



Birds in Homeopathy

Volume-1

Ghanshyam Kalathia

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in
Homeopathy

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Dr. Ghanshyam Kalathia

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Author and Publisher: Ghanshyam Kalathia

www.drkalathia.com

Email: drkalathia@gmail.com

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umiyaoffsetprintes@gmail.com

FOREWORD

In another contribution to homeopathic knowledge and understanding, Dr Ghanshyam Kalathia brings information together from wide ranging sources to produce a comprehensive volume on the remedies from the Bird Kingdom.

Beginning with the physiognomy of birds, the information covers a wide range of the evolutionary developments which identify this group. Bird general themes are compared to those of mammals, showing surprising similarities, followed by central themes and the additional qualities and affinities of birds.

Over aeons, birds have developed and flourished in a wide variety of environments, and developed specific survival strategies. Dr Kalathia helpfully differentiates birds from other similar orders, e.g. other animals including Mammals and Spiders, but also mineral remedies from the Lanthanides and Row 3, as well as Subclass 3 of the Plants order of Yakir.

This book outlines general information from many of the main orders and clades from class Aves, from high flying raptors to ground dwelling galliformes, from long legged ratites to the clever corvus, from waders to weavers.

Stimulated further by the extensive work already done by Drs Joshi, Dr Kalathia has complemented their innovations by delving deeply into the traits, characteristics and quirks of the patient counterparts requiring these bird remedies, often based on successful cases from his own and colleagues' practices.

In breaking down the different sub-orders of the Aves, Dr Kalathia has given a new appreciation of the families therein, often providing excellent comparisons and differential diagnoses in order to help the homeopath pinpoint that somewhat elusive simillimum for each patient.

His observations of the behaviour of these animals in their natural environments help to illustrate the similarities in the human personalities who would benefit from those medicines. Evolution has allowed certain animals to grow and thrive, and develop unique survival strategies, which are revealed when their human counterparts enter the consulting room.

This book, which will serve homeopaths and their patients, is a definitive study into a sub-kingdom which had not been explored in any great depth until the last 25 years. An informative collection, it is also an enjoyable read, and helps to increase knowledge about various groups of our feathered friends, whose main desire is just to be free.

- Penny Edwards MSc RSHom (UK)

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I believe it would have been impossible to write this book single handedly. This has become possible only with the help and cooperation of my friends and colleagues across the globe. I am immensely grateful to the ALMIGHTY by whose grace and blessings my journey has been fruitful so far.

I am really thankful to have a friend and colleague like Penny Edwards, a dynamic homeopath from Australia who put in her best efforts to carry out the editorial work for this book whilst managing her patients, professional and family life. She has worked consistently through my manuscript to give it a beautiful and flawless form that it deserves. She has corrected my grammatical errors, and has formally styled my casual presentations, double checking from various sources including from Synergy Homeopathic Software and from Provings.info website. She has devoted considerable time from her busy schedule to accomplish this arduous assignment whilst balancing her life. I do not have enough words to thank her.

Since, I have been sharing my thoughts and experiences in the form of video courses and webinars with my homeopathic friends, colleagues, and students. They have always been the hidden spirits who inspire my zeal to write this book. Their belief in me incited an enthusiasm to work more consistently in this direction.

I will always be grateful to my teachers, namely Dr. Praveen Marselin, Dr. Rajan Sankaran, Dr. Massimo Mangialavori, Dr. Shachindra Joshi, Dr. Bhawisha Joshi, Dr. Mahesh Gandhi, Dr. Shekhar Algundgi, Dr. Dinesh Chauhan, Dr Michel Yakir, Dr. Jan Scholten, and Dr. Jonathan Hardy. I am especially thankful to Drs. Shachindra and Dr. Bhawisha Joshi for their path-breaking concepts and significant work on avian remedies which have clarified my fundamental understanding of this sub-kingdom and ignited a spark within me to initiate a more substantial work along the same lines.

I am also grateful to my colleagues for entrusting me with sharing their cases to be incorporated in my book, to support and enhance the description of varied bird themes and remedy personalities included in the text. A very special thanks to these homeopaths, namely Sigrid Lindemann, Ganeswara Rao, Atul Patwardhan, Savitha Anantha, Suryakant Singh, Mamtha Srihari, Yamini Ramesh, Amol Sevekari, Abhijeet Gadiwadd and many more.

It will never be enough to thank the organizers of provings of bird remedies. The list is exhaustive, but I express my heartfelt gratitude especially to Jeremy Sherr, Jonathan Shore, Chetna Shukla, Hans Eberle and Friedrich Ritzer, Misha Norland, Peter Fraser, Olga Fatula, Sonya McLeod, and Karl-Josef Müller, Todd Rowe, Markus Kuntosh and Joerg Wichmann. I wish to convey my special thanks to the volunteers of each proving, since they are the real heroes to me. They serve Homeopathy selflessly, without any expectations; not even expecting their names to be included in the proving notes.

Last but not the least, I wholeheartedly thank my wife Dr. Falguni Kalathia and my son Vidvat Kalathia for their consistent support and encouragement.

INTRODUCTION

The exploration of bird remedies is relatively new to the homeopathic world, because most of the currently available bird remedies have been added to homeopathic materia medica only in the last 15-20 years. Many homeopaths, including Jonathan Shore, Peter Fraser, Shachindra and Bhawisha Joshi, Jeremy Sherr, Jonathan Hardy, Alicia Lee, Shekhar Algundgi, Markus Kuntosh, Sigrid Lindemann, Chetna Shukla, Sonya Macleod, have written and shared about many bird cases in their books, articles, and seminars. Hence, the ideas and thoughts presented by me in this book are not a new discovery; it is rather better to say that this book is a compilation of what I have learnt and understood from my teachers and my own clinical experiences. I have collated the information available from various resources and tried to shape it into a book. The book contains all the information arranged in a systematic and analytical order for an easy and better comprehension of the sub-kingdom 'Birds' and the homeopathic remedies therefrom.

Although bird remedies are relatively new to the homeopathic community, many homeopaths do successfully use them in practice. However, we have only been using around 20 well known remedies, because there has been a lack of systematic understanding of the remaining remedies belonging to the avian group. In the homeopathic literature, we have nearly 70 proven remedies from birds, but due to a lack of collective study of all these remedies, we often miss prescribing them in our cases. This book is aimed to enlarge the understanding through a comparative study of all such remedies.

Let me start with sharing my journey of understanding of the sub-kingdom 'Aves'. I was no exception, and like other homeopaths I had read and known about bird remedies since I was a college student. Often, I had cases that appeared different from my understanding of bird phenomena, so I could not select the perfect match for these patients. The reason was a lack of knowledge about any outside the well-known 20-30 remedies belonging to this sub-kingdom. Consequently, I started on this collective and elaborative work, by collecting cured cases from materia medicae and proving data of bird remedies. I was not surprised to find nearly 5000 pages of information. I referred to many books, journals, articles, and cured cases published to date, and collated and arranged the knowledge in this book.

After scanning all the collected material, I developed a deeper understanding about the 'General Themes' of different birds as well as several bird families and orders.

Subsequently, I started correlating the information about the natural behavioral patterns and survival strategies of each avian species with the materia medica information and other available data about the corresponding remedy. Thus, I tried to synergize my comprehension holistically. With this new understanding of the bird remedies, I started prescribing such medicines to my patients with ease and confidence. Eventually, I started sharing my knowledge with my homeopathic friends, colleagues, and students, and published my experience with these remedies in the form of articles in various homeopathic journals. I launched a video course on bird remedies and had a fabulous response. Once I had gathered a good number of cured cases, I began to share my clinical observations by conducting seminars and webinars so that a large number of homeopaths could benefit from this inclusive study. As more and more cases were cured with bird remedies within my practice, friends, colleagues and students also contributed their experiences to confirm and extend my understanding of the concepts.

There is one more story related to this journey which I wish to share through this book. Two years ago, I got my hands on a beautiful book about bird remedies which presented such concepts that very much resonated with my understanding of the bird remedies. The book was 'The System of MAP and Birds in Homeopathy' written by Bhawisha and Shachindra Joshi. Their book contains descriptions of certain concepts and an understanding of bird remedies which were additional to my knowledge. It also has beautiful explanations about some bird medicines which have not yet had provings. The authors have extrapolated their study of the natural behavior and survival instincts of the animals, and have developed a respective thematic understanding of these unproven remedies. The second very impressive attribute of the book is the authors' endeavors in correlating avian themes with the corresponding characteristics of Rows of the Periodic Table. I absorbed this idea of correspondence and was delighted to harmonize this newer concept with my understanding of bird remedies, and the result can be seen in the form of themes and concepts explained in my book. This has my journey into the avian realm.

Now, let me explain the structure. This book contains 18 bird families or orders arranged in the form of individual chapters. Each chapter contains a general introduction or natural history of each family, a list of remedies belonging to each family, and the general themes of each family. In the final part of each chapter, a materia medica of remedies belonging to the respective family has been included. In this section, the remedy personality, mental and physical general characteristics or

key features, as well as physical particulars have been discussed; and lastly important rubrics have been included for repertorial understanding.

The description of 'remedy personality' is from my understanding of each remedy. In this section, I have explained how a patient who may need a bird remedy presents to the homeopath with some specific attributes. It explains how a particular bird personality might appear in a compensated or uncompensated state of being. Descriptions illustrate how a particular bird personality will react, defend, or compensate within life situations; and what are the specifics of the group, as well as respective vital sensations.

The general characteristics are important as they have been extracted from various existing materia medicae and the proving data, without any personal additions. For this, I have referred to the original proving data and materia medicae such as 'The Encyclopedia of Pure Materia Medica' - T. F. Allen; 'Guiding Symptoms of Our Materia Medica' - C. Hering; 'Dictionary of Practical Materia Medica' - J. H. Clarke; 'Homeopathic Materia Medica' - W. Boericke; 'Birds: Homeopathic Remedies from the Avian Realm' by Jonathan Shore; 'Birds - Seeking the Freedom of the Sky' by Peter Fraser; 'Homeopathic Mind Maps - Remedies of the Class Aves - Birds' by Alicia Lee; 'Free as a BIRD' by Markus Kuntosh; and many more. I followed the remedy characteristics included in these resources to construct a personality profile of the corresponding remedy, that has been presented in my book. Such descriptions of a personality's characteristics can be matched with a patient's expressions or general attributes, and this may ease the choice of a bird remedy in the presenting case.

The next section of materia medica includes symptoms which are nothing but a few selectively important physical and mental symptoms referenced from the well-known materia medicae and proving data. Lastly, some important rubrics have been included which have been extracted from the repertorial software named 'Complete Dynamics - version 2020'. These 2 materia medica sections have been included to help with the confirmation of the selected remedy and make a confident prescription.

The book has been written in such a way that it can give the reader an overview of the bird remedy from the kingdom, sub-kingdom, and source point of view. During the case-taking, we aim to understand by analyzing every presenting case from the patient's macro-perception to micro-perception about personal life situations as well as illnesses. We follow a deductive pathway, that is from a larger and broader perspective to specific details, to deepen our understanding about the patient. Let me give the example that I love the most by my teacher Dr. Sankaran, usually given while

he talks about 'Case-taking and finding a Simillimum'. Beginning with a satellite picture of Earth; first we fix our focus from the perspective of a satellite, and then start narrowing down to specific locations. Zooming down in such a way, first we look at the overview of earth; then the continents; then different countries; then to a specific country; its state; a particular city; and finally look into one specific area. Likewise, we have designed this book to help every homeopath to zoom in from a broader view of general understanding of all birds, by studying their natural behavior and evolution history; then knowing the general characteristics of the family or order to which a bird belongs; and finally extrapolating this knowledge to develop a conceptual understanding of the remedy personality, its important specific characteristics, and physical symptoms, all-inclusive with some rubrics to repertorize.

The book has many illustrative cases from my clinical practice as well as from my friends and colleagues. The cases are written in such a way that every case can give you a clear understanding of how to match the patient's language with the language of the requisite bird remedy. In addition, the elaborate descriptions about the themes of different bird families and orders, remedy general characteristics, physical symptoms, and rubrics given in the illustrated cases give a clear idea about approaching bird cases in the clinical practice. Along with the case notes, I have included my observations in (*brackets*). In each case I have written my analysis to describe how I arrived at the specific remedy. The cases are just to illustrate how to utilize the concepts and ideas presented in the book. Thus, the aim is to enable fellow homoeopaths to use different bird remedies in their clinical practice; and thus, collectively strive to heal the sick of mankind.

Thus, this is my honest effort to create a systematic and inclusive resource about 'Birds' and 'Homeopathic Remedies' from this particular sub-kingdom. I have put in my best efforts to include as much information as possible, with utmost purity and integrity. Nevertheless, there is always room for corrections, inclusions as well as improvisations. I believe that being inquisitive human beings, our quest to know more never ends; and hence, every one of us will look forward to further enhancements in future.

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1

Birds General Themes and Concepts

BIRDS GENERAL INFORMATION

Birds are vertebrates and therefore resemble other vertebrates (mammal, reptiles, amphibians and fish) in most major aspects of architecture, bodily organization, and function. Having evolved from a now extinct group of reptiles, birds thus share certain reptilian anatomical characteristics. Birds live worldwide and range in size from the 5 cm bee hummingbird to the 2.75 m ostrich.

Birds are the most successful flying vertebrates and their anatomy is unique, with their bodies having evolved specifically adapted for flight. They have lightweight bones as well as large air-filled cavities (called pneumatic cavities) connected to their respiratory system, which reduces skeletal weight. They have no teeth (which would add weight) and instead have a bill which is relatively light, and is modified depending on the species.

The hind limbs are modified for bipedal locomotion, and the wings are modified forelimbs to which feathers are attached to provide an aerofoil. Also unique to birds are feathers which arise from their bodies like scales on a reptile, forming papillae.

Birds' senses are adapted for flight, most prominently their sight. Birds have large eyes and extremely high visual acuity, as well as a wide field of vision. They have very good spatial awareness, allowing for rapid flight and maneuver around obstacles such as branches. Nocturnal birds are able to adapt for night vision due to the tapetum lucidum, a reflective layer found behind the receptor cells of the eye.

As well as an acute sense of hearing, birds have a well-developed sense of taste which allows them to avoid harmful foods. Until quite recently, it was thought that the sense of smell in birds was quite poorly developed; however recent research indicates that the olfactory sense may be as important to birds as it is to fish or even mammals.

Birds have wings which are more or less developed depending on the species; the only known groups without wings are the extinct moa and elephant birds. Wings,

which evolved from forelimbs, gave birds the ability to fly, although further evolution has led to the loss of flight in flightless birds, including ratites, penguins, and diverse Endemic Island species of birds. The digestive and respiratory systems of birds are also uniquely adapted for flight. Some bird species of aquatic environments, particularly seabirds and some water-birds, have further evolved for swimming.

Due to their high metabolic rate and oxygen requirements, birds have a developed a respiratory system especially adapted for their needs. They have a high respiratory rate and unique respiratory anatomy: they have no diaphragm and their bronchi lead into a series of air sacs surrounding the lungs, which also connect to pneumatic cavities in the bones. During inhalation air goes primarily to the lungs, during expiration residual air is forced into the surrounding sacs, allowing for constant air exchange, even during expiration, which increases availability of oxygen.

One striking characteristic of birds compared to many other animal groups is their relative uniformity, however birds are indeed extraordinarily diverse in the characteristics of their plumage – color, pattern and various ‘add-ons’ such as plumes, crests, ruffs and tassels.

Wings support the entire body weight in the air, but the hind limbs support the entire weight on the ground.

Most seed-eating birds have deep, short, conical bills, designed to function like a nut-cracker. Fish-eating birds, such as herons and anhingas often have long, pointed, dagger-like bills for spearing prey. Carnivorous birds, such as hawks and eagles have deep, powerful, sharply hooked bills for tearing flesh.

The function of teeth is largely taken over by a muscular, pouch-like organ called the gizzard. The gizzard is most strongly developed in seed-eating birds, but rather less so in those that live mainly on insects, nectar or the flesh of other vertebrates.

Like the mammalian heart, the bird’s heart is in essence a double-action pump with four chambers, two of which regulate the flow of blood to the lungs, while the other pair recovers it from the lungs and distributes the oxygenated through the arterial system to all parts of the body.

Birds’ social behavior is unique and complex. Males usually compete for the attention of females for mating, allowing the most aggressive and active males to breed. They are usually very territorial, particularly in the case of land birds.

Males, once mated, will defend their territory by means of warning sounds and colorful displays. This ensures that the bird pairs spread out over a wider area and also reinforces the bond of the mated pair. After courtship the pair builds a nest and produce eggs. Rearing of chicks is usually done by both the male and female together. Most birds incubate their eggs and rear their own chicks. Approximately 70% of birds will re-pair with the same mate at the following mating season, and often return to the same or adjacent territory to breed each year.

The nuclear family situation, in which a single mature male forms a pair-bond with a single mature female during the rearing of a single brood of offspring, is common to 90% of all birds.

Many bird species habitually form pairs that last for life, while others trade partners after every brood, their relationship lasting until the young ones are raised.

Despite the separate territories of mated pairs many birds display flocking behavior, whereby a group of birds of the same species will live together in a group for most of the year, migrating as a group and separating temporarily to form breeding pairs during mating season.

Many species of bird migrate in flocks, usually flying south (from the Northern Hemisphere) or north (from the Southern Hemisphere) to warmer climes in autumn; however some migrating bird species fly east or west.

BIRDS GENERAL THEMES

SIMILAR TO MAMMALS

Issue of Dependency or Independency

Similar to mammals, birds' survival in nature depends on need of the group. So, also in bird cases, the prominent themes are related to dependence and independence like mammal remedies. Some bird remedies have intense need of the group hence they show warmth, care and kindness towards others, while some are content with the small groups or family units. These have a desire for company and doing the utmost to maintain their relationships with others. They love gatherings, meetings, congregations. In cases their narrations are mostly related to "being together" and "bond with others".

In flock birds the need is for a large group, while in solitary or predatory birds the demand is only centered towards family or partner. Like mammals, birds also seek safety, security and protection from the group.

Birds are characterized by close personal relationships. They are bound to each other and to larger groups or family with strong emotions. Generally they are family oriented, so their main concern is about care and nurture.

Total Emphasis on Relationship

Similar to mammal cases, their emphasis in narration is mostly centered towards 'relationship', and the center of their expressions is related to group, family, kids or partner. Bird personalities put a lot of effort into maintaining relationships. Birds have intense need of others so they suppress their own desires or sacrifice a lot for others.

Additionally, bird personalities are more communicative and expressive than mammal personalities.

Caring and Nurturing

Birds in nature put lot of effort to build, maintain and protect their nests and taking care of their young ones by feeding them periodically and protecting them from any kind of potential danger. This constant care of the nest and offspring confirms them to be very responsible parents, so this issue is expressed homeopathically in cases as a strong sense of duty and responsibility towards the family, kids and partner. In short bird personalities are very serious about emotional and physical well-being of their loved ones.

However, in some cases we can witness opposite polarity also where a person has feelings of being "a food machine" - just providing food and material comfort to others, then they want to escape from the responsibilities and spend time for their own personal desires and needs.

UNIQUE THEMES OF BIRD REMEDIES

Light vs Heavy

A very basic characteristic of a bird's anatomy is their very light weight feathers, and lightweight, extremely hollow or thin bones as well as large air-filled cavities

connected to their respiratory system, which reduces skeletal weight. They have no teeth and instead have a bill which is also relatively light. In short a bird's body is designed such a way so they are able to take flight. So, being 'light weight' is their basic survival mechanism. Hence homeopathically 'issue of lightness' comes up very strongly in bird cases.

The experience of lightness or weightlessness is characterized in cases various ways such as 'dream or sensation of 'flying', 'flight', 'weightless like a feather' or 'flying like an angel'. The experience of lightness is always expressed with the opposite polarity of 'heavy', 'dragged', 'bogged down', 'burdened', and 'weighted' feeling or sensation.

The bird personalities are also light hearted persons and they prefer to live life with happiness and enthusiasm. Liveliness is a key feature in them and they prefer to enjoy the moment rather to carry a burden in life. But the opposite polarity we can also witness in bird cases is where they are heavily depressed, intensely sad and gloomy, being completely dragged down and crushed by negative emotions.

The theme of lightness can be expressed in the sense of being free of psychological "baggage" and being very content with their lives and themselves. They are people who let go of past problems and antagonisms. They do not want to be dragged down and held back by negative memories; they are interested in spiritual matters, music and the arts.

Bird personalities often have a very spiritual perspective, seeing events in their lives and hardships as being necessary for their soul growth. So, lightness is not just physical sensation but it might be the core of a human personality where the person is psychologically as well as emotionally also very light. One might say they are light minded and light hearted personalities.

Heavy and light is not a mammalian language at all. Mammals might discuss a need for freedom but it is related to jumping, running, bounding and leaping, while for birds, freedom is completely light and floating like a feather and experiencing expansiveness.

Open and Vast vs Confined and Crushed

Birds are creatures of the sky hence they have a vast and open field to explore and the ability to go whenever they choose. When a bird is in flight it has limitless space but they need to come to ground to feed, mate and sleep. Even their nests are very small

compared to the vast open expanse, so birds may feel confined and crushed when they are on the ground or in the nest. Therefore, these two polarities also come up strongly in bird cases, e.g. when they are in flight they can experience 'vastness, openness and expansiveness' while on the ground they feel 'limited'.

In many bird cases we see an enjoyment of fast, free movement along with wind passed by hair, cycling, riding, hang gliding and these activities all give them feeling of openness and expansion. Conversely, they are extremely responsible regarding their daily duties, because of which they can feel trapped and limited and from which they want to escape.

Intense Need of Freedom

It is logical to understand that if you feel trapped and limited you want to be free. So, in almost all bird cases the issue of freedom comes up very strongly. In the bird cases the freedom aspect is expressed as 'vast', 'expansive', 'boundless', 'no-limitations', 'almost like heaven', 'open space', 'no boundaries'. Many a time person might be talk about 'nirvana' in which you have left your earthly body and have an energetic identity as if you are merging with universe where you feel immaterial and bodiless.

The opposite polarity is 'no-space', 'small space', 'completely trapped', 'constricted', 'stifled up to the level of being crushed'. The person may feel trapped in such a way that he/she does not have breathing space, so feels suffocated.

Mammal cases also have issue of 'being trapped and wanting freedom', but mammals want freedom from being mothers or freedom from the group. When mammal personalities experience 'being trapped' they are not talking about suffocative kind of trap where there is no space. Mammals find 'freedom' in the form of 'escaping', 'running', 'moving', 'jumping' while in bird remedies freedom is related to 'open', 'vast' and 'expansive space'. Comparatively mammals do not have such an intense need of such space in their freedom as birds do.

Desire Traveling

Being creatures of the sky, birds have the ability to go anywhere and it expresses homeopathically as desire for traveling.

'Traveling' is present in almost all bird remedies, but it expresses in cases different ways, e.g. being a main theme of migratory birds such as the seagull, pelican,

albatross, flamingo, heron and swan. As they are long distance travelers in nature, so homeopathically these remedies need to explore something new, or extraordinary places. They like to undertake adventurous tours and have a desire to know many cultures and meet different kinds of people to understand their lifestyles and diversities.

Some birds, such as passerines (sparrow, mynah, canary, crow), duck, dove, pigeon, turkey, peacock and hen are by nature short distance travelers, so their remedy personalities like to go out for a short time, e.g. a one day picnic, a need to go for evening walk, morning walk, a visit to neighbors, relatives or market for limited duration. They prefer to go out, move a little and come back; these homely personalities so they do not like to be away from home for a long time.

The intension of traveling for raptor and owl personalities is to know and understand: what is going on? These remedy personalities want knowledge and understanding in order to control their circumstances, so that they have a better perspective of things. These personalities may prefer to make spiritual journeys so they can comprehend the hidden power within.

Another important feature in birds is a fantastic sense of direction. They navigate by star compass, sun/moon compass, and a magnetic compass in their brains. Birds understand the magnetic field of Earth and by smell; they can understand where they are. In some bird cases, the person has an exceptional sense of direction and even a photographic memory, qualities which are extremely strong in migratory birds and raptors.

Life around Partner

Most of the birds are monogamous either for their lifetimes or for the raising of one brood. Both males and females similarly take an interest in building nests, protecting them and rising their young ones, so they are always together and doing everything together, hence their survival depends on the “partner”. The partner is extremely important for any bird in nature hence it expresses homeopathically as intense need for the partner. So, the partnership issue expresses various ways in cases, such as:-

- Made for each other
- Different body but single soul
- One can't survive without the other

- Deep bond between two people, hence one cannot think of life without the other
- Romantic emotional strong bond, but not related to sex
- Showing intense emotional attachment to each other
- Perfect understanding and tuning between two partners
- Dynamic duo
- Interest in Radha-Krishna songs, or any devotional songs where you have to become a partner of God
- Intense depression after the death of partner

In some cases, the partnership is not fulfilled or not up to their expectations so they face multiple issues within the partnership. They can feel restricted by a suffocative relationship or missing an imaginary ideal partnership. So, this opposite polarity expresses in cases as:-

- Missing a soul-mate hence looking for romantic life from another person (Not related to sex)
- Partner does not understand and give you enough care and emotional support
- There is no attachment to or understanding from the partner
- Intense dependency on partner though the partner abuses physically and/or sexually
- No value or consideration by partner
- Left or thrown out/forsaken by partner
- Partner has extra marital relationship
- Intense desire to leave the partner, escape and have freedom from the partner

Expressiveness – Let's Share

Most birds have beautiful songs and various other ways of communications and those who do not have songs also have different and specific ways to call others. So, communication is an extremely important characteristic of birds. It expresses homeopathically by conveying their views, sharing thoughts and ideas and emotions and intense desire to have a chat or gossip.

The communication is also there in mammal remedies but in birds it is slightly different from mammals. In birds communication is about expressiveness, it's very like phosphorus – bubbly expressiveness.

Bird personalities often complain 'nobody is ready to hear me', 'no one with whom I can share my emotions and thoughts', 'with whom I can share my experiences' which is why they write poetry and song for self-satisfaction. Even during case taking when a person talks about loneliness, he/she says there is nobody with whom I can share and express my thoughts and emotions.

In bird remedies communication is one-sided; they only want to share but are not so keen to listen. In mammals, there is group discussion and then a decision is made between all of the participants; by comparison birds, the communication is outwards only, rather than being two-way, so if others fade away from them, they then feel lonely.

One more unique style of bird communication is they like to have gifts from others and they are also very good at giving gifts to others. Often bird patients love to give gifts to the homeopath. If they are Row-3 type birds, it may be with nurture, so in the form of cooked dishes, something limited to household activity, showing their gratitude and love towards other. Row-5 types may be creative or use their talents, making unusual gifts of songs, writing poetry, or making some craft items with which to demonstrate their appreciation.

Desire Music/ Song

The expressive quality of personality is demonstrated in cases as a desire to sing a song or listening to music, as music for them has a healing and meditative effect. Bird persons can understand music better than anybody else, and the experience of music gives them spiritual fulfillment and a feeling of freedom. Mostly bird personalities prefer to have romantic music or spiritual music in which they are worshipping God and in the worship ritual the god is your partner. It's often related to Radha-Krishna songs.

Active/ Productive

Birds are very active in nature; they rarely stay still just doing nothing, except during sleep. However, though bird personalities are very energetic and active, they are not hyperactive and restless, rather they are productive. Bird people constantly work at one job after another, they do not like to be lazy or idle, or not accomplishing something.

ADDITIONAL QUALITIES

Sensitive like Plants

Like plant cases, bird cases are also intensely sensitive and hence many things affect them easily, especially changes of environment, place, temperature, pressure etc. Also similar to plant cases, we find many modalities in bird cases because of their intense sensitivity. Bird personalities are extremely aware of environmental changes, so they are sensitive to pollution and global warming.

Bird personalities are also sensitive emotionally hence they can perceive other's pain and suffering, so personalities are extremely empathetic or sympathetic, even to the point of being sensitive about behavior and attitude towards themselves and others.

Bird people are also affected by sun and moon and hence they do not like to have disturbance in their day-night schedules, they prefer to have regular and specific styled sleeping patterns. Their physical senses may be heightened too, with very acute vision and hearing.

One more way we can witness sensitivity of bird cases is the person's capability in perceiving others' vibrations and auras. This intuitive kind of quality is particularly high in migratory birds and raptors.

Spirituality

Because of high sensitivity and intuitive qualities, they are able to understand anything in depth and have excellent perception, so this is the reason bird people enjoy a high degree of spirituality. Additionally, bird people have an internal desire to understand themselves and their surroundings thoroughly because they want to be cognizant and aware of everything around them.

Bird people are extremely intuitive, rather than being logical or mathematical, hence they can feel awkward in the world of precision and scientific conclusion. They do not understand worldly sophistication as mammals do, but are excellent in perception and conceptual overviews, a facet which along with impartiality, is most pronounced in the high-flying birds, such as hawks and eagles. There is a perceptive quality – they see the whole picture without needing to apply a mineral minded logic to it.

Conceptual thought is absent in chickens hence we have saying “Chickens have no mind” or “headless chickens”; actually they are intelligent but their logical minds are weak. Ground bird species such as fowl and waterfowl are especially not strong at logical and conceptual thinking.

AFFINITIES OF BIRD REMEDIES

- Oversensitive to noises, visual impressions, or touch
- Lack of inner peace: undefined restlessness and irritation often combined with a small but intense inner vibration, a humming or pulsation.
- Better in the open air and crave to be outside in nature or by water
- Appetite may be ravenous and constant – desire nibbling
- Lean - thin but fit body
- Neck or shoulder stiffness or tension in this area
- Affinities of bones: bone pain, pain in joints, bone injury
- Affinities of nerves: sharp, stitching pain, numbness, paralysis
- Affinities of vision: blurred vision, photophobia
- All types of allergies

Birds	For Quick Reference
Mammal-like Features	<p>Issue of DEPENDENCY or INDEPENDENCY Desire to belong to the group Fear of rejection from the group (Reaction) Shows WARMTH, CARE and kindness towards others Desire for company BOND, ATTACHMENT, RELATIONSHIP Issue of Group, Family, Kids, Partner Suppression of personal desires and emotions SACRIFICE for others Issue of CARING and NURTURING Strong sense of duty and RESPONSIBILITY</p>

<p>Unique Features (Primary Features)</p>	<p>FLYING, FLOATING, Buoyancy, Weightlessness LIVELINESS, Happiness, Cheer-up Light Minded and Light Hearted VASTNESS, OPENNESS, Expensiveness, Boundless, No-limitations RESTRICTION, CONSTRICTION, Claustrophobia HEAVY, DRAGGED, Boggled, Burdened, Weighted down Heavily Depressed, Intensely Sad and Gloomy CONFINED and CRUSHED Intense Need of FREEDOM Desire Traveling (To be free from restrictions of routine) Fantastic way of direction (Mostly in migratory birds) Life around PARTNER Soul-mate (INTIMATE relationship) EXPRESSIVE, Communicative Gifting, Sharing (Way of express) Desire Music/ Song (Way of express) Active/ Productive - Energetic/ Enthusiastic</p>
<p>Secondary Features (Additional Features)</p>	<p>SENSITIVE like Plants Affected by change of environment, place, temperature, pressure Sense the environmental changes Sensitive about pollutions and global warming Emotional sensitiveness Empathetic - Sympathetic Affected by sun and moon HIGH SPIRITUALITY (Lanthanide-like) Excellent Perceptions - INTUITIVE Conceptual OVERVIEW - Broad minded</p>
<p>Affinities</p>	<p>Oversensitive to noises, visual impressions, or touch Lack of inner peace - Undefined restlessness and irritation Intense inner vibration, a humming or pulsation Better in the open air Crave to be outside in nature Appetite may be ravenous and constant - Desire nibbling Lean- thin but fit body NECK OR SHOULDER STIFFNESS OR TENSION Affinities of bones - Bony pain, pain in joints Affinities of nerves - Sharp, stitching pain, numbness, paralysis Affinities of vision - Blurred vision, photophobia All short of allergies</p>