

## C. Ari - Crystal Structures in Homeopathy

In a way substance differ only superficially in terms of their ingredients. The uniqueness of a material can be explained by an evolutionary development process and its precisely defined manifestation in space, its structure.

*Structure is understood as an expression of consciousness. P. Tumminello.*

### **Crystal structures and lifestyles**

*Crystallography distinguishes between seven crystal structures and one amorphous form without a continuous internal structure.* The principles of the individual crystal structures are reflected in different lifestyles.

*A lifestyle is shaped by the individual reality of each person.*

Every reality is the product of personal experiences and insights, opinions, observations, and values, as well as the individual's ability to respond to them. When commonalities are recognized, a shared reality emerges. Different realities enable us to distinguish ourselves from others and invite comparison. In principle, all realities must be acknowledged. Realities are subjective, just as a glass can be either half full or half empty.

*Lifestyles represent the basic structures of human reality.*

They are basic patterns from which one has chosen a survival strategy for one's entire life or for a momentary situation. Recognizing and differentiating between different lifestyles makes it easier to choose and indicate a gemstone remedy. Three striking, peculiar, and unusual characteristics of a particular lifestyle are sufficient to prove the correspondence to that lifestyle. M. Gienger.

Polarizations are possible within each structure.

Supplementing this method with *color preference*, a mental and emotional symptom that is reflected in people's emotional expression, increases the precision of finding the right remedy.

In rock remedies we sometimes face more than one defined structure as they are material compounds. To analyze those remedies by their crystal structure is less productive, it is essential to compare by reference to the evolutionary developing process.

Michael Gienger introduced lifestyles into gemstone healing, and Walter von Holst developed them further. Peter Tumminello built his model on this and transferred it to homeopathic practice. Initially, he applied this concept only to gemstones and only later to all minerals, uniform substances, and plants, based on precise analyses using X-ray diffraction. On his website, he offers a list of more than 1,000 previously classified remedies for download.

<https://www.thenaturalmedicinecentre.com.au/wp-content/uploads/AA-Structure-of-Homeopathic-medicines-April-2024.pdf>

## Cubic structure – cubic lifestyle

I AM

order



Square = three axes of equal length at right angles to each other.

The crystals form cubes, octahedrons, etc.

*Cubic people face one point of view only. Reason and logic are overemphasized – intuition, feelings, and emotions are suppressed. Inflexible.*

Cubic is orderly, structured, perfectionist, experienced, and controlled, but as well inflexible, rigid, and inflexible. Restricted and constricting. Black-and-white thinking. These people are uncompromising, reliable and persistent, but often also impulsive, proselytizing, and quarrelsome. They stubbornly stick to their habits, want to have everything under control. Even their feelings are under control. Feelings are at the service of the whole. Self-critical people with fears of failure and loss. People of habit. Addiction risk, commander, missionary.

*Negative:* lack of flexibility; when plans and systems of order break down, crises can arise with disorientation, confusion, mistrust and isolation arise. No capacity for self-reflection. Addictive behavior, suicidal thoughts.

*Positive:* They have the ability to see many things at once. They are quick learners who broaden their perspective through profound insights; they are forward-thinking and able to overcome great difficulties and challenges. Natural leaders.

*Cubic crystals and remedies have a stabilizing and grounding effect; they support reorganization processes.*

Metals such as Aurum, Argentum and Ferrum, but also NaCl are cubic. In gemstones, we find them in Diamond, Fluorite, Garnet, Pyrite, Lapis lazuli, Sodalite and in plants such as Arnica and Veratrum album. As a nosode Syphilinum is cubic.

## Tetragonal structure – tetragonal lifestyle

I ANALYZE

**dichotomy**



Rectangle = two sides of equal length at right angles to each other.

The crystals usually form upright columns.

*The tetragonal lifestyle has a hidden inner self and a perfect outer image. Analytical, spontaneous, conformist. Presentation. Fear of losing face.*

This lifestyle is similar to the cubic one, but it is deceptive. They appear confident and convincing on the outside and radiate stability and reliability. However, their actions are characterized by spontaneous adaptations to the situation at hand, without showing weakness. They are talented people with great potential to adapt and develop, with analytical thinking skills and erratic emotional behavior. Outwardly convincing, inwardly constantly on the move. Image, fashion, presentation; demonstrative behavior, artificial facade, beautiful packaging, deliberate deception (poker face), multiple personality (schizophrenia), fear of losing face.

Marketing, politicians, legal representatives, gamblers, narcissism.

*Negative:* hiding behind walls, escaping to a better world, blaming others for criticism and failure, punishing and oppressing; full of guilt, depressed, and lonely.

*Positive:* using talents and abilities to explore the deeper meaning and hidden significance in life, daring to try new experiments, pursuing the search for truth, accepting daring challenges, living like a researcher, living creativity.

*Tetragonal crystals absorb and transform energies, resolve conflicts, and have a balancing effect.*

Stannum, many fluorine compounds, Apophyllite, Rutile, Zircon and Vesuvianite are tetragonal, as are plants such as Lycopodium, Tabacum and Thuja. Carcinosinum is tetragonal too.

## Hexagonal structure – hexagonal lifestyle

I ACT

goal



Hexagon = maximum surface efficiency, as in honeycombs

The crystals form hexagonal columns.

*The hexagonal person is consistent and determined. Performance, success, ambition, willpower, efficiency. Yin-Yang. The secret ruler.*

Reaching the goal directly, in a short time. Tireless, eager, hard-working, overcoming all obstacles, having everything under control. Saying yes, standing up for oneself. Clear, analytical, thorough, conscientious, only the best is good enough. Perfectionism. Driven, caught up in the task, workaholic. Fighting against all odds, banging one's head against a brick wall. Thoroughly meticulous and precise, self-critical, lacking self-confidence. Inner conflict as a driving force. Wanting to assert oneself. Individualism versus unity in relationships, teamwork. Yin and yang. Male-female. Intense feelings, needs are controlled or suppressed. Persistent and tenacious. Hectic, impatient, stressed, overworked. Asceticism, fanaticism, dogmatism.

*Negative:* blinkered mentality, oppression and overload, stress. The body pulls the emergency brake, chronic illnesses, burnout, crises of orientation, the great void. Seeking balance through a new direction = new goal, new identification (e.g., idealistic healing teachings, search for the highest).

Beware of fanaticism, of further being hollowed out.

*Positive:* Reviewing and changing goals based on your own experiences and previous successes is liberating. Reach your goal with serenity, learn to trust your inner abilities. Develop a sense of community and foresight.

The journey is the destination!

*Hexagonal crystals ensure a balanced energy balance and help bring clarity to certain matters.*

Hexagonal remedies are Beryllium, Graphites, Calcarea phosphoricum, Cobaltum, Zincum and gemstones such as Apatite, Aquamarine, Beryl, Emerald, Morganite and Sugilith as well as plants such as Dulcamara and Pulsatilla. Lac equinum. DNA and water crystals.

## Trigonal structure – trigonal lifestyle

I THINK

idealism



Triangle = three sides of equal length, 60° angle = the simplest shape.

The crystals form triangular or hexagonal columns or rhombohedral shapes.

The trigon is also an aspect of the hexagon.

When the tip of the triangle points upwards = best perspective = grounded

When the tip of the triangle points downwards = very unstable situation

*Trigonal is a simple, uncomplicated lifestyle. Minimal effort – maximum success. Imagination, idealism. Proud and inflexible.*

Stoic and pragmatic, patiently waiting for the right moment. Prudent, practical disposition. Slow but steady progress. Egoism, pride. Idealism. Imagination. Avoiding difficulties and arguments. Comfort and carelessness. Tendency to repress, superficiality and indifference. Pro forma action. Inflexible.

*Negative:* Uncertainties in the system encounter resistance and rigidity, which can cause everything to tip over (triangle stands on its head!). Instability, defenselessness, fear of losing ground. Nervous breakdown. Terrible fears dominate. Indignant behavior, feelings wither away, the mind becomes dull, the body becomes ill.

*Positive:* Ability to find simple solutions, realism based on experience and tradition, common sense, clarity of thought. Neutrality. Tolerance. Balance in action and thought. Serenity and confidence.

*Trigonal crystals radiate energy, strengthen and protect, and have a balancing effect on the bio magnetic field.*

Black trigonal gemstones such as Onyx and black Tourmalin in particular bring everyone down to earth and provide support!

Trigonal remedies are Silicea, Arsenicum metallicum, Calcium carbonicum, rocks such as Dolomite and Marble, and many gemstones such as Calcite, Crystal quartz, Amethyst, Citrine, Smoky quartz, Agate, Jasper, Chalcedony, Ruby, Sapphire, Onyx, Tourmaline and Rhodochrosite. Trigonal plants are Bryonia, Gelsemium, and Rhus toxicodendron. Psorinum.

## Orthorhombic structure – orthorhombic lifestyle

I FEEL

**dependence**



Rhombus = square turned on its side, lacking stability

Crystals grow either in a rhombic shape or pseudo-hexagonal.

*With a rhombic lifestyle, everything seems fine until disappointment strikes or everything becomes too much. Emotional dependence. Closed off and unstable. The inner beast.*

Recurring, involuntary breakdowns of stable phases of life. Serenity and confidence versus sudden mood swings. Bad moods, anxiety attacks, depression. Everyday life is determined by spontaneity and taking things for granted. Adaptable, persistent, frugal, and reliable. Reserved, helpful, socially committed, identifies with the well-being of the community, suppresses own needs, submits to others. Feeling of not having lived one's life. Suppressed will. Emotional depth, empathetic, emotionally hypersensitive or numb, closed off. Inner emptiness and instability. Dependence on community, partner. Shock, trauma as the cause.

*Negative:* Losing your footing, falling into a hole. Resignation due to constant repetition. Vicious circle. No awareness of the cause of the problem. Guilt, remorse, ambivalence, mistrust, withdrawal, addiction.

*Positive:* Recognition of the problem. Strengthening one's own life and interests. Strengthening inner stability. External reflection brings confirmation of one's own positive qualities, promotes self-confidence and lasting stability and fulfillment. Using personal abilities profitably for oneself and others.

*Orthorhombic crystals store cleansing energies and bring clarity.*

Sulphur, Chlorum, Bromum, Iodium and Antimonium crudum are orthorhombic remedies, as are the gemstones Antimonite, Aragonite, Olivine, Pearl, Tanzanite, Dumortierite, Celestine, Marcasite, and Topaz. Plants such as Staphisagria, Opium, and Camphora. Animals such as Amber gris, Sepia and Spongia. Acidum picricum. Medhorrinum.

## Monoclinic structure—monoclinic lifestyle

I MOVE

Variety



Parallelogram, a shifted rectangle, an inclined angle.

The crystals often show a skewed angle.

*Regular change is the norm. Personal expression and initiation. Spontaneous, hyperactive, flexible. Instability. Hypersensitivity.*

Ups and downs, everything fluctuates, opinions, moods, facts (work, relationships, travel). Sensitive to energy fields, atmospheric influences. Constant change, spontaneous and flexible. Travel. Easily influenced and indecisive. Eccentric and individualistic. Pronounced imagination, passionate expression. Mood swings. Feelings are openly expressed. Hypersensitive to criticism. Resistance and arguments. Arguments help to strengthen one's own point of view.

*Negative:* Irritation caused by the intrigues and taunts of others. Not knowing whether you are doing the right thing or the wrong thing. Self-doubt. Everything becomes too much, nothing works anymore. A hopeless mess. Inability to act. Resignation. Emotional dilemma.

*Positive:* Regaining the ability to act. Facing the situation, looking instead of looking away. Seeking conversations with friends. Working through everything unfinished step by step. Mishaps are there to be corrected in order to achieve better results, which gives new courage. Action brings experience and strengthens confidence in one's own changeable nature. Develop mindfulness, give space to intuition, and inner security can grow.

*Monoclinic crystals support purification processes and insight.*

These include Phosphorus, Actinolite, Aventurine, Azurite, Epidote, Feldspar, Jadeite, Kunzite, Malachite, Moonstone, Nephrite, Prasem, Selenite, Serpentine and Tiger's eye. Monoclinic plants are China, Coffea cruda, Hypericum, Ignatia, Rhododendron. Animal remedies such as Apis, Lachesis, Naja, Tarantula, Scorpion, but also the nosode Tuberkulinum.

## Triclinic structure – triclinic lifestyle

I REACT

**unpredictability**



Trapezoid = three inclined angles and no top

Crooked, irregular crystal formations.

*The triclinic lifestyle is erratic and unpredictable.*

*Everything is irregular, nothing lasts, sometimes everything seems clear, then suddenly everything becomes confusing. Helpless and disconnected.*

Fluctuations between extreme poles. Zigzag course. Everything is constantly turned upside down. Good days and bad days. On top of the world one minute, down in the dumps the next. Nothing can be planned, life is unpredictable, a challenge and a mess. Subjective sense of time. Contradictory in inner and outer appearance. Erratic, inconsistent, and incoherent. Disoriented, alienated, not belonging. At the mercy of fate. Hypersensitive, exaggerated emotions. Indifferent, passive. Self-justifying. Trauma (pain and violence) as the cause. Victim mentality. Unlucky. Egoism. Living for the moment. Bon vivant. Coincidences. Increased creativity.

*Negative:* Indifference as a protective mechanism, passivity, plagued by bad luck, all evil comes from outside. Control, dependence in relationships. No longer accepting help. Remaining in suffering, at rock bottom. Bipolarity.

*Positive:* Trusting life as it is, accepting all possibilities. Trusting your instincts, staying alert and attentive, training your perception. Gaining certainty that new positive vibrations will arrive. On to the next high. Gaining awareness of an eventful life with ups and downs. Staying in the flow. Talents: Clairvoyance, mediumship.

*Triclinic crystals energetically connect polar opposites and open the consciousness to other dimensions.*

Triclinic remedies are Acidum succinicum, Oxygenium, and Petroleum; gemstones such as Amazonite, Disthene, white Feldspar, Labradorite, Larimar, Rhodonite, Sunstone and Turquoise; and herbal remedies such as Aconitum, Chamomilla, Diospyros Kaki, Drosera, and Stramonium. Animal remedies such as Asterias and Cantharis. AIDS nosode, Placenta.

## Amorphous structure – amorphous lifestyle

I TRANSFORM MYSELF

Renewal



Formlessness = there is no uniform internal structure.

Due to special conditions of origin, a wide variety of formations develop.

*The amorphous lifestyle is the most diverse. All or nothing. Constant renewal, nothing repeats itself. Uniqueness. Naivety and chaos.*

Versatility. Change, transformation, identity, and independence.

Janus head or “Who am I?” Every moment is new and unique.

Being in the here and now. Every idea is an event. Inexhaustible creativity.

Nothing remains hidden. Everything can be felt and thought.

Feelings and thoughts seem unreal. Association and dissociation.

Connection and separation. Confusion. Identity changeable and elusive.

Always in motion. Colorful birds, free and unbound. Loners. Free spirits.

*Causes:* early childhood separation, trauma, chaos, death/near-death, taboos, and boundary violations.

*Negative:* restriction, punishment, oppression. Wanting to hold on to something blocks renewal. Stagnation in darkness and fog. Emptiness.

No future. Aggression, destructiveness. Apathy. Loss of identity.

Lost in nothingness.

*Positive:* gaining certainty that there is always renewal in the amorphous. Hope dies last, there is always a new chance! Allow renewal. Genius as a possibility.

*Amorphous crystals enable a free flow of energy, strengthen energy and promote development.*

Amorphous elements are Hydrogen, Helium and Neon, Alumina (unformed identity) and Mercurius vivus. Among gemstones we find Amber, Jet, all Opals, petrified Wood, volcanic glass as Obsidian and tektites such as Moldavit and Pele’s hair. Amorphous plants include Belladonna, Ephedra, Hyoscyamus, Nux moschata, and Rumex crispus. Haliaetus leucocephalis. Luna. Spectrum. LSD and Alcohol.