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HAWAII

REMEDIES

Encounter – Experience – Perception

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HAWAIIAN MEDICINES

Encounter – Experience – Perception

Hawaii An island chain in the middle of the Pacific, the antipode of Central Europe, uncharted territory for homeopathy.

Maui A place of encounter with numerous representatives of the most diverse plant families, some of which are endemic, previously known only as phytotherapeutics – the first triturations.

Big Island Witness to the most active volcanic activity on our planet.
Lava from Kilauea, a new volcanic remedy.

In traditional Hawaiian folk medicine, herbal medicine is used as a holistic treatment for human ailments and imbalances, in harmony with the rhythms of nature.

Several centuries ago, before the influence of Western civilisation, the local population lived in direct dependence on the surrounding vegetation. In every respect, plants were the basis of daily life.

Depending on the primary use of a plant and the qualities of life it promoted, special meanings were attributed to it and it was given names that characterised its properties.

Names such as Kukui – joy, Popolo – destiny, or Noni – letting go have sparked my interest and inspired me to seek out these remedies from the Hawaiian rainforest, unknown to us, and to encounter them in their natural environment. What properties would their homeopathic preparations reveal?

A mixture of curiosity, a love of travel and a thirst for discovery prompted me to undertake this journey to Hawaii.

Accompanied by my colleague Karin Bandelin and the pharmacist Robert Müntz, I set off for Hana on the island of Maui.

Jan D. Elliot, who has lived here since her youth, supported us with her valuable botanical knowledge. Without her help, we would never have been so successful given the short duration of our stay.

Five days in one of Hawaii's last remaining rainforest areas, where sun and rain constantly alternate, were just enough time for a brief but intense encounter with medicinal plants previously unknown to us.

According to Hawaiian custom, one must be very careful when gathering plant material for medicinal purposes, as this is the first step towards building a relationship with the essence of a remedy and a prerequisite for an intensive exchange of experiences. With this in mind, we began our search for remedies.

Traditional Hawaiian Medicine

The Hawaiian shamanic tradition describes Huna as an ancient, positively oriented system of wisdom.

It conveys the wisdom of humanity's 'inner secret knowledge', which has been stored in the cellular memory of every individual since the very beginning. The Huna teachings are said to date back to the dawn of human history and to have spread across the entire globe as humanity evolved. They are said to have served as the spiritual foundation for the development of later advanced civilisations and world religions.

On the remote Hawaiian archipelago, this ancient traditional knowledge was taught and practised in its pure form by kahunas, the so-called keepers of the secret, until the early 19th century. Following the conquest of the islands by seafarers and Christian missionaries

, the kahunas were persecuted and forced underground.

The American linguist Max Freedom Long arrived in Hawaii in 1920 and, through a lifetime of research, deciphered much of the secret knowledge of Huna.⁷

In accordance with ancient tradition, the kahunas sought out the medicinal plants at special 'sacred sites', prayed with them and observed them until the plants themselves indicated that they were ready and fully matured. This was the moment when they had developed their full healing properties and were ready to be harvested. They were then processed under reverent conditions into healing essences, which were used for healing purposes under holistic conditions.

The Hawaiian word 'kaula' describes the state of the kahuna when he devotes himself to the medicinal plants. A state of desirelessness and inner connection with the creative force, with nature and with all that is. Under these circumstances, there is no longer the kahuna and the plant, but two beings merging into one.⁶

After reading Suzan Weigel's book *The Healing Powers of Kahuna Medicine* and learning about the existence and range of effects of the so-called harmony remedies, I felt strangely drawn to them.

When I was due to travel to Los Angeles in May 2010 as a delegate to the League Congress, it was immediately clear to me that I would also visit Hawaii in this context.

My intention was to seek out these harmonising remedies in person and, if possible, to harvest small quantities of these plants for the preparation of homeopathic remedies.

During my short time in Hawaii, I didn't find a kahuna, but I was surrounded by incredibly helpful people like Robert, Karin and Jan, who provided me with significant support in my endeavour. I would like to take this opportunity to thank them once again.

My drive was fuelled by the overwhelming natural scenery on Maui's east coast

and, looking back, I was almost obsessed with finding “my” remedies and bringing them home, as a very special addition to the homeopathic repertoire.

We encountered some of these Hawaiian harmony plants in the Kahanu Botanical Garden, which, incidentally, is home to the largest surviving Huna temple complex (Piʻilanihale Heiau), as well as in Jan’s own garden.

Before harvesting the plant parts, I sought the consent of the medicinal plants and asked them to reveal their message to us as we ground them.

Whilst processing the freshly harvested plant material on the terrace of our apartment, we were struck by the monotonous, yet by no means monotonous, sound of the Pacific waves. When selecting the plants, we were constrained by time on the one hand, and on the other, our supply of lactose was unfortunately running out far too quickly.

Robert Müntz and I triturated eight plant remedies on site to C1.

As we had triturated the remedies on site under a certain time pressure, the documentation of this trituration sequence was clearly insufficient. During the five days of our stay in Hana, we were not only occupied with finding and triturating the remedies. Another essential task was to conduct research into the plants, their ethnobotanical significance and their phytotherapeutic spectrum of action. We had to track down relevant literature, some of it antiquarian, search for useful passages and record these findings as well.

Trituration Resonances

It was only later, once back home, that I began the further triturations, gradually progressing to C4.

It soon became clear that this project was not as straightforward as I had thought, as I was largely working on this experiment on my own.

The perceptions and associations I encountered at each

trituration stages revealed extremely impressive aspects of these substances on a wide variety of vibrational levels. To ensure the necessary dissociative processes and to be able to properly and systematically process and convey the information released whilst preparing the remedies, I allowed sufficient time between individual work processes.

C1 trituration stage:

During the first trituration stage, physical symptoms are primarily evident; the fundamental theme of the substance reveals itself as a linear intention expressed in imagery.

C2 trituration stage:

The second trituration stage primarily stirs feelings and emotions. It awakens polar states that conflict with one another, corresponding to the resonance of the substance within us. Here we feel most at the mercy of the remedy and entangled with it.

C3 dilution stage:

At the third trituration stage, the mental engagement with the raw material and its themes dominates. We learn to understand the remedy. The physical, emotional and mental perceptions coalesce into a coherent picture.

C4 trituration stage:

The fourth trituration stage allows one to perceive the essence of the remedy most keenly. Archetypes and symbols emerge during trituration, which also refer to collective themes in order to give expression to this essence. One recognises oneself at the centre of the force and can nevertheless move freely within it and exercise judgement. (At C2, one is inevitably exposed to the force).

The problem, the resource and the healing message:

During trituration, one repeatedly encounters, in the individual dilution stages, the conflict that a remedy can evoke in a resonant body, which I refer to as the problem.

In parallel, a hidden healing movement also becomes apparent, representing the balancing impulse within the whole—the so-called resource of a remedy.

Furthermore, the actual meaning of this healing movement can manifest itself in the form of a healing message, corresponding to the spirit essence of the remedy. The way in which these individual components reveal themselves at the various levels corresponds to the specific perceptual character of the respective level, as described above.

The description of the remedies

All the plants mentioned are native to the Hawaiian archipelago, some of them endemic. The individual descriptions of the herbal remedies are presented in the order in which we found and ground them. This is followed by an account of my experience with Kilauea lava, a new volcanic remedy.

Following the botanical classification, I discuss their folkloric and ecological significance. This is followed by examples of folk medicinal applications and ethnopharmacological details, as well as traditional myths that have had a lasting influence on the imagery associated with these plants.

The so-called ‘harmony remedies’ are described in terms of their effects in accordance with Suzan Weigel’s explanations.

My individually developed remedy profiles should be understood as an expression of entirely personal insights derived from the trituration resonance.

The detailed trituration reports, to which the compiled lists of symptoms also refer, can be found in the appendix to the description of the individual remedies.

Ten new remedies from Hawaii

Botanical name	Hawaiian name	Plant family
Aleurites moluccana	Kukui	Euphorbiaceae
Calophyllum inophyllum	Kamani	Guttiferae, syn. Clusiaceae
Cuscuta sanviciana	Kauna`oa	Cuscutaceae, Convolvulaceae
Ipomoea indica	Koali`awa	Convolvulaceae
Morinda citrifolia	Noni	Rubiaceae
Pandanus tectoria	Hala	Pandanaceae
Plumeria rubra	Frangipani	Apocynaceae
Scaevola sericea	Naupaka kahakai	Goodeniaceae
Solanum americanum	Popolo	Solanaceae

Kilauea lava

Pele's Hair

Basalt rock

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Scaevola sericea

Synonyms: Naupaka kahakai

Beach naupaka,
Lobelia naupaka,
Hailstones, Fan
flower

Family: Goodeniaceae

Order: Asterales

It is the most common beach plant in tropical and subtropical regions of the Pacific and Indian Oceans.

These are very hardy and perennial succulent shrubs that require little moisture and can withstand regular flooding with salt water. They thrive for many years, grow to an average height of one metre, spread out in large groups and thus characterise the coastal landscape. Coastal protection programmes have been discontinued due to the plants' uncontrollable, lush growth.

In addition to the delicately rounded, smooth, glossy and fleshy leaves, the most striking feature is the strangely asymmetrical white flowers, about 15 mm in size, which have an aromatic scent and are used for leis (flower garlands).

The fruits are white berries containing a seed approximately 10 mm in size, which is extremely resistant to salt water. The plant therefore also spreads directly by sea, as the seeds drifting in the ocean remain viable for years.

The berries are edible but not particularly palatable. The bark aids digestion.

Ethnopharmacological studies have confirmed the selective antiviral activity of *Scaevola sericea* against Herpes Simplex Viruses 1 and 2 and Vesicular Stomatitis Virus, according to research reports from the universities of Honolulu and Antwerp.¹

A Hawaiian tale tells of a couple on the beach who fell out. In her anger, the girl tore a naupaka flower in two. She vowed not to speak another word to her boyfriend until he brought her a new, whole flower. But God had meanwhile turned all the flowers into halves, and it was impossible to find a whole flower. The boy searched in vain and probably died of a broken heart.

Trituration resonance of *Scaevola sericea*:

The Goodeniaceae have not been mentioned in homeopathic literature to date.

Problem: Delusion of separation; deep insecurity in relationships; longing for a fulfilling relationship; fear of disappointment and abuse; loss of protection and security (cast out, left alone, at the mercy of others); longing for paradise lost; feelings of guilt; unrecognised self-worth, feeling of 'not being right'; emotional vulnerability; detached from all connection, as if in a trance (not present), floating, boundless, no identity; difficulty grasping space and time; disoriented, helpless, insecure, defenceless, isolated.

Contradictions: Feeling lost when alone or dependent in relationships; instability and clinging; conformity and resistance.

Resource: capable, resilient, persevering, able to withstand anything.

Surrender releases tension. Pause and let yourself in. Let go of resistance.

Acknowledge the fulfilment of the moment. Integrating the fulfilled moment satisfies the longing. Perceive and acknowledge yourself in separation as part of the whole.

Message: Unconditional surrender to the mystery of being fills us with love. Pause and perceive the paradise within you and around you.

Mental and emotional symptoms:

- . Delusion of separation
- . Pangs of conscience, fear of having committed a grave error that cannot be undone.
- . Feelings of guilt
- . Remorse
- . Distress caused by relationship problems
- . Distress caused by unrequited love or separation
- . Fear of being alone
- . Fear of abuse and disappointment
- . Heartbreak, unfulfilled longing (felt as a painful sensation in the chest, as if torn open)
- . Longing for fulfilled love
- . Longing for a hug, fulfilment and completion
- . Intense mental and physical longing for love, increased libido.
- . Feeling of abandonment
- . Loss of emotional stability
- . Loss of inner security
- . Loss of protection, feeling at the mercy of others
- . Loss of paradise (longing for paradise lost)
- . Insecure, helpless, powerless, without support, isolated
- . Errors, in space and time
- . Dissociation: separated and not separated, no sense of identity
- . Sadness
- . Hopelessness
- . Blockages, obstacles seem insurmountable
- . hurried, rushed, as if being chased
- . dissatisfied
- . Stubborn and persistent, unyielding, tenacious
- . devoted, loving, fully committed
- . Self-surrender, total devotion frees from tension
- . adaptable, robust, resilient, defying all resistance
- . Resistance or adaptation

Physical symptoms:

- . Headache, dull, forehead
- . Ears, itching in the right ear canal
- . Ears, feeling of blockage
- . Eyes, feeling of pressure
- . Mouth, stomatitis
- . Stomach, nausea, with headache
- . Stomach, heartburn
- . Bladder, increased urge to urinate
- . Chest, pain, as if torn open

General:

- . Herpes simplex infections
- . Sighing, involuntary, relieving

Dreams:

- . Of encounters that find fulfilment only briefly and then drift apart again
- . I flew a small plane, landed, parked it; it was overgrown with plants. I lost my wallet there, found it again, but it had been stolen – money and cards gone. When I went to report it at reception, the thief saw me and returned everything. He regretted it.
- . I cheated on my partner; I couldn't help myself because of intense desire. It was orgasmic, loving, fulfilling.
- . Later, in another dream, I cared for this man, touching his wounds, caressing him and encouraging him, helping him to heal, with great love.
- . I wanted to go to the conference; I was travelling alone, my friends were already there. I had trouble finding the station; once at the station, I realised I hadn't brought my conference documents with me, just loads of other stuff. It seemed impossible to reach my destination on time with the necessary documents.

Modalities:

Amelioration: Sighing, pausing, surrendering, praise and recognition, affection

DD: Stage 8, Hydrogen and Silicon series, hallucinogenic drugs

Trituration report on Scaevola Sericea

C1 trituration in Hana, Maui:

Leaves, berries and flowers in equal parts

Robert triturates without comment.

C2 trituration of Scaevola Sericea in Litznjan, Istria

1- --White and round, it's coming

towards me; I feel dizzy when I close my

eyes

Round and healthy!

2---White seagulls with curved beaks.

Reminiscent of pigeons, lovebirds, with wedding rings, two intertwined. Itching in my right ear.

As if I were flying, with the seagull.

Just move, just married

The time has come. Now and then, Let's go. Give me the rest. Do what you want to do.

Gimme some love, a whole lot of love.

I don't know how to love him, what to do, how to move him, he's a man, he's just a man. (= Mary Magdalene in Jesus Christ Superstar)

He's so out of reach, so far away.

Gone, lost.

Who is he?

Where is he?

In my dreams I can be near him.

He is gone.

He has left. No one knows where he has gone. No one knows if he will ever come back.

Longing, felt in my chest, like a wound. Longing for.

Now both ears feel like they're ringing, like they're blocked.

3---Like a guilty conscience, constantly asking me if I'm doing everything right here.

Strange, unsettling.

It's as if it were tearing open my chest. Coupled with the feeling of unfulfilled longing, coupled with pain and a guilty conscience. What have I done, why am I denied love? I can't make amends; what's done is done.

I suppose I'll just have to accept myself as I am, because there's no going back.

The way things are, it's almost unbearable.

This sense of unfulfillment within me is almost unbearable.

Desire, immense. A longing for a hug, for love, for fulfilment. Completion.

4---Dissatisfied, it's never enough, I want even more.

Can't find fulfilment

Almost at the peak, can't find fulfilment, it's sad. An incredibly intense

longing and desire, I feel it throughout my whole body. Libido is

heightened.

Slight nausea, combined with a dull headache in the forehead, pressure on the

eyes, urge to urinate

Heartburn

Feeling of inner restlessness. Restlessness

felt in the chest.

Expanding the chest helps.

5---I constantly feel as though I've done something wrong that can never be put right.

I've made an irreparable mistake. One I can't forgive myself for. It will haunt me forever.

I have a flaw. I'm not right. Forgive me, I'm so sorry.

Please forgive me.

I'm sorry, I can no longer bear this burden within me, I can no longer bear it alone. It is also a part of you.

Without you, there would be no love, no longing and no

suffering. Without you, I would know none of this.

6--Oh pain of earthly love, which is never all-encompassing. It can never be fulfilled. There is always an obstacle.

The longing is almost enough to drive me mad, like the pangs of heartbreak. Right down deep inside!

So much guilt weighing on me, impossible to make amends for.

Would suicide be a solution?

Or eternal suffering?

C3 – Trituration of ‘_’ in Liznjan

1--The white sphere drifts weightlessly and finds no resonance anywhere.

2--Where do you come from? Where are you going? Is that the crucial question?

The moment of the present is what matters. Precisely the moment when that is fulfilled which you have longed for since time immemorial and for which you still long when everything is long past.

Longing is pausing at the fulfilment of the moment. Longing is – not letting go of a happy moment. Longing is – not being able to integrate the happiness of the moment.

Never lose sight of the fulfilment of the moment. A longing for comfort.

Drugs soothe, satisfy for a moment

Dependence, just to be valued and loved for a moment. Giving oneself up for that moment of fulfilment.

A life of insatiable longing!

3--The moment is now! Only now! And it will never come again. The fulfilment of longing lies in every moment!

Longing becomes fulfilment instantly, as soon as I pause and recognise the moment as the bearer of all fulfilled wishes and longings.

I am filled with love, now and in every moment.

Pausing to perceive and experience the fulfilment and beauty of the moment—this redeems the longing that consumes me.

The Moment and Eternity

The encounter between the moment and eternity.

Only the moment can give eternity its dimension.

A longing for fulfilment can only arise if one has a sense of what it means to be fulfilled. One can therefore exist nourished by fulfilment, even if one has only briefly come into contact with it. The moment of fulfilment nourishes eternity, through pause and acceptance.

One can mourn the fulfilment of the moment for a lifetime, or for an eternity, in an expression of instability and attachment. This is the desperate attempt to find resonance in the other.

It is about the moment after Adam and Eve ate from the Tree of Knowledge and realised that there was no going back to paradise. It was lost forever.

4--Paradise is within you. Pause and accept it. Nothing can separate you from this realisation. This realisation is deeply rooted within you.

Once nourished, fulfilled, sated. Always a part of it.

The realisation of being separated from all fulfilment, however, also enables the imagination – of being part of fulfilment.

5--All this wisdom is stored in the weightless floating of the white round berry across the endless oceans of this world.

The longing for fulfilment and the knowledge of the possibility that longing can find fulfilment – that is the destiny of Scaevola Sericea.

The plaything of the worlds.

6-- “Emotional vulnerability”

Loss of emotional inner stability and security Desperate attempt to conform and adapt Can reach tragic proportions.

No way out in sight. A feeling of being lost, forever. No boundaries. No sense of direction.

At the mercy of fate, following a break-up, following the loss of a paradise (cast out of paradise), cast out of the nest, loss of protection.

Separation – Detachment

And the blame and inadequacy are always sought in one’s own ‘flawed’ behaviour.

“One feels wrong”.

That is why one has been excluded and separated. Because one has done something wrong, something unjust.

“Supposedly”.

Danger of bullying, dependency.

Becoming a plaything of others.

Cast out of paradise.

Left behind alone, in an incomprehensible, undifferentiated, threatening, seemingly infinite realm = primordial soup

Hydrogen series

And the silicon series (Na Cl)

cannot be realised either.

Has no goal. The goal keeps moving further away. Cannot reach it.

C4 – Trituration, Lijnjan

1---Separated from a sense of security, an ideal connection. The longing for this wonderful state is clouding and takes over one's entire consciousness.

A state as if one were not there, not in the 'real world', not in the here and now.

One floats in 'nirvana'.

This happens completely unconsciously; one does not notice it oneself, only in one's interaction with other people.

They see that one is as if 'spaced out'. 'Not there!'

As if sucked into another world. There, you have no control. There, you are alone and just drift along. As if timeless and spaceless. Difficult to grasp space and time!

Fear of loneliness. Fear of

being abandoned. Gives

up, adapts.

Powerless, adrift. Helpless.

Has lost sight of the goal.

Hopeful and desperate at the same time.

Won't give up, doesn't want to give up.

Resilient and tenacious.

Wants to be.

2---Must leave.

Can't bear the closeness, the contact

Doesn't want to be touched

Is afraid of closeness

Is afraid of being disappointed

Closes off

Shuts down, shuts out.

Is insecure, defenceless.

Puts up with everything.

Endures everything.

He is used to isolation.

He suffers because of it, but he

seeks it out. He knows nothing else.

What is the solution?

He has built on a rock in the surf. He protects the rock in the surf and lovingly clothes the rock in the surf.

He loves and harbours infinite love and devotion within

him. 3---Love finds its fulfilment in conception.

Love on earth is not forever.

At the moment of conception, this love goes its own way.

The moment in which love manifests itself and materialises, in order to continue propagating itself.

This moment is the moment of highest energy. Full of divine grace and purest love, full of inspiration.

The rest of life unfolds on the fertile ground of this moment of conception.

If this pure act of love is called into question in any way, a deep sense of insecurity arises.

One will never be able to become aware of one's own loving existence. The result is a constant questioning of oneself.

"Am I lovable?"

No further declaration of love can compensate for this deep, fundamental disappointment.

Ultimately, one remains separated from the love for which one longs so deeply. 4---Love

The bond The

protection

A sense of

security; letting

oneself go

Allowing myself to be in a relationship again

(Everything I think and write comes out very haltingly; nothing flows) You

simply have to 'let yourself go', even though so much speaks against it.

Everything you feel speaks against it.

The resistance is immense, and this resistance must be let go of.

5---Everything seems very difficult and hard. It must be Stage 8.

Resist or adapt.

Perseverance is the top priority; this leads to blockages and insurmountable obstacles.

Let yourself go and surrender, trusting that everything will be alright. That is the resource.

The moment is part of eternity. It is my moment, and I am free to decide what to do with it. I can resist it or surrender to it.

SURRENDER is the solution.

In surrender, I become part of the great love. I

surrender myself to love!

SCAEVOLA SERICEA = SURRENDER

Surrender is stronger than any resistance and ultimately more enduring than all attempts at adaptation.

Surrender brings us into a relationship with all-encompassing love.

Holistic love can never be disappointed. One can never be separated from it.

Loved forever. Inseparable from love. Surrender fills us with love. 6---This spirit being is associated with great uncertainty and instability. That is why it lives in constant fear of being disappointed and mistreated.

However, only by opening up to pure devotion without intention can it fully overcome its inadequacy.

SURRENDER RELEASES TENSION

Plumeria rubra

Synonyms: Frangipani

Waxflower,

Flor de Cebo,

Temple Tree,

Pagoda Tree

Family: Apocynaceae, Rauvolfioideae (dogbane family) Order:
Gentianales

These deciduous trees or shrubs are planted in gardens throughout the tropics for their beauty and fragrance. Related to the oleander, the plant contains a copious amount of milky sap that oozes out as soon as it is damaged. This sap contains toxic saponins. Nevertheless, the sap has long been used in folk medicine in East Asia, where the tree is reputed to confer immortality.

Since the 12th century, frangipani extract (the name derives from an Italian perfumer) has been considered a key fragrance note in many perfumes. In Polynesia, the flowers are used to make traditional garlands, known as leis, which were worn as body jewellery.

An Indian research team was able to confirm the antioxidant and hypolipidaemic effects of the flavone glycosides extracted from *Plumeria*.²

C1 trituration of frangipani, leaf and flower – observation:

-I feel intensely nauseous, as if I were about to vomit.

-I feel uncomfortably hot.

- I am sweating all over.

-The trituration takes an eternity.

-I want to finish quickly; I'd prefer to have the work done already. Further elaboration is still pending!

From Lamu provings, Jan Scholten, 2011:

During the trituration trial of **frangipani**, the following picture emerged: there was a desire to express beauty, to be strong and beautiful without having to do anything for it, to be perfect, independent and free, as during a meditation in which one is connected to God. The desire and expectation to be respected and loved for who one is was the central theme.⁸

Solanum americanum

Synonyms: Popolo

Glossy nightshade

Solanum nodiflorum

American nightshade

Family: Solanaceae (nightshade family)

This is a plant native to Hawaii, which is also found on the American, Asian and African continents.

It is an annual herb, rarely living longer, which grows up to one metre high on roadsides or on rubbish heaps and closely resembles *Solanum nigrum* in appearance. The flowers are white or purple, and the fruits are aubergine-coloured to black berries about 5 mm in size. Unripe berries, as well as the rest of the plant, contain varying levels of toxic solanine, depending on the specific location.

In times of need, the berries were eaten by the local people, and settlers from the West used them as a substitute for blueberries.

In herbal medicine, the leaves and berries were used, either pressed raw or brewed as a tea. Mixtures with other medicinal plants were also frequently employed.

It was a specific remedy for the treatment of asthma and respiratory diseases.

Popolo was used for inflammations of the eyes and the digestive tract, as well as for appendicitis, and for the treatment of wounds.

Harmony remedy Popolo – the Hawaiians call this medicinal plant ‘Popolo’, a materialisation of their god Kane (Kane-Popolo); it is said to have formed the basis of their treasure trove of medicines.

. Popolo has a stimulating and motivating effect.

. It acts primarily on the larynx and promotes the expulsion of mucus.

. It strengthens one’s deep inner resolve and helps people to free themselves from old

patterns of behaviour and beliefs.

. It helps with finding direction regarding life goals and goal-setting.

. It gives the soul new vigour and leads to what is truly important for the development of the individual.⁶

Trituration resonance of Popolo:

Popolo is a member of the Solanaceae family. Deep-seated threats, yet also the courage to face the enemy, are the central themes of this remedy family.

Solumen means comfort and reassurance.

Problem: Lost and at the mercy of others. Tuberculinia.

During the trituration: a sense of vulnerability, emotional helplessness, abandonment, despair and insecurity. Silence is unbearable. Feels the need to constantly make one's presence felt; feels like a nobody, finding no resonance in others. Overwhelms both oneself and one's counterpart. A longing for oneself, to become aware of one's own significance.

Resource: The smallest thing has value and wants to be seen and recognised. Becoming aware of the ability to give oneself in love, to delight and nourish everyone through one's existence. In the deep knowledge of being meaningful even in the smallest way, the joy of boundless devotion opens up. Being overwhelmed transforms into fulfilment and reflects one's true purpose.

Message: "I can save you all."

In hard times, on the run, when nothing offers support anymore, you will find it in me. For I have learnt never to give up, to withstand all attacks. My fruits help you survive; no one is lost.

DD: Stage 15

Trituration report by Popolo

Plant from Janet's garden, approx. 70 cm tall; preparation of a leaf, a purple flower and a ripe berry

C1 trituration in Hana, Maui My

own trituration.

-A greenish scent, like that of tomatoes, less pungent, immediately pleasant.

-Smooth, that sensation when rubbing, a creamy, waxy, light green mixture.

-I feel very connected. Trituration seems extremely entertaining.

-Tuberculin!

-Lightness in the front, all senses sharp.

-Behind that, great disappointment; why can they do this to me?

-Feeling of hopelessness, nobody likes me, nobody wants me.

-Get over it.

-Can't anyone see how important I am!

-Yes, why can't they see that?

-It makes me sad, terribly tired and worn out.

-But generally I feel very well and content.

Follow-up: Shortly after the trituration, persistent pain suddenly began in the metatarsophalangeal joint of my right big toe, accompanied by redness and heat (a previous symptom), which gets worse every other day. I make myself tea from the plant, which initially makes it worse but then provides relief. Leaves from the noni bush, warmed on the hob and applied to the inflamed joint overnight, clearly improve the condition (recommended by Jan).

C2 trituration – long-term

1. Part:

-Immediately after starting, I am flooded with thoughts and silly fears. Will the parcel containing Pele's hair, which Robert wanted to send to my surgery address, be left in the rain outside a locked door? Will that be alright? It could get damaged. I feel as if I am being haunted, as if I must ring the post office immediately to make sure everything is in order.

-Fears about trivial matters rise up from my lower abdomen and linger in the solar plexus area, causing a nausea that feels like a lump in my throat.

2. Part

-Great uncertainty! Is everything really right as it is?

-I feel responsible! Will I be able to live up to everything I claim to be?

-Lots of guilt and doubt.

-The remedy touches my innermost being.

3. Part:

-I realise that these fears, which distort my view of the world and relegate me to a state of despondency and resignation behind barriers, are based on an oppressive and dreadful blockage of perception and sensation. Only withdrawal brings relief. As soon as I try to do anything about it, everything in life becomes associated with extreme effort and tension. This completely prevents me from moving forward. I recognise this feeling in myself, for example before exams, as a total fear of failure, even when I know and have learnt everything.

-Now it is becoming clear to me that this information is part of the remedy reflected within me, intended to show me something I still absolutely need for my development towards self-awareness.

-We are all beings nourished by information from the outside world. This enables us to define and distinguish ourselves within this world. That is a good thing. Once the moment comes when one realises that disruptive information can be attributed to a specific carrier substance, the resulting disturbances within the affected organism dissolve into well-being.

Yes, it is precisely this ability to recognise that is characteristic of *Solanum Americana*.

-So, now I can recognise myself in the mirror. Only through this is it possible for me to recognise the hidden, concealed parts of myself that lie behind it, and to perceive myself in my balance, confidence and full trust in things, however they are and unfold.

4. Part

-Fears, doubts and anxieties have no positive influence on the events in my life. This information is pathogenic. The remedy is ready to reintegrate it, for it is its own and is in safe hands with it.

-This is how I can be healed.

5. Part

- To gain the recognition that gives me a greater sense of self-worth and strengthens and stabilises my sense of self-worth, I have always sought out many tests, challenges and opportunities to perform, so that I can show and prove to everyone that I am good anyway.

- A huge struggle, very exhausting and draining. But if I hadn't done that, I would be completely lost, abandoned and lonely. I want to belong and be loved for who I am.

-Doubt turns into confidence.

-Fear turns into joy.

-Guilt turns into forgiveness.

-Weakness turns into strength.

-Despondency turns into a zest for action

6. Part

-During the final round of trituration, I'm overcome by doubt: have I perhaps missed a round? Have I really felt the trituration through correctly? Ha, ha, ha – that was a good one, wasn't it?

-Thank you!

Follow-up:

I landed on 31 May after a 25-hour journey with a 12-hour time difference. Upon my arrival, I started spotting. My last menstrual period was 17 months earlier, on 2 January 2009. I have hardly any appetite and when I eat, I feel terribly bloated. Frequent urge to pass stools with slight ectopia of the rectal mucosa. The colour of the stool is black, presumably due to minimal bleeding from the stomach. I am irritable, as is usual during the menopause. I often snap at my husband. I hate that the television is on all the time.

These symptoms are attributable to jet lag and remain completely unaffected during the second trituration.

Upon waking on 3 June, I notice that I am still bleeding. For the first time since my return, I have slept soundly and for a long time – nine hours.

C3 trituration – Long-term

1. Part

-To destroy, to eradicate, to have no right to exist, to be wrong, not as one ought to be. Confused.

-It is infinitely exhausting and one stands no chance of fighting against it.

-Devastating.

2. Part

-So I have to fight back; I have to do everything to be respected and recognised. I work extremely hard. I never give up; I do everything to get attention. But it all has to be good. It has to be right. Otherwise, it has no justification.

-I'm always good.

- I'm pushy; I always want to be noticed. Part 3

- I'm also so defiant.

-How did I actually end up living in this defensive state?

-Actually, I feel misunderstood.

-But I would be so grateful if people understood me.

- I'd do anything to be understood.

-Think of aubergines, how good they are. They're valued because they're good food. Tomatoes, peppers and nicotine are useful too. And what about me? Who wants me, who actually needs me?

Part 4

-“I can save everyone too.” That is the message. In hard times, when you're on the run, when there's nothing left to hold on to, you'll find it in me! For I have learnt never to give up, to withstand every attack.

-My fruits are unassuming, but they ensure survival.

-No one is lost.

- Hope emerges, behind all the longing that never lets me rest.
- All wishes will be fulfilled. Nothing will be missing anymore. Part 5
- So, then?
- Satisfied, everything's fine!
- Nothing left to wish for!
- That's fine anyway!
- Waiting for Godot! -Nothing!
- Empty and full at the
same time! Part 6
- Everything will be fine!
- If only I weren't so impatient.
- I can't wait.
- I'm overdoing it; I've got no support.
- Focus on the essentials; that provides support.

Follow-up:

4 June – I hardly slept last night; I had lucid dreams about the journey. It seemed quite simple and clear to me: to consciously step into the channel and perceive what is there, to ask questions and simply accept the answers that arise, without any doubt. Quite simple!

I'm bleeding less today, my stools aren't black anymore, I'm having hot flushes.

C4 trituration – 4 June, long-

term, part 1

– As soon as I rub, the nausea sets in. But at the same time, I am filled with something I know only through meditation. It is a feeling of completeness; nothing is missing, everything is whole.

-Perhaps the nausea has something to do with the overpowering scent of peonies in the room and on my body. An obstacle that simply stands in the way of ‘feeling whole’. Nothing more!

-It’s been a long journey to get here. All those stages in life where, as if through a peephole, I’ve already realised that things have to be as they are now.

2. Part

-This is the state of total purification. Nothing is missing anymore. Everything simply needs to be perceived in its purity and clarity. Seeing and accepting things as they are! One must enjoy this quietly, not shout it out loud. Otherwise, one might end up at the stake.

-Others cannot perceive this; I cannot share it with anyone. Not mentally, but perhaps holistically. I can also convey this state to others through my being and my actions.

3. Part

-More sugar, more abundance

-Just rub and scratch away.

-Let’s not talk about it any more. Let’s leave it at that, embrace it fully and lose ourselves in it.

-Never forget it, not for a single moment of my life. Be one, undivided, connected.

4. Part

-I was emotionally overburdened and left to fend for myself by my parents far too early. I had nowhere to find protection and was completely on my own.

-So I begged for protection and called upon the sun for help, and Mother Earth, who served my grandmother and who taught me.

-But I found solace for my wounded feelings in you. Pele, Goddess of the Volcanoes, you have sheltered and protected them until now. In you I have found refuge.

5. Part

-Wotan, Melissa and Malia have just arrived; I'm delighted. (Son-in-law, daughter and granddaughter)

-They are my pride and joy.

-I can also pass on some of what I know to them. They know that too.

Part 6:

-Right, done, perfectly prepared.

-Prepared for Pele's Hair.

-Prepared to express my hurt feelings.

Follow-up:

Took one dose of Solanum Americana C30 on 26 June 2010 at 11 am to treat my habitual frontal headaches (worse on the right, with a pressing sensation), which I had not noticed since the preparation of the remedy up to that point.

2.00 pm: Nothing, absolutely nothing, no effect, apart from a feeling of being wound up, somehow overexcited, as if I'm being chased. My head still feels heavy

just as it did this morning, before taking it. Outside, the wind is blowing so fiercely, I feel as if it's blowing everything away (the wind always makes it worse!).

3.15 pm: My vision is much worse than usual. My head hurts! A feeling of being all over the place. The headache is getting worse and worse, even overnight, and is at its worst in the morning. It never usually lasts this long!

I then reached for the C4 again, taking two doses in quick succession, which led to a rapid improvement.

Aleurites moluccana

Synonyms: Light nut tree

Kukuinut tree Kemiri

nut tree

Family: Euphorbiaceae (spurge family) Order:

Malpighiales

This fast-growing, evergreen tree, with its whitish-hairy, lobed leaves that shimmer with a dull silvery sheen as they dance in the wind, and its raceme-like inflorescences, evokes a sense of lightness. The trees are monoecious, with separate male and female flowers. The spherical fruits of the tree have a thick green shell, inside which there are one or two stone-like, wrinkled nuts.

Since 1959, the **kukui** – **which means ‘joy’ or ‘light’** – has been the state symbol of Hawaii. The flowers and leaves were used to make leis, whilst the nut shells were used for dyeing. The highly oily nuts were once roasted and skewered to serve as torches; later, oil lamps provided the light.

The fine soot, scraped from the stones of a kukui nut fire and mixed with oil and coconut milk, formed the basis for the first tattoos in Tahiti and Polynesia. Until around 1970, tattoos were part of the initiation rites for young men in Western Samoa.

The roasted, ground nuts form the basis of many curry pastes. Kukuinut oil has a particularly high content of unsaturated fatty acids, such as linoleic and linolenic acids. It is easily absorbed by the skin and is particularly suitable for dry and stressed skin.

The oil supports the body’s own production of epidermal ceramides. In traditional medicine, it was used to treat neurodermatitis, psoriasis, acne and eczema, as well as in Lomi Lomi massages.

The sap from young branches was generally used to treat states of weakness and to aid wound healing. It was also used for injuries,

skin cracks, blisters, chapped lips and nappy rash in infants.

The kernels were also ground into a paste whilst raw; they were used both as a laxative and applied to infected wounds and abscesses.

Aleurites moluccana extracts demonstrated antibacterial activity against *Staphylococcus aureus* and *Pseudomonas aeruginosa*,¹ and a lipid-lowering effect was also confirmed.³

Harmony remedy Kukui – joy:

. Kukui helps us to develop appreciation for others and for ourselves, to feel joy and to feel lighter.

. We learn to allow ourselves to be vulnerable at times and find it easier to forgive others.

. Kukui is used to soften mental rigidity, misguided principles of perseverance and resistance to feelings.

. It helps us to offer ourselves praise and recognition.

. It fosters receptiveness to one's inner voice and the tenderness of the heart.

. Kukui helps us to gain new perspectives and to be less harsh in our judgements of ourselves and others.⁶

Trituration resonance of Kukui:

Kukui belongs to the Euphorbiaceae family. The sensation common to them is described as being bound, wrapped up, constricting or tight-fitting. They also share a desire for freedom and independence.

Problem: Fear of losing control, as disorientation and total loss of power loom.

Mental attachment feeds the fears hidden behind the everyday needs that define our world. Syphilitic effect.

Resource: Release from the entanglement of mental concepts. Kukui brings us back into contact with the nourishing essence of joie de vivre and brings about the letting go of all concepts of the pursuit of power. This creates the trust upon which one can rebuild and regenerate. In letting go of the old, the driving forces of the new awaken. Fear turns into joy.

Message: “And happy is the one who laughs anyway.”

I let go of the burden that weighs me down and free myself from it, so as not to burden others with it either. I don't need it anymore. I surrender to joy and lightness.

Mental symptoms:

- . Time passes too slowly
- . Restlessness, as if driven
- . Impatience with oneself
- . Impatience with others
- . Happy
- . Joyful
- . Melancholy
- . Fear of hopelessness
- . Fear of being stupid
- . Fear that everything has come to a standstill
- . Fear of being completely overwhelmed
- . A feeling of emptiness, as if detached
- . Feeling of being unfree
- . A sense of freedom, free from restrictive ideas
- . Thoughts of one's professional duties

Physical symptoms:

- . Head, heat, rising
- . Dizziness, from the neck, with nausea
- . Nose, itchy

- . Smell, of cucumbers
- . Face, flushed
- . Face, sweat running down
- . Face, feeling of cobwebs
- . Yawning
- . Taste, astringent
- . Taste, bitter, grassy
- . Belching, sour (heartburn)
- . Belching, relieved
- . Nausea
- . Stomach, stagnation, causing shortness of breath
- . Urge to defecate, sudden
- . Breathing, laboured
- . Chest, tightness in the region of the heart
- . Back, muscle tension in the thoracic region
- . Limb pain, legs, pulling sensation
- . Skin, increased itching, following insect bites
- . Chills, back
- . Heat, general
- . Fatigue, with yawning

Modalities:

Desire for rest and relaxation, alcohol. Worse:
alcohol, stress

Better: sauna, massage, rest

Differential diagnosis:

Aurum

Trituration report on Kukui

The tree comes from Janet's garden.

C1 trituration made from equal parts of leaf, fruit and flower

From Robert's observation of the trituration:

- Sudden sensation of heat.
- Sweating all over the body.
- Beads of sweat on the face.
- The face is hot and flushed.
- Involuntary laughter, completely without reason.
- A lively, almost euphoric atmosphere.
- Joyful and relaxed.

All his burdens are lifted; he seems much more relaxed, really at ease!

He can view the things that are currently weighing on him with greater detachment.

C2 trituration

1. Part

- I feel hot, I feel sick,
- Time is dragging.
- The alarm clock is ticking.
- I can't think of anything else
- The class reunion has already started.
- I feel something in my chest, around my heart.
- It's a bit oppressive. But it doesn't make me feel bad, I'm not afraid
- My breathing is a bit laboured.

2. Part

-Still feeling hot and sick.

-Feeling impatient, with myself, and also with my husband.

-I feel my digestion intensifying, as if diarrhoea is coming (condition for two days).

-Thinking of the friends with whom I'd like to do further triturations, especially Susanne Diez. I wanted to get in touch with her.

-I feel a pulling sensation and heaviness in my legs. A mixture of venous and nervous.

3. Part

-It smells as if juice is being squeezed from cucumbers.

-The sun is shining for the first time today.

-I feel less hot.

-I feel less queasy. The nausea was never very severe. It was more like a sensation of something wanting to come out, but getting stuck inside me, motionless and rigid, as if rising from my stomach. That's easing off a bit now and I can breathe more easily.

-It's lovely when the sun shines again. Things are also becoming calmer, less hectic, less impatient.

4. Part

-A deep sigh, after something rises from the stomach. Sour, it feels liberating, releasing, loosening, binding, unbound, almost redeemed?

-Calm makes room for itself.

-Being relaxed.

-In harmony with whatever is happening right now.

5. Part

- Now I can feel the tension in the upper thoracic spine area more again.
- My hands are sweating as I hold the bowl.
- I feel the need for peace and relaxation
- A sauna would be lovely.
- A massage too.
- My mind is blank. That's fine.
- But it could also be unsettling when the flow of thoughts stops and nothing flows for ages. It can be relaxing, but it can also lead to being completely off track, out of it, dull, stupid, detached.

6. Part

- Now everything in my mouth tastes bitter, green; saliva is pooling in my mouth and creating an astringent taste.
- Vesa, my husband, yawns (sitting near me and rubbing his arms).
- He's scratching his forearms.
- Claims, however, that it's nothing. Messages:

"I am letting go of the burden that weighs me down and freeing myself from it; nor do I wish to burden others with it. I no longer need this."

"I let go of the burden and the heaviness."

I carried out this C2 potentiation of Kukui today as an exercise in awareness and reconciliation together with my husband Vesa.

It was important to me to demonstrate that without standing up for oneself, one's body and one's soul – both of which need to be nourished – there can be no progress towards healing.

The essential thing is to stand up for yourself and consciously perceive what is and how it is!

Even if it doesn't seem like much at the moment. Through close observation, little becomes more. Through trituration, little becomes more. From a part of a plant comes a remedy for millions. A nourished thought changes an entire life.

We must never forget to thank ourselves for everything we perceive. We function in a wonderful way. We can count ourselves lucky for that; it brings joy.

C3 – Trituration

1. Part

-Immediately, this bitter, astringent taste fills my mouth, even though I'd just been eating raspberries a moment ago; they've lost their flavour instantly. I also feel a sensation rising from my stomach, like acid reflux. The upper part of my thoracic spine is radiating pain.

-A sensation of heat arises when rubbing, rising up into my head. Feels like a hot flush. My nose itches a little. I have to take off my jumper.

2. Part

-Terrible heartburn; I've had it all day, but now it's much worse.

-Feeling of heat.

-Tiredness with yawning. I've been struggling to stay awake since about 3 pm today. Just feeling utterly exhausted. Don't know if this has anything to do with the trituration. After-effects from yesterday, from the C2 trituration? Or have I simply had too much alcohol over the last few days? Since the trituration, the craving for alcohol has increased.

3. Part

- We feel hot; Vesa's face is red too.
- Dizziness, coming from the neck, with a bit of nausea.
- A sense of calm, as if 'everything is fine.'
- “Everything's fine anyway.”
- Relaxed, with an almost empty mind.
- Vesa yawns constantly.

4. Part

- Hot, especially in the face.
- I can feel my mosquito bites itching more.
- Feels like cobwebs on my face, have to wipe it.
- I smell myself.
- Vesa is wiping his face too.

5. Part

- You can really lose yourself in the rubbing and scratching.
- Very meditative and detached, unbound.
- Thoughts ripple through the ether.
- A feeling of shivering, especially down the back.
- Yawning, calm.

6. Part

- My heartburn has improved.
- I feel completely at ease, as if everything has melted into a single, uniform mass.

C4 Trituration

1. Part

-The feeling of anxiety, nervous restlessness, inner agitation completely overwhelms me. Everything I still wanted to get done or should already have done—the anxiety wanders between my chest and abdomen.

-Does any of what I'm doing actually make sense?

-I have to sigh deeply, which brings me relief. Crying would probably be good too.

2. Part

-There are constantly these thoughts about everything that still needs to be done or should already have been done, and also...

-Then, suddenly, the thought of happiness and joy.

-And as I write this, I've forgotten everything that was so clear to me whilst I was still grinding.

-It seems as though every mental framework is dissolving.

-...free from all concepts, what would that be like?

-...but the oppressive feeling in my chest still wants to come to the fore again.

3. Part

-Yes, it is a feeling of deep melancholy that I encounter here, weighing heavily on my chest and right down into my gut. Oppressed by everything around me.

-But this heaviness isn't tied to any specific issues. It's simply pure melancholy that makes life seem fraught with anxiety and hopeless.

-And time and again, a redeeming phrase comes to mind: '...and happy is the one who laughs anyway!' – That is the answer.

4. Part

This is really about deep entanglements in our mental concepts that trap us and make us melancholic. The mental clinging that involuntarily feeds fears. Fears of what lies hidden behind everyday consciousness and what needs to be experienced in order to reconnect with the nourishing substance of joie de vivre.

Kukui helps to dissolve all concepts.

It also dissolves the fear of what might happen if one were suddenly completely disoriented, which would be akin to a total loss of power.

5. Part

-I notice how difficult writing is for me; I make mistakes and have to concentrate very hard to get everything together. It takes a great deal of effort for me to follow my train of thought.

-Everything seems to be falling apart.

-If you give up resistance, everything becomes easier anyway.

6. Partial

messages:

“Just let go!”

“In letting go of all concepts, the trust arises upon which one can build anew, which awakens the forces of renewal and allows for regeneration.”

-A profound, syphilitic effect.

“In letting go of the old, the driving forces are reawakened.”

“Fear turns to joy”!

THANK YOU - KUKUI - THANK YOU

Morinda citrifolia

Synonyms: Noni

Indian mulberry bush

Family: Rubiaceae

Order: Gentianales

This shrub-like deciduous tree has large, velvety, thick-fleshed leaves and white hermaphroditic flowers. The noni fruit is an aggregate fruit, about the size of a hen's egg and yellow in colour.

The fruits were formerly used for yellow dyeing.

The extract of these fruits contains the active ingredient morindin, which is generally believed to have health-promoting properties. Noni juice is available in food shops.

Noni was formerly used to treat leprosy and alleviated the symptoms of sufferers.

The fruit juice was used to treat loss of appetite, eye injuries, rheumatism, arthritis, wounds and blisters. It also has a positive effect on

hypercholesterolaemia and diabetes, and the juice is even said to help against lice.

Noni leaves can be steeped as a tea or heated on the hob and applied to inflamed joints.

Noni – a remedy for harmony – letting go

. Noni is generally used for comprehensive and long-lasting cleansing and detoxification.

. Noni helps to mitigate the emotional impact of negative feelings on the whole person.

It helps to dissolve emotional blockages from the past.

. It helps to build positive thought patterns and to put an end to extremely negative ones.

. Noni supports the willingness to resolve burdensome, superficial imprints from past lives. ⁶

Rubbing resonance of Noni:

Noni is a member of the Rubiaceae family, a stimulant, overactive or exhausted. Body and emotions become unbalanced.

Problem: A sense of hopeless helplessness, nervous tension, feeling stuck, overstimulated, exhausted, burnt out, constantly being made to feel smaller, increasingly unable to act from one's own initiative, whilst becoming stubborn and inflexible. Lepramiasma.

Resource: A deep sigh – a balancing movement towards relaxation. A deep sigh opens the heart. Love and energy can flow freely once more. Noni shows us the way to forgive ourselves so that we may attain our freedom. Noni releases us from our ties to old, long-outdated norms that are no longer alive and hinder the movement of our souls. Letting go brings healing and relaxation. Tension and relaxation alternate in equanimity. We can yield to the desire for change and transformation.

Message: "The breath fills me and connects me"

I am at peace and content, as if the world were standing still to reshape itself completely. And everything is as it is, and that is how it should be, in this moment. Embracing uniqueness – being authentic.

Mental symptoms:

- . Nervousness
- . Shaky
- . Mental tension
- . Mental relaxation
- . Lack of self-confidence
- . Exaggeration
- . Inventiveness

- . Increased activity
- . Alternation between contrasting mental and physical symptoms (exhaustion–vitality, tension–relaxation)
- . The delusion of being excluded
- . Delusion of being small

Physical symptoms:

- . Heightened or disturbed sensory perception (taste, smell, hearing, skin)
- . Bitter taste
- . Irritated airways, as if inflamed
- . Difficulty breathing, asthma
- . Chest, feeling constricted
- . Increased urge to urinate
- . Skin, paraesthesia
- . Extremities, lumps
- . Extremities, ulcers, eating away
- . Limbs, skin white, depigmented
- . Fatigue, unable to resist sleep.
- . Fatigue, as if fainting

Modalities:

- . Craving for stimulants, light
- . Worse after stimulants, after overexcitement, due to damp
- . Better after a thunderstorm, relaxation, release, rest, sleep, in a pleasant, relaxing environment, in the open air

Differential diagnosis:

Trituration report on Noni:

The shrub comes from Janet's garden

C1 trituration

Robert begins to triturate; about halfway through, he is overcome by a heavy tiredness against which he cannot fight. He falls into a deep sleep. He is completely relaxed.

I take over the bowl and finish the trituration. I notice a pleasant green scent. I too feel very well afterwards; there is a great sense of relaxation.

C2 trituration

1. Part

- As if the finest dust particles were irritating my airways.
- Shortness of breath, as with asthma
- A metallic taste
- A scratchy throat
- Runny nose
- Coughing fit.
- Dull sensation in the forehead.
- Ears feeling blocked.
- Heaviness in the chest.
- Forced to take deep breaths, as if breathing in against resistance.

2. Part

- Green, bitter taste.
- Urge to urinate.

-A throbbing sensation under the skin, feeling of increased blood flow, as if swarming.

-Feeling of heat, must take off my waistcoat

-The chest expands. There is some pain deep in the chest when stretching it. But then it opens up and that feels good.

3. Part

-23 little people came out of the forest and had little white feet with red bumps. They could barely stand upright and ran through a marsh.

In the middle of the marsh, a beautiful white flower emerged from the water, its petals glistening with droplets. It was after the storm. The sun peeked out from behind the clouds once more, casting a peaceful, refreshing glow. Nature began to stir once more, and slowly all the creatures living within it returned to their natural rhythm. The long period of oppression by the cruel forces of nature was finally over. Everyone felt ready to leave their hiding places, their protective caves or barricades. They were free, free to flourish once more, in keeping with their natural nature. The little men, like Smurfs, bathed their sore feet in the lukewarm, gentle water. Their feet were so white because they had never been allowed to walk freely; they had been crammed into shoes far too small, which was why they had those lumps. And they were all so small because they had been hiding in the forest for so long. Now they were enjoying their freedom and the warming rays of the sun. Suddenly they found themselves in the midst of life. As if in an oversized biotope. The source of nourishment for existence. They smiled, held hands and danced around the water, feeling the love for the blossom and everything around them sprouting.

4. Part

-Trapped by shackles, as if you cannot leave the place where you are, you are bound.

-Breathe deeply; a sigh does you good.

-Keep going, even if no one knows where or how far. Don't ask. The daily grind might just turn into a joyful leap.

-Let yourself be harnessed obediently, or take the initiative.

-Realise that there is a way out.

5. Part

-Tune out.

6. Part

-So tense, as if something were about to happen at any moment that one needs to be prepared for. That achieves nothing. It prevents one from perceiving what is actually happening in the here and now, constantly, so to speak.

-Relaxation is the goal.

-In your presence, Noni, you show me that I have been made small.

-Hiding behind barricades.

-Not knowing the way out, feeling very confined, going along with the others very obediently.

-Don't give up.

-Be completely ignorant.

-Everything is tired and overworked from clinging to old patterns that seem to protect us.

C3 Trituration

1. Part

-Noni, thank you, you give me the protection and confidence that allow me to relax completely. To let go of the obligations of outdated norms.

2. Part

-The rubbing is very tiring, so I no longer feel able to rub as vigorously as before. Consequently, I have to work more gently, which feels good.

-The tension in my jaw and neck is also easing.

-It makes me quite tired.

3. Part

-Now I have become completely calm and relaxed.

-As if one were allowed to rest after a hard day's work.

-Tension and relaxation alternate.

4. Part

-I don't want to anymore, I can't take it anymore.

-That's enough, I've had enough; something has to change.

5. Part

-A deep sigh does me good.

-Remaining calm.

-Beyond exhaustion – totally relaxed.

-Like a siesta

-You don't sleep; you observe yourself as everything is, quite contemplatively, 'simply so'.

-And everything seems fine just as it is, completely detached from any expectations.

6. Part

-Taking a deep sigh does you good; it's relaxing.

After the C3 trituration, I spent two hours tending my kitchen garden with pleasure and at my leisure. Wonderful, and now I'm off again. Not a bit tired or sluggish.

C4 trituration

1. Part

-I wonder if Pele will forgive me for triturating plants that are, after all, associated with her enemy, the pig god Kamapuaá?

-Can Pele even forgive Kamapuaá?

-Yes, she did so long ago. It goes without saying for her. She smiles knowingly.

-Only forgiveness allows us to be free. No matter how badly we feel about something, without forgiveness, nothing can move forward in our development.

-And forgiveness only works if you let go completely of all doubt and mistrust.

2. Part

-Very liberating and relaxing – that deep sigh, as if the chest were expanding widely and you can feel yourself being breathed into powerfully and rhythmically. Yes, my heart has opened; energy and love can flow.

3. Part

-I describe my path to self-healing. The trituration benefits me first and foremost. The plant reveals itself to me in a healing way.

-My breath flows through me and connects me with everything outside myself.

-I am at peace and content.

-Deep breaths are particularly satisfying.

4. Part

-Always accepting things for what they are. Even if they may seem insignificant. They are simply exactly what they are. And that is the authentic phenomenon that is essential to describe.

-With the C4 triturations, I always feel truly 'wise'.

-With equanimity, I turn the pestle in the mortar in a circle.

5. Part

-Every matter, every thing, every phenomenon is exactly what it is. No more and no less, and unique.

-Embrace uniqueness!

-Be authentic!

6. Part

- It is as if one were consulting an oracle, and there are always answers.

- The answer can be both the cause of illness and the cure.

-What matters is the vibrational level at which it reaches you.

And healing is so miraculous.

Thank you, Noni!

From the bottom of my heart!

Follow-up:

I slept well, as if unconscious, I dreamt, but can't remember anything.

When I woke up, I could feel the effects of the four cigarettes from the day before in the front right side of my head, and I attribute the heaviness in my body after getting up to the two glasses of red wine I drank before going to sleep.

I feel very centred, calm and relaxed, level-headed and clear-minded.

I am leaving behind everything that has been passed down to me through generations, reincarnations and in were 'instilled' in me throughout my life so far. Illusions that I chased

even though they were long lost. That is why I was never able to create a sense of security within myself upon which I could have built my own kingdom.

Now I am free from burdens and illusory worlds that I once felt I had to uphold. Failure was always foreseeable from the very outset. It was very hard to fight against windmills.

2+14 equals 16

Still clinging to what is already outdated. Excluded from life that bears fruit. Abandoned to decay and disintegration.

Giving, giving and doing, and in the end there is nothing left. Noni is a remedy for leprosy.

Cravings and a desire for stimulants, e.g. alcohol at various times, but more often in the evening and at night, or eating everything in a jumble, wildly and quickly, and then falling asleep afterwards, as if unconscious.

Upon waking, a throbbing headache; a dull sensation in the head. The head feels as though it has swollen and is constricted.

A feeling of heaviness, both physically and mentally.

Hangover-like symptoms (even after minimal amounts of alcohol)

Woke up this morning with a dull headache across the entire forehead, which had already started during the night (even though I hadn't consumed any alcohol last night)

Dream

I am with my daughter. Two elephants are standing in the lower courtyard of the castle because it is shady there. It is our castle. The elephants are our hidden paternal forces, which we thought we had lost, but they were merely seeking the shade.

Now we are ready to identify with the elephants and can now also settle in the upper, sunny courtyard.

Thanks again – to you, Noni

In the dream, what was thought to be lost, what was excluded, is recognised and can be reintegrated.

So there is nothing left to be desired; you can set off with confidence.

What seemed insurmountable has revealed itself and can now be transformed and integrated.

I no longer need to cling on and think I am lost.

Calophyllum inophyllum

Synonyms: Kamani

Tamanu

Alexandrian Laurel

Beauty leaf

Family: Guttiferae, syn. Clusiaceae

Order: Malpighiales

A hardwood tree whose wood was traded as Indian mahogany or rosewood. It grows to a height of up to 35 m; its foliage is dense, glossy and dark green. The white flowers are strongly scented; the fruits are 3 to 4 cm long and yellow-brown. *Calophyllum* (Greek) means 'beautiful leaves'. It is considered a coastal shade tree and is salt-tolerant.

The oil extracted from the seeds has a nutty, aromatic scent. It is primarily produced in Tahiti and marketed as tamanu oil. The oil helps with burns, sunburn and other skin conditions.

Scientific reports confirm its blood pressure-lowering effect, cytoprotective properties against UV radiation, anti-HIV effect, and antibacterial effect.⁴

Trial of Kamani oil at Remedia; my report is still pending.

Pandanus tectorius

Synonym: Hala
 Puhala
 Thatch Screwpine
 Bacua (Spanish)
 Vacquois
 (French)

Family: Pandanaceae (screwpine family)

At around 250 million years old, Hala is one of the oldest plants on Earth and originally evolved on the ancient supercontinent of Gondwana.

Hala trees came to Hawaii from Malaysia, grow to a height of 4 to 14 metres, and are now considered endemic. The Kahanu Botanical Garden in Hana is home to the largest remaining population of Hala trees, a Hala forest.

The lanceolate, serrated leaves are arranged in clusters and can grow up to 150 cm long, giving the tree a palm-like appearance. The male and female fruits look very different; the female ones resemble pineapples. When they fall from the tree, they break into many small pieces. They remain green for a long time before turning yellow and red as they ripen. Massive aerial roots surround the trunk like supports. The tree is now only found along rainy coastal stretches, whereas it used to be widespread.

Every part of this plant was put to use. The leaves were woven into mats, baskets and sandals, and used to make fishing nets and sails. The pieces of fruit were used to make stamps or colourful links for leis, which were worn on special occasions (weddings, new jobs, etc.).

The fresh sprouts of the seeds are eaten like bean sprouts; they are very rich in vitamins.

The root sap was used for medicinal purposes. It was a strong laxative, but also a tonic for difficult births, childhood illnesses and chest pain. The flowers were a mild laxative.

A myth tells of a beautiful goddess who injured herself whilst working with the leaves of a hala tree, causing two drops of blood to fall onto the sand. These turned into two eggs, one female and one male, which formed the origin of humanity. Since then, the hala has been revered as a sacred tree.

Hala Harmony Remedy – Vitality:

- . Hala builds inner stability and enhances decision-making ability and drive.
- . It supports elimination and detoxification.
- . Hala provides relief from chest pain without any clinical findings
- . Hala has proven effective as a soothing tonic in situations of stress and overload.
- . Promotes creativity, drive and clarity of thought; helps you say ‘no’ so you no longer overburden yourself.
- . It alleviates unconscious fears (fears of failure, guilt and feelings of worthlessness).
- . Helps you to define new life goals, pursue them with vigour and prudence, and ultimately achieve them.⁶

Trituration resonance of Hala:

Screw pine plants have not yet been used in homeopathy

Problem: Unsteady, torn between dualities. Uncertain in decision-making. Powerless in the attempt to please everyone. Fear of failure. Insecurity, conformity, caught up in the crowd. Trapped within oneself, immobile, held fast, unfree, unconscious. Despondency following deep wounds and disappointments. Power and powerlessness. Trapped in the shadow world.

Resource: What is important? What should one focus on? Only at the centre of attention is all strength concentrated and focused. Hala helps us to differentiate and to become aware of what is essential. One thing is not the other; it must not be confused, and thus the

The independence of being is strengthened. Focused, concentrated energy becomes free and controllable. This makes one strong, courageous and free.

Message: I am who I am. Unmistakable.

I stand by myself and my decisions. Hala is the foundation, the support upon which one can build. But Hala is also the awareness of our limitations within the space-time continuum, in the reality of the here and now, acting as a mediator of our inner connectedness, full of strength and stability. Within the whole, I am the essential part (no matter how big or important I am) that brings the whole to completion.

Mental symptoms:

- . Concentration, increased
- . Confusion
- . Questions about meaning
- . Thoughts, increased
- . Thoughts, everyday life
- . Uncertainty in decision-making
- . Delusion of splitting into separate parts
- . Delusion of being lost
- . Instability
- . Complaints following hurt and humiliation
- . Lack of confidence
- . Despondency
- . Seeks reassurance from others, adapts
- . Dependent on the opinions of others.
- . Stagnation, feeling of powerlessness
- . Strength and weakness alternate
- . Fear of demons

Physical symptoms:

- . Ears, stinging, more on the left
- . Breathing, deeper inhalation

- . Belching
- . Stomach, feeling of heaviness
- . Fatigue with lethargy

Modalities:

Improved by meditation, getting moving. Worsened by lack of movement

Desire for harmony and wholeness, for recognition, for strong leaders

Differential diagnosis:

Carbon remedies, Stage 2

Trituration report by Hala

The tree comes from Hana.

C1 trituration

Root and leaf

Robert grinds it up – Observation:

When cutting through the fresh aerial root, the originally white cut surface quickly changes colour and turns black. The pleasant green scent that escapes in the process also reminds me of *Symphytum*.

Serrated leaves; the serrations are like tiny barbs that break off and become lodged in the skin like cactus spines.

C2 – Trituration

1. Part

-What is important?

-Can one thing be more important than another?

- Give priority, give preference to that which is the centre of attention.
- Something is always at the centre; this is where all the energy is concentrated.
- To concentrate.
- Mindfulness of what is essential.
- To differentiate.
- One is not the other. It does not want to be confused with the other. It wants to be distinct.

2. Part

- Side by side, together, but not mixed.
- Never without one another – impossible.
- In the other, we see our reflection and find precisely the aspect that is necessary for everything to bear fruit and for evolution to take place.
- I feel the need to breathe in endlessly. Shouldn't one also breathe out?
- Ears are throbbing, more on the left.
- The food lies heavy in the stomach and causes heartburn.

3. Part

- Everything has been spinning for an eternity, without any intervention; it just spins and spins.
- I'm very tired and drained.
- What do you want to tell us, Hala?
- It's meant for everyone; what's your message?
- Ninety-nine plus one makes a hundred.
- That one is just as important as the ninety-nine; otherwise, the hundred wouldn't be complete.

4. Part

-I am who I am

-I can recognise this with deep contentment

-Every remedy touches upon an aspect that wishes to be healed, for the sake of wholeness, beyond the bounds of space and time.

-The aspect of suffering seeks nourishment in order to become more significant and even stronger, so that the inevitability of confronting it is realised. This creates the possibility of engaging with it. It is through suffering and its causes that we discover the path to a solution.

-If the solution does justice to all levels of being, we speak of healing, which means resolution.

-The causes of all suffering may also be reflected in those around us.

-That is why doctors who are willing to act as a mirror can help.

-Anyone who stands up for their neighbour can help.

- A solution and healing are always possible, as long as you stand up for it! - With love.

5. Part

-The rubbing feels good, it's meditative – no beginning, no end.

-Everything is contained within it, nothing is missing – Relaxed.

6. Part

-I am very focused whilst rubbing

-I quickly dismissed everyday thoughts that tried to interrupt me, to give priority to the monotony of the process.

- It's good, like High Noon, deserted streets, the air stands still, in the glaring light. - High expectations.

C3 – Trituration

1. Part

-Hala is the structure, the support, the solid foundation upon which one can build.

-It is the beginning of duality.

-Torn back and forth between the poles, without stability.

-Uncertain in one's decision.

-Struggling to defy all forces

-Anchoring oneself in every direction, securing oneself so as not to topple in the storm.

-Once you fall, you shatter into many pieces.

-But every part carries the information of the whole. If only that little part knew. It believes itself lost, without the fruitful impulse of another. Always in search of the complementary part. Many storms must be weathered, many compromises must be lived through, before one finds it, the foothold. The reliable foothold within oneself and not in the other.

-You're in it together. Duality.

2. Part

-Deep wounds that won't heal because they lie deep within you have robbed you of all courage to rely on yourself.

-You are deeply discouraged and humiliated. Because you trusted your protective counterpart. You trusted blindly and were bitterly disappointed. That has robbed you of the courage to trust your own foundation.

-You are constantly seeking support in others and never find your own footing (Stage 2). That is how insecure you are!- I recognise this pattern in my mother and her mother!

3. Part

- Trapped within yourself, yet brimming with strength.
- A great deal of potential is suppressed, unable to be set in motion.
- Held back, unfree, unconscious.
- Power and powerlessness in one.
- One feels the strength within oneself and demonstrates power.
- One feels the helplessness of being unable to put this power to good use, due to a lack of one's own steadfastness, and demonstrates powerlessness.
- A back-and-forth, sometimes strong, sometimes weak.

4. Part

- Fear of the demons
- Having lost protection, surrendered to the demons as a victim. And yet always being good and well-behaved, because one is so small and hopes to find support and love somewhere if one plays along nicely.
- You'll never get rid of the demons; they're the babysitters and keep vigil over the dead.
- The demons want to be redeemed.
- They have all been where you are now, and have not yet been freed from their suffering; that is why they ceaselessly lament their plight to you.
- But because you have learnt nothing else but to listen to others, the wails of the demons (your demons) grow ever louder and more impenetrable.
- The fears and threats from your shadow world threaten to overwhelm you. You are a prisoner of your fear. - All the strength within you is of no use if you do not direct it outwards.

⇒ Directed, focused power is set free and you guide it, for you have found your own foundation. You are strong, courageous and free to live a life of love.

5. Part

-What does the other person think of me? May they think well of me. I must do well and do better, so that they let me into their lives.

-For without you, I am nothing!

-Then people say, 'It doesn't matter if you aren't heard,' and suffer in silence.

-When we elevate the 'You', we surrender ourselves and our faith to finding there the support and love that we cannot muster on our own (the Church, God, the Guru).

-To perceive the connection, strength and stability within oneself and to act purposefully from that place – that is Hala's legacy!

-We are anchored within ourselves, and all solutions and possibilities lie within us.

-We are free in our actions, yet it is only in the mirror of the 'you' that everything "Reality".—In the face of this reality, we can examine and assess our actions. We can correct, renew and add to them at any time.

-We are spared from becoming powerless in the face of the 'you's' criticism and from feeling ashamed of our creation or discouraged.

-Nor do we need to overreact and, out of desperation, try to impose our will on the weaker 'you'.

-No, we are free from these restrictive structures.

-Every time we 'stand by' everything we do, our self-confidence and inner stability grow. This is the only thing on which we can build, and which gives lasting expression to our strength, creativity and intuition.

Hala – The Drive

6. Part

-Standing by yourself!

May these insights bear fruit soon and as abundantly as possible, for the benefit of all sentient beings.

C4 Trituration

1. Part

-Taking responsibility for one's own actions without a guilty conscience

-Remaining sincere

2. Part

-It takes my breath away when I think about a friend's reaction to an email I've written to her. She tends to feel easily offended or betrayed. Then I immediately get the feeling that I've done something wrong and try to justify myself so as not to be misunderstood. So I feel guilty even before I've received a reply. Before I know what she really thinks of what I've written. I'm already beating myself up about it beforehand.

Can this really be true? Can't I act a bit more mature? It still chokes me up and feels almost like an asthma attack.

3. Part

-An injury led to the emergence of separation.

-In separation, I perceive painfully.

-In separation, I recognise my own limits.

-There I touch you!

-You are my boundary, you are a stranger to me; through you I come to know myself. This experience may be painful, loving, or something else entirely. It is what it is, but it must be.

-Accepting separation. Only in this way can you perceive yourself.

-At birth, mother and child are painfully separated, even though they have been two separate beings since conception, yet live in an indispensable symbiosis.

-So it is with being human. It is an illusion to believe that one is undivided in the here and now.

HALA GIVES THE COURAGE FOR CONSCIOUS SEPARATION

4. Part

-From birth to death – standing firm with courage

-Is this the tree of knowledge?

-I tasted the fruit of the Tree of Knowledge. Then I became aware of my separation.

... and the quarrel began ...

5. Part

-Only a clear decision can free me from this inner conflict!

-Give me the strength and resolve to take the path that is right for me. With all the consequences.

6. Part

-It's incredible what you learn and understand through the 'you'. That is the realisation. And it can be quite painful, but in the end it creates so much clarity.

-But only in this way are new aspects and motivations continually created within the whole, driving everything forward. Evolution is unstoppable. One idea gives birth to the next.

-Hala holds a great deal of heaviness; once this is released, much can be set in motion.- When this movement flows, one feels lighter yet more secure.

HALA – means

‘Standing by what is’

Dream:

Mum would have been 91 today.

I dreamt of her last night.

Cuscuta sanviciana

Synonyms: Kauna 'oa

Kauna'oa kahakai

Pololo

Native dodder

Grammica sandwichiana

Family: Cuscutaceae

Convolvulaceae

This vine-like plant is endemic to the Hawaiian Islands, with the exception of Kaua'i and Kaho'olawe. We found particularly lush specimens of this parasitic plant whilst hiking through the Kahanu Botanical Garden, which is also home to Hawaii's largest heiau, a temple complex.

It hangs from its host trees like a tangled ball of wool and usually looks withered even when fresh. However, there are also green and yellow-orange tendrils with small, inconspicuous flowers and fruit clusters. The tiny seeds germinate on host plants and develop their parasitic life there. Young plants have independent roots, whilst older ones are no longer connected to the ground.

Kauna'oa is used to make flower garlands (leis).

In phytotherapy, it acts as an expectorant for mucus build-up in the bronchi and stomach by inducing the expulsion of mucus.

It promotes placental separation postpartum.

From the Cuscutaceae family, we are already familiar with *Cuscuta europea* as a homeopathic remedy, although it has hardly been tested.

C1 trituration of Kauna'oa, fine stems – Observation:

-It makes me feel very tired and heavy.

-I already had pain in the metatarsophalangeal joint of my big toe; now my right elbow hurts too.

-I almost fell asleep whilst triturating.

-The mixture combined with the sugar very reluctantly. Right up until the end, I had the feeling there were still bits left in it.

-A brittle sensation of not wanting to bind. Still

incomplete!

Ipomoea indica

Synonyms: Ipomoea pes-caprica (goat's foot morning glory)

Koali'awa

Pohuehue

Beach Morning Glory

Family: Convolvulaceae (Morning glory family)
Order: Solanales (nightshade family)

This vine-like plant is widespread as a ground cover in coastal areas of the tropics. The slightly heart-shaped, smooth leaves grow on densely branched tendrils that sprout from a sturdy root rhizome. Every morning, lilac-blue, funnel-shaped flowers open, fading to pink in the afternoon and wilting. The fruits are spherical capsules containing four dark brown seeds. The plant is generally very hardy and can also absorb seawater. The leaves are leathery in texture, despite their fragile appearance.

Koali'awa is used to purify the blood and is also the most tried-and-tested intestinal cleanser among Hawaiians, who believe that detoxification is essential for maintaining good health. Caution is advised before using it internally in large quantities, as the plant contains toxic substances.

The plant's flowers and leaves promote wound healing, particularly in cases of broken bones and sprains; they were traditionally ground into a paste and applied externally after combat.

Harmony remedy Koali`awa – harmony:

- . Koali balances extreme moods and has a harmonising effect on physical hyper- and hypo-functions (inner restlessness, indifference or apathy).
- . It promotes patience and serenity.

- . Koali heals the feeling of being unloved.
- . Koali heals old emotional wounds without directly touching them, helping to gently resolve childhood traumas.⁶

Trituration resonance of Koali'awa:

Ipomoea indica is a member of the bindweed family.

Jan Scholten conducted a trituration trial with *Ipomoea imperati* (syn. *Indica*). He classifies the remedy as Stage 6.

Convolvulus duartinus (*Ipomoea bona-nox*) was tested by Mure (discouragement and daydreaming) and can be found in the new Clarke.

Problem: Impatient, entangled in frantic efforts, stubborn, wanting to hold on to everything. Compulsively trying to achieve a fictitious goal, they waste their energy, are excessively industrious and lose sight of the bigger picture.

Excitement is not followed by relaxation.

They are unstable without the support of others. They are seductive, wanting to be recognised, seen, supported and loved. With a dreamy air, they feign superiority, wanting to radiate ease and grace, but they overplay their hand and are then left without vigour.

Resource:

Message:

As I am currently basing this solely on the experiences of C1, I cannot yet look beyond the level of the problem.

Modalities:

Made worse by the criticism of others.

Longing for lightness and dancing

Trituration report by Koali áwa C1

trituration

Leaf, flower and seed in Hana:

Robert is triturating the substance and has not observed any symptoms. The remaining trituration stages are still pending!

C1 trituration of Ipomoea indica

Trituration report on Ipomoea indica

A plant from my garden in Langzeil, whose seeds overwintered there and yet still developed in full splendour and bloom here.

C1 trituration

Leaves, flowers and seeds in equal parts in 8 g of lactose in 6 steps

1. Part

-I encountered fairy forces dancing on dewdrops glistening in the morning sun, on the blue flowers of Ipomoea.

-These forces are light; they dance and build structures around everything they can entwine.

-They are seductive and hold everything fast.

-Everything lies within the networks they create, and they take control of those on whom they rely.

2. Part

-The others are as if spellbound by these wondrous powers and do not realise for a long time that they are thus robbed of any possibility of movement.

-As it rubs against my lap, the rubbing bowl merges with me and I feel lustful sensations in my groin.

3. Part

-I feel pleasantly aroused

-I also sense a sense of distress, coupled with a feeling of stress; I want to please everyone, to look after everyone, yet I must use them to get ahead, to rise up and be seen. Everyone should see how wonderfully I shine in the sunlight and look radiant.

-I don't want to hurt anyone, I want to be light and just charm, not overwhelm, but that can sometimes be too much for someone, especially if they are too weak and cannot stand up for themselves.

-But I don't waste any time; I do it as quickly and perfectly as I can. The others can't keep up with my enthusiasm at all and end up falling by the wayside.

4. Part

-Fairy powers, playful at first, seductive, full of lightness, radiance, joy, vibrancy, elegance, suppleness,

- later, persistent, hard-working, constructive, determined, true to the concept

-even later, conciliatory, knowing no bounds, drained, losing beauty and lustre, resigned, spent.

-The stronger one can give her support, the weaker one loses; ultimately, everyone suffers under her or feels at one and merged with her beauty and elegance, as well as her zest for action, which promises so much.

5. Part

-Always wants to be at the top, to spread out and shine; without support, it is completely at the mercy of others and vulnerable.

-To achieve her goal, she is tireless; it seems as though she has no precise objective at all, for she is boundless in her endeavour and in the process either exhausts herself or tears down her own support.

-The sole purpose is this: to shine, to be on top, to be dominant, to be beautiful, to radiate lightness, like a tan; to achieve this goal, she must employ the arts of seduction.

-Only a strong support can withstand her.

-She does not wish to hurt or cause pain to anyone in the process. Yet she overlooks the fact that many of her yearning and all-encompassing desires come at the expense of others.

-To unite with her beauty, to be seen and admired through it together.

-Or disappear completely beneath her, becoming her invisible support. As soon as she loses that support, she loses all her footing and collapses in on herself. She finds it hard to recover and just mopes about.

6. Part

-Her eyes hurt a little, as does the forehead above them.

-The body is generally slightly agitated, pleasantly aroused.

-Sexually, I feel aroused at first; later, a sensation arises as if I haven't finished after urinating. Or is that a feeling of not being satisfied?

-Arousal that has not been fulfilled.

A new volcanic remedy

Our journey then took us to **Big Island**, the largest island in the archipelago, to witness the most active volcanic activity on our planet. Measured from the seabed, Mauna Loa and Mauna Kea each rise to a height of over 9,000 metres. The two peaks are thus the highest elevations on Earth. For three days, we immerse ourselves in an incredibly impressive world, ruled by the capriciousness of the forces of nature. The landscape changes its face depending on whether we are driving through black lava deserts of varying ages or through preserved, pristine rainforest areas. This scenery can be observed even better from the air. As we approach the smoking crater of Kilauea, which has been continuously spewing material from the Earth's interior since 1983 and thus buries even more fertile land beneath it every day, images of the moon's surface are evoked in our minds. The fresh, glowing lava bubbling up from the ground directly beneath us heats the otherwise cool air at this altitude immensely, and there is a distinct metallic smell. Simply unforgettable.

The Hawaiian **volcano goddess Pele** is the spiritual mediator between the people living there and this force of nature. The myth tells that she herself once sought refuge in the crater of Kilauea to escape the demigod Kamapua'a. He was able to take the form of plants, a pig or a human. As she steadfastly resisted his intrusive advances, a terrible battle broke out between the two. From the depths of her exile, she defended herself with fire and lava, gradually destroying the fertile landscape he ruled over. This conflict has yet to find an end.

As the patron goddess of all the persecuted and outcasts, she now directs volcanic activity in Hawaii at her own whim. There are many stories about Pele; in any case, she remains firmly anchored in the consciousness of the inhabitants. It is said, for instance, that she reacts with great displeasure when visitors take stones from Kilauea as souvenirs without asking. So we asked respectfully and received a very special gift.

A healing encounter at the crater of Kilauea

On the evening of 28 May 2010, shortly before sunset, we drove to the rim of Kilauea's crater to visit the observatory and the Jagger Museum, hoping to witness any eruptions, but above all in search of the fabled hair of the volcano goddess Pele.

In a fine drizzle, we set off in search of them as dusk began to fall; there was no sign of the predicted full moon anywhere to be seen.

Wafts of mist drifted eerily across the desolate lava landscape, interspersed with thorny bushes and scrub, which stretches along the crater rim, dropping steeply for some 150 metres. Plumes of smoke rose from a smaller, constantly active crater on the horizon and mingled with the mist. So this was where this much-talked-about gem, a unique formation created by the eruptions of Kilauea, was supposed to be found.

I asked Pele with all my heart for a gift – to create a remedy that would have the power to help as many people as possible in their deepest distress. As it was getting darker and more eerie, and we had already left the safety barriers far behind us, we returned to the observatory, almost resigned to our fate.

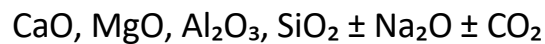
But I didn't give up so easily and approached an older security guard whose face radiated kindness and warmth. When I asked him about Pele's hair, he led me round to the back of the building. Through the cracks in the pavement, the rain-soaked, hair-like glass-metal fibres glistened goldenly at me. Delighted, I asked him, like a little child, for permission to keep them. He nodded and gestured for me to quickly stow the gift in my jacket pocket so that no one would notice, as taking any rock from the national park is prohibited.

I felt overjoyed!

Lava Kilauea – Pele’s Hair

These are volcanic glass fibres that form when small particles of molten lava are hurled into the air during an eruption and spun by the wind into hair-like strands. In sunlight, these glisten a golden blonde. The molten rock is stretched to less than a millimetre in the process. Extremely hot air, high acceleration and the low viscosity of Kilauea’s silicate-poor basalt are the prerequisites for this formation process.⁵

Chemical composition:



Geochemical analysis of the material:

Takashi Katsura: Pele’s Hair as a liquid of Hawaiian tholeiitic basalts. (Dep. of Chemistry, Tokyo Institute of Technology, Geochemical Journal, 1967)

The homeopathic remedy Lava Kilauea was produced by Remedia Homöopathie from my C3 trituration and has been available on the market since June 2010.

Trituration resonance of Lava Kilauea:

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 force reactivates and desensitises blocked perceptual processes. Connection with all that is, without conditions. Feelings that the heart does not want to let go of are released. Everything flows – panter rei.

Message: “Love blazes in the heart, and with it, joy.”

Uninterrupted, unclouded perception of what is, in its purest form, becomes possible. Freedom in surrender to the flow of life.

Mental symptoms:

- . emotionally overexcited
- . thoughts, empty
- . thoughts, scattered
- . urge to fly off the handle
- . nervous
- . impatient
- . Anger, annoyance, over trifles
- . Anger and annoyance, in the stomach, stuck in the throat
- . Feelings, unrelated
- . Feelings, overwhelming
- . Emotional numbness
- . A feeling of heaviness, as after hard work
- . Crying, a desire to, but unable to
- . Mood, irritable
- . Dizziness
- . Pulsations in the head
- . Diminished perception
- . Feeling detached
- . Time passes too slowly

Physical symptoms:

- . Headache, forehead, dull
- . Headache, behind the eyes
- . Head, dull sensation
- . Tears, flowing with joy
- . Nose, itchy
- . Taste, metallic
- . Mouth, furry sensation
- . Heartburn, with gurgling in the stomach
- . Heartburn, with a queasy feeling
- . Nausea, from the stomach
- . Outer throat, stiff neck

- . Chest, as if bursting
- . Back, pain in the lumbar spine
- . Back, chills
- . Back, tension between the shoulder blades
- . Extremities, fingers, vibrating, slight trembling
- . Limbs, hands heavy after rubbing
- . Bladder, increased urge to urinate
- . Libido, increased
- . Skin, sensory disturbances beneath the skin
- . Sensation of heat, like hot flushes
- . Sensation of heat, explosive
- . Feeling of heat, without sweating
- . Feeling of heat, with sweating
- . Feeling of cold

Modalities:

Better: vomiting, urination, crying, sweating, through the discharge of secretions in general

Worse: Mental and physical strain (pain in the hand after rubbing), emotional stress

Differential diagnosis:

Basalt remedies, Natrium muriaticum, Ignatia

Comparison with other volcanic rocks:

Volcanic rock has already been potentised on several occasions and is already in use as a homeopathic remedy. In the trituration of Kilauea lava, fundamental similarities emerged with Hekla lava and Basaltic lava, with which I have already had experience.

I attribute the decisive difference in the spectrum of action of Kilauea lava compared to the already known lava remedies to the specific geomorphological formation process.

Just as I have already observed with other gemstones (Kilauea lava is classified as a gemstone

(which I had become familiar with through my work with homeopathic remedies), I encountered a wealth of symbolism and a refined dynamic whilst triturating Pele's Hair.

Analysis of the trituration resonances:

In the initial effect, I felt an energy blockage in my body, which primarily 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 relational void, perceiving neither pain nor joy, was an almost unbearable condition. It was like hard labour without any lightness; I felt completely enclosed, as if in stagnation.

As the process unfolded, a movement arose that pushed outwards from within. Everything came into flow, from the bottom up, as in rhythmic waves. In the process, all perceptual processes were reactivated and sensitised, making soulful encounters within and without possible once more.

Connections were restored with all that is. Primordial forces, which created an immense zest for life, came to meet me in the process.

Just as the formation of Pele's Hair is subject to very specific and extremely violent physical conditions – so-called 'whims of nature' – similarly intense and comparable circumstances affecting an individual can have a lasting influence on, disrupt and shape patterns of perception. An extremely intense and sudden external trigger, such as unresolved psychological trauma from the past or within the family system of those affected, has a lasting and profound impact on the sensory system. The emotional impressions and associations are perceived as too overwhelming and threatening to be processed effectively and constructively on a mental level afterwards. The primary experience is repressed as a self-protective measure, and further emotional openness is avoided, which can result in an impairment or even a blockage of the emotional flow.

The right balance in perceiving and expressing feelings can no longer

. To avoid pain, the perception of what is happening externally is no longer sufficiently linked to internal feelings. The suppression of feelings therefore also leads to misunderstandings in associative and communicative interaction with the environment. Those affected feel misunderstood, withdraw further into themselves and become rigid in their own patterns. Their experiences resemble fleeting images that leave no lasting impression.

This also makes it difficult for those affected to engage in relationships that need to be lived.

The state of remaining in emotional isolation is difficult to bear, inevitably leading to physical complaints and, further on, to chronic conditions.

Indications:

Lava Kilauea is a remedy that comes to mind when I observe a patient with impaired or severely irritated sensory perception, which results in a lack of emotional responsiveness and thus appears to disrupt the steady, rhythmic flow of vital energy. These factors can be the cause of disorders and illnesses.

Psychosocial behavioural disorders, lack of drive and expressiveness, depression, eating disorders, alcohol and drug abuse, psychovegetative disorders, panic attacks and dissociative problems can be manifestations of such a disturbance at the psychological level.

Diseases at the organ level, which underlie this specifically disrupted information process, manifest themselves particularly in systems that depend on rhythmic regenerative processes – precisely where the flow of regeneration is most likely to be disrupted.

The skin and mucous membranes, bones, blood circulation, blood-forming organs, the lymphatic system, the menstrual cycle, autonomic regulatory disorders and sleep are particularly affected.

Complaints such as headaches, dizziness, psychovegetative disorders, unexplained abdominal complaints and allergies are frequently observed.

Based on the experience I have gained from analysing the trituration resonances, I have been able to recognise the remedy in the disturbance patterns of some of my patients. The treatments I have carried out to date with Lava Kilauea have consistently yielded satisfactory results.

Remedial trials of Lava Kilauea:

This remedy has already been tested by several test administrators in various locations, both in the classical Hahnemannian manner and within an organised trituration group.

Dr Susanne Diez, 2011

- AMSE Lava Kilauea, double-blind, placebo-controlled
- 13 participants in Austria supervised by Dr Diez
4 subjects in Germany
- Trial conducted under the supervision of Dr Diez
11 participants

Dr Franz Swoboda, 2010–11

- AMSE Lava Kilauea, single- to double-blind, placebo-controlled
10 subjects in Vienna (supervised by Dr Bettina Baltacis, Dr Reinhard Flick, Dr Swoboda)
3 subjects in Graz (supervised by Dr Wolfgang Eichler)

An initial comparison of the test results confirms that the nature of the symptoms complement or correspond with one another on both a physical and a mental and emotional level. The precise analysis and comparison of the studies has not yet been completed.

Common themes that can be identified are: violence; detached perception; alienation from oneself; feelings of being trapped or stifled.

A desperate urge to break free, to burst out, to get out.

Detailed trituration report:

4 June 2010 – Long-term, Güssing, perception of the remedy

I've been back for four days now. Long flight. Hawaii–Chicago–Frankfurt–Vienna. I experienced slight bleeding during the flight (after 17 months), and hot flushes have intensified. My stomach is upset. My sleep isn't disturbed, but I'm having intense dreams.

I am absolutely thrilled and can hardly believe that I received the hair from the crater rim a few days ago as a gift, and I am now ready for the first trituration process.

I ask for the blessing that the remedy needs.

C1 trituration

Hair in 3 grams of lactose in 6 steps 1.---

Rubbed once, scraped once.

They wouldn't fit into the little bowl at all – unruly hair; just like mine always was when I was a child. I was never neatly coiffed 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, on the other hand, always looked well-behaved and demure, and that's exactly what they were. Even the colour of the hair to be dyed matches my natural colour.

2nd round

Really excited, I'm so thrilled

– I have the honour!

I've just had a very calm and gentle phone call with my mum. No trouble! A rare occurrence.

3.---We couldn't clean the hair properly; it's been lying there for ages, though in its natural environment.

I'm calm now; I wish to become more emotionally stable whilst still being able to perceive and show my feelings. Just as everything really is.

4.--- Heartburn, definitely, with a gurgling in my tummy.

A slight vibration, a slight tremor in my fingers, particularly in my thumb, becoming more intense.

My thoughts feel as if they've vanished, empty

5.--- A cold shiver runs down my spine, accompanied by a slight shudder. Heartburn rises, with a queasy feeling.

The rubbing is exhausting, the hand feels heavy.

Tension in the neck, between the shoulder blades.

Shaky, everything is swirling (teeming) in the tissue.

The boundaries dissolve, between the formations that are already firmly established; everything is thrown out of balance.

An exciting feeling – what comes next? 6---

There is still resistance.

Everything is already rearing up, striving to break through to the outside.

It wants to break free, it wants to shatter all boundaries and norms, to break out of the straitjacket.

Be free!

Everything is swirling and the taste is metallic.

Follow-up:

The following night, I dreamt that I had dissolved into chemical compounds. Were they 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 immersed in this compound.

To be one with chemical elements or compounds. Isn't that wonderful?

C2 trituration, 5 June 2010

Further processing in 6g lactose in 6 steps 1---

Nausea rises from the stomach, sits in the throat. I

feel hot.

Feeling like I'm about to burst

out of my skin. Nervous,

impatient.

Something wants to come out of me.

I want to keep moving; standing still isn't doing me any good.

2--- The nausea is accompanied by a dull headache in my forehead and behind my eyes.

A feeling of weakness and pain in the lower back (an old symptom)

3--- 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.

My nose is itchy.

A fly in the room makes me nervous, annoys me.

A headache is bothering me.

4--- Scraped it off with all my strength. Itchy nose, nausea.

Metallic taste. Urge to urinate.

Rage and frustration churning inside, mixed with impatience.

5--- Rubbing with all my might, scratching 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 my feelings. I lack concrete thoughts.

Everything is so concentrated, motionless, unbearably pent up. 6--- done, finally the trituration is over.

It was almost unbearable.

Like hard labour, any trace of lightness gone. No flow.

Like being locked up.

Everything is up to my neck: the nausea, the anger. As if I want to cry but can't.

STAGNATION

C3 trituration

1--- Nausea with heartburn rising.

Breakout of sweat.

Unpleasant, explosive sensation (reminiscent of hot flushes during the menopause)

Dizziness, irritability.

A rush in my head with surging sensations. 2---

Silence, everything stands still.

No thoughts within me, all connections to myself are severed.

I perceive everything outside myself with intense clarity; the flies in the room, the cat beside me, shedding so much fur. The alarm clock ticks so loudly.

I have heartburn and feel hot.

3--- 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 is passing slowly.

Stupid flies, now I have to open the window

4--- What's the point?

What can I say? Rubbing

and scraping.

It all fits, just pretend!

Remaining in a state of

detachment. 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 I've been knocked out; motionless.

5--- Everything is merciless, relentless, inescapable; you just have to get through it.

It makes you feel nothing anymore; that way you're protected, so you don't feel the pain either.

Remain in this state for eternity.

In Leo, no one finds me, no one notices me; nor do I find anyone.

6--- Everything in the room around me seems lifeless and dead, even the plants in the room. Bright colours are bright, but they have no radiance.

I do not perceive what is alive, light or joyful. Living like this is not easy.

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.

Now I feel cold. Follow-up:

I slept well, I'm hardly bleeding at all now, just a little light, watery discharge.

I feel like having sex when I wake up and I show it too (it's been a long time since that happened).

Dreams:

1. I wanted to build myself a house on basalt, in the middle of the green rainforest, with views in all directions.
2. I was at a party with lots of people, who were all on drugs. They felt nothing inside.

Morning meditation:

I immediately feel everything flowing within me, without any effort, and I feel infinitely safe in the flow. Today I am more aware of my body than in the days before. The cigarettes I've been smoking again since my trip leave a furry feeling in my mouth and a dull ache in my forehead, as if everything were misplaced.

7. June 2010

Didn't continue working on the remedy yesterday. Did a lot at home, including redesigning the driveway.

Watched TV in the evening – a drama about refugees – then dreamt about my own escape during the night; I lost my house, garden and dog. It was sad.

In the morning I did Tai Chi and meditated, then read the Hawaiian plant book and learnt that the kahunas receive messages about medicines in their dreams.

C4 trituration

Pele, grant me your blessing!

1---As soon as I start rubbing, I feel a sense of fullness in my chest and heart area that fills me. A feeling you experience when hugging a loved one. A feeling that connects everything that is. Like a merging, a connection, without conditions.

It releases all the feelings the heart did not want to let go of and sets them flowing.

Tears want to flow out of sheer joy.

2---As soon as my everyday consciousness kicks in – since 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 its way up. Everything feels as though it’s about to burst.

Let it flow, Christa, it brings relief!

Pele helps me with this; everything seems so simple. Everything flows and feels wonderful.

3---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.

4---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 vital expression of the life force inherent within it, even inanimate objects such as chairs, tables, and so on.

Everything shares in this creative power, with which everything has always been in contact. Now I can perceive this as an inseparable whole. This is precisely the connection we so desperately need in order to perceive ourselves fully and truly.

Follow-up observation.

I am delighted with the Hawaiian remedies I have brought with me.

I now need the cooperation of my homeopathic colleagues, without whom I will not be able to present the full effect of these gifts from the gods to the rest of the world.

It is also my intention, in a new attempt, to further potentise this remedy from the C4 trituration stage using alcohol, in order to convey the imagery of these messages. These metaphors are healing! What the trituration has already opened up no longer needs to be worked through by the patient.

I ask for Pele's blessing on all the paths that lie ahead of me from now on.

May he protect me from recklessness and always show me my limits, with love and strength.

Never again do I wish to depart from your flow; I wish to be constantly connected with all that is, for the healing and well-being of all that is.

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