down. Her mood was desperate and irritable. This time Hepar sulph failed. I gave the patient a dose of Pele's Hair C30.

As a result, the pain in her face worsened. For hours, she felt the secretions in her sinuses begin to stir. She said she had the impression that lava was brewing and churning around, and she heard cracking sounds. One night was terrible; she felt confused and had many fragmented, disjointed dreams. The next morning, everything began to flow and she felt better, clearer and more motivated – after just one dose.

Comment: The severe emotional and traumatic stress prior to pregnancy, the tendency to withdraw, the aloofness and indifference, and the feeling of being stuck with the need to escape the situation were clear indications for Pele's Hair.

C. Patient and subject – a special story

A. Z., female, born 1979 – KG-CI

Diagnosis: History of neurodermatitis immediately after birth. Car accident at the age of twenty, passenger fatally injured, multiple trauma requiring one year's hospitalisation, Hashimoto's thyroiditis, iridocyclitis with elevated rheumatic markers.

A. Z. has been under my care since 1991. She was 33 years old at the time. The tragic accident in 1999 changed her life. A sporty, self-assured young woman became an insecure person. Since then, she had been afraid to put strain on her body; running was impossible due to the pain, and headaches ranging up to migraines became as frequent as flare-ups of atopic dermatitis, allergies and symptoms associated with autoimmune diseases. She was also easily agitated and reacted strongly if things did not go according to her expectations. She hit her children and took her frustrations out on her good-natured partner. At her previous workplace, she felt she was not taken seriously or sufficiently valued. She was desperately trying to do everything perfectly, but in doing so she lacked focus and seemed to lack a clear plan.

On 20 August 2012, I prescribed her a single dose of Pele's Hair C200 because she had an acute skin problem. Her face was severely reddened, felt burning and looked as though it had gone stiff. These symptoms occurred from time to time. She felt tired, irritable and "like a burning stone" – that was new!

After taking the remedy, the patient kept a record of her condition for forty days, which increasingly resembled the trial protocol of an AMSE. The symptoms are marked as follows: AS

= old symptom, PS = test symptom, HS = healing symptom. We reproduce the protocol in full. It illustrates the patient's suffering, her struggle in coming to terms with illness and the remedy, and ultimately her healing. We come to know Pele's Hair through a patient's inner experience.

Monday, 20 August 2012, 12:00, immediately after taking Pele's Hair C200:

Burning face, burning stone, burning inside, frozen with terror at the burning, unable to move away.

I think of my grandad. What was he thinking? What was he feeling? What is it like to burn? To feel the heat on your skin? What is it like to die? Fear of a sudden fire. Fear that the car will catch fire whilst driving (AS). (Note: The grandfather was burned to death in an accident.) (AS) I used to often have dreams about fires, which subsequently came true.

A drive to act – yet so rigid – failing to achieve it; I'm not good enough for my mother-in-law's son (AS); I always want to be better than everyone else (AS); my accident destroyed my life! Did it give me a new one?

I long for myself, yet I cannot find myself (PS). Have I vanished, burnt up in the hopelessness of the situation? Have I/has my soul (energy) been burnt in the accident? My fear of being inadequate is very strong!

Please bring me back. Help me in my despair. I want to live in you, in me. To be one. Us – together. Two in one. Yin and Yang. Cat and dog. Two beings within me. The energy is eternal! In the stars. Bring it to me, bring it to you, bring it to us. I want to be whole,

to complete myself, to merge within myself. That is the secret, that is the desire, the meaning (PS). Outwardly I am a representative; within me there is someone else whom I must first get to know. I am split in two. The accident has separated us (PS). I am afraid of the fulfilment of my clairvoyant dreams.

An hour later:

I feel a slight burning sensation when urinating (PS). A slight pulling sensation in my lower abdomen, like the start of a contraction (AS). A slight pressure in the stomach area (PS). A brief, pulling pain in my heart (AS). I have a constant longing for myself. I want to feel myself. I want to become aware of myself. I don't want to be glassy and fragile.

2.30 pm, after lunch:

I have a huge appetite and feel a strong urge to relax. I am very tired, my legs feel like lead and my eyes are burning. I sleep in the afternoon and have a dream about an open wound, small and round (all PS). I would have liked to have slept much longer; I am very tired and did not feel rested after sleeping. I cannot breathe deeply or relax. I have a headache, am very thirsty and sweating profusely (hands, neck, head). Everything and everyone is extremely annoying to me. I am unbalanced, sluggish and rigid. (PS) I resist this because I do not want to be like this.

Evening/Night:

Everything becomes more pleasant, cooler; I feel cooler. I'm releasing heat into the air. Soon this day will be over – finally. I'm emotionally charged; I just want to sleep at last. I feel cold before falling asleep; I'm even shivering a bit. Pain in my legs like muscle ache (PS).

First dream: A fire in our house. We were out with the children and received the news that our house had 'burned down'. I cried a lot and was close to a nervous breakdown. How are we going to pay for the restoration and when are we going to rebuild it all? I was very afraid of the future and felt sorry for myself.

Second dream: I was travelling by bus with a group of people I knew. I was wearing a football shirt as a top, but we were visiting a dance school. I searched in lots of shops for

a suitable top so that I could go to the dance school. It was really difficult for me that I couldn't find anything suitable. I can't go to a dance school wearing that top, what will people say? I try to fit in, but I don't.

Tuesday, 21 August 2012:

I'm finding it easy to get up today. I'm not hungry and get straight on with my work around the house and in the garden (PS). I want to achieve something. I want to make something of my life. I want to be content. I'm often too preoccupied with myself. I just can't switch off. I lack the time management skills to be more efficient. I want to get everything done. Why can't I manage it? Work, children, house, garden, household chores, friends, relatives, having time for myself, living healthily, sport, diet. What is stopping me from carrying out my plans? What is holding me back? Who is holding me back? Why is everything so difficult (AS)?

After lunch, I'm completely exhausted again. I don't feel hungry, it's just a craving. I'm very thirsty today (PS). A fear of failure is setting in, of not being able to please everyone, of being alone, of losing everything through death. Fear of rape, burglars and the darkness. Fear of starving, of having too few supplies. Fear of unpredictable, unforeseeable things (AS). I fall asleep again in the afternoon and recover a little.

Dreams of fires in our house; there were lots of men there whom I wanted to sleep with. Upon waking, I feel a slight, stabbing pain in my ear (PS). The skin on my upper arms burns a little. No more burning sensation when urinating. I feel a slight flare-up of eczema on my head.

I can't manage with my legs (AS, since the accident). I don't want any more mental chatter; I want to be able to switch it off.

Wednesday, 22 August 2012:

Have I taken on Peter's suffering? (Note: Peter is the passenger who was killed in the accident. She was driving the car when a deer ran straight into it. Are my feet his feet, my pain his pain (AS)?

Thursday, 23 August 2012:

I got my period today, three days early (PS).

Saturday, 25 August 2012:

I want to tidy up. I'll start in the cellar. I want to clear out: my house, my body, my mind, my soul. I have so much energy that I work all day without a break. No thirst, no hunger (all PS).

Sunday, 26 August 2012:

I still feel the urge to work constantly. Always doing something, always creating something. The work comes easily. I woke up with eye strain, a headache, neck tension and shoulder pain, without feeling thirsty or hungry. In the evening I feel dizzy. Blood pressure 118/95, pulse 59. Movement makes everything more bearable (all PS).

Dream: I was in a room with a huge window. I lay down on a bed there to relax. When I looked out of the window, I didn't see nature, but a cemetery. I saw my mother tending my father's grave. My mother-in-law was there too; she was helping my mother. There were a few other acquaintances there as well. I thought: 'In this heat, at midday, my mother is going to the cemetery to tend the grave.'

Monday, 27 August 2012:

I slept very well last night. This morning, the skin on my face feels tight and is burning. I feel very tense. How will the working day go? I'm sweating on my forehead, nose, neck, shoulders and hands (all PS).

When I think of my friend's upcoming wedding (note: the sister of Peter, who was in the accident), I feel terribly guilty and responsible for the fate of this family. Feeling guilty about everything (AS, since the accident)

It weighs on me, crushes me. Pressure and tension in my heart. It is very hard. I feel obliged to bear the guilt so that life can go on, so that everything keeps turning. I cannot bear the

looks at this wedding, or rather, the feelings and thoughts that become those looks.

Afternoon:

Thoughts about our financial situation (AS). My face is burning; my skin feels tight and burns. Worse on the right. My right eye twitches (since the accident), burns and itches. I'm sweating constantly, especially on the back of my neck. My ears itch and burn slightly. Everything feels very tense, strained, tight (all PS). Tension in the neck/shoulder area has increased (AS).

Evening:

I played tennis for an hour today. It was wonderful. Afterwards, I was absolutely ravenous. I'm on my period, but I don't feel as sluggish as I usually do (PS). The smouldering embers within me were fanned into a flame by a gentle breeze, and now they've become a magical fire that is beginning to purify me, bringing order to my inner self. This 'purifying gaze' upon the fire feels very right, does me a world of good. I fell asleep straight away.

Tuesday, 28 August 2012

Slept very well and deeply. Was very thirsty during the night and had no appetite in the morning. Diarrhoea (PS). Following this, the process of realisation sets in with lasting effect (HS).

Now my "second self" (whatever it is) may begin to come to the surface, to emerge, to rise. I trust myself to get to know myself. I am actually looking forward to it. I am pure (lasting, HS). I like the image of the purifying effect of the fire within me. We turn to ash, and then it rises, the phoenix from the ashes. That's it! My 'second self, my new self' – the phoenix from the ashes! An inner joy, anticipation, joyful expectation, excitement. A great day – for the first time in ages!!! (Persists = HS)

Evening:

It's not hot outside anymore, but the slightest physical exertion brings sweat to my forehead, nose, neck and scalp. It's disgusting. Cold, stinging sweat. It starts to itch and feel tight, especially on the right side. I'm constantly craving spicy food. I love the burning sensation on my tongue when I eat hot, red chilli

. (PS) I feel much calmer when I imagine the cleansing fire within me.

Wednesday, 29 August 2012:

My children had a birthday party today. The house was packed. This time I actually enjoyed it and didn't find it stressful. I didn't plan anything and just went with the flow. I was brave!!! (sustained, HS) Things are as they are. I find it particularly difficult to be open and courageous with everyone. My period is only lasting a week this time, less intense than usual. Not that exhaustion and tiredness I usually feel during my period (PS).

Evening:

The spot where my cheekbone was broken feels swollen (PS). My right eye is twitching more than ever, just below the eye. A mild flare-up of neurodermatitis on my head.

Thursday, 30 August 2012:

My son is celebrating his fifth birthday. I'm feeling very emotional. Much more energetic at work, especially mentally; I can think clearly (HS, ongoing), the old confusion is fading! I want to meet the demands, but this still takes a lot of effort. I often wonder if I'm up to the task. Topic: Being made to fit in. Adapting is difficult. Stress with relatives in the afternoon. It was worse than the children's birthday party.

A dream under the full moon: Christa examined me and, noticing an injury to my left index finger, realised that everything was now beginning to flow. She gave me some more of Pele's Hair to help me move forward. We made preparations together and were completely open with one another; we had a lot of fun and enjoyed our work.

Friday, 31 August 2012:

Woke up with a cold. My nose is full of mucus, but almost nothing comes out when I blow it.

Felt like eating chocolate during the night, which I did at 11 pm and 12.30 am. I'm rarely actually hungry; I just always fancy very spicy, very sweet or very fatty foods. I don't fancy fruit or vegetables. My eating pattern has completely changed and is disrupted. I really fancy coffee in the morning. A mild headache in my forehead accompanies me very frequently (PS). I'm glad the celebrations are over. I'm feeling very hot again today. I'm burning up. I need to tidy up, running from one place to another. Very stressful (PS). Constant sweating, even without moving. I feel overheated. The weather is cool. Even a cool shower doesn't make it bearable (PS).

Monday, 3 September 2012:

Something deeper, more enduring, everlasting and familiar has emerged in my relationship with my partner (HS, ongoing). It's good just as it is! I finally feel things more deeply. I feel myself, and my partner's body too. I trust in that.

Greed – is it what controls me and directs my life? Is it outward appearances? I wish to turn my inner fire outwards, to direct it, so that I might ignite my fellow human beings with it. I feel that I am radiant. My heart shines, my soul shines (HS, ongoing).

My cold is stubborn and has stopped running. The itching on my face has stopped. Sweating still dominates me every day. I need endless amounts of deodorant! (PS)

Tuesday, 4 September 2012:

There's tension in the air. I'm tidying up the house and starting to clean the windows. I've made myself a cosy spot on the balcony (PS). Thoughts of the accident. I feel a burning sensation in my chest, around my heart (AS). Thoughts of situations I'm ashamed of, when everything goes wrong again, even though I want so much for everything to be perfect. I'm constantly trying to do everything as well as I can and juggle it all. I'm sweating and suffering. I'm not upset or offended, not even at myself. I'm looking at myself as if from a distance. I want to let go, and I can. The more I invest, the more I lose. I know that I'm not who I am. The situation doesn't have to be perfect. It's allowed to

Not fitting in. Am I not allowed to fit in? Constantly afraid of being out of place, of being inadequate. Being out of place – that’s fine. I don’t want to be made to fit in. Not being like everyone else – being different. Standing out from the crowd, from society, standing out through achievement – I don’t want that anymore! (HS, persistent)

Dream 30 September 2012: My daughter and I were at the swimming pool. A young, pleasant-looking man, whom I didn’t know, was playing with Emilia at the water’s edge. She then went with him into the deep end. After a short while, I saw this man submerge my daughter under the water until she appeared to be lifeless. I immediately ran across the jetty, jumped into the water and pulled my daughter up. On the jetty, I held her upside down, and water came out of her mouth. She woke up. I was absolutely relieved. The man fled. I looked for him in the changing rooms, but couldn’t find him. I knew exactly what I would do to him if I found him. (Torture)

Addendum, 6 February 2013:

Since taking the medicine, I’ve been trying to let things come and go as they are. I don’t want to control or direct anything or anyone. I’m less driven by my emotions and have a better sense of detachment. I haven’t felt like this since my accident. Before, I was completely self-absorbed and vulnerable to all kinds of influences. I now realise more quickly where I stand and how I should position myself emotionally. Sometimes I even have the courage to be open. I receive a great deal of positive feedback and am more self-aware. I accept the child (Phoenix) within me. I feel healthy and robust. However, I still have my tension and my migraines, and they are even more intense. I didn’t suffer from headaches before my accident. My wish is to continue to stand by myself with courage, to set even better emotional boundaries and to balance the social imbalance within me, which means not playing a role in my life, but increasingly being myself. This aspect depends on how I perceive myself in relation to others. Since taking the medicine, I have become much more aware of many things and have started to take myself more seriously, as

I am. The remedy has had a profound effect on me. What was striking and completely new was an enormous creative drive and a great deal of energy. The excessive sweating has stopped.

In this preliminary final report, A. Z. mentions that the remedy did not help with the headaches. That was to change as early as the next day.

Thursday, 7 February 2013 – 5.30 pm: Sudden onset of severe headaches; a feeling of pressure, as if something heavy were lying on the left side of my forehead. It gets stronger and stronger. I go to bed. I have trouble falling asleep and am in pain all night.

Friday, 8 February 2013: Take Pele's Hair C30 at 9.15 am

After fifteen minutes, I feel relief. The pain is bearable. Every now and then the pain disappears briefly, then returns, like a wave. I am focused solely on the pain. An hour later, it feels as though I have taken a painkiller. I only feel the pressure, but the pain is gone. Like a local anaesthetic. Now I'm getting mild cramps in my lower abdomen, like contractions, similar to mild period pains, with mild hot flushes (as in my puberty). Two hours after taking it: the headache is stronger again, more stabbing. I lie down after lunch. Dream about renovating the fire station.

Afternoon/evening:

No relief. I only do the bare minimum. It's all very exhausting. I can't find any way to relieve it. Before falling asleep: What or who is the headache trying to draw my attention to? Who is part of the problem? My grandfather keeps coming to mind. I try to breathe into the left side of the front of my head, into the pain, which gives me a little relief, and I'm able to fall asleep.

Saturday, 9 February 2013, morning

Woke up around six o'clock. Not a restful sleep, but I slept deeply, even though there was a fire in the village, with an explosion. I didn't notice any of it. I feel ill, I'm in pain all over the left side of my face, near my eye, near my

cheekbone, my ear, my throat, the back of my neck, my shoulder and still my forehead. The pain radiates down into my left hand. The pain in my forehead is now less of a throbbing ache and more of a stabbing, pulsating pain. It spreads out from there. I am familiar with this pain. Up until now, I have always taken painkillers at this point. I am going to push myself beyond my limits (HS).

Twenty-four hours after taking it: The headache has stopped abruptly. It's gone just as suddenly as it came. Normally this headache lasts three days, despite painkillers (HS). Exhausted. I tidy up, I'm aggressive, I shout! I muster the last of my energy and clean the house; that gives me more energy. I feel left to cope with all the work on my own. All the responsibility lies with me (PS, as after taking C200).

Afternoon/evening/night:

Eczema flare-up on my head (AS). At work I have lots of energy and am no longer tired, as if I'd taken a stimulant. No thirst, no hunger (PS as after C200).

Sunday, 10 February 2013, early morning and morning

I need very little sleep. I wake up with a cold, a blocked nose, the urge to sneeze, an itchy palate, a cough (a dry, irritating cough from the throat, no phlegm) and a sore throat (as if I'd swallowed a tennis ball that's stuck in my throat) (all AS).

Afternoon/evening:

I feel hyperactive (PS: similar to after C200), as if wound up. I'm constantly looking for a way to relax (AS).

Update 7 August 2013: After taking Pele's Hair, I had a few more instances of what felt like intense headaches, but these disappeared just as suddenly as they had appeared, from one second to the next. For the past three months, I have been almost symptom-free in this regard, apart from very mild headaches that I only noticed for a moment. In July, I suddenly developed pain in my limbs; I could barely move and feared

a flare-up of rheumatism, so I took a dose of Pele's Hair C30. The symptoms gradually subsided and have not returned so far.

My lab results are striking. My thyroid antibody levels have fallen significantly compared to last year (note: microsomal antibodies, anti-TPO), and one value has returned to normal after many years (note: thyroglobulin antibodies, TAK). I attribute this to my new mobility. I exercise regularly and am pain-free, just as I was before my accident. I love being active, I'm no longer tired, and I generally feel better.

I feel a growing zest for life within me; I know what is good for me and what I want. I am happier and have a clearer sense of what is important to me in life. I compare it to the developmental leap of a toddler who suddenly knows what they want. I can now express what I want and how I want things to be handled in a reasonable tone. I no longer feel like a mere errand-runner, but stand my ground. I have a more loving relationship with my children and husband and have become much more patient.

That's exactly how I recognise myself. I am mindful of myself and others. I am increasingly finding my true self and I like myself just as I am.

Comment: Following her severe trauma, which had permanently restricted her life, the patient was constantly seeking liberation from this situation. The remedy has transformed her into a new person. She has become self-assured and clear-headed, and has been able to stop questioning everything. She can once again rely on her own perceptions and accept things as they are.

Before Pele's Hair, I prescribed her Naja, Lach, Sep, Calc-mur, Foll, Thyroid, Dyspros-carb, Dyspros-nitr, Samar-nitr, Lanth-met, Stann-mur, Calc, Sulf, Staph, Lac-h and Rubin.

Modalities and general information according to CA, from remedies and medical histories

Desire

To assert oneself and stand one's ground (argumentative, craving for criticism, readiness for aggression)

Creating order and clarity

Free movement Calm

Warmth

Smoking

Improvement

Activity, distraction, keeping busy

Movement, continued, getting back into the flow Sitting up

Lying stretched out

Leaning

Break free, set oneself free Lie

down, rest, withdraw Pressure

Sunny, warm weather Fresh air

Cold drinks

Elimination of secretions via peristalsis, vomiting and faeces

Aggravation

Violence, injuries, accidents Shock
and fright

Grief, sorrow, worry Compassion

Stress, mental and physical

Pressure, constriction

Calm and silence, stagnation

In company, when being watched

Sudden cold snap, snow, draught

Smoke and nicotine

Pele's Hair – basalt or gemstone?

To better understand the remedy's themes and its key symptoms, I (CA) first compare the remedy's symptoms with the tests on basalt rocks¹, then with gemstones⁶.

Comparison with basalt

The components of Pele's Hair are those of ordinary Kilauea basalt. In general, basalt rock varies in composition depending on where it is found, so it is not a uniform material. As is well known, Hekla lava contains plant matter. Nevertheless, similarities can be identified from tests carried out on Hekla lava, Stromboli lava and Etna lava. The following are used for comparison:

Hekla lava, a homeopathic drug trial by Mohinder Singh Jus, 2003

Etna lava, a similar trial by Pietro Gulia, Giusi Pitari and Gustavo Dominici, 2001/02

Stromboli lava, a trituration trial by Anne Schadde, 2008

The following symptoms are common to them and Pele's Hair:

A. Mental and emotional symptoms of basalt remedies

- Everything is merciless, relentless
- Lack of drive
- Annoyance, irritability, anger
- A feeling of being dazed
- Feeling as if frozen
- Lack of colour, barrenness
- Feels like a stone
- Numbness
- Talkative, as if hyperactive
- Violence
- Indifference, apathy
- Hasty, impatient, intolerant
- Inner emptiness
- Feeling of isolation

- Compassion for the fate of others
- Restlessness
- Melancholy, lack of lightness, depression, negative thoughts
- Stagnation, everything has come to a standstill, the flow has gone
- Feeling of stagnation
- Quarrelsomeness
- Sadness
- Insecurity, anxiety
- Confusion
- Despair
- Increased crying or inability to cry
- Wants to be alone

B. Basalt-specific physical symptoms

- Dizziness, everything feels like it's rising
- Something rises in the head, a dull sensation, with heat and nausea
- Burning eyes
- Ringing in the ears
- Nose sensitive to smells, nosebleeds
- Sinus problems
- Mucosal ulcers
- Dry cough with a scratchy sensation
- Increased or decreased appetite
- Bloating abdomen, cramp-like pain
- Diarrhoea
- Loss of libido
- Menstrual cramps
- Shortness of breath, chest tightness
- Pain in the limbs
- Pain: dull, pressing, burning, accompanied by irritation and a feeling of numbness
- Muscle tension
- Stiffness with weakness
- Numbness, tingling

- Tension and pain in the spinal region
- Itching, dry skin
- Sleep, waking up as if from anaesthesia, tired despite sufficient sleep
- Dreams: erotic, violence, theft
- Weakness, exhaustion, prostration, tiredness
- Feeling of heaviness
- Weight loss and gain
- Susceptibility to infection
- Disturbed temperature sensation, feeling of heat, feeling of cold
- Sensitivity to weather changes, improved when the sun comes out, worsened by cold

In the basalt tests, I found no indication of themes such as alchemical transformation, spiritual transformation or expansion of consciousness.

Personal experience with rocks and basalt

Rocks, in general, are entities that obey a higher order; they are natural compounds, more than just a combination of elements. They bear witness to time and reflect ancient principles. They are rooted in the great process of evolution, providing form, stability and structure. Stones make our conception of eternity somewhat more tangible. They provide us with boundaries, security and a sense of not being lost. They reflect our existence in space and time.

On 11 November 2000, during a seminar on stones with Günter Mattitsch at Danielsberg in Carinthia, we examined Basaltic Lava C200 as part of a rattle meditation, even before we learnt that on the same day, in the devastating fire disaster at the Kaprun glacier cable car, not far from Danielsberg, 155 people had lost their lives due to smoke inhalation. The victims' bodies were melted beyond recognition due to the intense heat.

A personal account of a meditative encounter with Basal-tic Lava: "Even as I inhale, I detect the metallic scent of the remedy. I feel as though I am vomiting up my very core, my entire world, from my

body. Deep in my lower abdomen, the trembling began and spread upwards like a pulse wave, emerging from my mouth. Dizzying clouds hover around my head, obscuring everything as if in grey mists. A lot of saliva forms in my mouth, the tip of my tongue burns and the taste is metallic. The smell is a bright metallic odour. It is getting hotter and hotter and the light is turning red. Heat is everywhere, as is sweat, and I feel a tremor throughout my whole body. During the moment of stillness: trembling and nausea. Aftershocks in my lower abdomen – peristaltic waves create a warm sense of well-being. Slow cooling.”

Among the victims of Kaprun were five people close to me. I was certain it was no coincidence that I came across this remedy at exactly the same time. By administering high potencies of Basaltic Lava, I was able to provide immediate relief to some of the bereaved in their unbearable grief. The remedy was particularly helpful in those cases where there was an inability to cry, combined with severe headaches, nausea and an inner sense of devastation.

Basalt – the transformer

Basalt helps us let go of familiar patterns and gives us the courage to embrace new structures, which are constantly and irrevocably emerging in life. Refusing to acknowledge and go along with the changes in the structures around us, for fear of being broken by them, makes us rigid and inflexible. Patterns of movement become frozen and are replaced by ritualistic behaviour. Letting go of the familiar and the things we have grown fond of is not easy, but it is inevitable. Basalt keeps the rhythmic flow of transformations between the poles in motion. It enables integration and participation in this flow, which springs from our archaic consciousness. It synchronises the inner rhythms. Basalt provides support during difficult processes of transformation. It releases us from rigidity by warming the heart and strengthening the confidence to entrust ourselves once more to the flow of life.

Günter Mattitsch describes Basalt as the ‘Angel of Tears’. Basalt has a deep and lasting effect.

However, the full range of symptoms from the Pele's Hair test is more extensive and goes beyond the basalt theme.

Comparison with gemstones

There is no single, clear definition of gemstones. In any case, they are minerals that are considered special due to their uniqueness and beauty and are primarily used in jewellery. Not only diamonds, topaz, rubies, etc., but also petrified wood and pearls are traded as gemstones.

Gemstones are formed through an alchemical process of transformation. They are created by the intense external forces of nature, such as heat and pressure, acting upon rock. They are characterised by their beauty, rarity and durability. In the past, they were said to have a supernatural origin. They are often attributed with magical and spiritual significance. They serve as a demonstration of wealth and beauty. Since ancient times, they have also been used for ritual and healing purposes, and more recently they have also served as precision instruments.

For a better understanding of the 'family' of gemstones in homeopathy, I refer to their key themes, as presented by Peter Tummello in his book 'The Twelve Jewels'.⁶

Many gemstone themes appear in the symptoms and dreams of our subjects and patients. Some are symptoms similar to those of basalt remedies, yet the perception is more intense, which is part of the transformative process. The subtle differences from basalt are set *in italics*.

- Feeling of being left alone, abandonment *with a need for union*
- *Awareness processes are set in motion*; for example, memories of past traumatic events and their causes become very clear.
- *The heart opens*; love *blazes* within the heart, and with it *joy*

- The flow of life is perceived as moving upwards *along the energy channels, bringing a sense of lightness and invigorating the senses*
- Detachment, *alienation, even to the point of self-alienation*
- Enclosed within oneself, stuck, as if imprisoned, with an *irresistible urge to escape, to break free, to become free*
- *Increased energy, with the urge to create order in order to maintain an overview*
- *Processes of realisation occur following excretion (diarrhoea)*
- Colour perception is *more intense*. The grey of the basalt is revitalised and becomes colourful.
- *Cheerfulness* replaces gloom
- A mental void; *all connections are severed*
- *Clarity of thought*
- *Lack of self-confidence, searching for the deeper meaning of existence*
- *Striving for perfection*
- *A trance-like state* versus a dazed state
- *Delusions* (delusions are not an issue with basalt remedies)
- Boundaries dissolve
- completely separated from the inside, no connection
- no one finds me, no one notices me, nor do I find anyone
- Everything is lifeless and dead
- Everything seems hard, tough and lifeless
- looks at herself in the mirror as if she were a stranger...
- sees herself in the mirror as the post-dream image of her boss
- *Physical sensations go hand in hand with associations*; thus, the feeling of shattering and the fullness in her chest are linked to a sense of connection
- Twitching in the body, like *bursts of energy*

Dreams with strong symbols and semi-lucid dreams, pointing to gemstones:

1. Babies and pregnancies
2. Death and rebirth

3. Light and enlightenment
4. Imprisonment
5. Abuse and violence; she appears as a saviour
6. Dissolution and oneness with chemical elements
7. A necklace and its value
8. Emotionally detached during gruesome dreams, such as one of a black dog tearing her heart from her body
9. Flowers, such as water hyacinths or rose-shaped blossoms
10. Gas explosion
11. Light at the end of the tunnel, with a longing for light
12. A tube with a bubble; bubble-shaped formations rising (signature)
13. A ray of sunshine through the clouds wards off danger
14. Falling through layers of the past; constrictions and limitations caused by over-construction
15. Acceleration, the horsemen of the apocalypse and the sun-chariot calm me. From death to totem, it is light and still, diamond light, golden threads. I shine in a robe of light, I dance, I rejoice, I myself am now completely light, Pele's hair are threads of light, vulnerable, I am all alone. Baby.
16. Translucency – we are condensed light. – Note: The word 'translucency' symbolises the character of the remedy very clearly; although I have never heard this term before, it seems deeply familiar to me. Something is illuminated from within and without, is brightened and can rise into clear consciousness. Something is completely permeated by light.

Differentiation of Pele's Hair in comparison to Basalt and Gemstones

Pele's Hair, as described in the trial reports and case histories, differs from the basalt remedies known to us through its rich symbolism and a dynamism that resembles that of gemstones.

The patterns of Pele's Hair closely resemble those of basalt, yet are imbued with a different spirit. The sensations are associated with imaginative, pictorial imagery, such as: the flow of life is perceived along the energy channels from bottom to top. With basalt, on the other hand, it is simply a case of: everything pushes upwards. The same symptom harbours a further difference: the flow of life is perceived along the energy channels from bottom to top and brings a sense of lightness. In the descriptions of basalt, there is no trace of lightness; on the contrary, here it is said: everything appears grey.

A thirst for freedom, a keen awareness of energy, a quest for order coupled with a drive for perfection, and a longing for joy, lightness and clarity are concepts and expressions not found in basalt.

Basalt becomes rigid in its patterns and regains its integrity through a regeneration of its inner flow. Pele's Hair, on the other hand, enters a process of transformation. The forces of nature create violent turbulence, which dissolves and confuses the inner structures, resulting in distance and isolation. The new structure of order needs to be understood and grasped. Inner forces, such as an insatiable longing for liberation and a quest for clarity, enable a personal process of transformation towards a higher self-awareness.

This healing impulse from Pele's Hair facilitates the unification of inner opposites. The unbearable heaviness of basalt is transformed into a lightness of being. The juxtaposition of two statements that are confusingly similar is intended to give a sense of the subtle difference between basalt and Pele's Hair. In a HAMSE with C30 of Stromboli lava, a tester quotes a saying by the Archangel Chamuel: "My heart is filled with the flame of love." The message of the remedy, which reached me during my C4 trituration of Pele's Hair, is: "Love blazes in the heart, and with it, joy." The common theme, presumably associated with basalt, is the realisation of the warming quality of the flame at the level of the heart. However, the blazing of the flame and the recognition of joy as an expression of a more intense energetic perception reveal a subtle distinction.

The effects of Pele's Hair are particularly reflected in the mental and spiritual aspects of the sixth and seventh chakras. Through the process of becoming aware, blockages are released and energy begins to flow again. In the case of basalt, the effect relates more strongly to the warming of the heart's energies, which foster a spirit of reconciliation and awaken trust in the rhythmic flow of life – a theme associated with the fourth chakra. The supporting driving forces arise from the second chakra, the centre of the body's fundamental rhythms.

In Pele's Hair, therefore, the characteristics of Basalt are combined with those of gemstones.

If patients display symptoms indicative of Basalt, along with themes associated with gemstones, then Pele's Hair is really the only remedy to consider. Pele's Hair has a deep, lasting and consciousness-expanding effect.

VI – Minutes of the Pele's Hair company (SD)

The project report is intended

- describe the implementation
- show which *themes of the remedy* became apparent during the trials and their analysis, and
- put precisely this up for discussion: that the *themes of a remedy* manifest themselves on several levels, in the classical trial as well as in the trituration and in the dynamics of the proceedings – within the field of the trial.

B. (SD) had agreed with A. (CA) during an Ambra trituration in June 2011 to conduct a drug trial using one of the remedies A. had brought back from Hawaii the previous year. A. received the trial globules from B. on 10 July 2011 – 15 tubes, each containing one gram, labelled 16–30, 'AMP Nov. 2010', manufactured by Remedia, Mag. Robert Müntz, Eisenstadt. At the same time, B. received a small paper envelope containing a C2 trituration of the same substance. B. only discovered the slip containing the trituration later – she almost threw it away with the envelope.

A. would have liked B. to complete the trial by the end of August 2011, because A. wanted to give a lecture on the remedy at the ÖGHM annual conference in Rust. However, this was not possible because the Ambra trituration had to be processed and some of the participants in the Ambra trituration also wanted to take part in the new trial: *pressure – withstanding the pressure.*

In August, B. prepared the remedy self-experience (AMSE). Eleven (12) test subjects were quickly found (16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 27; subject 20 withdrew at short notice due to illness), most of whom were doctors and pharmacists she knew. Almost all had previously taken part in trials or potencies. The AMSE was conducted as a double-blind, placebo-controlled trial.

At that time, B. was busier than usual because she had not been working at the practice from mid-April to the end of July. B. began the AMSE with neutral interest, without any particular expectations; the idea of once again comparing an AMSE with a trituration trial only arose during the course of the trial, when B. noticed that the package containing the medicinal samples included a pre-triturated C2 potency of A., which she had overlooked until then – *essential details are (almost) overlooked and carelessly discarded.*

There is a preliminary medical history for each subject, and each subject should record at least three days of preliminary observation.

On 19 August 2011, amidst fine summer weather, the first participant (aged 21) began the trial. The daily telephone follow-up with the participant was straightforward; she had very few symptoms. Much later, it transpired that this subject had been testing a placebo. As she felt remarkably well during the first few days and seemed genuinely euphoric, B. began to suspect that the test remedy might be a drug or a drug-like plant. She held onto this hypothesis internally until around 10 September. Reports of strength and efficiency at work, coupled with a certain emotional detachment, from several test subjects reinforced this belief. Later, a different dynamic came into play.

As some of the participants had only just returned from their holidays, they all started at slightly different times, which made it easier to manage the study. B. spoke to each participant by phone every day

and each female participant during the intake period and the first few days afterwards, depending on their symptoms. B. asked about the day's symptoms, had them supplemented and reminded them to keep a precise daily record. In addition, B. kept records themselves for later comparison.

From 5–18 September 2011, most participants were busy with the trial. The last dose of the remedy was taken on 19 September (23, 24, 29.1).

September continued to see rather late-summer-like fine weather; towards the middle of the month it became cooler, which was reflected in the trial logs.

B. herself (29.2) then took the remedy twice daily on 21 September and 22 September. She was well aware that, having immersed herself so deeply in the study of AMSE, she had long since entered the realm of the remedy; however, by taking it herself, she wanted to test whether her perception of the remedy would intensify and whether she would develop new symptoms.

An unintended overlap arose due to B.'s participation in a meeting with homeopathic colleagues at the Laggerhof on Lake Millstatt at the end of September 2011, during which a remedy (red phosphorus) was to be blind-tested, triturated and experienced through a shamanic journey. She had not taken part in the remedy intake prior to the planned meeting, but then did not wish to withdraw from the others' experiences of the remedy and took the C30 (red phosphorus) once – a few days after the test remedy. That same week saw the most intensive support for the AMSE participants, as B. had originally intended to have the most time available for the daily phone calls that week. This led to an overlap of two remedy fields within her. The interference with 'red phosphorus' – theme: *'explosion'*.

Shortly before taking red phosphorus, but after taking the trial remedy, B. experienced a similar "hysterical, irrational and sudden" explosion to the one she had experienced years earlier on the day after taking Phosphorus 1M – the theme at that time: for a long time, an important concern had not been seen or acknowledged; Theme September 2011: sudden violent explosion (following the slightest, in retrospect un-

(for a specific reason), following long-standing grievances, and also in terms of feminine emotion versus masculine rationality...

Topic: *violent, uncontrolled outburst; deep hurt, feeling overlooked in matters of importance; 'feminine' emotion versus rational 'masculine' approach...*

At the ÖGHM annual conference in Rust, A. gives a lecture on remedies from Hawaii on 24 September 2011.

Work on the remedy begins in mid-October; B. expresses to her colleague B.S. the suspicion that the AMSE concerns the testing of Pele's Hair. She is fairly certain of this.

On 25 November, a meeting of several test subjects took place in Vienna for the trituration of the remedy (C4, C5) and for the final discussion of the AMSE. An attempt was made to jointly formulate a preliminary remedy picture of the remedy. At the end of this meeting, the tested remedy was announced.

Eleven test subjects took part in the trituration (0*, 18, 21, 22, 25, 29.1, 29.2, 31, 32, 33, 34), six of whom (18, 21, 22, 25, 29.1, 29.2) had also taken part in the AMSE.

B. is able to complete the drafting of the Austrian protocols for her own AMSE, as well as the trituration texts available up to that point (all except the C4 trituration of 25 November), on 13 November 2011 (completed list of symptoms). Following B.'s own C4 trituration on the morning of 14 November, which she carried out whilst still blind, she sent her report to A. as proof of the completion of the AMSE and, as agreed, also to B.S., who subsequently revealed the name of the remedy to her, which came as no surprise. After her C4 trituration, her suspicion that it was Pele's Hair had turned into certainty.

In early November, she learns that the processing of the study in Germany (led by Dr Bandelin) has *stalled* and that all the participants' records from Germany have ended up with A. without having been processed. The reason for the failure to process the four records could not be ascertained. B. is given contact details and receives the records by email. Contact with the four participants can only be established in this way. B. leaves it at that and confines herself to

the (for the time being separate) analysis of these four case reports, incorporating the limited additional information provided by email.

As A. intended to travel to India for the League Congress on 17 November 2011, B. asked her to send the information on the remedy to B. S., to whom was to forward this to B. once the protocol evaluation had been verifiably completed (email), so that B. could inform the subjects in her practice on 25 November 2011, following the completion of the trituration and the follow-up consultation.

In late autumn 2011, it became clear that the same remedy had been ‘coincidentally’ tested by two groups, independently of B.’s trial, in autumn/winter 2010 (Graz) and autumn 2011 (Vienna) as part of two training groups in Graz and Vienna. These two AMSE trials were part of the homeopathy courses in Graz and Vienna. The participants were doctors and pharmacists, aged between 23 and 50. The Vienna group, comprising testers 1, 7, 8, 9, 13, 15, 16f, 17f, 22f and 25f, was supervised by C.2 (BB), C.3 (RF) and C.1 (FS). The testers 44, 66, 77, 88 in Graz were supervised by C.4 (WE). The remedy was also provided by Mag. Robert Müntz, Remedia, from Eisenstadt – many thanks once again! The Verum/Placebo key was handed over to RF and was only viewed after the final discussion with the test subjects in March 2012.

For B., who has been working on theoretical questions regarding remedy trials for several years, this presented a unique opportunity to compare two independent trials of the same remedy, conducted by very different homeopaths – distinct personalities, yet within the same temporal and spatial context. Furthermore, the trituration of this remedy had already provided the opportunity to compare a classical double-blind trial with a (largely double-blind) trituration trial.

However, these attempts at reconciliation now faced a major obstacle: B. and C.1 had been locked in a deep conflict for years, as a result of which B. had severed all contact with C.1 since 1999. This circumstance therefore seemed to rule out any possibility of cooperation. The subject of the conflict was a *serious insult and disparagement*; the dispute had centred, amongst other things, on disparaging comments regarding published promotional texts; furthermore, a conflict between female

and male perspectives. Following a failed attempt at dialogue in 1999, the conflict was never addressed again.

Topic: *An old conflict that had led to a breakdown in communication presented an obstacle to working together on a project.*

Digression: As the escalation of the conflict in 1999 had already been preceded by several episodes of hurt feelings and disparagement, which B. had never really addressed (theme: suppression of anger, rationalisation of feelings for the sake of cooperation), it became clear to B. that she needed to work on this herself, as it was evidently also a personal issue.

At the ÖGHM course conference, the examination supervisors involved in the various AMSEs met for the first time and jointly decided to compare the examinations with one another, despite the well-known communication problems between B. and C.1. To this end, another colleague, D. (J.H.), was asked to join the new working group as a neutral third (or fourth) party. He was to compare the various AMSEs and, if possible, identify a common thread. This led to lively and fruitful collaboration, particularly between A., B., C.1, and D. Topic: *Collaboration, Networking*

On 17 May 2012, A. presented Pele's Hair at a seminar on Hawaiian remedies during the annual conference of the German Central Association.

On 25 August 2012, a detailed meeting took place at A.'s home between A., B., C.1, C.3, C.4 and D., during which D. presented the comparability of trials. The discussion also centred on the first attempt to identify a common theme within the remedy.

In the meantime, something very interesting had also emerged in the conflict between B. and C.1. Apparently without any intervention, without further therapeutic measures and without any discussion between them, this conflict simply seemed to resolve itself for B. – indeed, as if following effective trauma work, the underlying causes and issues suddenly seemed to recede into the distance and were no longer relevant.

In the run-up to this meeting, C.1 had contacted other colleagues regarding the initial findings from the trials. In particular, Jane Tara Cicchetti was asked to analyse the subjects' dreams, for the purpose of providing feedback and an outside perspective on the remedy's subject matter. Later, other colleagues, notably Peter Tumminello and Irene Schlingensiepen, were asked for their opinions.

A.'s presentation at the League Congress in Japan in autumn 2012 met with keen interest from the delegates, particularly in the context of the massive collective trauma caused by the tsunami and the subsequent nuclear disaster at the Fukushima power station in March 2011.

In the subsequent work, an increasing *polarisation* emerged, particularly between A. and B., because B. insisted on the greatest possible methodological rigour, whilst A. argued primarily on the basis of her own deep emotional involvement, her strong personal commitment, and her extensive practical experience with the remedy in her own practice. Above all, the task arose of clearly distinguishing the symptoms from the AMSE and the trituration trial from the healing symptoms in A.'s practice, and of clearly identifying the symptoms according to their origin.

A. felt *disregarded, devalued and underestimated* in the discussion with B. This prompted A. to classify all symptoms from all trials according to repertory criteria. As a result, the findings from A.'s case histories were fully incorporated, though identified as such. These case histories contributed significantly to the remedy picture.

Throughout 2013, there were repeated shifts between active, committed and highly creative phases of collaboration and periods of stagnation and a partial loss of interest in the project. In hindsight, however, the breaks caused by these *lulls* proved to be rather beneficial in terms of fostering more creative networking and ultimately leading to focused, effective and open collaboration, particularly on the part of A., B. and C.1, who viewed the project in all its complexity as 'their joint venture' and incorporated new, creative aspects into the analysis of the examinations. For C.2, C.3 and C.4, this interest was less pronounced, so that the project was driven primarily by A., B. and C.1.

In early summer 2013, D. published the examination comparison (between the AMSEs and the trituration, with comparative material) in HIÖ 2/2013, which had effectively supervised the work of the examination groups. The comparison yielded significantly positive results, both for the agreement between the AMSEs and the trituration, and for the two AMSEs themselves.

In this sense, the project – which can be described as truly innovative due to the inclusion of trituration as a fully-fledged trial and the equal involvement of four independent AMSE centres (two in Vienna, one in Graz, and one in Germany) – was successfully concluded in autumn 2013 following several periods of *stagnation and subsequent re-establishment of connections*.

Overall, in addition to the specific results of the trial of Pele's Hair, it became apparent that several trials of the same remedy produce comparable symptoms – which are, of course, not identical, but provide sufficient agreement. This agreement is evident even despite different methods of administration and differing personalities among the trial leaders.

Furthermore, this work demonstrates that traditional drug testing yields consistent results with a trituration trial. This finding may contribute to the current debate on drug testing and propose the trituration trial as a fully valid drug testing design. It also becomes apparent (not entirely surprisingly) that the question of double-blind testing (or blind testing) must be reconsidered, as the non-blinded triturations yield the same results as the blinded trials.

As we have placed great value on the opinions of observers, a comment by Mag. Robert Müntz is included at the end of this work. As a witticism, it is sure to raise a smile. On closer inspection, it expresses a quality of the remedy, as it describes a *process of transformation* that few would have thought possible: the fruitful collaboration of A, B and C.1. When Robert Müntz heard of this, he could scarcely believe it: “What, can Pele do that?”

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Authors' addresses:

Dr Christina Ari, A-7540 Güssing, Marktplatz 2 christina.ari@gmx.at ,
www.christina-ari.at

Mag. phil. Dr. med. Susanne Diez, A-1130 Vienna, Geylinggasse 11
susanne.diez@chello.at

Dr Jörg Hildebrandt, A-3100 St. Pölten, Feldmühlgasse
103j.hildebrandt@telering.at . www.dr-hildebrandt.at

Dr Franz Swoboda, A-1070 Vienna, Mariahilferstraße 110 f.swo@aon.at