

# CONTENTS

<i>Foreword by Yakov Melamed Cohen</i>	<b>xi</b>
<i>Preface</i>	<b>xiii</b>
<i>About the author</i>	<b>xv</b>
<i>Acknowledgements</i>	<b>xvii</b>
<b>PART ONE The Noble Gases</b>	
<b>An Introduction to the Series</b>	
<b>A brief explanation of the periodic table and the noble gases</b>	<b>3</b>
Chemical interactions	11
Clinical-based essences and speculative <i>materia medica</i>	16
My questions regarding the noble gases	17
Esoteric speculations on the number seven	20
Final questions	26
<b>PART TWO A Dynamic <i>Materia Medica</i></b>	
<b>Helium</b>	
<b>Chapter 1 Introduction</b>	<b>33</b>
Homeopathic Helium	33
The potencies of perception	34
<b>Chapter 2 Helium the element</b>	<b>37</b>
Discovery and naming	37
Chemical properties of helium	37
Uses of helium	39
Helium mother tincture: preparation of potencies	40
<b>Chapter 3 Helium themes</b>	<b>41</b>
Helium 12C: Physical affinities	41
Helium 30C: Generalities	41
Helium 200C: Emotional Essence	41

Excerpt from J. Sherr, „Helium“  
Publisher: Saltire Books  
Excerpted by Narayana Publishers, 79400 Kandern,  
Tel.: +49 (0) 7626 974 970-0

Helium 1M: Higher themes	<b>44</b>
Helium 10M: Spiritual themes	49
Conclusion to Helium 10M Spiritual level	61
<b>Chapter 4 Helium 50M sensation, function, structure</b>	<b>63</b>
Seeing from above	63
Shadows	65
<b>Chapter 5 Helium CM collective spirituality</b>	<b>69</b>
Leaving the One	70
Between the worlds	72
Groups and lessons	77
Connection and disconnection	79
Arrival	80
<b>Chapter 6 Meditation proving of helium</b>	<b>83</b>
Helium mini meditation proving	84
<b>Chapter 7 Helium synthesis</b>	<b>87</b>
<b>Chapter 8 Helium cases</b>	<b>89</b>
8.1 'Fear of birth and life'	89
8.2 'Starry night'	90
8.3 'Out of body'	94
8.4 'Stuck birth'	96
8.5 'In a cocoon'	97
8.6 'Ungrounded mother'	99
8.7 'Spiritual wine'	104
8.8 'In between to be or not to be'	108
8.9 'Abused'	114
<b>Chapter 9 Helium MM analogy, biology, cosmology</b>	<b>121</b>
Physics: From the Big Bang to stars	123
Cabbala	124
Physics, Cabbala and the provings of Hydrogen	127
Helium: Four into one, Nucleosynthesis of the soul	135
Soul permutations	138
The genetics of reproduction and incarnation	153
The soul as DNA	158
Summary	162
Regrouping	165

<b>Chapter 10 Further analogies</b>	<b>175</b>
Four in one	175
Twins and Doubles	177
Theosophy	178
Moses	178
Alchemical stage	179
The Tetragrammaton	180
<b>Chapter 11 Dimensions</b>	<b>181</b>
<b>Chapter 12 Period I synthesis</b>	<b>189</b>
<i>Appendix</i>	<b>191</b>
Proving symptoms related to Helium MM	191
<i>Index</i>	<b>207</b>