



Anne Schadde

Seven Tourmalines of the Rainbow

A homeopathic study
with case samples



Foreword

*„Beauty is the Manifestation
of the Secret Laws of Nature.“*

Johann Wolfgang von Goethe

Foreword

The following study is the result of teamwork between many colleagues and friends. It is a presentation of numerous findings from bibliographical references, the trituration and homeopathic proving and case studies from the first prescriptions of Tourmaline. An initial picture of the homeopathic remedy Tourmaline emerges by correlating all this information.

The diversity of the collected material corresponds profoundly with the nature of Tourmaline, a precious stone, which - embedded in Quartz and feldspar - can be found in a wide variety of color combinations. The colors vary from the deep black of Schorl to the red hue of Rubellite, the blue shade of Indigolite, the green tone of Verdelite, the brown nuances of Dravite to multi-colored gems such as Watermelon-tourmaline. Watermelon-tourmaline was the gemstone of choice for the homeopathic proving (see chapter „The essence of Tourmaline“).

Tourmaline can be found all over the world, on all continents and in many countries, not only in well renowned sites, where

large quantities of high quality colored gems are present, but also in places, where individual stones, mostly dark colored, occur.

In comparison, Sapphires, Emeralds and Diamonds are more sensual and not so easily found where as Tourmaline can be found in thousands of unique colors. Hence we see Tourmaline as a symbol for group-consciousness, for individuality within the community of mankind on the whole thus becoming the gemstone of the Age of Aquarius with the characteristics of equality, fraternity and freedom of mind.

I therefore would like to thank everybody who contributed to the diversity of this study.

First of all I thank the provers and their supervisors, for their endeavour in undergoing a homeopathic proving. My appreciation and deep thanks to Walter Schmitt, friend and pharmacist of the Enzian Pharmacy, to whom I am much obliged for the potentiation and preparation of the remedy and for his contributions to this study. I particularly want to thank Katrin Bihlmayer for the many hours she spent compiling all the information, Sabine Ostarhild for her helpful corrections and Christa Gebhardt, chief editor of the homeopathic journal ‚Spectrum‘ for our exchange of ideas about Tourmaline.

Furthermore I thank my colleagues and friends who helped to examine the compiled information, to arrange the Materia Medica and the repertory. They made this study possible: Ute Schaich, Silvia Sedlacek, Jutta Koschade, Evelyn Voit, Mercedes López de Argumedo, Daphna Cahn and Annette Platzer.

I also wish to express my thanks to those patients who gave their permission to publish their case histories in the last part

of this study. It is possible to attain more understanding of each new remedy at a deeper level through these case studies and to follow how the remedy accompanies a patient for part of his journey through life.

Finally I want to thank Brigitte Welser and Tracy Siemetzki for the challenging process of translating the German Book „Der Turmalin - Edelstein des Regenbogens’ into the English language.

Munich, April 2016
Anne Schadde



Contents

Foreword

Chapter 1

The substance Tourmaline
The characteristics of Tourmaline
Allegories
Tourmaline Crystal Structure
The essence of Tourmaline
Tourmaline in crystal healing
Tourmaline and Mesmerism

Chapter 2

Homeopathic proving
Watermelon-Tourmaline
Chrome Tourmaline

Chapter 3

Cases
Watermelon Tourmaline
Case Reports
Cases of Chrome Tourmaline

Chapter 4

Final Review

Chapter 5

Seven chemically and minerally different types of Tourmaline
Systems

Chapter 6

Homeopathic Differentiation of Tourmaline
Working Hypothesis for the Homeopathic prescription of Tourmaline

Chapter 7

Tourmaline Repertory
Chrome Tourmaline (Turm-chr)
Dravite Tourmaline (Turm-dr)
Indigolite Tourmaline (Turm-in)
Schorl, Tourmaline nigrum (Turm-n)
Liddicoatite Tourmaline, Rainbow-T. (Turm-li)
Uvite Tourmaline (Turm-u)

Bibliography

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Chapter 1

The substance Tourmaline



The characteristics of Tourmaline

The name Tourmaline originates from the Sinhalese, “turamali”, a word used by Sri Lankan traders to describe gemstones that were unknown to them.

What is so fascinating about the Tourmaline group, that no other mineral has had so many books or monographs written about it? Is it the extreme opulence of color of this gemstone that can be found in every imaginable shade? Is it the unique geometrical structures, seen in cross-sections of the crystal that are as beautiful as nature itself? Or does the interest in Tourmaline lie in its piezoelectric and pyroelectric properties?

Even the universal genius, Goethe, was fascinated by these electric and magnetic characteristics of Tourmaline.

The Properties of Tourmaline

Tourmaline is not a single mineral but a group of closely related minerals:

- Foitite – Alkali deficient Tourmaline
- Liddicoatite, Uvite, Feruvite – Calcium Tourmaline
- Buergerite, Povondraite – Iron (+3 oxidation) Tourmaline
- Olenite, Elbaite – Lithium Tourmaline
- Dravite, Chromdravite, Schorl – Sodium Tourmaline
- Buergerite (Sodium Iron Aluminum Boro silicate Hydroxide Fluoride)
- Chromdravite (Sodium Magnesium Chromium Iron Aluminum Boro-silicate Hydroxide Fluoride)
- Dravite (Sodium Magnesium Aluminum Boro-silicate Hydroxide)
- Elbaite (Sodium Lithium Aluminum Boro-silicate Hydroxide)
- Feruvite (Calcium Iron Magnesium Aluminum Boro-silicate Hydroxide)
- Foitite (Iron Aluminum Boro-silicate Hydroxide)
- Liddicoatite (Sodium Lithium Aluminum Boro-silicate Oxide Hydroxide Fluoride)
- Olenite (Sodium Aluminum Boro-silicate Oxide Hydroxide)
- Povondraite (Sodium Iron Boro-silicate Hydroxide Oxide)
- Schorl (Sodium Iron Aluminum Boro-silicate Hydroxide)
- Uvite (Calcium Sodium Magnesium Iron Aluminum Boro-silicate Hydroxide Fluoride)

The crystal is trigonal (how many axes in the crystal) and all Tourmalines belong to the ditrigonal pyramid class. This means they have a different top and bottom – the top of the crystal might have a pyramid that is steep while the bottom might have a pyramid that is less inclined.

Tourmaline is a silicate material of complex and variable composition. Columns of six-membered silicate rings alternating with three Octahedra (see 1.3) Borate (BO_3) groups resulting in a three-fold axis of symmetry. The sites in between can be occupied by other Ions, in particular Na, Ca, Al, Fe and many others.

The following elements have also been found in Tourmaline albeit in varying amounts (research is ongoing):

Si, B, O, H, Cl, F, Na, Ca, Mg, Fe, Mn, K,
Bi, Al, Li, Cr, Ti, Cu, Zn, V, P, Pb, Sn

On top of that, traces of rare earth elements occur in the Tourmaline group.

Tourmaline has been crystallographically described as the most complicated crystal, it being found in 59 different forms. The crystals can be elongated, often occurring up to many decimetres in length, and some forms are like needles.

Due to the hardness of Tourmaline, 7-7.5, it is most suitable as a jewel and is considered a precious stone. The specific gravity is 2.98 – 3.2.

The relatively high birefringence of Tourmaline makes it difficult to polish. With a good cut it is possible to bring such deep and intense colors to light that the gemstone could even be mistaken for an emerald or a ruby!

No other precious stone exhibits such a wide color spectra. Every imaginable color of the rainbow is represented in varying intensity and radiance. The absorption of light in Schorl is so strong that it appears black but precision cutting with 0.03mm reveals a wide variety of both color and structure.

The most diversity can be seen in the yellow-green and green shades, interestingly the most sensitive color spectra in human visual perception. This complex diversity of color is influenced by many factors such as the occupation of different metal cations or transition-metal ions in the crystal structure.

In addition to the abundance of colors found in Tourmaline, there are incredible varieties in the crystal structure. The fascinating world of Tourmaline from Madagascar was discovered as late as the 1960's. Particularly macro photos of Tourmaline cross-sections are amongst the most beautiful that can be imagined.

In recent years new technology has enabled thin sections of Tourmaline to be examined, leading to even greater fascination.

Intensive study of the Tourmalines brings to mind the idea of fossilized fractals. They have the most complex fractal and structural order in the mineral world.

Specific Properties of Tourmaline:

A. Polarisation of light

Longitudinal sections of Tourmaline polarize light.

A Tourmaline calliper, developed in 1827, has two thin plates of Tourmaline built in – when tuned towards each other they polarise the light shining through.

Jewellers use the Tourmaline calliper as a simple polariscope

to differentiate between isotropic materials such as green glass and anisotropic materials like emeralds. Imitations can be exposed in this way.

B. Pyroelectricity

The term stems from „pyr“, the Greek for fire. Applying heat to crystals with rotational polar axes will result in a generation of electricity due to movement of positive and negative charges to opposite ends. This results in temporary voltage across the crystal.

Highly sensitive thermal radiation detectors are based on this phenomenon.

Due to its ability to attract small particles such as dust or ash, Tourmaline was used in Holland to clean Meerscham (Sepiolith) pipes and was known by the name “Aschtrekker” – ash-puller, a synonym for Tourmaline.



C. Piezoelectricity

When mechanical stress is applied to piezoelectric crystals, such as Tourmaline, the positive and negative charges are no longer symmetrically distributed. This charge asymmetry generates a voltage across the material. The piezoelectric properties of Quartz are well known but the effect is reduced at 320°C. In Tourmaline it is still reliably present at 700°C.

The piezoelectric properties of Tourmaline are used in accelerometers, used to measure vehicle acceleration, for example in combustion engines in planes. The hot sections of turbine engines reach the highest heat plateau of 650°C during take-off. Minimal vibrations due to turbine damage can be reliably measured using Tourmaline sensors.

The use of Tourmaline in accelerometers since the early 1960's, which coincidentally coincided with the discovery of the Tourmaline cross-sections, has played an enormous role in the development of aviation safety.

Walter Schmitt

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Allegories

Injury in Crystals

Particular phenomena, typical to Tourmaline, that are comparable to the organic plant world are, for example:

- Formation of daughter crystals
- Nodules on crystals
- Caustic substances on the crystal surface
- Overgrowth of crystals

Healing of crystals

Tourmaline crystals can grow, like a gradually widening root, reflecting changes in environmental conditions in the shape and color of the inner crystal structure.

Possible changes in crystals

Color zoning develops through gradual crystallization of the various components of that particular Tourmaline. Growing

Tourmaline crystals preferentially absorb iron, resulting in a black centre. Aluminium is next in line, if there is no more iron present. This results in a colourless matrix thus making it possible for many other elements to create diverse color zones.

Fractal patterns in nature

The basic fractal pattern seen in Tourmaline, resembles a regular paving of uniformly repetitive groups of three hexagonals. The similarity to a honeycomb is remarkable.

Tourmaline displays a high sensitivity to the composition of its host melt. In this way the Tourmaline stores the information, like a data medium, but as a three-dimensional structure.

An equal distribution of metal ions in the lattice can be regarded as a crystalline solution.

The two most important physical requirements that present themselves here are:

- All systems attempt to take on the lowest state of energy possible
- Maintenance of dynamic balance.

Lattice defects in Tourmaline (Analogy to aberrant cancer cells)

A metastasis in the parent phase can result in a division into numerous daughter crystals. The boundary is the original form type of the aggregate crystal with a number of equally aligned smaller crystals.

Causes of parallel crystal growth (Analogy to the development of cancer)

Tourmaline is divided into sub-domains according to the metal ion composition. The absorption of metal ions during growth occurs according to their presence in the melt thus influencing the final composition of the crystal. Splitting or division of the mother crystal develops from lattice defects as can take place, for example, in rapid cell proliferation in the development of cancer.

The crystal continues to grow from a splintered or dissolved point – analogy to scar formation – only allowing further growth at limited sites.

Sealing of cracks during Tourmaline growth

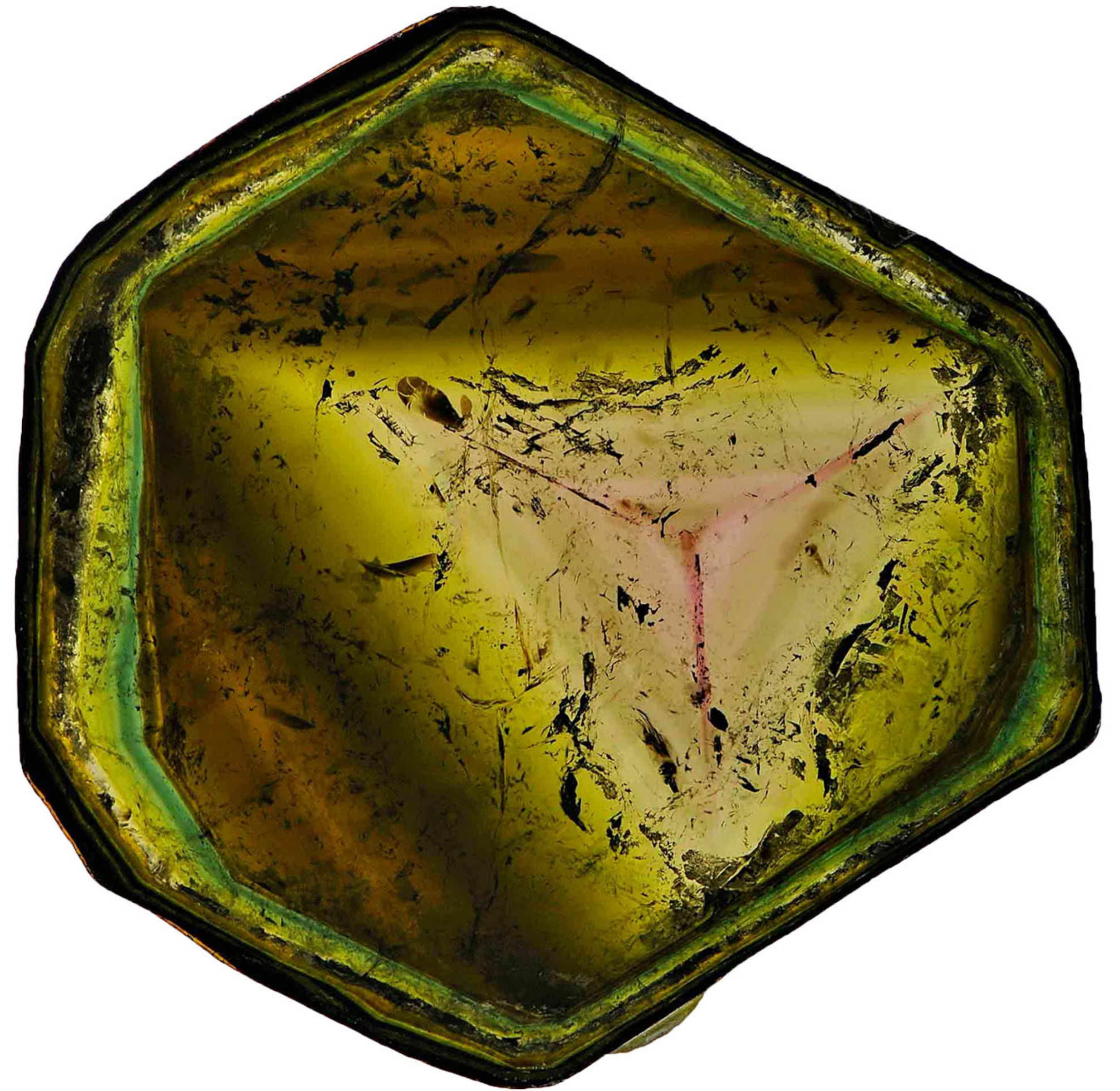
Geological activity such as earthquakes causes cracking in the rock-wall. Analysis shows that Tourmaline cracks at right angles to the longitudinal axes. The order of the silica rings promotes sealing and growth to continue longitudinally.

Growth Blockades

Physical growth blockades can be caused by other minerals or traces of foreign substances:

- Pressure from, formation of a tube or growth around a foreign body
- Chemical blockades
- Overgrowth with a new generation of daughter crystals
- Parallel crystals

Walter Schmitt



Tourmaline Crystal Structure

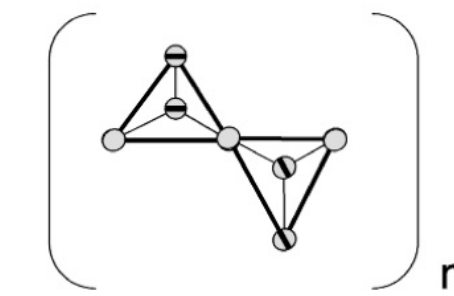
Three types of rocks are recognised by geologists: igneous, sedimentary and metamorphic.

- Igneous rocks are formed by the solidification of magma. The Earth is believed to have been entirely molten in its early stages of development. Hence, all other rock types are derivatives of igneous rocks. Pegmatite is a type of igneous rock that develops from aqueous solutions within molten magma and tends to be rich in certain earth elements such as silicon and iron. Large crystals of Tourmaline are found in Pegmatite rock.
- Sedimentary rocks develop from the lithification of sediments of rock debris. Lithification is the process in which sediments compact under pressure, expel fluids, and gradually become solid rock.
- Metamorphic rocks are derived from other pre-existing rocks by mineralogical and/or structural changes. Metamorphism takes place in the solid state and at elevated pressure and

temperature. Tourmaline can also be created by this metamorphic process.

Crystal Systems

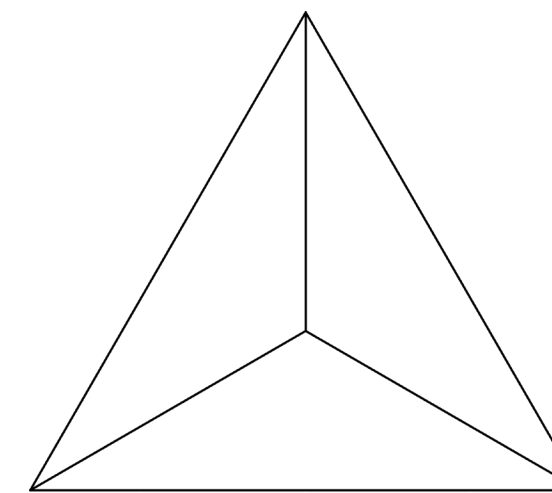
Minerals are classified into systems according to their structure.



Tourmaline belongs to the trigonal system, a subdivision of the hexagonal crystal system. The structure of tourmaline is characterized by six-membered tetrahedral rings.

Tetrahedron

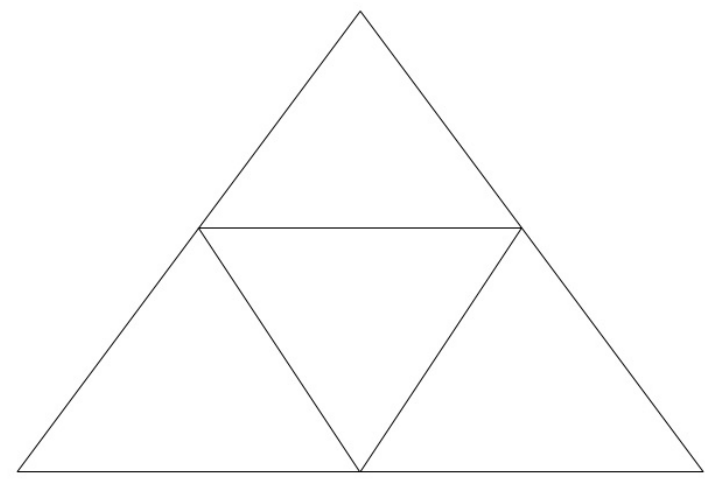
A tetrahedron is a geometric shape composed of four triangular-shaped faces, three of which meet at each corner or vertex. In Euclidean geometry, it is one of the five Platonic solids, the other four of which are the hexahedron (the cube), dodecahedron, icosahedron and the octahedron.



The significance of the Tetrahedron according to Plato

The Platonic solids, named after the ancient Greek philosopher Plato, relate these forms to the classical elements of earth, air, water and fire: earth was associated with the hexahedron, air with the octahedron, water with the icosahedron, and fire with the tetrahedron. The fifth Platonic solid, the dodecahedron, ether, Plato obscurely remarks, „...the god used for arranging the constellations on the whole heaven“.

In Christian history, one of the earliest symbols used to represent the Trinity was the equilateral triangle. In Alchemy, the equilateral triangle, depending on whether the apex is pointing upwards or downwards, is symbolic for the completion of terrestrial or celestial manifestation. Within the tetrahedron balance and stability prevails.

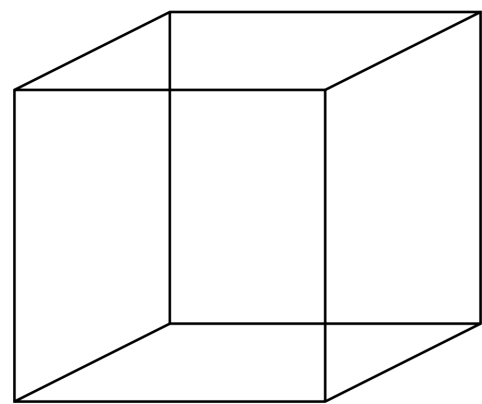


The tetrahedron unites the three (the triangle) with the four (four triangles). A possible interpretation could be that the three stands for the Divine, united to matter/earth, for which the four stands.

Use this sample as a cut template, fold on the inner lines, bend the folds upwards and it will produce a tetrahedron.

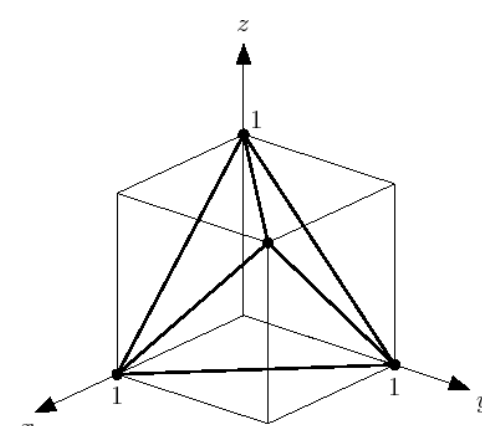
The connection between the tetrahedron and the cube

In Sacred Geometry the cube or hexahedron is considered the fundamental form of matter. The cube symbolizes earth/matter.



Interestingly, the five Platonic Solids are all represented in the cube. The tetrahedron, depicted graphically, fits exactly.

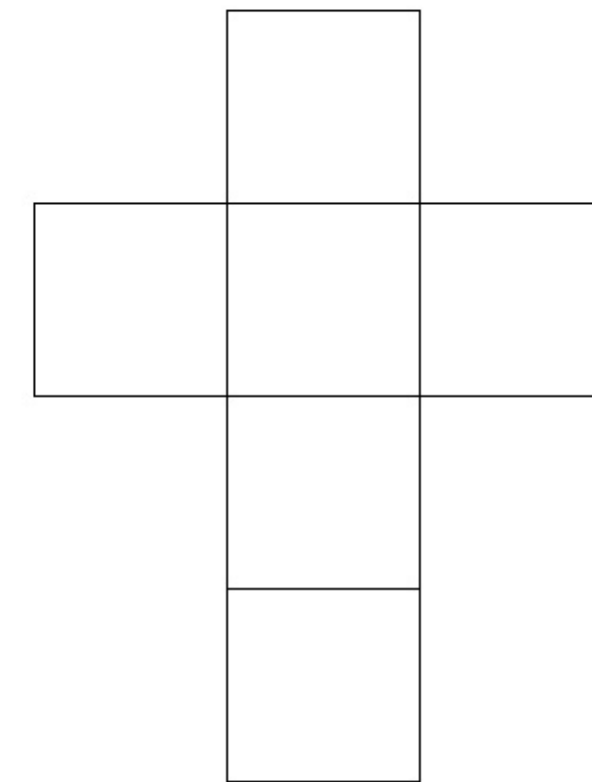
This can be interpreted that the cube, earth, automatically incorporates celestial fire (tetrahedron).



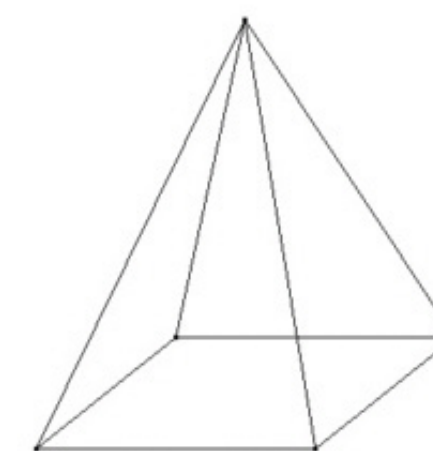
Asimpleexercise, using a cube out of, for example, modelling clay or an apple, will demonstrate the above. Starting from one corner point of the cube, find a plane in which all three dimensions

of the cube are contained. Begin at one corner and cut through obliquely to the opposite corner points. Thus one corner of the cube is cut off. Continue, in the same manner, to cut all four corners of the cube, and what's left is a tetrahedron.

If a cube is unfolded it produces a cross. Vertical and horizontal axes intersect in the cube or the cross.

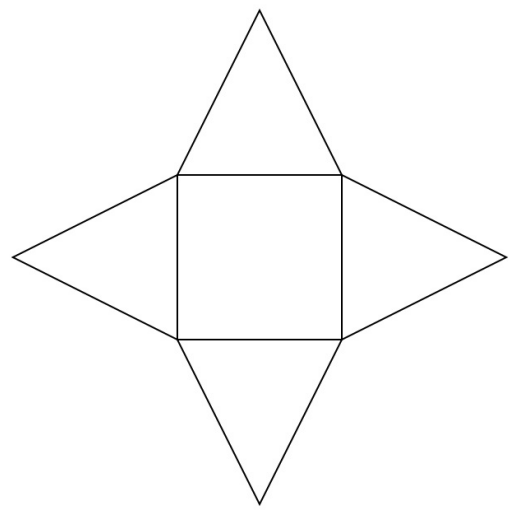


The connection between the tetrahedron and the pyramids



The trigonal or triangular pyramid with all equilateral triangular faces is a regular tetrahedron. Assembling tetrahedra correctly will result in the construction of the classical square pyramid.

In ancient Egypt the pyramids reflected the shape of the primordial mound of creation that produced the first God. The base is a square, representing the terrestrial and the four triangles symbolize the four faces of God.



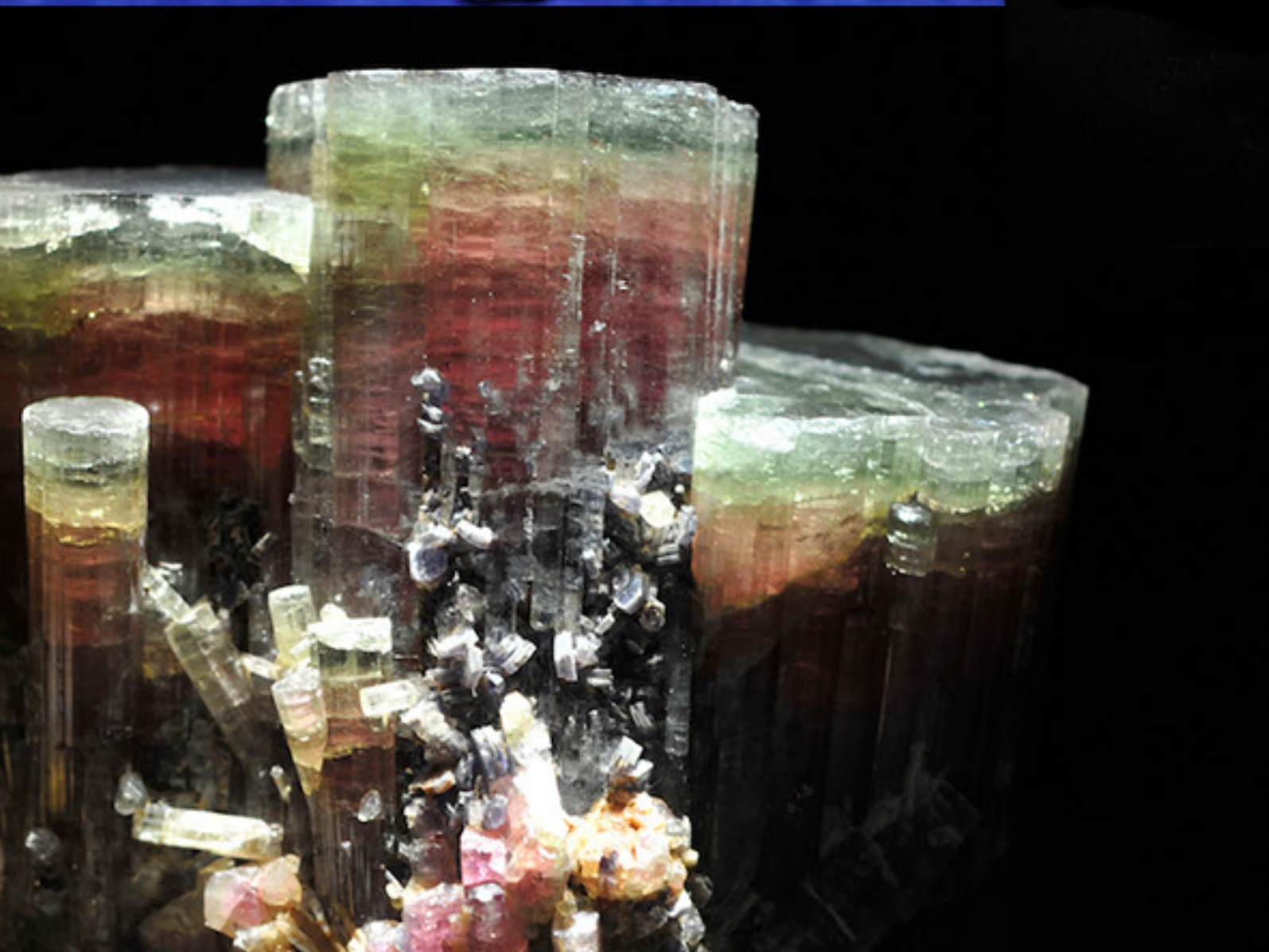
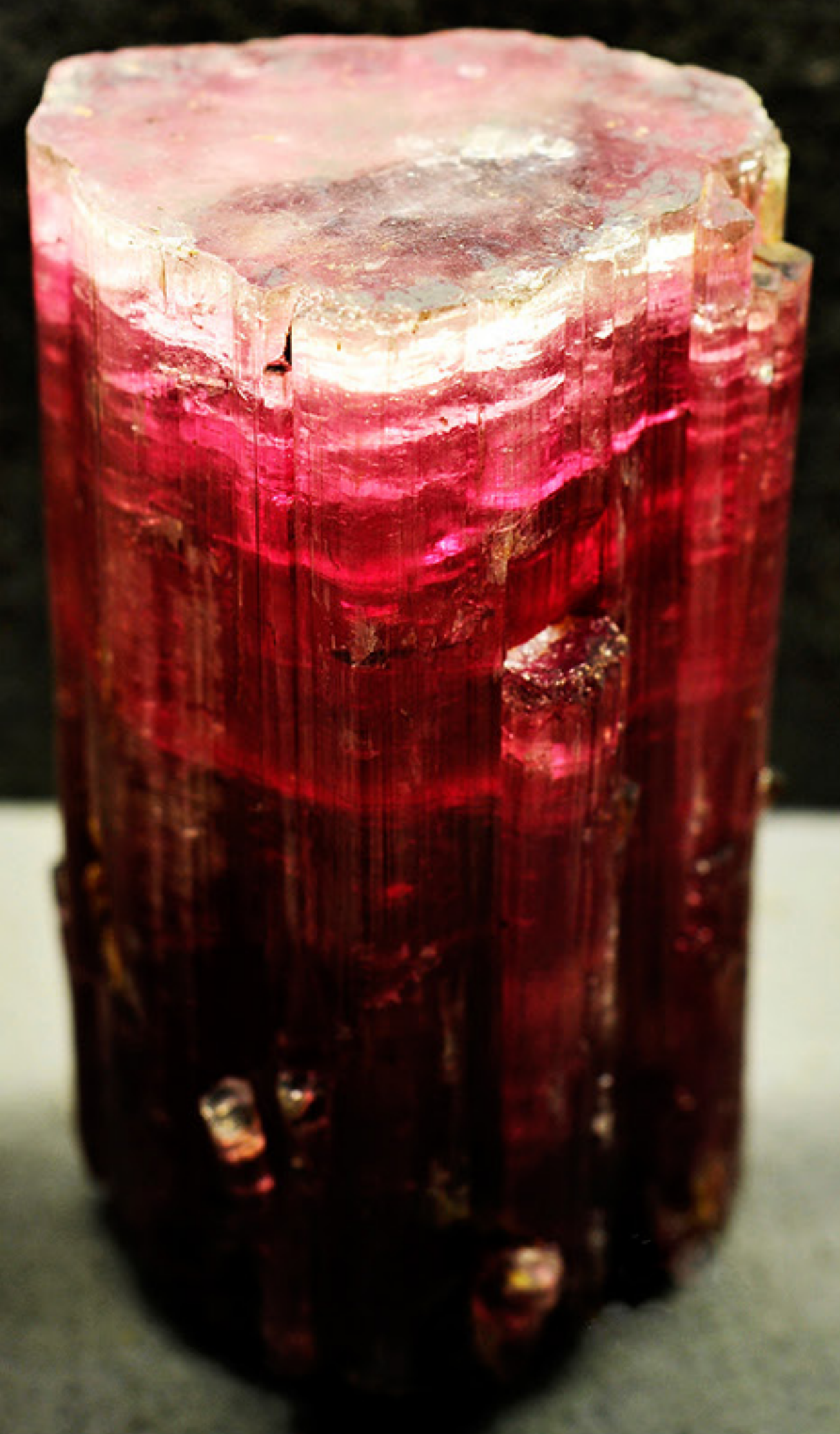
Incidentally, if a pyramid is unfolded it will also produce a cross.

Summary

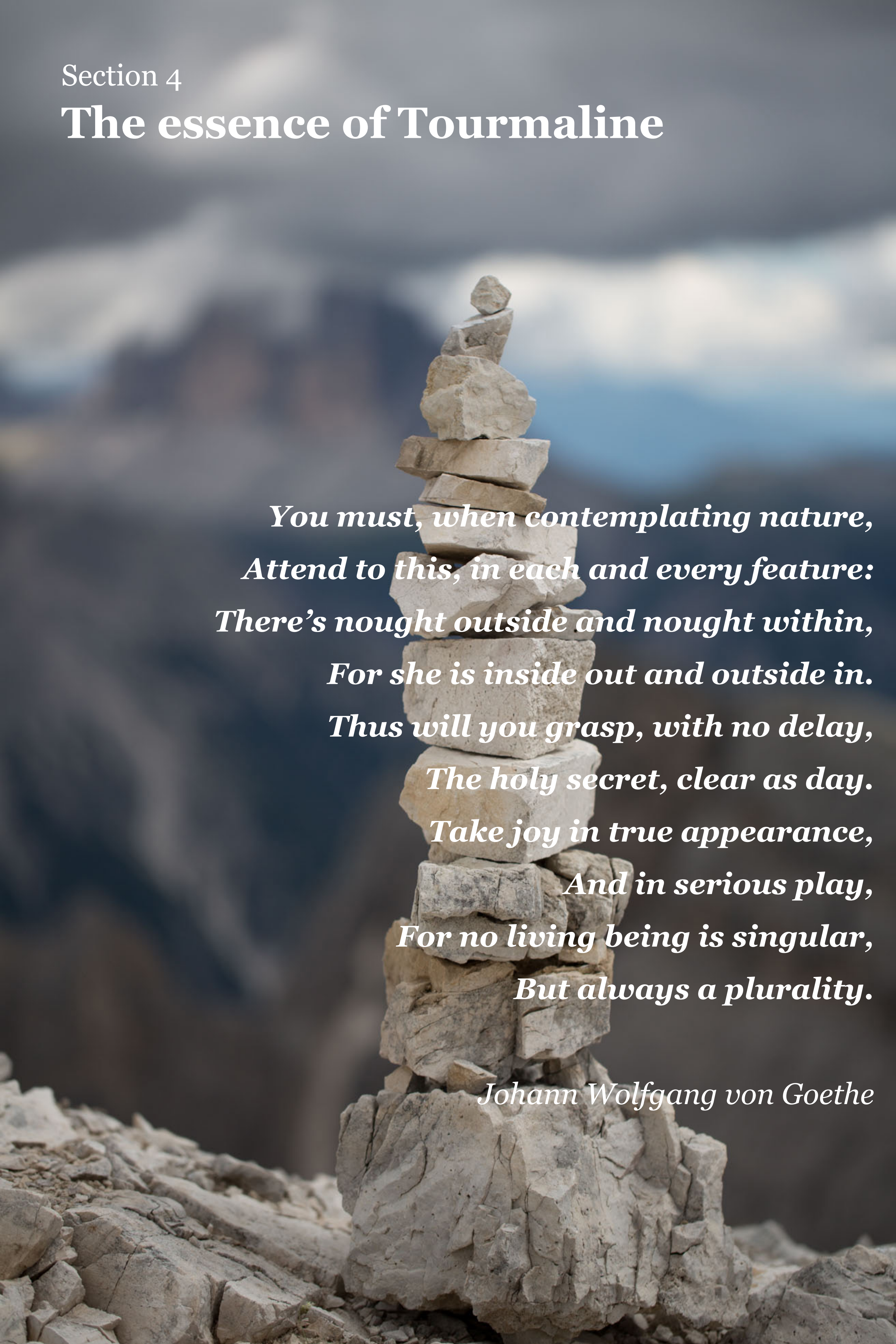
On observing the crystal structure of Tourmaline, one can conclude that it represents the celestial (tetrahedron) more than the terrestrial, possibly even elevating into the spiritual.

Rosemarie Danner, Pharmacist





The essence of Tourmaline



*You must, when contemplating nature,
Attend to this, in each and every feature:
There's nought outside and nought within,
For she is inside out and outside in.
Thus will you grasp, with no delay,
The holy secret, clear as day.
Take joy in true appearance,
And in serious play,
For no living being is singular,
But always a plurality.*

Johann Wolfgang von Goethe

Gemstones are ancient memorials to time, to creation. They shed light on the perpetuity of the eternal. They repose on the highest heights and in the deepest depths of the earth, a symbol of immortality, permanence and the inanimate. Being exposed to the influences of heaven and earth, they therefore represent solitude, profundity and gravity yet still are animated by the spirit. In solitude man is willing to open his heart to his deepest feelings, to his true soul.

Gemstones are segregations from rock, i.e. they are not a compound, they have „separated“ them selves, which in itself already expresses solitude.

Gemstones are crystals in the darkness of the earth, like words forming in the deep, needing to make their way to the surface in order to be heard. They are mysterious. The hardness, color, clarity and shape of a gemstone symbolize man's EGO. Precious stones are the symbol for constancy, awareness, refinement.

Scientific research plays an important role in the investigation of matter. Interestingly enough, it took a long time for research to be carried out on Tourmaline but through this research we now recognise that the Tourmaline mineral group is indeed a very special, very unique one in the vastness of the mineral kingdom.

We know that all matter is created, regardless of it's state, from energy. All forms of energy are in interaction and, in turn, energy determines the interaction.

The potentiation of a substance (trituration and succussion) creates – as we know from Hahnemanns brilliant insights – the ability to capture the energy, the „spirit“ of a substance. In self-experiments with healthy individuals we can observe how the matter presents itself in the human body.

What are minerals?

Minerals are not just a crystallization of molten magma they also have a life of their own in a physiognomic way. They demonstrate similar patterns to plants in their structural development but have solidified. This makes way for the assumption, that the composition of all rocks represents the shaping forces of a primal atmosphere. This atmosphere was animate and indicates former evolutionary processes in the physiognomy of the earth, presenting it in a crystallized form. If nature is animate, it follows that not only matter, but also life, soul, spirit and energy can be sought and found in rocks.

What is a gem?

Objectively one could say a precious stone originates by compression, intensification, purification and refinement of mineral matter and possesses specific qualities:

- It must be hard, resistant against destruction - most gems are hard (abrasive hardness 6-10): quartz 7, topaz 8, ruby 9, diamond 10, tourmaline 7,5
- It must be difficult to dissolve or insoluble
- It must be durable and resistant to fluctuations of temperature

- It must be of high density. The refraction of light in the gemstone determines the speed of light dispersion (refraction: water 1,3; glass 1,5; quartz 1,5; tourmaline 1,6; diamond 2,4) (Behnisch, 2000)¹

Consequently a gem - solid, hard, stable, dense - symbolizes the transition to the refined, beautiful, pure and ideal. Beauty is a revelation to the senses and can thus be experienced in an objective way by human beings.

What is so special about Tourmaline?

The opulence of Tourmaline lies not only in its beauty and refinement but also in its diversity of shape and color. Tourmaline educes numerous shades and nuances of color in conjunction with a velvety shimmer and a silvery-golden sheen.

Nature reveals itself to us through our perception of all these things, showing itself as matter on the one hand (bound to space and time) and as spirit, thought, idea and entity on the other. In this way we have the capability to search for the essence of this matter in the infinite capacity of our intellect alluding to the spiritual, to extrasensory thoughts, ideas and concepts, but which always emanate from matter, from the substance.

Thought processes are taking place continuously in the normal consciousness of an individual. With these thoughts we create ideas about the material world, but these thoughts are subconscious, rarely raised into consciousness. Self observation, which plays an important role in a homeopathic proving, is of course, subjective. If it goes to a deeper level however, then the

¹ Benesch, Friedrich, *Der Turmalin*, Urachhaus 2000

subject's conception is immersed in the essence of nature, in their inner nature, in order to understand from within, as did the alchemists in former times.

Through metamorphosis of a single entity Tourmaline emerges as a crystal with manifold features which vary in each individual crystal. Prismatic columns appear in different shapes, with plain or fluted surfaces, the emphasis on three or six edges.

The composition of the metals in the crystal determines the color from transparent to opaque black (the Schorl, a black stone, can be colored on the inside if cut in very thin slices). The coloring in Tourmaline comes about through the penetration of varying metals in the lattice structure. The non-metals create the salt, the crystal, but they integrate the metals in their structure. In this way Tourmaline demonstrates a fascinating, multifaceted link between non-metals and metals.

The shape of a crystal (edges, surface, angles etc) correlates to figures (leaves, trees, herbs) we see in the plant kingdom. „The crystallizing mineral is a dying “creature“ (Behnisch, 2000). The crystallization process is the signature of the crystal, of botanical metamorphosis, the stimulating energy crystal formation. That is why the names of some Tourmalines are derived from the plant kingdom, like the Watermelon Tourmaline we proved, resembling a watermelon. The crystal has grown like the plant and represents the biformity of a crystal and a plant.

But why is that? Crystallization is not just the result of cooling but also of the dissolution of vitality from the material, the origin of the inert from the animate. The chlorophyll or tannic acid in the plant kingdom corresponds to the traces of metals like iron, magnesium, chrome, manganese, titanium, vanadium etc., influencing the shape and coloring of the crystal.

Life has not become extinct but it is as if it has frozen in its tracks. They are the remains of a former life in a two-dimensional plant kingdom. It is an image of a former colloidal state of the mineral kingdom alluding to an ancient atmosphere of the former earth. What appears in the crystal are traces of a living plant-mineral.

The crystal is not just an object, it self has emerged in the course of time: it has germinated, grown, but has become self-contained. It has a beginning and an end like a plant, from the root to the fruit, a solidified image of living processes. The seasons are symbolized in the different color shades of the Tourmaline:

- The dark stone – either the black Schorl or the colorless Achroite - represent winter, dormancy, darkness, the path from darkness to light.
- The many different shades of green of the Verdelite symbolize spring, blooming and blossoming – right up to the precious Chrome Tourmaline.
- Summer, the time of blooming and pollination, is represented by the red shades of the Rubellite.
- The Dravite, with its shades of brown, corresponds with autumn and its aging and withering.

In this way, Tourmaline represents the cosmic flow of life between the earth and the sun, because this unlimited richness of colors is the result of transformation, of metamorphosis. Colors and color shades are an expression of emotional moods and states. All things spiritual are represented in this way through the endless variation of color in Tourmaline.

In former times people were capable of sensing counterparts between natural phenomena and the spiritual and mental, to experience nature as an allegory for the spiritual world – they are correlated The Chorus mysticus at the end of Goethe's "Faust"

ends: „Anything transient is but a likeness“.

Images of gemstones can be seen metaphorically for the highest virtues of mankind. This is described in Goethes „Fairy tale of the green snake and the beautiful lily“, where gems represent metamorphosing spiritual and mental energies. The brightly colored gems are the link, the bridge between people, and could become the cornerstone of vital energy, which has been solidified, so that they could „live into the next millennium“.

Gems, minerals and meteorites represent an endless space in time - a cosmic dimension compared to a bacteria or a virus dying after minutes, or plants and animals dying after hours, days, weeks or months, or trees dying after years, decades or centuries and human beings also dying after decades. In this way, gemstones show cosmic qualities and link the ancient to the new, the future. It is the vitality of one world disappearing and the dawning of a new.

What makes Tourmaline the 13th stone, the stone of Christ?

As mentioned before, ancient civilisation could see the spiritual elements acting behind the material world. They did not separate their inner experience from the object. Hence many mineral names, particularly of gemstones, stem from myths and mythology.

According to old traditions gemstones are identified with spiritual virtues, with cosmic powers or with spiritual hierarchical deities. Rulers and priests were in possession of gemstones, because they represented the ideal, purity, refinement, perfection. They

were the representatives of a divine, a spiritual world. This is true for all gems known at that time, but not for Tourmaline.

The twelve gemstones on the breastplate of the High Priest of ancient Hebrew culture (pre-Christian culture) are the twelve gemstones of the divine Jerusalem of the Apocalypse. In the myth they obtain spiritual qualities:

1. Heliotrope: generosity and love for ones destiny
2. Sapphire: discretion and meditative internalisation
3. Chalcedony: courage and redeeming liberation
4. Emerald: clearness of thought in balance of the soul leading to authenticity
5. Sardonyx: elatedness of spirit and soul through patient awareness
6. Sard: contentedness and gratefulness leading to serenity
7. Chrysolite: reserved courtesy
8. Beryl: deepest compassion leading to mutual freedom between men
9. Topaz: altruism leading to purification of the innermost character
10. Chrysoprase: endurance and consistency leading to faithfulness
11. Hyacinth: balancing of opposites and contradictions in life guiding through contradictions to progress on all levels
12. Amethyst: reverence and veneration leading to surrender to something higher (Behnisch, 2000)

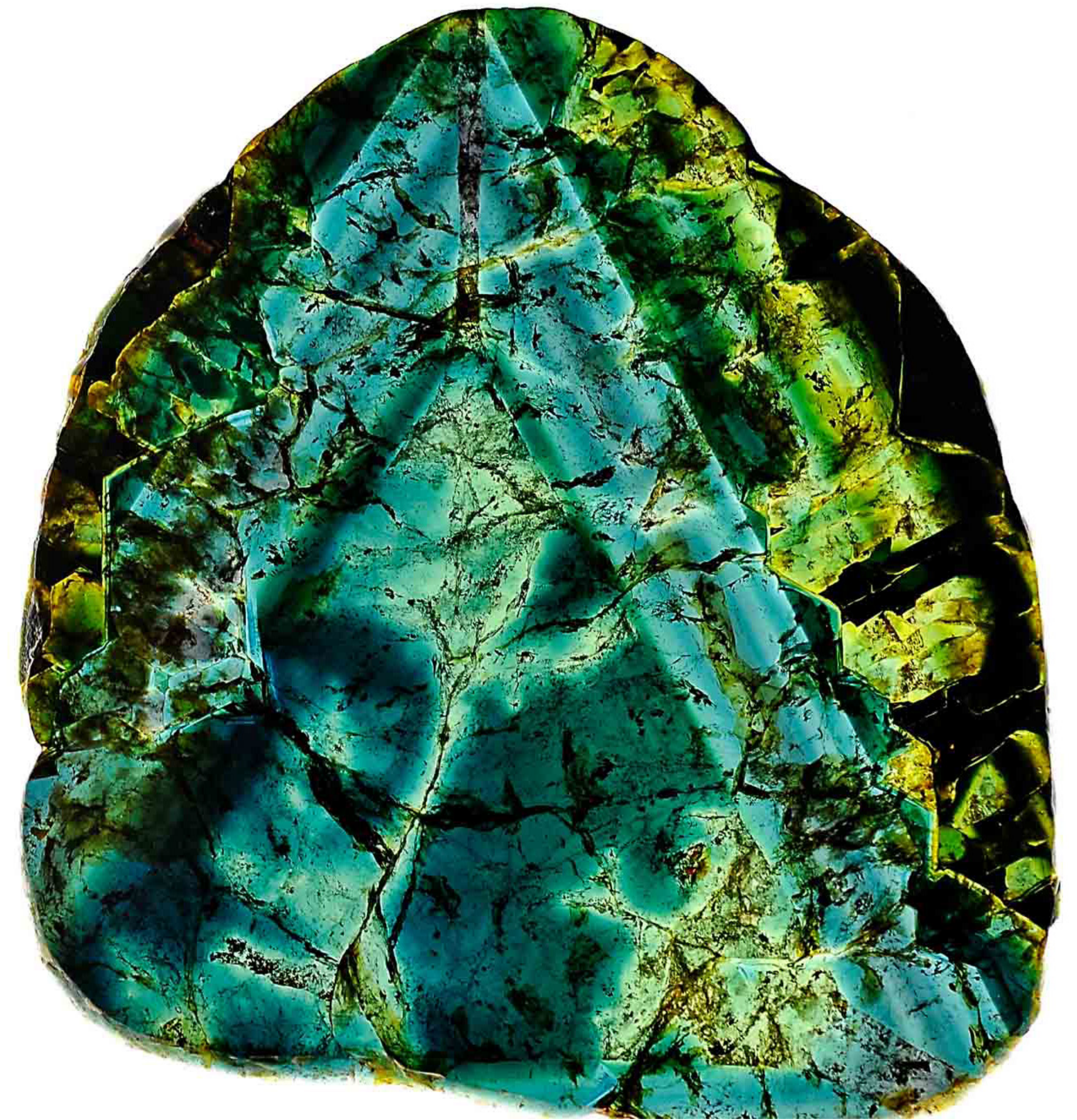
Tourmaline is missing here. It had not yet been identified in pre-Christian times. It took centuries for this to happen. That is why Tourmaline has no myth connected to it. It was

mistaken for other gemstones or not recognized to be in any way special, as described at the beginning. It's significance was only discovered in the new world. Tourmaline is not only a symbol for diversity, (no other mineral possesses so many different colors, materials, formations), but it can be found all over the world (see foreword). It has a very special status amongst gemstones. Tourmaline has rhythm and system, its structure seeming to follow a mysterious, yet strict, principle, resulting in perfectly drawn triangles and hexagonals.

Tourmaline is the alchemist among the stones. It undergoes transformation through polychromic properties, continuously appearing in different shapes and colors. The shift of charge in its pyro- and piezoelectricity (see: The substance Tourmaline) makes it change continually, because it possesses two poles: beginning and end, origin and completion making it a symbol for the energy that represents Christ in the entirety of all cosmic forces.

In our Christian tradition Tourmaline symbolizes Easter morning, the resurrection, a symbol of the power of mind over matter. For this reason Tourmaline is seen as the gem of Christ. Rudolf Steiner writes: „Tourmalines are the gems of Christ, through which he looks on the physical plan.“

Anne Schadde



Tourmaline in crystal healing

In India, Tourmaline was traditionally used to determine the direction from which „goodness“ would come. Tourmaline was considered a „telling stone“, that would give insight into the reasons for conflicts or problems in difficult times. It is used by African and American shamans. The African shamans used Tourmaline crystals to precipitate awakening from the „dream of illusion“. Tourmaline is said to further self-awareness as „part of the universal spirit“ (Melody, 1998)¹.

The Indians in California think that Tourmaline is magical stone and they associate witchcraft or shamanism with it. „Normal“ people should not be in possession of such powerful crystals!

The Yuman² call these crystals wii‘ipay, meaning „living stones“. Only the well initiated shaman is capable of handling the forces

of the crystal in a beneficial way (Walker, 1993)³.

Tourmaline crystals have always been used as a personal protective goddess by shamans of all cultures on their transcendent journeys to the subconscious. They are powerful magical stones, „living stones“, and are dreaded because of their immense power. You can kill with them. They are alive, can awaken cosmic powers, like mighty shamans, can move independently, wiggle through sand, bury them selves or fly through the air (Rätsch, 1997)⁴.

Healers use single crystals to dejam scars and negative electric fields that may cause headaches.

In anthroposophic medicine Tourmaline can be found in low potencies as Rubellite, for general enhancement of energy, produced by the companies Wala and Weleda. It balances the female and male energy in the body, stimulates the balance between the right and left sides of the brain, thus harmonizing mental and spiritual processes. It enhances creativity and the ability to heal.

The energy of Tourmaline operates in a clarifying, sustaining and stimulating way. It serves as inspiration. It dispels the cloud of anxiety in stimulating inner comprehension, boosting self-confidence (Melody, 1998).

Tourmaline makes it possible to see development, not only the present, but integrating the past and the future as well. It stimulates the metabolism and the reabsorption of minerals and helps in conditions of weakness or symptoms of deficiency.

¹ Melody, *Das Handbuch der Edelsteine und Kristalle*, Droemersche Verlagsanstalt, München 1998

² *Natives of North-America*

³ Walker, Philip and Travis Hudson, 1993, *Chumash Healing*. Banning, CA: Malki Museum Press

⁴ Rätsch, C, *Die Steine der Schamanen*, E. Diederichs Verlag. 1997

It stimulates the vital force, reduces tension and strengthens the sense of balance and coordination. It has a beneficial effect on old scars and burns to the skin (Gienger, 1996)⁵.

Tourmalines is the „givers“ in the mineral kingdom. They radiate energy, having, like Quartz, certain kinetic properties that can catalyze and cause events. They have a lot of perseverance (Dow, 1993)⁶.

Tourmaline is called „crown of gems“. It is like a burning candle that never goes out. It helps to achieve a higher level of consciousness and furthers inner development (Scharner, 1994)⁷.

It symbolizes the balance between the two different energies of the heart. The Rubellite directs love and esteem inwards. The Verdelite sends loving and healing energy into the world (Dow, 1993).

Walter Schmitt

⁵ Gienger, Michael, *Lexikon der Heilsteine*, Neue Erde Verlag, Saarbrücken, 1996

⁶ Dow, Jane Ann, *Praktisches Handbuch der Edelstein- und Mineraltherapie*, Ansata Verlag, Interlaken, Schweiz, 1993

⁷ Scharner, Ulrike, *Edelsteine, Heilkräfte, die aus der Erde kommen*, Verlag, Asinel, Hameln, 1994



Tourmaline and Mesmerism

Hahnemann writes in § 286 of the Organon about mineral magnetism:

The dynamic force of mineral magnetism, electricity and galvanism act no less homeopathically and powerfully upon our vital principle. There may be diseases, especially diseases of sensibility and irritability, abnormal sensations, and involuntary muscular movements which may be cured by those means.

According to Hahnemann the „dynamic force of mineral magnets“ act upon our life principle. Which mineral could correspond more to that, than the complex mineral Tourmaline, with its very special piezoelectric and pyroelectrical properties.

It seems that, unfortunately, Hahnemann was not familiar with Tourmaline, but Goethe mentions it already in his articles on mineralogy.

Hahnemann describes magnetism in his „Materia Medica Pura“ and writes about its effect in § 287 of the Organon.

The magnetic healing powers can be employed with more certainty if the positive effects of north and south poles of a strong magnetic bar are followed, as described in the Materia Medica Pura. Though both poles are equally powerful, they nevertheless oppose each other in their therapeutic action. The doses can be regulated by increasing or reducing the duration of application of whichever pole is indicated by the symptoms.

In § 288 he mentions the mesmerism, a sort of healing magnetism by touch, as it is used today in Reiki and other forms of energetic therapy. He sees a connection between the redirection of sexual energy and a capacity to mesmeric healing.

Walter Schmitt



Chapter 2

Homeopathic proving



*When nature starts to reveal
its obvious secret to someone,
he feels an irresistible longing
for its worthiest interpreter, which is art.*

Johann Wolfgang von Goethe

Watermelon-Tourmaline



The proved substance, Watermelon-Tourmaline, resembles the image of a watermelon.

The expression Watermelon-Tourmaline refers to the complementary colors red and green. The crystals only show their colorful beauty when they are cut in thin slices. Then concentric circles show green in the border area and vivid red at the centre.

The Watermelon-Tourmaline is found in Ceylon, Madagascar, Brasil and India.

2.1.1 Trituration of Watermelon Tourmaline

The homeopathic trituration and potentiation of the original substance took place at the Enzian Pharmacy in Munich on July 20, 2006. (Remedies in different potencies can be obtained there -see Sources of Supply). Watermelon-Tourmaline was trituated in an agate mortar for 25 minutes until it was ground to rock flour.

The original substance was trituated up to 3C and then succussed up to 30C.

The trituration of a substance is a meditative process. At the moment the substance is released rhythmically one becomes immersed into a bigger space of perception. It is a moment of intense concentration and connection to a natural and cosmic substance, that can be perceived by human sensation. That's why attention is paid to thoughts, sensations and themes arise during the different phases of trituration. Each trituration, 1C, 2C and 3C, takes an hour with intervals of 7 minutes of grinding and 3 minutes of scraping.

1C Trituration

Peace and quietness

Smells like a stony landscape, a cellar

It does not make dust, it does not melt, it sticks together

It adheres, it remains centered

Calculating is difficult

The gem and mankind in the light of the soul's transformation

Matter purifies like souls transforms

Ambivalent: coarse, going through various processes into an exalted state, from stone into a precious stone

There is more and more transition into solidification, refinement

Not all minerals can become a gem

The gem symbolizes real nature – the common stone is coarse, crude

Metamorphosis, change, purification and solidification of spiritual forces are at work in the soul from childhood on.

Ancient smell, ancient age reminds of descending into a cave, as if into an endlessly deep hole, a spiralling path. It is a frightening path because we are all afraid of these depths. And that is exactly where crystals are formed with absolute concentration and intensification.

The colors change to pale or dark.

Darkness is nothing, only crystals make the darkness appear, in separating the darkness from the light.

Mild nausea, have to eat all the time

Some dizziness in head

Very arduous, exhausting

Hand is stiff and hurts, immobile

2C Trituration

Forces to sit up straight

Dyspnoea, cough, bad taste in the mouth

Incredible thirst

Pressure in the ears as if diving

As if water is inside the ear – or a plug on the right ear

Mona Lisa's smile, a knowing smile, wise, inscrutable

No sense of time – complete loss of time and space

The gem is a symbol of power: extremely rich, highest dignitaries, the pope

Stone transmits a special atmosphere: holy places and special locations are where the ground consists of their own mineral composition of gems

3C Trituration

One goes into an emotionless state

Order, purposeful, seriousness, rhythmic

Fairytale „Tourmaline“ by Stifter

Everything comes in waves: the smell, the nausea

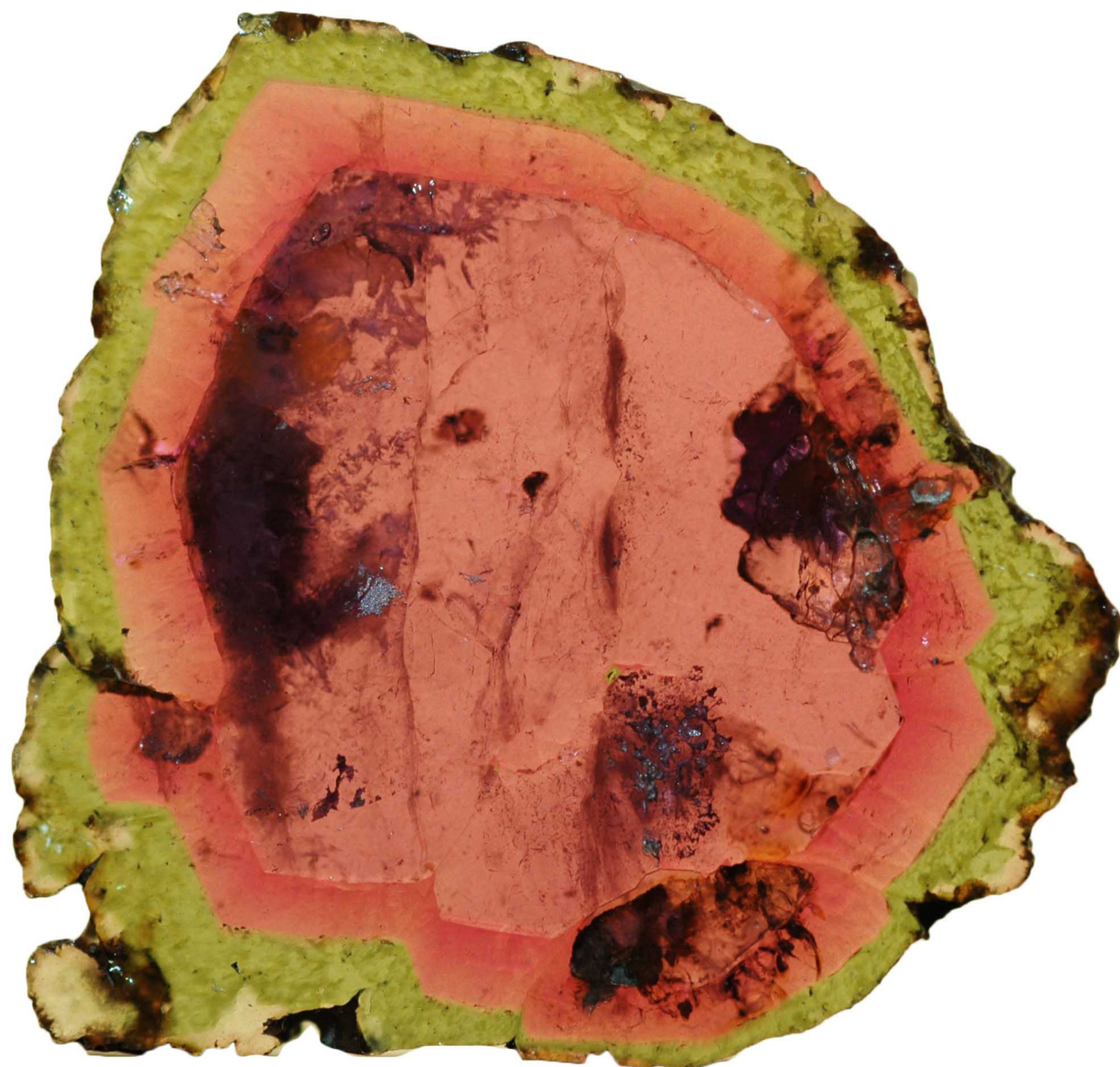
Intellectual capacity somewhat deaf, numb

Quiet, being composed, not hysteric

Stuffy nose, eyes burn

Cross-section of Tourmaline looks like an open wound, an injury

Sore throat



2.1.2. Methodology of the proving

Watermelon Tourmaline was proved. Every prover had a supervisor who observed and looked after the prover. Prover and supervisor did not know the substance. A placebo phase did not take place. Before taking the substance the supervisor took the prover's case in order to be able to clearly differentiate between new and old symptoms. The proving substance was taken as 30C over several days, three times a day with the instruction to immediately discontinue as symptoms appeared.

Every new symptom was immediately recorded by the prover and marked with the appropriate abbreviation: „new“, „old“, „altered old“, „cured of“, „unusual“. After a three month observation period the substance was revealed. During a group discussion a vivid picture of Watermelon Tourmaline developed. A further meeting took place two years later (see chapter „Observations after the proving“).

The diaries were analyzed with focus on the „unusual“ and „new“ symptoms, which were recorded. But the symptoms which had been noticed by the provers some time ago and which returned were also recorded. These are the instructions in § 138 of the Organon (Hahnemann, 1842)¹.

¹ „Hahnemann, S. (1842). Organon of medicine 6th edition

§ 138: „All the sufferings, accidents and changes of the health of the experimenter during the action of a medicine are solely derived from this medicine, and must be regarded and registered as belonging peculiarly to this medicine, as symptoms of this medicine, even though the experimenter had observed, a considerable time previously, the spontaneous occurrence of similar phenomena in himself. The reappearance of these during the trial of the medicine only shows that this individual is by virtue of his peculiar constitution, particularly disposed to have such symptoms excited in him.“

The numbers in brackets after every symptom give the number of the diary/prover. The annex xx means that the symptom persisted over a longer period of time or xxx during the entire proving. For the most part, symptoms were taken from the prover, although sometimes they are observations of the supervisors about their provers.

2.1.3 Procedure

The homeopathic proving took place in 2006. 13 provers (12 women and one man) participated in the proving.

Numbers of the prover’s journals:

No. 1 female

No. 2 female

No. 3 female

No. 4 female

No. 5 female

No. 6 female

No. 7 female

No. 8 male

No. 9 female

No. 10 female

No. 11 female

No. 12 female

No. 13 female

2.1.4 Symptoms collection of the homeopathic proving

The symptoms are assorted by themes, special terms are highlighted and the unusual perceptions are put at the end of each chapter.

MIND

Fear

I am afraid for my children; I got up and had a look if the children are alright. I´m alone, my husband is on a business trip (02)

Fear when talking (06)

Loneliness

Feeling as if I am deserted, abandoned (06)

Emotions

Tendency to cry; sad and depressed (12)

I react with tears to sentimental stories. (05/xxx)

I could complain to everybody who asks the wrong things and on the other hand I could just cry. I am extremely unhappy about my skin and start to cry when I look into the mirror. (02)

I am oppressed by many worries. (08)

I am out of place in this world and can't manage to meet any demands. (01)

Serenity

I react less fiercely to contradiction. I am in a relaxed mood. (08/xxx)

I am more relaxed, not so short-tempered and adamant when contradicted (08/xxx)

Concentration disorders

Inattentive (12)

Extremely forgetful and inattentive (02/xx)

People are on my doorstep – I completely forgot the appointment (02)

Makes mistakes while talking and reading, searches for the right expressions (06)

Smile

Cheerful with an inner smile (see trituration) (05)

Chaos/order

I feel disorganised, I have a lot to do, I begin many things, but the central theme is missing (05)

In the morning I again had a feeling of inner chaos: So much to do, how shall I manage everything? I had to “pull myself together” and make a plan - then it was no problem. While doing the housework in the afternoon, I turned a blind eye to mopping the floors after vacuuming, something I never do - mopping the floors is always part of housekeeping! (05/xxx)

Emotionally I am well: It does not bother me at all that my daughter puts the plates on the newspapers which are scattered on the table and does not tidy up beforehand. Indifferent to disorder/chaos. (05/xxx)

The whole day I am busy with organizing and structuring. Apart from when I have PMS I have become extremely obsessed with cleaning. (02)

Feeling of frenzy, want to establish order until completely exhausted; I am busy bringing order into everything, want to relieve myself of burdens, tidy up, set priorities, sort out paperwork. (08/xxx)

I have the desire to discard ballast, mentally and materially. I have parted with old documents. I want to get rid of old burdens. I want to concentrate on essential things. (08/xxx)

Quietness

I want to have my peace, I don't want to talk. I only want to sit here and not have to do anything at all. (01)

I am using the last of my strength and then I am worn out; withdrawal helps. I don't want to be spoken to. (04)

Intense despondency, at the same time silent and withdrawn, like being shut off from the world (12/xxx)

Aversion to talking; I want to have my peace. I long for quietness. I want to make my way to my own source. I don't want any commitments or appointments. If possible, I don't want to be disturbed by anyone. (08)

It feels like a muddle, I have to defend myself, assert myself. There are too many things having an impact on me. I long to be alone on an island. I long for nature, it makes no demands. To begin with I am defensive. (08)

Lack of motivation (09)

Restless

Unsettled (12)

Mood: something is bothering me, it is like „**spanner in the works**“ (04)

Heaviness and Slowness

Feeling of heaviness (04)

Slow (12)

On the summer toboggan-run I panicked and went very slow because the speed frightened me. (02)

Need for protection

Clinging to my husband and a feeling of needing to be protected. (02)

I realize, that I feel a little sad, lonely and lost in unknown surroundings with people I don't know very well. I am really homesick, a feeling I haven't had for a very long time. (09)

Indecision

Discouraged, insecure, difficulty making decisions (01)

Insecure, baffled (12)

Listless (02/xx)

Rage – anger - irritability

A feeling of petrified anger; mood is irritable/short-tempered. (02)

Irritability (04 + 09)

Modalities

Distraction ameliorates (04)

Mood changes (04)

Unusual perceptions

The idea **to be „in the clutches“ of the unknown substance** frightens me. (04)

I wander around in the flat and imagine that my condition could get worse and this causes me to **panic**. (04)

I feel **old** and despondent. (12)

Clumsiness (05/xx)

I nearly **panicked** today while hiking in a cave. I always checked where my family was. I had a **feeling of oppression** in my chest. My lungs weren't able to expand. (02)

Sensation as if I have to shield myself from the outside so that something can **build up** and **gather within me**. There are too many people around me. (08)

I have to fight off external influences and cast off burdens, so that something can concentrate **inside around the essence**. (08/xxx)

I had decided on something new. I have the sensation to be able to do much more than I thought before. I feel such a sort of youthful boundlessness come back concerning my capabilities. But my energy level are falling continuously and I feel I am back where I was three weeks ago. (09)

I realized, that I don't always have to do what others expect me to do. I have the feeling I have lived my whole life, so that people like me. And although I have been conscious of this for a long time, I have clearly realized over the past few days, that I want to live my own life, even if people do not like me quite so much anymore. It is a liberating feeling. At the same time I am somewhat sorrowful. I notice powerful energy within myself, pleasure in the day ahead and a true, liberating joy. I am **precious** and I can show myself. (09)

The sun is gone. (07)

Sensation of back pain, centered like a heavy ball of incredible weight, pulls me downwards (07)

An image of the earth's core, but no sensation of heat. (07)

The pull increased the pain. (07)

This comes out of the depth of the earth. Depth and heaviness, I can't go any deeper. Lead is heavy indeed, but has no depth. Lead would be heavy for me but empty. This here has this extreme depth. (07)

Hear a „**phantom ring**“ and am absolutely convinced that it is real. (08)

DREAMS

The waiter serves me a turtle for dinner. I skin the turtle „in the correct manner“ and realize that the turtle moves when I nudge it. I complain to the waiter about it and he answers that this is normal, turtles are **served alive**. (01)

I cross the river „Elbe“ with my motorcycle. The river is very broad and deep and carries a lot of water that rushes along powerfully in the riverbed. The road above is only just as wide as a bicycle lane and only just above the water – and partially flooded. The **situation is threatening**. I have to concentrate to be able to stay on this path, the **pushing mass of water** is daunting. I cross the river safely. (01)

There is heavy rain. At one wall in the apartment – the rooms are round – I hear gurgling and dripping sounds. I search and find what appears to be a type of interlocking **drainage system** and guttering on the wall. I open the joint and it really is a rainwater gutter, however it is clogged. The water is just about to overflow. I search for the reason for the **blockage** and stick my hand into the cold water; the drain is clogged with autumn leaves. **I could not manage** to clear the drain. (01)

I am flying to Asia but I'm **too late** for the departure date. I keep postponing deadlines. This dream feels **leadен and tough** – **there is no progress** – very dissatisfying for me – I am glad to wake up. (01)

I am riding a train and have the **unpleasant, doubtful feeling**, as to whether I really have a ticket. I sit in the direction of travel. When I stand up to briefly help someone sitting only arms length away from me, a woman takes my seat directly behind me. I contemplate backing down – but then decide to take the offensive. I explain to her, that this is my seat, **but she does not react**. Only when I become louder and aggressive (I even furiously throw her papers on the floor) that she eventually gives in. (01)

I receive a bouquet of flowers with a „Thank you“ card from a **deceased friend**. I was very pleased. (01)

There are crocodiles in **knee-deep water** on the floor. I imagine how it would feel if a crocodile bit into my leg. (01)

A plane detonates. The **barrage of smoke** hits the house with force and permeates through all the windows and doors. I can't close all the shutters. (01)

My eyeballs and eyelids are completely **infected, with sticky pus under thick scabs**. I lift a scab – but underneath is an open wound, bleeding and purulent. My eyes **feel heavy and eye movement is difficult**. (01)

I see a newly built aquarium. I can look through the window into the different tanks, which are **much too small** for their inhabitants. Indignantly I pass a shark, a whale lies **apathetically on the ground** – unable to just simply turn around in this tank. I rant aloud; no improvement for the animals takes place. (01)

A deadly gas is piped into all rooms. I flee – it is very **arduous** and I am moving **much too slowly**. I am afraid of the gas. (01)

I am bound symbiotically to a colleague. I lose my balance and we **fall a long way down**. We know that we won't survive this. I hang with the backs of my knees over a metal parapet – head down - and think to myself – fine, if I am dead I can let myself go – I should be able to fly – and I let go.

Commentary: the most unpleasant part about this dream was the haste – I didn't want to be in such a hurry – it was imposed upon me „from the outside“. The symbiosis constrained me, limited my freedom to act and was **difficult to bear**. Death was very liberating – then everything was **light and free**. (01)

A struggle between father and son; it was a battle for **life and death**. The son was squeezed into a machine by his father. He outlived his father but was heavily injured and a „**broken**“ man. (02)

I met many men from my **past life** (partners and acquaintances) as if in double quick time. (02)

I wanted to furnish our new home together with my family. It was total **chaos**. The furniture was in a mess. We were looking for something, but did not find it. It was all about music again. (02)

I was working in an open-plan office and we had to **organize** a big project. (02)

I am in a big department store and I am looking in a somewhat old-fashioned way for the „right“ pair of shoes. All shoes are **black** and they are all lying in a heap and seem to be odd shoes. In the end I find a „pair“ that fits, but they are two different shoes.

I am driving home in my car at night. When I have to turn into a very busy street without streetlights, I stall the engine and everything is **black** around me. To avoid being run over, I let the car roll into a small side street in order to start it again there. A completely crazy party is in full swing there, **colorful and full of beautiful ideas**. It is the celebration of Hahnemann's birthday and I am warmly invited. (02)

My husband has swapped our **beautiful home** for an **old dirty dark apartment**. I can't hold back my tears. He is in the shower and is scrubbing dirt out of every corner of the **bathroom** with a scrubbing brush. I burst out sobbing. „I am **desperately unhappy**“. I wake up with this miserable feeling. (02)

I was working in an **old mail sorting office**. Letters and parcels are being sorted for the stagecoaches. I see a familiar friend, an important ex-friend out of my present life. I say that I know the young man, he comes from no-man's-land (unknown land). Everything is **very confused** and à la Caspar Hauser (a

foundling who appeared in Nuremberg in 1828). It took a long time to socialize him.

The dream was **extremely vivid with hearing, touching, smelling and had the intensity of “really existing”**. It crossed my mind that the person in question is an orphan „in this life“ and the idea strikes me that it could be a dream of reincarnation. (02)

I am part of a school class. We have to join together with a sort of criss-cross rope. This could be the **essence of what connects us all**, invisible yet existent. (02)

I dreamt of people who are missing something or someone. All of them develop a **strategy to classify and systemize**. My energy is **working calmly, sorting, pensive**. (02/xx)

I wanted to send out an invitation to bring different people together. It was very **complicated, elaborate, chaotic**. I first had to finish furnishing a room, but there were too many cupboards in it. (02)

I am in an unfamiliar landscape outside of a house. Inside I see my mother with my little son sitting in a big armchair. She protects him by putting her arm around him. The curtains shut me out. They, however, are in a **safe room**, they are fine. I myself am outside and I see big wild animals, a cross between a lama and a yak, running at a certain distance from me. They run fast, as if they had escaped and are now strayed. It alarms me, that they turn in my direction and I know, that I should somehow **take myself out of harm's way**. They don't attack me, but I think, that being so wild they could run me down. They are huge, powerful animals, their scraggly hides „flutter“ in the wind. I realize that the fence (one crossbar) won't protect me,

but I think to myself: „Everything will be alright“. (04)
I am part of a group of people going into a Japanese **meditation room**. The people in there are of Asian background and are meditating. I find myself a place and also a meditation stool. I watch the people around me meditating and one of them in particular attracts my attention. Sitting in the lotus position, he bends his upper body so far forward that he can dip his chin into **green color**. I am very surprised by this action, just as I myself feel **very alien and misplaced** in this room. I notice that the leader of my group gets into conversation with the person responsible for the other group and they decide the two groups don't suit each other and it would be better if we look for another room. It suits me fine to leave them in peace and to look for something of our own, because we didn't fit together. We leave the room quietly and go into an empty new room. (04)

I meet a friend in an airport building. She tells me that she is flying to Tokyo to visit an exhibition. She is dressed exclusively in the **colors yellow and white**. (04)

I learn that a **foreign power** will come to my home town and everything will change. I see soldiers marching in my direction. They are of Asian background. Even though their uniforms are brown, their headpieces and hairstyles are different. Partly it looks as if it is a band (they have a big kettledrum). I also see part of a canopy with **golden braid and tassel** comparable to **processions in Tibet**. Then I am in a big empty room (rectangular). I hide in a corner so as not to be hit by enemy gunfire. Somehow I sense, that my chances of not being hit are good and consequently I am relaxed and await what happens. I have a very strong feeling everything is going to be different. (04)

It is a very beautiful and peaceful landscape, the high grass bends slightly in the wind. But my feeling of **disorientation is so strong**, that I cannot enjoy the scenery. (04)

Where shall I go? No matter how hard I think about it, I still can't remember where I parked my car. I find it strange not to have any recollection of where I parked and I start to feel despair. **Thinking becomes agonizing**. I experience repeated **blackouts**, „**Emptiness**“. I decide to turn to the left but soon realize that it is the wrong direction. I have my son by the hand all the time. We turn around and approach another archway. In the meantime **darkness sets in** slowly, the night begins. I become uneasy. My **vision darkens gradually** and my hope to find my car again diminishes. I feel more and more oppressed, **completely lost** and with no powers of recollection at all. Then I realize that I am wearing sunglasses and immediately it becomes clear to me that I will be saved as soon as I take them off. And indeed, after removing the glasses I can make out the contours of the landscape again and I also remember where I parked the car. I wake up relieved. (04)

The dreams during that time are especially impressive because they were so **colorful and natural**. (04)

I and someone unknown to me are unpacking a cupboard or a box that has been forgotten after an office move. We find a **wrapped Santa Claus out of chocolate** and a **music box in the shape of a snowflake that plays Christmas carols**. Later, amidst laughter, especially with my sister, we give them to the gathered family. (05)

Everybody wants something from me at the same time. I have the feeling I need to split myself apart. I have the urgent desire to **press the pause button and freeze the hectic**. (06)

I wake up feeling **quite numbed**. I can't free myself from my dreams. (06)

It is Christmas. **My father, who died 11 years ago**, is suddenly present again. I have to buy a present. I haven't got anything for my brother yet. I am really stressed. I am under **time pressure** and can't find anything I like. I give him a voucher but I am not really happy about it. During dinner my father wants something to be different at the table. I become quite mad at him. First he simply pissed off (**suicide**) and then he comes back and wants to interfere in our lives again, after we had had to learn to manage without him. (06)

My younger daughter presents me with a picture she painted and which expresses her **inner feelings**. It is painted completely in **dark, gloomy colors** and exhibits threatening grimaces. She then seeks to use the work of her fellow students to prove to me she has no talent for the industrial design course she has begun. Sensation: **Darkness rises to the surface**. (08)

I am in sports clothes in a car park. One leg is shorter than the other, I am limping. I wonder, why do I have to limp? It didn't hurt, there is nothing wrong with you? It is, **as if I am sagging on one side**. (08/xxx)

The dreams leave me in a **turmoil, shaken**, as if something from the **deepest layers of my being want to show itself**, whereby this **pushing upwards is not a direct force, but is brewing and will surge to the surface**. (08)

I am sitting with my children in a big **pool**. There is a dam in front of us. A big wave is supposed to come and make us wet. I stow my two backpacks at the edge of the pool, as I don't want to lose them under any circumstances. When the wave comes,

it is pleasantly warm and rolling in the water is fun. I briefly let go of my son but we remain together. (09)

I was at the dentist and wanted to go home by bus. I was wearing slippers. There were two bus stops. I did not know which one was the right one. Then a bus came. I ran towards one of the bus-stops. It was very difficult running. I felt the **heaviness of my legs**. It was quite exhausting. When I realized that it was the wrong bus, I was relieved. Now I also knew that I probably had to go to the other stop. So I started to run in that direction, took off my slippers in order to run faster. Then the bus came already. I had to run very fast again. Once again it was **extremely exhausting**. I woke up because my pulse (in reality, not in the dream) was beating very fast, at least twice as fast as usual. (09)

Thoughts about a very personal dream that describes the situation with my partner: I give him a **key to a dark room**, into which he had not looked for a long time. It is, as if the monsters in our dark rooms have only become monsters, because we **confined** them and **denied** them. The moment we look at them and open the door for them, let them play with us again, they can be themselves again. The opening of this door is very difficult, it feels like a catharsis, an initiation. Again and again we come across **deep wounds**. (09)

Everywhere in the house, through which I was floating, were many floors, corridors, different levels, nooks and crannies, secret passages and hidden stairs, **secret rooms, slidable walls**. Behind them there were familiar children of the neighbourhood with unfamiliar friends. Others, adults, people unfamiliar to me, in **unfamiliar** clothes, **in long colorful garments**, were also all living there. I have a feeling of positive astonishment. I feel comfortable in my dream and with the idea

of what is **hidden** and to be found behind the walls and under the staircases. (12)

VERTIGO

Severe vertigo causing nausea (07/xx)

HEAD

Freshly washed hair looks straggly and greasy (01)

Dry and brittle hair (05/xxx)

HEADACHE

Headache right side; beginning slowly, after midday; starting in the right shoulder and extending upward, with slight nausea (01)

Migraine; right side; long lasting; cranial obstruction (01)

Sleep was constantly interrupted and restless because of migraine (01)

In the afternoon, pressure beginning on the left side of the head. In the evening left sided migraine begins. Left sided migraine the whole night (01/xxx)

At noon pressure in back of neck and head, dull, diffuse headache, amelioration after shower (01)

Get up in the morning with pressure on the right side of the back of neck and head. By the afternoon a right-sided headache develops. Pressure in head and eyes. (01/xxx)

Migraine, in the afternoon while playing soccer, exertion ameliorates (01)

Migraine, accompanied by nausea (01)

Migraine, accompanied by hypotension and listlessness (01)

Migraine, accompanied by chill (01)

Migraine, at night after drinking white wine (01)

Migraine, cold applications ameliorate (01)

Dull frontal headache, late in the evening the frontal headache manifests as migraine in the right temple. (01)

The pain becomes almost unbearable and brings tears to my eyes; aggravated by light, aggravated by odors; aggravated by noise including normal sounds. (01)

Slight frontal headache (12)

After dinner increasing headache, almost unbearable underneath both eyebrows, worse on the right side, like migraine, constricting, affects the vision, like blurry, but then ceases. (12)

After receiving the remedy and putting it down next to me I felt a headache above my right eyebrow a few minutes later. It lasted for some time. (05/x)

I woke up in the morning with a dull frontal headache, around noon it moved to the right, still dull. (05/xxx)

Mild headache, beginning in the morning, with slight nausea. Towards evening nausea increased. (05/xxx)

Shortly after getting up in the morning a headache began which lasted throughout the whole day; along with nausea and some irregular heartbeats later in the morning. (05/xxx)

Frontal headache, not constant, but returning repeatedly. (05/xxx)

Headache, extending from the back of the neck upwards e.g. to the ear, dull. (02)

Throbbing headache in the temples (02)

Woke up with a headache, left temple (02)

Headache that developed during the days, extending from the temples, first left, then right, to the back of the head; worse motion, better resting and lying down, better through external pressure. (02)

Headache that alternates with a sore throat but sometimes both simultaneously. In the course of the day the sore throat alternates from left to right, accompanied by pain in the temple, which also alternates from right to left sides, extending to the ears (02)

Headache is so bad that I have to lie down, aggravated by motion, aggravated by noise. The pain is „throbbing“ at the back of the head. Remained on the right side as a severe sore pain in the middle of the head (base of skull), focussed there. I pressed a pillow on my head. Tired the whole day, I wanted to die because of the pain. (02)

Woke up with a headache in the right temple which slowly moved to the back of the head. (02/xx)

Unusual perceptions

Pressure from inside to outside, pressure from outside ameliorates, bilateral (02+04)

Headache, right temple, extends to right ear, feeling as if „stuffed up“, like **cotton wool** (02)

EYES/VISION

Eyelids heavy due to fatigue, half open (01/xxx)

Constantly drooping eyes (weakness) (07)

Eyeball e.g. inner corner: Itching in bed in the evening (02/xxx)

Shortlived, severe itching in the left eye (05)

Slight irritations of vision with itching in the left eye (02)

Lower eyelids swollen; edema of lower eyelid, like a lymphatic

obstruction; inflammation in the left eye (02)

Unusual perceptions

Sudden problem of vision, as if looking under water (02)

EARS

Earache, right side, external auditory canal as if swollen, sensitive to touch and noise (02/xxx)

Crackling sound in ear on swallowing (05)

Tinnitus in left ear (05)

Right ear „stuffed up“ in combination with stuffed up nose and dry, burning lips (catarrh of eustachian tube) (02)

Pressure in external auditory canal of the right ear; slight pain towards evening (02)

My left ear is blocked when lying down, as if full of water, getting up ameliorates (06/xxx)

Sore pain in front of the right ear (08)

NOSE

Nose stuffed up in the morning, have to blow nose forcefully, discharge clear, ball-shaped (02/xxx)

Nose stuffed up on the right side before getting up in the morning (02)

Nose stuffed up on the left side and sinuses first blocked and then running discharge; sinuses ulcerated (02)

Nose stuffed up again on the left side, at the same time right ear „stuffed up“ (02)

Nose blocked on the left side, sticky mucus, becoming clearer, but very persistent (02)

Nose stuffed up when lying down (02/xxx)

Nose stuffed up completely on the right side, runny discharge when lying, on getting up a thick, yellow-green, sticky mild mucus runs out of the nose. (02)

Blowing the nose in the morning; a lot of sneezing; handkerchief is soaked with yellow mucus and a lot of bright redblood (02)

A lot of sneezing during the day, both indoors and outdoors (weather: rainy) (02)

Slight coryza, nose is rather stuffed up, does not run (06)

Dry crusts in nose without any cold (05)

Cold with some retro-nasal discharge (05)

Nose painful, red and swollen. It is a pimple under the skin, only painful when touched (09)

Hayfever: retro-nasal discharge causing sniffing, the right eye itches slightly (09)

Runny nose with retro-nasal dripping. Every now and then one

nostril is stuffed up. Aggravation in the evening, both sides are stuffed up at the same time, the nose is also running a little. Movement reduces stuffed up feeling. (09)

Unusual perceptions

At noon I blow my nose once causing a sudden tear in the nasal septum cartilage, moving and touching the nose hurts. (05)

FACE

Dark rings around the eyes (01)

Face reddens during headache (01)

Perspiration on forehead and upper lip (01)

White circles under eyes, sore throat when sneezing (03)

Lips dry, burning but not red (05/xxx)

Sore pain in the right side of the face, maxilla, extends down the neck and becomes noticeably less intense towards the evening and comes back again, like in waves. (08/x)

A pimple on the lip filled with pus broke out, it is disgusting. (09/x)

Skin is extremely bad today and yesterday. A few pus-filled pimples (small) above the lip, around the nose and on the neck. (09/x)

Unusual perceptions

Tiredness, the facial features sag, the corners of the mouth hang (01)

Slight itching on the left and right side of the nose, yet nothing can be seen; becomes slightly red in the course of the day; suddenly the skin beneath the left eye has swollen overnight, is red and hot with a bumpy and severely itching rash, with visual irritation, as if I had patches of mist in front of my eyes; itching around nose and eye drive me crazy, sensation as if small ants are crawling around. Skin beneath the left eye is hot, swollen, bumpy, itching, inner and outer corners of both eyes are itchy, I have to rub them, but it does not help. (02)

Swelling beneath the left eye, either as if I had cried all night or as if someone had punched me in the eye, cooling helps only for a short time, I would like to hide so that nobody can see me. (02)

MOUTH

Constantly dry mouth (03/xx)

Blister on the tip of the tongue (03)

Raw feeling on the edge of the tongue (03)

Burning tingling sensation on the tip of the tongue, burning sensation in the back part of the mouth (05/xxx)

Bad, putrid taste in mouth, salty, sometimes fishy, doesn't go away even after eating and drinking (05/xxx)

Putrid taste in mouth in combination with mucus running down the throat (05/xxx)

Indentations of the teeth in the lower gums, red and painful, worse sour things, salad dressing, strawberries and tomatoes (05/xxx)

Small inflamed, thick, red sore on the inside of the cheek that hurts (05)

Herpes blister on the middle and underneath the lower lip (06)

The tongue tastes soapy and coated at the tip (09/xxx)

Tongue slightly furry at the front, lower lip slightly furry (09/xxx)

Unusual perceptions

Tongue is bloody and swollen where it was bitten (05)

Tongue feels swollen and hurts where it was bitten (05/xxx)

I wake up at night and have the sensation of my tongue being less flexible than usual and as if I could not roll my tongue upwards.

Sensation of having a **big, floppy tongue** (05)

Tongue feels heavy when speaking, but my speech is not indistinct (05)

Tongue is more sluggish than normal, big and heavy, broader in the mouth, **tongue trembles** (05/xxx)

I nearly bit my cheek while eating. (05/xxx)

Edges of the tongue reddened, irritated by pressure of the teeth and the mucous membrane of both cheeks is inflamed. (05)

TEETH

Dragging pain in upper back teeth (01)

In the morning a dull, dragging sensation in the roots of the bottom, back, left molars (05)

INTERNAL THROAT

Temporary sensation of tightness in the throat/larynx (01)

Sore throat, worse swallowing (02)

Severe sore throat, burning, stinging, painful swallowing, extending to left temple (02)

Constant sore throat, expectoration of phlegm (02)

Sore throat on sneezing (03)

Dry sensation in the throat, almost like a sore throat (03)

Dry, burning sensation in the throat, extending down the oesophagus, remaining after nausea; stingy and tickly throat, upper, posterior palate and tongue, including the tip (05/xxx)

Pain in the throat wanders to the chest area (06)

After feeling upset I had to constantly clear my throat forcefully for two hours, as if I had a frog in my throat. But it did not really help. (06/xxx)

Awoke in the morning with soreness in the pharynx, probably from retro-nasal discharge during the night. (09)

Unusual perceptions

Sensation of a **ball** (lump) in the throat; the ball **is stuck** (03)
Sensation as if something is **stuck** in the throat, underneath the thyroid, in the oesophagus. (03)

Sensation as if **food gets stuck before entering the stomach.** (03)

EXTERNAL THROAT

Cannot tolerate wearing a scarf (01)

STOMACH

During the night sudden, burning spasm at the entrance to the stomach, drinking a lot of cold water helps. (01)

Less thirst (01 + 05)

Thirst for cold tap water increased (06/xx)

Mucous membranes dry, in the morning, the whole forenoon.
Very thirsty, have to keep drinking (03/xx)

Heartburn with a lot of thirst (03)

Nausea and queasiness but vomitting, as if pregnant, especially shortly after meals (02/xx)

Appetite diminished on the whole, „satisfied“ after small amounts; don´t have to eat all the time anymore (02)

Depleted appetite (03 + 05)

Woke up at 2:30 a.m. with stabbing eructations (05)

Constant feeling of nausea in throat area (05)

Nausea, lying on the right side aggravates (05)

Nausea, extending again into the throat area (larynx) (05/xxx)

Nausea, aggravation after meals (05)

Nausea in the car on windy roads (02)

Unusual perceptions

Sensation of a lump in the stomach after eating freshly baked wholemeal bread, accompanied by tasteless burping, then diarrhea (08)

ABDOMEN

Constipation, accompanied by very painful flatulence (01/xx)

„Rumbling“ intestines, clearly audible, painless, sensation of small marbles in bowels. Slight to moderately severe intestinal cramps, flatulence and constipation, defecation somewhat

difficult, stool is like sheep droppings. (02/xxx)

A lot of abdominal flatulence (really bloated), defecation impossible (02/xx)

Sensation of being bloated, like a bulging ball. After meals I was conscious of the pressure of my trousers on the abdomen (or vice versa?) (05)

Slight, undifferentiated pains in the umbilical region with mild cramps (maybe due to menstruation) the whole day. They always came on suddenly, lasted a few minutes and then disappeared again. (09/xx)

RECTUM

Symptoms in lower abdomen and intestines after lunch with the urge to defecate, but only few tiny stools are expelled with difficulty; colicky feeling, then a bowel movement which resembles rice-water, then persistent, dragging pain in the abdomen, like menstrual pains. (12)

Bloated abdomen, constipation, difficult stool, preceded by a lot of flatulence (02)

Burning anus during bowel movement; burning stool ever since diarrhea (06)

STOOL

Difficult bowel movement, looks like sheep droppings (02)

Diarrhea at night, reddish/brown and pasty, not watery (09)

FEMALE GENITALIA

Libido decreased, more or less, absent (01)

Amenorrhoea (01)

Left labium, extremely itchy in one small area (Bartholin's gland) (02/xxx)

Dragging feeling in uterus in bed at night, like beginning menstrual pain (05)

Menses with intense dragging pain in abdomen, intermittent flow, very dark blood (02)

Extreme loss of pubic hair (02)

Slight bleeding, color changes quickly, dark at first, then quite bright, flesh colored an hour later, then dark again, different every time (06)

The bleeding starts to upset me. There is constant, mild, dragging pain in abdomen with a discharge of small clots. Hot water bottle or a warm bath ameliorate. In the evening the bleeding stops for a short period, but starts lightly again after two hours. (06/xxx)

Discharge of tenacious, glassy mucus. Small, purulent clumps discharged during urination, no smell, mild. (06)

Induration on the inside of the left outer labia, intense stinging (06)

Dragging pain in the abdomen, like menstrual pain, extending from the ovaries to the vagina (06)

Menstrual pains are even worse in the evening. Lower back pain, piercing like an arrow from front to back. At the same time feeling as if I could have a bout of diarrhea any moment and that I would not make it home in time. I have a feeling of incredible weakness, as if I could faint at any moment. I know this feeling from my teens when I often fainted in church. It frightens me that I could suddenly become completely helpless in public. I am glad when we are home again. I actually then have diarrhea. I go to bed and need two hot water bottles, one for the abdomen, the other one for the back. But I need the window open and fresh, cool air in the face. I am very exhausted. (06)

Bleeding which is not a period (09)

More discharge than usual and greener than usual (09)

Relatively large amount of light brown or rust brown discharge, no odour, acidic (09)

Pain in the pubic bone when moving, like the pain from a bruise (09)

Pain in the pubic bone (09/xx)

LARYNX/TRACHEA

Intense feeling of constriction around the larynx with anxiety and restlessness (01)

Nausea around the larynx (strangulated feeling), amelioration

after eructation (05)

Hoarseness in the evening, accompanied by mucus (06/xxx)

SPUTUM

Expectoration of yellow phlegm after getting up in the morning; dried yellow nasal mucus (06)

Cough with thick, tenacious green phlegm (09/xx)

CHEST

While falling asleep lying on my back I can feel my **heart**, the heart symptoms become very pronounced and scare me. My heart beats very hard and fast. I have to get up and go to the kitchen to drink a few sips of cold water. I can fall asleep quickly if I lie on my side. After breakfast, while I am sitting quietly, I feel how my heart beat flares up again. This happens repeatedly during the day, always when I am sitting quietly. (04)

Always when at rest I am aware of my heart throbbing, distraction ameliorates. My chest feels increasingly tighter; also a little „raw“, tender. Especially if I am alone driving the car and am relaxed, I „sense“ the symptoms. When I am not alone and I am distracted by conversation, I am „symptom-free“. (04)

A few times during the day I felt an irregular heartbeat. In the evening in bed irregular heartbeat, slight palpitations, a brief feeling of alarm, with short spells of cramping. (05/xxx)

Cardiac anxiety (12)

Anxiety, which is related to the heart (12)

Painful bruised feeling in chest while carrying a heavy load and on breathing deeply (05)

Feeling of anxiety in the lungs; my lungs can't expand. (02)

Sudden, slight shortness of breath in the afternoon; followed an hour later by a cough (09)

On waking up, while I was still lying in bed, it was difficult to breathe. It was as if my chest could not expand sufficiently to breathe in enough air. (09/xx)

Feel as if my chest is engorged. (04)

My breasts are full/tight (02)

Unusual perceptions

There is a picture in my mind's eye of **an iron claw**, which has my chest „in grip“. (04)

I feel my heart beating and at the same time I have the feeling, that my chest is empty and that I can see how the heart works. (04)

BACK

Back pain, extending in every direction (07)

Tension in the upper back (07/xx)

Dull pressing pain in cervical spine, spreading to the chest but decreasing in intensity; as if it weakens by spreading to a larger area; it aches like the painful stiffness in muscles following unaccustomed physical activity. (08)

Tension on the right side of the neck; possibly the trapezius muscle, the tension extends to the shoulder and downwards to the upper shoulder blade. Slowly tilting the head backwards and stretching the muscles is a pleasant feeling. (09)

The shoulder girdle is stiff above the shoulder blade. (09)

Amelioration of pain in the lumbar region and improvement in spinal mobility. Back pain extends into right buttock. (01/xxx)

I had to carry many heavy things. In the morning I suddenly had the feeling, that if I lift one more thing, I would get a severe pain in my back; it was a cramping feeling in the lumbar region. (05)

Intense back pain in the right sacroiliac joint accompanied by a desperate need for movement which ameliorates (05)

Pain in the lumbar vertebrae and sacrum, extending to the pelvis and then explicitly to the sacroiliac joints. Walking and getting up after sitting ameliorates (08)

Back pain, as if battered (07)

Unusual perceptions

Back pain like a dark ball, pulling downwards like a weight

(gesture pulling downwards). It reminds me of lava, of basaltic rock, although it was not hot, but there was **this heaviness**. The ball was in the lower back. It pulled me deep into the mattress. The **pull** was accompanied by an incredible pain. I was lying on my back and had the feeling the ball was **pulling me down through the mattress** with incredible power, heaviness and pressure, downwards into the **earth**, I had no chance of defending myself. (07/xx)

Slow abscess formation on the back, the width of a hand under the right shoulder blade, hard, swollen and painful, it does not empty (01)

EXTREMITIES

Hematomas on the inside of the left elbow, inside of left calf, outside of left forearm, anterior, inside of right thigh. (01/xx)

Big lump on inside of left knee, painful. A blood vessel burst. (01)

Hematoma on knee looks like a burn. (01)

Reabsorption of hematomas on left thigh is slow. (01)

Itchy, painful spot on outside left thigh, (01)

Itchy skin on hand (05)

Whitlow right big toe. Right nail fold purulent (01/xx)

Whitlow left forefinger under the nail. Whitlow right thumb left nail fold (01/xx)

Crack along the nail fold on right middle finger. Skin is red, swollen and painful. (05/xxx)

Painful hardened skin around the fingernails, callus (01)

Pain and swelling of the joint and tendon below the ball of the thumb (03)

Pain in metacarpophalangeal joint of middle finger, as if overstrained (08)

Pain in middle finger, like overstrained, especially metacarpophalangeal joint, similar pain in collar bone for two minutes (06)

I woke up with the sensation of a numb hand (02)

The left hand is numb in the mornings, without feeling in the thumb, forefinger and middle finger; carpal tunnel syndrome (09)

Sweaty, shaking hands (12)

Shaky hand when eating (08)

Back of hand and fingers of the right hand are clearly colder than the left hand (08)

Both hands icy-cold; both feet icy-cold, especially the toes (09)

Clumsy fingers (05/xx)

Pain in bone of left forearm for a brief time (12)

Dragging pain in the left Achilles tendon (05)

Restless legs especially on the right (12)

Right sciatic nerve in leg and left Achilles tendon pinch (05/xxx)

An intense, dragging pain in the left Achilles tendon all day. I find it difficult to walk because of the pain. (05/xxx)

Heavy, painful legs and soles of the feet. Sitting down helps; I don't want to get up. (09)

Dragging pain in left calf. Sensation, as if a cramp could start any minute. (01)

Stretching the leg while walking is painful; pressure on the hip ameliorates (09)

Pain in the right groin as if strained, sharp; movement is painful; rest ameliorates (09)

Dermatomycosis of the feet, itching with cracks between the toes. Dermatomycosis itches especially in the evening and at night (09)

Unusual perceptions

Right forefinger hurts less, but one can feel distinctly **a knob like a small hard ball**. (07)

Pain in both hip bones and iliac crest, **hot sensation like being hit by a stone**. (12)

SLEEP

No replenishment from sleep (01/xxx)

Long sleep, nevertheless tired (01/xxx)

Wake up refreshed earlier than usual (despite having been quite overtired the evening before), can think clearly (not usually a morning person, rather dreamy and slow), very sharp separation between consciousness and sleep (12)

Difficult to fall asleep (05)

I am very excited about life, which prevents me falling asleep; it's the same excited restlessness I used to feel as a child when I was excited about something, without any the train of thought. (09)

PERSPIRATION

Night sweats over the whole body (01)

Sweat a lot whilst sleep, all over upper body (02/xxx)

Sweated heavily during the night (09/xxx)

SKIN

Red, painful pimple infected and filled with serous fluid. I have to squeeze the pimples and can't leave them alone so that they become even more infected, sore and red. (01/xxx)

Itching in a number of places; scratching ameliorates (01)

Mosquito bite on left knee becomes an impressive lump (01)

Red hot spot the size of a hens egg caused by an insect sting/ bite, swollen, oozes yellowish liquid (02)

Mucous membranes and skin dry (03/xx)

I scratch skin alterations around the elbow. The skin of the elbow is very dry. (06)

Skin alteration to the left of the hip bone, as big as a cent, red on the inside with a white hard edge (06)

Skin alteration disintegrates, becomes wider and flatter (06)

Skin rash on entire back and forearms after profuse sweating, no itchiness, disappeared after two hours (08)

Spotty skin rash on the back and the arms, especially the forearms. Spots 1 cm in diameter, maximum. No itching. Appeared in the evening but disappeared after approximately two hours (08/xxx)

GENERALITIES

Tiredness - Exhaustion

Remedy acts slowly, not quickly (01)

„Completely exhausted“ alternating with „quite fit“ (01)

In the evening an attack of tiredness again, sleep for one hour (01/xxx)

Fatigue; worn out, exhausted, tired and cold (01/xxx)

I often have to force myself to do things (01/xxx)

The sensation that I am losing my strength gradually (01/xx)

Exhausted, in a bad mood, don't want to talk (05)

Physical weakness after climbing stairs (02)

Very tired in the afternoon, low point between 4-5 pm with incessant yawning and an almost overwhelming desire to sleep (02/xxx)

Intense tiredness (08)

Tired, feeble, sluggish (03)

In the evening I don't feel like exercising or moving (12)

Energy

On the whole my energy is good; although I haven't slept a lot, had no tea or coffee to drink, I have a lot of energy. (09/xx)

I do nothing I had planned to do in the household, I just hang around instead. I started cleaning very thoroughly at 4 pm. All of a sudden I felt very good while cleaning, I have had no loss of energy since I started (it is now 9 pm). At 7 pm I even went for a walk on my own for half an hour. (09)

However my energy is abated in the morning, because I haven't slept enough. But compared to normal I am fit all day long and

also patient with the children. No tiredness is apparent. (09)

A lot of energy, but I feel, that I urgently need a break. My life is running away from me. (09)

I want to move a lot, I want to exert myself, feel my muscles. Fresh air ameliorates (02/xx)

Desires and aversions

Aversion to sausage meat, except salami and smoked meat (01)

Desire for sweets (biscuits) (01)

Intense desire for sweet things (04)

Intense desire for chocolate (04)

Sensation of hunger but especially the longing for sweets is still diminished (05)

Aversion to pickled vegetables (05)

Desire for fish (01)

Drinking water ameliorates (06)

In the evening, especially during the weekend, I normally like to drink a glass of wine or beer; today I have absolutely no desire to do so. (05)

Had the desire to smoke a cigarette, and I did (I haven't smoked since I stopped smoking 11 years ago) (02)

Hot flushes

For several days now I am having increasingly intense hot flushes, during the day and also at night (05)

Sudden hot flushes (01/xxx)

Pain

Dragging (Achilles tendon, back pain, sciatica) (05)

Ailments come and go suddenly, abruptly, without cause (05)

Weakness

Physical weakness with visible trembling (hands, legs) caused by climbing stairs with perspiration on upper lip (02)

Dryness

I am completely parched, I drink a lot of tap water, but this does not help at all. (06/xx)

Mucous membranes dry, especially at night. Mucous membranes of the eyes and mouth dry, all morning long. (03)

Unusual perceptions

Weakness, no energy. The rest of the body was rigid, I could not move. Also I could hardly speak. (07/xx)

This heaviness, as if I weighed 3 tons, as if battered, like I had been whipped. Can't keep my eyes open, I am dozing and actually drop off. It is like sliding away, it becomes much heavier and much quieter. This heaviness lets me sink and I have no power to resist. My bones are so heavy and pull me down. At the same time I have ice-cold hands. Constant sighing, uninterrupted sighing respiration. (07/xx)

The weakness is so bad my husband wanted to take me to the hospital. I couldn't speak, I couldn't get up, the vertigo and nausea confined me to bed. (07/xx)

2.1.5 Review of the proving

Comments of the provers

A few weeks after taking the remedy I developed a skin eruption, which I had never had before - in the armpits and in the inguinal region. The discolorations were brownish red and spotted, a psoric eruption. The eruption was at a superficial skin level, dry, itching, not oozing, not bleeding, but confluent to small patches (no blisters, not desquamating). After scratching I felt a slight stinging. It spread over the whole trunk, as if „sleeping giants were awoken“. The rash lasted for four months.

When I think of the remedy Tourmaline and the proving, a disquieting, heavy feeling spreads inside me. It didn't suit me, went against the grain and dragged me down.

Closed abscesses on my back, of 5 cm diameter, very painful. I tried to lance them so they could drain but without success. They healed very slowly.

It reminds me of the „Rockchewers“ in the book „The

Neverending Story“ from Michael Ende - it took them a long time to get started. This slowness/heaviness disturbed my hormonal balance, my period stopped for months; it was like being in the menopause, it stopped everything.

Nearly all provers had: migraine, one-sidedness, right-sidedness.

Thoughts about the subject migraine: People who tend to have migraine, have magnet-sensitive brain cells, they react to the magnetic field of the earth (just like migratory birds).

Problem with the left eye, like a sort of a small sty.

I was extremely desperate, I felt so hurt. I felt cut off and worn out, but hardly anybody noticed.

Thoughts about the subject Hashimoto:

I am sitting on a stone
I can't move
Again I sink into depression and immobility
Only then there was progress
The whole right side

Remedies taken to reduce the Tourmaline-energy or rather the symptoms:

Opium, Sepia, Rhus-tox, Apis, Phos, Phos-hydrogenatus, Nat.c. Merc.j.fl.



2.1.6. Repertory

Repertory Watermelon Turmalin (Abbreviation Turm-w)

Gemüt/Mind; ANGESPROCHEN/SPOKEN to;
Abneigung, zu werden/averse to being (73)

Gemüt/Mind; ANGST/ANXIETY (565)

Gemüt/Mind; BESCHÄFTIGUNG, Ablenkung/
OCCUPATION, diversion; amel./amel. (63)

Gemüt/Mind; CHAOTISCH/CHAOTIC (53)

Gemüt/Mind; FEHLER, macht/MISTAKES,

makes; Reden/talking (120)

Gemüt/Mind; FEHLER, macht/MISTAKES,
makes; Schreiben, beim/writing, in (106)

Gemüt/Mind; FURCHT/FEAR; allgemein/
general; Fahren, beim/riding in a carriage (18)

Gemüt/Mind; HEIMWEH, Nostalgie/HOMESICKNESS,
nostalgia; allgemein/general (68)

Gemüt/Mind; KONZENTRATION/
CONCENTRATION; schwierig/difficult (332)

Gemüt/Mind; LÄCHELN/SMILING; allgemein/general (29)

Gemüt/Mind; LANGSAMKEIT/SLOWNESS (107)

Gemüt/Mind; REIZBARKEIT, Gereiztheit/
IRRITABILITY; allgemein/general (549)

Gemüt/Mind; RUHE/QUIET; Verlangen
nach/wants to be (42)

Gemüt/Mind; RUHELOSIGKEIT, Nervosität/
RESTLESSNESS, nervousness; allgemein/general (590)

Gemüt/Mind; SCHWERFÄLLIGKEIT, Trägheit,
Verständnisschwierigkeiten und Begriffsstutzigkeit/
DULLNESS, sluggishness, difficulty of
thinking and comprehending (461)

Gemüt/Mind; STIMMUNG, Laune, Gemütsverfassung/
MOOD; veränderlich/changeable, variable (200)

Gemüt/Mind; SUIZIDALITÄT/SUICIDAL disposition;
Kopfschmerzen, bei/headache, with (2)

Gemüt/Mind; TRAURIGKEIT, Trübsinn,
Niedergeschlagenheit, Depression, Melancholie/
SADNESS, despondency, depression,
melancholy; still, schweigsam/silent (13)

Gemüt/Mind; UNENTSCHLOSSEN, unschlüssig/
IRRESOLUTION, indecision (177)

Gemüt/Mind; UNSICHERHEIT/INSECURITY (12)

Gemüt/Mind; VERLANGEN, Wünsche, Begehren,
Drang, Trieb, Bedürfnis/DESIRES; Ordnung/order (1)

Gemüt/Mind; VERLASSENHEITSGEFÜHL/
FORSAKEN feeling (104)

Gemüt/Mind; VERWIRRUNG, geistige/
CONFUSION of mind (428)

Gemüt/Mind; VERZWEIFLUNG/DESPAIR;
Genesung, an der/recovery, of (70)

Gemüt/Mind; WAHNIDEE, Einbildung/DELUSIONS,
imagination; alt auszusehen/old, he looks (2)

Gemüt/Mind; WAHNIDEE, Einbildung/DELUSIONS,
imagination; Einfluß zu stehen, meint unter einem
mächtigen/influence, is under a powerful (10)

Gemüt/Mind; WAHNIDEE, Einbildung/
DELUSIONS, imaginations; Klingeln an der
Türe/ringing door (neue Rubrik)

Gemüt/Mind; WAHNIDEE, Einbildung/DELUSIONS,
imagination; schwer, hält sich für/heavy, is (9)

Gemüt/Mind; WEINEN/WEEPING, tearful
mood; allgemein/general (389)

Schwindel/Vertigo; ALLGEMEIN/GENERAL (398)

Kopf/Head; HAARE/HAIR; allgemeine Beschwerden
der/affections of, in general; fettig/greasy (22)

Kopf/Head; HAARE/HAIR; allgemeine Beschwerden
der/affections of, in general; Trockenheit/dryness (29)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; abends/evening; agg./agg. (224)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; morgens/morning; agg./agg. (271)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
alkoholische Getränke/alcoholic drinks; durch/from (60)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; abwechselnd mit/alternating
with/Halsschmerzen (neue Rubrik)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
Anstrengung/exertion; amel./amel. (9)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
Anwendungen/applications; kalte/cold; amel./amel. (76)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; Bewegung/motion; agg./agg. (234)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; Druck/pressure; amel./amel. (130)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
erstreckt sich/extending to; Hinterkopf, in den/occiput (51)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
Geräusch oder Lärm, durch/noise, from (101)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; Hinterkopf/occiput; erstreckt sich/
extending; Ohren, in die/ears, to (13)
Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
Kältegefühl, mit/coldness, with; Körpers, des/body, of (2)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; Licht/light; agg./agg. (81)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
Schlaf/sleep; agg./agg.; im/during; gestört/disturbed (2)

Kopfschmerzen/Head Pain; ALLGEMEIN/
GENERAL; Seiten/sides; rechts/right (210)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL;
Seiten/sides; rechts/right; links, dann/left, then (30)

Kopfschmerzen/Head Pain; ALLGEMEIN/GENERAL; Stirn/

forehead; erstreckt sich/extending; rechts, nach/right, to (1)

Kopfschmerzen/Head Pain; DRÜCKEND/PRESSING (425)
Kopfschmerzen/Head Pain; DRÜCKEND/
PRESSING; Druck/pressure; amel./amel. (21)

Kopfschmerzen/Head Pain; DRÜCKEND/
PRESSING; Hinterkopf/occiput (185)

Kopfschmerzen/Head Pain; DUMPF/
DULL; Stirn/forehead (121)

Kopfschmerzen/Head Pain; PULSIEREN, Pochen/
PULSATING, throbbing; Schläfen/temples (70)

Kopfschmerzen/Head Pain; WUND, geprellt,
zerschlagen/SORE, bruised; Wellen, in/waves, in (1)
Augen/Eyes; JUCKREIZ/ITCHING;
Canthi/canthi; innere/inner (80)

Augen/Eyes; JUCKREIZ/ITCHING; links/left (3)

Augen/Eyes; MÜDE/TIRED; Empfindung/sensation (65)

Augen/Eyes; SCHMERZEN/PAIN; drückend/
pressing; Kopfschmerzen, bei/headache, during (9)

Augen/Eyes; SCHWELLUNG/SWELLING; allgemein/
general; Lider/lids; Unterlider/lower (42)

Augen/Eyes; TRÄNENFLUß/LACHRYMATION;
Kopfschmerzen, bei/headache, during (49)

Augen/Eyes; ZUFALLEN der Lider/FALLING of lids (84)

Sehen/Vision; NEBLIG/FOGGY (197)
Sehen/Vision; TRÜB/DIM; Kopfschmerzen/
headache; während/during (39)

Sehen/Vision; TRÜB/DIM; Wasser gefüllt,
wie mit/water, as if full of (9)

Ohren/Ears; GERÄUSCHE, Tinnitus/NOISES; allgemein/
general; Schlucken, beim/swallowing, when; agg./agg. (23)

Ohren/Ears; GERÄUSCHE, Tinnitus/NOISES;
allgemein/general; links/left (24)

Ohren/Ears; KATARRH/CATARRH; Tuba auditiva,
Eustachische Röhre/eustachian tube (57)

Ohren/Ears; SCHWELLUNG/SWELLING; allgemein/
general; Gehörgang, äußerer/meatus, external (28)

Ohren/Ears; VERSTOPFUNGSGEFÜHL/
STOPPED sensation (162)

Ohren/Ears; WASSER, Gefühl von/WATER, sensation of (16)

Nase/Nose; ABSONDERUNGEN/
DISCHARGE; mild/bland (18)

Nase/Nose; ABSONDERUNGEN/DISCHARGE;
gelblich grün/yellowish green (48)

Nase/Nose; ABSONDERUNGEN/
DISCHARGE; klebrig/glue, like (12)

Nase/Nose; ABSONDERUNGEN/
DISCHARGE; blutig/bloody (156)

Nase/Nose; ABSONDERUNGEN/DISCHARGE;
Krusten, Borken, innen/crusts, scabs, inside (152)

Nase/Nose; KATARRH/CATARRH; allgemein/general;
Choanen, hintere Nasenlöcher/nares, posterior, choanae (87)

Nase/Nose; JUCKEN, kitzeln/ITCHING, tickling;
äußerlich/external; Nasenflügel/wings (28)

Nase/Nose; NEBENHÖHLEN, Beschwerden
der/SINUSES, complaints of (82)

Nase/Nose; NIESEN/SNEEZING; allgemein/
general; ständig, anhaltend/constant (27)

Nase/Nose; RISSE, Schrunden/CRACKS; Septum/septum (2)

Nase/Nose; SCHNUPFEN/CORYZA; allgemein/general;
jährlich, Heuschnupfen/annual, hay fever (131)

Nase/Nose; VERSTOPFUNG/OBSTRUCTION; allgemein/
general; Absonderung, mit/discharge, with; wäßriger
Absonderung, mit/watery discharge, with (19)

Nase/Nose; VERSTOPFUNG/OBSTRUCTION;
allgemein/general; Liegen/lying; agg./agg. (14)

Gesicht/Face; AUSDRUCK/EXPRESSION;
altes Aussehen/old looking (65)

Gesicht/Face; JUCKREIZ/ITCHING (185)

Gesicht/Face; SCHWEIß/PERSPIRATION (220)

Gesicht/Face; TROCKENHEIT/DRYNESS;
allgemein/general; Lippen/lips (193)

Gesicht/Face; VERFÄRBUNG/DISCOLORATION;
bläulich/bluish; Augen/eyes; ringsum/around (118)

Gesicht/Face; VERFÄRBUNG/DISCOLORATION;
blaß/pale; Augen, um die/eyes, about (3)
Mund/Mouth; BEIßEN/BITING; Zunge/tongue (52)

Mund/Mouth; PELZIG/FURRINESS; Zunge/tongue (31)

Mund/Mouth; TROCKENHEIT/
DRYNESS; allgemein/general (380)

Mund/Mouth; VERGRÖßERT/ENLARGED;
allgemein/general; Zunge/tongue (39)

Geschmack/Taste; FAULIG/PUTRID, foul (132)

Geschmack/Taste; SEIFIG/SOAPY (12)

Zähne/Teeth; SCHMERZEN/PAIN; Ziehen/drawing (133)

Hals/Throat; ENGEGEFÜHL/NARROW sensation (40)

Hals/Throat; FREMDKÖRPERGEFÜHL/
FOREIGN body sensation (85)

Hals/Throat; KLOßGEFÜHL/LUMP, plug sensation (193)

Hals/Throat; RÄUSPERN/HAWK, hawking;
Neigung sich zu/disposition to (220)

Hals/Throat; SCHMERZEN/PAIN; allgemein/
general; Niesen/sneezing; mit/with (2)

Hals/Throat; SCHMERZEN/PAIN; Brennen/burning (287)

Hals/Throat; SCHMERZEN/PAIN; Brennen/
burning; Ösophagus/esophagus (101)

Hals/Throat; TROCKENHEIT/DRYNESS;
allgemein/general (323)

Äußerer Hals/External Throat; KLEIDUNG
agg./CLOTHING agg. (44)

Magen/Stomach; APPETIT/APPETITE;
vermindert/diminished
Magen/Stomach; SCHMERZEN/PAIN; Brennen/burning

Magen/Stomach; SCHMERZEN/PAIN;
Brennen/burning; Kardia/cardiac orifice

Magen/Stomach; SODBRENNEN/HEARTBURN

Magen/Stomach; ÜBELKEIT/NAUSEA

Magen/Stomach; ÜBELKEIT/NAUSEA;
Kopfschmerzen, bei/headache, during (176)

Abdomen/Abdomen; AUFTREIBUNG/DISTENSION;
allgemein/general; Obstipation, bei/constipation, during

Abdomen/Abdomen; KUGELGEFÜHL/
BALL sensation; Rollen im/rolling in

Abdomen/Abdomen; VERGRÖßERT/ENLARGED

Rektum/Rectum; DURCHFALL/DIARRHEA;
allgemein/general; Kolik/colic; nach/after

Rektum/Rectum; OBSTIPATION/CONSTIPATION;
allgemein/general; schmerzhaft/painful

Rektum/Rectum; OBSTIPATION/CONSTIPATION;
allgemein/general; schwierige Stuhlentleerung/difficult stool

Rektum/Rectum; SCHMERZEN/PAIN; brennend/burning;
allgemein/general; Stuhl/stool; agg./agg.; nach/after

Rektum/Rectum; SCHMERZEN/PAIN;
Tenesmus, schmerzhafter Drang/tenesmus

Stuhl/Stool; SCHAFSKOT, wie/SHEEP dung, like

Weibliche Genitalien/Female; AUSFLUSS, Fluor/
LEUCORRHEA; Allgemein/general (339)

Weibliche Genitalien/Female; AUSFLUSS, Fluor/
LEUCORRHEA; klumpig/lumpy (17)

Weibliche Genitalien/Female; INDURATION/
INDURATION; allgemein/general (67)

Weibliche Genitalien/Female; JUCKREIZ/
ITCHING; Labien, zwischen den/labia, between

Weibliche Genitalien/Female; HAARAUSSFALL (neue Rubrik)

Weibliche Genitalien/Female; MENSES/MENSES;
Amenorrhö, Ausbleiben der Menses/absent, amenorrhea

Weibliche Genitalien/Female; MENSES/MENSES;
schmerzhaft, Dysmenorrhö/painful, dysmenorrhea (302)

Weibliche Genitalien/Female; METRORRHAGIE,
Uterusblutung/METRORRHAGIA; Allgemein/general (269)

Weibliche Genitalien/Female; SCHMERZEN/
PAIN; Ziehen/drawing

Weibliche Genitalien/Female; SEXUELLES/SEXUAL;
Verlangen/desire; verringert/diminished

Sprechen & Stimme/Speech & Voice; STIMME/
VOICE; Heiserkeit/hoarseness; Schleim im
Larynx, durch/mucus in larynx, from (24)

Auswurf/Expectoration; FARBE/COLOR; Gelb/yellow (189)

Brust/Chest; BEKLEMMUNG/OPPRESSION

Brust/Chest; BESCHWERDEN/
COMPLAINTS of the; Herz/heart

Brust/Chest; EINSCHNÜRUNG, Spannung, Engegefühl/
CONSTRICTION, tension, tightness; Lungen/lungs

Brust/Chest; EINSCHNÜRUNG, Spannung, Engegefühl/
CONSTRICTION, tension, tightness; Herz/heart
Brust/Chest; HERZKLOPFEN/PALPITATION heart

Brust/Chest; HERZKLOPFEN/PALPITATION heart;
Kopfschmerzen/headache; während/during

Brust/Chest; HERZKLOPFEN/PALPITATION
heart; unregelmäßig/irregular

Brust/Chest; SCHMERZEN/PAIN; Greifen/gripping

Rücken/Back; ABSZESS/ABSCESS

Rücken/Back; KLUMPEN, Empfindung
von einem/LUMP sensation

Rücken/Back; SCHMERZEN/PAIN; Allgemein/
general; Bewegung/motion; amel./amel.

Rücken/Back; SCHMERZEN/PAIN; Allgemein/
general; Brustwirbelregion/dorsal region

Rücken/Back; SCHMERZEN/PAIN; Allgemein/
general; Ileosacralgelenk/sacro-iliac articulation

Rücken/Back; SCHMERZEN/PAIN; Allgemein/general;
Lumbalregion, Lumbago/lumbar region, lumbago

Rücken/Back; SCHMERZEN/PAIN; Allgemein/general;
Lumbalregion, Lumbago/lumbar region, lumbago;
erstreckt sich/extending to; Gesäßbacken/buttocks, nates

Rücken/Back; SCHMERZEN/PAIN; Allgemein/
general; Lumbalregion/lumbar region, Sog als
ob Kugel in die Erde zieht (neue Rubrik)

Rücken/Back; SCHMERZEN/PAIN; Allgemein/general;
lumbosacraler Übergang/lumbosacral articulation

Rücken/Back; SCHMERZEN/PAIN; Allgemein/
general; Zervikalregion/cervical region

Rücken/Back; SCHMERZEN/PAIN; wund,
Prellungsschmerz, wie geschlagen/sore, bruised,
beaten; Lumbalregion/lumbar region

Extremitäten/Extremities; KÄLTE/
COLDNESS; allgemein/general

Extremitäten/Extremities; KRÄMPFE/CRAMPS

Extremitäten/Extremities; NAGELGESCHWÜR, Paronychie/
FELON, onychia, paronychia; allgemein/general

Extremitäten/Extremities; SCHWERE, müde
Glieder/HEAVINESS, tired limbs
Extremitäten/Extremities; TAUBHEITSGEFÜHL,
Empfindungslosigkeit/NUMBNESS, insensibility

Extremitäten/Extremities; UNBEHOLFENHEIT,
ungeschickte Bewegungen/AWKWARDNESS

Extremitäten/Extremities; ZITTERN/
TREMBLING; Allgemein/general

Gliederschmerzen/Extremity Pain; ALLGEMEIN/
GENERAL; Druck/pressure; amel./amel.

Schlaf/Sleep; UNERQUICKLICH/UNREFRESHING

Frost/Chill; FRÖSTELN/CHILLINESS;
Kopfschmerzen/headache; bei/during (59)

Schweiss/Perspiration; NACHTS/NIGHT

Haut/Skin; EKCHYMOSE, subkutane Blutung/
ECCHYMOSIS; allgemein/general

Haut/Skin; HAUTAUSSCHLÄGE/ERUPTIONS;
Pickel/pimples; schmerzhaft/painful

Haut/Skin; INSEKTENSTICHE/STINGS
of insects; allgemein/general

Haut/Skin; JUCKREIZ/ITCHING;
kratzen, muß sich/scratch, must

Haut/Skin; TROCKENHEIT/DRYNESS

Allgemeines/Generalities; ABGESCHLAGENHEIT,
Lustlosigkeit/WEARINESS; allgemein/general;
geboren, als sei man müde/born tired, as if

Allgemeines/Generalities; HITZE/HEAT;
Hitzewallungen/flushes of; müde, wenn/tired, when

Allgemeines/Generalities; KUGELGEFÜHL
innerlich/BALL sensation, internally

Allgemeines/Generalities; SCHWÄCHE, Entkräftung,
Erschöpfung, Prostration, Hinfälligkeit/WEAKNESS,
enervation, exhaustion, prostration, infirmity; abwechselnd
mit/alternating with; Stärkegefühl/strength, sensation of

Allgemeines/Generalities; SCHWÄCHE, Entkräftung,
Erschöpfung, Prostration, Hinfälligkeit/WEAKNESS,
enervation, exhaustion, prostration, infirmity;
Kopfschmerzen/headache; während/during

Allgemeines/Generalities; SCHWÄCHE, Entkräftung,
Erschöpfung, Prostration, Hinfälligkeit/WEAKNESS,
enervation, exhaustion, prostration, infirmity

Allgemeines/Generalities; SCHWÄCHE, Entkräftung, Erschöpfung, Prostration, Hinfälligkeit/WEAKNESS, enervation, exhaustion, prostration, infirmity; geboren, als sei man müde/born tired, as if

Allgemeines/Generalities; SCHWÄCHE, Entkräftung, Erschöpfung, Prostration, Hinfälligkeit/WEAKNESS, enervation, exhaustion, prostration, infirmity; nachmittags/afternoon; 17 Uhr/five pm.

Allgemeines/Generalities; SCHWERE/HEAVINESS; innerlich/internal

Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Fisch/fish; Verlangen/desires

Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Süßigkeiten/sweets; Verlangen/desires

Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Schokolade/chocolate; Verlangen/desires

Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; saure Dinge/sour, acids; Abneigung/aversion

Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Tabak/tobacco; Verlangen/desires; Rauchen/smoking

Allgemeines/Generalities; SPEISEN und Getränke/FOOD and drinks; Würstchen/sausages; Abneigung/aversion

Allgemeines/Generalities; TRÄGHEIT, körperliche/SLUGGISHNESS of the body

Allgemeines/Generalities; ÜBERMASS/ÜBERSCHUSS an Energie, abwechselnd mit wenig Energie (neue Rubrik)

Allgemeines/Generalities; UNBEWEGLICHKEIT betroffener Partien/IMMOBILITY of affected parts

Allgemeines/Generalities; ZITTERN/TREMBLING; allgemein/general

Allgemeines/Generalities; ZITTERN/TREMBLING; allgemein/general; Müdigkeit, nach/fatigue, after

*Complete Mill D Repertory, bilingual,
MacRepertory & ReferenceWorks KHA*

2.1.7. Summary

Following the homeopathic proving of a new remedy, the main question is always about the essence of the information we have gathered. What are the central issues that have come to light?

Essential for comprehension of the colleague's description in Case I is: „*Like a heavy ball, pulling me downwards like a weight*“, „*Depths of the earth*“, „*Depth and heaviness, I can't go any deeper*“, „*feeling, as if the ball pulls me down through the mattress*“. This process is the „channelling“ of the remedy, which we were able to see in several patients in the course of

the last years.

The energy of a gemstone was clearly perceptible: the pace became slower, heaviness arose, no progression. It was as if intelligence was submerged, the cause of despondency and bewilderment and the difficulty to make decisions. Again and again the provers withdrew and there were delays all the time. Symptoms like *„while summer-sledding I panicked and had to go very slowly“, „speed frightened me“, „need peace and quiet“* showing patterns of life becoming slower. This extends to symptoms like *„sluggishness of the tongue and difficulty articulating“*.

The energetic processes changed all the time, alternating between a slow build up of energy and then waning again. This can be seen in symptoms from *„life on the fast track“, „my life is running away from me“, „all the hectic, under time pressure“, „surplus of energy“* versus *„weakness, no energy“* to *„rigidity and immobility“, „shattered, like I had been whipped“, „trembling“*. In this stagnancy, with stasis at all levels, mental, spiritual as well as physical, the outside world just passed by, and it passed by too quickly. There was no desire to be active, there was even an inability to take on the demands of daily life. Everything was *„heavy, tough, like lead“, „thinking and acting became exhausting“*. There was the feeling *„I am out of place in this world and can't live up to any demands“* with *„great sadness“* about that. *„I only want to sit here and not have to do anything at all“*. *„I am using the last of my strength and then my reserves are dried up“*.

At the same time the nobility of the stone revealed itself: *„I am precious and I can show myself“*. This is also seen in the „inner smile“, which came up in the homeopathic proving as well as in cases III and IV. It was called the „fathomless Mona

Lisa smile“. There is growing insight in the sensation *„I have to fight off external influences and cast off burdens, so that something can concentrate itself internally around the essence perceived“*.

The prevalent meticulousness was crucial: by endlessly searching for order, the chaos often increased rather than decreased. As a consequence there were feelings of „Fear, insecurity, disorientation, even panic“. This also became obvious in the dreams: *„the situation is threatening“, „I can't manage anymore“, „heaviness and movement is difficult“, „troublesome, much too slow“* etc.

In many situations of the provers *„deep wounds were uncovered“,* and *„keys to dark rooms with confined and suppressed monstrosities“* were revealed. The dreams were about *„something hidden“,* about *„unfamiliar landscapes“* and *„unfamiliar powers“* and created the *„feeling of turmoil, of being shaken, as if something from the depths of my being want to surface“*.

Water played an important role in the dreams - *„a lot of water“, „pushing mass of water“, „water just about to overflow“, „knee-deep water“* as well as in the physical complaints - *„as if looking under water“* and *„feeling as if ears were full of water“*.

The dominant physical subject was **headache** or as in the case may be **migraine**. Nearly all provers were affected by it, even those who had never had migraines in their lives. It occurred mostly on the right side, with a wide variety of modalities (see chapter -Headache), especially *„painful pressure internally, ameliorated by external pressure from“*. The headache was accompanied by fatigue and hypotension and the feeling *„I am looking old“*.

The phenomenon „ball“ also appeared in „ball-shaped“ discharges from the nose, „lumps/balls“ in the throat, a „ball“ that was stuck, either underneath the thyroid or „before entering the stomach“, the stomach bulged „like a ball“ and there was a „small knob like a small hard ball“ on the index finger. In Case II a bowling ball appears. Or – in other words – the „sensation of small marbles“ in the bowels or a „purulent looking lump“ or „indurations“.

Many „skin eruptions“, „ulcerations“, „felons“ „abscesses that did not open“ appeared and remained for a long time. They were perceived as „inhibitive“, provoking „strong resistance“, especially when these skin eruptions became „visible“, as for example in the face, then there was the sensation of „wanting to hide“.

Constipation was an important subject on the most varying levels, namely the „lack of flow in the entire organism“, from frequent „stuffed up nose“, „stuffed up ear“ right up to „difficult stool“ „bloated abdomen“. All of this with „burning dryness of skin and mucous membranes“, „soreness“ and „much nausea“. In addition there is „libido decreased“, „amenorrhoea“ (=flow absent) and „loss of pubic hair“.

There appeared, like in my proving of Lapis Lazuli (Schadde, 2002) „heart-symptoms like anxiety and tightness in the chest“ but also „around the neck“. The patient in Case IV describes the tightness as „being encircled“.

„Tension in the back muscles“ extending from the neck to the lumbar region and „sciatic complaints“. It is interesting to see here again „increased pressure ameliorates“. Some of the provers had the impression of suffering from a „disease of the thyroid gland such as Hashimoto“. But there were also

healed symptoms. In two of the provers, „long-standing back complaints“ were ameliorated.

Green is the supernatural ambivalent colour of life and death, the spring awakening of the vital force and the sallowness of decomposition

A. Theroux

Chrome Tourmaline



The Chrome-tourmaline is emerald-green and has often been mistaken for an Emerald. Except for the Paraiba-Tourmaline it is the most expensive and rarest Tourmaline. Being green it belongs to the noblest Tourmalines. One carat (0.2 g) of cut Chrome-tourmaline costs up to 1000 Euro. This is a reason why it is often to be seen in royal jewellery and the collections of the nobility.

Chrome is integrated into the mineral structure of this Tourmaline. The stone used for the trituration was found in Tanzania.

Anthroposophic experience-based healing shows that particularly Chrome-tourmaline is used in the treatment of cancer.

2.2.1. Trituration of Chrome Tourmaline

The homeopathic trituration and potentiation of the original substance took place at the Enzian Pharmacy in Munich on March, 3rd, 2007. Remedies in different potencies can be obtained there (see Sources of Supply). The chrome-tourmaline was trituated in a mortar of agate for 25 minutes until it was rock flour.

The original substance was trituated up to 3C and then succussed up to the 30C. As described for the trituration of the watermelon-tourmaline, circumstances, situations and sensations are recorded for every trituration and are important for the understanding of the substance.

Something unusual, not planned beforehand, but then perceived in this trituration of the Chrome-tourmaline, occurred: it was the night of the lunar eclipse (beginning of the lunar eclipse: 9.16 p.m.), the glow of the moon appeared large and strong in a clear sky.

1C Trituration

Complementary color to green is red (the red moon)

The complementary color is in the sky

The 'moonlike' is shaded, reflecting part of the sunlight

The moon is hidden, taking on the color red but, in the process, actually becomes stronger in color

Bitter taste in the mouth

2C Trituration

Green tourmaline carries masculine energy, red tourmaline feminine energy. Watermelon-tourmaline contains both.

Tourmaline contains the source of energy for both sexes.

A Smile appears on the face (commentary: it is Mona Lisa's smile and stands for „a deep inner knowledge“, incommunicable in words – the contact with the deepest core of life)

Tension in shoulder

Headache on the left side

3C Trituration

Extremely thirsty

Itchy eye

No homeopathic proving was carried out with the Chrome-tourmaline.



Rudolf Steiner, around 1905

[Retrieved from: commons.wikipedia.org](https://commons.wikimedia.org)

„Man is really like that, that he contains all kingdoms of nature and that he – except the human kingdom which he is himself – was related in his formative processes, in his stages of development to all other kingdoms of nature. He has in a certain way set apart from himself all the other kingdoms of nature, and out of these kingdoms that he set apart, he takes them back into himself again. Yes, it is such a taking-back-into-himself. This is actually very important, that it is such a taking-back-into-himself.“

Rudolf Steiner, Complete Edition, No. 312,
Anthroposophic Spiritual Science, p. 195

Chapter 3

Cases

Hahnemann writes in the Organon in paragraphs 1 to 3 about the „Art of Homoeopathy“. Thereby he mentions for the first time in medical history the path from being a „physician“ to being a „practitioner of the healing art“, because he begins in § 1 by saying: „The physician’s highest calling, his only calling, is to restore the sick to health, to heal“ and in § 2 he speaks of this „highest ideal of therapy“ with the prescription of the simillimum, which restores health in a „rapid, gentle and permanent“ way and completes § 3 with the sentence „Then he understands how to treat thoroughly and efficaciously and is a true practitioner in the art of healing.“

Which raises the question: what is a practitioner in the art of healing? Because for the „ideal healing“ in § 2 (please note the enhancement of this statement by calling it the highest form) the efficacy depends on the capabilities, even the gift, of the actual practitioner.

There are many requirements to be able to apply one's art. The most important prerequisites for an artist are the tools of the trade, necessary for producing good work. Of course „art“ means much more than that. Art is artificial and therefore subjective. To practice art has to do with embracing intuition, inspiration, creativity and much more. It allows oneself to use one's mind, to use one's understanding of the world („sapere aude“ was translated by Immanuel Kant, a contemporary of Hahnemann, as „Dare to use your own mind“). Which is why the path from physician to practitioner of the healing art is at the same time the path to oneself, to one's own roots and capabilities, one's own intuition and inspiration.

On reading the Organon I realized that the paragraphs are strung together in a chain. What does that mean? The end of each paragraph is the subject for the beginning of the next paragraph, with the only exception being § 3. Hahnemann begins § 1 with the physician and his profession and concludes the chain of thought in § 3 with the practitioner of the healing art. In the transition from § 3 to § 4, we can read at the end of § 3 „the physician finally is capable of recognising the obstacles to cure and how to remove them“. In this way the chain starts to form, but nevertheless §§ 1-3 remains a statement in itself. Interestingly enough we find this highest ideal in § 9 (3 x 3) where Hahnemann defines health:

§ 9

„In a healthy state human beings are governed by a vital force, the Dynamis, that animates the material body (organism) reigning in supreme supremacy. It maintains the sensations and activities of all parts of the living organism in a harmony that calls for wonderment. The reasoning spirit who inhibits the organism can therefore use this healthy living instrument to reach the lofty goals of human existence.“

With this definition of „the healthy state“ the requirements of §§ 1-3 are met. That is exactly what I could observe in my own cases. In the „highest ideal“, the prescription of the simillimum, exactly this process of healing takes place.

When Hahnemann writes about the „ultimate ideal“ in § 2, i.e. enhancing his statement, then it follows consequently, that there must be gradations. He writes about these in

§ 162:

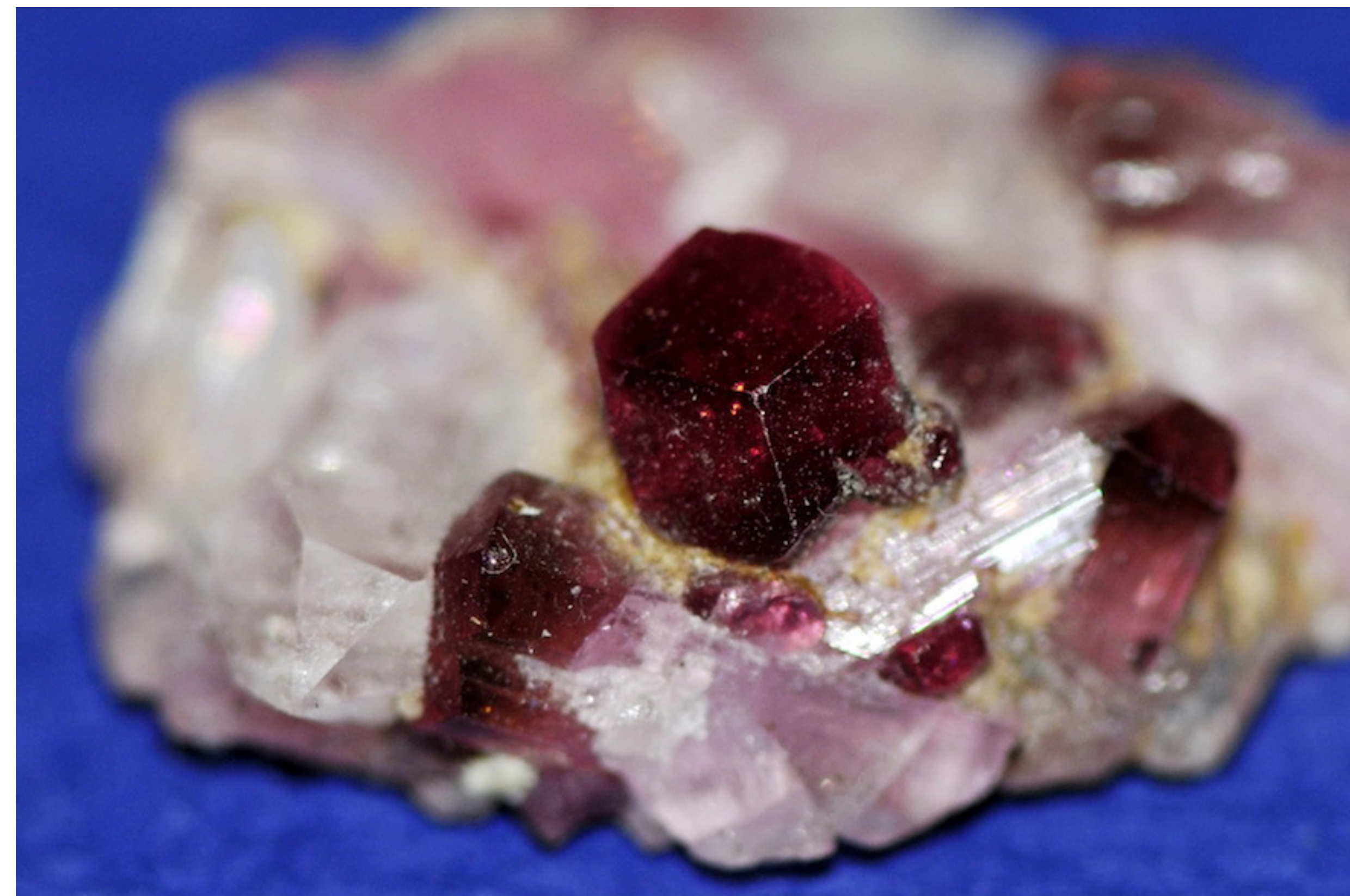
„It sometimes happens, owing to the limited numbers of medicines whose true, pure effects are known precisely, that only some of the symptoms of the disease being treated can be found in the symptom list of the most appropriate medicine. Such a less perfect medicinal disease agent must be employed for want of a more perfect one“.

This is a call to future homeopaths to prove new remedies, so that we have more and more „perfect medicinal disease agents“ at our disposal, to advance to the „art“, because our homeopathic provings are the tools with which we can help our patients.

However, the imperfect “medicinal disease agents“ often help as well to „remove and destroy“ (§ 2) the disease. And it is very helpful to let these changes, this healing, add to the understanding of a new remedy. In the old Materia Medica, in Clarke for example, healings are often mentioned, which partially caused an essential change of the symptoms. That’s how homeopathy has, for centuries now, worked its “wonders” and convinced people of its effectiveness.

In order to be able to integrate a new remedy into the treasure of Materia Medica, we need a lot of experience on the basis of cases, where this remedy was applied and worked successfully.

In the cases, which will be documented and analyzed in the following chapter, Tourmaline has, in different potencies, unleashed great developments in the patients, moved them, triggered steps, that were unthinkable before. This shall be documented using the patients’ own descriptions.



Watermelon Tourmaline Case Reports

3.1.1 Case I

The first healing with Watermelon Tourmaline took place shortly after handing it out to all of the provers and supervisors on April, 1st, 2006. The proving of the remedy, which was unknown till then, was supposed to run from Good Friday until Easter Sunday (April, 14-16 2006). All provers had the remedy in a small bottle at their disposal.

On April 12th, 2006, (a few days before the scheduled homeopathic proving) one of the „future“ provers called to complain about an acute illness. After the telephone anamnesis I prescribed the remedy, yet to be proved, and she improved immediately. This phenomenon is difficult to explain since she had never suffered a complaint of this kind before. However, this immediate healing of her symptoms illustrates the healing power of Tourmaline.

On May 23rd, 2006 this colleague came for a video recording. Once again she described the symptoms and the process after having taken the remedy. She remembered the development very well. The substance used for the proving was only revealed in July 2006. Therefore she did not - even at the time of the recording - know anything about the original substance „Watermelon Tourmaline“. All her descriptions come deeply from within herself, from „listening to her inner self“.

The colleague reported:

It started on April 12th, 2006 with incredible back pain and a feeling being battered. I could not keep my eyes open. I had no energy and was completely debilitated by nausea and vertigo. It was the vertigo that caused the nausea.

What did it feel like?

Like a dark ball, dragging downwards (gesture pulling downwards). It was like a heavy ball coming out of my back pulling me down (gesture: fist, pulling downwards), but with a lot of pressure.

It reminds me of lava, of basaltic rock, although it was not hot but it had this heaviness. I had to think of this basaltic rock: the dark, this weight and this ball.

Where exactly was the ball?

In the lower back, it pulled me deep into the mattress. The pull was accompanied by an incredible pain. The intensity of the pain and of the pressure became severe when I confronted the pain and spoke about it. Images of the basaltic rock and the ball came at that moment. I was lying on my back and had the feeling that the ball was pulling me down through the

mattress with incredible force, weight and pressure.

Where to?

Down into the earth. I had no possibility to defend myself; the rest of my body was rigid, it could not move. I had woken up in this state, in which I could not do anything and I could hardly speak. On top of that, there was tension in my upper back.

Extract from the phone conversation of April 12th, 2006:

This heaviness, as if I weighed three tons, like battered, as if I had been whipped; I can't keep my eyes open, I am really drifting in and out. It is like sliding away, getting heavier and heavier, quieter and quieter. This heaviness is making me sink and I do not have the power to do anything about it. My bones are so heavy and are pulling me down. At the same time my hands are ice-cold and I sigh constantly, in continuous sighing breaths. The sun has gone.

Then I took the remedy of the proving in the C 30, as instructed and as I had it at my disposal.

After 10 minutes my voice came back, I could speak again, I spoke louder. I was able to keep my eyes open. After half an hour the feeling of not being able to keep my eyes open was gone. I could keep my eyes open in a normal way.

Then I ate something and read the newspaper. I felt the back pain getting much better and I had more energy. The back pain caused immobility which disappeared, because after 10 minutes I was able to sit and after two hours I was able to move normally.

This is a remedy for back pain, centered like a ball (gestures forming a ball), that is incredibly weighty, heavy with a pull downwards. This really hurts and the pain spreads, but one can feel the centre nevertheless (gesture drawing in fingers), this is focused (circling gesture of fingers) and I could feel exactly where the centre is and I also knew that it spread everywhere (fingers spread out wide and then close again), that it is simply radiating outwards.

Then I saw the basaltic rock, but my head said: basalt is porous and not heavy. What I saw was not synonymous with the incredible pull, the heaviness I felt, which felt like it was pulling me through the mattress. This did not fit together with how I know basalt from volcanic islands.

However, the heaviness reminded me of the Earth's core, but it was not hot. I was not hot, but I had the image. The strong pain was somehow like a ball, it had the shape of a ball. But I don't know if it was smooth (both hands forming a ball), this was the centre. This pull made the pain increase.

Concerning the weakness: my husband was already on the verge of taking me to the hospital, I could not speak, I could not get up because of vertigo and nausea, which confined me to bed. Ten minutes after having taken the remedy I was able to get up, the back pain became much better, I could talk again. After two hours I was in a good mood and cheerful again. The nausea had gone.

My feeling is: the remedy comes from the depth of the earth.

How does it feel?

It has an incredible heaviness, like a load, it feels like lead. No,

it's not like lead, there is a different quality behind it.

What kind of quality?

Depth and heaviness, I can't go any deeper. Lead is heavy, but it has no depth. I perceive lead as heavy, but empty, but this here has this extreme depth.

3.1.2 Case II

The patient is 48 years old, married and works in a responsible profession. In his work he is bound to secrecy and so, in a manner of speaking he is „alone“ on a professional level.

As it often is in life his circumstances also reflect a side of his nature. He seems to be open and friendly, but in reality he is closed and withdrawn. I have been treating him for years now and he needed several remedies up to February 2007, when he calls again:

I really have to talk to you - I have Burnout, I am listless, indifferent, extremely exhausted. During the night I bite my teeth so much that my lips start to bleed.

I had coped with everything pretty well until 2003 when I temporarily worked in a conflict zone.

I could not come to terms with what I experienced there and the impact it had on me. I moved around a lot there and witnessed a lot. And somehow this remained locked inside me. When I was back in Germany, the death of my father, and mourning for him, added to it all. I am now the family elder.

Here in Germany I fell into a dark hole and I just haven't been able to get out of it since then. I have been doing this job for 17 years now but times have changed. It used exhilarating but now I am not motivated when I have to go to work.

I know, you either do your job well or you give in to inner resignation, but this I can't do. Then I wouldn't be able look my children in the eye. So I have to decide whether to leave. What is happening to me could be considered mobbing.

A tooth became infected into the bone from clenching my teeth at night. I have always had problems with my teeth.

How does that feel?

Kind of uptight, tense.

I am tired, overstrained, even my legs are so tense.

There are days when I can't get out of bed in the morning. I can't move, sometimes I can't even move my arms and legs anymore. It takes a long time until I can get up...and the lower part of my back feels as if I had a slipped disc. As soon as I have got up and move around a little, it feels much better.

How does that feel?

As if my thighs consist of muscles only (gesture as if holding a big ball in his hands). My legs feel as if I had performed vigorous exercises with a lot of effort. It is not stiffness, which would mean hyperacidity. It's a different type of pain. I can hardly move my foot. However, I don't ever really overexert myself physically, in the office I hardly expend any energy at all. This excess energy has to go somewhere and it seems to stay within.

Describe what you showed with your hands!

When I show it to you like this (hands move fluidly together around an imaginary ball) it would be gaseous, but what I feel is solid.

How solid?

Tense, and there is an incredible anger behind it. The slightest provocation could make it explode and I feel I would lose control. But I am not really like that. I have never been involved in a fight or anything like that. I keep the energy inside. But I should actually use it more sensibly than I do now.

Tell me about this energy.

It is inexhaustible power and strength, focussed in one place and I hold it there. However it is too firm and static, as if I keep it like this (gesture: clenched fist). Actually it should be everywhere. I would like to let it flow, doing sports helps a little.

Describe the gesture! (fist!)

It is more a bowling ball than a balloon.

Tell me about a bowling ball!

It is round and strong. Strangely enough (pondering) it is black, not red, blue, green...marbled....(pondering) even though I have never been bowling.

More about this ball!

This is precision, speed, power and fun. Yes, precision determines my life, I am a perfectionist. When I do something, I want it to be perfect, precise. I can do it with the bowling ball in such a way that it will be perfect.

Precision is called for at work too. When I write a report, then it must be coherent, conclusive and precise. It must express the truth – not wishy-washy. It must still be clear what I wanted to

express in ten years time. I am not someone who embellishes or degrades things. I am completely precise. I don't like to rattle on about things. I think to myself: „People who have a lot to do and who have to read through all this want to have the important parts summarized briefly and precisely“.

In sport I also play using tactic and not blindly. Having a system is important to me there too.

Case analysis

In this case it is important not to directly interpret the bowling ball in its exact shape and color, because this is only what is associated with inner images. These images are in turn, correlated to dreams, needing to be understood on a symbolic level. Different people could demonstrate the image of a ball or make a fist, but everybody has a different inner sensation when doing so. This is a crucial point to fully understand what is happening here. Only on the basis of the patients explanation of the image, in this case the bowling ball, can we proceed to translate into the language of the Materia Medica or of the remedy. Namely in this case: Power, strength and precision. It is about order, structure and firmness, physical as well as moral. There is a deep sadness which can not be expressed, alternating with suppressed anger with the world in general and specifically from the mobbing.

But his energy is locked in. There is no exit, it can't flow. The physical reaction is the clenching of the teeth causing the lips to bleed. He turns in on himself, is sad, closed and withdrawn.

In a book review (Hartmann, 2008)¹ „Invisible made visible

- The colorfulness of black Tourmaline“ one can read „The stone's complete natural darkness shines with unimaginably vibrant colors and fascinates with a varied multiformity. Is it not so – through human intervention – that the dissolution of black makes way for a *colorful* life?“

Prescription: Watermelon Tourmaline C 200

Follow up 3 months later

I laugh more and I feel more relaxed.

A few days after having taken the remedy my head was rather clear – no more thoughts about work and for the first time in a long time I was in the mood to change something.

The pain in the thighs is gone.

Follow up 1 1/2 years later

The remedy was repeated in all acute situations and the problems decreased.

How have you been doing during the past one and a half years?

Professionally everything took a turn for the better. Initially it looked like I would have to leave Munich, but then something new turned up and now I am doing very well at the new job.

I haven't had any more serious illnesses since taking the remedy.

¹ Hartmann, Danniell. Schwarzer Turmalin,

Die Christengemeinschaft 4/2008

However, once a few months ago I had this hypertensive crisis where I was afraid I had had a heart attack, because my arm became heavy and my chest hurt. My blood pressure alternated between 180/120 and 90/50. My wife wanted to call an emergency doctor. I went to bed, took Tourmaline and felt better immediately. Nothing like that has ever happened since. My blood pressure is not fluctuating any more.

I started to change my diet and have lost 15 kg. This has helped me feel more relaxed and calmer.

I talk a lot to my wife about things that bother me. I did not do that in this way before.

What was it that bothered you so much in the conflict zone?

My father died after my return to Germany. And this completely pointless war with the horrible consequences, I was often so close to events. You witness the total misery, and you know it won't change. The futility of such political disputes, from which only particular people make a profit, annoys me. It seems one is forced to condone the behaviour of people who only interested in enriching themselves.

If you are confronted with this personally, you should not let it get to you. Unfortunately I was not able to do this. But it is better now.

What exactly is better now?

I don't take it all quite so seriously any more. No politician keeps his word. That's how it is.

What does „keeping one's word“ mean to you?

If I promise something, I will definitely keep that promise. When I say, I will be somewhere at 12.10, I'll be there, on time, not too late but also not too early. People can rely on me one hundred percent. Reliability is important to me.

Clenching teeth?

No, not anymore, my lips don't bleed any more either.

What about this energy (fist)?

There isn't anything still lying dormant inside me anymore. The “black bowling ball” is flowing now. My energy is evenly distributed throughout my body.

3.1.3 Case III

The following case shows the positive influence of Tourmaline C 200 (Watermelon-tourmaline) and C6 daily on a female patient suffering from MS.

This patient was treated by a colleague but came to me for a follow-up after four months, because she wanted to describe the impact of the remedy on her whole life.

The patient reports:

Five years ago I was diagnosed with MS. Interferon was used as therapy. But I did not feel any better. After I took Tourmaline first, something fundamental happened: I went into a clothing store and bought green and red clothes. Only after doing that I looked at Tourmaline properly and realized, that it is green and red.

Now I can live with my disease. Before I could not accept it and complained about it. I have a lot of time for myself because I had to go into early retirement. I can appreciate the positive aspect of that now.

Due to my illness I became lethargic. The frustration was so great it made me permanently tired. It was as if it paralyzed me and I became angry and aggressive. This has changed completely now and I enjoy being active as much as possible.

As a child I took on a lot of responsibility. I used to call my mother daily to ask her how she was doing. I was able to stop doing this as a result of psychotherapy, but I felt guilty. I have been able to free myself of that feeling now. This liberation has a lot to do with color, colors have become more vibrant.

How was that before?

Before it was it was hazier, now it is more expressive. The colors have become vibrant and this is liberating. I am able to enjoy life far more intensively. My life before was all very diffuse, hazy, my life had never had an aim.

What does diffuse mean?

Being in a dark forest, where you look past the light, it is vague there, not tangible.

How is it there?

Wandering about, no aim, seeing no path and nobody to the left or to the right. Diffuse is also when you look into water and you can't see the bottom...I can't describe it any better...

These days when I look someone in the eye I know what they are thinking. When I think about Tourmaline, I can't help but smile....I feel mellow, I am at ease with myself.

I have been taking homeopathic remedies for 13 years now, and no remedy has had such an effect as Tourmaline. It's like a journey into my self, as if I am sitting on a slow train and I have the time to look at these things.

It's like a new identity, a completely new consciousness: to take my time, to abandon myself to things, not leaving anything out, to live for the moment, to be able to retain things in my life.

In the past I was often pretty hard on myself. I always judged myself harshly and I always came up short. When a person to

needed to carry the blame for something, I volunteered! I was my own judge and I was tough. Even though I accomplished a lot with psychotherapy, the remedy did the rest. It clarified my relationships, it sorted out, cleansed and healed.

It clarified things so much for me – it liberates me, something I did not accomplish so in even 100 hours of psychotherapy.

Last year I had a severe cold and afterwards my ear was blocked, this became 90% better after Tourmaline. Everything I had tried up to then hadn't helped at all but the Tourmaline really did.

Other physical changes are: the MS had made me inactive; with the Tourmaline I have the desire to move, awareness of my body is more intense and my body perception has improved.

What is it like?

My body feels closer to me. For the first time I am aware that my soul lives in my body; I don't feel gloomy anymore, I see progress and not decay.

How did the disease begin?

At first it felt as if someone had plunged a knife into my back. This is the point, this dagger in my back, from which my sensibility disorders emanate.

What was the feeling?

Injured from behind –injured really cowardly.

What was it like?

Hot and painful, bloody, hot, black, weakening me completely. A sensation of powerlessness, unable to run away, one is hit, one can't run away anymore, this also scares me.

The protection disappears, one is afraid of the next moment; it is so threatening; my left side was wounded.

These are very old wounds from my childhood. I already experienced these wounds as a small child but I am healing now. I am recovering, can feel it clearly.

I am an organized person, I have arranged the spices in order, there is order in the world, it has to be taken into consideration and cohered to.

Follow up after 5 months

Before the MS I was phlegmatic, a couch potato, now I have ridden 3000 km with my husband on a tandem and I take part in therapeutic climbing.

I would never have managed this without the self-awareness Tourmaline gave me. It is a different sort of energy which makes me adventurous, which makes me feel like trying new things, not stagnant but progressive.

Cases of Chrome Tourmaline

We only triturated the Chrome-tourmaline and it was potentized in the pharmacy. There was no homeopathic proving. I used this Tourmaline for the first time with a cancer patient, because Chrome-tourmaline is used in cancer treatment in Anthroposophic medicine.

In the following case I explain my approach in the analysis.

3.2.1 Case IV

The 55-year-old female patient reports:

I have cancer. The primary tumor was in the lung, and then metastases spread to the lower pelvis and spleen. The spleen was removed and also a part of the intestine, then the right upper pulmonary lobe was removed in a separate operation. Liver metastases were suspected but turned out to be cysts. After rehab I recovered well – I thought I had made it. For

two months I was in remission. Two weeks ago I felt renewed pain and a CT showed metastases, the lymph nodes in the left kidney area and other lymph nodes are enlarged.

I have already taken quite a lot of different homeopathic remedies. They worked to some extent, Natrium muriaticum was an effective remedy, but no remedy has had a really deep impact.

How do you feel about that?

I feel rather encircled, I don't know what to do, I feel abandoned, but I also know that nobody can help me.

I am afraid of what is going to happen to me and I am afraid of the pain.

(She writhes)

I need help; a deep sadness is rising in me.

How is that?

I ask myself: What is it really all about?

I have worked with systemic family-therapy to a certain extent. A dead brother, whom I did not know, appeared in the family constellation. It touched me in some way and it released something as well – and I could accept it as such. I could also sense that I have a twin soul – I could sense it somehow.

How could you feel this?

There has been a general sadness throughout my life. I have

been alone and lonely a lot, as a child as well, left alone and neglected. I grew up on a farm, my parents didn't have much time, I have five brothers and sisters. There wasn't much closeness, tenderness or physical contact.

I left home at the age of 17 with the feeling: I'll show them all!

What did you want to show?

*I could not live in **this narrowness**, I wanted more of life. Yes and this runs pretty much like a thread through my life, this having to fight....*

Tell me about fight!

*I am in turmoil, **as if trapped**.*

What is it like?

It is like being *encircled*.

(At this point the beginning that has to do with the disease is repeated)

I am in turmoil, I can't get out, I'm trapped.

Why does nobody help me? I can't do it on my own, I can't keep going!

Tell me about isolated.

A murderous rage, but reason keeps me from homing in on this energy.

I can't defend myself, I feel small and helpless, downtrodden.

How does this feel?

(She curls into a ball)

Now I have an image in my mind that I have done something really terrible. It happened in my childhood. I accidentally scalded my sister with hot water. I am really frightened that I will be beaten for it and so I hide under the bed.

I remember having always been scared of the police when I was a child. I used to hide under the couch.

(She doubles over again)

Yes and of course the feeling of guilt: I had to babysit my younger brother, and he fell out of the window and had a bad concussion. I gave myself the blame.

And then another time I was supposed to look after the other brother while my parents were in the fields, and a huge hornet flew into the room. I knew they could be dangerous so I covered him with a cloth and cycled with him to my parents in the field. They reprimanded me because I could have smothered him with the cloth. I was expecting my parents to say „well done“ but instead they reproached me. After that I began to withdraw.

Now I continuously ask myself many questions. What is the matter with me? What is my problem? Why did I get cancer? I haven't been able to find any answers.

How do you feel inside? Describe your inner feeling!

She does not find an answer, only her body shows a movement inwards. This is why I give her a pencil and ask her to draw her sensation.

She takes the pencil and starts drawing circles on the paper, closes her eyes and digs the pencil deeper and deeper into the block. The thick block of paper is ripped two centimeters deep into the lower layers from the enormous amount of energy and aggression she has used.

When she opens her eyes again, she first needs to recover from the enormous amount of energy she has expended. She breathes heavily, is deeply shaken and surprised about herself and her actions.

Describe what you just did.

Encircled, I made circles.

What was the feeling?

I can't bear this, I just can't bear this, ***it is ripped open.***

What is „it“?

Darkness, in secret, men!

I can't remember my childhood well, I only remember from the age of 6.

There is something I don't want to see.

What is it like?

Ripped open – blood – vagina – violence – red – shame – no one must see it.

I have to leave, this can't be.

She speaks hesitantly, very slowly, as if she no longer has any connection to what happened. The inner sensation is not accessible to her so I guide her away from this „personal“ sensation, so that she can stand back and look at the energetic process that took place on the paper.

Tell me what happened to the paper and the block.

This is destruction, power, anger, pushing away, smashing everything to bits, abyss.

More!

Falling into a hole, black, pain, loneliness, left alone, everybody go away, leave me alone, go now, stay away from me, I can't bear it.

As a child I had recurrent dreams in which I was totally tense.

What was the tension like?

It scared me, it had to do with violence.

The tension was so strong, I had the feeling I would freak out, go crazy. It was inside my body, like a vibration.

Vibration?

Total fear, death is the only solution. Tension like an electrical wire under current, radiating, like trying to scream, but no sound comes out.

This was a recurrent dream.

Screaming and no sound coming out?

Like Munch's painting „The Scream“, there is despair, one needs help, but no one can hear, because there is no sound.

What is it like?

It is pure despair.

Describe the pain in your abdomen?

As if someone kept boring into it, a gouging pain, then suddenly it is a shooting pain, then I only want to be left alone, want to shrink into myself.

Case analysis

The patient's choice of words in the anamnesis points to the mineral kingdom. She says for example:

„I blame myself“

„I shrink into myself“

„What is my problem“

She is only briefly in touch with the deeper sensation, which

expresses itself in the destruction of the paper („encircled“). Her wounds are enclosed within her and she has hardly any access to them. When she speaks about this deeper sensation, she slows down considerably, tries very hard and puts pressure on herself. This makes the anamnesis very difficult.

The internal destruction, the wounds and injuries were never able to heal.

Words for this sensation: destruction, power, smashing everything to bits, abyss, falling into a hole, black, loneliness, tension, vibration, tension like an electrical cord under current, radiating.

As described in the chapters about the stone, these injuries which are not visible from the outside, heal inside of the Tourmaline through integration. Only on cutting the stone into the thinnest of slices, does the inside become visible.

The pain is like a pull to the inside, into the earth, and that's why there is no longer any connection to the deeper injuries.

Prescription: Chrome-tourmaline C 6 daily

Follow up two weeks later

Immediately afterwards I fell asleep, I felt like having returned internally to an upright position, a sensation of silent happiness.

What sort of feeling is that?

Something really powerful, as if my self-esteem had grown somewhat; I feel very clear, but also more light hearted, more

liberated, more cheerful.

There is clearness now und I take more care of myself, take care that I am well.

I could not distance myself so well before. Now I am more relaxed, where as before I was grim.

Now I have sometimes the sensation of a humming inside myself, like a silent hum,, as if my inner tension was relaxing.

Prescription: Chrome Tourmaline C 6 daily, as before

Follow up four weeks later

Tumor marker down from 357 to 12

Prescription: Chrome Tourmaline C 12 daily

Follow up four weeks later

I have gained weight; I feel really well, I went to hospital for the second session of chemotherapy. I felt that I was in good hands in the hospital. Yet again, I came to the realization how lucky I am to be so well again.

What does it feel like?

It's as if my cells had received different information, all these events which I told you about at the beginning, the aggression and anger, is no longer existent, it has disintegrated. I have become more self-confident.

Every day is just a gift....I have a very deep feeling of happiness inside of me. I would like to continue with the C 30.

However I had this nightmare again, which I know from the past: Someone is after me, he wants to kill me because of money; I wanted to scream but couldn't even produce a croak. I hyperventilated and woke up from it.

What was the feeling?

Screaming and no sound is coming out, despair, needing help, but no one can hear because there's no sound coming out. It is pure, deep despair.

All tumor markers decreased, first vom 350 to 12 and then to 7, then to 4 and now to 0.8.

HB increased, it was last at 13, and iron as well, it was all very low, all increased now...

Prescription: Chrome Tourmaline C 30 daily

Follow up four weeks later

I had a dream that was different from former dreams: I was in a clinic following an operation. It was an emergency situation in which I needed an artificial bowel, a strange and bizarre structure that was visible externally. When I saw it I was outraged and screamed.

This was a primal scream which I had never been able to scream and that's when I woke up. I made a drawing of this dream in my diary.

Prescription: Chrome Tourmaline C 200 not daily, but as required

Explanation: We have possibly touched on an emotional trauma, for which the C 200 is a good potency.

Follow up four weeks later

My sleep has improved. I am more myself. I now have a kind of physical strength, it is unbelievable.

Prescription: Chrome Tourmaline M

Follow up four weeks later

In the clinic a PET was carried out to check for tumor activity. No active tumor cells were found.

Follow up 10 months later

How are you doing?

Everything has gone so well, I am fine.

Interestingly, old pains - like the pain in my knees I had before the cancer and which were diagnosed at the time as “ Lyme disease “ - came back after taking Chrome-tourmaline M. At that time I had severe pains in my knees relentlessly for about six months. The exacerbation was very similar: I suddenly had a painfully swollen knee but after three or four hours it was back to normal.

The day after that I had a bout of vertigo while lying down and on turning my head. This also was a symptom I had in the past. But that also went away quickly.

How is your general condition?

I have become more quarrelsome; I assert myself more often. My self esteem has grown. This makes me more at one with myself, feel worthwhile and more independent. I am not the nice person who pleases everybody anymore.

The relationship to my husband enriched my life, but now there is progression through exerting myself.

She looks well, is dressed in green colors, including green jewellery. She wears a lot of colorful clothes.

The color green?

The chakra of the heart is green and it has opened.

What does this feel like?

I feel free and happier now, sometimes I even feel joyful. It's as if everything is “smiling”. I am not lacking for anything anymore!

Gesture: She moves her hands outwards as if demonstrating an opening, an expanse.

There is nothing more I could wish for, I have everything I need.

How does it feel to lack nothing?

I look out of the window, everything is fine. I only see the beautiful tree and the crane over there doesn't bother me anymore. Everything is good the way it is, simply a calm happiness.

I have taken many remedies, but the effect of Tourmaline was the most fascinating because it healed my inner wounds, whatever these were. I realized how much anger and aggression I had inside me. But I always only felt the sadness, the withdrawal, never the anger, the active side.

Review

In this case it becomes clear how important energetic treatment - homeopathic treatment- is in addition to chemotherapy. The tumor can diminish in size during chemotherapy, but it will not resolve the energetic problem. What is “clearly pathological”, according to §3 Organon, is in this case the mute cry from deep within. This is the real disease and in the course of healing these deep wounds this “Primal Scream” had to escape.

3.2.2 Case V

The following patient is still in treatment. Other remedies might be needed. However, Chrome-tourmaline has had an important influence on the life and development of this patient.

Female patient, 65 years of age, reports:

I have bad pains in my limbs, finger joints, shoulders and most of all in my left hip.

Blood test is marginally positive for Lyme disease, most likely caused by tick bites some time before. A few years ago I had a summer flu accompanied by high temperatures and about four years ago I had mononucleosis (glandular fever) twice. Furthermore, I had a ruptured appendix with peritonitis.

The pains in the limbs have been intense for two years. Joints problems run in the family problem.

There is something going on, something to do with the family history, but I can't really get a grasp of it, it's not tangible. It is a part I just can't get any insight into.

What does this do to you?

It is a burden – in my mind – I think about it all the time.

How is that?

I would like things to be more clear-cut.

What is a clear-cut?

A clear-cut is an honest approach in opening my heart to others. I see myself as a lone fighter. As child I had only adults around me, no children. Nobody took an interest in my life. Later it was always me who took interest in the lives of others.

There is a lot of bone and cartilage disease in my family history. I also have problems in this direction that I have found no solution to and it is debilitating.

How does it debilitate you?

The hip is a great hindrance while walking, advancing. I would like to break this old pattern. But I can't do it on my own. I am looking for help and possibilities. I need a change in this system, so that the cogs can run harmoniously. But this is not easy. When I look at my childhood, I feel like a lone fighter.

What is a lone fighter?

A lone fighter lives for themselves, learning to survive. This results in staunchness and rigidity. Things build up, hindering mobility. I feel blocked.

Tell me about blocked.

It doesn't flow freely. I would like to have solutions for this. I would like it to be more mobile.

How is that?

It becomes tighter and tighter, rigid in the physical sense.

What is tight?

Tight is rigid. Rigid is when things can't dissolve, when there is no flow. I carry a burden with me. It is not possible to take any major steps. I don't want as many duties anymore.

The ruptured appendix was very unusual. I had nausea, pain and pressure in the gallbladder area and thought it was colic. I was able to put up with it for three months by detoxing, until my body gave in. It has always been important to me to keep an outer appearance. The doctor said that the appendix had already decomposed.

Case-Analysis

The body shows ossification and induration. The result is immobility. Here it is important to note, that there is no awareness of the pain from the appendix is. It ruptures and even then the Peritonitis is only perceived through the body collapsing. The outer appearance goes is kept up. The pain is segregated and is only experienced because of the physical breakdown.

Prescription: Chrome-tourmaline C 30 and C 200

Follow up after 4 months

My shoulder joints are more mobile, the joints have improved generally.

There is still a blockage in the hip, but it is not as painful anymore, there is more mobility. My digestion is also different, which I can tell from my stool and mood.

What are the changes in mood?

For example when I am under pressure or stressed, I get a rash around my mouth, it is gone just now, even though I have had it for a long time.

(She points to the nasolabial fold and around the eyes)

I have had it for a long time and treated it with cortisone cream, but nothing changed. Now it is gone completely. I think it has to do with my digestion and the psychological side of things - the more I put myself under pressure, the more severe the rash becomes, which means that it spreads over the face.

My joints are more mobile. The forefinger was becoming more and more crooked and now has begun to straighten again.

The hip is not getting any worse, is staying the same. I was able to hike in the mountains, which was not possible before. But it is still blocked.

The pain started already when I was 32. An X-Ray in the clinic showed, according to the doctor, that my hip bone was not sitting correctly in the socket.

How has it improved?

I don't have the same pain as before. Before I came to you, my joints and hip snapped while sleeping and this is gone. I have no pain while at rest.

Are there any other changes?

The remedy has made me calmer. I can cope with unexpected events a lot easier.

Tell me about that.

If something is bothering me, I can bring myself back into the here and now a lot quicker. I can let go more easily. Before I was preoccupied for a lot longer, the process took me a whole day. Now I can say: this is not the right time for dealing with this, I don't have a solution now and so I let go. It feels very good.

What about your hip?

The hip is an old theme. I think, it is connected to my system, to my metabolism. But it is better, for example my stools used to be loose but are normal now.

Is there anything else?

I don't feel so alone anymore, because there is a woman living with me. I like it, it's just something that happened in the course of the last months. We communicate very well. Since my husband died two years ago, it has not been a problem to be alone, but now it is nice to have company.

The remedy is good for me! I really like gemstones, I always bring back stones from holidays. I also like roots.

Tell me about stones and roots.

When the root decays, when it is in the process of disintegration, I find it fascinating. There are parts inside that are still solid. When I find a piece of gnarled wood, I clean it and look at the solid center, then I marvel at how beautiful the vein is. I love the vein in stones, the diversity. It is down-to-earth, being

grounded.

What does that mean?

It is stable and clear, consistent, honest, curious, a good basis. The center, which is beautiful and has many facets, delights me. I think there is something similar in me: something solid inside of me, something hardened and ossified, but also a certain versatility, which I am in the process of discovering more and more. There is stability in this solid center. But perhaps some things have to become softer in order to achieve form and structure.

How about the lone fighter?

Something has changed there as well because of my housemate. Being together is so easily possible when I approach it with openness and it shows me that there is no necessity for strife at all. I only have to allow myself to get involved. The situation proves itself I don't have force anything.

Chapter 4

Final Review



Tourmaline is the seventh proving I have carried out according to the rules that Hahnemann described for proving remedies in the Organon of Medicine.

In 1993 I started with Ozone (Schadde, 1995)¹ and proved – according to Hahnemanns instructions „aude sapere“ – one of those substances, that are presently harming people’s health. At the time, the detrimental affects of Ozone were, and still are, a major topic of discussion globally.

Then we proved Lithium (Schadde, 2000)², for similar reasons. Preparations of Lithium have been used, since 1949, for treating manic depression. We can presume that as a result, more people

¹ Schadde, A. *O3zon, Eine homöopathische Studie*, Verlag Müller & Steinicke, 1995

² Schadde, A. *Lithium carbonicum, Eine homöopathische Studie*, Verlag Müller & Steinicke, 2000

have been exposed to lithium than in the past (just like mercury in Hahnemanns time, which was used to treat Syphilis).

Next I proved Ginkgo biloba (Schadde, 2000)³, a plant which is used in phytotherapy for concentration disorders, a growing problem of our time. What affect will the Ginkgo biloba tree, revered and admired in Goethe’s poetry, have on people as a homeopathic preparation?

Towards the end of the nineties we were occupied with the topic „money“. The German Mark was to be abolished and the Euro about to be introduced. What would be the effects on Germany? „Do you want Euros or Cowry?“ was the title of an exhibition in a Munich museum.

In order to grasp the significance of money, I choose this ancient form of payment with cowry shells, the Cowry-money (Schadde, 2002)⁴, and used them for my next proving.

In treating a substance alchemistically, Hahnemann created a remedy, which he called Causticum. This procedure became the model for my proving of Lignum aquilaria agallocha (Schadde, 2004)⁵, one the finest and most expensive and fragrant resinous heartwoods in the the world. It is a treasure from the rainforests, the heart of the earth. The resinous wood was first brought to smoulder. It was triturated in exactly the moment it’s inimitable fragrance was released. In doing this, an alchemistic process took place just before trituration when the wood was transformed.

³ Schadde, A. *Gingko biloba, Eine homöopathische Studie*, Verlag Müller & Steinicke 2000

⁴ Schadde, A. *Cypraea eglantina, Kauri-Schnecke, Porzellanschnecke, Eine homöopathische Studie*, 2002

⁵ Schadde, A. *Lignum Aquilaria Agallocha, Eine homöopathische Studie*, Verlag Müller & Steinicke, 2004

Lapis lazuli was the first gemstone that was triturated by our team, in fact during the darkest night of the year, the night of the winter solstice, correlating symbolically to our darker side. My own encounter with the Master of Healing of Tibetan medicine, the Tatagatha, led us to prove the gemstone Lapis lazuli. He sits in azure, Lapis Lazuli, colored water. The azure blue, the blue of the chakra of the heart in Tibetan tradition, corresponds to healing with the energy of the heart.

Tourmaline, that is the proved Watermelon-tourmaline, on the other hand, symbolizes with the transition of the colors black on the outside to green in the middle and finally red in the center, the Mystery of Golgotha from the path to the Crucifixion (black) to the burial and resurrection of Christ (green/red) thus becoming a symbol stone of Christ. In the works of Rudolf Steiner he writes that by crushing (and triturating) gems and minerals the spiritual energy of these stones can enter into our world. And so, if we take it that the Age of Aquarius has really begun then the moment has also come for Tourmaline. May Tourmaline reveal itself as a healing homeopathic remedy for many people.

Anne Schadde



Chapter 5

Seven chemically and minerally different types of Tourmaline

After completing the Homeopathic Self-Experience – HAMSE - with Watermelon Tourmaline, the trituration of Chrome Tourmaline in 2006/2007 and the German publication in 2009, there followed further experience with other Tourmalines.

Together with the pharmacists Anne and Walter Schmitt from the Enzian Apotheke in Munich, these Tourmalines (see below) were trituated and, in accordance with the trituration and the patients' prescriptions, the following thoughts and hypothesis were developed.

I would like to take this opportunity to thank both Pharmacists for the effort and care they invested during our work together. Unaware to us, we trituated seven different types of Tourmaline over a period of several years.

Tourmaline crystals segregate from Feldspar and Granite. Due to this segregation they are separate from the surrounding rock. It is this characteristic that gives Tourmaline its signature. Uvite, the last of the triturations, is unusual in this respect (see 5.1.3.1) in that the hot magma is “contaminated” with various minerals from limestone before crystallization occurs thus creating, as such, a bond.

Tourmaline is complex in its diversity. The varying combinations of differing mineral constituents are what give each type of Tourmaline a special meaning. Micro crystals collect to form a new organism. One could say, they arrange themselves for a particular purpose. In this rhythmical array of minerals lies the essence of the crystal and these differences are what we had to concern ourselves with in the following triturations. In comparison, Diamonds – similar in hardness to Tourmaline – are composed of carbon only and therefore there is only one name and one pattern.

Systems

As mentioned previously, the varying mineral compositions produce a diversity of color and title amongst the Tourmalines and in turn, naturally, their significance in Homeopathy.

5.1.1 Terzette Tourmaline

The mystery of numbers is also the key to Hahnemann's Organon. Whilst Hahnemann takes the path from "physician" to "healer" in §§1-3, our path through the Organon is accompanied by the significance in numbers, which will be referred to at a later point.

If we examine Tourmaline at a superficial level, we find the main components of the Terzette/trio are Silica, Borate and Aluminium. The Trinity corresponds with the rhythm, "the system of the world" (see also chapter 1.3 Tourmaline Crystal Structure), one could almost say the "system of Life"

The symbolic system of the Trinity:

- **Silicate**, Quartz, represents compliant stability combined with fragility, insecurity, reservation, stubbornness, outward image.
- **Borate** is extremely hard (Boron - 9.5 on the Mohs scale of mineral hardness, Diamond - 10) thus giving the crystal stability. Boron has the highest tensile strength of all the elements. The highest concentrations of Boron in the body are to be found in the bones and the teeth. Boron also plays a role in the crystallization of bones and hence represents inflexibility and rigidity.
- **Aluminium**, adapting respectively in accordance to the concentration in each individual Tourmaline, shows itself in conformity, indecisiveness and a lack of autonomy.

5.1.2 A Bond to Existence

Water and oxygen in Tourmaline create the environment that allows the biological rhythm of crystallization. They form the crystallization water in Tourmaline which has a concentration of +/-50%. Latest scientific research shows that bacteria exist deep below the Earth's surface, deriving nourishment from radioactive decay and crystallization water. In this way Crystals are of great importance in connecting us with the smallest of organisms. We can behold this as a bond to our existence.

5.1.3 Differentiation of the Sodium and Calcium Tourmaline Groups

This Trinity of Silicate-Boron-Aluminium, together with Water

and Oxygen, can be further differentiated according to the dominant minerals in each type of Tourmaline that we triturated. Following this method is necessary to be able to differentiate which crystal should be dispersed as a homeopathic remedy. This subdivision presents a hypothesis that can be confirmed with many cases. Future case-studies can be followed to allow for further verification of this hypothesis.

5.1.3.1 Alkali Tourmaline Group (Sodium)

- **Chrome Tourmaline**, a deep-green, lucent gem from Tanzania, often mistaken for an emerald
- **Dravite Tourmaline** is found in Australia, is brown-yellow in color and is used by aboriginal shamans. It has been mentioned by Rudolf Steiner in “Occult Science”.
- **Watermelon Tourmaline** (Elbaite) found in Africa is green on the outside and red in the centre, with the Yin-Yang symbolic, a shamanic crystal.
- **Indigolite Tourmaline**, a deep blue Tourmaline from Afghanistan/Pakistan, a crystal with traces of corrosion, a rare Tourmaline.
- **Schorl Tourmaline nigrum**, the black Tourmaline from Namibia, the so-called Star Tourmaline.

5.1.3.1 Calcium Tourmaline Group

Calcium is the major component in the following Tourmalines. As of this point we will therefore call them Calcium-Tourmalines

- **Liddicoatite Tourmaline, Rainbow-Tourmaline**, a multi-colored Tourmaline from Madagascar with crystalline fractal patterns and a three-beamed cross in the center.

- **Uvite Tourmaline**, a rare, reddish-brown crystal cluster from Brasil, originating from metamorphic skarn. Uvite is unusual as it is formed through recrystallization of magma that has intruded limestone. Symbolically, there is a bonding of the crystal, pure in its segregation from feldspar, with Magnesite and is hence “infiltrated”.

5.1.4 Characteristics

The disparity of color depends on the mineral composition of the crystal, how the elements interact with each other. This also plays an important role in how we understand the homeopathic role of Tourmaline.

- **Lithium** in **Liddicoatite, Rainbow-Tourmaline** and **Watermelon Tourmaline** results in a variety of colors.
- **Chrome** in **Chrome Tourmaline** gives it tenacity, even more hardness, its lustrous surface.
- **Iron** in **Schorl, Tourmaline nigrum**, leads to a deep, black color superficially; in finer cuts a variety of color nuances can be discovered.

These fine cuts or thin slices become more and more translucent, allowing color and clarity to be revealed. Like a light at the end of the tunnel that becomes brighter and brighter. This is an important image to understand for prescribing Tourmaline in dark and dismal phases of life.

Chapter 6

Homeopathic Differentiation of Tourmaline



Working Hypothesis for the Homeopathic prescription of Tourmaline

6.1 Working Hypothesis for the Homeopathic prescription of Tourmaline

Due to the conclusions of latter years, we try to recognise and prescribe, as precisely as possible, to treat the “unquestionable ailment” of our patients. Step by step we go through the process of trying to understand the problem that is preventing the person from living their lives constructively, self-determined and, consequently, free. This is the issue that we Homeopaths try to determine and translate according to the principle “Similia similibus currentur” to allow healing, recovery and emotional realization to unfold. The use of homeopathy for over two hundred years has shown how this form of treatment enables the patient to develop further.

Once we have recognised the central issue, we then need to decide which kingdom comes into question to choose a suitable remedy.

What are the criteria for deciding on the mineral kingdom?

6.1.1 Mineral

A homeopathic mineral remedy is required when the inner conflict revolves around issues based on order, with structure that is either completely exaggerated or absent – consequently there is chaos. Developmental issues are present and therefore, the person looks for the problem within themselves- it's my problem, I have to resolve it myself. Self-doubt arises – will I manage, do I have to keep working on it, have I achieved it, can I manage it at all or have I lost already. Where do I stand, who am I actually, where do I feel secure, how do I find myself, what can I achieve etc? All of these questions revolve around “me, my self and I”!

6.1.2 Gemstone – Tourmaline

What leads to the decision for prescribing a gemstone?

Gemstones show deep sadness, similar to Natrium murriaticum, are enclosed in their taciturnity and inner resentment leading to slow, deliberate, almost cautious, activity. Anger and rage often lie beneath the sadness and the deeper this sadness is the more vehement and destructive the anger can be. The outbreak of anger must be suppressed to avoid the extent of the destruction it could cause.

Due to the fact that Tourmaline is a crystal composed of many different minerals, various qualities of minerals need to be considered. Foremost, Tourmaline is a Silicate-Boron (as described above). The homeopathic analogy to Silicate

is associated with demureness, insecurity, the need to be recognised but also stubbornness and outward image. The composition with Borate, due to its extreme hardness, adds a side of inflexibility, rigidness but with added indecisiveness in relation to autonomy coming from the Aluminium element present.

This is all enclosed in a complex mineral, a crystal that has segregated from Feldspar or Granite, showing withdrawal within oneself, a withdrawal inwards. What is enclosed is difficult to reach although it's invaluable for self-development. The reasons for this closure can often be traumas that are not consciously accessible. They are often suppressed (Tourmaline can heal the inner wound without the need to be aware of its existence). The traumas can be so invasive, so unsettling that they are buried deep within, taking on a dynamic of their own. These traumas could heal and be integrated in the individuals' whole system and promote development but if suppressed and not recognised and expressed they can lead to cancer (see Casuistics 3.2.1 Chrome Tourmaline).

A further possible consequence of this suppression could be an auto-immune reaction. Venting rage, anger, despair would be a release but if it is not possible the negative energy is directed at oneself. Or the release can be expressed through physical symptoms such as migraines, toothache, constipation or skin problems, as the homeopathic proving of Water Melon Tourmaline has shown.

The gemstone, if looked at as an organism that has been in contact with lava in the Earth's interior, incorporates this experience. It holds its energy within itself. But since we all have the longing to develop ourselves, symptoms will express that this hidden longing needs to be allowed to break out. This

is where the "brittleness" stems from, a lack of stability that just a mere breeze, only capable of blowing away a grain of sand, can cause a volcano to erupt. Nothing is stable, stability is an illusion. The central issue is the fragility of life itself.

This is often expressed in a smile, a fathomless gaze (Symptom in the proving: Mona Lisa Smile), an inner wisdom but one that is closed off, yet needs to be released, and play its part in the completion of emotional well-being.

6.1.3 Differentiation of Tourmaline

The following hypothesis is a selective differentiation of single Tourmalines with the consecutive attempt to classify each one according to Sankaran's miasms and individual casuistic:

6.1.3.1 Tourmalines from the Sodium Group

The Sodium content in the following Tourmalines shows itself through weakness in personal identity, pessimistic, denial, forlorn and retrospective, seclusion.

6.1.3.1.1 Chrome Tourmaline, NaMg₃(Cr,Fe₃₊)₆(BO₃)₃Si₆(OH)₄ (Abbreviated to Turm-chr. for the Repertories)

As described in chapter 2.2, Chrome Tourmaline belongs to the rarest and most expensive Tourmalines. The trituration took place during a lunar eclipse on 03.03.2007 – a red moon shining from above, the complementary color to the deep green

of Chrome Tourmaline. Aluminium is absent in this Tourmaline and it appears extremely hard due to the chromium content, with active, yet closed off, masculine energy.



Sodium determines here the themes of withdrawal, sensitivity, vulnerability, not letting go of the past. The chromium content represents the surface, the outward appearance while the iron content stands more for relentlessness, self discipline strictly aimed at an inner experience that can develop into cancer (see Casuistic 3.2)

Keywords: bitterness, tension, superficial beauty, inner destruction, red moon.

See case study IV Chapter 3.2.1

Miasm: Carcinogen (controlled, perfect)

6.1.3.1.2 Dravite Tourmaline, $\text{NaMg}_3\text{Al}_6(\text{BO}_3)_3\text{Si}_6\text{O}_{18}(\text{OH})$ (Abbreviation for the Repertories is Turm-dr)

The trituration of the brown-yellow Tourmaline, used by Aboriginal schamans in healing ceremonies, took place on the 13.04.2011. Dravite is the most nondescript of all the Tourmaline we triturated but it revealed the wisest information:

-Devotement, a mysterious life that is indiscernible and only

tangible.

-Instability, insecurity, feelings of being shattered into thousands of pieces.



-Shoulder pain, stiff joints as if in plaster.

-Toothache, grinding and biting the teeth together.

-Burning eyes, they retract in the sockets.

-Dry tongue, strange taste in the mouth, bad breath, acid regurgitation.

-Legs are swollen, warm, oedematous and heavy, tightness, becoming hard and immobile, blood rushes through the vessels, painful.

-The feet feel physically connected to the ground.

-Movement is gyrating, confined, restrained, fixated, static.

-The legs become fidgety, uneasy, restless, want to relieve the stiffness.

-Speech is slurred, unable to articulate.

-Must be “held together”, otherwise they would fall apart.

It is the search for a deep secret that gives sense and meaning to life. However, life is bumpy and trying, conserved in age and

become unbearable. Laughing but close to tears. It revolves around trying to overcome something in oneself, like taking a leap from a height, almost like flying.

Keywords: reflection, restrained, immobile, stiff, calcified vessels, blocked arteries with cardiac insufficiency, Alzheimers, Parkinsons, MS, biting and grinding of teeth, slurred speech, dimness as if in a haze, despairing search for Life, Light, Wisdom, without direction, with great exertion towards the light, icy cold, fragile, broken, shattered, like the forces of nature, tearing, Burn Out, overly sensitive hearing, longing for alcohol.

Casuistic: rheumatic joint problems, not able to put up resistance, withdrawal, concealment, no contact, having to hide oneself, not wanting to feel anything.

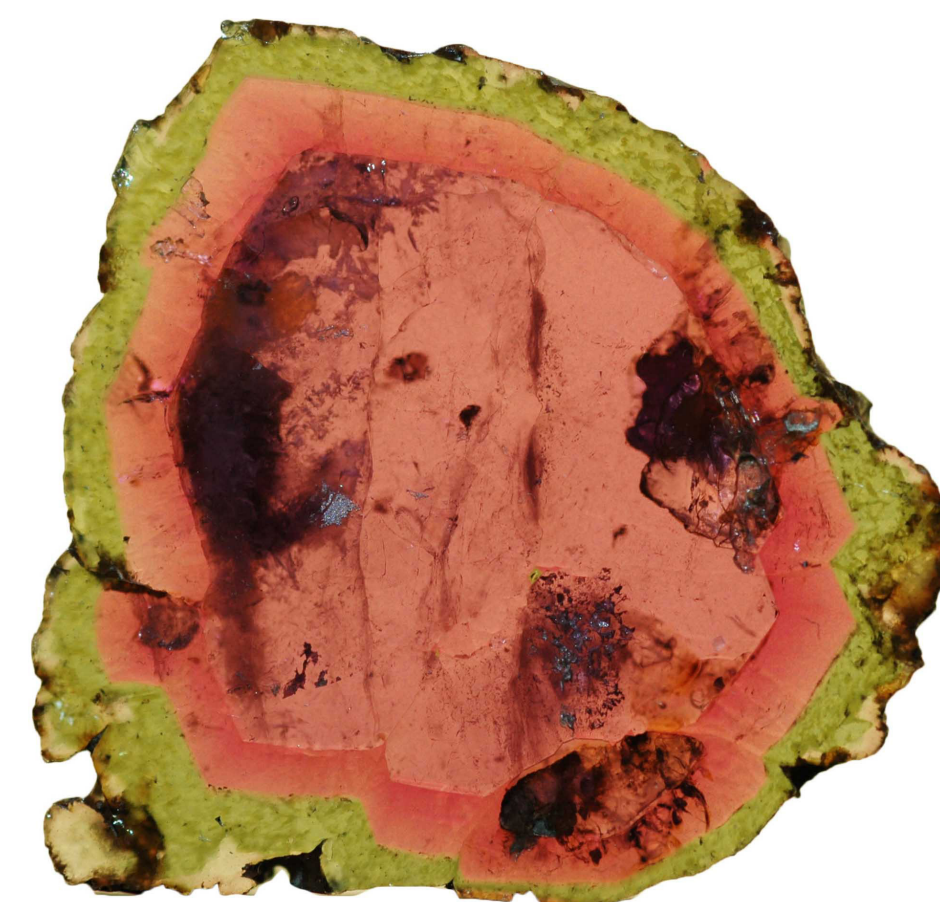
Who needs this remedy? Someone who wants to move forward, a searcher, someone who cannot find the way, cannot find access. Searching desperately for the light.

Miasm: Tubercular (desperately searching, restlessness, break out of a rut, “The Magic Mountain”, the Light!)

6.1.3.1.3 Water Melon Tourmaline, Elbaite, $\text{Na}(\text{Li},\text{Al})_3\text{Al}_6(\text{BO}_3)_3\text{Si}_6\text{O}_{18}(\text{OH})_4$ (Abbreviation for the Repertories is Turm-w)

The trituration of the Tourmaline that resembles a watermelon (red on the inside and surrounded by green and black) took place on the 20.07.2006. The synopsis in chapter 2.1.7 explains the slackening of pace, of speed (double the Aluminium content in Elbaite).

Keywords: arduous, laborious, reduced mobility, constipation, dryness, lifelessness, hair loss, headache, migraine that develops slowly, flares up periodically, rumbling sensation in the head, tiredness, weakness, skin rashes with suppuration, stubborn opposition.



Casuistic: Toothache, tooth abscess, swollen gums, with rage, explosive, suppressed crankiness, migraine, eyes sunken, tries to control what wants to erupt, seclusion, no feelings. Withdrawal in an unloved life (Sodium), Hashimoto's Thyroiditis, atopic reactions, over sensitive bronchial system, pressure, harassing experience, stress weighs

down, compression, restricts movement, like a mass of sticky rubber, like tentacles, trying to defend oneself, grinding of teeth, tension that cannot be released, continuing to function at an unconscious level, activity ameliorates.

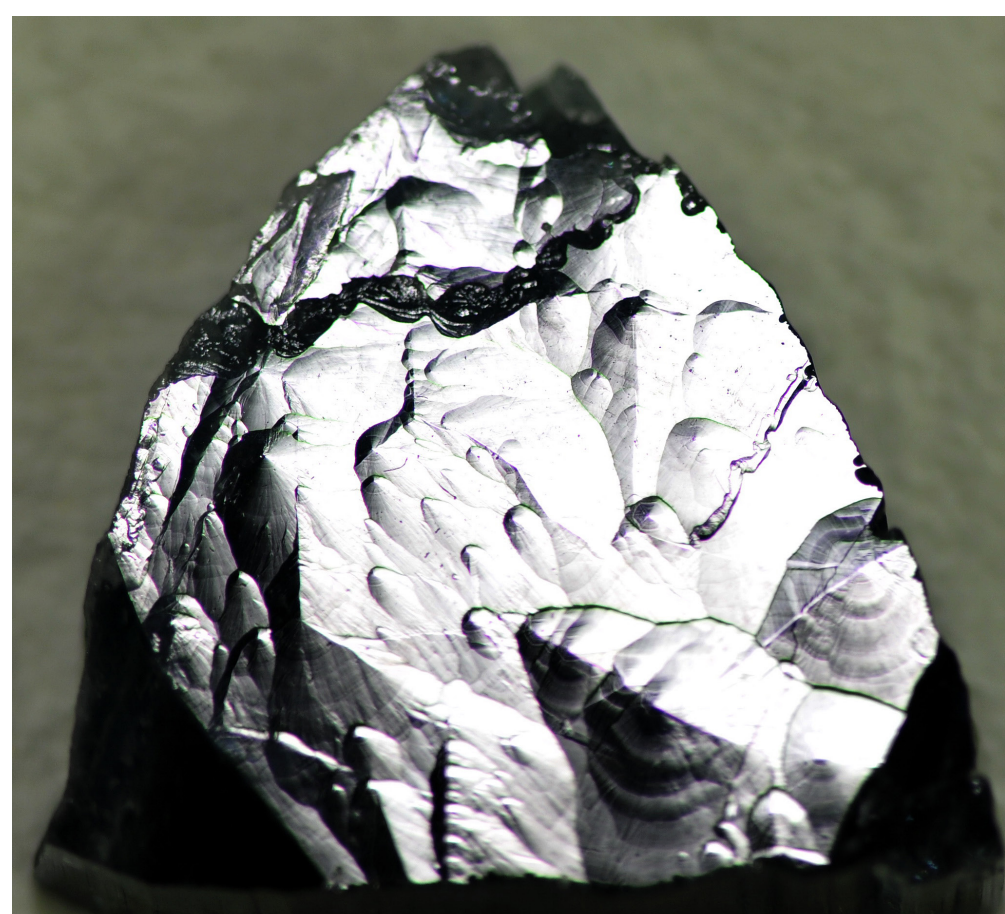
[See also Casuistic 3.1](#)

**Miasm: Malaria
(migraine attacks, obstruction, harassed, held).**

6.1.3.1.4 Indigolite Tourmaline, $\text{Na}(\text{Li},\text{Al})_3\text{Al}_6(\text{BO}_3)_3\text{Si}_6\text{O}_{18}(\text{OH})_4$ (Abbreviation for the Repertories is Turm-in)

The trituration of Indigolite took place on the 19.08.2009. The blue color of the stone is almost celestial. It is related to the

excretory system, kidneys and bladder, melancholy, loneliness. Total helplessness, dependency and a weak-will are observed due to the Lithium content.



Keywords: Balance, oscillation around the centre, the present moment, polarity of soft/hard, blue arteries/vessels, like frozen water, drops of water that run off, hoarseness, sweating.

Casuistic: Child with translucent blood vessels, ice cold feet that are pulled up to the abdomen, blue with poor circulation, unstable movements, withdrawn, Lichen sclerosus, old man with multiple ailments, irritable, grumpy, faultfinding, anger-flashing eyes.

Miasm: Ringworm
(oscillation, balancing, kidneys, bladder).

6.1.3.1.5 Schorl, Tourmaline nigrum,
 $\text{NaFe}_3\text{Al}_6(\text{BO}_3)_3\text{Si}_6\text{O}_{18}(\text{OH})_4$
(Abbreviation for the Repertories is Turm-n)



The trituration of this deep black colored Tourmaline took place on the 04.07.2009. It belongs to the crystals that have the quality to ground and balance stress and external negative energy such as electric smog. Star Tourmaline, a triangular, multi crystal aggregate,

a family aggregate. Found in many parts of the world.

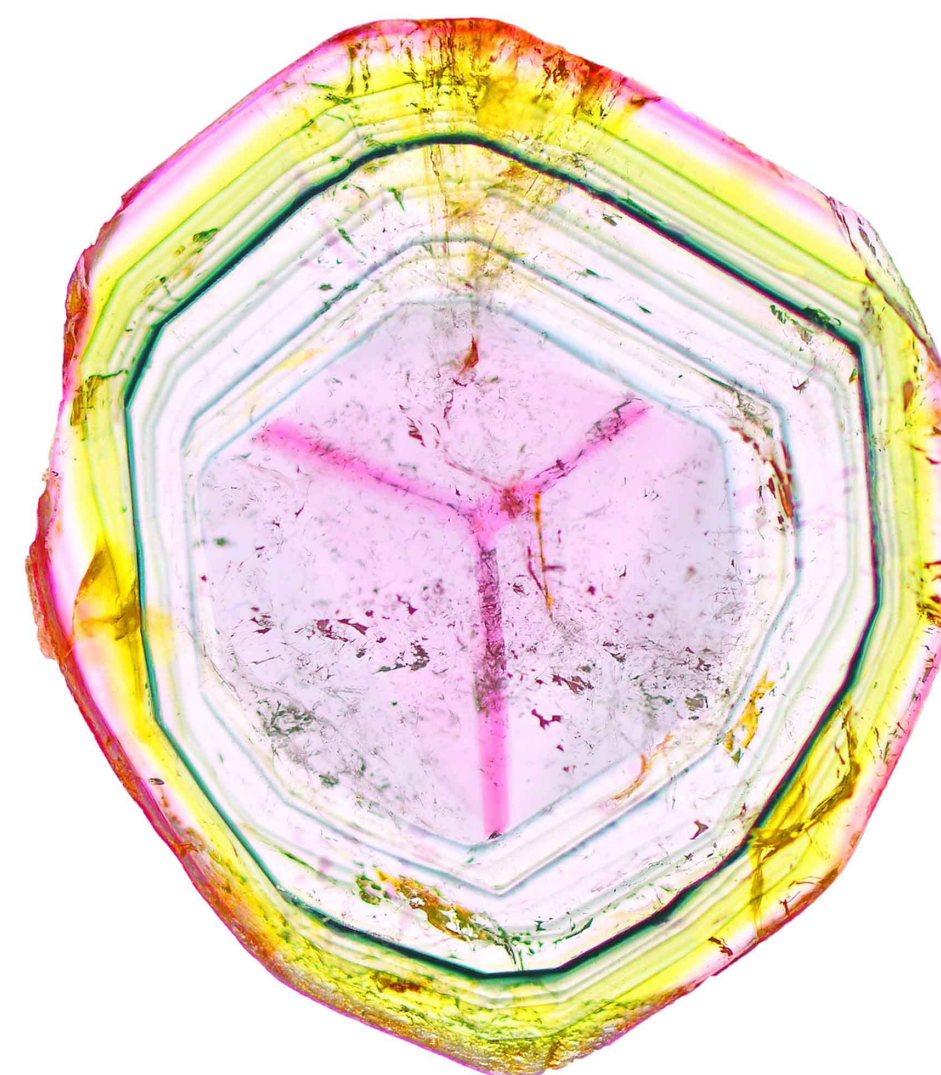
Casuistic: strict self discipline, pressure, sullen, depressed, tight jawed, tension extending to the eyes, tinnitus, everything is gray and gloomy, apathetic, lethargic, tension, like a marathon runner that is completely exhausted and finds out he still has to run another lap.

Miasm: Typhoid (exertion, sullen, colic).

6.1.3.2 Tourmalines from the Calcium Group

The common themes in this group are the search for security, protection, support, undefined fears, dread of being observed, sensitive to criticism with the need for recognition, stability.

6.1.3.2.1 Liddicoatite Tourmaline,
Rainbow- Tourmaline,
 $\text{Ca}(\text{Li},\text{Al})_3\text{Al}_6(\text{BO}_3)_3\text{Si}_6\text{O}_{18}(\text{O},\text{OH},\text{F})_4$
(Abbreviation for the Repertories is Turm-Li)



The trituration took place on the 13.11.2010. A multi-colored Tourmaline from Madagascar, with a three-beam-cross in the centre, the foundation stone of Anthrosophy. During the trituration only the color “white” yielded in totality but just a ray of light falling through a prism splits it into all the colors of the rainbow. Themes of transformation and

reflection are noted. Lithium again brings up the themes of insecurity and scepticism.

Keywords: optical illusion, reflection of light, exhaustion, monotony, tiredness, herpes, dry throat, trapped, hardened, sclerosis, calcification, chronic, heart, scepticism, “I don’t want to” (difference to Uvite “I can’t”!).

Casuistic: Panic, unprotected, danger, threat, keeping order, not able to talk about themselves, not understood, holding on, not able to let go.

Miasm: Sycotic (Themes: seclusion, illusion, I don’t want to).

6.2.3.2 Uvit Tourmaline, $\text{CaMg}_3(\text{Al}_5\text{Mg})\text{Si}_6\text{O}_{18}(\text{BO}_3)_3(\text{OH})_4$ (Abbreviation for the Repertories Turm-u)

The trituration took place on the 23.07.2012. Uvite is a Skarn mineral, the magma infiltrates the Magnesite and recrystallizes as “infiltrated” limestone. The theme of metamorphosis, old transforming to new, which means the disintegration of one to make way for the other, connecting the unconscious with the conscious. This crystal does not isolate itself, it affiliates.

Keywords: Metamorphosis, a new mineral grows on the old, the old transforms into the new, disintegration, new formation, transformation, Sartori, Zen, enlightenment, waiting, a creature of light, “I can’t” (comparison to Liddicoatite “I don’t want to”), silence, dopy feeling in the head as if stuffed with cotton wool, pressure, thirsty, cramped, tiring, cough.

Casuistic: Hashimoto, pressure in the chest, limiting themselves, not living, outside of society, restricted, silence, within, withdrawal, disappearing, at the mercy of daunting occurrences, enclosed, pent-up anger, inability to communicate, order.

**Miasm: Lepra
(Themes: dirty, “creature of light”, ouside of society, transformation).**



Chapter 7

Tourmaline Repertory

(See [2.1.6](#) for Water Melon Tourmaline Repertory)



Chrome Tourmaline (Turm-**chr**)

mind; GENERAL (1539) *

mind; PSYCHOLOGICAL themes; activity,
passivity; passivity (437) *

mind; PSYCHOLOGICAL themes; aggression (789) *

mind; PSYCHOLOGICAL themes; anxiety, fear (869) *

mind; PSYCHOLOGICAL themes; blame, punishment (337) *

mind; PSYCHOLOGICAL themes; compulsions,
responsibility; decreased, avoiding (340) *

mind; PSYCHOLOGICAL themes; compulsions,
responsibility; increased (646) *

mind; PSYCHOLOGICAL themes; feelings, strong (640) *

mind; PSYCHOLOGICAL themes; intimacy; open (450) *

mind; PSYCHOLOGICAL themes; loneliness (560) *

mind; PSYCHOLOGICAL themes; perception, reasoning,
cognition; confusion, weak concentration (659) *

mind; PSYCHOLOGICAL themes; self-
appreciation, diminished (596) *

mind; PSYCHOLOGICAL themes; shame, offense (630) *

mind; COLORS; desires (40) *

mind; COLORS; desires; green (11) *

mind; CONFIDENCE; want of self (260) *

mind; DELUSIONS, imaginations (750) *

mind; DELUSIONS, imaginations; abyss (6) *

mind; DELUSIONS, imaginations; falling; he is (58) *

mind; DELUSIONS, imaginations;
falling; he is; hole, in a (4) *

mind; DELUSIONS, imaginations; worthless, he is (20) *

mind; DESPAIR (287) *

mind; DESPAIR; helpless (2) *

mind; DESPAIR; sadness, from (15) *

mind; DESTRUCTIVENESS (78) *

mind; DREAMS (871) *

mind; DREAMS; murdered, of being (47) *

mind; DREAMS; pursued, of being (131) *

mind; EXCITEMENT, excitable; ailments from, agg. (1167) *

mind; EXCITEMENT, excitable; ailments from, agg.;
mental and emotional consequences of (592) *

mind; FORSAKEN feeling (249) *

mind; HELPLESSNESS (113) *

mind; HORRIBLE things, sad stories
affect profoundly, agg. (191) *

mind; HORRIBLE things, sad stories affect profoundly,
agg.; mental and emotional consequences (159) *

mind; INTROVERTED (193) *

mind; REPROACHES; oneself (88) *

mind; SADNESS (826) *

mind; SELF-CONTROL (37)

mind; SHAME (181) *

mind; SHRIEKING, screaming, shouting (308) *

mind; SHRIEKING, screaming, shouting; help, for (30) *

mind; SHRIEKING, screaming, shouting;
help, for; voice lost (1) *

mind; SLOWNESS (239) *

mind; VIOLENCE, vehemence (311) *

sleep; SLEEPLESSNESS (783) *

generalities; INTERNAL (1366) *

generalities; CANCEROUS affections (443) *

generalities; CANCEROUS affections;
cachexia, emaciation, with (38) *

generalities; EMACIATION (394) *

generalities; TENSION, tightness (682) *

generalities; TENSION, tightness; internal (313) *

generalities; TENSION, tightness; electric, like, internal (2) *

generalities; VIBRATING sensation (117) *

Dravite Tourmaline (Turm-dr)

mind; DELUSIONS, imaginations; energy, of; scattered, his energy is (1)

mind; DELUSIONS, imaginations; brittle, is (12)

mind; DULLNESS (617)

mind; INSECURITY (51)

mind; INTROVERTED (193)

mind; INTROSPECTION (95)

mind; JUMPING; height, from a (8)

mind; LIGHT; desire for (44)

mind; RESERVED (164)

mind; SENSITIVE, oversensitive; noise, to (300)

mind; WEEPING, tearful mood;

alternating with; laughing (58)

eyes; PAIN; burning, smarting, biting (461)

eyes; RETRACTION; sensation of (2)

mouth; OFFENSIVE ODOR (313)

teeth; PAIN (529)

teeth; GRINDING (132)

teeth; CLENCHING, clenching together (78)

throat; DRYNESS (444)

stomach; ERUCTIONS; acrid, corrosive, excoriating (102)

heart & circulation; CONGESTION of blood (200)

extremities; CONSTRICTION; lower limbs (83)

extremities; HARDNESS; legs, calves (2)

extremities; HEAVINESS, tired limbs (449)

extremities; PAIN; joints (889)

extremities; PAIN; shoulders (522)

extremities; RESTLESSNESS (258)

generalities; RESTLESSNESS, physical; move about continuously, wants to (13)

extremities; SWELLING; legs (139)
extremities; SWELLING; edematous (193)

extremities; STIFFNESS; lower limbs (271)

extremities; STIFFNESS; joints, articulations (162)

extremities; TIGHTNESS (4)

speech & voice; DIFFICULT speech; heaviness of tongue (16)

speech & voice; INDISTINCT; speech (38)

speech & voice; UNINTELLIGIBLE speech (53)

generalities; FOOD and drinks; alcohol,
alcoholic drinks; desires (209)

generalities; FRAIL, as if body were (10)

clinical; ALZHEIMER disease (21)

clinical; PARKINSON, morbus (92)

clinical; SCLEROSIS; multiple (129)

Section 3
Indigolite Tourmaline (Turm-in)

mind; ALTERNATING states (330)

mind; ANGER; contradiction, from (66)

mind; ANGER; temper tantrums (64)

mind; CENSORIOUS, critical (153)

mind; DICTATORIAL (81)

mind; FORSAKEN feeling (249)

mind; GRIEF (194)

mind; WILL; loss of (62)

mind; WILL; weakness of (100)

mind; SADNESS (826)

kidneys; PAIN (405)

heart & circulation; BLUISH, blood vessels (7)

speech & voice; HOARSENESS (446)

perspiration; PROFUSE (367)

extremities; COLDNESS, chilliness; icy (164)

extremities; COLDNESS, chilliness; icy; lower limbs (128)

generalities; DEVELOPMENT arrested (61)

Section 4

Schorl,
Tourmaline nigrum (Turm-n)

mind; CONSCIENTIOUS about trifles (127)

mind; DISCIPLINED (3)

mind; DULLNESS (617)

mind; INDIFFERENCE, apathy (509)

mind; SENSITIVE, oversensitive; want of sensitiveness (45)

mind; MOROSE, sulky (429)

hearing; NOISES (556)

face; LOCKJAW, trismus (160)

face; TENSION (170)

teeth; CLINCHING, clenching together (78)

abdomen; PAIN; cramping, gripping (658)

abdomen; PAIN; cramping, gripping;
stool; before; diarrhea (37)

stool; OFFENSIVE (280)

generalities; INTOXICATED feeling (554)

generalities; TENSION, tightness (682)

generalities; WEARINESS (553)

clinical; ALLERGY; multiple (3)

Section 5

**Liddicoatite Tourmaline,
Rainbow-T. (Turm-li)**

mind; COLORS; charmed by (14)

mind; CONFIDENCE; want of self (260)

mind; DESPAIR (287)

mind; DICTATORIAL (81)

mind; DOUBTFUL (95)

mind; FEAR; panic attacks, overpowering (95)

mind; HIDE; oneself, desire to (74)

mind; INSECURITY (51)

mind; MONOTONY, overwhelming sensation of (2)

mind; ORDER, desire for (26)

vision; ILLUSIONS (96)

face; ERUPTIONS; herpes (205)

throat; DRYNESS (444)

generalities; INDURATION (367)

generalities; WEARINESS (553)

Section 6

Uvite Tourmaline (Turm-u)

mind; ANGER; suppressed, controlled (28)

mind; ANGER; silent (9)

mind; ANGER; taciturn, with (14)

mind; INTROSPECTION (95)

mind; LIGHT; desire for (44)

mind; ORDER, desire for (26)

mind; TACITURN, indisposed to talk (403)

head; COTTON WOOL, as if; packed in (2)

stomach; THIRST (663)

neck; THYROID gland (104)

heart & circulation; HEART and region of (688)

generalities; CRAMPS; muscles (186)

generalities; WEARINESS (553)

SUMMARY – THE SEVEN TOURMALINES – MIASMATIC HYPOTHESIS

Tourmaline nigrum Schörl (Turm-n)

MIASM: Typhoid (exertion, sullen, colic)

Tourmaline Water Melon, Elbaite (Turm-w.)

MIASM: Malaria (migraine attacks, obstruction, harassed, held)

Tourmaline Indigolite (Turm-in)

MIASM: Ringworm (oscillation, balancing, kidneys, bladder)

Tourmaline Liddicoatite, Rainbow-T. (Turm-li)

MIASM: Sycotic (seclusion, illusion, I don't want to...)

Tourmaline Dravite (Turm-dr)

MIASM: Tubercular (desperately searching, restlessness, break out of a rut, „The Magic Mountain“, the Light!)

Tourmaline Chrome (Turm-chr)

MIASM: Carcinogen (controlled, perfect)

Tourmaline Uvite (Turm-u)

MIASM: Lepra (infiltrated, dirty, „creature of light“, outside of society, transformation)

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