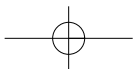
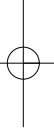


PART II



1

AQUAMARINE

The remedy was first proved during a week's post graduate course run by the Guild of Homoeopaths on the island of Paros, Greece, in May 2005. It was chosen as one of two remedies to prove through meditation by two groups of students who took the remedy in the 30th potency. The students were unaware of the nature of the remedy though the leader of the groups, Janice Micallef, knew the name.

The Background

Aquamarine is a form of beryl, a hexagonal crystal form that has a hardness rate of $7\frac{1}{2}$ – 8. Its chemistry is complex: $\text{Be}_3\text{Al}_2\text{Si}_6\text{O}_{18}$ + iron. Other varieties of beryl include emerald (pale to dark green), heliodor (yellow) and morganite (pink). Beryl often appears in granite areas. The crystals are often short to long prismatic faces which are striated along their surfaces. There is a vitreous (glass-like) lustre to the surface. Aquamarine is of a pale blue-green colour and differs from emerald due to the presence of iron. It is found in the USA, Mexico, Russia, India, Brazil, Nigeria, Zambia, Zimbabwe, Madagascar, Mozambique, Afghanistan and Pakistan.

Traditionally, aquamarine is considered the birthstone for March. Legend tells us that many thought of this stone as the 'treasure of mermaids' and as such it was considered a powerful charm to keep sailors safe at sea. In the middle ages it was regarded as an antidote to poisons. As well as being the gemstone for the 19th wedding anniversary, it is also a stone for healing rifts between married couples; it is said to ensure long and happy marriages and is traditionally an anniversary gift between spouses. Rather more dramatically, it was claimed by some that aquamarine wards off the wiles of the Devil.

Keynote effects

Aquamarine soothes the heart that was wounded many years ago or that bears the scars of family (ancestral) trauma and grief. It fosters emotional enlightenment and helps patients to face uncomfortable and often buried truths. It can bring a sense of peace where there has been conflict within, even when that conflict is not acknowledged. It supports remedies chosen for their action on the physical heart (and will not interfere with chemical drugs that may be a necessary prescription at the same time). A common aggravation is a headache which should be left to resolve without further medication though Rescue Remedy may well speed up the process safely. Skin symptoms may also erupt and should be left alone except when infection threatens.

General symptoms

It works on the endocrine system, the nervous system, the heart and circulation and musculature. It is useful after a stroke (especially after remedies such as **Opium**, **Arnica** and **Calc-carb**); after seizures; with fainting especially when there is absent-mindedness, lack of self-awareness and shock anywhere on the system. It should be considered of use in Parkinsonism, MS and conditions marked by dystonia (impairment of muscle tone); also with asthmatic breathing particularly where the intercostal muscles and the diaphragm are held in spasm. The remedy has a bias for the left side of the body. It should be considered in those who have suffered vaccine damage that has gone beyond physical symptoms; in children who have been adversely affected in the mind, emotions or spirit by any vaccine. The remedy follows the isopathic vaccine remedies (**DPT**, **MMR** etc.), **Thuja** and **Silica** well, and works on the shock to the endocrine system that vaccines cause at the level of the pineal/pituitary connection. It appears to reset the body clock when that is put out of sync by artificial immunization. Swings of temperature; when the body's thermostat has no balance. Affects the five special senses: sight, hearing, taste, touch and smell; has great sensitivity to external impressions. Affects the thyroid gland and is especially useful in patients whose diagnosis is uncertain from blood tests or who appear to swing between hypo- and hyperthyroidism or who have a confusing mixture of symptoms of both. It is of use in patients affected by geopathic stress. It is a remedy to consider for children who carry mobile phones around with them all the time. It is protective against the auric influence of mobile phones held too close to the body and of the masts that emit electro-

dynamic radiation. For deep shock and trauma. NBWS (not been well since) a profoundly life-changing circumstance, physical, emotional or mental. Useful after **Arnica** and other physical trauma remedies when they have worked on the physical and mental bodies; the subtler etheric bodies also are often traumatized and the damage may not be susceptible to **Arnica** etc., a circumstance that may prevent thorough healing of the musculoskeletal system. **Aquamarine** is of use in healing the damaged aura and in helping to integrate body and vital force. It is said to be of great benefit to patients born after IVF treatment. It is thought to heal the inevitable disconnection that must result from the process of artificial insemination and other technical procedures required for mechanical conception. Can be used with safety by those who are on allopathic medicine; it will not interfere with the intended action of the chemical drugs.

Miasms

Psora, syphilis, cancer, tuberculosis and leprosy.

Mental and emotional symptoms

Shock and trauma to the psyche even to the point that the patient has been rendered unconscious. Sadness and grief: seems as if these came from a great distance and belonged to another time. Fearful of and haunted by the past. Fearfulness and unhappiness in those whose parents also felt fear and sadness; inherited tendency to sadness even in those whose lives are not especially marked by grief. A sense of the heaviness of years of emotional turmoil; wants to go out into the fresh air for relief from emotions but then broods and dwells on sad thoughts; a sense of loss that seems to stretch far into the past and to cast long shadows forward into the future. Deep feelings of grief connected to the diaspora. Particularly affected by the sea; being on the sea or the shore exaggerates the emotional gloom yet loves to be by the sea. A deep sense of being alone and loneliness yet often seeking solitude. Patients may feel the need to withdraw emotionally and even physically; may absent themselves for a while even without telling anyone of their whereabouts. A desperate feeling of needing space. Desolation; hopelessness; 'staring into the void'; foreboding; suicidal thoughts. A feeling that one cannot bear to hear of any more emotional traumas: useful for those who have reached beyond the limit of their endurance

in the role of listener or 'confessor'. Wants to escape from psychic stress. Feels better and more secure when with close family or those who 'understand' and make few demands; wants to be held but finds it difficult to ask for it. Has been described as 'the *Arnica* of the soul'. Mental confusion: difficulty in discerning what is illusory from reality; finds it hard to tell whether another is speaking the truth or is spinning a delusion. Indecisive. Has difficulty with discriminating meaning in words. Absent-minded; mind wanders whenever the patient is not engaged in a present activity; finds it hard to stay in the present. This may be related to having taken hallucinatory drugs in the distant past. Daydreaming and tendency to go off at strange tangents in thought. Shyness and embarrassment especially when trying to cope with heavy emotional issues. May resort to telling lies especially about past events possibly to disguise a truth that is too emotionally painful to allow to continue unedited in their memory. Worry can cause overwrought adrenal activity. Forgetful of what one is doing; finds it hard to stay focused. Mind is full of clamouring thoughts; persistent unwanted thoughts. A tendency to drift off to sleep when stressed. Mental and psychic breakdown: for those who can no longer take the stresses of modern living and retreat into silence and confusion. The patient may appear eccentric due to the need to avoid what is distressing and painful to their sensibilities. The remedy helps to clarify what is muddled in the mind; it encourages discrimination and dispassionate appraisal of confusing emotions. It strengthens the intuition but not at the expense of the intellect. It strengthens self-confidence in those beaten down by years of emotional struggle. This is a remedy for those who feel (or give the impression) that they are in the emptiness of the emotional wilderness.

Physical symptoms

Head

Tendency to stress headaches; head feels heavy and clouded < noise and talking. Scalp feels tight; fainting or faint feelings with loss of coordination.

Eyes

Cataract < left eye. Eyes water < right. Possibly useful in exophthalmia especially < left eye.

34 | **The New Materia Medica** Part II**Ears**

Highly sensitive to noise; feel they must block out extraneous sounds < when emotionally stressed. Damage to the hearing apparatus and feel that ears will be damaged by noise pollution. Follows **Pulsatilla** and **Silica** well to consolidate their healing effects; a dose of **Aquamarine** can help prevent a return to the acute **Puls/Silica** state which so often happens in tubercular children after vaccination. 'None so deaf as those who won't hear,' (see **Green Jade**).

Nose

Watery < left nostril. (Right eye and left nostril watery simultaneously.) A feeling as if a cold would come on but it never develops fully. Sense of smell heightened but reduced by cold symptoms.

Throat

Sensation of swallowing across a lump. Globus hystericus. Helpful in young men whose voices are breaking. Thyroid pathology; myxoedema; goitre.

Chest

Heaviness and oppression of emotional origin in the middle of the chest. Sighing. Asthmatic breathing < tension held in the diaphragm. Tension felt in the heart (complementary to **Rose Quartz** which releases tension in the pericardium). Asthma > being outside in the fresh air; especially > by the sea.

Heart

Cardiac pathology. Symptoms can suggest angina which eventually develops when left unattended. A sense of anxiety held in the chest; disquiet felt in the heart. The remedy complements other heart remedies that may be indicated by physical pathology: **Aurum**, **Kalmia**, **Lachesis**, **Latrodectus**, **Naja** and **Rose Quartz**.

Kidneys

Sensation of being squeezed; pains felt in the kidneys < left. Frequent urging to urinate < lack of expression of emotions.

Skin

Dryness and a tendency to desquamation. After **Aquamarine** the skin may react by sloughing off: eczema, dermatitis, etc. Such reactions should be monitored but left alone unless the surface is broken and infection threatens (a rare occurrence).

Back

Shock and trauma from accidents; susceptibility to injury or pain symptoms in those who are overburdened by emotional issues.

Limbs

Lack of coordination of limbs due to muscular weakness and tension; muscles do not respond to intention. Cramp. Trembling and shaking in extremities. < left side of the body. Dystonia.

Sleep

Sleepy in the day; dozes off when stress increases. Daytime nap > sense of pressure and distress. Wakes at night with sense of unidentifiable disquiet. Cannot fall asleep easily for thinking of daytime stresses. Anxiety felt more strongly at night. Relieved to wake in the morning with a desire to get outside for air and light; to get away from dreams of disquiet.

Considerations for the use of the remedy

Aquamarine is a very psoric remedy. It covers the sense of inadequacy that is such a psoric manifestation, particularly emotional inadequacy. The quality of fearfulness is also psoric: of abandonment, of the past, of not being equal to tasks and burdens. However, the syphilitic and cancer miasms are also strongly evident in the later stages of the development of the **Aquamarine** picture. Nor is it difficult to see the tubercular state in the excessive sensitivity and the need to escape from being overwhelmed. The leprotic miasm should not be forgotten either; there is a similar sense of despair and abandonment in this miasm which is characterized by feelings of being outcast and beyond the reach of help from other people. The sense of the burden of years of unspoken grief and the weight of buried history are redolent of this state. It is not unusual for this remedy to be well supported by nat mur 6x, the tissue salt.

Aquamarine shares a number of symptoms with other well-known remedies:

- sense of grief, despair and desolation: **Aurum**, **Conium**, **Nat-mur**, **Phos-ac**, **Carcinosin**, **Helleborus**
- sense of dislocation and confusion: **Thuja**
- globus with feelings of grief: **Ignatia**
- < noise: **Aurum**, **Carcinosin**, **Helleborus**, **Ignatia**, **Latroductus**, **Nat-mur**; especially of voices: **Aurum**, **Conium**, **Silica**.

Aquamarine works well before or after nosodes and is well supported by them; this is especially true of **Psorinum** and **Leprosinum**. Amongst new remedies:

- **Oak** (tension, the carrying of emotional burdens, the history of shelved traumas though **Oak** is unlikely to seek escape or solitude, rather, they just keep going);
- **Goldfish** (hypersensitivity, < left side, < stroke, loneliness, feeling disconnected and spaced out, the inability to focus on essentials of everyday life, sleepiness, musculoskeletal problems though **Goldfish** is much more fragile);
- **Hornbeam** (confusion and unfocused thoughts, poor discrimination, lying about the past to soften the pain of grief though the strong emotions here are remorse and regret);
- **Lumbricus** (pathology of the nervous system, dysfunctional body clock, vaccine damage, lack of self-confidence, introversion though **Lumb** can appear to be much more downtrodden, far more overtly fearful especially of change and would be unlikely to seek escape);
- **Buddleia** (history of devastating trauma – sometimes this remedy is for the immediate effects of the trauma and is followed well by **Aquamarine**).

Aquamarine is strongly related to various other remedies. It follows or precedes **Nat-mur** and **Aurum** very well. It can be mistaken for these remedies but actually is needed either to complement them (and deepen their work) or to take the patient to a deeper level of personal understanding about the past. It is complementary to **Ayahuasca** when that remedy is indicated by the similimum being deeply buried in the past history of family trauma (see

Ayahuasca in *Volume I* and how it has the ability to restore historical familial connections). **Thuja**, **Silica** and **Pulsatilla** are all complementary as are **Berlin Wall**, **Chalice Well**, **Green** and **Emerald** (another form of beryl). **Thymus Gland** is also related; **Aquamarine** is strongly associated with the thymus centre of energy. **Thymus Gland** + **Aquamarine** + **Syphilinum** make a combination triad remedy that has the capability of arresting the descent into self-destruction by encouraging the unearthing of buried syphilitic history. (As an LM potency it would complement and support the patient who is indicating **Aurum** as the similimum.)

Esoteric therapeutics

As a crystal essence Aquamarine is regarded as a stone to calm troubled waters, to encourage those in adversity to face their problems, to remain balanced and feel safe. It gives space to allow the intuition to reassert itself when the intellect is muddled and scared and overtaxed by adrenal energy. It works at the level of the throat to clear the voice; it works on the brow centre to clarify perception (of options, of the dynamics of a situation, of when to accept the inevitable without rancour). It is said to calm the mind of chuntering thoughts. Relieves the stress caused by phobias (see **Hyacinthoides**). It is a base chakra remedy, helping to maintain stability in the face of extraordinary pressures and the tendency to escape into unreality.

In various books on crystal remedies it is claimed that Aquamarine is beneficial for combating the effects of pollutants in the atmosphere, harmonizing the endocrine glands (specifically the pituitary and the thyroid glands) and is useful in the healing of the eyes. They concur as to Aquamarine's ability to clarify the mind in difficult circumstances; to calm the chattering mind and to assist the patient to find the way out of any thicket that may be causing particular stress.

In the meditative proving the remedy was reported to create a link between the pineal, pituitary, heart and base centres. It was noted that the damage to the higher energy centres from shock, trauma, grief, hallucinogens, some antidepressant drugs and vaccines can be beyond the reach of the well-tried and trusted remedies such as **Arnica**, **Opium** and **Thuja**. Essential though they are in dealing with such trauma, they need to be complemented by other remedies (**Aquamarine**, **Buddleia**, **Rainbow**, **Sandalwood** and **Ayahuasca**), homoeopathically indicated by the individual circumstance, in order to reach

into the depths of the aura to which the trauma has gone. In working on the pineal, hypothalamus and pituitary the remedy helps to foster spiritual awareness. This is often initially manifest as a craving to be at one with Nature; to be out in the fresh air and feeling the energy of the elements and taking notice of things such as the flora and fauna. It is remarkable for its ability to allow the patient to leave the chaos behind and feel peaceful. It is said to be a remedy to lighten up the future; it relieves the pressure of impending difficulties so that the future seems less overwhelming. It was also said to be a remedy that would allow personal development or creative actions, that were begun in the past and left uncompleted, to be picked up and carried further to completion.

Aquamarine has influence on the elements of the body. As a crystal it is an earth remedy and excellent for establishing grounding. It has a strong affinity with water because of its association with emotion and the kidneys. It can encourage air to flow through the system better (for example in asthma) by the release of tension in muscles. The outcome of prescribing the remedy is often the regeneration of fire: inspired creativity or elimination of toxicity from the liver, both being aspects of this element. **Aquamarine** is seen as a remedy that galvanizes the base, sacral, solar plexus and heart chakras to eliminate better.

Chakras

Crown

Encourages awareness of spiritual energy that needs to come into consciousness. Sleep problems. NBWS taking hallucinogens or antidepressants. Feelings of disassociation; of being 'spaced out'. Wish to escape into other dimensions.

Brow

Fosters clarity of perception. Difficulty in seeing reality or telling the truth. Poor memory. Weakened intuition; too strong a reliance on the intellect leading to exhaustion and feeble motivation. Forgetful of past negative experience that should have taught one to avoid habitual negative behaviour patterns. Slackened or stultified growth of purpose. Clouded mind; restricted range of intention. Susceptible to being deluded.

Throat

Poor self-expression. Artistic endeavours fail to mature. Becomes susceptible to the effects of radiation.

Heart and thymus

Emotional imbalance; buried grief and trauma. Trauma to this centre often reflects past family history. Oppression of the chakra. Damage to the thymus gland from vaccination, childhood trauma or even unresolved ancestral trauma. Asthma from suppression of emotions.

Solar plexus

Frustration of creative impulses. Activity in this chakra is usually as a result of this remedy. The energy before it is given is often stagnant.

Sacral

Lack of kidney energy is an indication for the remedy. Pathology of (or damage to) the kidneys (especially the right) in a case of deeply held emotional trauma.

Base

Lack of grounding; fearfulness; insecurity; narrowing the bounds of one's limitations while at work but seeking escape into unreality to avoid more stress. (Beryl remedies are useful in assisting the penetration of other remedies deeply into the auric levels of the body when either physical or emotional trauma has infiltrated too far into them.)

Case studies

- 1 'While studying homoeopathy I was staying during those weekends with a very dear friend of mine from my schooldays. Her marriage had very recently collapsed with her husband leaving her for a younger woman, after 17 years of marriage. The effect on her was shattering, especially as they had no children and both her parents had died in the previous couple of years. She felt completely alone and abandoned. On returning to her house after a day at college I found her in darkness, curled up on the sofa in her lounge, unable to move and in a state of complete despair. She felt as if her life was over. She looked quite grey and totally lost. I had told my supervisor what had happened as my friend was one of the cases he was supervising, and we had discussed

the possibility that **Aquamarine** might be of use at some stage. I had been one of the provers of this remedy and so was aware of its potential. I only had **Aquamarine** 10M with me but felt so sure that this was the remedy she needed, and in a high dose. I gave her one dose and the effect was amazing. Within a few minutes she started to change visibly. She said that for her the effect was incredible. She felt this terrible despair start to lift and after a short while as I sat with her she was able to move and literally come back to life!

‘We have never forgotten this experience, either of us, as it was so remarkable. She only needed the one dose and has never since experienced such a feeling of deep despair. Her recovery from this terribly painful time in her life continued and she has thankfully been able to move on.’ MH

- 2 A colleague sent the following description after attending a seminar during which **Aquamarine** was presented as a new remedy.

‘I was quite deeply affected by the mini proving of **Aquamarine** we did that day of the course. I felt like my lungs were burning and there was a sense of rage and grief all mixed up into one that I could not place. I felt strongly that it was ancestral and down the female line. I decided to stop off at a local park on the way home to feel the earth under my feet. I had an incredible need to be in nature and process my feelings before returning to my busy family life. As I parked my car, I sent a specific request to the Universe that I might be sent a symbol of clarity over what the **Aquamarine** had stirred up in order to release it.

‘As I walked through the park gates, a friend and fellow homoeopath entered at the same time with her children. As this homoeopath is someone I am literally in the process of handing my practice over to and her daughter was one of my first patients, it felt very significant. We walked a while and settled down for a drink at the park cafe under a huge umbrella to shield us from the uncharacteristically intense early evening sun. All of a sudden the daughter (my patient) started skipping around us saying there was a rainbow above our heads. We humoured her thinking she was making it up; this particular girl has the most wonderful imagination and is always talking about fairies and butterflies. But she became quite insistent so we peered out from underneath our umbrella. And sure enough, hanging in the sky, directly above our heads, was a

rainbow. But not an arc, just a strip of prism in the middle of the blue sky! What was strange was our reaction to the rainbow, which may logically have been a chemtrail or a strange result of the recent volcanic ash we'd had from Iceland, but this fellow homoeopath and I both felt completely, ridiculously joyous. We felt blessed, magical and peaceful. It felt like confirmation that we were doing the right thing, me in handing my practice over to this colleague and her in agreeing to take it on. But beyond this, it felt that something had been resolved on a very deep level just by being in the presence of the energy of **Aquamarine**. After seeing the rainbow I shared with my colleague my **Aquamarine** experience earlier in the day; she grinned and held up her wedding finger on which sat a perfectly cut aquamarine ring! We parted and as I got back in my car I looked up but saw no trace of the rainbow anywhere. It makes me wonder if the remedy **Aquamarine** has a connection to **Rainbow**. It also makes me wonder about the idea of **Aquamarine** pushing someone's fire upwards (that's what it felt like in my lungs; like the anger held in my liver got shoved up into my lung area) and I wonder if the rainbow dispersed it?' SB

- 3 'A woman of 45, a Piscean who was on dialysis, was waiting for a kidney transplant. She had done well on kidney support remedies such as **Berberis Vulgaris**. Nevertheless, she had been told that she would not be able to survive unless she had a transplant within three months. She had a difficult personality and was very fearful and had suffered a lot of trauma in her life. She often became deluded in the manner of someone turning senile in a way that suggested that her kidneys were failing seriously. She was given **Aquamarine** 10M o.d. for seven days. On day three after starting the remedy a donor organ was found for her and she went in for the operation. However, the remedy had already started to bring her personality back to normal. The patient continues to do well despite the negative prognosis and having to remain on rejection drugs.' JM
- 4 'Female, 45, Irish Catholic, mother of four, had joined my meditation groups but found it impossible to do the guided meditations. Felt restless and her mind would constantly wander to the household chores, etc. The reason for attending the meditation groups was with the aim of learning to give herself a little space, since her whole life

involved running around and caring very deeply and wonderfully for her family but at a huge cost to herself.

‘After about three sessions of really gaining very little from the meditations I decided to give her **Aquamarine 30** which she took twice a day for the two weeks. At the next meditation she was much more peaceful, could visualize much more clearly and realized she was keeping busy to suppress a “wild side” of her nature. She had fallen pregnant out of marriage and so had had to get married under pressure. Ever since, her guilt and fear of getting into any more trouble had kept her busy to the point of constant exhaustion. Since taking the remedy she has hugely relaxed, and finally started painting – although she had created a studio in her house about five years before.

‘I was lucky enough to be in the proving circle of this remedy in Paros. My main experience was that it gave a deep feeling of stillness of mind.’ HJ

- 5 ‘A girl of three was brought for eczema, sleep disturbances and problems settling at nursery school. She responded beautifully to homoeopathy and over the course of the next three years she was treated for a variety of childhood complaints such as molluscum contagiosum, impetigo, ear infections and so on. Part of the wider picture was that she was very shy in the company of strangers and would not talk to them. In fact, she never spoke directly to me during all that time and would only answer my questions by whispering to her mother who would relay the answers. This was despite sending me Christmas cards and drawings and her mother reporting that she felt a strong affection for me.

‘When the child was six, I had a chance discussion with a colleague who suggested the possible diagnosis of selective mutism. I did my own research and discussed it with the child’s mother who said that her GP had recently made the same diagnosis. (Selective mutism is a condition where a child speaks perfectly normally at home to their immediate family but cannot – rather than will not – speak to anyone outside a close inner circle. Conventional doctors class it as a social anxiety disorder.)

‘Over the course of two years she was given a range of remedies such as **Lycopodium**, **Baryta-carb**, **Ambra Grisea**, **Ant-crudum**, **Ignatia**, **Carcinosin** and **Psorinum**. More therapeutic approaches were tried; there were remedies for anxiety in situations where she would be required to

speaking. There would always be some remedial reaction but no progress whatsoever was made with the selective mutism. There was no obvious aetiology in the case; no major grief or trauma. Her birth had been a joyous occasion at home and her loving family were child-centred and progressive in their parenting style. The child herself was intelligent, articulate beyond her years with her inner circle and an able pupil.

‘Despite the lack of progress, I never gave up hope that homoeopathy could help but by the time the child was eight, I knew I needed to think outside the box. A triad combination of **Thymus Gland**, **Syphilinum** and **Ignatia** was given and although that remedy had no discernable effect on the child at all, at the next consultation with her something had definitely shifted for me in the way I perceived the case. The terror she felt at trying to talk to me was palpable. She seemed paralysed by fear.

‘I asked her mother to come back and see me alone and I explored with her the history of the family in a much deeper way than just the diseases and causes of death I had taken initially. I had a sense that whatever ailed this child, it was not her own but ancestral in origin as though she were carrying a burden for others. The mother told me that her own father was Jewish (although she and the child were not) and that many of his family had died during the Holocaust in death camps. In addition, the child’s paternal grandfather was English and her grandmother was German. Married just after the war, the grandmother was forbidden to speak German to her children. When coupled with the Jewish experience, the resonance between a woman unable to speak her mother tongue to her children and a child paralysed by anxiety when required to speak was so striking that it led me to prescribe **Berlin Wall 10M**.

Berlin Wall provided the breakthrough in the case. Within hours of taking it, the child felt overwhelmingly tired and had to go and lie down. She complained of earache in her left ear and pains in her lower legs but a day later all the physical symptoms had gone. Later that day I happened to meet the mother and child in a public place and was delighted that she made really good eye contact with me and we had our first little chat: only a few words but an extraordinary shift. The following day, remarkably I met them again, this time on a train with my own children. Much to the amazement of all the adults and the other

children in the assembled group, the child joined in the convivial and excited conversation just like a normal eight-year-old.

‘After a repeat dose of the **Berlin Wall** two weeks later, the child had a series of very vivid dreams. She has a strong love of horses and the most striking dream was one in which a stables was on fire. It was frightening and the horses were in terrible danger. She managed to rescue all 35 horses from the fire and when the stables were rebuilt she was given her own horse.

‘Around the same time her mother also had a very vivid dream of the Holocaust. She was unable to recount the detail of the dream to me as she was too deeply moved and began to cry whenever she thought of it. Not long after the dream she developed shingles. Her doctor had given her antiviral medication which she did not wish to take and although the mother was not actually my patient, I suggested she try some **Nat-mur** from her kit as I felt the shingles were a physical manifestation of the grief that resulted from the dream. The shingles cleared really quickly with the **Nat-mur**.

‘After the **Berlin Wall**, the child made further progress. She was better able to articulate what it felt like when she tried to speak to strangers. It remained a challenge for her and she still felt anxious but she was able to talk in more situations especially with her classmates. She was even elected form captain.

‘Three months after the **Berlin Wall** I gave her a split dose of **Aquamarine 1M**. The intention was to further support the patient with a remedy that could lighten the burden of ancestral grief which the **Berlin Wall** had so clearly illuminated. In line with the remedy’s reputation, she immediately got a return of her eczema and, although it was pretty nasty for a while, the mother did not treat it and it cleared up completely on its own. In the weeks that followed the child made big step changes in talking to complete strangers, even going out of her way to talk to strangers in shops, enjoying her new-found freedom. She still has some anxiety when talking to those people with whom she had always been silent but generally the selective mutism diagnosis is no longer applicable. A few days before writing this I had a long talk with her about her weekend activities.

‘There is one further extraordinary event to report in the case. Shortly after the **Aquamarine**, the child was asked for a homework

assignment, to write about something very scary. She told her mother her ideas before writing it. She described a “ship of horrors” and said that the scariest place on the ship was a room. People were locked in the room and poisonous gas was pumped into it to kill them. She described the room in detail. The mother was stunned to hear her child essentially describing a gas chamber. Although no one could be sure, she considered it highly unlikely that her eight-year-old daughter had ever heard about gas chambers especially as there was no TV in their home and reading material was carefully chosen. The mother then sat with her daughter and explained in an age-appropriate way what had happened during the Holocaust. She suggested that including the scary room in the homework assignment might upset someone unintentionally. The child was not fazed by any of this and simply said that she understood. After a further dose of **Aquamarine** the child also asked her father many questions about concentration camps (about which she now had some knowledge because of the conversation with her mother).

‘The mother and I have talked about this at length and we are at a loss to understand the exact nature of what has gone on. The closest we get to it is that the child’s selective mutism was a manifestation of ancestral energy and the remedies resonated with the depth of the ancient grief sufficiently to lift the burden carried by the child. After the **Aquamarine**, the child seemed impelled to talk about it as part of her healing process.’ CAB

Author’s note

Aquamarine was proved in May 2005 on the Greek island of Paros by two groups of students who had gathered for a week of study on new remedies and strategies of prescribing. The provings, for which I was not present, took place in an old converted farmhouse that overlooked the Aegean Sea with views towards Naxos, a place of outstanding natural beauty and considerable tranquillity. The following anecdote may be of interest. At the end of the week, when all the participants had left, I remained behind for a three-day break with my wife. We stayed on in the farmhouse. As soon as the ferry left carrying everyone back to the mainland, I was seized with an appalling sense of desolation. I was unable to enjoy any of the time we had left on the island. The grief seemed

chiefly associated with our children, two of whom we had said goodbye to on the ferry; both hale and hearty and in no obvious danger. It was as if we might never see them again. The sense of desolation was overwhelming. So deep was the sense of tragedy that I had to get out of the farmhouse and travel round the very small island looking for distraction. When obliged to be at the house I attempted to read the time away in an effort to distract myself from the feelings that I was unable to find a cause for. Outside the house, where there was the spectacular view of the sea, was a threshing circle, disused but lately enjoyed by the group participants as a place for healing prayers and meditation. On the last morning, as I looked out to sea I suddenly became aware of the circle and all the 'gifts' left by the students in the centre: flowers mostly and attractive stones from the beach. I felt that I came to the sudden realization that I had been doing my own proving of the remedy. Intuitively I decided to attempt to antidote the effect of the energy of **Aquamarine** that seemed to have permeated the whole place by using **Ayahwasca 10M**, dissolved in a jug of water and dribbled anti-clockwise around the threshing circle. No sooner had I finished my impromptu ritual than I felt the burden of ancient grief lift entirely from me. I was able to enjoy the last hour of our stay though I vowed never to go back to the island.

2

BLUE

The materia medica for **Blue** is based on the remedy that was given two meditative provings by the Guild members, firstly on 7 November 1996 and secondly on 15 November 1996. A single dose of the 30th potency was taken by each participant.

The colour remedies, including **Blue**, were made by Katherine Boulderstone in association with the Helios Pharmacy of Tunbridge Wells in Kent in the UK. The remedy was made by capturing the essence of the blue part of the spectrum when sunlight was refracted through a prism. The following is quoted from Katherine's article in *Prometheus* on **Blue** (No 12: June 2000).

I made the remedy **Blue** when I was ten weeks pregnant, two days after a partial eclipse of the sun. As I stared into the colours made by the prism I was aware how elusive the blue was, how it seemed to slip away into another colour like water disappearing. It also seemed to reflect other colours such as violet, yellow and green. It seemed gentle, fluid and diffuse, hard to focus on. I also found it hard to write about as I kept 'spacing out'. I felt that you have to be very still to hear it. It helps you to 'reach for the highest', to attune to the spiritual forces, to connect your physical condition to your spiritual potential and to overcome darkness with gentle healing. It is cleansing, purifying; makes you whole again, restores you.

The Background

Blue is one of the three primary colours; the others are red and yellow. Blue is mixed with yellow to make green and red to make purple. It is the fifth colour of the spectrum, coming after green and before indigo.

Colour meaning and symbolism has existed for millennia and blue has a rich history. It is particularly well known as the colour associated with the Virgin Mary's vestments. Byzantine painters used crushed lapis lazuli to create a deep blue pigment to clothe Christ's mother as this represented heavenly grace and spirituality. Throughout history blue has been associated with the sky and the sea, both seen as unfathomable aspects of Nature that give the impression of distance and separation from the turmoil of everyday life. Blue is used in both literature and art to represent certain values and meanings that help the reader and viewer to understand the subject matter. Various blue has meant hope, loyalty, stability, confidence, faith, chastity, truth, trust and sincerity. It is regarded as the colour of pure inspiration, of good health, of friendship. It is also the colour of servitude; it represents the willingness to be of service to others. In Tudor times the sumptuary laws that governed aspects of social standing by stipulating a dress colour code, were updated and expanded by Henry VIII and both his daughters, Mary and Elizabeth, to ensure that royal blue was exclusive to aristocratic households while pale blue might be worn by servants. A blue iris, when given as a gift, represents true friendship. Traditionally, each day of the week is ascribed a colour and blue belongs to Wednesday or, as it was originally, Wodensday, the day sacred to Woden or Odin, the king of the Norse gods. Woad, *Isatis Tinctoria*, the plant that provides a deep blue dye, was the chosen warpaint of ancient British tribes.

Certain sayings and phrases also carry the meaning of blue:

- true blue: loyalty and unwavering support, though it has more recently come to have the further meaning of being politically Conservative
- once in a blue moon: a rare event based on the fact that there are very few months that have two full moons
- a blue study or mood: depressive
- the blues: music of a particularly soulful nature
- blue movies: pornographic films (though in other countries different colours are used to describe these)
- out of the blue: out of nowhere and usually suddenly
- the blue: the sea

It is worth noting that blue crystals also carry similar meanings and give out energies to match. Traditionally blue stones are a symbol of chastity. Most blue stones foster calmness and tranquillity. They have been worn as one might nowadays take a tonic. They are particularly associated with the communication of higher or deeper meaning; they would be useful for anyone on a diplomatic mission or for someone who wished to express anything deeply personal or anything of great significance. Blue tourmaline, for example, 'opens the way for service to others while encouraging those who constantly give also to receive'. It assists with 'living in harmony with the environment', it 'supports fidelity, ethical behaviour, tolerance and love of truth'. Similarly, blue lace agate is said to help those whose 'blocked self-expression settles in the throat chakra' where it 'may induce a feeling of suffocation'. The themes of the remedy's mental and emotional state are already inherent in the vibration of the colour itself and in most blue crystals as recorded historically and empirically by those who have used them.

Keynote effects

The remedy affords an opportunity to disconnect from those things that hold one back from positive change; allows one to look dispassionately at aspects of negativity in one's past that are influencing present patterns of response and behaviour to the point of causing depletion of energy and lowering of spirits. One of the usual responses to taking the remedy is calmness and cool dispassion; seeing things 'in the cold light of day'.

General symptoms

Has a strong connection with the water element of the body. Water retention with bloating and oedema. It encourages a general state of fluidity throughout the system thus helping to clear the lymphatic system. Purifies the blood by encouraging the elimination of toxins in the urine; it fosters kidney function by strengthening the tissues of the kidneys. Useful in conditions in which the blood carries toxins that are the root of inflammation and pain: rheumatoid conditions and autoimmune processes; especially when such states bring about a state of depression. It is markedly useful in conditions where congestion interferes with awareness and consciousness; useful in the detoxification of the blood in alcoholics. Has a profound effect on the venous blood and therefore

has a relation to the liver and assists in its cleansing. Internal varicosity; diverticulitis; varicose veins (often painless but can be inflamed). It should be considered in poor circulation (often as a concomitant of congestion in the lungs) with cyanosis and cold extremities. Sinus problems (in any part) which cause slowness and sluggishness. Generally, the patient is chilly; cold in bed and unable to warm up. Reynaud's syndrome. Stiffness and aching of limbs which is > in warm weather. All symptoms are << in the evening. Dryness of the sensitive skin of the body: lips, anus, genitalia, fingertip, etc. Symptoms appear to move from right to left though the symptoms are < when they do appear on the left.

It has an affect, through the cleansing of the blood, on the central nervous system. In those with toxic waste in their bloodstreams there is often marked distress in the CNS causing such problems as trembling, tingling, numbness, neuralgia and pins and needles as well as poor conductivity and slowed hormonal activity. **Blue** improves the conduction of nerve impulses; it was felt that it works at the level of the synapses and the neural pathways. It especially seems to work on improving receptivity of external stimuli. Neuropathy: peripheral. Awkwardness and clumsiness; this may be due to congenital problems or thyroid trouble. Strongly associated with the thyroid gland and useful in thyrotoxicosis. Consider in exophthalmia; also in MS and ME. Marked weakness and torpor. Physical weakness of the muscles yet with a certain degree of restlessness from a 'buzzing' nervous system. Irresistible tiredness and sleepiness. Affinity for the left side.

Assists in processes of birth, rebirth and dying. Can calm babies in the final months of pregnancy or in the process of delivery when the waters have broken too soon. Has proved of value in calming dying patients who become agitated and unsettled. Can also be of use for those who go through rebirthing techniques and have trouble with breathing and tetany.

It has been noted that **Blue** can be very useful in the treatment of animals, especially dogs that are far too highly bred pedigree animals with weak constitutions.

Miasms

Psora, sycosis, syphilis and tuberculosis.

Mental and emotional symptoms

Depression. Lack any energy to express themselves. A feeling of oppression: 'as if covered by a blanket'. Expressionless and poker-faced. Seemingly dispassionate: not given to expressing personal views; if they say anything then it may be either critical (in an offhand manner) or world-weary. Uncertain about the immediate future especially when it leads to depression. Feels alone and isolated; wants to cry but cannot. Has a feeling that 'I just can't go on any more'. (Might be said in a flat, expressionless voice. May have wept so much in the past and without comfort or cure that they have no more energy left to weep.) Weeping over past mistakes: guilt and grief; self-criticism. Pessimistic: everything seems wrong. Wants to be left alone. Often say that they want their own space or that they need to feel in control. Wants to speak out but is cautious about saying anything to hurt the other's feelings. Might attack others verbally especially when it is least expected. Post-natal depression. PMT: cyclic depression; PMT can be < after the period. Depression after hallucinogenic or allopathic mind-bending drugs. Aetiology might be < from loss of face or dignity; < loss of position (at work); < from recreational drugs or antidepressants; < from shock. The remedy tends to soothe the ego and softens the tendency to be critical either of the self or others. Nostalgia: selective memory for the good things that have happened; forgets and ignores the pain of all the bad things. (Appears to give off a negative vibration and live in a negative mindset but remembers and refers to positive things from the past even though they might, in reality, have been spoilt.) Loss of motivation; 'I can't see my way out!' Tends to make mistakes verbally. Poor sense of direction and spatial awareness. Can be on an emotional see-saw especially if there is a strong condition of the organs of the sacral centre (pelvic organs). Can develop sexual fixations that are expressed through pathology of the pelvic organs. Frigidity; aversion to sex; impotence; nymphomania or satyriasis. Fixations with sex. Absence of libido.

Physical symptoms

Head

Severe congestive headaches. Migraines; period headaches of hormonal origin. Pain < right or < right to left.

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Difficult to focus; impaired vision. Left eye becomes watery, irritated and with stitching pains.

Ears

Earache: < right side. Hearing becomes more acute which = sensitivity. Shooting pains up into the left ear. It is thought to be helpful in children with impaired hearing or deafness who have not yet 'found a voice'.

Nose

Sneezing with right-sided obstruction of nose. Cold sore inside the right nostril.

Mouth

Dry lips. Cold sore on top lip (that might have spread from the nose).

Throat

Feels as if it is closing up. Aching and soreness. Feels scratchy. Throat and pharynx feel numb. Tonsillitis; pain can feel > talking. Pain < when on the left. Hay fever: palate feels itchy and sneezing. Voice deepens. Tension in the throat from not being able to express what one needs to say.

Respiration

Catarrh causing congestion of any of the airways; also causes coughing. Choking cough < lying down at night. Blue babies: > respiration in babies who have difficulty in breathing from mucous congestion.

Chest

Pains on the sternum with weakness 'as though pulling on the heart centre too much and I can't hold it together'. Ectopic heartbeats. High blood pressure with congestion of the lower extremities (poor drainage of the lower limbs due to liver congestion). (**Red** and **Ruby** have raised blood pressure with congestion of the solar plexus and tightness of the diaphragm.)

Stomach

Comfort eating; +++ chocolate and cheese. Nausea of pregnancy.

Abdomen

Severe pains that extend into the thighs. Bloating and wind < evening. After evening meal severe stitching in the lower abdomen. Soreness of the anus < haemorrhoids and constipation. Stools are hard to expel. (Marble-sized balls of faeces.) Herpetic eruptions that are recurrent. Sensation of weight pressing down onto the solar plexus.

Female

Infertility. Tender and swollen breasts < period. Very painful breasts with stinging and hot sensations even without touching: > the following period. Early menstruation. Single stabs of pain in the uterus. Congestion of the Fallopian tubes. Ovarian cysts or cancer. Uterine and ovarian cancer.

Male

Lack of libido. Congestion of the epididymis. Infertility as a result, it has been suggested, of being exposed to increased oestrogens in the environment.

Skin

Cold sores. Rash in the genital region, axillae, around the neck or around glands. Psoriasis on the scalp or in the pubic region. Hair falls out especially after grief or shock or after chemotherapy.

Extremities

Rheumatoid arthritis < autoimmune disease or autotoxicity. Stabbing pains in either hip (or both). Numbness. Swelling of the small joints. Varicose veins. Raynaud's. Great swelling of the left ankle, foot and leg.

Sleep

Insomnia from a busy, active mind. Waking for no apparent reason in the small hours. Sleepless until 2am. Gets up feeling exhausted. Dreams of witnessing horrors: murder, rape and pillage yet with curiously no emotion. Dreams of being excluded in family situations. Dreams of not having a voice. Dreams of sexual orgies. Dreams of running and of trying to win a race; of people trying to catch running horses.

Considerations for the use of the remedy

Blue bears comparison with several other remedies:

- **Amethyst**: also has a depression but it is marked by a deep sense of longing especially to do with 'home'. It is also more redolent of anxiety and tension than **Blue**.
- **Carbo-veg**: blueness of the complexion due to poor oxygenation of the blood, even incipient asphyxia; has more to do with lack of reaction or pathology of the lungs than **Blue** has though either or both may be called for to assist at a birth.
- **Crotalus Horridus**: blueness of parts or limbs with varicosities; chilblains though it is far more toxic and broken down in constitution than **Blue**.
- **Cuprum Metallicum**: has bluish skin but the temperament and particular pains of **Cuprum** differentiate it from **Blue** which is far more retiring and self-deprecating.
- **Digitalis**: blueness is usually limited to the tongue, lips and face and consequent on heart pathology while **Blue** is more associated with symptoms of the sacral area and the throat.
- **Lachesis**: is far more toxic either in terms of the physical body or in the emotions.
- **Laurocerasus**: has blueness of the face from cyanosis and asphyxia and may be called for in babies born with the cord round the neck. It is more associated with breathing difficulties (especially asthma < since being born with the cord round the neck) and bowel problems than **Blue**'s main areas of action.
- **Nat-mur**: can also be poker-faced and isolationist but they are more likely to be bitterly critical of others than of themselves.
- **Nux Moschata**: can be mistaken for **Blue** because it covers changeable moods, confusion and lack of spatial awareness, < from emotions and menstrual symptoms. There is also, as with many of the remedies that focus on the sacral centre, a sense of duality. However, **Nux Moschata** tends to be closer to wanting to shut out the world (they would rather fall asleep and avoid any crises), is far more lethargic and somnolent. **Blue** is less likely to feel faint and has no marked lack of thirst.

Blue is related to the sea remedies: **Sepia**, **Winchelsea Sea Salt**, **Aqua Marina**, **Squid**, **Sting Ray**, etc. Also associated with the water remedies: **Sanicula** and **Tunbridge Wells Water**. It is useful as a support after tree remedies especially those that have a sycotic tendency: **Silver Birch**, **Copper Beech** and **Sequoia**.

Can be very helpful as an organ support or drainage remedy when used in combination:

- **Blue + Thyroidinum + Spongia**: thyroid remedy in those who need a consistent support as they go through treatment that travels or even swings between differing constitutional states. This remedy has advocates among practitioners who have treated patients with either suspected thyroid conditions which have nevertheless been apparently contradicted by blood tests or those who have conflicting symptom pictures which have defied adequate repertorisation. It is usually used as a low maintaining dose in low 'x' potency such as 6x or 12x.
- **Blue + Arsen-alb + Carbo-veg**: used in low potency for varicose veins. The **Arsen-alb** can be replaced by **Pulsatilla** in cases where this is a more obviously similar remedy to the condition.
- **Blue + Arnica + Carbo-veg**: venous congestion in the pelvic area since the birthing process. The **Arnica** can be replaced by **Bellis Perennis** in subjects who are spare of flesh.
- **Blue + Arsen-alb + Oak**: enormous distress of difficult birth; this has also been given through a difficult pregnancy as a support when the mother experiences weakness, breathlessness and loss of fluids due to vomiting of pregnancy or dehydration from lack of thirst. This has been used successfully when given once weekly in the 30th potency as a supporting remedy.

Esoteric therapeutics

Affects the sacral, throat and brow centres principally. There is a difference of colour between the blue of the sacral centre (sky blue) and that of the throat (deep or royal blue). However, the remedy was made from the blue of the spectrum and results of its use seem to suggest that the patient's energy dictates at what level the prescription influences the body. It is said to link one into one's spiritual nature engendering awareness. As such **Blue** is considered a bridge remedy between the conscious and the subconscious. The throat centre is seen as the release point for the tension between the two when

expression has been limited. **Blue** > clarity of vision; affects the brow by helping the patient to see beyond the everyday struggle for existence. As there is often a blockage between physical awareness (i.e. the pains, the swelling, the congestion, etc.) and the spiritual, it is necessary to forge a link between them for the patient to feel the value of lifting themselves out of their lowered state.

Chakras

Crown

This is properly the preserve of **Amethyst** and **Buddleia** and other remedies that are possessed of the colour of this chakra though **Blue**'s connection here is that it links with these remedies by preceding them well. This is especially the case when a patient wants to become more open to a spiritual path but finds that maintaining causes, especially held in the throat and sacral chakras, seem to prevent this.

Brow

The conscious mind usually holds sway in order that the subconscious does not get the chance to subvert a carefully managed facade. Emotional see-sawing, menstrual difficulties and a general sense of uncertainty contribute to confusion of this centre which makes the patient want to hold back. Not certain whether they want to move forward; the inwardness causes the lack of facial expression at times. The remedy tends to alter perception of things, changing negative experiences into positive memories in order for them to feel more comfortable.

Throat

Traditionally, this is the centre that is associated most closely with the deepest blue though, with this remedy, it is often needed as a result of problems stemming from the sacral centre for which the throat is the vehicle of expression as much as it is for the heart. The thyroid gland is most affected when the patient suffers emotional see-sawing which is nevertheless left inadequately expressed. Hears things differently from their reality; relays things in the same manner. (They are not liars like **Mercury** or **Thuja** because they are unaware of their trick of seeing negativity in a positive light.) Feel unable to carry on when negativity catches up and there is no further possibility of denying reality. This is when pessimism and criticism take over.

Heart

Sadness over the past especially of past mistakes. Grief may appear to belong to the past as so much weeping has been done but this is a delusion as the tears have left the heart centre exhausted. As weeping did not resolve the grief, there is now the tendency to deny its existence. (It is in this aspect that **Blue** supports the sea remedies so well.) The remedy also has a profound effect over breath and breathing and therefore the element of air. It is as if inspiration of air is what the physical and emotional bodies have been deprived of and are waiting for in order to find the means to recover.

Sacral

The roots of the need for **Blue** often lie in this centre. There is a profound difficulty in expanding awareness into this chakra; the patient is held back and held down by circumstances either of health, upbringing or miasmatic influence. Little joy emanates from here or, if it is experienced, it is furtive or clandestine; held in check by circumstance. The physical pathology of the organs of this centre is likely to reflect stagnation, blockage and lack of flow. There is weak kidney energy from the long struggle with diminishing energy following physical depletion or trauma.

Base

Blue is a remedy that has little concept of the base centre as they find present circumstances hard to deal with. They either deny them or see them as different from the way they truly are. They may appear to be well grounded (as all the colour remedies can do) but this is not the reality. They are out of sync with the Now and are therefore likely to suffer from conditions not just of the sacral centre but also structural weakness, circulatory disorder and endocrine imbalance.

Case studies

- 1 'I have used **Blue** a few times in newborn babies *as they have delivered*. Each of these babies and their mothers had been having homoeopathic remedies prior to birth. The first baby was full term but very reluctant actually to be delivered and was now going into distress. (I was

not meant to be at the birth but was called at the last minute as support – out of the blue!) The baby was cyanosed and not very responsive on delivery. The delivery process is when the change over from using the mother's oxygen in her blood supply to its own first breaths takes place. Though it is fairly common for the baby to look blue, the concern is if the baby does not breathe by itself straight away. So, prior to the baby being whisked away or the cord being cut I dropped some **Blue 30** on to his skin. (The medicating liquid potency was used.) He seemed to respond instantly by taking some deep breaths.'

- 2 'In the second example I was the homoeopath in attendance at a home delivery. This was the third child and all had had natural births. For the delivery we used some of the basic remedies that come in a childbirth kit: **Puls**, **Carbo-veg**, **Kali-phos**, **Cimicifuga**. The baby delivered well; was blue for a while; had no difficulty in breathing but was just slow at turning pink. So I applied **Blue 30** directly to the skin, a few drops and within 15 seconds he turned pink.

'The reason for giving these remedies was just the central state of being blue. I am also aware that this remedy has been said to be of use to help incarnate – well, what better time to do that? They are coming from that out-of-the-world state to be in the here and now and dealing with the shock that being born must cause. There cannot be a more clear interpretation for this remedy – the child is *blue in totality*. The blood is still in the deoxygenated state, hence the blueness from lack of oxygen. The skin tone and the colour of blood is blue, the nails are blue: typical cyanosis. They have just arrived from "out of the blue", almost from another realm! Certainly it is a new realm for them and often very much of a surprise. The baby responded to the remedy. The mother was given **Ignatia 1M** to help with the separation of the placenta.'

- 3 'The third time I was privileged enough to attend a birth was with a mother whose history is one of asthma; so there was a predisposing history of cyanosis in the mother herself. I treated her throughout her pregnancy to keep her asthma stable which worked well even under stressful conditions. Her last remedy prior to going into labour was **Aquamarine** as there were concerns regarding her own mother. She went into premature labour at 33 weeks. This is always a concerning time as

it is judged that the baby's lung capacity is not great enough for the baby to cope unaided. We managed to delay the delivery by almost one week just using **Arnica 200**. However it was felt by the medical profession that the mother should have two doses of steroids to help "the baby's lungs to toughen up prior to delivery". They really wanted the baby to wait at least 24 hours to help this to happen. The mother came out in a very fine red rash across her trunk and arms and had a slight temperature. A danger from the medical point of view is that infection may set in once the waters have broken. **Belladonna** was given with good effect on the mother. **Arnica 200** was again used which slowed and stopped the contractions; as it was so premature, the longer the baby could be delayed without any contraindications, the better. However the waters had broken and the mother needed to be monitored to ensure no infection set in. The mother was warned that the baby would need to go into an incubator and would need assistance to breathe once born. However, though her contractions continued to develop strongly, the cervix was not dilating and **Aconite 200** was given. The baby was delivered unassisted 20 minutes later. Due to the worry over the immaturity of lungs and the concern over oxygen exchange, **Blue 30** was given onto the skin. He did breathe for himself and did not need to go into an incubator.' L R-H

- 4 'An 11-week-old baby was referred to me by an osteopath. She had had the cord around her neck but was born naturally by being dragged out. She was managing to feed and was putting on weight but was still in shock, very unsettled; sleeping in short bursts and was constipated. Initially I gave her **Buddleia 1M** three times in one day for the shock and trauma. After this she slept for eight hours straight and was more settled and her stools were more regular. We then had a joint session with the osteopath. The baby looked startled, wide-eyed and made little movement. The **Buddleia** had done its work, now the osteopath reported that her diaphragm was tight and held. So she was given **Stramonium 1M** which had the effect of releasing the tension in her face and diaphragm but the breath was not going any deeper. I thought of the next layer, the cord round the neck, the fear of this and around breathing. **Laurocerasus** did not seem to fit so I prescribed **Blue 30c**. The effect was immediate. The osteopath reported that "it just opened

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up and had a whoosh about it”; the breath rushed into her body, deep into her belly and the CNS fluid also moved as it should. We left a gurgling, happy baby moving her arms and legs and exploring really being here in her body. Truly magical.

‘Words from the osteopath when **Blue** was used on another patient who was recovering from glandular fever: “Immediately the body washed itself with fluid – like the sea washing into a rock pool and swirling around, lifting all the little fronds of seaweed and injecting life into what previously looked like dead detritus.” **AL**