

Pele's Hair

In search of new remedies, I travelled to Hawaii with Mag. Robert Müntz in May 2010. After discovering several plant remedies on Maui that were completely unknown to homeopathy, our journey took us on to Big Island, the largest island in the Hawaiian archipelago, to witness some of the most active volcanic activity on our planet.



Volcanism in Hawaii

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

For three days, we immersed ourselves in an incredibly impressive world, ruled by the capriciousness of the forces of nature. The landscape changed its face depending on whether we were driving through black lava deserts of varying ages or through preserved, pristine rainforest areas. This scenery was even better viewed from the air. As we approached 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, it evoked images of the lunar surface. The fresh, glowing lava bubbling up from the ground directly beneath us warmed the otherwise cool air at this altitude considerably, and it had a distinctly metallic smell.

Due to the low gas content of Hawaiian lava, dangerous explosions practically never occur; instead, there are only relatively gentle eruptions, which can, however, last quite a long time.



The Pele Myth – Destruction and Rebirth

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 also said 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 to observe any eruptions, but above all in search of the aforementioned hair of the volcano goddess Pele.

In a fine drizzle, we set out in the gathering twilight; 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. Wafts of smoke rose on the horizon from a smaller, constantly active crater and mingled with the mist. This, then, was where this much-talked-about gem—a unique formation created exclusively by the eruptions of Kilauea—was to be found. I asked Pele with all my heart for a gift – to create a remedy that would have the power to free as many people as possible from deep distress.

As it was getting darker and eerier quite quickly and we had already left the safety barriers far behind us without finding what we were looking for, we returned to the observatory, almost resigned. However, I did not want to give up my efforts so quickly and asked a security guard about Pele's Hair. He led me behind the building, and between the cracks in the pavement, the hair-like glass-metal fibres, wet with rain, glistened goldenly at me. I asked him if I might keep them. He nodded in agreement, and I quickly stowed them in my jacket pocket, as taking any rock from the national park area is officially prohibited. We gratefully accepted the gift.

Even on the flight back from Hawaii, Robert and I agreed that Pele's Hair was likely to be an important new remedy for homeopathy, though this could only be confirmed by a precisely conducted remedy trial.

I triturated the substance to C4 immediately upon our return, and Remedia took over the C3 as the starting material for further potentisation. The remedy has been available commercially since June 2010. The date for the first AMSE was also set in June 2010.

Pele's Hair – what is it?



Pele's Hair are volcanic glass fibres that form when small particles of molten lava are hurled into the air during lava fountains and spun by the wind into hair-like strands. In sunlight, these shine a golden blonde. The molten rock is stretched to less than a millimetre in the process and is therefore very fragile. Extremely hot air, high acceleration and the low viscosity of Kilauea's silicate-poor basalt (tholeiitic basalt) are the conditions required for these achnelites (lava spatter formations), which are formed exclusively as a result of specific Hawaiian eruptions. Pele's Tears, teardrop-shaped formations, are formed in the same way, though at a lower acceleration.

Pele's Hair can be blown by the wind up to ten kilometres away, often getting tangled in bushes or lodged between stones. On the Big Island, with a bit of luck, you can find them in mineral shops, where they are traded as a rarity. For the local population, they represent something particularly valuable, especially on a spiritual level (Pele cult); worldwide, they have received less attention so far, as they are scarcely known beyond the borders of Hawaii, except along the west coast of the USA, in Japan and Australia, and in other parts of Oceania, where the fire goddess Pele and the myths associated with her are still very much alive.



Pele's hair is formed under extreme heat, at around 1,200 degrees Celsius, which corresponds to the temperature that also leads to the formation of gemstones. The action of wind forces and the dynamics of the seawater in the immediate vicinity enable extremely rapid cooling, which is the prerequisite for the material's distinctive character.

Compared to minerals, the structure of natural glass is always inhomogeneous. According to Diana Oettel, Pele's Hair are actually irregularly extended tube systems with a teardrop-shaped end, within which so-called crystals – that is, non-extensible material that appears from the outside like a knot – are embedded. Inside this system of cavities, tiny, bubble-like structures are deposited, which also adhere to the outer wall. These correspond to spherical gas bubbles and are also referred to as 'tears'. They are therefore spherical pyroclasts. It is assumed that the reflection of sunlight, which penetrates these finest glass tubes and refracts infinitely within the bubbles, causes the golden shimmer of the material that delights the observer. One might speak of translucent matter. We are thus encountering an incomparable natural phenomenon that reminds us of the formation of gemstones, which likewise only reveal their splendour once they are brought to light.

Are we dealing here with this mineral merely as a variation of basalt rock, or should the special geodynamic formation process and the rich, specific symbolism that we subsequently encountered in the tests and in the dreams of Pele's hair not rather lead us to think of a gemstone? – Reference: This question is answered in a section on the distinction between basalt and gemstones.

Chemical composition:

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

The components consist of elements from the first four rows of the periodic table. The themes of incarnation, being born, individuality, the question of value and meaning, the child within us, relationships and family, one's own body, one's own home, the fulfilment of our tasks and growing up are reflected in this remedy.

Geochemical analysis of the material

Gordon A. Macdonald, Takashi Katsura, Variations in the Lava of the 1959 Eruption in Kilauea Iki (University of Hawaii, 1961)

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

Diana Oettel: Pele's hair and tears – their origin and composition (Bergakademie Freiberg, 2009)



Trituration resonance of Pele's Hair

Personal experience following the trituration of the remedy – C. Ari

Problem: Sensory and emotional overload. Compensatory restriction of perception. Feeling of emotional isolation. Cut off from the flow of life. Lack of connection. Numbness protects against pain. Stagnation.

Resource: Centrifugal forces reactivate and desensitise blocked perceptual processes and create a connection with all that is, without conditions. Feelings that the heart refuses to let go of are released. Everything flows – panta rhei. Undivided, unclouded perception of what is, in its purest form, becomes possible. Finding freedom in surrender to the flow of life.

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

Analysis of the trituration resonance

At first, I felt an energy blockage in my body, which initially led to intense, unpleasant irritation and which, following failed attempts at compensation, subsequently 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 isolation, perceiving neither pain nor joy, was an almost unbearable state. It was like hard labour without any ease; I felt completely enclosed, as if in stagnation.

In the ensuing dynamic, however, movement arose, pushing 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, creating immense joie de vivre, came to meet me in this process.

Symptoms during the trituration of Pele’s Hair C. Ari

C1

- A desire to break out; something wants to come out of me, to be free. Everything is already rearing up, striving to push outwards. C1, C2, C3, C4
- Thoughts, fading, as if dissolved, empty
- Emotional agitation, emotional tension, excited, a thrilling sensation
- Delusion, boundaries dissolving
- Conflict, when rubbing the substance
- Taste is metallic C1, C2
- Heartburn, with gurgling in the stomach
- Heartburn rises, with a queasy feeling
- Chills, back, a cold shiver runs down my spine, accompanied by a slight shudder.
- Tension, neck, between the shoulder blades
- Heaviness, hand after physical exertion

- Skin, sensory disturbances
- Trembling, slight tremor in the fingers, particularly in the thumb
- Exertion, physical, makes it worse; rubbing is tiring, the hand feels heavy
- Vibrating sensation
- Centrifugal force increases C1, C2, C3, C4
- Trembling, shaky, everything is swirling (swarming) in the tissue

Dream: 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, which does not occur in hair. I was completely integrated into this compound. I thought it was brilliant! Being one with chemical elements or compounds. Isn't that brilliant?

C2

- Wanting to break out, something wants to come out of me. Something wants to tear apart.
- Annoyance, rage and anger, in my stomach, with impatience.
- Annoyance, rage and fury, over trifles
- Feeling as if trapped.
- Feeling as if blocked, everything is so concentrated, motionless, unbearably blocked. No flow.
- A feeling of stagnation, everything is motionless
- A mind gone blank, no concrete thoughts.
- Loss of emotion, feelings can no longer be discerned
- Violence, rubbing with all one's might, scratching with all one's might
- Lack of ease, feeling of. Like hard work, any lack of ease.
- Irritability, nervous, impatient.
- Irritability, a fly in the room makes me nervous, annoys me
- Senses, dulled and weakened
- Desire to burst out of my skin.
- Crying, impossible. As if I want to cry but cannot.
- Tearing, something wants to come out, it wants to tear something apart.
- Head, dull, with nausea. I feel sick. My head feels dull.
- Headache, dull, in the forehead and behind the eyes, with nausea.
- Headache, annoyed by it.
- Itching, nose
- Itching in the nose, with nausea.
- Metallic taste (WH)
- Nausea.
- Nausea rises from the stomach, sits in the throat.
- Nausea, rising to the throat, with irritation.
- Urge to urinate.

- Pain and a feeling of weakness in the lumbar region
- Feeling of heat
- Movement improves it
- Movement, craving for it, wants to keep moving, staying still does not help.
- Rest worsens symptoms; wants to keep moving; staying still does not help.
- Centrifugal force, increased

C3

- Wanting to break out, something wants to come out, something wants to burst.
- Dizziness, as if intoxicated, with irritability.
- Perseverance, – one simply has to see it through; to persist indefinitely.
- Lack of connection
- A sense of stagnation, silence, everything stands still. (WH)
- Alienated, from oneself
- Emptiness of mind, all connections to oneself are severed.
- Numbness, protects against pain – it stops you feeling anything, so you're protected, and you don't feel the pain either.
- Feeling of emptiness, feeling of mental void, nothingness. When I try to perceive something within myself, I feel uncomfortable and the heartburn gets worse.
- Irritability, over trifles; I perceive everything outside myself as intrusive; the flies in the room, the cat beside me, shedding so much hair. The alarm clock ticks so loudly.
- Melancholy – living like this isn't easy.
- Senses, dulled and weakened
- Delusion, completely detached from the inner self. No connection.
- Delusion: everything seems hard, tough and lifeless.
- Delusion: everything is merciless, relentless, inescapable.
- Delusion: no one finds me, no one notices me; nor do I find anyone.
- Delusion: everything is lifeless and dead. - Bright colours are bright, but lack radiance. I do not perceive what is alive, light or joyful.
- Time passes too slowly.
- Waves, a sensation of , with the feeling as if something were rising in my head.
- Heartburn and heat.
- Heartburn, accompanied by a feeling of mental emptiness
- Heartburn, forming a lump in the throat
- Nausea, with heartburn, rising
- Bursting sensation, chest – It feels as though my chest is about to burst; then everything that is weighing me down and burdening me could come out, and things could flow again.
- Libido, increased. – I feel like having sex when I wake up and I show it too (that hasn't happened for a long time).
- Sudden sweating with an unpleasant, explosive sensation (reminiscent of hot flushes during the menopause)

- Tired and heavy; as if knocked out; motionless.
- Feeling of cold

Dreams the following night:

1. Increased centrifugal force Wanted to build myself a house on basalt, in the middle of the green rainforest, with a view in all directions.
2. Was at a party with lots of people, who were all on drugs. They felt nothing inside.
3. Dreamed of my own escape; lost my house, garden and dog. I was sad.

C4

- Wanting to break out, wanting to get out, something wants to get out, everything is about to burst
- Feeling, everything is about to burst.
- Energy, flowing from the bottom up – life energy flows from the bottom up. Flowing movement enhances sensory perception, invigorates the senses.
- Crying, tears flowing with sheer joy
- A feeling of fullness in the chest and heart area that fills me. A feeling one experiences 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.
- Nausea rising from the stomach.
- Flowing, getting into the flow improves
- Centrifugal force increases

Meditative encounter with Pele's Hair during the revision phase of my texts:

Who am I?

What am I?

Where do I belong – what do I relate to?

What is going on with me?

What is wrong with me?

I'm special – how can I prove it?

I'm so fragile, I'm so hurt!

Something terrible has happened to me; it makes me sad and angry!

I'm alone and with no way out, but I have to get through this to survive.



Medicine trials of Lava Kilauea

This remedy was tested by several test leaders 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
- Trituration trial led by Dr Diez
11 subjects

Dr Franz Swoboda, 2010–11

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

Pele's Hair – Basalt or Gemstone

In order to gain a better understanding of the central theme of the remedy and its specific key symptoms, I have classified the symptoms from the two AMSEs and the trituration test in relation to the themes of basalt rock on the one hand and those of gemstones on the other.

Comparison with basalt

The constituents of Pele's Hair and those of ordinary Kilauea basalt are identical. In general, basalt rock varies in composition depending on its geological origin and is therefore not a uniform material. As is well known, Hekla lava also contains admixtures of plant matter. Nevertheless, common characteristic themes can be identified from the drug trials of Hekla lava, Stromboli lava and Etna lava. Drug trials of basalt rock: Hekla lava (HAMP, Dr Mohinder Singh Jus), 2003; Etna lava (HAMP, Dr Pietro Gulia), 2001/02); Stromboli Lava (trituration trial, Anne Schadde, 2008)

Below is a list of those common symptoms from these trials that also correspond with the trial symptoms and trituration experiences of Pele's Hair. They point to the specific dynamics of basalt.

A. Basalt-specific mental and emotional symptoms:

- everything is merciless, relentless
- listlessness
- Anger, irritability, rage
- A feeling of being dazed
- Feeling as if frozen
- Dullness, barrenness
- Feels like a stone
- Numbness
- Talkative, as if hyperactive
- Violence
- Indifference, apathy

- Hasty, impatient, intolerant
- Inner emptiness
- Feeling of isolation
- Compassion for the fate of others
- Restlessness
- Melancholy, lack of light-heartedness, depression, negative thoughts
- Stagnation, everything has come to a standstill, the flow has gone
- Feeling of congestion
- Quarrelsomeness
- Sadness
- Insecurity, anxiety
- Confusion
- Despair
- Increased crying or inability to cry
- Wants to be left alone

B. Basalt-specific physical symptoms:

- Dizziness, everything feels like it's rising upwards.
- Something rises in the head, a dull sensation, with heat and nausea.
- Burning eyes
- Ringing in the ears
- Nose sensitive to smells, nosebleeds
- Sinus problems
- Mucosal ulcers
- Dry cough with a scratchy sensation
- Increased or decreased appetite
- Bloating abdomen, cramp-like pain

- Frequent diarrhoea
- Loss of libido
- Menstrual cramps
- Shortness of breath, chest tightness
- Pain in the extremities
- Pain: dull, pressing, burning, accompanied by irritation and a feeling of being dazed
- Muscle tension
- Stiffness with weakness
- Numbness, tingling
- Tension and pain in the spinal region
- Itching, dry skin
- Sleep, waking up as if from anaesthesia, tired despite sufficient sleep
- Dreams – erotic, violent, theft
- Weakness, exhaustion, prostration, tiredness
- Feeling of heaviness
- Weight loss and gain
- Susceptibility to infection
- Disturbed temperature sensation, feeling of heat, feeling of cold
- Sensitivity to weather changes, improved when the sun comes out, worsened by cold

In the basalt tests, I found no reference to topics such as alchemical transformation, spiritual transformation or expansion of consciousness.

Personal experience with minerals and basalt:

Rocks in general are beings that obey a higher order, natural complex remedies that represent more than just a structure of elements. They are witnesses to time and reflect ancient principles. They are anchored in the great process of evolution, providing form, support and structure. Stones make our conception of eternity somewhat more tangible. They provide us with boundaries, security and a sense of not being lost. They reflect our existence in space and time.

On 11 November 2000, during a seminar on rocks with Günter Mattitsch at Danielsberg in Carinthia, we examined Basaltic Lava C200 as part of a rattle meditation, even before we were aware that on the very same day, in the devastating fire disaster at the Kaprun glacier cable car, not far from Danielsberg, 155 people had lost their lives due to smoke inhalation. The victims' bodies were melted beyond recognition due to the intense heat generated.

Personal account of a meditative encounter with Basaltic Lava:

“Even as I smell it, I perceive the metallic scent of the remedy. I have vomited up my innermost being, the whole world, from my body. Deep in my lower abdomen, the trembling began and spread upwards like a pulse wave, emerging from my mouth. Dizzying clouds hover around my head, obscuring everything as if in grey mists. My mouth fills with saliva, the tip of my tongue burns and the taste is metallic. The smell is a bright metallic odour. It is getting hotter and hotter and the light turns red. Heat is everywhere, sweat too, and I feel a tremor throughout my whole body. During the moment of stillness – trembling and nausea. In my lower abdomen, aftershocks – peristaltic waves – create a warm sense of well-being. Slow cooling.”

Among the victims were five people close to me. I was certain it was no coincidence that I had come across this remedy experience at precisely the same time. By administering high potencies of Basaltic Lava, I was able to provide immediate relief to some of the bereaved in their unbearable grief. It was particularly helpful in those cases where there was an inability to cry, combined with the most severe headaches, nausea and a devastating inner sensation.

Basalt – the transformer

Basalt helps us let go of old, familiar patterns and gives us the courage to step into new structures, which are constantly and irrevocably emerging in life. Refusing to acknowledge and go along with the changes in the structures around us, out of fear of being broken by them, makes us rigid and inflexible. Movement patterns become frozen and replaced by ritualistic behaviour. Letting go of the familiar and the things we have grown to love is not easy, but it is inevitable. Basalt keeps the rhythmic flow of transformations between the poles in motion. It enables us to integrate and participate in this dynamic flow, which has its origins deep within our archaic consciousness. It synchronises our inner rhythms. Basalt provides support during difficult processes of transformation. It liberates us from rigidity by warming the heart and strengthening our confidence to entrust ourselves fully to the flow of life once more.

Günter Mattitsch describes basalt as the angel of tears.

Basalt has a profound and long-lasting effect!

However, the full range of symptoms from the Pele's Hair test is much richer and goes far beyond the themes specific to basalt.



Comparison with gemstones

There is no clear-cut definition of gemstones. In any case, they are minerals that are considered special due to their uniqueness and beauty and are primarily used as gemstones in jewellery. Not only diamonds, topaz, rubies, etc., but also petrified wood or pearls are traded as gemstones.

Gemstones are formed through an alchemical transformation process; they are products created by the intense external forces of nature (such as heat and pressure) acting upon rock. In the past, they were believed to have a supernatural origin. They are characterised by their beauty, rarity and durability. They are often attributed with magical and spiritual significance. Their use serves primarily to demonstrate wealth and beauty; since ancient times, they have also been used for cult and e healing purposes, and more recently they have also served as precision instruments. – Peter Tumminello, *The Twelve Jewels*.

For a better understanding of the ‘family of gemstones’, which has received little attention in homeopathy to date, I refer to the key themes of gemstones in Peter Tumminello’s book.

Many gemstone themes appear in the symptoms and dreams of our subjects. These are best recognised by the energetically more intense perceptions of the specific basalt symptoms,

which often involve a transformative need for resolution. The subtle differences from basalt are set in italics

- Feeling of being left alone, a sense of abandonment *with a need for union*
- *Awareness processes are set in motion*; for example, memories of past traumatic events and their causes become very clear.
- *The heart opens*; love *blazes* within the heart, and with it *joy*
- The flow of life is perceived *along the energy channels* from bottom to top, *bringing lightness and enlivening the senses*
- Detachment, *dissociation, even to the point of self-alienation*
- Trapped within oneself, stuck, feeling imprisoned, *with an irresistible urge to escape, break free or be liberated*
- *Energy, increased, with the urge to create order in order to maintain an overview*
- *Increased energy awareness; energy flows from bottom to top, like life force, and invigorates the senses*
- *Insights occur following bowel movements (diarrhoea)*
- *Colour perception is intensified*. The grey of the basalt is revitalised and becomes colourful.
- *Cheerfulness replaces gloom*
- A blank mind; *all connections are severed*
- *Clarity of thought*
- *Lack of self-confidence, searching for the deeper meaning of existence*
- *Striving for perfection*
- *A trance-like state versus being dazed*
- *Delusions* (delusions are not an issue with basalt remedies)
 - Boundaries dissolve
 - Completely disconnected from the inner self, no connection
 - No one can find me, no one notices me, nor can I find anyone
 - Everything is lifeless and dead
 - Everything seems hard, tough and lifeless
 - looks at herself in the mirror as if she were a stranger...
 - sees herself in the mirror, like a nightmare image of her boss...

- *Perceptions of bodily sensations are accompanied by certain associations; for instance, the feeling of her chest bursting or a sense of fullness in her chest is linked to a feeling of connectedness*
- *Twitching in the body, like bursts of energy*

Dreams with powerful symbols and semi-lucid dreams, hinting at gemstones:

- Babies and pregnancies.
- Death and rebirth
- Of light and enlightenment
- On the state of being imprisoned
- On abuse and violence, she appears as a saviour
- On dissolution and oneness with chemical elements
- Of a necklace and its value
- Emotionally detached during the most gruesome dreams, such as one of a black dog tearing her heart from her body
- Of flowers such as water hyacinths or rose-shaped blossoms
- Of a gas explosion
- Of the light at the end of the tunnel, with a longing for light
- Of a tube with a bubble, bubble-shaped formations rising (signature)
- A ray of sunshine through the clouds wards off danger
- Falling through layers of the past; constrictions and limitations caused by too much construction
- Of acceleration, the horsemen of the apocalypse and the sun chariot bring calm. Dead to totem, it is light and calm, diamond light, golden threads. I shine in a robe of light, I dance, I rejoice, I myself am now quite light, Pele's hair are threads of light, vulnerable, I am quite alone. Baby.
- Translucency – we are condensed light. – Note: The word 'translucency' symbolises the character of the remedy very clearly; although I have never heard this term before, it seems deeply familiar to me. Something is illuminated from within and without, is brightened and can rise into clear consciousness. Something is completely permeated by light.

After consulting *Peter Tumminello*, he believes that Pele's Hair clearly meets the criteria of gemstones; he describes Pele's Hair as a rarity that is valuable, particularly in a spiritual sense, and of unique beauty. Although its stability and durability are limited, comparable to those of pearls, which are nonetheless also valuable. These are spherical pyroclasts, similar to precious and semi-precious opals, which are very rarely found. There is also a strong resemblance to amorphous obsidian, which has no crystalline structure, a gemstone that is also used in the treatment of (psychological) trauma.

- In his analysis of the dreams from the examinations, Tumminello also recognises the connection to gemstones. He points to recurring themes such as spirituality, jewels and money, the maintenance of systems of order, as well as a strong presence of bodily excretions. A dominant association with colours, such as gold and champagne in the dreams, is striking and may also bring gemstones to mind.

Differentiation of Pele's Hair in comparison to Basalt and gemstones

The symptomatology from the trial records and case histories of Pele's Hair differs from that of the basalt remedies known to us through a rich symbolism and a refined dynamic, which resembles that of gemstones.

The fundamental patterns in the subject matter of Pele's Hair are very similar to those of basalt, yet they are animated quite differently. The sensations are associated with very specific, imaginative, pictorial associations, such as: The flow of life is perceived along the energy channels from bottom to top... With basalt, on the other hand, it simply states: Everything pushes upwards. The same symptom reveals a further difference: The flow of life is perceived along the energy channels from bottom to top and *brings lightness*. In the descriptions of Basalt, there is no trace of lightness; on the contrary, here it simply states: Everything appears grey.

An intensified urge for freedom, heightened energy awareness, a striving for order with a demand for perfection, as well as a longing for joy, lightness and clarity are typical metaphors that are not found in Basalt.

Basalt becomes rigid in its patterns and regains its integrity through a regeneration of the inner flow. Pele's Hair, on the other hand, is subject to a process of transformation; forces of nature create violent turbulence, which dissolves the inner structures and causes intense confusion, resulting in distance and isolation. The new structure of order needs to be understood and grasped. Inner driving forces, such as an insatiable longing for liberation and a quest for greater clarity, ultimately enable a personal process of transformation towards a higher sense of self-awareness.

This healing impulse from Pele's Hair enables the unification of inner opposites. The unbearable heaviness of basalt is transformed into a lightness of being through the process of transformation.

The following comparison of two statements that are almost indistinguishable from one another should give an inkling of the subtle yet precise difference between basalt and Pele's Hair:

During my research, I came across strikingly similar statements that hint at the difference between basalt and gemstones. In a HAMSE with C30 of Stromboli lava, a tester quotes a saying by the Archangel Chamuel: 'My heart is filled with the flame of love.' The message of the remedy, which reached me during my C4 trituration of Pele's Hair, is: Love blazes in the heart, and with it joy. The common, presumably basalt-specific statement here is the realisation of the warming quality of the flame at the level of the heart. However, the blazing of the flame and the realisation of joy as an expression of a more intense energetic perception reveal a subtle, sensitive distinction.

The effect of Pele's Hair is thus reflected in particular in the mental and spiritual themes of the 6th and 7th chakras. Only through the process of becoming aware do stagnations begin to flow again. With basalt, the effect relates more strongly to the warming of the heart's energies, which primarily foster a sense of reconciliation and reawaken trust in the rhythmic flow of life energy, as an expression of the themes of the 4th chakra. The driving forces supporting this process originate from the 2nd chakra, the centre of the body's fundamental rhythms.

In Pele's Hair, therefore, the specific characteristics of basalt are combined with those of gemstones.

If, in patients with typical symptoms indicative of basalt, the theme of gemstones is also clearly recognisable, then Pele's Hair is really the only remedy that comes into consideration.

Pele's Hair has a profound, long-lasting effect and expands consciousness.

Pele's Hair, a trauma remedy

Based on my experience with trituration, I soon began treating patients with the remedy, based on an understanding which I shall attempt to outline below.

In most cases, these are predominantly people with unresolved, profound traumatic experiences in their own past or within their family system.

Analogous to the formation process of Pele's Hair, which is subject to very specific and extremely violent physical conditions—so-called 'whims of nature'—comparably intense, similar circumstances affecting an individual can have a lasting influence on, disrupt or shape patterns of sensation and perception.

The intense emotional impressions and associations triggered by a shock-like physical or psychological trauma in those affected are usually perceived as too 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 be found. To avoid pain, the perception of what is happening externally is no longer sufficiently linked to the feelings within. The suppression of feelings therefore also leads to misunderstandings in associative and communicative interaction with the environment. Such people feel misunderstood, hurt and offended; they withdraw further into themselves and become rigid in their own patterns. Their experiences are perceived only from a distance; they resemble fleeting images that leave no lasting impression. It is difficult for such people to engage in relationships that need to be lived.

They also perceive themselves as separate from their inner selves, with a desire to recognise and feel themselves more clearly. They are, so to speak, constantly searching for the

awareness of their true selves, which is locked away somewhere deep inside and to which access seems barred. How, then, are they to stand by themselves?

They may also perceive themselves as something special, not quite belonging, which makes them feel both sad and angry, whilst at the same time they suffer from their vulnerability and fragility. They try to compensate for their lack of stability by desperately striving to build intact structures of order around themselves. In doing so, they perceive themselves as either having heightened or diminished energy awareness. They often overburden themselves excessively, which ultimately leads to exhaustion, or they opt for withdrawal from the outset, due to a lack of drive.

What distinguishes Pele's Hair from other trauma remedies?

There is something overwhelming and inescapable about the trauma that leads to Pele's Hair. However, this is by no means a case of deliberate violence, but rather an act of arbitrariness that is neither planned nor predictable, triggered by forces of nature, accidents, times of war and upheaval, death and the loss of close relatives, but also by formative, abusive or violent relationship conflicts that are primarily based on acts of passion. The trauma is so overwhelming and oppressive that it leads those affected into a kind of hopelessness, thereby blocking their path back to the reality they once lived. They flee into exile, free from threat, yet trapped in their own isolation. They feel their integrity has been undermined and are outraged by this. Frozen in grief and anger over their profound loss, they live a life of insecurity, defiance and denial, yet they are filled with a deep longing for a healing, liberating way out that would enable them to lead a free, autonomous and individual life. They seek liberation.

It was striking and particularly noteworthy that, following treatment with Pele's Hair, some patients underwent a consciousness-expanding process which, in turn, brought about a developmental step that opened up entirely new perspectives, characterised by greater clarity and joy in life.

Indications for Pele's Hair

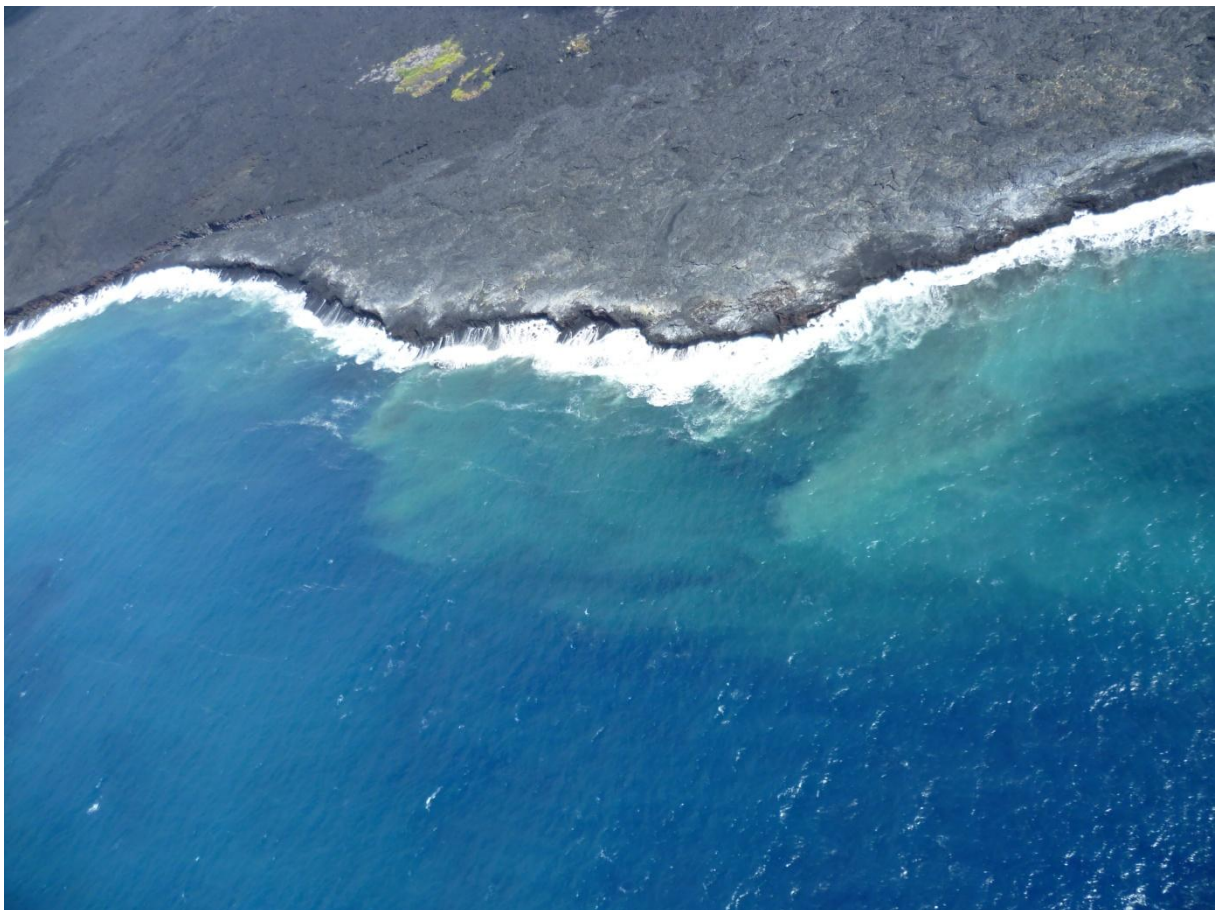
Trauma in the aetiology is certainly the primary consideration when selecting this remedy. Pele's Hair is also a remedy I consider when I recognise in patients a limited or severely irritated sensory perception, leading to a lack of emotional responsiveness, which makes them feel insecure in their self-reflection on the environment. They strive to come to terms with themselves and bring more clarity and structure into their lives. They either suffer from a lack of drive or tend to overburden themselves.

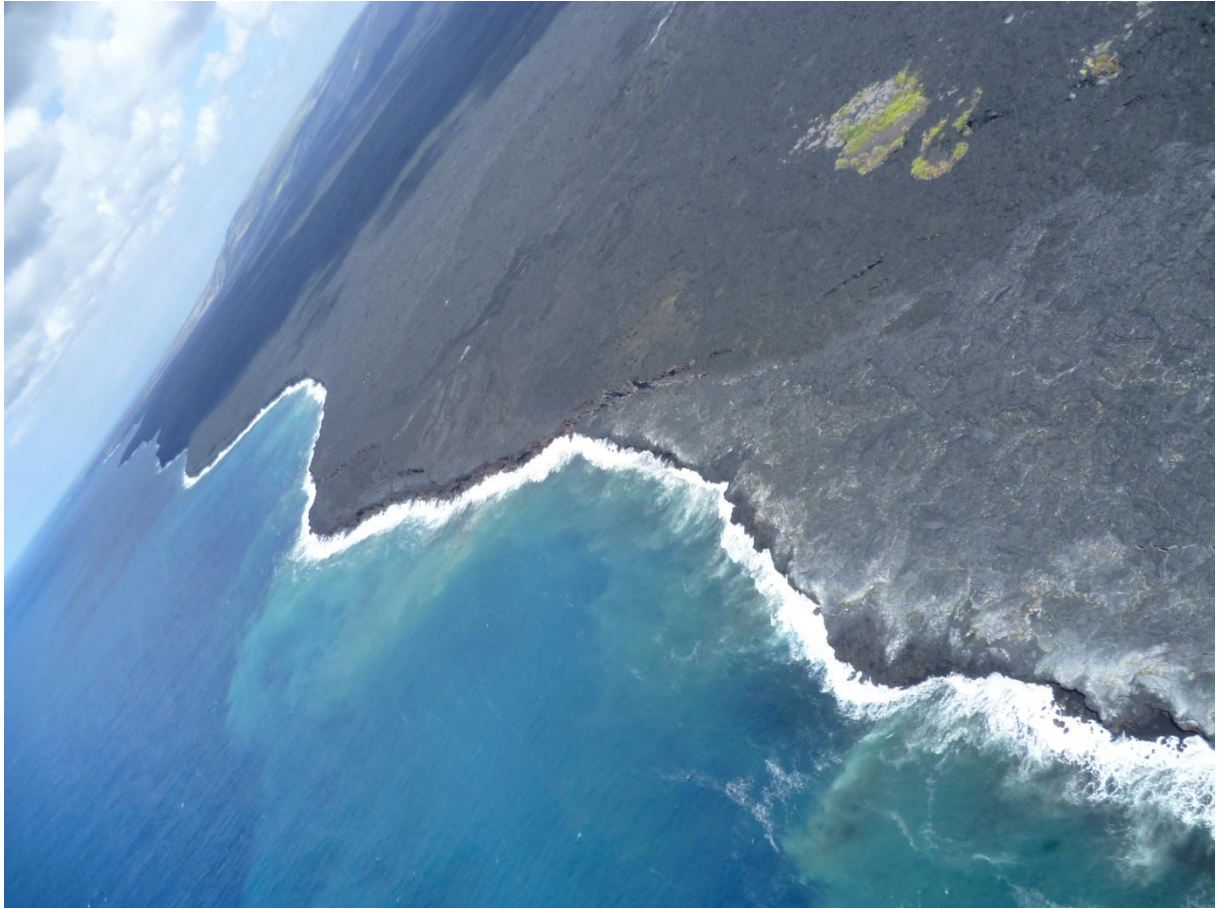
Psychosocial behavioural disorders, lack of drive and difficulty expressing oneself, feeling overwhelmed, depression with an insecure personality structure, eating disorders, psychovegetative disorders, panic attacks and dissociative problems can all be manifestations of such a disorder at a psychological level.

Illnesses at the organ level can be attributed to an impairment or blockage of the regenerative, rhythmic flow of life energy underlying this specifically disrupted information process. I am already familiar with this from my experience with basalt remedies (see differentiation from Basalt).

Disorders manifest themselves particularly in organic regulatory systems that are primarily dependent on rhythmic regenerative processes. The skin and mucous membranes, bones, blood circulation, blood-forming organs, the lymphatic system, the menstrual cycle, autonomic regulatory disorders, vasomotor disorders and sleep are primarily affected. Complaints such as headaches, dizziness, sinusitis, tension, sensory disturbances and vague abdominal complaints are common. Impairments of the immune system, such as allergies and susceptibility to infection with delayed regenerative capacity, are also observed. A positive effect has also been observed in autoimmune diseases such as multiple sclerosis, rheumatism and Hashimoto's thyroiditis.

I found a strikingly high frequency of references to blood disorders, such as leukaemia, in patients' family histories, as an expression of a systemic blockage of the flow of life. The symptoms are generally profound and persistently long-lasting.





Clinical prescriptions of Pele's Hair

A. Prescriptions of Pele's Hair with a thorough and lasting healing effect

1. KG- G. G., patient, male, born 1943

This case history was presented at the LMHI Congress 2012 in Nara, Japan

Diagnosis: Depression

He was the second youngest of 12 children. His childhood was marked by conflict and violence within the family. He was a nervous and troubled child. By the age of 14, he was already having to take medication to 'calm his nerves'. At that time, he withdrew into himself at home, refused to enter the workforce and shunned society for several years. Later, he worked as a labourer on construction sites. Due to the heavy physical labour, he took early retirement at the age of 54. He never married, but once had a long-distance relationship with a woman in Switzerland for a short time. Essentially, he only had contact with his family; he had no friends. At the age of 57, he had a cycling accident. He suffered a fracture of the left patella, which required surgical treatment. Following this trauma, his psychological condition worsened. He experienced panic attacks with severe tachycardia,

which repeatedly necessitated emergency medical interventions. Despite a wide variety of therapies, his condition could not be satisfactorily managed.

It was back in 2001 that the patient came into my care. He gave the impression of being introverted, a man with lively eyes who seemed to be trapped within his own body. He appeared almost to be in a cataleptic state.

Complaints and symptoms:

- . Aversion to work.
- . Reduced activity, busyness, and engagement (lack of motivation, worse early in the morning, did not want to get out of bed and engage in any activity, puts off every task).
- . Anxiety in crowds.
- . Fear of not recovering from his illness.
- . Feeling watched, feeling that others are watching them, which exacerbates the symptoms.
- . Symptoms triggered by people approaching
- . Symptoms caused by violence and violent acts
- . Symptoms triggered by injuries or accidents
- . Depression with a cataleptic expression
- . Distant, withdrawn, shy.
- . Withdrawn into oneself.
- . Emotions, trapped.
- . Feeling as if trapped within oneself.
- . Joyless.
- . Restlessness, nervousness
- . Restlessness, whilst lying down and sitting during the day.
- . Dulled, weakened senses.
- . Dizziness, loss of balance
- . Dizziness whilst speaking to people.
- . Dizziness, in the presence of others
- . Strange sensations in the head and legs when surrounded by people.

- . Headache in draughts
- . Sweating on the forehead and neck, worse during sleep and upon waking
- . Tinnitus, for many years
- . Frontal sinusitis, left side, worse in draughts, better after vomiting.
- . Mouth, dryness
- . Throat, pain after cold drinks
- . Heartburn, after sweets
- . Urination with low pressure
- . Nocturia
- . Tingling sensation in the chest, prevents lying still, worse during the day.
- . Heart palpitations, sudden onset, accompanied by a feeling of anxiety.
- . Rapid heartbeat during panic attacks, after excitement, due to troublesome business matters.
- . Joint wear and tear following heavy work
- . Pain in the left knee (post-traumatic)
- . Trembling of the hands, worse when thinking about his symptoms and worse when he feels he is being watched.
- . Dreams, not remembered
- . Loss of appetite
- . Thirst, reduced
- . Aversion to beef
- . Craving for pastries
- . Shaky, general

From the medical history:

- . Years ago, he suffered from a drug-induced rash, which cleared up following treatment with cortisone
- . He developed left frontal sinusitis after being exposed to a draught, but this improved following vomiting

. Generally, his condition worsened in company, when thinking about it, as soon as he felt he was being observed, and in draughts

. Improvement through vomiting

. He goes to bed at 9.30 pm, lies awake for a long time, thinking about his symptoms. Wakes up at 3 or 4.30 am

Treatment:

For several years, I treated my patient with Calcium Carbonicum in ascending dilutions, as well as Medhorrinum and Petroleum as interim remedies. He felt better, but many of the symptoms had only improved slightly. The result was unsatisfactory.

In June 2010, I prescribed Pele's Hair C200 for the first time and had him repeat the dose a month later. The result was astonishing. By August, he was already feeling significantly better; his vitality began to slowly recover and his constitution seemed to be changing. He felt balanced and displayed a joyful disposition that I had not seen in him before. He suddenly began to open up to the world around him and took an interest in it. From then on, it was much easier for him to leave his home and socialise. He felt at ease!

Physically, all the strange sensations disappeared; he sweated less and felt calmer. A slight tremor remained, particularly in the morning after getting up. However, one must also bear in mind that this is a man of almost 80 years of age. He now began to remember dreams. Dreams in which deceased people appeared. Already after the first dose of P.H., the previous rash returned and then disappeared again without any intervention.

Ultimately, my patient recovered from a condition that had accompanied him for almost his entire life. He has not visited me since August 2010. The success of the treatment was confirmed after I last sought his niece's opinion in October 2012.

Comment: The trituration of Pele's Hair had not been long ago, and my own, still very fresh, experiences confirmed the choice of remedy. I recognised the patient as being withdrawn into himself and unable to cope with the stimuli in his environment. I saw the cause of this as being an overload in the sense of a post-traumatic disorder in early childhood, which was further exacerbated by the subsequent bicycle accident. I found the expression in his lively eyes, in combination with an almost cataleptic general condition, to be quite peculiar and distinctive. This circumstance lent a certain dynamism to the man's frozen state. His eyes resembled those of a child, full of confidence and hoping for salvation. In retrospect, it seems as though he had never given up hope.

2nd floor – F.E., female, born 1954

The patient has been under my care since 2008, when she was diagnosed with 'burnout syndrome' and panic attacks.

The patient suffers from seropositive rheumatism, which is a great burden to her as she teaches PE at a school.

She was only thirteen when her mother died of cancer. She was in a state of shock when she learnt of her mother's illness at the age of 13; her mother passed away on the day of her school-leaving ball. This led to the development of a coping mechanism linked to this trauma: "I can manage everything on my own" and "I won't get involved in an intimate relationship again, because it might end up disappointing me once more". Her maternal grandmother died of a "broken heart" shortly after her daughter's death. Her paternal grandmother also died in an accident whilst trying to save her four-year-old son – the patient's father – from an oncoming car. One of her father's brothers was killed in the war. Her father died suddenly of a blood disorder 18 years after her mother's death. She has no contact with her sister.

She has three adult children and a partner whom she never married; she always wanted to remain independent. Essentially, he never had a say in matters concerning the family and the children, although she accused him of not really getting involved. The children have always taken precedence over her partner. She goes on regular trips, which often take up the entire school holidays, entirely on her own, without her husband. One day, he begins to gradually withdraw from her without giving a reason. She refuses to accept this and is consumed by grief and anger at the impending loss of their relationship. This drags on for years until he finally initiates the separation of property and, bit by bit, dissolves everything they shared. She is filled with indignation, refuses to accept it; the subject of separation is unbearable to her and she is utterly at a loss to understand this seemingly hopeless situation. She is incapable of thinking about anything else. This leads to persistent sleep disturbances and pain in her joints, particularly in the mornings. She is constantly irritable and upset and feels deeply hurt.

In January 2012, following a noise-induced trauma in the gym, she suffers sudden hearing loss, followed by tinnitus in her left ear. After a hospital stay and immediate infusion therapy, she is in a state of agitation. She is trembling, as if facing a difficult exam. Her ears feel blocked, as if descending in a lift. She remains sleepless and suffers from her weakness. She feels the blood rushing through her veins, in her fingers and legs. Feelings of heat and hot flushes are unpleasant accompanying symptoms. Her feelings of hatred towards her partner intensify; she cannot understand why he wants a separation. Full of hatred and grief. Rare tears.

Attempts at treatment with Acidum Muriaticum, Natrium Muriaticum, Calcium Muriaticum, Natrium Causticum and other remedies yield no decisive success. In June 2012, I prescribe Pele's Hair C200 for three days.

In September 2012, she returns for a consultation. She looks '10 years younger'. She spent the summer holidays in Ecuador and the Galapagos. She had a fling with her language

teacher. The whole summer was just lovely, she said. Now she can appreciate the finer things in life again. She felt healthy and fit. The insomnia has completely disappeared.

In November 2012, I bump into her at the funeral of a mutual acquaintance. She is still doing well. Her former partner, from whom she has long since separated, is also present. There are no unpleasant emotions when the three of us strike up a conversation. The hatred and grief over the loss of the relationship have clearly transformed. She was suddenly able to recognise the causes that had inevitably led to the break-up.

Symptoms resolved:

- Fear of not being able to cope on her own
- Fear, existential fear, due to the early loss of her mother
- Annoyance, anger, rage at injustices
- Annoyance, anger, rage, due to the loss of the relationship
- Annoyance, anger, rage, alternating with sadness
- Wants to break out, flee, from home, wish for her mother's death.
- Complaints following shock
- Discomfort caused by empathy when loved ones are in pain
- Discomfort caused by the unexpected loss of loved ones, feeling shocked by it
- Discomfort caused by injuries, accidents
- Symptoms caused by hurt feelings, accompanied by disappointment and indignation
- Symptoms caused by hurt feelings
- Coping: unable to cope with things any longer, overwhelmed by emotional stress and work-related stress as a PE teacher
- Distant from her partner, belittling him in his role as a responsible family man.
- Lacks boundaries in relationships, finds it difficult to set limits with her children and partner
- Thoughts of people who have hurt her; cannot think of anything else
- Desire for freedom
- Feelings of hatred
- Struggles with learning; had to repeat Year 9 at secondary school; didn't want to go to school anymore
- Distrust
- Distrust, feeling of being bullied by colleagues.
- Irritability, gets upset over trivial matters, feels attacked and reacts as if hurt
- Sadness, depression alternating with anger and annoyance
- Feeling of abandonment
- Despair mixed with a sense of incomprehension, due to the threat of being abandoned
- Despair following the death of her mother, left utterly on her own
- Increased crying
- Headache caused by stress

- Sudden hearing loss following a loud noise
- Tinnitus in the left ear following a loud noise
- Ears feel blocked, as when travelling down in a lift, following acoustic trauma
- Symptoms arising from the menopause
- Late menarche, not until the age of 17
- Hot flushes during the menopause
- Hot flushes during the menopause
- Heart palpitations at night
- Breathing with a feeling of tightness
- Fear of not being able to breathe properly
- Pain, joints, rheumatic, in the morning upon waking
- Pain, joints, rheumatic, wandering
- Pain, knees
- Pain, wrists
- Feels blood rushing through fingers and legs, following a blow
- Skin, dry
- Sleep disturbed, at 2 am, 4 to 5 am
- Difficulty falling asleep, due to intrusive thoughts
- Sleepless, due to thoughts of an argument with partner
- Tiredness, during the day
- Shaky, as before a difficult exam, following a loud noise
- Feeling of weakness, following a loud noise
- Loss of appetite
- Reduced thirst
- Libido reduced before treatment (15 years without sex) – increased afterwards (holiday fling)

Comment: I identify the underlying issue requiring medical intervention in the traumatically disrupted relationship pattern, which was triggered by a cumulative, repeated trauma of loss within the family system and created the following associated compensatory pattern: “I can manage all this on my own” and “I will no longer commit to a relationship, as it could be disappointing for me again”. She reacts with hurt, indignation, and is filled with grief and hatred. A key aspect of the whole situation is that she does not want to be restricted in any way. There is a great, almost irrepressible urge for freedom, autonomy and recognition.

The remedies with which I previously treated the patient are: Calcium Muriaticum, Neodymium Metallicum, Staphisagria, Causticum, Natrium Causticum, Ignatia, Natrium Muriaticum, Acidum Phosphoricum.

3. KG- H.I., female, born 1986

The patient came to me for treatment in October 2011, shortly after the death of her mother in August.

She consulted me regarding adult acne, which had developed in the preceding months, as well as a weakened immune system. Within a year, she had been prescribed antibiotics on four occasions. She was constantly suffering from colds and felt run down. She declined the recommended long-term course of antibiotics for the acne.

As the medical history revealed, she had been severely overwhelmed since her mother fell ill. In May 2010, her mother told her – as the only one in the family – that she had been diagnosed with stage breast cancer; at the same time, she also informed her of her father's serious illness, as he was suffering from leukaemia. This came as a shock to her and was extremely stressful, as her mother subsequently refused all medical treatment. She therefore bore some of the responsibility for this situation. In addition to her own family (husband and toddler), she had to care for her mother until she died. Her father, on the other hand, is still undergoing treatment for his leukaemia. It was a difficult, stressful time. She constantly shared in her mother's suffering; her mother cried a lot and suppressed everything. It was very stressful for her on every level, she says, describing the circumstances.

She was the eldest of the siblings; her mother had lost two children before she was born, which is why the bond between her and her mother was so close. Her parents' relationship was always problematic. Her father used to hit the children with his fist. Her father's mother always took her son's side. The three younger siblings had health problems (hypoplastic kidney, osteosarcoma), so they were not resilient. It turned out later that, in her own helplessness, her mother had always dumped the problems onto her eldest daughter.

She had changed drastically over the past year and a half, ever since she had been burdened by her parents' fateful illness. She had never spoken out before; she had been a model daughter-in-law. But then she felt let down by everyone, especially her husband and her in-laws. Out of frustration, she sought understanding from a lover who was more of a support to her than her husband, though this secretly weighed on her even more. She felt like a stone and had the sensation that she could not grieve properly. She could not cry either; everything was stuck, all those emotions. The fact that she had swapped roles with her mother meant that, as a form of self-protection, she could no longer perceive any feelings (the patient's own words). In her mind, the funeral still seemed completely unreal.

Prescription: After treatment with Acidum Phosphoricum failed to produce the desired result, I prescribed Pele's Hair C200, one dose on three separate days. Second consultation after 3 weeks: A few days after taking the remedy, she began to cry. She cried for hours, and since then everything has improved. She was able to allow her feelings to surface again. Before that, she had been unmoved by any emotion, towards anything. She had felt like a stone. The acne quickly worsened, but after three weeks her skin was already much clearer than at our first meeting. She also felt completely healthy during this time. However, her

attitude towards her partner had not changed, which is why I advised her to see a psychologist. I have not treated the patient since then. She is in good health and presents the image of a woman full of joie de vivre. She is now divorced.

Note: The statement: 'Everything was stuck, I couldn't cry,' evoked associations in me with my own personal AMSE experiences with Basaltic Lava.

Furthermore, I prescribed Basaltic Lava to a mother who lost her son in the Kaprun disaster (the victims' bodies were literally melted by the intense heat!). This distraught woman could not cry. She was so shocked. Her condition was as follows: unbearable headaches in the forehead area, a feeling of pressure on the sternum, as if all emotions were blocked in the heart area and could no longer flow. Everything was stuck. There was no way forward or back! She was deathly pale and suffering from nausea. Basaltic Lava M administered over three days brought about an improvement in this condition.

However, the effect of Pele's Hair on this patient was far more convincing and profound.

Follow-up: I met her in August 2013. She has been through a lot since my treatment; her life has completely changed. There was a great deal of turmoil associated with the divorce and it took a long time to come to terms with the past. Now, however, she feels reborn and has become a self-assured, positive woman. She has never felt like a stone again!

Symptoms resolved:

- Complaints caused by empathy with the pain of loved ones
- Discomfort caused by shock
- Complaints caused by the unexpected loss of loved ones, feeling shocked by it
- Complaints arising from violence or violent acts
- Coping, unable to cope with things anymore, overwhelmed, psychologically and mentally.
- Distant, emotionally
- Distant, towards her husband, looks down on him, feels let down by him
- Emotions, suppressed
- Emotions, stuck
- Sensitivity, psychological and physical
- Sensitivity, lack of: she could no longer perceive any feelings as a form of self-protection
- Sensations, feels like a stone
- Feeling of being let down
- Indifference, alternating with irritability
- Indifference, when struggling against disproportionately adverse circumstances (DD Acidum Phosphoricum)
- Senses, dulled, weakened
- Feeling of being in a trance; her mother's funeral seemed completely unreal to her

- Grief, suppressed
- Feeling of abandonment
- Crying, increased
- Crying, impossible
- Cyst, right ovary
- Adult acne
- Susceptibility to infection

Comment on the symptoms indicating the need for medication: She felt let down by everyone, felt like a stone and had the sensation that she was unable to grieve properly. She could not cry; everything was stuck, all her emotions. Out of self-protection, she could no longer perceive any feelings. A trance-like state at the funeral. The key factor is the dynamic: she perceived her constricted state as so threatening that, without thinking, she engaged in acts of defiance intended to help her perceive herself better and to be able to express herself more freely. That is why, out of frustration, she sought out a lover who was more of a support to her than her husband.

4. KG- P.U., female, born 1976

Diagnosis: Multiple sclerosis since 1993, primary lymphoedema in both lower limbs

Under my care since February 2002, with additional Betaferon therapy. For the first four years, the patient was treated with Lachesis, then I switched to the lanthanides. However, her symptoms never completely disappeared, although she felt well treated. In April 2010, two years after her last relapse, she told me about her situation: there is a lot of stress at work, and she commutes to Vienna. She now has a boyfriend who has a son, and emotionally it is all too much for her. She is often in a bad mood, grumpy and irritable, and snaps at people. She suffers from extreme tension. Her menstrual cycle is irregular, and whenever her period starts, she notices the residual symptoms of her last flare-up in her right arm and leg. She feels the paraesthesia in her bottom and the soles of her feet all the time anyway.

In general, she tended to invest too much energy in relationships and jobs, to the point where she no longer perceived or felt herself, so to speak, losing touch with her own self. She then became irritable towards those around her; it all became too much for her and she withdrew, leaving her job and boyfriend behind. This was usually accompanied by a drop in energy, followed by a flare-up of her condition. That is why I prescribed the remedy that had served her well for years: Holmium Muriaticum.

In June 2010, she came back to see me following a severe flare-up. She felt miserable. She had never experienced such a severe flare-up before; she had to be given cortisone five times, and afterwards she was in a very poor mental state; she had cried a great deal and felt quite unstable. She suffered from paraesthesia from her feet up to her chest, which only

gradually improved. Her thoughts were preoccupied with her late grandmother, with whom she had grown up. She had never wanted to acknowledge her death; everything was as if veiled, for it was precisely at that time that the MS had manifested itself.

Prescription: Pele's Hair C30. Follow-up after three weeks, having taken a total of 7 doses of the remedy. After the first dose, she had simply cried because her grandmother's death weighed so heavily on her. After the second dose, she had calmed down; her mood then began to improve and she became more enterprising again. The MS symptoms gradually subsided, apart from residual symptoms in her left wrist. Even the symptoms from the last relapse prior to this had disappeared. She developed a rash on her forehead. What was new was that she was able to stand at her grandmother's grave in the cemetery. Thanks to the effect of the remedy and several subsequent systemic constellations (which she had strictly refused until she began taking P.H.), she was able to recognise a connection and an unconscious adoption of her deceased grandmother's fate, and thereby distance herself from it. Her grandmother's fate had been shaped by the fact that, as a refugee during the Second World War, she had lost all her possessions and all her relationships and had never come to terms with this fate herself.

Here, one can very clearly see the awareness induced by the remedy in the patient. We decided to continue taking Pele's Hair C 30 as needed. The patient has had no further flare-ups since then.

Symptoms resolved:

- Activity, busyness, increased, performance-oriented
- Anger, rage, indignation; injustices cannot be tolerated
- Anger, rage, fury, sudden = short temper
- Coping, can no longer cope with things, overwhelmed by emotional and mental stress. "It's all too much for her"
- Distant versus close in relationships and with oneself
- Emotions, suppressed feelings are released
- Sensations, has no place in her own body
- Desire for freedom, increasing
- Thoughts, constantly thinking about her late grandmother
- Clarity: the underlying issues and problems behind the symptoms come to the fore; a connection can be made; previously, everything was veiled – HS
- Suspicious
- Striving for perfection
- Irritability, mood swings rapidly
- Irritability, moody, bad temper, grumpy and unpleasant, snaps at people
- Need for peace and quiet, withdraws, wants to be left in peace
- Feeling of being in a trance, unable to recall past events clearly, everything felt as if veiled
- Grief, suppressed

- Crying, more frequently
- Dizziness, feeling as if walking on cotton wool
- Dizziness, cervical
- Vision, blurred
- Rash, forehead
- Tension in the neck muscles
- Frequent urge to urinate
- Menstruation, irregular
- Menstruation: before and at the onset, she experiences residual symptoms of MS relapses
- Palpitations, due to emotional stress
- Sensations in the legs, 'not responding'
- Oedema, swelling, lymphoedema, lower limbs
- Numbness, outer neck, left shoulder Numbness, buttocks
- Numbness, soles of the feet
- Disturbed temperature sensation, extremities
- Numbness, upper limb, left
- Numbness, left thumb and index finger, coming and going
- Tired, extremely tired
- Movement improves
- Everything worse in the morning
- Smoking, craving

Comment: She tended to invest too much energy in relationships and jobs until she no longer perceived or felt herself, losing touch with herself, so to speak. Then she became irritable towards those around her; it all became too much for her and she withdrew, leaving her job and boyfriend behind. The impending loss of her own autonomy forced her to withdraw. She did not want to be restricted, and was constantly seeking liberation and integrity.

B. Prescriptions of Pele's Hair as an interim remedy and in acute treatments with limited healing success

The selection of symptoms is specific. These are symptoms that disappeared after taking Pele's Hair (either permanently or for a specific but distinct period of time), and are therefore to be regarded as remedy-specific.

1. G.P., female, born 1972

Single mother, emotionally unstable, very tearful, disappointed following a failed relationship and repeated job rejections, feels adrift, as if controlled from outside. Her concentration is poor; she cannot follow conversations as her thoughts wander. She is constantly tired and listless, and physically she suffers from severe cervical tension. She has been unemployed for a long time and does not know how to move forward. She is emotionally unstable. She had always felt abandoned by her mother. When she was 22, her best friend died in a fatal accident whilst performing in a dance show, in her presence; she had never really come to terms with this shock, as her friend was her closest confidante.

Prescription: Pele's Hair C200, one dose on three days

Follow-up after 5 weeks: She feels calmer and more confident (even though her situation has not changed and there is still no prospect of a job). Her emotions have stabilised again, for the first time in a long while. The tension in her neck has gradually eased and the constant tiredness has gone for good.

Her concentration has not improved, and other key symptoms remain unchanged, so I am continuing the treatment with Acidum Phosphoricum, which is helping her further.

Improved symptoms:

- Disturbances caused by the unexpected loss of loved ones, such as being shocked by this
- emotional agitation, emotional tension, irritability, mood swings
- Tension in the neck muscles
- Sleep is good and sufficient, yet she does not feel rested

Comment: This patient showed no indignation, no anger. Sadness was the emotional focus here, which is why treatment with Acidum Phosphoricum proved to be more effective. Nor did I detect any desire to free herself from a perceived oppression or threat.

2. H.M., female, born 1988

Diagnosis: Depression with avoidant personality disorder

I treated the patient with homeopathic therapy from September 2009 to December 2011 as a complement to drug therapy with neuroleptics and psychotherapy. No significant or lasting improvement was achieved.

Prescription: Lava Kilauea C30 from June 2010 to April 2011

She is a very withdrawn young woman; everything got worse after her A-levels when her twin sister broke up with her (she felt abandoned), towards whom she had always felt her mother treated her unfairly. She is the second of the twins, was delivered by forceps and was not breastfed.

Mental state: sluggish, insecure, tense and tearful, lack of interest and joy, emotionally suppressed, unmotivated, avoids socialising, difficulty concentrating. Longing for contact and relationships.

Physical complaints: Nausea, dizziness, headaches, recurrent earaches, insomnia, palpitations, clammy hands. Shows scratch marks on her body, cites itching as the cause. Frequent gum inflammation.

During the course of treatment with Pele's Hair, there was only a slight improvement in her symptoms. After the first doses of the remedy, she cried a lot, smiled a little more often and was somewhat more open. She told me more about herself.

Physically, however, her hearing deteriorated; there was suddenly a clear case of serous otitis media on both sides, and the itching on both arms became more pronounced. Over the course of the months, the treatment's success visibly waned and I changed the remedy.

Comment: Although I treated the patient for more than two years, there was no sustained improvement in her symptoms, even after trying other remedies such as Cerium phosphoricum, Natrium phosphoricum and Calcium bromatum; psychotherapy was also largely unsuccessful, and psychotropic drugs failed to produce the desired results. I have no explanation for this.

3. H.C., female, born 1954

Diagnosis: Progressive systemic scleroderma

Treatment of the patient since October 2008

A single dose of Pele's Hair C200 was administered in July 2010, after she had been persistently tired and listless and felt that her rhythm had been disrupted. She felt pressure in her maxillary sinuses and above her sternum, as well as pain in her left shoulder.

After taking the remedy, she developed itching in her neck (a new symptom), which lasted for two weeks. A further two weeks later, she came to see me and felt generally well rested. She had slept well during this time, better than usual, and had no heavy legs despite the summer heat. Everything took a turn for the worse as soon as her husband returned after a few weeks' absence. Change of remedy.

Temporarily relieved symptoms:

- Restlessness, lower limbs
- Heaviness, lower limbs, in warm weather
- Frequent waking at night

Comment: The patient's primary concern was maintaining her autonomy within her relationship. She felt threatened and constrained by her husband's dominance; there were constant arguments in the marriage and she was constantly seeking liberation. There is no indication of a traumatic event to which her complaints could be

attributed. Snake remedies such as Lachesis, Cenchris and Elaps helped her well. Dysprosium Sulfuricum provided profound relief.

4. M-L. S., female, born 1972

Desire to have children, in treatment since March 2012

The patient's confidence in her ability to have a child had been shaken, as she had experienced emotionally stressful long-term relationships in the past (one partner was infertile following penile surgery, another was HIV-positive) and her grandmother had witnessed her own child die during the war whilst fleeing. This grandmother later died of leukaemia. She internalised her grandmother's grief.

Symptoms: frequent headaches, including migraines with visual disturbances on the left side, susceptibility to stress, PMS, dysmenorrhoea, allergies, occasional palpitations, bronchitis.

In April 2012, I prescribed Pele's Hair C30 twice weekly for 4 weeks. Afterwards, she felt stronger and was able to set clearer boundaries with her colleagues, which reduced her susceptibility to stress. No headaches, no migraines. She was better able to cope with her qualms regarding her past relationships. Improvement sustained. Regarding her desire to have a child, I continued to treat her with Folliculinum. One year after this treatment, she became pregnant as desired.

Symptoms resolved:

- Desire to break free, to flee, to get far away from home
- Wanting to break free from petty-bourgeois structures
- Discomfort caused by empathy with other people's pain
- Discomfort caused by empathy with her grandmother's grief
- Discomfort caused by emotional stress
- Discomfort caused by the unexpected loss of loved ones, feeling shocked by it (systemic strain caused by grandmother's fate)
- Lack of distance; clear boundaries with colleagues and in relationships are impossible
- Headache
- Migraine aura, with visual disturbance on the left, temporarily unable to see anything, without a headache
- Rash on the outer neck
- Menstruation, as if blocked, with pain throughout the lower abdomen
- Menstruation, increased sweating

Comment: In this case, the key symptoms determining the remedy are present, represented by the trauma specific to the condition and the patient's desire to be freed from this fate. As I had not heard from the patient for a year and was only informed of the pregnancy at the beginning of August 2013, this case history is

classified under the heading 'conditionally cured', although all the criteria for a cure are now met.

5. K-L.C., female, born 1964

Diagnosis: Uterus myomatosus, Hashimoto's thyroiditis

Treatment since May 2012

Central issue: Has always felt left to her own devices; everything was her fault. In childhood, her father was violent; she had to fend for herself far too early. As a child, she never felt properly cared for, only tolerated. To avoid the danger posed by her father, she never wanted to stand out and showed no emotions. Later, in her own family, she took on all the responsibility and constantly overburdened herself.

In June 2012, prescribed Pele's Hair C200 for three days. She felt more relaxed, open and talkative afterwards. Feels more at peace with herself.

Subsequently, I prescribed other remedies, as there had been no change in the local situation, i.e. the gynaecological symptoms accompanying the fibroids, such as dysmenorrhoea, PMS, etc.

Comment: The prescription was based on the post-traumatic stress disorder in conjunction with the feeling of abandonment and her repressed emotions. She had a strong desire for clarity in her life situation, yet did not feel constrained and had no need for change in her life. Treatments with Aurum Muriaticum, Sepia and Calcium Muriaticum also failed to produce a decisive therapeutic success.

6. P. K., female, born 1955

Diagnosis: Recurrent parotid carcinoma, granulomatosis of both lungs (differential diagnosis: lung metastases)

Under my care since January 2010, after the patient had discontinued all conventional medical therapies because they made her feel unwell and the tumour kept recurring.

The patient's condition was brought to a largely stable state through treatment with Dysprosium Silicata in ascending Q potencies. The changes in the lungs have been known since 2010 and remain unchanged. As the patient refuses bronchoscopy with tissue sampling, no statement can be made regarding the nature of the multiple pea-sized lesions. Given the patient's stable general condition (she goes downhill skiing!), this is likely to be granulomatosis.

Since January 2011, I have been treating her with Pele's Hair C30 as an adjunct to Dysprosium Silicata, at irregular intervals until May 2013. She takes the remedy for sleep disturbances, accompanied by headaches and tension. There is also a certain inability to process her emotional stress. The remedy has had a positive effect on these symptoms; she has been much more relaxed and carefree ever since. The

symptoms mentioned occurred less and less frequently until they eventually disappeared completely.

Her childhood was marked by severe traumatic experiences within the family; abuse cannot be ruled out.

Improved symptoms:

- Annoyance, anger and rage over trivial matters
- Annoyance, anger, rage over injustices
- Complaints arising from violence and violent acts
- Complaints due to disappointment and indignation
- Discomfort caused by emotional stress
- Headache, throbbing, in the forehead, above the eyes, starting in the morning
- Pins and needles, due to scar tissue following facial surgery
- Mucus; thick, purulent clumps of mucus are coughed up from the bronchi in the morning, approximately one hour after taking the remedy (healing symptom)
- Tension in the neck muscles
- Numbness, fingers, in the morning
- Swelling, legs, with a feeling of pressure, in warm weather
- Sleep, disturbed, when falling asleep and staying asleep
- Sleep very light and superficial
- Sleep, disturbed, during a full moon
- Blood pressure, elevated, systolic and diastolic
- Fatigue, feeling completely worn out
- Feeling of heaviness, as if being pulled down or weighed down

A follow-up examination in June 2013 revealed that the changes in her lungs had increased; since then, her general condition has deteriorated again.

Comment: This patient exhibits the specific trauma associated with the remedy. The numerous disfiguring operations on her face have naturally driven her into withdrawal. This hopeless situation has made her sad and angry. She feels threatened above all by her illness. However, there is no need for a consciousness-expanding perspective; she almost always says that she is well, coupled with the wish that everything remains as it is! In addition to Dysprosium Silicata and Pele's Hair, I also prescribed Staphisagria and Cenchrus for her.

7. M. W., female, born 1957

Diagnosis: Depression, Hashimoto's thyroiditis, hypertension, C5-6 disc prolapse, isolated demyelinating syndrome Th1-2, menopausal symptoms.

Treatment since February 2007

Her problems include tachycardic cardiac arrhythmias and neurogenic symptoms. Anxiety, mostly caused by the unsettling symptoms of cervical syndrome, occurs

frequently. Emotional instability is a central issue, and mood swings are a daily occurrence.

In June 2010, I prescribed a single dose of Pele's Hair C200 for heart complaints and tension along the spine.

She subsequently reported in September 2010: Immediately after taking it, the usual neck tension returned, even whilst lying down, accompanied by headaches and sweating; this condition lasted a whole night. Following this exacerbation of her usual symptoms, there was an improvement that lasted three months. Her heart was quite well, and emotionally she felt freer. The hot flushes have become milder, despite the summer heat. During her period, she developed many cold sores. She has increased throat clearing with a scratchy sensation. She had nightmares about corpses. At times she was in a depressed mood and fell into melancholy when thinking about her past. Due to the frequent cold sores during her period and increased, often unfulfilled urge to urinate, she felt very distressed again, so I prescribed Sarsaparilla, which helped. After two months, she returned and reported that her heart symptoms had worsened again, whereupon I prescribed Naja. I do not know why I did not stick with P.H.

In February 2011, she suffered an accident resulting in concussion. Since then, she had become very anxious again and all her old complaints returned with greater intensity. Above all, she was nervous and tense. I repeated a dose of Pele's Hair C200. It was not until September 2011 that she returned, as she had been feeling well for so long. However, there was now a new diagnosis that was preoccupying her. Suspected multiple sclerosis, which was not confirmed in retrospect. Due to severe neurological symptoms, she had to be treated with cortisone. She did not continue with my treatment, so I am unable to provide a further assessment.

Symptoms that showed long-lasting improvement:

- Annoyance, anger and rage over trivial matters
- Complaints caused by injuries or accidents
- Complaints caused by shock following an accident
- Coping: unable to cope with things any longer, overwhelmed by emotional and mental stress. "It's all too much for her."
- Distant, withdrawn and shy
- Emotional agitation, emotional tension, agitated, mood swings
- Irritability, nervous, tense
- Irritability, gets upset over trifles, feels attacked and reacts as if hurt
- Irritability, mood swings rapidly
- Irritability, moody, bad-tempered, grumpy and unpleasant, snaps at people
- Calm, craving for, wants to withdraw, does not want to talk, hear nothing, see nothing
- Melancholy
- Crying, increased
- Dizziness, sudden, with fear of falling

- Headache, stabbing
- Visual disturbance, sees black spots
- Blurred vision
- Skin rash, cold sores, upper and lower lips
- Clearing the throat, due to a scratchy feeling in the throat
- Heart palpitations, irregular
- Frequent urge to urinate
- Palpitations, before menstruation
- Menstruation, accompanied by headache
- Libido, reduced Menstruation, delayed, with pain and very heavy
- Menstruation, with cold sores
- Tension in the neck muscles; turning the head feels as if blocked Lower back pain
- Tension in the cervical spine, when lying down, accompanied by headache and sweating
- Tension in the thoracic spine, radiating to the chest
- Tingling, sensory disturbances, upper and lower limbs
- Numbness, hands
- Tingling, soles of the feet
- Pain, ankles, stiffness in the mornings
- Pain in the thumb joints
- Waking up, at night, frequently
- Sweating, in the morning, after showering
- Hot flushes and feeling of heat
- Feeling drained
- Appetite, cravings
- Tired and listless, overwhelmed
- Shaky, exhausted

8. K.S., female, born 1982

Diagnoses: Depression, tension-type headache, sleep disorder, chronic gastritis, bilateral maxillary sinusitis, anorexia

Treatment with a combination of psychotropic drugs, psychotherapy and homeopathy.

From the medical history: A childhood marked by conflict. Her parents divorced when she was seven; her mother then disappeared for a while, returned and lived in the family home again, without looking after the family. Consequently, she took on responsibility for her younger sister and felt abandoned, as if betrayed. She now has no relationship with her mother, who has since remarried three times. A hatred of her mother and father has developed. However, she never lets her aggression out and is unable to cry. She has an appetite problem, suffers from anorexia, and dislikes her body. She experiences headaches in the forehead area, a lump in her throat, and her sleep is disturbed by thoughts.

Initial consultation 10/2008, treatment with Natrium Muriaticum LM6.

She did not return until September 2012 to tell me that I had not helped her back then. New case history: The depression has become even more severe and she needs even more medication, having spent a long time in inpatient treatment, which brought no improvement. She had recently started a new relationship, which gave her courage. She told me again about her love-hate relationship with her father and that she had no connection with her mother. When her mother left the family, she felt abandoned and was confused by it. She suffered from frequent headaches, made worse by any change in the weather, particularly when it turned cold. After a long time, she was able to cry again and was also sleeping well.

Prescription: Pele's Hair LM6, once daily. After two weeks, she returned and said she hadn't noticed any change. Upon further questioning, she then recalled that she hadn't had any headaches during that time, despite changes in the weather. She also had dreams every day. She could remember one of them.

The world was coming to an end, everything was crumbling to rubble and ashes! But she could fly. She was flying hand in hand with someone. Everything beneath them had crumbled, everyone had fled, and she too was covered by the rubble, and she thought: Now it's all over.

After this last consultation, I asked her to continue taking the remedy. However, I haven't heard from her since and don't know how she is doing.

Symptoms that have clearly improved or changed:

- Headache, worse with changes in the weather
- Dreams, not remembered

8. **R.P., male, born 1952**

When this patient came for his routine annual health check-up in August 2012, he complained of stomach pain and reflux symptoms that had been present since last Christmas. However, since the very sudden death of his mother three months ago – she suffered a sudden heart attack right before his eyes and, as a doctor, he was forced to watch helplessly – the symptoms have become far more severe. Insomnia then set in, accompanied by night-time heartburn.

Prescription: Pele's Hair C30

Progress: After the first dose, his symptoms were far more severe; after the second, all symptoms improved steadily. A month later, he developed cold sores around his mouth, which was unusual for him (healing symptom). The stomach problems and insomnia had disappeared.

Improved, healed symptoms

- Symptoms caused by the unexpected loss of loved ones, feeling shocked by this
- Skin rash, face, cold sores, upper and lower lips (healing symptom)
- Heartburn, at night
- Insomnia, due to heartburn

Comment: In view of the acute situation, I initially treated him with Acidum Phosphoricum, without success, and subsequently switched to P.H.

9. S. R., female, born 1957

This patient came to me with menopausal symptoms and burnout syndrome. The medical history indicates unresolved relationship breakdowns, tragic deaths in the family and childhood meningitis.

Symptoms: depression, palpitations, globus sensation, hot flushes, night sweats, insomnia, exhaustion, susceptibility to infection; all symptoms are quite severe. She has suffered from frequent headaches all her life, including migraines, sinus infections, bronchitis, allergies, neck tension and ganglion cysts.

Treatment from July 2011 with Folliculinum and Acidum Phosphoricum.

By October 2012, the patient is doing quite well; she is, so to speak, symptom-free. Even the ganglions have disappeared. Nevertheless, she complains of her low stress tolerance; she finds it particularly difficult to cope with emotional stress. I therefore prescribe her a dose of Pele's Hair C200, after which she feels more relaxed.

Symptoms that were persistently improved by P.H., but not by Folliculinum and Acidum Phosphoricum:

- Complaints caused by emotional stress
- Complaints, grief, sorrow, worries caused by the unexpected loss of a loved one; feeling shocked by this

12. Z. M., male, born 2006

Diagnosis: Immune-mediated thrombocytopenia (idiopathic thrombocytopenic purpura)

In the summer of 2011, the condition appeared suddenly; the child was treated at St. Anna Children's Hospital and received immunoglobulins once his platelet count fell below 8,000.

I began homeopathic treatment initially with Phosphorus and, in the meantime, administered Pele's Hair C200 on three days in November 2011. Subsequently, there was a recurrence of hypacusis with serous otitis media in both ears, which had last been treated with antibiotics in 2010. The platelet count stopped falling! I then continued to treat him with Spongia and Calcium Silicata. Since August 2012, the boy has had stable platelet counts.

M. was a radiant little boy who was popular with everyone, but could suddenly react with great anger and irritability if anything went against him.

Resolved symptoms:

- Anger, rage, fury, suppressed
- Sensitive, noises, loud
- Irritability, gets upset over trifles and reacts as if hurt
- Need for peace and quiet, withdraws, wants to be left in peace, avoids company

Conflicts, avoids conflicts and competitions

- Sweating, head, at night
- Appetite, poor
- Susceptibility to infection
- Serotympanon, hypacusis, cough were suppressed by antibiotics and return after treatment with P.H.

Comment: In this case, I used the remedy as a so-called intermediate remedy to support the organism's response, as I assessed the course of the illness as quite serious. His infections had previously been suppressed by medication and he ultimately developed a severe disorder of the haematopoietic system. The prescription of P.H. was based on my personal belief that diseases arising from a disturbed regenerative capacity of rhythmically renewable organ systems can be favourably influenced by Pele's Hair, as I have also observed with other basalt remedies. His sparkling eyes and golden-blond curls led me to choose Pele's Hair.

13. R. T., female, born 1975

Diagnosis: Anorexia, bulimia, bipolar disorder, cervical disc prolapse

Under my care since 1993. It was not always easy to alleviate this patient's symptoms during her long ordeal. Since June 2010, the patient has been taking Pele's Hair as an interim remedy, initially in C30 and later in C200; from March 2012 onwards, she took only this remedy up to C1000, and I subsequently observed significant progress in the patient's process of self-awareness. Gradually, she was better able to face her issues, was ready to come out to her partner about her bulimia for the first time, and underwent inpatient treatment at St. Radegund (a rehabilitation centre for psychosomatic patients). She became more emotionally stable and said that her patterns of perception had opened up again. However, she still perceived herself as defenceless. Nevertheless, her life and her interactions with those around her have returned to a normal flow. She experienced significant improvement in her severe neck pain, which had been accompanied by extreme muscle tension, dizziness and headaches; her sleep also improved. After a long period without dreams, she had a remarkable dream in which she chased a criminal and shot him. Her bulimia improved significantly for a time, but could not be stopped.

Improved symptoms:

- Activity, busyness, busyness, reduced, lack of motivation
- Activity, increased; everyday tasks can be completed more easily; feels more organised, better structured according to P.H.
- Complaints due to emotional stress
- Distant, withdrawn, shy
- Avoids company
- Clarity, patterns of perception have opened up again, according to P.H.

- Clarity, understanding of the illness has improved, has come out about bulimia and accepted inpatient help
- Irritable, nervous, tense
- Restlessness, fidgety, nervous
- Restlessness, feeling like she's about to burst out of her skin
- Headache
- Head, unable to turn; cannot be turned due to painful resistance, as if immobilised
- Dizziness, caused by tension in the neck muscles
- Tension in the neck muscles
- Pain in the neck, radiating into the arms
- Heaviness, feeling of a weight on the shoulders
- Sleep, waking up, at night, frequently
- Lack of dreams
- Sweating, at night
- Appetite, increased with greed, insatiable and vomiting

Comment: There was no history of traumatic events in her medical history. However, she felt as though she were trapped and wanted to break free from this state. She is a perfectionist who is crushed by her own high standards. Lava Kilauea did not help sufficiently. She suffered a massive relapse in June 2013, during which she expressed suicidal thoughts. After two doses of Diamant C200, she agreed to an inpatient stay; two months later, she is still free of bulimia attacks!

14. M. A., female, born 1988

Diagnosis: Right maxillary sinusitis

Shortly before her second pregnancy, the patient had to endure some very severe stress. Her house burnt down, her first child nearly drowned in a pond and was only just revived. For a few hours, she even believed the child was dead, but it awoke healthy after five days in a deep sleep. By this point, she was already pregnant again. During the first five months of her pregnancy, she was in a very poor mental state; she avoided company, even breaking off contact with those closest to her. She felt completely isolated, yet was unable to discuss it or even reflect on it. It was only towards the end of her pregnancy that she began to feel better and became more confident.

A few days before the birth of her second child, she developed an upper respiratory tract infection, starting with a sore throat, followed by a runny nose and a cough. Soon afterwards she experienced sudden pain in the area of the right maxillary sinus and the secretion ceased. Hepar Sulfuris helped to get the secretions flowing again and shortly afterwards labour began. It was a home birth without complications.

Eight weeks postpartum, she caught a cold again. This unfolded in exactly the same way as before the birth. The breastfeeding mother felt very weak; this condition had plagued her since the onset of pregnancy. This time the pain in her face was more severe; there was pressure in the area of the right maxillary sinus, radiating up into the upper jaw. She was unable to chew any food. Her mood was desperate and irritable. This time, however, Hepar Sulfuris failed to take effect. I gave the patient a dose of Pele's Hair C30.

As a result, the pain in her face worsened. For hours she felt the secretions in her sinuses begin to mobilise. She said she had the impression that lava was brewing and churning about, and she heard cracking sounds. One night was terrible and she felt confused, having many dreams that unfolded in fragments, without any connection. The next morning, everything began to flow and she started to feel better; there was greater clarity and motivation. (after just one dose!)

Symptoms that had all arisen after the trauma and were gradually improving, as well as healing symptoms:

- Aversion to work
- Activity, busyness, engagement, reduced; lack of motivation
- Fear of not being able to cope alone
- Discomfort caused by grief, sorrow, worry, and the unexpected loss of loved ones, feeling shocked by it
- Discomfort caused by violence and violent acts
- Discomfort caused by injuries, accidents
- Symptoms caused by emotional stress
- Complaints caused by shock or fright
- Complaints caused by grief, sorrow, worry, unable to cry
- Coping, unable to cope with things any longer, overwhelmed by emotional and mental stress. "It's all too much for her."
- Distant, in relationships
- Distant, emotionally
- Distant, withdrawn, shy
- Escaping, family and children
- Escaping, during pregnancy
- Emotions, trapped
- Emotions, stuck
- Numb
- Indifference, alternating with irritability
- Indifference, struggling against disproportionate adverse circumstances
- Clarity; the underlying issues and problems behind the symptoms come to the fore, a connection can be made; previously, everything was veiled – an important healing symptom
- Irritability, gets riled up over trifles, feels attacked and reacts as if hurt
- Need for peace and quiet, withdraws, wants to be left in peace

- Melancholy, thoughts such as: 'I just have to get through this', alternating with suicidal thoughts
- Senses, dulled, weakened
- Runny nose, greenish-yellow discharge
- Right maxillary sinusitis
- Pain, severe in the face; there was a pressing sensation in the area of the right maxillary sinus, radiating up into the upper jaw. She was unable to chew food. Her mood was desperate and irritable. After P.H., everything began to flow
- Cough, with a runny nose from the sinuses
- Increased dreaming, after P.H.
- Dreams, fragmented, disjointed
- Exhaustion, weakness

Comment: The severe emotional and traumatic stress immediately prior to pregnancy, the tendency to withdraw, the aloofness and indifference, and the feeling of being stuck with the need to escape the situation were indicative.

C. Detailed picture of the remedy's effects following treatment with Pele's Hair

A.Z., female, born 1979

Diagnosis: History of neurodermatitis immediately after birth. Car accident at age 20 (multiple trauma, 1 year in hospital, passenger fatally injured), Hashimoto's thyroiditis, iridocyclitis with elevated rheumatic markers.

She has been under my care since 1991. The tragic accident in 1999 drastically changed her life; the once athletic and self-assured young woman became an insecure person. Since then, she has been afraid to put strain on her body; running was impossible due to the pain, and headaches, including migraines, have occurred frequently, as have flare-ups of atopic dermatitis, allergies and symptoms associated with autoimmune conditions. She was also very easily overstimulated and reacted quite strongly if things did not go exactly as she expected. She even hit her children and took her frustrations out on her good-natured partner. At her former workplace, she felt she was not taken seriously or sufficiently valued. She was desperately trying to do everything perfectly, but in doing so was unfocused and somehow lacked a clear plan.

On 20 August 2012, I prescribed her a single dose of Pele's Hair C200 because she had an acute skin problem; her face was severely reddened, burning and looked as if it had frozen. These symptoms occurred from time to time. She felt tired, irritated and like a 'burning stone' – that was new!

After taking the remedy, the patient kept a record of her condition for 40 days, which subsequently conforms to the AMSE trial protocol; the symptoms are marked as follows: AS = old symptom, PS = trial symptom, HS = healing symptom.

Monday, 20 August 2012, approx. 12:00, immediately after taking Pele's Hair C200:

-Burning face, burning stone, burning inside, frozen with fear whilst burning, unable to escape.

-I think of my grandfather. What was he thinking? What was he feeling? What is it like to burn? To feel the heat on your skin? What is it like to die? Fear of sudden fire. Fear that the car will catch fire whilst driving. (Note: My grandfather was burnt to death in an accident!) (AS)

-I used to often have dreams of fires, which subsequently came true.

-A drive to act – yet so rigid – unable to manage

- I'm not good enough for my mother-in-law's son (AS)

-I always want to be better than everyone else! (AS)

-My accident destroyed my life! Has it given me a new one?

-I long for myself, yet I cannot find myself (PS). Have I vanished, burnt away in the hopelessness of the situation? Have I – my soul (energy) – been burnt in the accident? My fear of being inadequate is very strong!

-Please bring me back. Help me in my despair. I want to live in you, in me. To be one. Us – ourselves. Two in one. Yin and Yang. Cat and dog. Two beings within me. The energy is eternal! In the stars. Bring it to me, bring it to you, bring it to us. I want to 'be whole', to complete myself, to merge within myself. That is the secret, that is the desire, the meaning. PS

-Outwardly I am a representative; within me there is someone else whom I must first get to know. I am split in two. The accident separated us. (PS)

-I am afraid of my clairvoyant dreams, of their fulfilment.

Around 1.00 pm:

-I feel a slight burning sensation when urinating (PS). In my lower abdomen I feel a slight pulling sensation, like the onset of a contraction during childbirth (AS). I feel a slight pressure in my stomach area (PS). I also feel a brief, pulling pain in my heart (AS).

-I have a constant longing for myself. I want to feel myself. I want to become aware of myself. I don't want to be glassy and therefore fragile.

-Around 2.30 pm after lunch

-I have an enormous appetite and feel a total compulsion to relax. I am very tired, my legs feel leaden and my eyes are burning. I sleep in the afternoon and have a dream of an open wound, small and round. (Test symptoms)

-I would have liked to have slept for much longer. I am still very tired and did not feel rested after sleeping. I cannot breathe deeply or relax. I have a headache, am very thirsty, and am sweating profusely (hands, neck, head). Everything and everyone is extremely annoying to me. I am unbalanced, sluggish and rigid. (PS)

-I resist this because I don't want to be like this!

Evening/Night:

-Everything is becoming more pleasant, everything is getting cooler, I am getting cooler. I am releasing heat into the air. Soon this day will be over – finally! I am very emotionally charged and just want to sleep at last. I feel cold before falling asleep; I'm even shivering a bit. I have pain in my legs, like muscle ache (PS).

-1st dream: Fire in our house. We were out with the children and received the news that our house had 'burned down'. I cried a lot and was close to a nervous breakdown. How are we going to pay for the restoration and when are we going to rebuild it all? I was very afraid of the future and felt sorry for myself.

-2. Dream: I was travelling by bus with a group of people I knew. I was wearing a football shirt as a top, yet we were visiting a dance school. I searched and searched in many different shops for a suitable top so that I could go to the dance school too. It was really difficult for me as I couldn't find anything suitable. I can't go to a dance school wearing that top – what will people say? I try to fit in, but I don't.

Tuesday, 21 August 2012:

-I got up very easily today. I'm not hungry and started my work around the house and in the garden straight after getting up (PS).

-I want to achieve something. I want to make something of my life. I want to be content. I'm often too preoccupied with myself. I just can't switch off. I lack the time management skills to be more efficient. (new thoughts)

-I want to manage everything. Why can't I manage it? Work – children – house – garden – household – friends – relatives – having time for myself – living healthily – sport – diet

-What is it that keeps getting in the way of my plans? What's holding me back? Who's holding me back? Why is everything so difficult? (AS)

-After lunch, I'm completely exhausted again. I don't feel hungry, it's just a craving. I'm very thirsty today. (PS)

-Fear of failure is setting in, of not pleasing everyone, of being alone, of losing everything through death. Fear of rape, burglars and the dark. Fear of starving, of not having enough supplies. Fear of unpredictable, unforeseeable things (AS).

-I fall asleep again in the afternoon and recover a little.

-Dreams of fires in our house; there were lots of different men there whom I wanted to sleep with. When I wake up, I have a slight, stinging pain in my ear (PS). The skin on my upper arms is also burning a little. No more burning sensation when urinating. I feel a slight flare-up of eczema on my head.

-I can't manage with my legs (AS, since the accident).

-I don't want any more mental images; I want to be able to switch them off.

Wednesday, 22 August 2012:

-Have I taken on Peter's suffering? (Note: Peter is the passenger who died in the accident when she was driving and a deer jumped head-on into the car.) Are my feet his feet, my pain his pain (AS)?

Thursday, 23 August 2012:

- I got my period today. It came three days early (PS).

Saturday, 25 August 2012:

- I want to tidy up. I'll start in the cellar. I want to clear out: my house, my body, my mind, my soul. I have so much energy that I work all day without a break. No thirst, no hunger (all PS).

Sunday, 26 August 2012:

-I still have the urge to work constantly. Always doing something – always achieving something. The work comes easily. I woke up with eye strain, a headache, neck tension and

shoulder pain. (No thirst, no hunger.) In the evening I feel dizzy. I take my blood pressure. My reading: 118/95, pulse 59; only movement makes everything more bearable. (All PS)

-Dream: I was in a room with a huge window. I lay down on a bed there to relax. When I looked out of the window, I didn't see nature, but noticed that I could see a cemetery through the window. I saw my mother there, tending to my father's grave. My mother-in-law was there too; she was helping my mother. There were a few other people I knew there as well. I thought to myself: "In this heat, at midday, my mother is going to the cemetery to tend the grave."

Monday, 27 August 2012:

Morning: -I slept very well today. In the morning, the skin on my face feels tight and burns. I feel very tense. How will the working day go today? I'm sweating on my forehead, nose, neck, shoulders and hands (all PS).

-When I think of my friend's upcoming wedding (the sister of Peter, who was in the accident), I feel terribly guilty and responsible for the fate of this family.

-Feeling guilty for everything that has happened! (AS, since the accident)

-It weighs on me – crushes me. I feel pressure and tension in my heart. It's very hard.

-I feel obliged to bear the guilt so that life can go on, so that everything can carry on as usual. I can't bear the looks at this wedding, or rather, the feelings and thoughts that turn into those looks!

-Headache (moderate) (AS)

Afternoon: -I'm preoccupied with thoughts about our financial situation (AS).

-My face is burning; my skin feels tight and stings. Worse on the right side.

-My right eye is twitching (it has been since the accident), burning and itching. I'm sweating constantly, especially on the back of my neck. My ears are itching and burning slightly. Everything feels very tense, strained, and tight (all PS).

-Tension in the neck/shoulder area has increased (AS).

Evening: -I played tennis for an hour today. It was wonderful. Afterwards I had a huge appetite. I've got my period, but I don't feel sluggish, as I usually do (PS).

-The smouldering embers within me were fanned into a flame by a breath of wind and have now become a magical fire that is beginning to purify me, bringing order to my inner self. This 'purifying gaze' upon the fire feels very harmonious and does me a world of good. -I fell asleep straight away.

Tuesday, 28 August 2012

-I slept very well and very deeply. I was very thirsty during the night and had no appetite in the morning.

-I have diarrhoea (PS). Following this, the process of realisation sets in with lasting effect.

-Tension in the lumbar spine area.

-Now my 'second self' (or whatever it is) may begin to come to the surface, to emerge – to rise. I trust myself to get to know myself. I am really looking forward to it. I am pure. (persistent symptom, healing, HS) -I like the image of the purifying effect of the fire within me. We turn to ash and then it rises – the phoenix from the ashes! -That's it! My 'second self – new self' – the phoenix from the ashes! -An inner joy, anticipation, joyful expectation, excitement. -A great day – for the first time in ages!!! This aspect of becoming conscious is persistent = healed symptom)

Evening: – It's no longer hot outside, yet the slightest physical exertion brings sweat to my forehead, nose, neck and scalp. It's disgusting. Cold, burning sweat. It starts to itch and feel tight all the time, especially on the right.

-I constantly crave spicy food. I love the burning sensation on my tongue when I eat a hot, red chilli. PS

-I feel much calmer when I imagine the purifying fire within me.

Wednesday, 29 August 2012:

-My kids have a children's birthday party today. The house was full. I really enjoyed it this time and didn't find it stressful or exhausting. I didn't plan anything and just went with the flow. I was brave!!! (persistent, new symptom = healing, HS) As it will be, so it is. Courage to be open towards everyone! (I find this particularly difficult!)

-My period only lasted a week this time. It wasn't as heavy as it usually is. Also, I didn't feel that exhaustion and tiredness that usually accompanies me during my period (PS).

Evening: -The spot where my cheekbone was broken feels swollen (PS). My right eye is twitching more than ever before (below the eye). I felt a slight flare-up of neurodermatitis on my head again today.

Thursday, 30 August 2012:

- My son is celebrating his 5th birthday. I'm feeling very emotional. At work, I feel much more energetic, especially mentally. I can think clearly (HS, persistent symptom; the old confusion is fading! I want to meet the demands, though this still requires a great deal of effort. I often wonder if I'm suitable. Being made to fit in. Adapting is difficult for me. In the afternoon, I had trouble with the relatives again. It was worse than the children's birthday party.

-Dream during the full moon: Christa examined me and, noticing an injury to my left index finger, realised that everything is now beginning to flow. She gave me some more Pele's Hair to help me make progress. We made preparations together and were completely open with each other, so we had a lot of fun and enjoyed our work.

Friday, 31 August 2012:

-I woke up with a cold today. My nose is full of mucus, but hardly anything comes out when I blow it. (The mucus is clear)

-I fancied eating chocolate during the night, which I did at 11 pm and around 12.30 am. I'm rarely actually hungry; I just always fancy very spicy, very sweet or very fatty foods. I don't fancy fruit or vegetables. My eating pattern has completely changed and is all out of whack. I really fancy coffee – in the mornings. I very often have a mild headache in my forehead. PS

-Now I'm glad the celebrations are over. I'm feeling very hot again today. I'm burning up. I need to tidy up. I'm rushing from one place to another. I'm very stressed. PS

-Constant sweating, even without moving. I feel overheated. The weather is cool. Even a cool shower doesn't make it bearable. PS

Monday, 3 September 2012:

-I have realised that something quite different, deeper, more lasting, everlasting and familiar has emerged in my relationship with my partner (HS, persistent symptom).

-It's fine just as it is!

-I finally feel more deeply. I feel myself, and my partner's body too. I trust it. I often long for this 'butterfly feeling'. It's a back-and-forth. One flutter of the wings leads to another (HS, persistent symptom). -I feel that I have experienced this feeling far too little in my life. I find it hard to trust that this is how it is!

-I want more of this feeling. Greed – is it what controls me and directs my life? Is it the superficial things?

-I wish to turn my inner fire outwards, to direct it, so as to ignite those around me with it. I feel that I am glowing. My heart is glowing, my soul is glowing (HS, persistent symptom).

-My cold is currently very stubborn and no longer runny. The itching on my face has stopped. Sweating still dominates me every day. I'm currently going through deodorant like there's no tomorrow! (PS)

Tuesday, 4 September 2012:

-There is tension in the air...

-I'm tidying up the house and starting to clean the windows. I've created a nice little spot for myself on the balcony. (PS)

-Thoughts of the accident. I feel a burning sensation in my chest, around my heart (AS).

-Thoughts of situations I'm ashamed of, when once again everything goes wrong, even though I want so much for everything to be perfect. I'm constantly trying to do everything as well as I can and juggle everything. I'm sweating and suffering. I'm not upset or offended, not even at myself. (I'm observing myself as if from a distance).

-I want to let go, and I can. The more I invest, the more I lose. I know that I am not what I am. The situation doesn't have to be perfect. It doesn't have to fit. I'm not allowed to fit in? Constant fear of being unsuitable, inadequate. Being unsuitable – lovely. I don't want to be made to fit in. Not to be like everyone else – to be different. To stand out from the crowd, from society, to stand out through achievement – I don't want that anymore! (HS, persistent symptom)

-Dream from 30 September 2012 to 1 October 2012: My daughter and I were at the swimming pool. A young, pleasant-looking man, unknown to me, was playing with Emilia at the water's edge. She then went with him into the deep end. After a short while, I saw this man submerge my daughter under the water until she appeared lifeless. I immediately ran across the jetty, jumped into the water and pulled my daughter up. On the jetty, I held her upside down and water came out of her mouth. She woke up. I was absolutely relieved. The man fled. I looked for him in the changing rooms, but couldn't find him. In my mind, I already knew exactly what I would do to him if I found him. (torture)

Follow-up on 6 February 2013:

Since taking the remedy, I have been trying to let things come and go as they are. I don't want to control or direct anything or anyone. I am currently less emotionally driven and better able to maintain a sense of detachment. I haven't felt this way since my accident. Before, I was completely self-centred and relentlessly exposed to all external influences. I now realise more quickly where I stand and how I should position myself emotionally. Sometimes I even have the courage to be open. I receive a great deal of positive feedback and am more self-aware. I accept the child (Phoenix) within me. I feel healthy and robust.

However, I still have my tension and my migraines, and they're actually more intense. I didn't suffer from headaches before my accident!

My wish is to continue to stand by myself with courage, to set even better emotional boundaries, and to balance the social imbalance within me – which means not playing a role in my life, but being more and more myself. This aspect depends on how I perceive myself in relation to others.

Since taking the remedy, I have become much more aware of many things and have started to take myself more seriously, just as I am. The remedy has had a profound effect on me.

What was striking and entirely new was an enormous creative drive, lots of energy and sweat, which was not sustained.

Summary of the proving and healing symptoms:

- Increased activity, tidying up, being aggressive about it and shouting. I muster the last of my energy and clean the house; that gives me more energy. I am overexcited, as if wound up. At work I have lots of energy and am no longer tired, as if I had taken stimulants. No thirst, no hunger. Constantly looking for a way to relax. I want to tidy up. I start in the cellar. I want to clear out: my house, my body, my mind, my soul. I have so much energy that I work all day without a break. No thirst, no hunger. – I still have the urge to work constantly. Always doing something – always achieving something.
- A compulsion to tidy up; I have to get things in order. I rush from one place to another. I'm very stressed. – I tidy up the house and start cleaning the windows. The work comes easily
- I want to achieve something. I want to make something of my life. I want to be content. I am often too preoccupied with myself. I simply cannot switch off. I lack the time management skills to be more efficient.
- I long for myself, yet I cannot find myself. Have I vanished, consumed by the hopelessness of the situation? Did I – my soul (energy) – burn out in the accident? My fear of being inadequate is very strong!
Please bring me back. Help me in my despair. I want to live in you, in me. To be one. Us – together. Two in one. Yin and Yang. Cat and dog. Two beings within me. The energy is eternal! In the stars. Bring it to me, bring it to you, bring it to us. I want to 'be whole', to complete myself, to merge within myself. That is the secret, that is the desire, the meaning.
Outwardly I am a representative; within me there is someone else whom I must first get to know. I am split in two. The accident has separated us.
- I have a constant longing for myself. I want to feel myself. I want to become aware of myself. I do not want to be transparent and therefore fragile.
- -The smouldering embers within me were fanned into a flame by a breath of wind, and now into a magical fire that is beginning to purify me, bringing order within me. This 'purifying gaze' upon the fire feels very right, does me a world of good. -I fell asleep immediately.
- -I have diarrhoea. Following this, the process of realisation sets in deeply.
- Now my 'second self' (or whatever it is) may begin to come to the surface, to emerge – to rise. I trust myself to get to know myself. I'm really looking forward to it. I am pure.

- I like the image of the purifying effect of the fire within me. We turn to ash and then it rises – the phoenix from the ashes! -That’s it! My ‘second self – new self’ – the phoenix from the ashes! -An inner joy, anticipation, joyful expectation, excitement. A great day – the first in a long time!!! This aspect of becoming aware is lasting.
- I finally feel more deeply. I feel myself, and my partner’s body too. I trust in it. I often long for this ‘butterfly feeling’. It’s a back and forth. One flap of the wings leads to the next. I feel that I have experienced this feeling far too little in my life. I find it hard to trust that this is how it is!
- I long to turn my inner fire outwards, to direct it so that it may ignite those around me. I feel myself glowing. My heart glows, my soul glows.
- I want to let go, and I can. The more I invest, the more I lose. I know that I am not what I am. The situation doesn’t have to be perfect. It doesn’t have to fit. I mustn’t fit in? Constant fear of being unsuitable, inadequate. Being unsuitable – lovely. I don’t want to be made to fit in. Not to be like everyone else – to be different. To stand out from the crowd, from society, to stand out through achievement – I don’t want that anymore!
- I have realised that something quite different, deeper, more enduring, everlasting and familiar has emerged in my relationship with my partner
- Irritability; everything and everyone is extremely annoying to me. I am unbalanced, sluggish and rigid
- Dizziness; I feel dizzy in the evening. My blood pressure is 118/95, pulse 59; only movement makes everything more bearable
- Conscious processes are getting underway; everything is becoming clearer
- Complaints due to injuries, accidents
- Complaints caused by shock, fright
- Complaints caused by grief, sorrow, worry, or the unexpected loss of loved ones; feeling shocked by this
- Lack of detachment
- Emotions, emotionally very charged, with a desire to sleep.
- Feeling as if frozen
- Headaches, a mild headache in the forehead accompanies me very frequently.
- Burning, eye
- Eye pressure with headache, neck tension and shoulder pain, in the morning
- Ear, pain, stabbing, upon waking—when I wake up, I have a mild, stabbing pain in my ear
- Ears itch and burn slightly.
- Skin on my face burns.
- Face, numbness: The area where my cheekbone was broken feels numb
- Outer neck, I’m constantly sweating, especially on the back of my neck.
- Feeling of pressure, stomach

- Appetite, increased, despite eating plenty. After lunch, I have a huge appetite and feel a total compulsion to relax. I'm rarely actually hungry, just always fancying something. My eating pattern has completely changed and is disrupted.
- Appetite, absent
- Thirst, increased
- Breathing, I cannot take a deep breath and cannot relax
- Burning sensation when urinating
- Menstruation: it came 3 days early; I don't feel as lethargic as I usually do. My period only lasted 1 week this time. It wasn't as heavy, and I didn't feel that exhaustion and tiredness that always accompanies it
- Pain, in my legs, like muscle ache
- Heaviness, legs
- Need for sleep, increased. I would have liked to have slept much longer. I am still very tired and did not feel rested after sleeping
- Need for sleep; I fall asleep again in the afternoon and recover a little. When I wake up, I have a slight, stabbing pain in my ear
- Sweat, sweating on my forehead, nose, neck, shoulder area and hands.
- Feeling of heat, I'm very hot again today. I'm burning up. I feel overheated, despite the cool weather. Even cool showers don't help.
- Feeling of cold, I feel cold before falling asleep; I'm even shivering a bit.
- Movement helps
- Exhaustion, after lunch I am completely exhausted again
- Tiredness, with a desire to rest. I am very tired, my legs feel like lead and my eyes are burning. I sleep in the afternoon
- Secretions improve – diarrhoea, followed by a process of realisation that is lasting
- Tension, increased; everything is very tense, strained, stiff
- Food, craving for chocolate. Felt like eating chocolate during the night, which I then did at 11 pm and around 12.30 am. Food, craving for very spicy, very sweet or very fatty foods.
- Food, aversion to fruit or vegetables. Constant sweating, even without exercise
- Food, cravings, much more of a desire for coffee – in the morning

Dreams:

- *Dream: of an open wound*
- *Dream: Fire in our house. We were out with the children and received the news that our house had 'burned down'. I cried a lot and was close to a nervous breakdown. How are we going to pay for the restoration and when are we going to rebuild it all? I was very afraid of the future and felt sorry for myself.*
- *Dream: I was travelling by bus with a group of people I knew. I was wearing a football shirt as a top, yet we were visiting a dance school. I searched and searched in many different shops for a suitable top,*

- *so that I could go to the dance school too. It was really difficult for me because I couldn't find anything suitable. I can't go to a dance school wearing that top, what will people say? I try to fit in, but I don't.*
- *Dreams of fires in our house; there were lots of different men there whom I wanted to sleep with.*
- *Dream: My daughter and I were at the swimming pool. A young, good-looking man, a stranger to me, was playing with Emilia at the water's edge. She then went with him into the deep end. After a short while, I saw this man*
- *pushed my daughter under the water until she appeared lifeless. I immediately ran across the jetty, jumped into the water and pulled my daughter up. On the jetty, I held her upside down and water came out of her mouth. She woke up. I was absolutely relieved. The man fled. I looked for him in the changing rooms, but couldn't find him. In my mind, I already knew exactly what I would do to him if I found him. (torture)*
- *I was in a room with a huge window. I lay down on a bed there to relax. When I looked out of the window, I didn't see nature, but noticed that I could see a cemetery through the window. I saw my mother there, tending to my father's grave. My mother-in-law was there too; she was helping my mother. There were a few other people I knew there as well. I thought to myself: "In this heat, at midday, my mother is going to the cemetery to tend the grave."*

Treatment of A. Z. with Pele's Hair for her typical headache

Thursday, 7 February 2013 – approx. 5.30 pm

-Sudden onset of severe headache, left, front of the forehead

-Pressure headache, as if something heavy were lying on the left, front of the forehead

-It gets worse and worse. I go to bed. I find it very difficult to fall asleep and am in pain all night.

Friday, 8 February 2013: Take Pele's Hair C30 at 9.15 am

-After about 15 minutes, I feel some relief. The pain is bearable. Every now and then the pain disappears briefly, but then comes back. Like a wave. I'm completely focused on the pain.

-About 1 hour after taking it: It feels as though I've taken a painkiller. I can only feel the pressure, but the pain is gone. Like a local anaesthetic.

-I get stomach ache. Mild cramps in my lower abdomen, like contractions, similar to very mild period pains, with mild hot flushes. (Since my puberty)

-Approx. 2 hours after taking it: the headache has now returned with greater intensity. Pain and pressure; this time the pain is stronger and more stabbing.

-I lie down after lunch.

-Dream about renovating the fire station.

Afternoon/evening: -No relief. I only do the bare minimum. It's all very exhausting. I can't find a way to relieve myself.

Night: - Thoughts before falling asleep: What or who is the headache trying to draw my attention to? Who is involved in the problem? My maternal grandfather keeps coming to mind.

-I try to breathe into the left side of the front of my head, into the pain, which gives me a little relief and I am able to fall asleep.

Saturday, 9 February 2013, morning:

-I wake up around 6 am. Not a restful sleep, but I slept deeply, even though there was a fire in the village, with an explosion. I didn't realise any of it. I feel ill, I'm in pain, only on the left side across the whole of my face, particularly around the eye and cheekbone, the ear, the side of my neck, the back of my neck, my shoulder and still on my forehead. The pain radiates down into my left hand.

-The pain in my forehead is now less of a throbbing ache, more of a stabbing, pulsating pain. It spreads out from there. I am familiar with this kind of pain. Until now, I have always taken painkillers for this pain. I am going to push myself beyond my limits. (HS)

In the morning, approx. 24 hours after taking the remedy:

-The headache has stopped abruptly. It's gone just as suddenly as it came. I feel exhausted. Normally this headache lasts three days, despite the painkillers. (HS)

-Tidying up, feeling aggressive, shouting! I muster the last of my energy and clean the house; that gives me more energy. I feel left to cope with all the work on my own. All the responsibility lies with me. (PS as after taking C200)

Afternoon/Evening/Night:- Eczema flare-up on my head (AS)

-At work I have lots of energy and am no longer tired, as if I'd taken a stimulant. No thirst, no hunger. (PS as with P.H. C200)

Sunday, 10 February 2013: Early morning/morning:

- I need very little sleep. However, I wake up with a cold, a blocked nose, the urge to sneeze and an itchy palate, a cough (a dry, irritating cough from the throat, no phlegm) and a sore throat (as if I'd swallowed a tennis ball that's stuck in my throat). (all AS)

Afternoon/Evening: -I feel overexcited (PS as with P.H.C200), as if wound up.

-Constantly looking for a way to relax. (AS)

Follow-up observation of A.Z. on 7 August 2013

After taking Pele's Hair, I had a few more instances of intense headaches, which, however, disappeared just as suddenly as they had appeared, from one second to the next. For the past three months, I have been almost symptom-free in this regard and have only had very mild headaches, if at all, which I only noticed for a moment. In July, I suddenly experienced pain in my limbs; I could barely move and feared a flare-up of rheumatism, whereupon I took a dose of Pele's Hair C30. The symptoms gradually subsided and have not returned so far.

My lab results are striking. My thyroid antibodies have dropped significantly compared to last year, and one value has returned to normal after many years. I attribute this to my new mobility. I can exercise, I am pain-free, just as I was before my accident, and I am no longer afraid of it. Above all, my desire to be active has increased. I love being active. I'm also not as tired anymore and generally feel better.

I feel a growing zest for life within me. I am aware of what is good for me and what I want. I am happier and am becoming more aware of what is important to me in life. I like to compare it to a developmental leap in a toddler who suddenly knows what they want. I can now also express what I want and how I'd like things to be handled in a respectful manner. I no longer feel like a doormat, but stand my ground. I also interact more lovingly with my children and my husband. I've become much more patient.

This is how I recognise myself again. I am mindful of myself and others. I am increasingly finding my true self, which I love.

Comment: Following her severe trauma, which had led to lasting limitations in her life, the patient was constantly seeking a way out of this situation. The mind-expanding effect of the remedy has transformed her into a completely new person. She has become self-assured and has stopped questioning everything, as everything has become clearer to her. She can accept things as they are. She can once again trust her own perceptions.

I prescribed her Naja, Lachesis, Sepia, Calcium Muriaticum, Folliculinum, Thyreoidinum, Dysprosium Carbonicum, Dysprosium Nitricum, Samarium Nitricum, Lanthanum metallicum, Stannum Muriaticum, Calcium Carbonicum, Sulfur, Staphisagria, Lac Humana and Rubin.

Appendix

Pelemythos

Pele – Goddess of Fire and Volcanoes – Mother of the Sacred Earth



Pele was the daughter of Haumea, who represents the creative powers of the Earth, and of Kuwahailo, who represents the destructive forces of the Earth. Her sister Namakaokahai, the goddess of the sea, was consumed by jealousy when Pele betrayed her with her newlywed husband. She flooded the island where Pele lived with her family in Tahiti. Blessed by her parents, Pele left her homeland in search of a new one. Under the protection of her brother Kamoolii, the god of sharks, she fled across the Pacific in simple canoes, accompanied by many of her brothers and sisters, as well as 40,000 gods. She also took her youngest sister, Hiiaka, with her on the journey, hidden inside an egg which she concealed beneath her bosom. Pele reached the outermost island of what is now the Hawaiian archipelago, Niihau, to settle there. Soon, however, she was discovered by her jealous sister. A fierce battle ensued between the two. To seek safety from the floods of Namakaokahai, Pele used her magical staff, the 'i'i, to pierce holes in the earth, creating small craters that gave rise to

volcanoes. As the mighty waves repeatedly caused the volcanoes to die out, Pele was forced to keep moving on. As she fled from her sister's wrath, the islands of Hawaii were formed one after the other. When she reached Maui, such a fierce battle erupted between the forces of nature that Pele did not survive. Yet Pele's spirit was more powerful; she rose up, moved on and founded Big Island, the largest of the Hawaiian Islands, creating the highest peaks on Earth there. In the crater of Kilauea on Mount Mauna Loa, she and her family finally found their new home.

Pele was a tall, beautiful woman with long, brown, almost red hair, who loved to dance the hula and sing, but whose temperamental nature often led her to become incredibly angry when she felt she had been treated unfairly or when things did not go her way. There are many tales of romances and rivalries surrounding the valiant Pele on her flight, one of which recounts the love-hate relationship between Kamapuaá and Pele, a clash of opposites. Thus, there are differing accounts: on the one hand, it is said he was her lover; on the other, it is claimed she would rather have chosen exile than become involved with him.

As long as there is volcanic activity, Pele's spirit will live on; she is regarded as the personification of these natural phenomena. Her character is volcanic—unpredictable, impulsive, and in her anger she easily becomes violent. She possesses both the power to destroy and to create.

It is said that, even today, she repeatedly takes on human form and mingles with the population, either as a beautiful young girl or as an elderly woman with white hair accompanied by a white dog, to warn individuals who are well-disposed towards her of impending volcanic eruptions. She is known as Tutu Pele – Grandmother Pele – whose protection is extended to the outcasts and the persecuted. To this day, her followers make pilgrimages on specific days to the Halema`uma`u crater of Kilauea to offer her sacrifices. Thus, a vibrant cult has developed around this 'immortal' goddess.

Bibliography: Manfred Miethe, *Fairy Tales from Hawaii*, 2007. Herb Kawainui Kane, *Goddess of Hawaii's Volcanoes*, 1987.

4 June 2010 – Langzeil, 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 didn't want to fit into the little bowl at all, unruly hair; just like mine always was as a child. I was never neatly coiffed with my long plaits; the unruly hair would not 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 proper and well-behaved, and that is what they were. The colour of the hair to be triturated also resembles my natural colour.

2nd round

Really excited, can't wait

I have the honour!

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

3.---We couldn't really 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 stomach.

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

Thoughts are as if dissolved, empty

5.--- A cold shiver runs down my spine, accompanied by a slight shudder.

Heartburn rises, with a queasy feeling.

The rubbing is tiring, 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 out.

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

To be free!

Everything is churning 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 doesn't help.

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

Feeling of weakness and pain in the lower back (old symptom)

3--- I'm having trouble scraping it off. It's all stuck so firmly to the shell; I can hardly get it off. I've never come across anything so hard and sticky before. It's as if the mixture has fused with the shell.

Nausea.

My nose is itchy.

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

A headache is annoying me.

4--- Scraped it off with all my strength.

Itchy nose, nausea.

Metallic taste.

Urge to urinate.

Anger and irritation in the stomach, with impatience.

5--- Rubbing with all one's might, scratching with all one's might.

Something wants to come out, something wants to tear.

I feel sick. My head feels dull.

I can no longer make sense of 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 sense of ease is missing.

No flow.

Like being locked up.

Everything's up to my neck – the nausea, the frustration.

As if I wanted to cry but couldn't.

STAGNATION

C3 trituration

1--- Nausea with heartburn rises.

Sudden onset of sweating.

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

Dizziness, irritable mood.

Rushing sensation in the 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 passes slowly.

Stupid flies, now I have to open the window

4--- What's that all about?

What am I supposed to say to that?

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.

Remaining there 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 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 (that hasn't happened for a long time).

Dreams:

4. I wanted to build myself a house on basalt, in the middle of the green rainforest, with a view in all directions.
5. 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 medicine yesterday. Did a lot at home, including redesigning the driveway.

Watched TV in the evening – a drama about refugees – then dreamt about my own flight 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 remedies in their dreams.

C4 trituration

Pele, grant me your blessing!

1---Immediately as I begin rubbing, I feel a sense of fullness in the chest-heart area that fills me. A feeling one experiences when hugging a loved one. A feeling that connects everything that is. Like a merging, a being connected, 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. 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 sustaining expression of the life force inherent in them, even lifeless objects like chairs, tables, etc.

Everything shares in this creative power, with which everything has always been in contact. Now I can perceive this as one. 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 require 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 unlocked need not be worked through again by the patient.

I ask for Pele's blessing on all the paths that open up to 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.

