

PETER L. TUMMINELLO

# Psyche and Structure

Crystals and minerals in homeopathy

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## Foreword

by Louis Klein FSHom

It is exciting to see how the profession of homeopathy is currently evolving. Many new remedies and provings have been introduced, as well as better access to information on older remedies. But this massive amount of new information can be indiscernible and overwhelming for the homeopathic practitioner in everyday practice. We need new ways to handle all this information and this is where *Psyche and Structure* comes in. This book gives a unique insight and clarification into remedies such as gemstones, which, even after being proven, were hard to understand and apply.

In this book, Peter Tumminello provides practical solace for the homeopath about a complex process and subject by virtue of his clarity and good writing style. He has initiated an easy-to-follow method and categorisation derived from assessing the crystalline structure and growth of certain minerals and gemstones. And in this way he divides up these homeopathic remedies into various general categories or systems? He relates these systems to the human psyche, patient problems and pathology, thus giving a modern practical taxonomy based on crystalline structure.

Throughout the book, Peter describes his own advancement to this magnum opus from his initial provings of gem essences and his

work *Twelve Jewels*, as well as his authoring of scientific works on the subject of crystal structure. The book then takes you through the whole process of grasping the relevance of 'the signature of the process of crystal formation as it relates to the human psyche.' It is important to note this type of signature work is much different and more complex than the simplistic idea of signature by Galen. There is no comparison. By utilizing the modern scientific complexity of crystalline systems, he has created a much-needed grouping and specific repertory of minerals and gemstones. Each crystalline system can give you general concepts describing themes and symptoms in patients needing a remedy from the particular system or grouping, (called for example hexagonal, triclinic, amorphous, to name just a few).

Only someone of Peter Tumminello's experience and stature could do this in so expert a fashion. The book has much useful clinical information from this very knowledgeable and insightful practitioner, author and teacher. I believe the clinical information and cases are where you will find the book to really shine. It is written in such a clear and honest style that it is easy to start right away to apply the systems and remedies. It is my pleasure to write this foreword to a work worth reading and, most importantly,



applying.

# Acknowledgements

by Peter Tumminello

I must first acknowledge the late mineralogist Michael Gienger who initially inspired this work. His heart was wide open and he embraced all who recognised the power and loved the beauty of crystals. He was a first class scientist and gifted healer who graciously shared his extraordinary knowledge. His work is a landmark in the development of the knowledge of the healing potentials of crystals. He and his friend and colleague Walter von Holst met with me four times over the years for intensive work with the structures. Walter, also an authority on crystals, is an adept in using them for healing and an original thinker in his own right. He kindly continued to fertilise my understanding of the healing and medical implications of structure after Michael died in 2014. They have both extended their sincere friendship and generously shared their understanding with a homeopathic crystal venturer who bounced in from the other side of the world. I am truly blessed.

This book is a composite of knowledge from many quarters of the world of homeopathy. I have quoted cases and provings drawn from astute and dedicated homeopaths from many nations: Europe, India, UK, USA, Canada and Australia. There are too many to name here but without their love of homeopathic medicine and their continuing effort to raise it to its full potential, this would not be half the book it is.

The works of Jan Scholten, Rajan Sankaran and Ulrich Welte published about the world of minerals have been especially useful in this volume. Genevieve Scase, my partner and Rienk Stuit from Holland kindly allowed me to use cases which exhibited the characteristics of structure. My heartfelt thanks to all.

I must thank those who assisted me to complete this work. The staff and doctors at Narayana have been of inestimable assistance. They listened to my ideas about this for ten years and gave me their thoughts and criticisms. They agreed to publish a book like this, even in an environment where homeopathic medicine is suffering at the hands of ignorance and bias. I thank them for their enduring faith. Their publishing team Katrin Sigwart, Cynthia Ewert and Elsebet Morville have been great to work with. A special thank you to Aidan Constable and Jenni Tree for their meticulous proof reading.

Louis Klein, a homeopath of vast experience, refined perception and great skill, kindly gave his time and attention to writing an excellent foreword. My good friend and photographer Scott Birdsell, has freely given his time and been willing to work closely with me to produce beautiful images showcasing crystals and their structural shapes. My colleagues Kerry Schweigert from Australia, Oonagh Teager from USA and my partner Genevieve

Scase did a wonderful job in reading, correcting and advising me on the work over many months. In addition, Genevieve assisted with the research on the Cubic structure and managed the vast referencing associated with the book. She also took part in many experiments and personal provings of crystal medicines and persistently encouraged me to keep following the trail into this unknown meeting place of homeopathic medicine and crystal formation. Her assistance, love and support were invaluable.

Lastly I can never leave a foreword without acknowledging the Masters. There are two

groups here: one homeopathic and one spiritual. The homeopathic masters we all know some of old and some who are new. They impart their belief, strength and great skill with this extraordinary art and science of applying medicines to cure. Then there are the spiritual Masters, the enlightened Beings, who are ever with us, loving us, guiding and blessing. Without their presence there would be nothing but blindness in this world.

*Peter Tumminello*  
Sydney, Australia  
June 2017

*Nwed by every  
creation of Nature,  
we dive deeper,  
to find what lies within*

# Preliminaries

The practice of homeopathic medicine has long been subject to theories which attempt to segment and classify medicines and disease states. These categories starting with the miasmatic theory of Hahnemann, have been deduced from clinic experience or theoretically constructed in an attempt to categorise and therefore simplify the choice of medicines that would enable a curative effect. I have used many of the various constructs of miasmatic theory, which at various times proved useful clinically and at other times were inconsequential or illusory. I also noted that they weren't well grounded in science or lacked the breadth required to fully embrace the application of our energetic remedies in an effective way.

As a mineral person myself I felt the need for 'ground' in such a cerebral profession as homeopathy; I longed for a cohesive set of primary concepts of disease typing rooted in materially perceivable and evidential science. The work on the relevance of the classification of plant families and the rows of the periodic table by the eminent homeopaths Rajan Sankaran, Jan Scholten and Michal Yakir have formed a solid basis for this for many homeopaths. So too have they helped me, while they remain sophisticated and require strongly developed perceptive skills to apply.

## ■ The Work of Gienger

I was then excited to be introduced to the work of Michael Gienger, a mineralogist and crystal healer. Reading his book *Crystal Power*,

*Crystal Healing* I soon realised he had discovered, secreted in the fundamental structures in which all crystals form, a distinct and potent correlation to the essential nature of the human psyche. His first observation of this is of interest to us. He noted that a friend of his was attracted to the gemstone fluorite (*Calc fluor* of homeopathy) and collected no other stone. He also noticed that his characteristic personality traits (fixed, reliable, correct and exact) were analogous to the internal characteristics of the crystal structure of fluorite which is called Cubic and simulates the geometry of the cube (which has fixed angles and regular internal axes which are all exactly the same). He realised that many other gems with a Cubic structure were effective in healing those with the same mental typing as his friend and suspected an alignment of all the crystal structures with definitive thinking and behavioural characteristics.

After many observations he developed a clear characterisation of these typings. He proposed that each of the seven classic crystal structures and the eighth category Amorphous, which is a non-structure, had an affinity with specific 'lifestyles' which rest on these mental typings. This enabled him to better choose therapeutic specifics in crystal healing practices. I was at once inspired by this and at the same time I sensed that the depth and breadth of these structures still remained to be explored.

In the years 2007 to 2013 I met five times

with Michael and his colleague Walter von Holst in Stuttgart Germany. They expounded their advanced views on the relevance and use of crystal structure in healing which I was privileged to hear and discuss with them. They to my delight, were immersed in the perception of structure. I soon set about studying crystal cases, reading crystal provings and applying the knowledge I had gained in an effort to throw a further light onto these structures, which I felt as if in my bones, to be intertwined with the very roots of the psyche. In an attempt to get closer to these structures I undertook formal studies in applied Gemmology paying special attention to crystal structures.

I thought that a more advanced book written on this subject would benefit many persons: all those using crystals as healing agents including crystal healers who utilise the presence of a crystal to gain therapeutic effect, those that use crystal essences and those that use the homeopathic preparations of the crystals as elucidated in my book *Twelve Jewels* and by various other homeopaths. I also thought that it would be useful material to anyone who wanted to classify mental and emotional types in a systematic way and hence psychotherapists might also benefit from it. Structure is a way of understanding the thoughts, emotions, beliefs and spirituality of clients.

In 2009 I discussed this idea with Drs Herbert Sigwart and Ulrich Welte at their clinic in Kandern Germany. Dr Sigwart promptly pointed out to me that such a work could have significant implications for homeopathic medicine as a whole seeing that

about 40 % of homeopathic medicines are derived from minerals and they all crystallise! Pennies dropped. So with an expanded view of the possibilities I set about doing an extensive survey of homeopathic and crystal healing literature to identify the finer points of the structures. This book is the result of this survey and applying its principles in my clinical work.

### **Reflections on lodium**

Other pennies started to appear at this time. There was a case which I received in 2002 which I will relate in brief. It was that of a young man age 17 who presented with hypoglycaemia, which affected his mood strongly. He was angry if he didn't eat regularly. He felt weak if he ate sweets on an empty stomach and had a desire for sweets and salt. He had back pain for six months and was << heat generally. He was angry and felt intensely about injustice. His mother, who was a homeopathic student at the time, pointed out that he didn't like to put anyone out, didn't want to cause disturbance as that would induce guilt, was accommodating and not assertive. The characteristic of irritability > eating, the violent feelings, sense of injustice and the aggravation from heat led me to prescribe *lodium*. I was a little concerned at the accommodating aspect of the case, as I had long thought and experienced that *lodium* was impulsively violent by nature and had no 'accommodating' tendency. I thought that the accommodating aspect must have been associated with another

medicine that I might prescribe later. The *Iodium* removed his hypoglycaemia completely his irritability settled beautifully and the back pain was gone. What surprised me was that his tendency to accommodate changed; he didn't let people push him around anymore. I looked further but I found no evidence of this yielding characteristic which was removed by *Iodium* in any repertory or *Materia medica*.

This aspect of the case played on my mind regularly over the years, until I realised (circa 2009) that Iodine crystallises into the Orthorhombic structure. On studying the structure I found that the tendency to yield and accommodate is a prominent characteristic of the Orthorhombic mental patterning. My case was complete, *I really understood it in terms of the psyche*. I knew then, that knowing the structures was a useful key to both understanding the client and a significant director for prescriptions which have a strong mental / emotional themes.

### ■ Sources of this Work

A number of fundamental themes of the psyche of each crystal structure are drawn from Gienger's work. In addition to this the information on 'Squaring the Circle' and 'the Relational Structure' in each chapter is the work of the late Michael Gienger and Walter von Holst. They have been most gracious in giving me the permission to write and expand on their outstanding creative insights. I

authored the scientific work on 'Axis Vectors' and 'Optic Character'.

The remainder of the material is drawn from the observed effects of a wide array of medicines and substances which definitely crystallise: from their effects in published cases by many homeopaths; from my own clinical results and the various provings of these substances. See further information on sources in Chapter 3.

### ■ Science and Signature

Signatures are found in all objects in the world. Their form, expression and essential nature tell something unique about their quality. That quality is, by default, always inherent in their medicinal action, giving it meaning, connection and analogy. While decried as 'unscientific' by some, its worth as a principle will be evident to anyone who surveys the vast literature of natural medicine, where psyche and soma are locked in embrace in the process of disease. For instance, the desire for 'freedom' is often a fundamental feature of the psyche of those who need medicines prepared from birds. This has been witnessed numerous times in individuals who have been successfully treated with medicines prepared from birds. We could say that the desire for freedom itself, is the bird inside the human psyche. Much has been written on the subject of signature by authors in the modern and past eras. While it is not the whole truth and a deeper connection must be sought to gain that, it is significant, often vitally so, in the understanding of the substance.

One foundational aspect of this book expounds the signature of the process of

crystal formation, as it relates to the human psyche (see Chapter II). This is supported and expressed through the analysis of the results of many experiments and successful clinical cases. Through delving into the science behind crystallisation we can derive some valuable information which not only defines the identity of crystals, but through signature helps define the state of the individual requiring a substance that crystallises in a particular way.

### ■ **Genesis of Structure and Philosophy**

We are like balls tossed at the behest of the player. The results of our lives appear to be a conglomeration of the effects of our heritage, culture, personal desires and luck or lack of it. While there are many ways to understand this vast mystery of life, my own search and experience has led me to the law of cause and effect, or karma. As a ball has no choice or free will, and must proceed in the direction in which it is sent, so our already formed habitual psyche, the sum total of our second nature (that which has been constructed from past experience and actions) drives us, its human victims into chalked out and prescheduled paths of action.

The lives of most people are controlled by the spell of habits of feeling and thought woven into the subconscious mind rather than by self-determining wisdom.

Very few people perceive that habits formed in past lives (or if you are a follower of genetics by our ancestors) influence their present lives. Most are unaware of the silent and secret control of human destiny rooted in pre-birth propensities, which are subsequently hidden mysteriously in the subconscious mind. Our common tendency is to project the cause

of our feeling and thought processes onto the world, and to seek a change in circumstance to solve our problems rather than consider change in the internal garden of our mind and feeling.

Habits are simply an effort of the psyche to operate in an efficient way and so experience a fulfilling life. If we had not developed habits then we would have to re-learn to drive a car, re-learn how to use a knife and fork to eat and train ourselves out of nappies every day! A habit is a groove created in the subconscious mind by repeated actions or thoughts and we live with them for better or worse. Those habits ultimately impel us to carry out either life serving and noble acts or destructive and ignoble ones.

Whether you, esteemed reader, agree with this perspective or have another to support your views on the mysterious driver of human behaviour is not material here. This book is a compendium of those habitual patterns, which lead to joy and sorrow and how they relate to the structure of the psyche. Underpinning this is the science, practicality and applied power of the structural themes, a truth that flows beyond belief systems and theoretical constructs.

### **Purpose of this Book**

My ideal is that those who learn to recognise those patterns in themselves and others, will be enabled to nourish those inherent tendencies that lead to joy as well as recognise those that lead to pain. This will enable transformation of the river of illumining and life giving power, which is often hopelessly knotted up in them. This may be accomplished



by the deft hand of wisdom inherent in the energetically based medical arts of homeopathic medicine and crystal healing or by the act of psychological analysis and modification of will, feeling and behaviour. In fact any positive dynamic thought changing, consciousness enhancing therapy can do the same.

A searching experiential journey into crystal structure will fulfil a multiple purpose for those who thoroughly imbibe its content:

It will increase the *readers' understanding their own psyche*, their ability to rule its progress through their own efforts, and so assist them to fulfil their personal destiny. In this understanding of one's thought, feeling and action, it will help fulfil the call of the ancient Greek maxim of enlightenment 'Know Thyself'.

It will increase the *therapist's understanding of his or her client*. This vital requisite for the therapist enables an increased capability to guide the clients to their highest good. This work includes not only the 'dis-eased' state of the individual but an elucidation of the outcome of the transformation of this 'diseased' energetic into a positive flow of life force. This enables the practitioner to hold a positive vision with and for the client and so aids in elevating the triune interaction of life current in the client, practitioner and medicinal power relationship. A relationship both beautiful and mysterious.

It will decidedly improve the ability of those who *prescribe psychoactive energetic medicines* where their crystal structure is understood. This includes all gemstones, minerals and many organic compounds. All

those who utilise these medicines whether they be medical doctors, professional homeopaths, naturopaths or crystal healers will be enabled to clearly characterise the structure and stride ever more directly and certainly towards the most efficacious medicines. A diagnosis of crystal structure alone is not sufficient to select a medicine but is an indicator of a group of medicines in a similar way that the series of elements, the plant families and the miasms are. However, it often identifies characteristics which these other useful systems omit, moving us ever closer to empathetic understanding and success in releasing people from limitation and pain.

With regard to *gemstones*, along with the use of colour selection, it will strongly improve clinical results. With regard to *elements and mineral compounds* so widely used in homeopathy, it will clearly assist in differentiation, including between the various salts of pertinent elements. It will *deepen the understanding* of known mineral polycrystals.

It will increase the *understanding of those with whom we live*, a priceless tool in learning to live and grow with others in a harmonious way. It goes almost without saying that this is crucial in all intimate and familial relationships, which are a powerful vehicle for the development of intelligence: mental, emotional and spiritual.

In all this understanding of crystal structure is a significant part of the innate wisdom of psyche and substance around us, with which, as human beings, we have no option but to experience and progress within.

While the clinical purpose is an understanding of the structures which directs the

practitioner to prescribing medicines, the primary purpose and thrust of this book is to *establish the knowledge and feeling of structure* in the psyche of the practitioner. I have noticed that once thoroughly studied, the perception of structure can often be felt by the practitioner as a 'pervading energetic' related to character and behaviour.

# The Nature of Crystals

In order for the reader to reap the full benefit of this volume I will introduce some fundamental principles of the science of the crystal structures themselves.

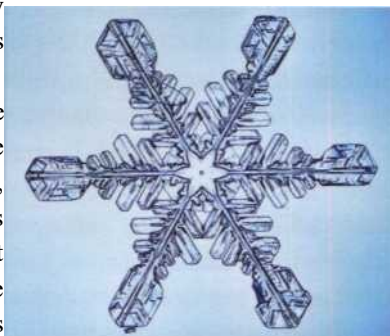
Crystals themselves, hold great significance to humankind. In fact, with the aid of a magnifying glass we can see that the whole crust of the earth is prevalently crystalline. From grains of sand to granite most rocks are composed of multiple crystals. All metals, man-made and natural, are inherently crystalline. Many components of modern technologies are made of crystals.

A crystal can be defined as a solid substance bounded by regularly arranged flat surfaces. As pure substances solidify from a melt, solution or vapour, their atoms or ions tend to link themselves with others in a regular atomic pattern to form the distinct structure of a crystal. The shape of the crystal and the angular relationship between the faces are used as identifying features for that substance.

Crystallography is the study of the external form, internal structure and constituents of crystals. Crystals tend to form in the elements, minerals and gemstones. In addition to this there are many organic compounds which naturally crystallise.



Salt crystal - Cubic structure



Water crystal - Hexagonal structure



Sugar crystal - Monoclinic structure

## ■ The Crystal Lattice and the Unit Cell

In the late 18<sup>th</sup> century the French school-master Rene-Just Haüy proposed that crystals were composed of tiny repeating units. In 1912 Von Laue's experiments using X-rays confirmed that crystals did have a regular lattice-like atomic structure. Later W. H Bragg and his son W. L Bragg established the science of X-ray crystallography and found that all minerals that crystallise do so with their own characteristic unit cell. A unit cell is the smallest possible spatial unit that can possess all the physical, chemical and geometrical characteristics of a crystal as a whole. External crystal shapes are built from an orderly multiplication of such cells.

The main characteristics of crystals in mineralogy are:

- ▶ An orderly and symmetrical atomic structure
- ▶ A definite external geometrical shape bounded by plane faces
- ▶ Consistent physical and optical properties

Some gem crystals are found as beautifully regular and symmetrical crystals with naturally lustrous plane faces. In these cases the crystal has grown without restriction and so the regularity of its internal structure is reflected in its external shape. In other cases, stresses and restrictions can result in poorly shaped crystals. Yet, even in those crystals Nicholas Steno's law applies: 'in all crystals of the same substance, the angles between corresponding faces have the same value.' So it will be found that all quartz crystals will have an angle of 142° between the natural faces of the shaft and point faces. This points to the fact that all crystals of the same substance (with a few unusual exceptions) will bear exactly identical inner structures.

Gemologists and crystallographers identify crystals by these angles and by other

methods including: their ability to refract light; their ability to polarise light; colour; specific gravity; common inclusions (of other substances) and their tendency to cleave.

## ■ The Crystal Systems

While crystals may take a variety of external forms they may only ever form seven basic and distinct inner structures. These seven are classic systems identified and accepted throughout international scientific literature (with some slight variations in some classifications).

Each internal structure ensures that crystals of that structure only externalise

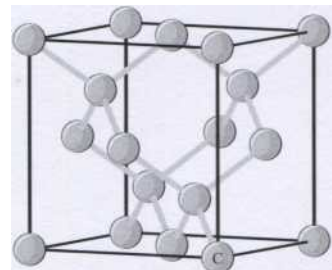
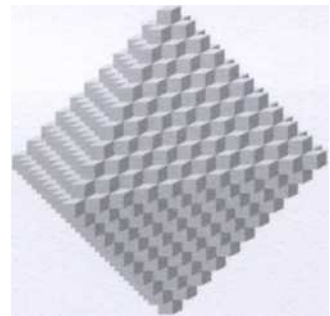


Figure 1: Upper: an octahedral diamond crystal built up of individual cube shaped cells. Lower: each cell of a diamond has a distinctive arrangement of carbon atoms. in particularly defined shapes. The internal cubic unit cell referred to in Figure 1 will lead to external shapes including the cube itself but will also result in the octahedron (also see Fig.1) and the rhombic dodecahedron (often seen in the gemstone Garnet) while the basic internal structure of other systems create a

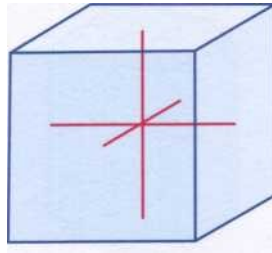
predilection for other external shapes e.g. the six even sides of Hexagonal. All crystals, whether they be gems, minerals, elements or organic compounds are governed by these tendencies.

The essential definition of these three-dimensional expressions of nature is via three or four axes which can be repeated through all crystals of that particular structure. In each

system these axes show a distinct and characteristic variation either in the angular relationship to each other or in their comparative lengths.

The primary focus of this work is the *inner structure of the crystals* in each of the seven systems and an eighth form, called 'Amorphous', the wildcard, that is outside these seven definitive structures.

## Cubic System



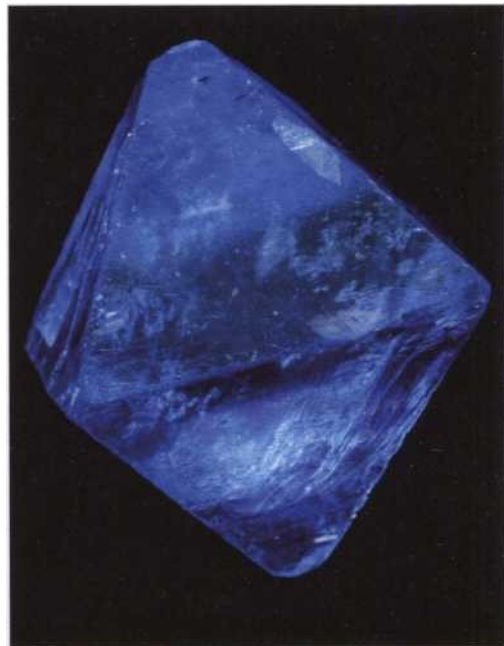
Cubic axes

The inner structure of the Cubic system is defined by three axes. Each one is at  $90^\circ$  to the other and each axis is of equal length. The name of this system relates to the most primitive external form of this structure, the cube. Hence it forms crystals which are cubes in iron pyrite and the compound

sodium chloride (rock salt). It also tends to form octahedrons in crystals such as diamond and fluorite and dodecahedrons (12 sides) in gems such as garnet. Yet whatever the outer form, the same equidistant axes, all at  $90^\circ$  can be drawn through all unit cells of these crystals.

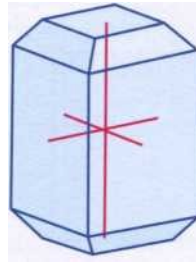


Pyrite forms near perfect cubes



Fluorite is used to prepare *Calcareo fluoratum*

## Tetragonal System



Tetragonal axes

The internal structure of the **Tetragonal system** is very similar to Cubic with one variation. While all the axes are at  $90^\circ$  only two of the three axes are of equal length. The third axis may be longer or shorter but not equal to the other two. The word tetragonal is derived from the Greek, tetragon, 'rectangle'.

These crystals often form rectangular pillars sometimes with flat terminations and at other times with pyramidal terminations. Examples are the crystals zircon, apophyllite, rutile (as in rutilated quartz) and the metal tin which all have these same internal axes.

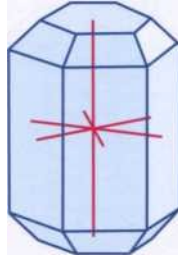


Green Apophyllite exhibiting the four prismatic sides of Tetragonal



Rutile is the oxide of Titanium

## Hexagonal System



Hexagonal axes

The Hexagonal system has an internal arrangement produces the hexagon, meaning structure with an additional factor to the 'six-sided body'. Generally this system tetragonal, giving it distinctly different produces an outer form of hexagonal pillars. character. One axis is at  $90^\circ$  to the others and Common crystal examples of this are seen in like the tetragonal system can be of varying emerald, aquamarine and apatite. Metals also length. However instead of two equal axes in cobalt, zinc and ruthenium. the tetragonal system there are three equal axes which are at  $120^\circ$  to each other. This



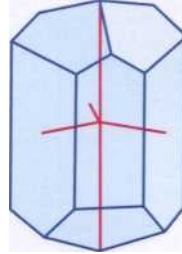
Yellow-green Apatite, a crystal of calcium phosphate



Six sided Aquamarine



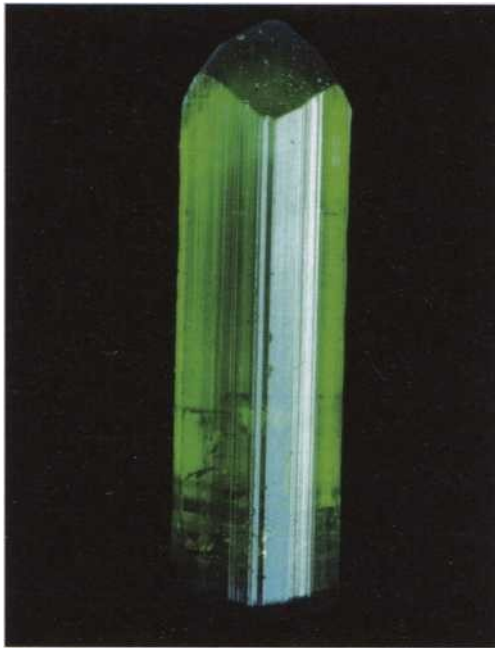
## Trigonal System



Trigonal axes

The Trigonal system is somewhat similar to the previous system but has a simpler form which tends to produce triangles instead of hexagons. Again one axis is at  $90^\circ$  to the other three which are at  $120^\circ$  to each other. With reference to length, the singular axis at  $90^\circ$  is of differing length to the other three, which are all equal. While this is the same description as that of the hexagonal system, the trigonal

crystals exhibit a three fold symmetry instead of the six fold symmetry of the hexagonal. It does externally produce hexagonal pillars but these are not as regular as the pillars in the hexagonal system. Crystalline examples of this are quartz crystal, ruby and tourmaline. It may also appear as a rhombohedral external form which is for example, seen in crystals of calcite.

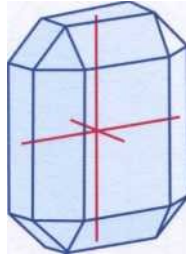


Green tourmaline crystal



Golden calcite crystal

## Orthorhombic System



Orthorhombic axes

The inner structure of the Orthorhombic crystal system is set around the shape of the rhombus which will often be seen when a well formed crystal is viewed down one particular axis. This system is defined by three internal axes all at  $90^\circ$  to each other like the cubic and tetragonal systems. The vital difference here being that all of the axial lengths are unequal. The external manifestation of these crystals is often complex but commonly exhibits a rhombic form in crystals such as Peridot or Topaz. The elements sulphur, bromium, iodine and chlorine all crystallise into this structure.

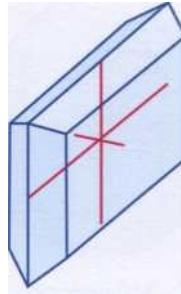


A Sulphur crystal, exhibiting the orthorhombic shape



Stibnite, the crystal form of Antimony trisulfide

## Monoclinic System



Monoclinic axes

This crystal system is defined by three inner axes. Like the Orthorhombic system they are all of unequal length. The difference appears with the direction of these axes. While two of the axes are at  $90^\circ$  to another the third is at an angle other than  $90^\circ$ . The word monoclinic comes from the Greek 'mono' which means one and 'klinein which means to incline or

bend. These crystals often appear in the shape of a parallelogram. In selenite, a crystalline form of gypsum, the inclined angle is often visible in the external form. Gems which form in this way include azurite, nephrite jade and malachite. Phosphorus is an element which crystallises into this system.

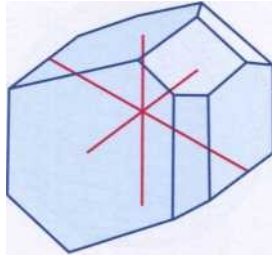


Vitamin C forming inclined monoclinic crystals



Azurite, a form of copper carbonate

## Triclinic System



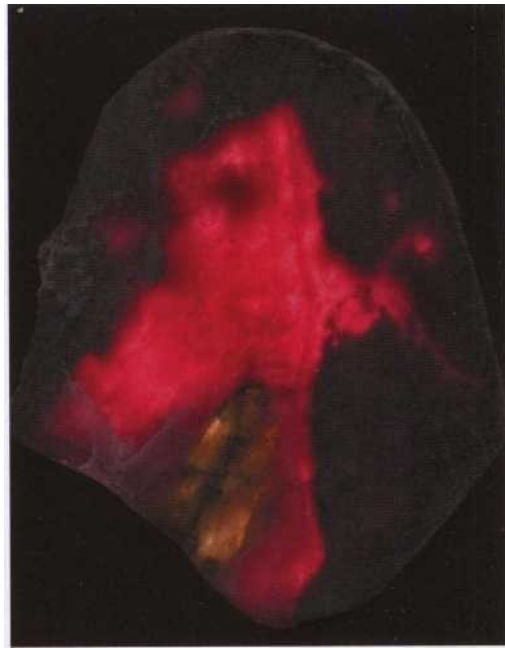
Triclinic axes

The final and most disparate of the linear structures is the Triclinic system. The word Triclinic means 'three inclinations'. The inner structure of this system is defined by three axes which are all irregularly inclined to one another - it has no right angles whatsoever. In addition to this all the axes

are at different angles. Geometrically it is the polar opposite of the cubic structure with its perfect order. The inner structure is most clearly displayed in Amazonite crystals which may be seen in the shape of trapeziums. Other triclinic gemstones are labradorite, rhodonite and turquoise.

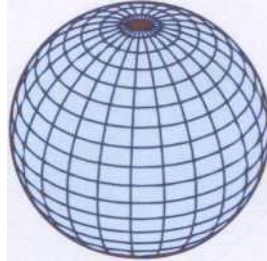


Amazonite, exhibiting the trapezium shape



'Imperial' Rhodonite

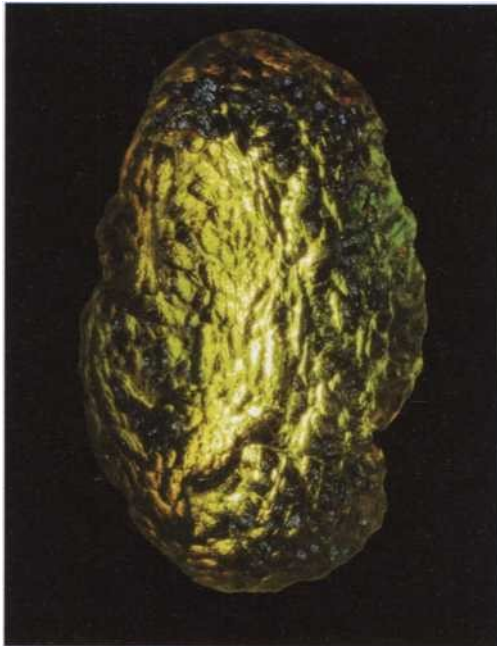
## Amorphous System



Amorphous

Nature will never permit complete order, she will always cast some expression out of the mould, so it is no wonder that we must entertain an eighth class called Amorphous. These materials lack regular structure throughout and consequently have no internal axes and no definitive external shape ('amorph' means 'without shape' in Greek). This class of mineral or elemental compound

usually forms because the substance is produced precipitately, often in minerals because of rapid cooling. Examples of this are naturally occurring glasses such as Obsidian and Moldavite but Opal also falls within this class. Precious opal appears to be a perfected form of Amorphous as it is internally composed of spheres.



Moldavite, a glass formed by the impact of a meteor



Obsidian, volcanic glass



## Crystal Structure and the Psyche

This chapter shows how the principles and dynamics of crystal structure relate to the human psyche in general terms. It explains how the formative nature of crystals hands us a tool to understand the medicinal effect of the structures. The information in this chapter is the result of observing, experimenting with and studying many hundreds of applications of natural crystals and medicines with a known crystal structure and then relating those effects to the science of crystallisation.

### ■ The Power of Crystal Structure

Every crystal is composed of repeated structural units called a unit cell (see chapter 'The Nature of Crystals'). The character of the unit cell is to fill the space in the most

complete way that it can by repeating itself precisely. The Cubic structure for example, is exemplified by the highly symmetrical arrangement of atoms found in the diamond, which is composed of pure carbon. This can be contrasted with graphite, which is also pure carbon but crystallising in the Hexagonal structure. Diamonds are transparent, rare, extremely hard and exceptionally beautiful. Graphite is opaque, common, very soft and of dull appearance. Through this example it can be seen that crystal structure alone infuses vastly different physical properties and value into the same substance. This has a direct relationship to the respective therapeutic powers of the substance.

*Crystal structure infers unique and pervasive properties throughout a substance and so co-governs, in partnership with chemistry, the therapeutic powers of that substance.*

While the diamond is the premier example of a substance which crystallises into the Cubic system, every other substance which crystallises in the same way will bear the same inner structural pattern. This is true regardless

of whether the substance is a gemstone like fluorite or garnet, a metal like gold or platinum, or inorganic compounds like arsenic oxide and sodium chloride.



*Each crystal structure embodies a set of common formative features and these features are reflected in all substances that crystallise into that structure.*

### ■ The Unit Cell and the Habitual Psyche

As explained in the previous chapter, crystalline order is repeated again and again. It may be likened to a large hotel building where not only the rooms on every floor are a repeat of each other, but the furniture which composes each suite is also repeated again and again. The rooms represent the unit cells and the furniture the atoms.

This internal fundamental shape of the unit cell also governs the range of habits or forms that the crystal may exhibit externally. While there may be a number of these external forms, they are wholly dependant on the nature of the structural unit cell and cannot depart from its fundamental formative influence. In diamonds for example this habit will manifest in only three ways: the octahedron for which diamonds are famed and from which group almost all precious diamonds come; the cube which produces mostly industrial diamonds, and the dodecahedron (twelve sides). All these seemingly different external forms arise from the iron clad repeating (habitual) tendency of the single cubic unit cell. The nature of crystal structure in this work describes the habit of that seminal unit cell regardless which specific outer form is produced.

We can understand the psyche as the human mind, with all its subconscious drivers, as the centre of thought, feeling and behaviour. **The fundamental ‘shape’ of any individual psyche, may be perceived by the habits that are instinctually manifest:** how a person

goes about their work; their relationship with themselves and others; and the type of situation in which they continually find themselves. In addition to this the persons psyche can be understood by the unique way in which they view and interact with the world. All these tendencies tend to be automatic and largely unconscious as is driving a car for all experienced drivers - *they are a habit mould that arises from patterns etched deep in the unconscious mind, a modus operandi which tends to repeat over and over again.*

There is a distinct correlation between the inner habit mould of the crystal and habit moulds of these drivers from deep within the psyche. They both inscribe a repeated patterning and it is in this way that crystal structure appears to correspond to habits of behaviour and modes of thinking and feeling in humanity. For example the pattern of a person with a Cubic tendency will be to process a life experience through reason, order and how it relates to their understanding of the principles by which they live. By contrast the pattern for a person with Orthorhombic tendency will be to process the same experience through accepting it into their feeling world and sensing whether it is harmonious for them or not.

By observing the action of substances of a particular crystalline structure on the

psyche of an array of individuals, it is evident that the crystallising principle of the unit cell of a particular structure has a direct, distinct and characteristic correlation to the nature of

the psyche in the individuals who beneficially respond to that structure. To express it more simply:

*Fixed principles of form and structure apply to all crystals and by consistent therapeutic effect, each structure exhibits an affinity to the character of the human psyche itself.*

Note: Physicists have become used to the fact and often forget that they do not know why molecules adopt an orderly arrangement in a crystal. There is no material DNA for crystal replication, yet there exists a yearning for perfection in each crystal. Whether it manifests as a perfect diamond, or a diamond with many faults and flaws it will have this tendency inherent in it. After my years of intimate association with crystals I sense a vast, silent, powerful, instinctive intelligence at work behind this natural wonder.

### ■ Symmetry of Crystals

Crystals made of the same substance will crystallise into one (and very occasionally two, such as carbon mentioned above) crystal systems with physically equivalent faces, edges and vertices. Following the idea of consistent order and patterning, crystals are classified by their features of symmetry. Symmetry may be defined as the regular proportions or positional correspondences of the internal features of a particular crystal. This symmetry is a signature for the symmetry of life events

Herkimer diamond, is actually not a diamond, but a double terminated quartz crystal. It instils conscious awareness, clarity and insight





or the repeated patterns which occur because of the way a person, through their behaviour, positions themselves in relation to events. For example a person with a Monoclinic structure may engage in many creative ventures at the one time and complete them in a sporadic fashion according to their feeling at the time.

By contrast a Hexagonally structured individual will find a definite goal, making a will-driven effort to achieve it, before compulsively moving on to the next one. Each behavioural tendency evokes a distinctive symmetry in their life stories.

*The features of crystal symmetry will have a specific correspondence to characteristic behaviours instinctively selected by the individual, which will in turn evoke a consistent series of specific life events.*

### ■ Filling the Space: Solidity of Crystals

While crystals form from the solidification of atoms and molecules from liquid or gas, the crystals themselves by scientific definition should be solid. The molecules that go to make up a crystal are compelled by nature to fill the available space in the most economic and connected way available to them. This occurs largely via covalent and ionic bonding and is an instinctual effort to create perfect molecular order. Crystals are a manifest attempt at an idealization of substance (whether as an element or as a compound) in

the material world, which every molecule of that substance strives for naturally.

It took me many years to understand the relevance of this element of crystal structure and it only came after long deliberation and the study of hundreds of successful clinical results by medicines made from substances with a specific structure. At first I sensed, and then observed that this theme relates to the full expression of consciousness in the material world, or if you like, the individualised expression of developed human and soul qualities in the world.

*The phenomenon of crystal structure correlates directly to the development of consciousness in an individual who resonates with that crystal. It is an instinctual effort by the individual to complete an idealised expression of their mental, emotional and spiritual qualities and connections.*

In this way crystals and medicines produced all parties.

from them will be instrumental in manifesting ideas and feelings that complete a formative process in the psyche. They will commonly direct their benefit to the presence of individuated consciousness, and in enhancing that presence induce the personal principle of 'solidity' (filling the space) of character. For the Cubic people they will formulate a clear idea of what is truth for them by asking a question such as, 'Is this rational?' Having decided, they will solidify it by insisting on it, consciously willing it in their life. By contrast an Orthorhombic person in a similar situation will ask 'Does this situation feel right?' They will then solidify by developing the strength to resolve or hold the feeling which is their own truth.

### ■ Co-Operation and Relationship of the Atoms

In crystals which are composed of more than one element, the ingredients are always present in a simple numerical ratio. For example in sodium chloride the ratio of sodium to chlorine is strictly one to one whereas in calcium chloride the ratio of calcium to chlorine is strictly one to two. Each element has a distinct role to play in the construction of the unit cell and that role is different from its partner's. Both must co-operate as one cannot replace the other.

Relational life elements will manifest in various ways: as relationship with self (personal and inner); relationship with other beings (mostly familial in the human context); relationship with place (environment) and relationship with the universal (transpersonal). This is a vital matter and correlates to the human drive of needing to have personal relationships that harmonise and benefit both, or in the instance of more complex situations,

In calcium sulphate dihydrate (*Calcarea sulphuricum*) the ratio is always one calcium atom (Ca) to one sulphate molecule (SO<sub>4</sub>) to two water molecules 2(H<sub>2</sub>O). This co-operation has a direct correlation to the nature of the psyche on which these substances will act. This bonding 'crystallises' or forms the quality of relationship as it were. In *Calcarea sulphuricum* it is Monoclinic and the features of that structure like passion, expression and sensitivity will be projected onto important relationships. Contrastingly in a person needing a Cubic medicine, for example *Natrum muriaticum*, the features of that structure such as permanence, fixity, order and balance will be projected into the primary relationships.

In the medicines made from single element substances such as *Diamond*, *Aurum*, *Platinum* and *Sulphur* the relevant crystal structure features will largely dominate the expression in relationship as they are not compounds. As there is no covalent or ionic bonding, the relationship will be largely internalised and self-focused as opposed to living in the relational space that lies between the individuals. Common examples of this are seen in the Cubic medicines *Diamond* and *Aurum* where relational stress will often express itself self-destructively and in *Platinum* as a sense of separation and pride. In the deeply orthorhombic *Sulphur* relational stress usually appears through self-blame and deeply felt guilt.

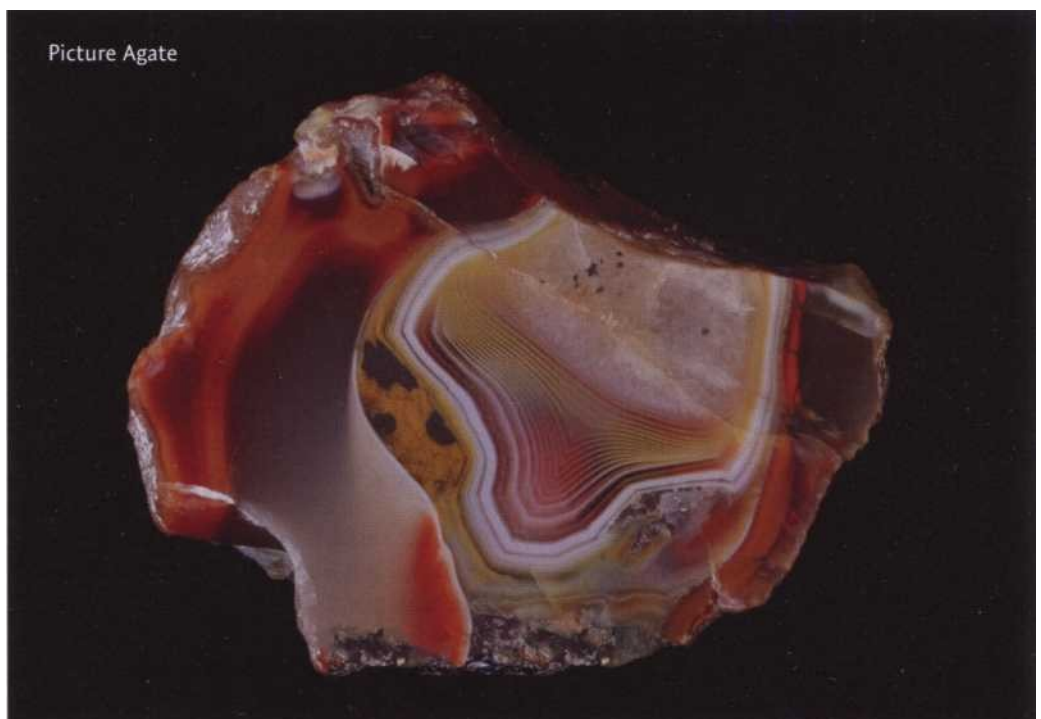
*Crystals are composed of molecules with one or a number of elements whose atoms are in a unique spatial relationship to one another. These atomic intra-crystalline relationships have conformity with the various elements of human relatedness. At the same time they are dominated by the nature of the crystal structure of which they are both part.*

### ■ Overview: Form and Fabric of the Psyche

In overview, crystal structure has an intrinsic relationship to the character of the psyche. It clearly aligns with the impelling mental-emotional patterning of the individual: their persisting form of thought and feeling, the nature of their relationships, their degree of fixity or movement, their developmental instinct and even the train of life events they naturally attract. These qualities and dynamics

can be perceived as a prevalent form and fabric, which carries within it a tendency to develop or impair the individual's life in a distinct way. To those who are primarily visual it could be understood as the architecture of the will. To those who are principally kinaesthetic in their bearing it can be described as a psycho-emotional texture of the psyche.

We could visualise the crystal structure concept in terms of landscape, be it



flat, rolling hills, mountains, seaside, full of directed and limited by this landscape, which streams, lakes or islands. They are the soils is hardly alterable. Should they live in the and waters that lead to growth, barrenness or mountains, they must learn to climb; by the tragic fire. In this way they are a background sea they must learn to swim; and on the open to other vital aspects of the detailed picture plains to pursue their prey. The environmental with its life forms of plants, animals and effect of this landscape is compelling. humans. These varied beings are contained,

*In their resonant relationship to humanity these structures are psycho-emotional forms, which are the containers of trends of thinking and feeling, the broad brush strokes of the mind which form a recognisable landscape.*

#### ■ Related Theories

This material appears to relate directly to the work of the biologist Rupert Sheldrake and his theory of 'morphogenetic fields', which he

says exist for all living creatures. He describes them as 'characteristic forms and patterns of activity', which sounds very similar to the implications of the crystal structure alignments presented in this work.

*Structure defines the mode of thinking and feeling, the activities to which each person is drawn and more particularly the unique way they will carry them out. All this is impelled from a habit mould that is encoded deep in the psyche. In ordinary terms one could consider that crystal structure amounts to a type of personality profile. And while the thoughts of each person of the same structure will differ according to their culture, situation and education, the very bones of their thinking and feeling will be clearly related to that structure\**

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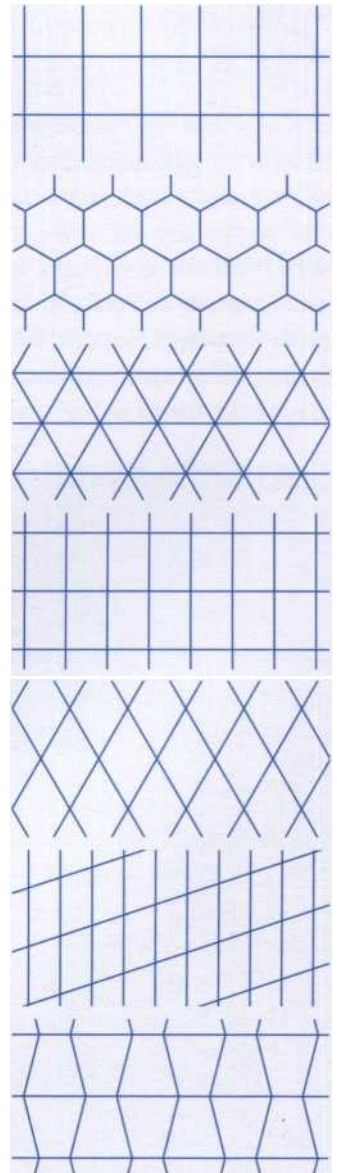
\* It should be noted that the perception of crystal structure does not generally lead directly to the specific selection of medicines. It is for the broad brush strokes of analysis, in much the same way as miasmatic analysis. In this way it is a bow and it must be left to the indicative arrows of series, stages, colour selection, the understanding of therapeutic power of elements and mostly importantly the grasp of specific materia medica to make the final prescription of the most precious simillimum.

# Prelude to the Individual Structures

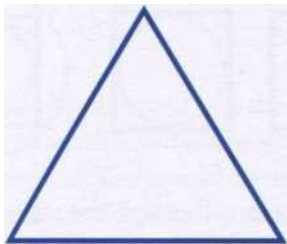
The purpose of this chapter is to explain the relevance of information in the sectional headings in each of the eight chapters on the individual crystal structures.

**Primal Shapes: the Geometric Key** If we were to attempt to completely fill a space on a sheet of paper with a single geometric shape we would find, mathematically, that there are only seven shapes capable of doing it. They are the square, the rectangle, the hexagon, the triangle, the rhombus, the parallelogram and the trapezium. These primal geometric shapes have an unmistakable correlation with the fundamental geometries of the seven crystal structures: the square with Cubic; the rectangle with Tetragonal; the hexagon with Hexagonal; the triangle with Trigonal; the rhombus with Orthorhombic; the parallelogram with Monoclinic and the trapezium with Triclinic. Try as one may, one can find no other geometric shape capable of achieving this.

When I first read of this in Michael Gienger's work I realised that it was a discovery of fundamental mathematical profundity, a striking elemental nature that could be attached to the structures themselves. The wondrous simplicity of this geometric key, proclaims a mathematical truth about the fundamental significance of these shapes.

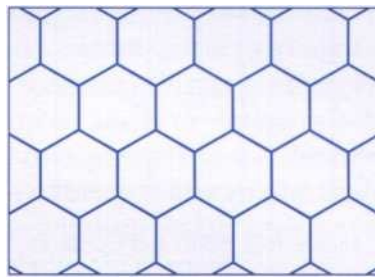


The practical relevance of each specific shape can be understood in a basic way. It can easily be observed that the triangle has three sides, the hexagonal six and all the rest have four sides. This makes the triangle and hence Trigonal the most frugal structure; it contains a space in the most practical and efficient way possible. It is found that practicality and aversion to that which is at all unnecessary is a theme of this structure. It also has the largest base of all the shapes with one third of its length devoted to this purpose alone. This relates to a strong need for ground and security, whether it be expressed through their home, family, job, partnership or community. At the same time it has sloping sides with a pinnacle. This informs us of the desire for a goal, an ideal or a role model (pinnacle) and a process of reaching it (ascending the slope). Consequently, I realised that each and every two-dimensional shape carries a useful signature for its correlating structure.



### Societal Patterns

Another way to understand the shapes is to immerse them in themselves by ‘filling the space’ with the exact same shape. On creating such a diagram, another interesting set of features arises (see figures below). Michael Gienger found these diagrams are helpful in understanding the nature of the societal relatedness of the structures.

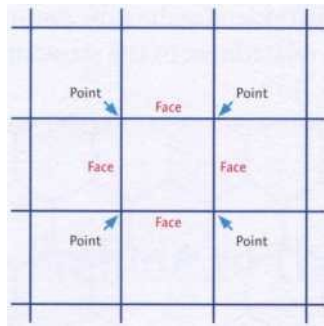


Hexagons filling the space

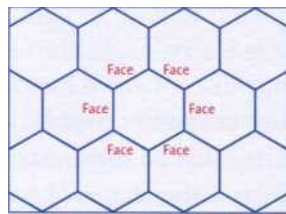
On viewing this connected matrix you will see that each shape has connections to its counterparts both on the linear faces and at the

points of the shapes. I have found that the linear faces tend to signify the propensity for intimate connections like parent and child, intimate partners, close friends or significant relations. The contacts via points signify the propensity for more superficial connections, being the relationships that are more one-dimensional, e.g. an acquaintance, an aunty or cousin who you only see occasionally or a member of your larger community.

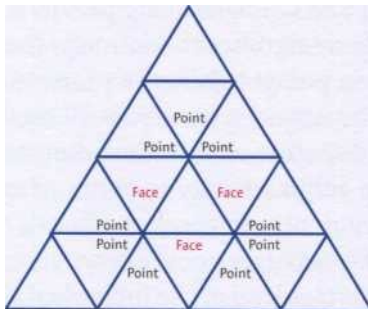
When looking at the individual shapes it is plain to see that the square, rectangle, rhombus, parallelogram and trapezium all have connections to broad faces on four sides and to four other shapes which only touch their four points. Hexagonal however is vastly different, with six linear faces and no point contacts whatsoever. Trigonal on the other hand, has only three linear contacts and nine point contacts.



Square: four points and four faces



Hexagon: six faces only.

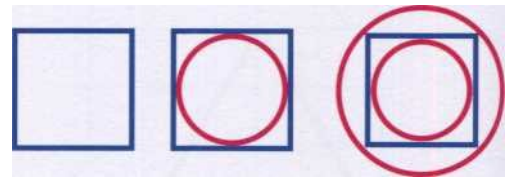


Triangle: 3 faces and 9 points

### ■ Circling the Square

This is another, more analytical way of understanding the structures through geometric signature. As described above, each of the structures is delineated by a simple, unique and geometrically significant form. The question arises, what is the significance of this form in the client in terms of the relationship with themselves and their world in general terms?

The following ingenious method was conceived and developed by Walter von Holst. Draw a circle as large as possible on the inside of the two-dimensional form. Then draw another circle touching as many points as possible on the outside of the form. This exercise creates indicators of a variety of definitive relationships which can be seen to vary from figure to figure.

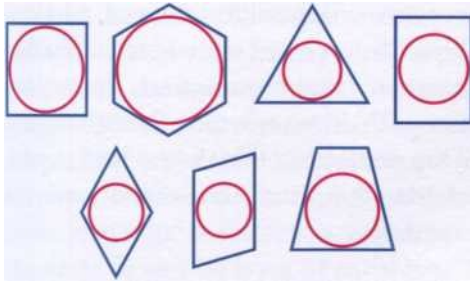


The variations through the structures are as follows:

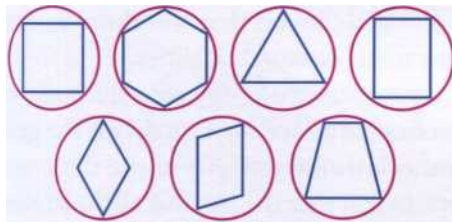
First, *the number of connections of the form with the inner circle*: Tetragonal and Monoclinic have only two, Trigonal and Triclinic have three, Cubic and Orthorhombic have four and Hexagonal has six. These reveal the nature of the relationship of the individual to the personal or *inner self*. Those with a low number often have a more tenuous connection to self, those with a high number, a firm connection to self and their own will and feeling.

The signature of these indicate that those who are in a state responding to medicines from the cubic, tetragonal, orthorhombic, monoclinic and triclinic structures usually have relatively balanced relational proportions between those with whom they are intimate and those who are more aptly deemed 'acquaintances'. Hexagonal, with its connections on six broad fronts only, and Trigonal, with its nine point and three facial connections, are vastly different indeed. The detailed significance of this will be discussed in each of the individual structure chapters.





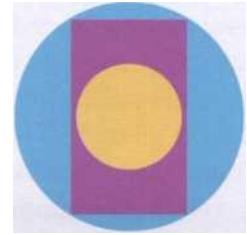
Second, *the number of connections of the form with the outer circle*: Orthorhombic and Monoclinic have two, Trigonal has three, Cubic, Tetragonal and Triclinic have four and Hexagonal has six. These reveal the nature of the relationship of the individual to the *outer world*. Those with a low number have a limited or narrow connection to the world and those with a high number a broader one.



It can also be observed that the *circles on the inside fill up different amounts of space*: Monoclinic and Tetragonal are the smallest, Trigonal, Orthorhombic and Triclinic are larger, Cubic is even larger and Hexagonal the largest. This element relates to the degree of access to the egoistic self that is present in their consciousness. Hexagonal and Cubic tend to posit self and self-interest much more strongly than Monoclinic and Tetragonal.

Taking Tetragonal as an example, it can be seen that the inner circle has only two points of contact and that the outer circle has four points of contact. This indicates the principle that those in a Tetragonal state have more focus and attention on the outer world: the way they dress and look, the way they present their work or the way they express themselves. This is in stark contrast to the two connections to the inner circle suggesting that personal awareness, needs or desires will take a lesser role, possibly

to the detriment of their wellbeing. More will be explained about each shape and its attendant circles in its dedicated chapter.



### ■ Crystal Axes: Three- Dimensional Factors

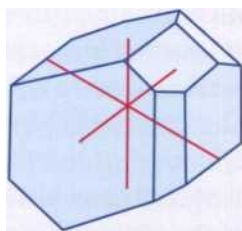
Unit cell axes, as discussed in Chapter I, exhibit a quintessential geometric definition of the structures. It soon became evident to me, that not only were these axes of mathematical significance but they represented vectors (a directional movement) of force (developmental) inherent in the spatial development of the crystal structures themselves.

Even though I felt there must be a relationship of these vectors to the psyche, it only became clear to me that there was a direct clinical relationship after results I obtained with a woman client I had seen for many years. This lady, an artist, performer, healer, wife and mother of two had been seeing me for 12 years. During that time I had seen her often and prescribed homeopathic medicines for her, which were often beneficial. She was a sensitive type and often reacted strongly to her circumstances with work and family. While I was pleased she reported benefit from the prescriptions, and while I knew the hour we often spent where she expressed her feelings to me without impediment was psychologically useful to her, I had an underlying disquiet that she wasn't progressing in any substantial way. The essential patterning of her responses remained the same. Soon after I came to understand the vectors in crystallisation, she returned to see me. She started explaining her



problems and gestured to the midline of her torso, while stating ‘my midline, I feel pushed right off it’. This immediately brought to mind the axes, which are midlines of the crystals. She continued to explain to me that her main feeling was of being violated, and that her relationship to her husband and children, her relationship to her creative work and her sense of self were all causing her anguish. I remembered that for her, this general state of affairs was often the case, and I recalled that the Triclinic crystal system had all three axes out of alignment. I sensed there maybe a correlation of this with the various ‘axes’ of her life experience. Certainly none of the major elements in her life (relationship, work and sense of self) were functioning well. I resolved to give her a medicine derived from a Triclinic crystal (three axes out of alignment and of differing length) and settled on Blue Labradorite.

When she returned a month later, I was pleased to find that she returned bright and balanced and with fewer complaints. The astounding and rewarding thing to me was that after that time she responded to medicines in a far more positive way. It was as if she had a receptacle to hold them. She has made and continues to make significant progress with her life activities, relationships, life force and sense of self in the five years since that prescription. This experience enabled me to realise the significance of the vectors and that they, at least in part, relate to the prime elements of one’s life experience.

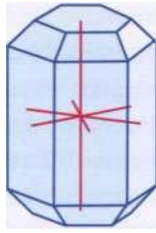


The three internal axes or vectors of Triclinic, bear no fixed-angle relationship to one another in terms of length or angle and yet intersect at one point.

I also deduced that the three vectors bear three essential qualities:

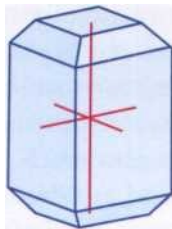
As mentioned in the case study above, **the first and foremost quality is the general relational pattern** of the three vectors. In that case the fact that all the streams of engagement in her life were in disarray, matched the vectors of Triclinic. Similarly each crystal structure has a unique and consistent pattern of relationship between its vectors. I found that this pattern represents the main elements of one’s life; and that these are commonly work, family and sense of self. There are, however, other ways of looking at this in particular cases and relationship with spirit, relationship with the ‘loved’ other, relationship with a large group (tribe, workplace, humanity) and relationship with place, including the earth itself, may take part in the vectors and can be interchanged on a case-by-case basis, with the three classic elements of work, family and self.

As all the vectors have a relationship to each other in terms of linear proportion to each other, **the second quality is that of length**. This element signifies the degree of relative force which is borne by that particular vector. For example in Hexagonal there is one vector that is different in length from the other three which are of equal length to one another. This represents a singular quality or life focus which, is more developed, underdeveloped or which manifests as a prime focus when compared to the others. An example of this would be a person imbued with the Hexagonal structure, to whom his creative work is central. To this person human relationships will be important, but essentially provide a foundational structure for him to create. Even his sense of self will be inherently tied to his ability to succeed in the creative endeavour.

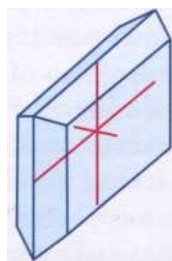


The Hexagonal structure has one axis extended in length. It is disproportionate to the other vectors, which all have a fixed equal length

**The third quality is direction**, that is, the angle of a particular vector in relation to the others. As I searched the structures and the relationship between the various aspects of life in individuals, I noticed that the vectors at  $90^\circ$  indicated either rigidity as a negative aspect or balance and order as a positive one. I also noticed that the vectors which are at other than  $90^\circ$  indicate discordance as a negative trait and the ability to depart from restrictive order as a positive.



Tetragonal vectors with all angles at 90 degrees



Monoclinic exhibits one vector not at 90 degrees and skew to the other 90 degree vectors

It can be seen from the previous chapter that each structure shows a different degree of variation from the perfected regularity of the cubic structure. I have found this feature particularly useful in diagnosis of structure.

## ■ Characteristic Themes and Keywords

The **'Seed Concept'** is an identifying word preceded by 'T', which may be used to recognise the life driver of the structure. It is sometimes used as a sort of 'maxim' but is often unspoken because of its strong integration into the overall regular functioning of psyche and behaviour of the individual. I have distilled this word as being pertinent to the largest number of cases and provings of medicines of each structure.

It may be a statement of self-recognition as in the Cubic 'T am', a verb as in the Hexagonal 'T do', or the state of dynamic being as in the 'T change' of Amorphous. While it is often a useful guide to diagnosing the structure, it is by no means definitive, as most structures will be understood through the essential themes. Structures have complexity, in much the same way as medicines, and each individual psyche must be clearly perceived to make a definitive and useful diagnosis.

The **'Principal Themes'** are a list of the fundamental thematic headings for each structure and are commonly the chief indicators for the diagnosis of structure. To quickly grasp the qualities of a structure or to refresh the memory about a structure, this is what you need to consider. Reading the explanatory material and quotes about each theme will give you a deep insight into each structure. These themes usually belong to that structure only but sometimes are common to one other. In those cases a read of the material under that subject heading in each structure will differentiate them.

The **'Supplementary Themes'** are secondary themes in each structure. They cover elements common to all or many of the structures such as anger, depression or the

character of the intellect and memory. They help differentiate the diagnosis of a structure when it is unclear based on characteristic themes. In addition to the common emotions and mental qualities, there are some themes, which while less common, are very definitive and will enable you to firm up a structural diagnosis. If there are a number of these I have put them under the heading ‘**Peculiar Themes**’.

A note of the **quotes** I have used in the above sections. All the quotes are from various cases and provings. I like to use them as they give ‘clinical life’, depth of feeling and subtlety of perception to the information. You will see that I have sometimes used more than one quote to elucidate a particular theme. This has been carefully planned to give weight to the multi-dimensional nature of the material and to enhance the ability to perceive those themes in the clinical setting.

The ‘**Clinical Keywords**’ are listed at the end of the ‘Psyche’ section of each of the eight chapters on the individual structures. These words are drawn from the expressions, thoughts and feelings of provers and clients when they have shown themselves to be common to a particular structure. For ease, I have aligned them to the ‘characteristic Themes’ of each particular structure. I have generally included words or phrases that describe a state of ‘dis-ease’ like ‘hyperactive’ and words that can be used in positive or negative frameworks like ‘no hesitation’ in the first part of each thematic list. In addition I have noted those words or phrases that have only a positive connotation to the theme, like ‘dynamism’, and have used a separate descriptive of ‘Positive’ for these. Then there are words that explain a related polarity to the particular theme such as ‘indifferent’ and used the descriptive ‘Polarity’ for these.

All these expressions refer to the one theme and will vary from client to client reflecting attitude, culture and the tone they wish to convey. The strong or repeated use of an indicated word is likely to point to that theme.

It should be noted that some keywords (other than essential and seed keywords) cross over the various structures. This is as it should be as there is a definite kinship between some of the structures. Read the section ‘Optic Character’ in Chapter 12 to better understand the significance of this.

## ■ **The Psyche**

This constitutes the main body of the work and contains the main thematic elements which lead to an understanding of each structure. The *Principal Themes* mentioned above appear first in each structure and these are the themes that most often differentiate it from the other structures. If a number of these themes exist in an individual as a pervasive aspect of their life or their current state it is a strong indicator that you are dealing with that structure. The *Supplementary Themes* appear secondarily in each chapter and while these are often common to more than one structure, the characterising details of each often help to differentiate that structure.

When reading the various themes in the Psyche it should be understood that to write about the nature of the extraordinarily complex instrument of the mind is no simple task. The spoken and written word are not always adequate to describe the elaborate nature of the psycho-emotional structure of a human being. In this light it is most important to remember that reading each particular theme is as if looking through one window into a substantial house of many windows. The ‘stream of seeing’ that is invited by each of the windows will overlap the stream of seeing of other windows. This means that many of these themes are intertwined, accompanying and depending on each other in much the same way as a staircase, a floor and a wall support and facilitate each other to exist.

You will also note that under each topic within a section on the Psyche I will divide it into parts. The first part is about the suffering related to that state with clinical and proving excerpts. This is often completed by the

discussion of the positive, the life-enhanced outcome of that state. As not everything inside the psyche can be expressed by positive and negative, I have also included the idea of polarisations to that suffering. These negatives, positives and polarities are the complete human story of one structural theme.

At the end of each topic, I have included abbreviations of the medicine names, whose provings and cases were used to construct the material for that particular topic.

*Use of 'they', 'he' and 'she'* is quite a process. Written language has its limits and constraints. I have parked this work in a place where I usually use the word 'they' to describe a situation or feeling of a particular structural type. I have at times also lapsed into the use of 'he' or 'she'. I have done this where the situation correlates to a strong clinical case or where the situation appears to engage a significant archetype of feminine (yin, receptive, responsive) or masculine (yang, assertive, active). The reader should note that this does not limit the situation explained to a single sex in any way whatsoever.

### ■ **Work, Profession, Life Situations and Dress**

This section deals with the life situation, mostly in terms of work and profession but also in relation to the propensity of structural types to find themselves in particular roles, such as helping and supporting others (Orthorhombic and Triclinic). I have also included the nature of dress, hairstyles or regalia where it occurred in numerous situations, such as Tetragonal and fashion. These materials are derived from the results of successful clinical cases as well as the images associated with experiments using the medicines of structure in question.

### ■ **Spiritual Indications**

The Spiritual section for each structure describes the domain of human life that defies time, space and matter. It defines that which is transpersonal and doesn't seek to develop the self-seeking ego:

The first stream of spiritual life depends on relationship with the self' as in the *pursuit of personal meaning*, authenticity, dedication, beauty, commitment to a (inner) calling, self-reflection, morality, purpose, values and the attitude of loving kindness. In qualities such as these spirituality rests in the self-conscious shaping of one's own world, i.e. creating your own life.

The second stream is *distinctly transpersonal*, the urge to unselfishly help large groups of humanity (community, nation or world) or other forms of life (animals and environment). It is the ability of a human being to be a guardian, a participator and creator of the world in which he lives.

Thirdly there are spiritual themes which refer to the consciousness of *totality and unity*. They are found in the pursuit of ultimate goals beyond the body and the limits of a life in it and include: the relationship with Higher Self, God, the Divine, Universal Principles, relationship to mankind as a Whole, nature as a Whole, finding 'the Way of the Tao' or 'seeking enlightenment'.

Also prevalent, mainly in the medicines made from transparent crystallised stones, is the *development of faculties* which enable, enliven and connect with the Spirit. They include wise intuition, clairvoyance, keen foresight, the ability to see or feel energetic structures and processes such as meridians, chakras or auras.

Various structures tend to be more focused on one or the other of the above categories.

### ■ **Facial and Body Typology**

Where it has been noted that there are repeated or striking aspects of facial structure or body shape it has been included under this heading, such as a triangular shaped face in Tetragonal or a tall and thin build in Monoclinic. These body types are drawn from clinical observations of individuals where there was a definitive beneficial effect to physical generals (e.g. change in chronic temperature modalities or growth patterns), chronic mental generals

and dreams where bodily characteristics are a strong feature of the dream. Please note that at this stage, these indications are a confirmatory indication and not a primary consideration when making a prescription according to structure.

### ■ **Activity**

Long-term experiment and observation has led to an understanding of the common activities which are nourishing, beneficial to development and self-healing for each particular structural typing.

### ■ **Disease Patterns**

Common disease patterns are not often a strong indicator for structure as there are so many elements within each structural grouping. However some diseases do seem to cluster around certain structures and these have been listed.

### ■ **Case Studies**

I have chosen two case studies to exemplify the expression of each structure clinically. These studies comprise cases of metals, compounds, precious and semi-precious gemstones. They are attributed to their various authors.

### ■ **Art and Celebrity Sources**

I have mentioned forms of art, mostly in terms of quality films, short life studies and music as an opportunity for the practitioner to gain an understanding and a feeling for each of the structures. They will assist to instil the life essence of the structural form in the practitioner's awareness.

### ■ **Sources of Information in the Structures**

The core material in this book - the themes of the seven linear structures - is essentially an act of synthesis. I noted the common information from successful cases and provings of substances known to have each of the structures. I used the statements of behaviour, personal inclination and attitude. I also

included dreams, which are an avenue of expression of the uncensored, unconscious mind that rules our instinctive thinking and behavioural patterns. In finding those veins of commonality the themes emerged in their wholeness.

The individual sources include my own cases, the cases of others, my own provings and those of others. These cases and provings are largely published although some may be unpublished with a view to publishing in the future. There are also references to standard homeopathic books and treatises that have a bearing on this work. Also included are the results of provings using the fundamental two-dimensional shapes attributed to the structures.

### ■ **Other Sources of Amorphous Structure**

While I used information from successful cases and provings of known Amorphous substances to inform the themes this structure, I decided to take it a step further. I had noticed from early in my experience of using the structures clinically that distinct Amorphous characteristics appeared in substances which did not crystallise<sup>2</sup> as solids under natural conditions and so couldn't be considered to be amorphous substances in a strict scientific sense. Amongst them were four significant homeopathic medicines: *Alcoholus* which is a liquid, *Hydrogen* which is a gas, *Lysergic acid* which is an alkaloid of ergot and *Luna* which is the energetic field of moonlight. Each of these 'uncrystalline' substances exhibited unmistakable Amorphous characteristics.

I decided to include them to enrich the relatively limited number of definitive Amorphous medicines and to 'step outside the square' of material science into the art of prescribing. I expect that this won't be the last such movement of the feet of experience outside the substances that clearly crystallise into one or other structure. Many substances have clinically shown a clear predilection for structural classification.

## ■ How to Study Each Structure

In my opinion it is best to study each structure discretely, reading one whole structure at a time, not a series of them. The cases will always be useful to round off one structure. In addition to this I can recommend two things:

First, to search out materials on one of the artistic examples of the structure, be it a biography, a film, art or music. This begins the process of inviting the structure to sit in the cells of mental, emotional and energetic perception.

Second, it is a worthwhile practice to study

your own successful cases that pertain to a particular structure. Take two of the best results you have had with medicines from that structural group, look at them closely and note all the structural indications that were forthcoming. This of course integrates it with your experience of the beauty of true healing, which never leaves us.

### References

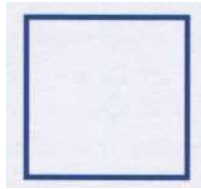
1. *The Web That Has No Weaver: Understanding Chinese Medicine* by Ted J. Kaptchuk, O. M. D. 2<sup>nd</sup> edition, McGraw-Hill, 2000.
2. See Epilogue where the genesis of understanding structure in medicines without scientifically discernable structure is explained.

# Cubic System



The inner structure of substances that crystallise into the Cubic system is based on the square in two-dimensional and the cube in its three-dimensional form. This inner structure is externally impressed on the outer form of the ubiquitous common salt and is starkly evident in iron pyrite, which Mother Nature often forms as perfect cubes. There are many renowned homeopathic medicines which crystallise into this shape including *Arsenicum album*, *Aurum metallicum* and *Cuprum metallicum*.

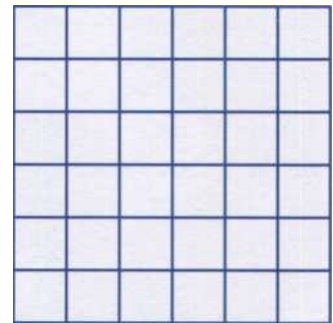
### Cubic Geometries



The **square**, along with the circle is the most basic of all shapes. The square carries with it a special place in the psyche of humanity, bearing the qualities of evenness, predictability and unerring regularity. It is like a house, while sitting firmly on its base, has a roof, walls and floor that are perfectly compatible. The nature of the shape relates to the need for stability, control and order inherent in the Cubic psyche. The square itself is synonymous with a box, with its metaphors of being ‘boxed in’ and whether one ‘thinks outside the square’ or not.

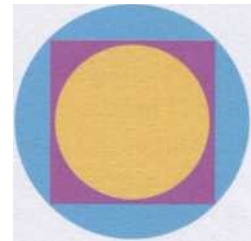
There are two types of relationship inferred when using squares to fill the space. The first is via the horizontal lines which divide into ‘above and below’ and infers their superior or subordinate attitudes which commonly appear in the workplace: ‘I am the boss and you are the employee, you will do as I direct’ - it implies traditional values. The other is ‘straight up and down’: there are distinct expectations,

limits and desires around relationships which are a fundamental requirement to the relationship and which make or break it. For example: the need for honesty; the need to meet a certain moral or behavioural expectation or the relationship that is only broken by death. The definitiveness, directness of will and strictness of requirement are salient in Cubic.



Filling the space with squares;  
Cubic and relationships

### ■ Encircled square

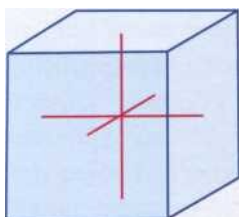


The encircled square is a picture of evenness and balance. Cubic people tend to strive for both these qualities in their relationship with self and the world. While both Hexagonal and Trigonal have these qualities, Hexagonal has a larger inner circle (more self-focused) and Trigonal has a smaller one (more societally focused). Cubic persons are commonly attempting to balance work, family, personal self and spiritual inclination.



## ■ Cubic Axis Vectors

Its three axes are the most simple conceivable: all at 90 degrees to each other and all of equal length. This three-dimensional regularity of the cubic axes amplifies the regular qualities of the square. Stability, order and control are firmly rooted in their mirror-like relationship to one another and this exists in no other structure. Light therefore passes through without breaking into separate rays, indicating its singular nature.



Cubic vectors: all perfectly equal and at 90 degrees to one another.

This ultimate order relates to many Cubic themes such as obeying the rules; narrow thinking; fixed and rigid attitudes; perfectionism; control, singularity and the attitude that nothing needs to change. While these qualities and attributes have a distinct play in the character of those who need Cubic medicines, the true nature of the human spirit is ultimately outside of these, in a dynamically free flow of life. This is the catch for Cubic as it generates great tensions and results in confusion of identity, addiction, compulsion and destruction.

When I see a Cubic crystal, I feel contained, firmly held and safe while restricted at the same time. It is easily understood, there is simplicity with no sense of mystery. There is also a wonderful sense of having everything in control and happily equalized by the force of will, especially with the octahedral form of the crystal.

## ■ Seed Concept: 'I am'

Cubic is the premier structure related to individuation of the psyche. I once knew a woman who was looking after a family of six children. It is quite a job to organise, feed, bath and care for six children at once. One evening she prepared the meal and called the children. One of them, a six-year-old girl, was playing intently in the garden and didn't respond. The dinner was getting cold. She left the table to fetch the child. Approaching her assertively she announced 'Come for dinner! It is getting cold!' The child was composed, slow to respond. Eventually she turned her head and looked straight into the woman's eyes. Emphatically, without falter, she said 'I am Madelaina!' Her inference of being answerable to none but herself struck the woman like a bolt of lightning. She walked away in shock.

While few Cubics will exhibit the stark intensity of this girl, they are, for better or worse, consciously engaged with defining their individuality. Hence themes of domination and control (of self and others),



Crystals of common salt, indicating the fixed 'dwelling on the past' of Cubic

## PRINCIPAL THEMES OF THE CUBIC PSYCHE

*Black and white: disputation*  
*Confusion of identity*  
*Death, loss and letting go*  
*Depth of perception and feeling*  
*Domination and control*  
*Duty, responsibility and guilt*  
*Egotism*  
*Fixed, rigid, resisting and hanging on*  
*Impulsive, unfettered, stage I*  
*Narrow thinking ... Broad horizons ... Original*  
*Negativity, criticism and obstacles*  
*Perfectionism, idealism, excellence*  
*Planning, order and logic*  
*Single, alone and total*  
*Sudden destruction, a bomb blast*  
*Wilful, uncompromising, assertive, oppositional*

being who they really are, questioning what is of truth, egotism and oppositional behaviour are all part of this anthem of the Cubic structure.

This theme, along with the quest for self-discovery, also lends itself to depth of thought and feeling. Its polarity of shattering the individual self and becoming one with the whole is the related spiritual theme.

## The Cubic Psyche

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**Black and White: Disputation**  
Cubic features strong definitive polarities of desires and aversions. They tend to be black and white about various issues, having definite expectations about their desires, being positive or negative or replete with love then hate. They perceive the events and players in this world as good or evil, right or wrong, there are no shades of grey. They will perceive people as good' or 'criminals', including themselves.

You will hear things like 'all politicians are crooks!' It is attraction or repulsion for them, there is very little space in-between. In fact some Cubic medicines have a distinct desire to wear black and white clothes (Diamond). This polarity plays out in 'men only' and 'women only' situations: clubs, groups or activities that tolerate only one sex.

*She had an explosive temperament and this scared people away. She beats and then hugs*

*immediately afterwards. Love and hate alternate ... from a case of Kalium iodatum*

This idea of black and white plays out in the realm of boundaries: they are very clear about what is right, what their entitlement is, the right thing to do in each situation and when they have been wronged. Rules are very important and marriage is a vow that should not be broken. When they feel wrongly treated it is commonly perceived as deception or betrayal and then those who were allies, friends or family become persona non grata or enemies. This is easily understood through the classic *Platinum* 'casting off those who offend them' but is common throughout the structure.

*I was really angry with these people that lied to us. The unfairness! I had a bee in my bonnet, 'that is not legal and not fair!'. I am not vindictive but this is against the rules. I will dob them in to Federal Investment Review Board.' ... from a case of Cuprum metallicum*

Their fixed nature, wilfulness, strong individuation and deep feelings evoke a disposition to fight and to enter disputes. They are naturally oppositional and this tendency is especially evoked by contradiction or criticism. Some Cubics are liable to become abusive, threatening or violent in these situations. Years of conscious work, resolute intention and effective medicines are often required to contain or avert this tendency.

*Adam; Arg; Aur; Cupr; Diam-im; Ferr; Fluor-gr-im; Fluor-gr-cr; Garn-alm-im; Germ; Kali-i; Lith-br; Nat-m; Plat; Plb; Pyrit-sun-im; Sama-o; Sphal-yel-im; Spin-red-im; Vanad.*

### ■ Confusion of Identity

While this feature of the psyche is most often associated with the change and transformation elements of Amorphous medicines, in Cubic we find a natural counterpoint to Amorphous

owing to a need to be highly individuated. Here there ensues a struggle with the Spirit as it is One without exclusion. This lays the foundation for spiritual, mental and physical disorientation through lack of identity and it often expresses as an inability to find a truly dharmic (in accordance with spirit) life purpose. It should be stated that this want of identity could well be due to fixation on and consequent over-identification with their thoughts, beliefs and desires.

*I'm feeling very depressed and thinking: What is the use of me being here at all, I have no mission, my life is useless, it has no purpose.' ... from a case of Aurum sulphuratum*

I had often noticed the inclusion of *Aurum* in the 'identity' rubric in Kent and wondered what it could be about until I had a case solved by the remedy. This man kept asking the question (*Aurum* speaks in questions) 'Who am I really?' and felt disconcerted in his life at his quandary as to how to define himself spiritually, mentally, emotionally and in relationships. He was a meditator and on finally taking *Aurum* heard the inner voice speak directly to him: 'I am a yogi!' He was deeply satisfied by this as he knew that a yogi is one who consciously uses a definite set of bodily and mental practices to find God and uses every situation to further this quest. It solved a long held painful existential question for him and this naturally became his. life orientation.

**Positive:** Cubic medicines act to allow orientation to a wholesome identity by locating concepts and unearthing feelings that were unrecognised or out of connection with self. This often relates to aspects of the psyche that had been abused, suppressed or covered by life circumstance and while these elements are common in healing, they most often specifically relate to consciousness of identity

in Cubic. True identity that aligns heart, soul, mind and body falls into place along with a properly connected but clear differentiation from others. They become unswayed by strong external cultural, personal and familial influences. While it most often relates to finding one's true purpose, it has also been seen to relate to sexual orientation.

It is also true that in yang types of Cubic natures, there is an unusually strong idea of identity and mission, which harkens to the black and white theme. For these persons the challenge is in moderating their will and opening their heart.

*Aur; Aur-s; Cer-o; Diam-im; Diam-blk-im; Ferr; Fluor-gr-im; Garn-alm-im; Irid; Kali-br; Lith-f; Nat-m; Niob; Plb; Sodal-cr; Sphal-yel-im.*

### **Death, Loss and Letting Go**

Death is the final frontier for human beings and commonly a primary issue for Cubic people. Whether the perception of death is related to the physical body (e.g. *Arsenicum album* fear of death), to the loss of someone or something special or to the urge for death through suicide, it has deep traction in the Cubic psyche.

On tracing the client's history there is often a nexus around the death through loss of some person who is special to them: a sibling, parent, special friend, loved partner or a child. The client will usually use the word 'death' or its equivalents like 'total darkness' or 'total devastation' in their description of the situation. There is a forsaken feeling after the 'death' experience and it may lead to the feeling that life isn't worth living, with suicidal ideation. It is typified in the *Aurum met.* delusion of losing the affection of his friend.

Abandonment, rejection by a deeply loved or needed person like a mother or separation through divorce appear as a metaphorical

equivalent to death. These experiences bear a finality that strikes at the heart of attachment, bonding and needs. The problem boils down to an inability to let go when endings come about in life and profound loneliness is often a result. There is an internal correlation to death in that part of their ego-centred psyche must die for them to progress, move on and grow. In more intellectual types they will travel deeply into the thought and consideration of the nature of death, its inevitability and its meaning for them.

*'It has been terrible with death of my father. I am completely overwhelmed. He died at home... my mother found him and rang me. I just did what I do and became the caretaker with everything that needed to be done. I think I absorbed all the shock of it. I had to push my stuff away... I had a lot to do - and felt responsible. I went through the process of watching him disappear before my eyes and having to do the same thing with all his possessions. Getting rid of his shoes was really hard. He will never walk the earth again.' ... from a case of Lapis Lazuli immersion*

A few other situations worth mentioning are: finding out they are illegitimate; being betrayed or left by a spouse (*Arg, Aur, Plat*) and letting the body go at death which is an outstanding feature of Diamond immersion. It also relates to a dark night of the soul experience which is commonly underlined by the desire to self-destruct.

*I feel darkness descending, or am I descending into darkness? It's like being slowly extracted from myself and losing all of me into this darkness ... from the proving of Diamond immersion*

*Arg; Aur; Aur-s; Bar-f; Diam-im; Diam-blk-im; Garn-alm-im; Kali-br; Kali-i; Lap-laz-im; Lith-f; Nat-br; Nat-m; Plat; Rubid; Spin-red im.*

## ■ Depth of Perception and Feeling

While it varies in character for individuals, the Cubic structure of the psyche exhibits an experience or yearning for depth in every possible way: mental, feeling, intuitive or spiritual. It is a compelling element of the psyche.

In terms of intuition, it can appear as a clairvoyant or prophetic experience which holds such meaning that it is thereafter carried as part of their regular daily thoughts. This can materialise as a sense of purpose and inalienable destiny. It is also associated with depth in meditation.

Mentally there is a need to reflect deeply and fully understand an issue, to penetrate the true nature of the problem at hand. In the feelings they are deeply touched, so that emotions emerge from the well that arises in the heart and soul. There is a deep passion, compassion or sense of connection for another, a cause, a belief or a sense of self. This feeling gives rise to the sense of 'total' in terms of commitment, love or endeavour.

*'I really don't know whether this is what I should be doing: living out my destiny or my ego. I am moving towards death. Am I not ever going to connect to that depth? ... I fleetingly experienced that in the last body of work but I can't get down there.'* ... after taking Red Spinel immersion

*He has a very strong sexual drive, which is sometimes difficult for his girlfriend to keep up with. She doesn't always feel like his long sessions, but sometimes does it just to please him. This touches him so deeply that he often cries like a child ... from a case of Baryta fluoricum*

When it comes to depth, *Diamond immersion* takes pride of place amongst medicines as it originates from tens or hundreds of kilometres below the surface of the planet. One

client to whom I had given *Diamond immersion* for depression had an aggravation that lasted just a day before becoming better. Pleased that the prescription had such a short aggravation I asked her about the experience. A dark shroud overtook her face as she explained that the depth was unfathomable and unutterable.

*Adam; Aur; Aur-s; Bar-f; Diam-im; Garn-alm-im; Lap-laz-im; Lith-f; Plb; Spin-red-im.*

## ■ Domination and Control

Many Cubic metals like *Platinum*, *Ferrum* and *Cuprum* are known to have a dominating streak or to speak with an air of command'. There are often issues relating to domination and control, whether they are the receiver or activator of this. They will happily dispense controlling thoughts, threatening words, actions and emotions and rail against others who try it on them with varying degrees of success. I see that this largely depends on the potency of individuals themselves. Cubic medicines will also appear for those who have a history of being dominated, which often starts with the relationship with a parent.

*'My problem is a constant desire to be the person who is no.1 in the house, as father and husband it is the custom which I came from. Like 'the captain, that is the exact definition ... My wife, a great lady, woman and mother, tries to put the last word on everything, always trying to be higher than me. I become a person who is hit and jumpy and grumpy to swallow a situation. I hate loud mouths, she is one of them' ... from a case of Ferrum metallicum*

The control issue often expresses though their internal life. A sense of wanting their life to be under their control, be it thoughts, feelings or actions. They may even go to the extent of suppressing their feelings to control the outcome of a situation ('I am really

controlled') as they are anxious they will lose control and serious upset (like a bomb blast) will ensue. They can become hard to themselves, always attempting to control themselves. This leads them to be too serious and feel that their real spirit is trapped. Ultimately they would like to become 'ruler over themselves', to live autonomously with no inhibitions and control their own destiny.

*Fluorite stimulates the free spirit' that wishes to determine and shape his or her own life. It makes us aware of where we are being controlled by outside influences and are 'not playing our own game', and helps us rapidly dissolve these undesirable influences ... Michael Gienger on Fluorite*

*Adam; Aur; Aur-s; Bar-f; Cupr; Diam-im; Diam-blk-im; Ferr; Fluor-gr-im; Germ; Lap-laz-im; Lith-f; Nat-br; Plat; Plb; Sphal-yel-im; Spin-red-im; Thor.*

### ■ Duty, Responsibility and Guilt

As depth of feeling, perfectionism and the tendency to fixed ideas percolate through the psyche they are often found to express through duty, responsibility and guilt. While Aurum *metallicum* is famed for these characteristics, they are a prime feature! of many Cubic medicines. Interestingly! guilt is prominent in *Bromium* and most! compounds of *Bromium* structures; two! structures most prone to guilt.

*General-*. Being committed and deeply duty-bound they imagine they have neglected something, and this causes great anguish. They easily feel they have done wrong and even that they have committed a crime in this regard (Aur; Diam; Kali-br). If a capable person they may take on many tasks (Ferr, Aur, Diam) e.g. managing a legal matter, a sick father, an ailing grandmother as well as a professional life. They will naturally take responsibility even for

those they don't know, such as a street person or a lost animal. It is their duty. If religious they will tend to feel punished by God for doing wrong (Ars; Aur; Kali-br; Plb).

Overall they tend to internalise, keeping problems to themselves to a large degree. They often focus on the things that need doing rather than enjoy what they are doing now. A strong sense of personal honour may be a factor in the realm of duty.

These tendencies build up a great sense of pressure (also see *Performance, Stress and Success* on page 58). If overwhelmed by their duties and responsibilities they will tend to break out in destructive acts like a storm of anger, breaking things or physical violence to self or others. Alternately other things break like their health or psychological ability to cope.

*In families:* the fixed relationships of family are similar to Trigonal, i.e. they are fundamental to them. For Cubic it is even deeper, as if it resides in the bones, it is loyalty. Responsibility to look after an ailing parent or child is fixed and they will persevere in this even under extenuating circumstances. If anything goes wrong with a relative they are there to help and rectify the situation and will easily feel they have neglected their duty especially in regard to dependants. 'We are family!' is an inalienable internal program for them. If they themselves are forsaken or let down by family it amounts to betrayal and will lead to the severing of ties.

*Dream: There is a letter from my mother. I thought, how could I have forgotten and neglected her for such a long time? I woke and remembered my parents are dead. It was a great relief... from a case of Lapis lazuli immersion*

*Argentum metallicum* is an interesting study in duty, feeling they must manage all the

organisational, financial and emotional needs of the family as well as looking after themselves - a burden that can lead to breakdown.

Cubic medicines are typical for mothers who feel guilty that their inattention to some perceived need has damaged their child, when actually they were a first-class mother. They are also typical for where an onerous burden has been passed from a dying parent to a son or daughter to be responsible for their parent or siblings. One client, a young ten-year-old boy was charged by his parents with taking care of his young sister and making sure she ate her dinner while they worked. This caused him great stress and his psoriasis ensued. It was cured by the Cubic medicine *Kali-io- datum* (responsibility and eating themes).

*Dream: about my cousins, drowning and calling for help, I feel helpless that I can't grab their hands, they belong to my aunty, who died of cancer, she always asked me to look after them when she died ... from a case of Kali-bromatum*

*Death:* If someone dies in the family, they become responsible and naturally take over the requirements of funeral and execution of the will. They will absorb the shock of it and though they will not generally show it, it drains them. They feel guilt for feeling relieved when an elderly loved one dies. In life-and-death situations like war or tragedy, they will feel guilty for remaining alive when their comrades are dead.

**Work:** They tend to be meticulously responsible for their work whether a labourer or a manager. They are serious and are very willing to take work home. A housewife can become excessively tidy or fanatical about domestic duties. They will develop strong loyalty towards colleagues, even to their detriment. When things go wrong in the

organisation they feel responsible. When others are on leave they will take over their duties; they are often there to rescue others. There is a strong fear of making mistakes and things are too easily 'my fault'. They tend to overwork.

*Dream: Night before. I wanted to go home and no one was listening to me. I was screaming at my husband, 'I want to go home!' It's about the domestic responsibilities (looking after the dog). I feel I take the domestic load almost completely. I forget he handles the financial responsibilities... from a case of Red spinel immersion*

*Polarities and Positives:* In some Cubic cases they will let go of responsibility after taking the appropriate medicine. In others the medicines infuse more resilience and the ability to rise above responsibilities so that they are executed with relative ease; it is an expansion of capability. They also enable the letting go of guilt and excessive self-analysis about the way they deal with others and heavy duties, enabling more flow and sensible solutions. There is a strong tendency to loyalty and trustworthiness.

Stage 1 (periodic table) medicines and crystals such as Almandine Garnet are of particular interest as their tendency is to be primarily self-interested. Their tendency is to develop more sensitivity or compassion to the suffering and needs of others without identifying with it.

*Arg; Ars; Aur; Aur-s; Diam-im; Ferr; Garn-alm-im; Kali-br; Kali-i; Lap-laz-im; Lith-br; Nat-br; Plb; Sodal-im; Sphal-yel-im; Spin-red-im; Thul-o.*

## ■ Egotism

It is in Cubic that the sense of the egoistic self reaches its zenith. While there will be excesses of ego with its incumbent qualities of specialness, superiority and sense of

separation, there will eventually come an admirable independence and self-sufficiency with a healthy connection to others.

The first consideration here is the egotism, which causes pain through its arrogance, separation and self-seeking control of the environment and others. Expressions of this include the fear of falling from a high place (Aur; Plb); the inability to forgive (Plat); pride with aggression (Bar-f); boasting (Pall; Plat); thinking they always know better than others (Plat): having to be 'Number One', in the top position - the one who is always respected and obeyed (Ferr, Plat, Diam); so self-engrossed or self-righteous that they are inconsiderate of the needs and sensitivities of others (Garn-alm, Fluor-gr-im).

*In the afternoon I am thinking how I have such a big ego. I want to be Number One. I want to be the greatest... from the proving of Diamond immersion*

In stage 1 this sense of ego is much more childlike and seeking of attention (Lith-f; Nat-br). This maybe sought through physical prowess in a sport, exuberant creativity, always joking or breaking the rules and self-congratulation at being right.

*She is very shy, but at the same time, when she feels good, she likes to be the centre of attention... from a case of Lithium fluoratum*

**Polarity:** the polar opposite of this sense of egotism is often evident in those who live life in the Cubic structure. They could feel confused and lost (Rubid), there may be a complete loss of sense of entitlement (Fluor-blue), lack of self-belief (Vanad) or they may feel that the sense of self is completely annihilated or eclipsed (Diamond).

**Positive:** the common outcome for those with a sense of separation is humility. I recall one lady who received *Platinum met.* for a plethora of egoistic feelings, calling the next

day and leaving a message on my answering machine: 'I am humbled!' This is also the case in *Diamond*: having experienced the stress, aloneness and judgement of the ego, one is able to let go and see it for what it is and move on to truth with humility. For those who are too exclusive or full of self-importance it will provide connection to family and community (Garn-alm).

For those who suffer from lack, or are bereft of a healthy sense of self, there develops a wholesome self-orientation which exudes self-belief and creative energy (Garn-alm, Vanad).

Adam; Aur; Bar-f; Diam-im; Ferr; Fluor-blum-im; Fluor-gr-im; Garn-alm-im; Lith-f; Nat-br; Pall; Plat; Plb; Rubid; Vanad.

### **Fixed, Rigid, Resisting and Hanging On**

The cube, with its repeating angles and lengths, is the most fixed of all the structures. This manifests in various ways:

**Fixed ideas, beliefs:** They often live by mental tenet: 'I never give up' or 'once you are a beggar, you are always a beggar'.

Muhammed Ali once quipped 'I am the greatest! And I was saying that before I was the greatest!'

Should they be wronged they will not rest until it is set aright by extracting an apology or taking the instigator to court. They are the sort of person who will report a tax evader or undertake a 'citizen's arrest' at the sight of injustice.

If there is something to do they won't be able to expel it from the mind until it is done. You may find that they eventually arise in the early hours to complete it and then suffer from loss of sleep. They develop fixed habits, which is not problematic if it is positive, but even then they show no flexibility when it is warranted. Once convinced they must do



something, heaven and earth will not shift them un- I less it is the simillimum or disaster. Their thoughts and desires are a steel trap for them as they identify with them; there is no healthy separation. They will habitually lead them to the same fateful outcome...

*'I feel like the old bull, once you grab onto something, then what else? There is something in the body that just wants to grip on.'* ... from a case of Red Spinel immersion

They become stubbornly resistant or angry if you try to influence them. If they are refused what they want they will fight unremittingly for it. In children they resist anything they don't like. Alternately they will shut down completely, withholding all interaction and go into complete resistance. A child at a school camp hates the flying fox and spends four days crying about it (Cupr).

Relationships become very fixed: T cannot let go of my girlfriend, who else will ever love me?' It may be a young man dependent on his mother and unable to get out and make his own way in the world. Others will become resigned to a fate T will never find love, it is not my fate in this life'.

One *Ars alb* patient who had lost her father commented to me at the end of the consultation: 'Now I realise there is no God, no heaven, no afterlife, no reincarnation, no one looking down on you. Once you are gone you are gone!'

**Custom and tradition:** There is a very strong adherence to cultural, national or religious tradition. The custom is that the man is the head of the family; he provides everything for the family and if they don't obey and respect him he is very upset (Ferr). If you are born into a family that is Catholic, you should follow that and not countenance any other belief system. Amongst the structures they are most apt to become racist or sexist and

be ready to espouse their ideas even though they may be politically incorrect.

**Unwilling to compromise:** They can become uncompromising, refusing to participate, walking out. It is a type of radical wilfulness. It is the child who will not be moved by the teachers' or parents' direction. This is of course a strength when it comes to injustice or oppression.

**Generational or past life patterns:** I have noted that the fixed ideas often relate to generational or past life patterns in the Cubic structure. They will become aware of a family pattern that limits them e.g. 'no-one in our family obtains a higher education'. On one side they feel they must struggle to break those patterns; on the other side they may not see any options and believe they can't change anything. They could also become aware of a past life event which is strongly influencing them now e.g. a traumatic death or terrible disease (*Diam-im; Diam-blk-im; Lith-f; Nat-br; Sphal-cr; Spinel-red*).

**Fixated on past relationship:** Cubic medicines are the first class of those which hold onto an old relationship, even after a change is required by life circumstance. This is due to the depth of mental and / or physical connection. This is the famed tendency of *Natrum mur* not to be able to commit to a new relationship from grief about loss or being hurt in a previous one. It can be the same in any familial loss situation and *Adamas*, *Diamond* and *Lapis lazuli* are outstanding here.

*I remember old days, dwelling on the past, especially about when my friend who died was still alive. I can't seem to let him go, I don't ever want to accept that he has gone, though I know I should because it will free his spirit. Yet I love him too much to accept his death and allow his soul to go ... from the proving of Adamas*

In *Lapis* they become fixated about the death of a loved one, living in a state of mourning. It may become evident in dreams of dead loved ones, so that they are repeatedly engaging with them.

**Blocked emotions:** Interestingly two cubic stones, Boji and Pyrite, bring awareness of blocked emotions and fixed thought patterns which hinder life and cause illness.

*Adam; Aur-s; Bar-f; Boji-st; Cupr; Diam-im; Diam-blk-im; Fluor-blu-im; Fluor-gr-im; Fluor-cr; Garn-alm-im; Garn-cr; Kali-br; Lap-laz-im; Nat-br; Nat-m; Plb; Pyrit-cr; Rubid; Sphal-yel-im; Spin-red-im; Ytte-o.*

### **impulsive, Unfettered, Stage 1**

It is striking to me to see that each element in stage 1 of the periodic table: *Lithium met; Natrum met; Kalium met; Rubidium met; Caesium met* and *Francium met* (plus *Hydrogen* if frozen) is structurally Cubic. This implies that Cubic themes and Stage 1 themes have important features in common. The concepts of impulsivity, spontaneity and lack of thinking things through are common. In this mode they are uncontrolled, 'cowboy-like, getting irritated and worked up fast; often immature and egoistic. It sometimes results in hyperactivity, inability to focus, taking drugs or violence. There is no circumspection; risk-taking is common and so they often find themselves in trouble, lost or confused.

*Dream: We stop at a building in the country and go in looking for food. A large function room there has been prepared for an event with long tables, chairs, plates and knives. There is also food prepared as if the function is about to start. No one else is there besides the four of us. A few of us eat some of this food as we are hungry. People that staff the place come in and catch us and we are in a bit of trouble. They go out and we eat more again*

*and are in big trouble! ... from the proving of Almandine Garnet immersion*

This Cubic stream is also reflected in the often used compounds of Stage 1 elements: *Nat-mur* for instance is an invaluable medicine for problems at the beginning of a relationship.

**Positive:** they can also express unfettered spontaneity of feeling or thought, vibrant initiative or the courage to assert oneself as seen in *Almandine Garnet* and *Red Spinel*. Cubic and its associated stage 1 elements release the inner fire and imbue the willingness to step out and act.

*Bar-f; Cues; Diam-blk-im; Garn-alm-im; Fluor-gr-im; Lith-f; Nat-m; Plb; Rubid; Spin-red-im.*

### **■ Narrow Thinking... Broad Horizons... Original**

This is a micro vs. macro situation. Many Cubic medicines enable one to pull back from a narrow focus or perception and to open to a larger field, to see and feel broad horizons of thinking, activity and being. This feature engages, imagination, ambitions and the search for a life which is truly meaningful - something bigger than the ego, the broader connections between things. More than any other structure Cubic is for those with big ideas, those who would change the world, compete on a world stage like the Olympics, promote knowledge or a cause that affects large communities, the nation or the planet.

On the narrow side, it is for those who are locked into a small world: tied up in their own thoughts and feelings, willing to engage only with a small family or social group or engaged with work that is about the minutiae of life. It is for looking beyond the rules, laws and dogmas which we all attend to for security and order.

*The picture is the big one. The man in the*

*field only saw the micro. In comparison, as I pulled away from the Earth, up into the universe, I saw the macro ... from the proving of Lapis lazuli immersion*

Directly associated with this are originality, inventiveness, imagination, the element of creative 'genius' extending beyond what is thought possible. In those who have their feet on the ground a sense of destiny often accompanies these streams of consciousness. I have noticed that this feature is often a current in the realm of science and Leonardo Da Vinci's life is an outstanding example of this type of character.

*He wants to become an inventor; he would come up with inventions and his colleague would have to build it. He's been thinking of a new car that floats over the ground and can go anywhere ... from a case of Palladium metallicum*

*Adam; Diam-blk-im; Fluor-cr; Garn-cr; Lap-laz-im; Pall; Nat-br; Rubid; Sodal-cr.*

### ■ Negativity, Criticism and Obstacles

The concepts of negativity, criticism and obstacles all refer to the principle of that which would stop, block and hinder. While other structures experience this type of resistance in various ways, there are none that are as strong, as forbidding and as characteristic as in Cubic (see *Differential Diagnosis*).

*In the receptive yin type:* This can manifest on the emotional plane through easily feeling offended, provoked or betrayed by comments that offend his way of thinking or his beliefs. They will become fearful of reprimand and criticism and may avoid it at all costs. They will complain of the negativity of others which they will feel acutely and may choose to play the role of victim. Being told that his ideas or intentions are without foundation or over-ambitious may lead to depression.

*'People are being mean. They think I'm not good at anything. They think I'm not good at easy things like maths and sport. I don't know why ... They push me into a corner so they get their lunch first. They keep following me. They're teasing me! They think they're the good ones in class. It's hard to stop them ... They say I'm not good at things, they say I don't wear good clothes and stuff.'* ... from a case of *Cuprum metallicum*

It can also manifest on the mental plane as self-directed negativity and criticism. This leads to discontent and imagination of obstacles (e.g. worldly, personal or health) and can lead to great self-reproach, despair and depression. They see themselves as ugly, unworthy, feel persecuted or as if they are constantly doing wrong and failing. Eventually they start thinking of the worst case scenarios and become totally pessimistic, undeserving of love and full of shame. They start eating themselves up and even become full of self-disgust, self-reproach and self-hatred. This pervasive self-judgement suppresses true feelings and intentions. There is something wrong at the root of being or at the root of the work she is doing that will undo everything.

*I thought I should tell them 'I'm afuckwit, I let you down, you deserve better, I'm useless, I'm shit, I'm nothing.'* ... from *Diamond immersion proving*

Those who live within a constrained religious, a strict rules-based society or under oppressive dogma of any kind, may begin to feel they are bad or evil if they feel the need to act outside them. All these scenarios lead to profound negativity of thought, often involving destruction of self even to the realms of suicide, or of others by murder (ideation or attempts). Another outcome is the need for isolation and so living the life of a hermit.

*I am anxious about unimportant things. I*

*beat myself up mentally, and I judge myself myself why I would be bothered to stand in a continually. I feel jealous of everyone about queue. I stand there, I wait and wait, I finally me, I am just a miserable person. Full of self-disgust and hatred ... from the proving of person but now I have stamps; I'm the same Germanium metallicum person but now my banking is done; I'm the*

*The outgoing Yang type will project this same person, but now I have bread ... what's negativity onto others with forceful criticism. the fucking point of being here? I understand They tend to be perfectionist with a need to fully now the term 'despair of life', I have correct and reform others. While they feel self-despair of life. Things lose their meaning. righteous about criticising others they are 07;C;06;10MM ... from the proving of unlikely to take it well themselves and tend to Diamond immersion*

*get angry about it. They are very judgemental. This personal energetic of negativity, The manner is often sharp, brusque or direct criticism and perfectionism may play itself out and may descend into meanness or cruelty. so powerfully that it creates difficult life This dislike of others is often rooted in dislike circumstances. At the height of the current of of self. this consciousness the obstacles may come at*

*He cannot stand being reprimanded. He has a once so that many things will fail or 'go fiery temper and a violent anger. For slight wrong' at the one time e.g. fired from work, reasons he threatens his sister: T am going to losing their house, losing a friend. To top it off kill you'. If the vacuum cleaner becomes stuck they repeatedly get on the wrong train - the straw that breaks the camel's back. It is when he uses it, he can take an item and break classically Cubic for a number of critical it... He is easily offended and does not tolerate circumstances like family illnesses and or any comments from his sister ... from a case of multiple ailments to all appear at once or in Aurum sulphuricum. close succession. Those who hear the story are*

*Obstacles:* Cubic is classic for the obstacle that seems totally insurmountable, for which there is no solution. In *Lapis lazuli* it is the love that one never received from their mother, yet how can he go back to infancy or the womb? It may also be manifest in the inability to express themselves through a blockage in the throat (*Lapis-*, *Diamond*).

*They tend to choose the hardest route because of an exaggerated sense of perfection and won't let the mind go to negativity or righteousness. They are driven to despair by anymore. The mind is purged of negative the endless obstacles, meaningless trivialities programs and they may ultimately enter a state or endless interferences from family with of impressive positivity. They become an which they contend. This can descend into admirable expression of 'the thoughts make the crisis: man'.*

*Today I have stood in queues everywhere. I start to choose the wisely balanced option didn't feel impatient, but I felt very negative instead of the most difficult. about myself being in queues. I started to ask This dynamic positivity enables them to*

overcome obstacles and to quickly achieve things they had long been unable to do: the unemployed find work, the artist overcomes the block. They are able to make clear decisions. Where they had been 'going round and round' the obstacle, a clear path through appears, or the obstacle appears as an adventure or welcome challenge.

*Adam; Arg; Aur; Aur-s; Cupr; Diam-im; Diam-blk-im; Fluor-gr-im; Garn-alm-im; Garn-cr; Germ; Kali-br; Kali-i; Lap-laz-im; Lith-br; Lith-f; Nat-m; Sodal-cr; Sphal-cr; Spin-red-im; Lhul-o.*

### ■ Perfectionism, Idealism, Excellence

The quality of perfectionism is inbuilt in the Cubic psyche in a far more prevalent way than any other structure. Striving for perfect image in the Tetragonal structure pales when set against the cellular depth and energy of Cubic.

*Work* is a realm where they commonly strive for perfection. In some definitive arenas e.g. mathematics, science and engineering, it can be achieved in a way, so there is an attraction to these types of professions. It may seem to arise from the demands of an exacting boss or the nature of the work, but should the individual readily play the game, the strong scent of Cubic is present. For instance, it can be seen where a company employs only the best, highest performing individuals who are dismissed as soon as they lapse. They are meticulous, fastidious about the work - it must be top quality within and without. It is natural for them to be amongst the best. They are able to take up complex assignments, pay unremitting attention to the cause of exactness, and will take all the time they need to complete it correctly.

They want to be the best, either fearing failure or feeling that second best is not an option. It would be better not to have started at

more than to fail. They hate making mistakes. 'If you can't do it well, don't do it at all'. He is the sort of man who will willingly fall on his sword should he make an error.

They tend to be very punctual, going to extraordinary lengths to always be on time for appointments. As a result they are often very early.

*'I like things to be done in a good way - I enjoy looking at it if it is done properly. I like looking at a piece of artwork. It is the small details that make the difference... Other people are different. I will keep it in my mind all day and think about it at night. Then when at work I try to solve the problem.' ... from a case of Lapis lazuli*

**Man and woman:** There maybe a perfectionistic or idealistic expectation of self in terms of gender, or this maybe projected onto the desire for a partner. This is not usually related to requiring a model's features, which is far more typical of Tetragonal. The woman should be the epitome of feminine qualities in appearance, personality and as a lover and nurturer. The female form, which appears to carry the essence of femininity, should be classically shapely and all satisfying to the eye. In a man, he should be tall, well-built, attractive and confident. In addition to this he should be an all-rounder excelling at sport and naturally successful in business. As a young man he may be a 'golden boy', the pride of the family. Should they not have a fair helping of these characteristics they can feel ugly or inadequate.

**Cleanliness and purity** are important elements of maintaining perfection. They like cleansing as it takes them closer to their ideal of excellence. Whether their focus is physical, mental or spiritual, they will enjoy the rejuvenation and purity of undertaking processes like fasting, mentally clarifying their

understanding or spiritually purifying the ego or energetic system. The words pristine, pure and perfect will arise in their reflections about these processes. At home they are typically organised and clean and everything is in its place.

*I like my house well-organised. I always clean up immediately after coming home. I hate it when my husband is sloppy around the house; I want to kill him.'... from a case of Kalium iodatum*

**Integrity:** They are seeking integrity in their work; it must carry meaning and exhibit excellence. There must also be integrity in the social, political or spiritual outcomes of their endeavours. They have a deep sense of justice and ethics. They need to do it right and be true to their assumed code of behaviour, activity and ideals - a sort of moral perfectionism.

**Belongings:** Should they be materially oriented they will want top quality in their clothes, cars, houses or holidays. They would rather buy an excellent and beautiful pair of shoes for a high price than settle for less. Once they have acquired what they desire, they will want to maintain it:

*I love keeping my things in very good condition - I am fanatical about scratches and dents on my cars. I have kept all of my cars in very immaculate condition.' ... from a case of Natrum muriaticum*

**Self:** They are harder on themselves than any other structure. The 'unfit for the world' feeling of *Aurum metallicum* is related to the need for perfection. If the truth be known, the world itself is unfit for perfection. They can feel that they need to be strong and perfect in order to be loved. These impossible situations are often the precursor for despair, depression and suicide or insanity.

*'Over summer I worked on it seven days a week, writing 16 hours a day. I've had this*

*project for three years. I have been perfectionist about it and hard on myself if I haven't achieved it. My grandfather was a perfectionist and disciplined to the point of hatred, slapping himself across the face till he stopped crying.' ... from a case of Black Diamond*

**Spiritual:** There is a unique sensibility to perfection in Cubic; they smell it and strive for it. Ultimately they realise that the only perfection they can hope to reach is a spiritual one, as it is not of this world; the Spirit knows no limits. This often turns them to spiritual pursuits. They start to ask the cosmic questions: 'Why are we mortal?', 'Why do we age?' 'Who are we really?' There can be a desire to live life as if there



This extraordinary twelve sided Almandine Garnet exhibits the equidistant, right- angled internal axes of Cubic

is no tomorrow as death may come at any moment.

While a deep commitment to spiritual life suits them, when they consciously take it up there is a tendency to compare themselves to the spiritual master and they often end up feeling terrible about the difference in their status. Only after great tempering or concerted

work on themselves do they accept that mastery is a process - the pursuit of excellence.

**Positive:** Positive attributes of their need for perfection will appear sooner or later. Often it is in the form of great mental clarity (*Diam-im*), clean detachment from the material world and the willingness to overcome and completely abolish flaws in behaviour or thinking. Importantly there is a realisation that making mistakes is just part of the process.

Another positive attribute to the perfection ideal is centred around '*small acts of love*'. They develop an ability for great care and compassion. It is especially in such forms as: looking after a child, helping with the needs of someone who is struggling with a life crisis or caring for someone who is ill. They tend to want to do the things which will smooth the way for the afflicted or incapable; to attend to the special needs of those who are highly sensitive. It is felt as duty, but it is not so much an imposed duty as arising from loving care deep in the heart.

*I am living with three women who are all very sensitive. Before we go out I have to put them all in a large pram and make sure every little thing is okay so that they can manage the world and are protected. Then I wheel them out.....from the proving of Almandine Garnet immersion*

*Adam; Aur; Aur-s; Diam-im; Diam-blk-im; Ferr; Fluor-gr-im; Garn-alm-im; Kali-br; Kali-i; Lap-laz-im; Nat-br; Nat-m; Pall; Plb; Pyrit-sun-im; Spin-red-im.*

## ■ Planning, Order and Logic

This theme is akin to the perfectionism theme. Cubics are prone to giving great detail as to the chronology of symptoms and tests they have undergone for their complaint. There is a life of meticulous planning, making lists and setting priorities. They are serious about it. No

chit-chat or gossip please! If anything doesn't go according to their plan they can become angry, moody or depressed.

*T often make 'to do' lists, I have a voice in my head that says 'do this, do that'. That voice is dictating to me. I am struggling to organize things I have to do, to set priorities. I like to get things done before the deadline, to deliver a tidy job. When I can't manage that, I feel like I've not fulfilled my own expectations.' ... from a case of Kali iodatum*

They like everything under control and go about it in a systematic and orderly way. They tend to be capable and organised and may organise their lives into compartments: business^ finance, practice, friends, religion and family. Well-developed Cubics become effective directors of groups and organisations.

*I think about work, organising matters, not forgetting anything. Follow-up takes a lot of time. I make sure all materials are ordered, all subcontractors are on time and everything runs according to schedule ... lots of planning and there are always unforeseen matters.' Observation: He is contained, quiet, sincere, firm and orderly. His home impeccable; he has thought of everything e.g. space for a lift in case needed for family members in elderly years ... from a case of Lapis Lazuli*

They may take great joy in solving problems in an orderly and methodical way, doing one thing at a time. They make excellent bookkeepers, engineers and scientists. They are drawn to numbers, shapes and mathematics. At worst they become dry materialistic scientists that acknowledge no sacred Mystery, no Spirit.

The day of reckoning comes with unplanned stress and events beyond their control like family illness or bad accident. Then they fall apart in dramatic fashion having a psychological or health crisis; the need for a Cubic medicine looms.

**Polarity:** Clients who do well on Cubic remedies after depression or the long-term effects of loss or grief, often develop a great desire to organise their life and get their affairs in order. *Diamond* has been clinically beneficial for hoarders.

*I made a list of about ten phone calls I had been putting off and then made each one. I paid all my outstanding bills, balanced my books, returned two questionnaires, prioritized work outstanding for school - in short, cleared my desk, and all in one day. ... proving of Adamas*

*Adam; Arg; Cupr; Diam-im; Fluor-gr-im; Fluor-cr; Lap-laz-im; Pall; Plat; Plb; Pyrit-sun-im; Rubid; Sodal-cr; Spin-red-im.*

### ■ Single, Alone and Total

A sense of isolation and aloneness is often related to depression for those with a Cubic mind set. Feeling cut off and alone in the world evident in *Aurum met*, *Germanium* and *Diamond*. The repertory (Complete 2010) contains two other prominent Cubic medicines for this: *Platinum* and *Iridium*. It is often felt in an absolute way: 'I am in total darkness', reflecting the profound isolation they feel.

The Cubic structure may generate an introverted disposition. It is as if they are drawn into themselves, a type of selfobsession. They may even have to avoid their family or partner because they so much want to be alone. It is here they can be themselves, feel and process grief and pain, or come to grips with a stressful part of their life. *Diamond* and *Kali-brom* experience a muteness in their introversion.

**Positive:** In the healthy state they are self-contained when alone and when with others they enjoy it and are direct with expressing their feelings. They can be quiet with others and feel connected without having to talk. This

is a profound depth of feeling and somewhat similar to Orthorhombic. Connections are deep: felt at the heart and soul level and not dependent on proximity or exuberant expression of affection.

There is an unequalled capacity for a sense of internal integration and happy aloneness. This healthy self-sufficiency enables them to do work or undertake endeavours without the common need for support from others. They most easily become the person at the top: 'this is where the buck stops' (*Aur; Plat; Diamond*), or become trailblazers in exploration, science or art. They may use this quality to pursue deeper meditation and spiritual growth.

*Adam; Aur; Aur-s; Diam-im; Diam-blk-im; Fluor-bl-im; Germ; Irid; Kali-br; Lap-laz-im; Lith-f; Nat-br; Plat; Plb; Sphal-yel-im; Thor.*

### ■ Sudden Destruction, a Bomb Blast

There is a sudden, destructive quality in Cubic that emerges in much of the imagery and life experience. The quality of a bomb blast, explosions, sudden collapse, plane crash, a volcanic eruption, a rocket attack will be used to describe anger, joyful excitement, fear or pain. It has an irrepressible, uncontrollable quality - it is a violent discharge and often has an element of shock in it. Change and transformation are experienced (at least initially) as a bursting or breaking through as opposed to the long extended efforts of Tetragonal, Hexagonal and Trigonal and change of heart in Orthorhombic, Monoclinic and Triclinic.

*I am very inflammable and easily burst into anger. It doesn't last long but it gives me pain in the stomach. It is uncontrollable; there is an accumulation of daily tasks and then a need to blow, explode and discharge negativity. I'm not offensive or swearing or rude but not nice*



*to my family.’ ... from a case of Ferrum metallicum*

*Adam; Arg; Aur-s; Cupr; Diam-im; Ferr; Fluor-gr-im; Garn-alm-im; Nat-m; Plb; Spin-red im; Thul-o.*

### ■ Wilful, Uncompromising, Assertive and Oppositional

It is only natural that the highly individualised person with a Cubic structure will be working consciously to attain or exercise their will.

It is often ‘us and them’, life maybe experienced as a battle of wills and the need to assert individuality in the face of another. It often leads to fights (see section ‘Black and White: Disputation’). Deep down they are thinking ‘no-one will tell me what to do, I will do as T’ feel or think’. Their own agenda is paramount. They are deeply present to their own principal idea or feeling.

*7 want to have things my way, therefore I feel sorry for my fiancée.’ ... from a case of Aurum sulphuratum*

*Dream: I hear my brother speaking loudly in another room. I tell him to shut up and grow up and swear at him. He comes into the room looking a bit crestfallen and I mercilessly scold him more. I have no thought for his feelings. I am simply angry, interested in what I want and getting it... Green Fluorite imm proving.*

In some cases they become wholly inconsiderate, unfeeling and even rebellious. It is the child who assertively refuses to do what the parent intends or to go to a regular school class. There is no question whatsoever that they will

accede once the mind is made up. One *Ferrum met.* child that I treated insisted on wearing her shoes to bed. Her mother refused to allow it and they fought deep into the night until her shoes had to be forcefully removed. After hours of battle she cried herself to sleep. On waking in the morning the first thing she said was, ‘Where are my shoes!’ At worst they will become self-centred, aggressive and dictatorial.

*A child looking directly at me (the practitioner): ‘You! You’ve annoyed me enough! You’re not going to try and help me. Leave me alone! I’ll mess up this whole place and you can’t stop me. He goes over to the toys and starts throwing them across the room and at me ... from a case of Cuprum metallicum*

In some cases they will take on too much and while they may have regrets, the idea of giving up is near unthinkable for their fixed, strong will.

**Positive:** This quality of will gives them an unusual ability to concentrate and succeed in whatever they set their mind to. It makes the highly individuated person decisive, direct and resolute in finding solutions. They will never give up on something they truly believe in. They will fight against seemingly insuperable odds and only death will avert them. The unwillingness to compromise will be useful on properly considered matters of principle, injustice or oppression. There is power in the will.

*Adam; Aur; Aur-s; Cupr; Diam-im; Fluor-cr; Fluor-bl-im; Fluor-gr-im; Garn-alm-im; Nat-br; Plat; Sama-o; Sphal-yel-im; Spin-red-im.*

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## Peculiar Themes

## ■ Conspiracies, Plotting

Cubic is the principal structure for those who feel that there are major political conspiracies or others are personally plotting against them. Commonly it is expressed through delusions that others are planning or attempting to destroy or control them, their freedom or goals; efforts of coworkers or family to undermine them; or a flight of political theorising about world events. In effect they are creating the enemy without and not paying attention to the real enemy within. I was delighted to see in the repertory under 'Delusions, conspiracies' the standard Cubic medicines of our material medica: *Ars alb*; *Kali-br* and *Plumbum* confirming the evidence of the provings of *Diamond*, *Adamas* and *Green Fluorite*.

*Adam*; *Ars*; *Diam-im*; *Fluor-gr-im*; *Kali-br*; *Plb*.

## ■ Dungeon, Prison and Buried

While these keywords describe a state of mind common with the gems, Cubic stands out in bold type amongst structures. This imagery is used to describe the depression in relation to life whether it be work, relationship, spirit or unintegrated parts of the psyche itself. It is ascribed to metals and compounds as well as gems.

*Adam*; *Diam-im*; *Germ*; *Nat-br*.

## ■ Power, the Word 'Power'

The consciousness of power is very present for Cubic and simply put it is the ability to act. Theirs is the ability to act through a combination of will and passion.

The word 'power' appears to be a prominent part of the vocabulary for certain Cubics in its multitude of forms: 'empowered', 'powerless', 'misused power' 'overpowered', 'power over myself', 'willpower', 'inner

power', 'power over others', 'superpowers' as well as its intimate association with domination and subjugation. The urge to suicide, which is heavily Cubic, is a final grasp at power over one's own life. Cubic medicines are empowering or moderating as the case requires. It even extends to the ideas of 'generative power' often evident from *Almandine Garnet* ...

*7 accomplished in a few days what I had been unable to do in weeks. I have a sense of space, room and energy. People seek me out for jobs, not the other way around. Barriers and obstacles have dissolved. It has given me the power and strength to go straight on, express in the world, get things done right and in a shorter time.'... after carrying Almandine Garnet*

*Adam*; *Aur*; *Diam-im*; *Garn-alm-im*; *Nat-br*; *Plat*; *Sphal-yel-im*; *Vanad*.

## ■ Questioning and Search for Truth

I often noticed a rubric 'speaks in questions' in which *Aurum met.* appears prominently and always asked myself what this was about. Then I noted that the ideas of honesty sincerity and straightforwardness appear strongly amongst Cubic medicines. There is a search for truth whether it be about the problem at hand, the way they should live life, about the meaning of life or the maxim of science. Truth and perfection after all are comrades in idealism as both are perceived as absolute. To find truth they are impelled to question until they find all the answers they require.

*The question is: do I live my life as though I am to die today, demanding the truth in everything I say and do, or do I live my life as if I am immortal, not caring for any mundane and body-centred things, and so accepting my death may come at any moment... proving of Green Fluorite*

*Arg; Aur; Cer-o; Diam-im; Fluor-gr-im; Garn-mel-cr; Lap-laz-im; Pyrit-cr; Sodal-cr.*

■ **Simple, Straightforward Existence** The practice of living simply is found as a theme in some Cubic medicines. The two-dimensional emblem of Cubic is the square; with only 'right' angles and equidistant sides it is the most uncomplicated form. While Cubic often gets into many stressful or complex situations, there is a sense of simplicity at the core, whether this be in attitude, intention, way of living or sense of self. You may find clarity in their statement of symptoms, even though they may be few. They can be business-like and state their story in a down-to-earth way. They are often dubbed 'straightforward', a rare

aesthetic amongst humans of the modern world. It may appear as a reaction to having lived a too complex or stressed life. It could also be expressed in a delight at simple things e.g. the sublime beauty of a well-formed and delicious apple.

*Dream: His mother moved between two men and had all her six or so children to these men. He lives a very simple life (opposite of mine) camping out in the open fields and with no permanent job or profession. He tells me he likes to live this way ... proving of Green Fluorite*

*Arg; Cupr; Diam-im; Fluor-gr-im; Kali-br; Plb; Spin-red-im.*

## Supplementary Themes

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■ **Abuse, Violence and Destruction** Often associated with the themes of 'black and white', 'wilfulness' and 'domination' is a stream of consciousness that desires to destroy that which is not in accordance with its way. In a civilised society this tendency is more likely to be experienced as subjugated thoughts and feelings and so will often appear in dreams, fantasies or restrained desires. Sometimes it will manifest in the tendency to destructive acts like breaking things in a fit of anger. If it is not effectively addressed it is likely *to be turned inwards* and result in self-mutilation such as cutting, destructive behaviours like taking excessive risks while driving, alcohol or drug binges and suicidal tendencies. If the suicidal urge appears it most often takes the form of decisive aggressive action like hanging, impulsively throwing oneself from a height, shooting or driving their car into a wall.

*He has been harassed a lot earlier. He never said anything back, but suppressed all*

*his anger. Tfelt like killing those who harassed me, or killing myself.' ... from a case of Aurum sulphuricum*

In a situation where there is a compelling perceived wrong, be it personal, political, or religious, or where the society has a culture of violence, *this same destructive power may be turned outward*. Any stress may result in violence and Cubic persons are capable of all forms of brutality, abuse or malicious cruelty towards animals or people. It relates to many expressions of terrorism, genocide, torture, murder or violent rape. In these cases it is often accompanied by deeply held hatred or feeling the need to take revenge. There may be an association with gangs, criminals or criminal acts.

*She felt personally responsible to take revenge on him. Her thoughts were turning constantly around this topic... She would like to kill him for all the wrong he had done ... She was also afraid that he would shoot or*

*poison her. She once threw away some chocolates he had given her ... from a case of Kali bromatum*

Alternately there may be an incessant fear of violent acts: attack; being shot; poisoned; or violent intruders breaking in. It is for a woman who refuses to go out alone for fear of a terrorist attack or being stalked by a serial killer even though these things are relatively rare in her society. There may also be a history of living with someone who is violent or having experienced a violent event which remains alive to them and so continues to shape their lives.

*Adam; Aur-s; Bar-f; Cupr; Diam-im; Diam-blk-im; Kali-br; Kali-i; Lith-f; Nat-br; Thul-o.*

### ■ **Addiction, Compulsion and Obsession**

Cubic is well-represented with this feature. Their depth of feeling, resistant hanging on, and inability to see outside of their own perspective make habits hard to break. They easily become obsessive. Drug habits, alcohol, unhealthy sexual relationships (e.g. incestuous), addiction to getting attention, addiction to computer games and eating disorders (especially anorexia) have all succumbed or are related to the effect of Cubic medicines. They can become obsessive and compulsive in their efforts to succeed in work or relationships.

*Ars; Aur; Diam-im; Dys-o; Fluor-cr; Garn-cr; Germ; Lute-o; Nat-f; Nat-m; Plat; Sodal-cr; Thul-o; Vanad.*

### ■ **Depression**

(also see section *Negativity, Criticism and Obstacles* on page 47)

*Aurum metallicum* and *Diamond immersion* are clinically familiar medicines for depres-

sion. Perfectionism, negativity, fixity, responsibility, loss through death and guilt are a compelling formula for depression. When success eludes them, life becomes purposeless, self-worth non-existent and suicidal feelings are rampant.

*He is dissatisfied with everything; he imagines obstacles everywhere in his way, partly occasioned by adverse fate, partly by himself. This latter makes him morbidly depressed. Disgust for life, suicidal tendency ... She howls and screams, and imagines herself irretrievably lost... from the proving of Aurum metallicum*

*Ars; Aur; Diam-im; Dys-o; Fluor-cr; Garn-cr; Germ; Lute-o; Nat-f; Nat-m; Plat; Sodal-cr; Thul-o; Vanad.*

### ■ **Even, Stable, Self-Controlled**

There is a need for regularity, organisation and balance. There is a desire to keep it simple, eat simple foods, stay away from snacks, all in the pursuit of order, balance and stability. When unsure they will seek advice and information to ensure that stability is established. Even amongst the most calamitous circumstances they will seek this order and stability through a grounded response, sober thoughts or a spiritual perspective. They will seek to reassure others and themselves that all will be okay by instituting a sensible plan.

They enjoy balanced development of mind, feelings, body and spirit - a well-rounded approach. Looking for calmness, strength and happiness they realise this all rests on balance and self-control. This may be part of the drive for excellence and perfection in everything.

A downfall will occur if they see one side of the picture is out of balance and pour all their efforts into redressing that. For example, there is not enough money, so they become fanatical, making it their focus and expecting

their family to do the same. Another problem that can arise is that they put a lot of energy into a balanced life but neglect a shadow side of cruelty or addiction, to which they themselves are often blind.

After medicines they become grounded, calm, centred, ordered, balanced and stable. It is a *definitive embodiment* of the self, a palpable sense of self-containment and being in the present. They may employ this self-containment to withstand great pressures or face adversity which they are able to bear with unusual stoicism.

*I felt grounded and calm and lovely. I took that energy to the wedding. I found a balance ... something balanced itself and I cruised along. I was much more able to take things in my stride and not get bogged down or overloaded ... after taking Argentum metallicum*

*Adam; Arg; Cupr; Diam-im; Diam-blk-im; Fluor-gr-im; Fluor-cr; Garn-alm-im; Garn-cr; Plb; Pyrit-cr; Sodal-im.*

### ■ Hurried, Fast, Efficient

They can be fast, efficient and do everything in a hurried manner; anxious to achieve something, they often become hyperactive or workaholics. The Cubic structure is the most contained of them all so they can take a lot of tension and stress (*Diam-im, Aur, Arg*) and it often becomes an accepted part of their way of operating. In *Kali-iod* this is associated with high blood pressure. It is of course linked to the more Yang type of Cubic person.

*Adam; Arg; Aur; Aur-s; Fluor-cr; Garn-alm-im; Kali-i; Plb; Thul-o.*

### ■ Intellect and Memory

Most typical of the memory problems in Cubic is a sense of being in a fog. Conversely there is the capability of unusual rapidity and precision

in the processing of information found in both *Diamond* and *Fluorite*.

*Diam-im; Fluor-gr-im; Fluor-cr; Germ; Nat-m.*

### ■ Money and Materialism

The fixed nature of Cubic makes them very aware of that which is perceptible to the senses, that which they know is real. That includes bodies, power, the material sciences and money. Financial issues take a primary seat for them and they appear to fall into two categories: either they are holding on too tight or they are too loose with money.

Those who are *too tight* are always anxious about money with a strong desire to create security. They often look for permanence of employment e.g. in the public service where they are relatively unlikely to lose their position. Security is always prominent in their thoughts and they may be prepared to relinquish a real calling or talent for the sake of making money and being materially secure. Earning money is set around the fear of poverty and the need for success and self-worth (*Aurum met.*). They may overwork to make sure they have enough money and this tendency along with perfectionism will usually underpin perceived workaholism. They often present as being under duress to make enough money and tend to become depressed if they lose it.

Those who are *too loose* may not want to face it as an issue in life. They may have fixed beliefs around it like, 'if I have money I am bad', yet at the same time fear for their survival. Stage 1 Cubics may lack maturity with money and tend to lose it repeatedly.

In criminal types they will be given to extorting money for protection or being involved with gambling. The element Fluorine, which Scholten specifically identifies as

money-oriented, crystallises into Cubic, and many fluor compounds (*Lith, Natrum, Calc, Cadm, Baryta*) are also Cubic.

*Aur; Bar-f; Calc-f; Diam-im; Diam-blk-im; Fluor-blu-im; Fluor-gr-im; Garn-alm-im; Lap-laz-im; Plb; Rubid; Sodal-im.*

■ **Performance, Stress and Success** Duty, egotism, drive for excellence, efficiency and wilfulness can and will generate irresistible assertive power. Whether the intention is to make money for security or wealth, to create excellence or achieve any desired goal, they plunge headlong into it.

*At high school I was awarded school captain. They selected me for the airforce. I attended the academy ... only for the best. I became a fighter jet pilot. You had to achieve more than 9.7 to go to engineering. Then they wanted me to go to the national airlines. They needed a person trustworthy for the duty.'... from a case of Ferrum metallicum*

They naturally desire to perform and succeed, even be the best, and this generates stress, tension and pressure. Success is a must and 'failure is not to be considered'. This high degree of stress can be accepted as their normal setting. They become very serious; they are creating their destiny.

*'The pressure feels so great. I cry most of the night and wonder where I will find the strength to be what I have to be. I felt as though I could break down completely. Could I survive the pressure? Can I perform? Or would I do as I have done, and emerge from this feeling and shine? I shone, and brilliantly.' ... from the proving of Diamond immersion*

*Aur; Aur-s; Bar-f; Diam-im; Diam-blk-im; Ferr; Fluor-blu-im; Fluor-gr-im; Garn-alm-im; Germ; Kali-i; Lap-laz-im; Nat-br; Pall; Plb; Sphal-yel-im.*

## Spiritual

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The singly refracting substances of Cubic system, (along with those of the Amorphous) hold a unique place in the spiritual nature of humanity. As Cubic crystals do not divide light (see chapter 13) but hold it as one, there appears in Cubic consciousness, an immanent sense of connection with the unified field of the Spirit. This naturally gives rise to feelings, experiences and thoughts which include the Universal absolute and is expressed as: 'Universal love', the 'Diamond Buddha', 'all is God' and the 'Universal Mother'. It is that oceanic 'connected to everything' awareness.

*Meditation image: A Diamond Buddha appeared. I was in deep space. He said 'There is no fear, pain, harm or death, only life, love and harmony. Pain is only information. Death is a transformation into more life. Outer events can never affect the inner peace of true spirit.' ... 'Within the imperfection of every person, lies a silent beauty and love' has become a mantra for me ... after taking Diamond immersion*

Cubic medicines *promote the experience of Spirit* in this way, especially in those who are disposed to living a spiritual life or who have immanent potentials awaiting them in this life. They tend to ground meditation and spiritual practices, making them easier, more enjoyable and more relevant to living life here on earth. Akin to the order, perfection and balance themes of Cubic medicines, they *enhance the linear nature* of life force in the energetic system (e.g. linear arrangement of meridians) making it more easily perceivable to individual consciousness {*Diamond; Garnet-almandine*').

Cubic persons develop the holy ability to *take full responsibility* for their lives and the events therein. This stands in polarity to creating 'the enemy' outside of the self or falling into the 'conspiracy' rut. This makes

way for a strong tendency to clear the dark, dross-filled parts and past of the psyche, thereby enabling the consciousness of Spirit to surface. The medicines enable one to pass through, to *cleanse the layers* of experience and the covering of the ego, to consciously connect back to the soul. (*Boji; Diamond; Diamond-black; Garnet-almandine; Pyrite*)

The *themes of excellence and perfection* carry through in their longing for this on the spiritual or material planes and the desire for mastery or enlightenment. They want the absolute, second best is not enough. They want the whole of the Truth and every question must be answered {*Aurum met.; Diamond; Fluorite*). Diamond and Black Diamond have the capability of *infusing the warmth of Spirit* so that it is palpable to self and others. Diamond, the King, as the most pristine of clear stones opens the crown Chakra.

One difficulty that those with a Cubic structure encounter is *complete rejection* of the connection with Spirit. If already progressing on the spiritual path, this will manifest as a crisis of faith {*Diamond, Garnet-almandine*). Alternately if sense consciousness predominates, it could be a complete rejection of all that is not proved by the senses via material science. Many avowed sceptics would appear to be Cubic.

*Compassion:* The greatness of the sense of Spirit in Cubic finds a wonderful expression in its ability to attend to the small. There is a humble will to love, nurture, care and protect that which is small, innocent or vulnerable. While children naturally fall into this group, it includes those who are

poor or ill-fated. There is a great sensitivity in that all encompassing quality of love and kindness. (Adam; Aur-s; Diam-blk; Garn-alm-im; Lap-laz-im; Nat-br; Plb)

*'We do a lot of charity without telling any-*

*body, which gives us satisfaction, rather than anything else, in the field of education and health. If I see that somebody is hungry, I will take him to a shop and buy him something to eat. Many times people have to tell me not to be too kind.'* ... from a case of *Plumbum metallicum*

### Clinical word associations for fundamental Cubic themes

Theme	Word associations
<b>Black, white and disputation</b>	Desire and aversion; black and white; definite expectations; right and wrong; love and hate; good and evil; women's only; men's only; boundaries; entitlements fights and disputes; opposition; vows; promises; deceit and betrayal.
<b>Confusion of identity</b>	Lack of identity or life purpose; speaks in questions; existential questions. <i>Positive:</i> true individuation; dharma; mission; wholesome identity; soul, mind and body aligned.
<b>Death, loss and letting go</b>	Fear of death; urge for death; holding on to a death; loss; total devastation; profound loneliness; betrayal or loss seen as death.
<b>Depth of perception and feeling</b>	Yearning for depth: feeling, mental, spiritual; meaning; purpose; destiny; reflecting deeply; passion; belief; total
<b>Domination and control</b>	Controlling; commanding; threatening; dominating / dominated; controlled life; suppressing self or others; hard on / ruling themselves; serious.
<b>Duty, responsibility and guilt</b>	Duty, responsibility; onerous; rescue others; overwork; guiltanguish; committed a crime; done wrong; fear of making mistake; punished; violence and breakdown. <i>Positive:</i> capable; resilient; shoulders responsibility well; letting go of guilt; sensible solutions; loyalty; trustworthy; honour.
<b>Egotism</b>	Egotistical; special; superior; separate; controlling; being on top, number one; exclusive; single; self-important. Stage 1: child-like attention seeking; creativity; self-congratulation. <i>Polarity:</i> lost; no self-belief; self-eclipsed. <i>Positive:</i> independent; self-sufficient; humble; self-belief.
<b>Fixed, rigid, resisting, hanging on</b>	Lives by mental tenet; must set things right; must complete; identifies with beliefs; stubborn; rigid; resisting; unremitting; withholding; hanging on to past; fateful; obey the rules; uncompromising; refuses to participate; generational life patterns; justice must be done. <i>Positive:</i> unearthing the past and blocked emotions.
<b>Impulsive, unfettered, stage 1</b>	The beginning; impulsive; unthinking; uncontrolled; cowboy; risktaking; immature; hyperactive; egoistic. <i>Positive:</i> spontaneous; initiative; inner fire; stepping out.



<b>Narrow thinking, thinking big</b>	Narrow focus; micro; tied up in own thoughts and feelings; minutia of life; rules; laws and dogma. <i>Positive:</i> broad horizon; macro; original; imagination; ambition; big ideas; genius.
<b>Negativity, criticism and obstacles</b>	Negative; critical; judgmental; mean; cruel; self-righteous; obstacles; blocked; hindered; easily offended or vexed; victim; fear of reprimand; self-reproach; feeling bad or evil; despair; crisis; depressed; suicidal; isolation; ugly; unworthy. <i>Positive:</i> compassionate; self-love; overcoming obstacles
<b>Perfectionism, idealism, excellence</b>	Excessive drive for perfection, idealism, excellence, achievement; fastidious; being the best; failure; high expectations; ugly; inadequate; unfit for the world; despair; depression; suicide. <i>Positive:</i> clarity; detachment; free of flaws; compassion; mastery; clean; pure; pristine. Integrity; meaning; high moral standard; top quality; excellence; exact; punctual; correct.
<b>Planning, order and logic</b>	Serious, too; perfectionist too; firm, too; hoarding; anger or depression if things don't go to plan. <i>Positive:</i> orderly; planning; detail; lists; priorities; methodical; systematic; under control; capable; organized.
<b>Single, alone and total</b>	Isolation; aloneness; cut off; in total darkness; introverted; aloneness to be yourself. <i>Positive:</i> feeling connected without need to talk; self-sufficiency; independence
<b>Sudden destruction, a bomb blast</b>	Violence; collapse; explosion; bomb blast; crash; volcanic eruption; uncontrolled. <i>Positive:</i> change; transformation; breakthrough.
<b>Wilful, uncompromising, assertive and oppositional</b>	Oppositional; inconsiderate; unfeeling; rebellious; self-centred; aggressive; dictatorial Independent, wilful, assertive. <i>Positive:</i> strong concentration; decisive; direct; resolute; never give in.

### Cubic peculiar themes and keywords

<b>Conspiracies, plotting</b>	Conspiracies; plotting; enemies; being controlled or undermined. <i>Positive:</i> takes responsibility for self; only enemy is within
<b>Dungeon, prison and buried</b>	Dungeon, prison; buried; unintegrated or repressed parts of the psyche <i>Positive:</i> freedom and release
<b>Power, the word power</b>	Powerless, misused power; power over others; domination and subjugation. <i>Positive:</i> ability to act; empowered; power over self; willpower; inner power; generative power.
<b>Questioning and the search for truth</b>	Speaks in questions; search for truth; principles; meaning of life; absolute.
<b>Simple existence</b>	Complex, stressful. <i>Positive:</i> simple; uncomplicated; straightforward; direct; down to earth; business-like.

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## Cubic supplementary themes and keywords

<b>Abuse, violence and destruction</b>	Destroy; break things; violence; abuse; self-mutilate; alcohol and drugs; suicide; suppressed; terrorism; torture; murder; crime. <i>Polarity:</i> recipient of violent acts; fear of terrorism or violence. <i>Positive:</i> care for the vulnerable, innocent or small.
<b>Addiction and compulsion</b>	Hanging on; obsessive; addicted; compulsive.
<b>Depression</b>	Depression from negativity; responsibility and guilt; purposeless; no self-worth; suicide.
<b>Even, stable, self-controlled</b>	Going to extremes; fanatical; neglected shadow side. <i>Positive:</i> regularity; balanced; stable; equal; consistent; orderly; self-control; self-contained; grounded; calm; embodied; stoic.
<b>Hurried, fast efficient</b>	Hurried; tension; stress; workaholic; hyperactive. <i>Positive:</i> efficient; fast.
<b>Intellect and memory</b>	In a fog. <i>Positive:</i> rapidity and precision of thought
<b>Money and materialism</b>	Money issues; fear of poverty; materialism; extorting or losing money; gambling; lacking maturity with money; fear of survival. <i>Positive:</i> creating security; success; self-worth.
<b>Performance, stress and success</b>	High performance; high stress; pressure; serious must succeed.

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## Work, Profession and Life Situations

The following categories were evident in the Cubic cases and provings:

- ▶ *Controllers and Directors:* editor of newspaper; priest; surgeon; executive; teacher of leaders; operations manager; responsibility for families or large groups; military commander; commercial airline pilot; royalty; trainer; commands her knowledge  
Note: Cubic relates to all types of military pursuits: chain of command, taking and giving orders, striving for excellence and fighting.
- ▶ *Scientists:* chemist; mathematician

- ▶ *Exacting:* engineer; statistician; bookkeeper
- ▶ *Creatives:* inventor; artist; dress designer; small business owner - enterprising
- ▶ *Manual worker:* factory worker; skilled manual worker e.g. tiler, plumber
- ▶ *Caring for the small and vulnerable:* aged care worker; parental man caring for little girls; small acts of love
- ▶ *Permanence and security:* government department job
- ▶ *Those who did not recover from trauma or negative influence:* alcoholics; the homeless; prisoners; criminals; those addicted to sexual perversion; outcasts

## Mental Diseases

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- ▶ *Obsessive compulsive disorder*: it relates to elements of obsession, routine, fixity, *Depression* above) fastidiousness and perfectionism. From the repertory: *Arg; Ars; Cupr; Nat-m; Plat*; Cases: *Kali-br*

## Physical

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### ■ Significant Generals, Pathologies and Locales

- ▶ *Violence and destruction*: The physiological condition maybe rooted in violence e.g. associated with a violent act; results from a violent event like a car crash or a feeling of violence, 'I am a trainwreck'. In addition the condition itself may involve a violent modality e.g. the part is better for being struck or the part itself is destroyed through rupture or sudden dysfunction. {*Arg; Aur-s; Bar-f; Cer-o; Diam-im; Lith-f; Plb*}
- ▶ *Suddenness of appearance of symptoms*: The physical or mental symptoms appear suddenly e.g. sudden abdominal pain or paralysis. This relates to the 'bomb blast' theme in the mentals and may accompany the violence theme above. {*Arg; Diam-im; Lith-f; Plat; Plb*}
- ▶ *Exhaustion, complete*: This theme is only rivalled by Hexagonal which also has exhaustion from overwork. The difference between the two is sometimes identified through the aetiology: in Hexagonal it is the need to achieve a goal whereas in Cubic the need for excellence is uppermost. In Hexagonal it is most often the pressure of the deadline itself, in Cubic the need for every part of the work to be up to a very high standard. Often the Cubic person has been under pressure or great stress and

comes down with a physical illness which is utterly exhausting, be it flu, chronic fatigue or back pain. {*Arg; Ars; Aur; Boji-st; Cupr; Diam-blk-im; Erb-ox; Garn-alm; Kali-i; Plb; Rubid*}

- ▶ *Arthritic conditions*: Appear very prominently in Cubic and there is an interesting energetic correlation with the fixity and 'stiffness' of the psyche. {*Arg; Aur; Diam-im; Fluor-cr; Galena-st; Garn-gross-cr; Kali-i; Nat-m; Sama-o; Thul-o*}. This relates to the principles of blockage; stagnation and becoming old
- ▶ *Linear sensations*: These are felt energetically or in terms of pain {*Diam-im; Garn-alm-im; Plb*} and can relate to meridians

### ■ Minor Generals, Pathologies and Locales

The following diseases and locales may have an affinity with Cubic as they appear in a number of the sources investigated:

- ▶ *Bones*: action on: *Ars; Aur; Calc-f; Diam-im; Fluor-cr*
- ▶ *Chronic fatigue and immune system*: *Adam; Arg; Aur; Bar-f; Erbium-ox; Ferr; Germ; Nat-m; Nice; Pall*
- ▶ *Head*: Migraines or headaches: *Aur; Diam-im; Diam-blk-im; Lap-laz-im*

► *Heart and circulation*: action on: *Aur-*, ► *Respiratory*: chronic cough or hay fever: *Diam-im*; *Kali-i*; *Lap-laz-im*; *Sama-o*; *Cupr*; *Kali-i*; *Pall*; *Rubid Ytte-o*

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## Activity

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It has been noted in many cases where Cubic medicines are effective that there is a proclivity for the fine arts and pure sciences, These interests and endeavours confer a deep sense of satisfaction to the soul of Cubic that is yearning for perfection and depth. Hence, if they are exposed to classical music or classic literature they will often be drawn to them.

The sciences where exactness and pure logical thought are required appeal deeply: chemistry, physics and especially mathematics (often related to *Diam-im*). They are inspired by the inevitable advance of these sciences towards perfection as well as being tantalised by perfection's close comrades: genius and initiative. Quantum theory, the nature of time, space and energy are

particularly fascinating to them and tend to touch their soul. They tend to make first class scientists. Biographies about the realms of science and art also sit well with their commonly grounded sense of reality.

As far as physical activities are concerned they are interested in the longterm health and / or fitness of the body and in manifesting their life force in the material world. They will often choose a sport or activity that they are able to follow though for a life time and be willing to undertake repetitious physical training for long periods of their life. This brings obvious benefits to their inner need for balance. Singular activities or individual competitive sports suit them well: regular gym work; tennis, golf or martial arts.

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## Art, Culture and Celebrities

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**Paul Watson** is the most celebrated of all 'eco-warriors'. He captained the 'Sea Shepherd' and used direct, aggressive action to achieve his ends of protecting his kin, the whale. He was inspired by a death experience so typical for Cubic: he was in a boat right beside a whale dying from an explosive harpoon delivered by Russian whalers, their eyes connected, and from that moment his life changed and he became their indefatigable champion and protector.

He is a no-compromise action man: 'Do you sit and watch a woman being raped or a child being bashed!?' He became highly confrontational and he has been called the 'bull terrier' of the conservation movement. Eventually he boldly rammed and scuttled a number of whaling ships. His deep com-

mitment to the cause of conservation, his unwillingness to ever back down, his uncompromising set of values and aggressive attitude all speak loudly of this yang man's deeply Cubic psyche.

**Stanley Kubrick** was a famed film director, screenwriter and cinematographer. He directed a series of acclaimed films, a number of which are dubbed as 'masterpieces': *A Clockwork Orange*; *Spartacus*; *Dr Strangelove*; *Full Metal Jacket*; *The Shining* and *2001: a Space Odyssey*. Kubrick paid extraordinary attention to detail, typically spending many years in pre-production research, always looking for the magic moment where he fell in love with the story.

He developed a reputation for being tactless and rude. He was highly controlling 'using

actors in his own grand design rather than allowing them to be creative artists in their own right' (James Earl Jones). He was notorious for not complementing his co-workers unless they were what he deemed to be 'genius'. His ego, scrupulous perfectionism, unwillingness to compromise, ruthless determination and negativity, unmistakably point to the impress of the Cubic mindset.

**Leaders:** Many autocratic leaders appear to be Cubic and human history is sprinkled liberally with them. In modern times Lady Margaret Thatcher stands out along with people like Che Guevara. While divergent in their politics their determined, grounded attention to principle bears the mark of the Cubic psyche. The two-part movie 'Che' is a useful study of the Cubic character of the man.

**Warren Zevon**, the musician and composer, is an excellent example of the stage 1 Cubic type. His songs often carry impulsive, immature, egoistic, cowboy-like themes and accompanied by unabashed realism. They ring to major chords, in keeping with the strong identity often associated with the Cubic

psyche. Videos of his performances bear all the hallmarks of the energetic expression of a stage 1 type 'Cubism'. From his song *Lawyers, Guns and Money*:

*I went home with the waitress*

*The way I always do*

*How was I to know - o - o She was with the Russians too!*

*I was gambling in Havana*

*I took a little risk*

*Send me lawyers, guns and money Dad, get me out of this!*

*I was hiding in Honduras*

*A desperate man*

*Send me lawyers, guns and money*

*The shit has hit the fan!*

The movie *Eddie, the Eagle, Edwards* is a first class portrayal of the irrepressible stage 1 type of Cubic character.

**Music:** the blues style of the modern rock era (including 12 bar blues), which inculcates regularity of rhythm and depth of feeling with direct language about life and its problems is a largely Cubic style.

## Case Studies

### ■ Case Study I

#### **Deceit and Humiliation - A Cubic Case of Cuprum Metallicum**

A woman age 45, who I had treated over many years but had not seen for four years returned complaining of a rash. It had appeared 16 days earlier on the torso from the shoulders to the hips, front and back. It started with a 'herald patch' in the mid- sternal region and quickly spread. It was diagnosed by her allopathic doctor as pityriasis rosea and she was asked to wait the 8-12 weeks it would take to run its course.

*There were other characteristics:*

- ▶ Bright uneven spots, that are reddish pink, 'bright' and 'angry'
- ▶ Electrical sensation of pins and needles on shoulders and down spine
- ▶ Tight muscles around the shoulder and spine
- ▶ It was accompanied by flu-like symptoms: she was overcome by deep exhaustion every two-three days
- ▶ Since a few days there was a deep, dry barking cough which was becoming catarrhal with lots of sneezing, irritation in nose and eyes and a foggy head
- ▶ She had hip pain for the year prior which had disappeared when the rash came

**Generals:** she desired vegetables: cauliflower, greens, kale and asparagus. Her menses had reappeared after a three-month break.

**Mental:** She lives with her husband and daughter and they had recently moved from a house they had rented for the last 15 months. She had just finished the final clean of the property and felt she had moved out: 'I am done with the house!' she exclaimed.

She explained it was a 'flashy' house with its own pool and ocean views, surrounded by nature. When she and her husband rented the house they met the 'friendly' owners who assured them that they wouldn't be selling it for 4-5 years. Then they were informed it was on the market. Chinese buyers started to appear to look at it. The inspections were 'really intrusive' as they would come in large groups or people would just stand outside in the garden. There was a group of Buddhist monks with 'entourages' of women. People were often rude. In the last two months 'we had the rug pulled out from under our feet. They gave us lots of excuses; no-one was honest from the start'.

The whole thing was upsetting to her sense of place and privacy. The estate agent inserted their house on his Facebook page where he loudly publicised his skills. 'We were wide open to others knowing our personal business and their own interpretation of the house we were living in. We have been deceived ... actually horrible lies and it has really taken its toll.' It was 'humiliating' to her to have her 'privacy laid open' and there was even a local newspaper article about it which was 'devastating'.

Her external response to this was 'a sense of holding your head up. You have to carry on and give no sense in falling apart. It was a feeling of being very stoic, holding everything inside and together until we moved out.' She felt the rash was a release of this feeling.

She felt heartbroken ... 'they have really deceived us. I have always wanted to believe people are good and all on the same page. That we don't need to judge each other and be mean to each other. Our own minicommunity is nurturing. I had no buffer to judgment, meanness and materialism.'

She was also very angry about the lies and unfairness: 'Then I got a bee in my bonnet. That is not legal and not fair. I am not vindictive but have a strong feeling this is unfair and against the rules. I decided to do them in to the Foreign Investment Review Board. I have to do this to be true to myself. I am black and white about what is fair and not fair, like my father. I recently found myself ranting about a girl breaking the rules; I was banging my hand on the table saying 'Don't you see it is just not fair - there are rules!'

**Colour:** 20-21E (Green) and likes the metallics (silver and gold)

**Analysis and treatment:** There are many characteristic physical symptoms which point to *Phosphorus*. However her mental state is anything but *Phosphorus* with her stoic manner, sense of injustice and having firm boundaries about privacy which should not be broken. These are all characteristics of the Cubic structure. There were many more indications of Cubic: she is 'black and white' about fairness; the cut-and-dried casting off in her comment 'I have done with the house'; there was a clear sense of the 'death' theme in the 'humiliation' and 'devastation' of being laid open to the public; the strong sense of individuality (true to self), boundaries, personal pride and being intruded on are also Cubic in nature. I felt Cubic dripping, as if from her pores. On the physiological side, the sudden onset and deep exhaustion are characteristics of Cubic.

She made a clear correlation to the suppression of skin eruptions as she became stoic

and suppressed her feeling. *Cuprum* is a cubic metal for suppressed skin eruptions and she did allude to 'the metallics' in her colour choice. I asked her to take *Cuprum metallicum M* for three days and take further doses if she needed.

**3 months later:** She reported the *Cuprum* had an almost immediate effect: 'It took me to a really peaceful place, a place of self-acceptance. The rash cleared in 24 hours after the *Cuprum*. My eyes which were heavy and tired lifted. My whole peripheral vision opened up and I became aware of the distant horizon and sky.' A few days later on a Sunday morning she was sitting on her veranda having tea and reading a paper. 'I felt I was high on the sky; I can see further and much better. I was just looking at the sky, it was so good. I let go of all my concerns and feeling of judgment towards others - a lovely place of self-acceptance. I let go of my sensitivity to the deception and feeling that I had to set things right at the injustice.'

A week later she got whooping cough. The cough was terrible, deep in her belly, with some urinary incontinence, but there was no whoop and no vomit. She took more *Cuprum M* and it helped each time she took it. She also felt that the *Cuprum* gave her the strength not to get caught up in the medical system and their standard antibiotic treatments for whooping cough and the anxiety about it being a disease which is reportable to the health department. Her daughter also got whooping cough which was difficult, yet she was able to manage throughout.

She had always had a fear of driving in an under-harbour tunnel in Sydney and since the *Cuprum* she could do it for the first time in many years.

**Comment:** Her 'opening up of vision' and sky gazing, the broadening of her perspective, is clearly related to the effect of the action of

the Cubic structure (within the *Cuprum*) which tends to 'narrow thinking'. The self-acceptance is an outcome of loosening of perfectionism, negativity and judgment according to her own moral ideals. She is indicating strongly that she was projecting onto others what she was demanding of herself and those demands were filled with tension. She was able to let go of the pain of deceit and betrayal which are primary Cubic feelings arising from the fixed nature of the Cubic psyche.

### ■ Case Study II

#### Loss of the 'Main Man' - A Case of Diamond Immersion

A man age 43, married with a daughter. He is in the wholesale fruit and vegetable business with his wife and plays part-time in a band. He hadn't seen me for seven years and proceeded to tell his heartfelt story of the preceding years.

**The Finances:** He started by explaining that he is the most financially stable he has ever been in his life. He reflected that he always used to fly by the seat of his pants financially and how it changes and becomes important when you have a child.

Seven years earlier they had moved to a quiet location near a large forested area 'to keep our circle small, tight, raise our daughter, get used to being parents with less distractions in a beautiful natural place.' They were happy there but financially stressed and heavily in debt: 'I didn't have the confidence to push myself forward. It's a cutthroat industry. I didn't know how to take the next step. It was a weight on me.'

**The Move:** At this time his elderly grandfather offered them the opportunity to live in the family home of generations in suburban Sydney. His ex-alcoholic father also lived there. He realised that if they moved

there he could 'kill two birds with one stone', remedying their financial situation and using the opportunity to be with his very elderly grandfather in the last years of his life: 'He was a role model. He had been a strong moral compass and instilled his moral code in me as a young man.'

They moved against his wife's will and spent 18 months there. It brought back the memories of breakdown of his family in that house, and that his mother had been sexually assaulted there. His wife was unhappy and they would fight, T felt a failure as father and partner. But financially it helped us get ahead. I kept our living costs right down, stripped back to basics.' The fights and the memories sent him into a funk, a depression.

**Trap of the family home:** After 18 months their circumstances changed and they moved back to the forested area and close to the ocean: 'I can't describe the happiness I felt getting out of the trap of the family home. We had a 'glorious summer', swimming daily, his wife was happy to be back, his daughter loved it, he was less stressed and the finances were better. However, he was sad about his grandfather: 'I knew it was heart-breaking for him to see us go. He had four generations with him: son, grandson and great granddaughter.'

**Most significant dream:** Before all the moves had happened he had a 'most significant' dream: he saw 'a sea of diamonds that took my breath away'. He tried to get to the diamonds. To get to them he had to get through two private properties. In the one on the left there is a woman with a small child in her arms. He didn't want to scare her and her child, so he started to go through the property on the right where there was an old man his grandfather's age. 'The choice was emotive, knowing I would have to trespass.' Within a few months his grandfather invited them to move in. The dream was prophetic.

**Death of a Patriarch:** His grandfather passed away two and a half years before our consultation age 94. He used to be the patriarch but became dependent on carers, felt disempowered as a man and became depressed. He had a difficult passing with emphysemic coughing causing cracked ribs and vertebrae. In addition his wife had dementia and had to be put in a nursing home, which sorely grieved him.

Soon after his grandfather's death my client went to Cambodia with the band he plays in. His other grandfather died the morning he left. He ended up in Phnom Penh, 'sin city'. He couldn't resist the cannabis, Zanax and Valium and followed it with a 'bender' on opium and hard liquor. He didn't phone his wife at all. She knew he was grieving and was very worried.

On his return there was 'Hell to pay with my wife. I was in a city full of sex workers, which she thought was the reason for my silence. It took two to three months to re-establish the trust. I spent most of the year trying to prove my worth as a husband and father again, working hard trying to be better.'

Some months later his paternal grandmother finally passed away. It started 'a darkness around me of 'brown spirits': whisky, bourbon and beer. I shut the feelings down. I am drinking too much in the evening ... In some ways I feel I am an alcoholic. If there is whisky or bourbon in the cupboard I will get drunk.'

Not long after losing his grandparents he witnessed a terrible accident where an old man crossing the road was hit at high speed, and somersaulted through the air. 'It was devastating. I saw it over and over in my mind. I drove home and pounded down the bourbon.'

**A man's world:** He is 'working his arse off' to secure the future for his family. In the morning he is often poorly rested and heavy-headed so he has a black coffee and a shot of



whisky to get him going: 'It makes a productive day, like a tonic.' He described his business as a 'male world', dealing with hard Italian wholesalers. Many of them have whisky on their desk and expect you to drink with them. 'The alcohol helps me put my armour on. I wake to a dark house at 4 am facing an 18 hour day... this feeds the melancholy.' He goes on to tell me he has a 'broad-shouldered' persona that can handle the stress of the world, always willing to help a friend in need or take care of his wife and child.

*I ask him about colour:* T have no colour, when Pop (grandfather) died the world lost its colour and I lost my main man.' He is spending a lot of time worrying about his health: his teeth are weak with a tendency to oral infection and he has a fear of tongue cancer. If he is offended or slighted he 'reacts like an angry alcoholic: 'fuck the world!' and has another drink. He wants to bear things like water **off a duck's back** and not judge people.

A surfing friend recently confided in him that he started an affair: 'I have been given a secret of magnitude, I am honoured but it has stirred a heavy response. I have tried to counsel him to follow a more moral high ground: 'You are unhappy - that doesn't mean you desert your family.' He is rattled by this.

The alcohol is becoming an issue with his wife. T would like to be more present with her and our daughter. I'm in there for the long haul with her, I want to stay married to her for my whole life. We are happy, the business is doing well, but sometimes I feel sad, melancholy, a bit jaded and scared by life, I've seen a lot of death since 2012 ... it is a looming presence.'

**Analysis:** The death of the old pedestrian and three grandparents including his 'main man' have thrown him into darkness, despair and addiction. He can't let go of the pain. This fixed association of death and hanging on is Cubic to the core. The evidence of Cubic

nature is also punctuated by his many terms of reference: 'keep our circle small and tight' ('narrow focus' and 'simple existence' themes); his anxiety about money and providing for his family ('money and materialism' theme); using violent metaphors: 'cut-throat industry', 'kill two birds with one stone'. His situation with the friend who wants to leave his family is also of interest as he tries to persuade his friend not to desert his family and to take the 'higher moral ground', a classic reflection of the 'idealism', permanence and moral integrity to which Cubics often aspire. Living in a 'male space' of men drinking whisky at 7 am is also indicative along with the heavy burden of masculine responsibility for his family.

The prescription of the king of Cubic medicines in *Diamond immersion* became easy with his dream of diamonds, the eminent theme of 'loss of the most precious' (grandfather) and his addiction to alcohol. He was asked to take one dose of *Diamond immersion M* and repeat as required.

#### **Four months later**

The effect of the Diamond was 'immediate and profound', it sent him into 'a spin cycle', but in a good way. Within two days he felt exhilarated, buzzing as if on MDMA. 'I felt light as if dark shadows were falling away'. When others asked about how he felt he went from saying 'not bad' to an immediate 'great!' There was a physical response of explosive diarrhoea which lasted months and felt like a purging of the bowels. The darkness, doom and sadness left in a week. His wife remarked that he is a changed person: happier and more present. He said 'I am more able to love with a full heart, I am back in the driver's seat'. He soon ejected the 'brown spirits' from the house. Anxiety about his health was much better and the offensive remarks of others were now like water off a duck's back.

*I am a lot more connected with my wife. Before I wasn't really making love to her ... just having sex and not connecting with my soulmate and love of 20years. In recent times I am a lot more engaged with her, loving and worshipping her.'*

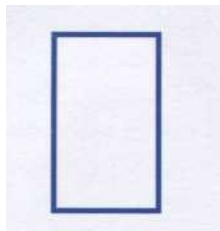
He was about to go on a music tour of Cambodia and Vietnam, this time taking his wife and daughter for a holiday at the same time. I contacted him in August 2016 and all is still going happily and well.

# Tetragonal System

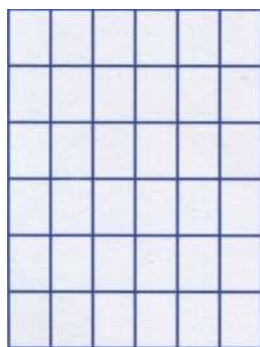


The inner structure of the Tetragonal crystal system is based on the shape of the rectangle in its two-dimensional form and a long rectangular prism in its three-dimensional form. This shape will often be seen in a well-formed tetragonal crystal and is typically observed in a Zircon or Apophyllite crystal. The elements tin and indium as well as compounds like magnesium fluoride, always crystallise into this structure.

### ■ Tetragonal Geometries



The most arresting aspect of the rectangular shape is that it can stand up on its end or lie down on its long side. This raises the question for each individual, will they take up the challenge by standing up and meeting life head on or take the easy way out and stay reclined. This is a question that is raised only by the Tetragonal rectangular shape and the Monoclinic parallelogram shape.



Relational grid of the rectangle

The relational pattern of the Tetragon, like Cubic, Triclinic, Monoclinic and

Orthorhombic indicates even connections (four each); accordingly there is a balance between intimate contacts and the acquaintance type contacts. The differing length of the sides appears to indicate that there are two categories of close personal relationships. Some will prove comparatively dominant e.g. a close working relationship or a life partner, while others are more for containment, security or are being discharged as a standard role e.g. being a regular dad without getting close.

### Encircled Rectangle

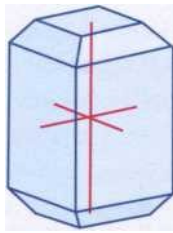


The encircled rectangle is revealing indeed and has two outstanding features. First, it is distinguished from all others except Monoclinic, by the relative smallness of the inner circle compared to the outer one, indicating a subjection or minimisation of the self in comparison to the importance of the outer world and its influences. The second feature is that the inner circle only has only two points of contact and that the outer circle has four points of contact. This further relays the idea of too little connection to the inner and predominance of the details of outer life.

### ■ Tetragonal Axis Vectors

You can begin to understand the internal axes of this system by comparing it to the Cubic system as both have three axes at right angles to one another. The fundamental difference in Tetragonal crystallisation is that one of the axes is variable in

length, commonly making a rectangular box instead of a cube.



Tetragonal axis vectors, a differential from Cubic caused by one extended axis

The one axis of variable length together with the two equal axes in Tetragonal indicate its unique element. The variable (usually long) axis indicates the extension or underdevelopment of the flow of life in one specific direction. Like the axes of the Cubic system there is still a high degree of exactness, order and rigidity but only in two directions, together with an orderly extension in the third direction. This extension indicates an energised progression in one aspect of the consciousness: relationships, work or sense of self and a clear departure from the orderly balance norm of Cubic. This extension part wants to develop and experience the new. This often relates to a focus on career and a strong ambitious intention to further the sense of self through it. Since this axis can also be comparatively short in some instances (where it has been cramped in its formation) it could

indicate the complete inability to engage or a sense of suppression in one aspect of his life's composition e.g. relationship, work or self-improvement. The mission for Tetragonal is to fully engage the third vector in proper relation to the other life components.

Two of the three axes replicate Cubic and this relates to a need to have a sound base. They often use this base to develop their chosen progressive movement. This part obeys the rules, knows what is right and wrong and fits in with society. This will generally relate to a firm classic education in his chosen field, a need for material wealth, a strong family or colleague support system. One or a number of these will be the base for the rocket launch of their progress and accomplishment (through the other axis).

#### ■ Seed Concept: 'I analyse'

Taking in the broad view of the Tetragonal psyche, analysis is a pervasive word. There is an attempt to gain clear perception through the mind and for the mind to perceive and understand it must contain and categorise. This requires analysis. Their primarily intellectual tendencies and their interest in the detail predicates their analytical stance and their association with technology, academia and investigation. It also indicates some division from the feelings, which like to express and act and don't take kindly to being analysed.

## The Tetragonal Psyche

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### ■ Ambition and Achievement

Tetragonal types have a love of initiative and progressive development and are often most ambitious. They become driven individuals

who will try to further their knowledge and ability in everyday, taking all opportunities, even in time off or while on holiday to progress their cause'. Liking

## PRINCIPAL THEMES OF THE TETRAGONAL PSYCHE

*Ambition and achievement*  
*Anxiety, fear and pressure*  
*Fashion, image and presentation*  
*Covering up, holding back*  
*Guilty as if of a crime*  
*Hanging onto feelings; animal instincts; and suppression*  
*Covering up and sexual focus*  
*Finer detail, perfectionism*  
*Pride and narcissism*  
*Material world*

## SUPPLEMENTARY THEMES

*The weasel*  
*Family conflict*  
*Feminine and masculine*  
*Intellectual pursuits*  
*Anger*  
*Confidence, self-belief and success*  
*Creativity*  
*Criticism*  
*Ego and control*  
*Intellect and memory*  
*Obsessive, narrow-minded*  
*Work and life balance*

to climb to a high position, they won't take 'no' for an answer and will endeavour to make it to the top. They are also competitive and will cancel life's enjoyments to gain the advantage. This can dominate their life and they will sacrifice quality in relationship for it. It is

commonly evident in celebrities, politicians and academics. There is often a pride or narcissistic element in this for many Tetragonals.

*It feels like a tremendous insistence, or drive to do, nothing can stop me ... I had earlier in the week casually asked a colleague*

*if she was interested in taking part in a proving and if she thinks her study group may be. She has sent back an email saying she doesn't think anyone is interested. I instantly decide to ask them again myself, I won't take this lying down, I won't take 'No' for an answer. I feel frustrated at the perceived apathy of these people, why don't they want to contribute? ... from the proving of Green Apophyllite*

The struggles of the Tetragonal psyche to achieve are a significant stumbling block. With their great attention to detail they may feel there is always something else to do and so be caught in a never-ending rain of activity. It can also be that there is a great fear of not achieving or of being unsuccessful in some way which will seriously dent their fragile ego. Sometimes they will be so nervous that they refuse to start but more often will procrastinate by seeking diversions.

Occasionally you will meet a Tetragonal type who claims they are not interested in progressing 'in the world' because they are not getting anywhere (usually due to unsolved emotional problems) but the emphasis and quality of their comments in this regard will betray their instinctual drive for success.

Gienger makes useful comments that relate to this theme: principally that they like a challenge, newness and unconventional methods. He proposes that the greater the challenge with which they are presented, the more willing they are to accept.

*Apoph-gr-im; Ind; Mag-f; Merc-d; Merc-i-f; Stann; Ytte-p; Zirc-red-im.*

### ■ Anxiety, Fear and Pressure

The need to achieve together with a tendency to perfectionism breeds worry, uncertainty, stress, fear and 'inner pressure'. I find the idea of 'pressure' comes up most regularly in the Tetragonal psyche. Perfectionism in particular

leads to 'manically controlling everything', having to follow the rules to the letter and not being able to rest until everything is just right. Most often the perfectionism and pressure will relate to work and this will crescendo if there is unusual stress. For a parent it can also be related to the safety and what they perceive as 'right' development of their children or family. The internal imagery that arises from this complex of feelings is commonly that of extreme danger to their own or a loved one's life.

Stresses are often future-oriented: about performance, finances, health, bad news or accidents. *Stannum* and *Indium* are strong in this regard. The mood, often under a facade of liveliness and conviviality, can be serious and sombre indeed. They fear that the 'whole world will come down on them' if their precious, perfect goals are not realised. Some Tetragonals are susceptible to nervous habits like tics and nail-biting.

*'You must do your very best at all times, sell your talents, prove to the world what you can do'. She was also urged to look good at all times. She hated this sort of pressure, felt that she would break the rules if she relaxed for a single moment. She couldn't rest until she had done everything she could. She tried to adapt by minding her manners, being sociable etc., anything to avoid the withering criticism of her parents, which would have felled her completely ... from a case of Zincum iodatum*

**Positive:** Tetragonal medicines enable the ability to work effectively in situations of pressure. The positive transformation of this attribute is a carefree 'que sera, sera' state of doing our best and whatever will be, will be. It allows engagement in the innocent pleasures of the child and blending a satisfying social life into their schedule. This embraces the power of free and hearty laughter, having fun and enjoying life. It enables them to make lifestyle

choices:

*She decides to lead her own life instead of others deciding for her. She decides to go to her boyfriend and quit her job, in spite of the fact that she was very good and was offered a much higher salary because they didn't want her to leave. She has had enough of all this strife, she doesn't need it anymore ... from a case of Zincum iodatum*

*Apoph-gr-im; Apoph-cr; Bar-acet; Ind; Scap-cr; Stann; Vesuv-gr-im; Zinc-i; Zirc-red-im.*

### ■ Fashion, Image and Presentation

Personal image is highly important to the Tetragonal type. This can be so striking that the probability of the Tetragonal structure is often perceived at first sight by the obvious focus on image and dress. She is a woman who is extraordinarily fashionconscious, always 'with it',- dressed, manicured and made up to obtain just the right amount and quality of attention that she wants. She loves diamonds but if that can't be had, a synthetic cubic zirconia will be just fine thank you. She will sometimes overdo the makeup, her caked mascara seeming just too thick. For those who are more connected to 'inner feeling', the clothes should reflect and be congruous in every way with her feeling about the event she is to attend.

He is a man who is suave, he drives a BMW, or some other stylish or sporty vehicle. He's not so interested in a Mercedes, that is left to a more prestigious Cubic or Trigonal type. His belief is that he must make an impression, a clear statement of his sophistication, his vogueish status and polished performance. You might see him escorted by a busty blonde or other uniquely beautiful woman. He is seen at all the right places.

*Neatly and fashionably dressed. Well-presented and with meticulous make-up, with*

*quite a lot on her face, she has some spots underneath. Blonde, brown eyes. Wears very high heels ... Her clothing shows her shapely figure ... from a case of Magnesium fluoratum*

Before a presentation he will be very concentrated on how everything looks. He will do his presentation in front of a mirror and work on it until everything is just right, making himself a polished performer. He is always thinking, 'how will I be perceived? How does it look? Does it feel and look exactly right for me'. He is making adjustments so that the perception is that *he* is 'a happening event'. It may just be a matter of pride and his competitive need to stand above the rest or it can be indicative of a distinctly narcissistic tendency. Inside there is some hollowness but he knows just how to compensate for it.

This need to present well can also be a self-defensive stance, a cover for all sorts of problems. He feels under scrutiny, and indeed he may be, but we should not lose sight of the fact that the scrutiny is primarily his own. Fashionability makes up for many scars, wounds and inadequacies. He is the suave man with bravado who feels a certain lack of self-esteem on the inside. After the event he cringes at an insensitive statement which disturbed his polished image. The Tetragonal woman is often stylish and glamorous but is covering distinct sensitivities, feeling she is bad, unworthy, or inadequate intellectually.

All this can give an impression of superficiality, a mask of a finely manicured presentation. There is a distinct sense that the character is not congruent with the image, it is their tool for covering up.

**Positive:** In the positive, this image consciousness becomes a true expression of an internal finesse. His expression is a channel for the psyche and feeling that he has meticulously developed. It enables his true charisma to pour out and make its presence felt in a most



striking way. In this respect it is a structure that is highly aligned with celebrities and politicians. It is first-class marketing, getting the packaging and presentation right so that those who aren't so insightful about him will notice and feel who he is and what he is worth. The image should be polished, it should be perfect. The cover of the book is important if it effectively draws the attention and promotes the content. Developed individuals of this type will use their image as an effective tool to achieve valid personal goals or more wholesome and altruistic ends.

One of the ways he will develop presentation skills is through oration. The following dream is from the proving of yellow *Scapolite*:

*Dream: giving political speech to a large group in a large hall. I have never done this before and I falter through my speech. People start to snigger and move away. Then I get help from Tony Blair (ex-UK Prime Minister and an excellent orator). Previously I had a low stand (about 10 cm high) to speak from. Tony Blair makes a small wooden block to go on top of the initial stand and I am to stand on that for the speech. I start the next speech and I am much more articulate and gain the attention of the crowd.*

This dream refers to using a material prop (the wooden block) which actually relates to standing taller, lifting self-confidence and self-belief that makes one more



A Zircon crystal, exhibiting the rectangular prism typical of Tetragonal

articulate. This is all through the use of the analytical perceptive power of intelligence (represented by the Tony Blair aspect of his psyche).

Another positive outcome here is the 'stripping off' of the facade of perceived style and success, realising it is not the door to their own happiness and wellbeing. They learn to accept who they are and what they feel they need to do, even though those things are unsophisticated. It is a woman who frees herself of her dependence on the opinion of others and decides to take care of her relationships and home, no matter how 'out of fashion' it is.

*Apoph-gr-im; Cassit-im; Mag-f; Scap-yel-im; Thul-p; Ytte-p; Zirc-cl-im.*

### ■ Covering Up, Holding Back

(Also see *Covering Up and Sexual Focus* on page 82)

The themes of covering up and suppressing are stamped more emphatically on Tetragonal than any other structure. It is indicated for those who are simply embarrassed about their appearance or capabilities and feel the need to

cover up for fear of judgment or criticism. Already discouraged by painful inadequacies or imperfections, they are averse to having them pointed out in public and even in private if it is without sympathetic or positive contributions as to how they might be overcome. It is for those who would cover up the most private parts of their lives, parts that they feel they must keep to themselves or will only let trusted persons know. It is the young woman who must meticulously use substantial make-up to cover her facial blemishes as she would like to look perfect.

*Dream: I am in a group of men. They are all going naked. Each one has to go naked and stand before a mirror and before the other men. I am heavily clothed and very slow to take off all my clothes. I am the last one and every one is watching me. My energy is low, I am embarrassed about my physique and am wanting to stay covered ... from the proving of Cassiterite*

Other elements that maybe covered or suppressed or 'below street level' are numerous including his general emotional stance, his instincts, his tendency to anger. These will lead to denial, holding back on his spouse or others close to him. It will lead to him becoming hesitant and inactive, a repressed personality. In this way covering up can pervade the general framework of the psyche. It often leads to internal pressure as the instincts tussle with the mind, which is attempting to assert external control. The following extract from a case of *Thulium phos* by Ulrich Welte keenly describes the Tetragonal nature of the client:

*'She is kind, in contact yet somehow is hiding herself in an unseen mental veil which overshadows her inside mind. She feels like an expensive secret book with seven seals.'*

A salient facet of this theme is that Te-

tragonal has a direct relationship to the covert nature of the world of deceit, crime, culturally unacceptable acts and any part of our nature that we hide as being culturally or morally unacceptable. A history of crime or misdemeanour is a strong indicator. Masks and facades, counterfeits, criminals, money laundering, covering up the crimes of those with whom you are linked by family or culture are all featured scenarios in Tetragonal crystal provings.

Tetragonal also relates to those who use stealth to gain a desired end. It is for those who wish to evade a responsibility, escape military service or even escape any work by feigning an illness or playing ignorant and incapable.

*In military service he discovered that people withdrew from responsibility, so he did the same in order to be declared a fool. There he discovered that one needs to build up a workload, that one has to have a full desk, which he tells me with a smile... from a case of Erbium phosphoricum*

It also appears as superficial and formal politeness (typical of *Stannum met*) or in those who don the facade of 'mask-like' facial expressions or smiles.

*A middle-aged man arrives wearing a suit and tie and is almost always polite, yet his politeness is rather superficial and formal. You can't sense any real warmth behind the blase facade, and in fact he reveals very little of himself... from a case of Stannum metallicum*

As you might expect, sexuality commonly takes a prominent place in the world of covering, avoidance and repression. An interesting example of this is in *Indium metallicum* as those who respond to this medicine are often suppressing or covering their sexuality. There is a classic dream in *Indium* of rampaging bulls, which refers to an unrestrained, uncontrolled or powerful sexuality hidden in the recesses of the psyche.

(Also see *Covering Up and Sexual Focus* on page 82)

Gienger comments that they often cover thoughts and feelings to address a situation as society requires. They become dishonest even to those closest and design thought structures to justify or hide a secret life. Their tendency to lead a double life is as if programmed by the nature of their psyche. There is a secret lover, mistakes are denied or bad habits concealed. He goes on to remark that if their secrets are uncovered it will lead to collapse, shame, inferiority and loss of face, depression and even suicide.

**Positive:** Tetragonal medicines enable one to engage in instincts in a positive and considered way, to resolve and integrate suppressed feelings. Ultimately, they do away with masks and facades. As they become less influenced by what others think, it enables the full expression of self, the ability to tell how it is, how they really feel. They become honest, frank and openhearted.

The Tetragonal structure is indicated in those who are naturally very serious about truth. In this guise it is connected with those who uncover crime: private eyes, police and detectives who determinedly search for the 'key' that will unlock the motives or the real identity of those who cover up the truth and the perpetrators of crimes. This polarity of Tetragonal also relates to finding the hidden causes of phenomena which are not understood: like an engineer discovering why a bridge collapsed; a sociologist attempting to understand causes of abuse or problems faced by individuals or cultural groups. They are natural investigators and researchers always asking 'who?' and 'why?'. They also make good medical researchers and diagnosticians.

It is also indicated for those who cleverly use subterfuge to prevent themselves from engaging or being engaged in dangerous,

criminal, subversive or violent situations:

*Dream: I am going out for the first time with a young woman I know. We are walking through a relatively seedy part of town and a man in a leather jacket is walking toward us, it is at night. I am a little wary of him, but she pulls me to the side and puts me up against a fence and comes close to me as if talking intimately. This gets us out of his path. After he passes she tells me he was a criminal and she had a bad feeling about what would happen if we met him and so acted spontaneously... proving of Green Vesuvianite.*

Becoming freely honest and truthfully standing up for their own convictions, they are faithful to themselves and so able to free themselves and others. They become free of inner tension, at ease, more natural and joyful. They become more direct and able to take people to task about their projections and misconceptions. In this respect it should be noted that this is their main *conscious* drive and is not the same as the inbuilt honesty and frankness of a Cubic or Hexagonal person for whom it is not the primary issue. They are commonly blunter than Tetragonals.

*Apoph-cr; Apoph-gr-im; Cassit-im; Chalcop-cr; Erb-p; Ind; Mag-f; Mang-ox-nat; Scap-cat-cr; Scap-cr; Scap-yel-im; Stann; Thul-p; Tugt-cr; Vesuv-gr-im; Ward-cr; Zirc-red-im; Zirc-cl-im.*

### ■ Guilty, as if of a Crime

If there is one predominant feeling that underlies the Tetragonal need to cover up and hide it is guilt, often to the degree that they feel as if they have committed a crime. It is the root cause that keeps him from fulfilling his potential. I first realized this after a Vesuvianite prover had the following dream:

*I am watching a 747 try to take off. It is an unusual 747 as it has a rather large tail wing*

*with upright tails on both sides. It speeds on the run way but can't take off. Then it stops and they take out about 30 or 40 men that are criminal prisoners that are being transported. After they get out the plane is able to take off and as it does they make a mass escape from custody.* (The prover noted that it must refer to his chronic feeling of guilt and it later proved to be a life-altering medicine for him - his internal criminals did make a mass escape!)

The deep anguish that is often involved in Tetragonal guilt can be understood by that most tragic of circumstances: where a parent is inadvertently responsible for the death or damage of their own child. Typical examples are when the child is allowed to enter dangerous water or is run over by the parent driving in their own driveway. The guilt in such cases is simply devastating.

Other situations appearing in cases and provings include excruciating memories of the past where he has let others down; especially those he loved or those who were dependent on him. It is for those who do a lot for others as they feel they have a debt to the world. They may feel that they are always doing it wrong' in their activities, feeling guilt when school results are mediocre, guilty they are not productive and shouldn't enjoy relaxation or fearing getting into trouble for a minor traffic offence. It is tantamount to religious type of guilt, built into the fabric of the psyche, a transgression against the creator. It is noted that in a number of cases where this is prevalent the parents were very strict or demanding and the shadow of perfectionism is never far away. Shame for having done wrong is also a common feature.

It can become extreme, even to the extent that they believe all that goes wrong is their fault. He is standing at the checkout counter and believes he is guilty of having stolen an item even though he never would. This

includes persons who have been sexually abused as children and feel that they were to blame; the one who did wrong.

*The next day, nagging guilt, am guilty of anything. I feel guilty even for another person who has not let me know that I am not teaching that day and I came to the school for nothing! This was very striking... proving of Green Apophyllite*

Tetragonal medicines are extraordinary in their ability to remove bad conscience and regret, enabling them to breathe freely once more.

*Apoph-cr; Apoph-gr-im; Mag-f; Merc-i-r; Tugt-cr; Vesuv-gr-im; Zinc-i; Zirc-red-im.*

### ■ **Hanging onto Feelings: Animal Instincts and Suppression**

Tetragonal types have a habit of holding on to feelings and this theme has a direct relationship to the 'covering up and holding back' theme mentioned above. Their tendency to hang on is not as final as Cubic whose psyche requires permanence but nonetheless it is a characterizing element. It may be understood to be the result of inadequate connection to a viable sense of self. As a consequence emotions are not processed in a healthy way and may be left in a Pandora's box, arising when they are not welcome or stifling a wholesome life expression and possibilities. This is most clearly expressed in an Apophyllite prover's dream, where the stream of water indicates the procession of the emotional life and it having no proper conduit:

*Dream: I'm at the beach with others. There is a row of houses between the road and the beach. We are looking out for access to the beach. We regularly pass over water that is flowing down to the sea, in the gaps between houses. The gaps are important in the dream. They aren't like something that would occur in life, not like usual rivers or streams, or*

*channels for water. There is no streambed, no clearly defined route that the water has created, no fish or aquatic life, just the water moving as a thin flat sheet sometimes over concrete, sometimes over sand, never in a gully-*

High in their intellectual atmosphere, they may become angry at having to face past feelings, especially if a remedy, person, relationship or situation forces them to do this. They will say, 'I didn't sign up for this!' They will feel caught in the emotive world which they have tried to divorce themselves from. The fact is that there is a proclivity to avoid taking care of their instinctual side or to not engage it at all. This is strongly alluded to by the many references to fearful, sick, angry or damaged animals in the provings. Interestingly there is a strong domestic group, i.e. not in their natural, wild setting: dogs, cats, horses or rabbits:

*Dream: I have to take my dog in a car to a place. I carefully look after him on the way and we arrive safely. At the same time, another man has to take his dog to the same place and doesn't look after him. His dog falls out of the car, severely injures his paws and either dies or does not arrive.*

Suppression may reach such a degree that natural common sense escapes their grasp leading to irrational acts. The expressions 'not right', 'the wrong way around',



Cassiterite is the oxide of tin. Both pure tin and cassiterite form tetragonal crystals

'against nature' all appeared in this regard. A few examples follow:

*Dream: We have just had dinner and I notice there is a very strong, strange smell in the kitchen. Then I look at the cooker and realise it is still on. The cooking is done on iron plates set into an old fashioned wooden side board. The side board is on fire underneath, it is the source of the smell. What a ridiculous and dangerous place to have a cooker ... from the proving of Cassiterite immersion*

*Dream: We are trying to enter Iran illegally as emigrants. It catches my attention that people don't try to get into Iran as immigrants, it is the wrong way around ... from the proving of Purple Scapolite*

This extends to people who are out of context with their feeling about life. It is most often in Tetragonal that they are not doing or being what they are cut out for. It is particularly for those who are feeling types who have the need to order themselves in a perfectionist way to survive or achieve e.g. an artistic or spiritual type of person who needs to

do an office job to support their non-paying goals and who rails against it as not fitting their natural propensities.

*Dream: of a group of native African warriors who are lined up in four lines behind one another and about seven across. They are in perfect order for training. They are in traditional tribal garb. A group of warrior natives looking like a highly organised army; very odd... from the proving of Cassiterite immersion*

There are other situations that arise in provings and cases: e.g. a woman who is an artist interacting with other (devout and idealistic) artists but is solely engaged in 'home duties' at the present and so feels alienated. They may also feel alienated through the divisive context of sexual preference e.g. where a heterosexual woman's close friend becomes a lesbian.

This theme *also relates to those animal symbols* where a wild animal is out of context with the situation. This refers to instinctual feeling being tempered or contained by the requirements of civilized society including a lion kept in the home, tame eagles that do not fly, a pet weasel and the 'human dog':

*Dream: Then I see a dog sitting in a chair on a veranda as if human, he is wearing glasses, reading a newspaper and having a drink ... from the proving of Cassiterite immersion*

It also relates to the 'headless' image in *Apophyllite*, where a man doing paperwork has no head i.e. no will to do it.

Tetragonal medicines will initiate letting go of stifled feelings, past trauma, worries and internal discontent; and may re-awaken and release old guilt (*Zirc-cr, Vesuv-gr, Stann*). Generally the emotions and instinctual feelings become uncontrollable and previously gentle and mannered people will start to 'shout like an angry sailor' (*Vesuv-gr*). It may also happen

that these emotions re-appear owing to the progression of life e.g. repressed childhood feelings arising when a person has their own children. The repression may be evident in unusual and troubling dreams or moaning and groaning during sleep. Interestingly Farrington recommends *Stannum* (groaning in sleep) for functional paralysis caused by emotions, suggesting repression.

Gienger has some consistent and interesting comments in this regard, stating that there is a tense division between their instinctual feelings and their desire to control their environment. On one side they are wanting to give in to these feelings and on the other side keep them under control.

*Apoph-cl-im; Apoph-gr-im; Cassit-im; Scap-cat-cr; Scap-pur-cr; Scheel-cr; Stann; Tugt-cr; Vesuv-gr-im; Zirc-cr; Zirc-red im; Zirc-cl-im.*

### **Covering Up and Sexual Focus**

The desire for outer perfection and success, be it associated with image, relationship or work, together with inner repression of feeling often creates a seismic effect on sexuality. It becomes a compensatory avenue where deeper needs and feelings can or must be expressed. This often translates into sexual propensities and activities they feel they need to keep 'under cover' or are very private for them. It can become an obsessive or deeply meaningful part of their life. Numerous situations in provings and cases arise:

- ▶ Sexuality is the only arena they can express deeper feelings and desires
- ▶ Those who are compulsive about masturbation and covert about it, with a clear element of narcissism (self-voyeurism)
- ▶ Obsession with nudist self-exposure, fetishes or taboos
- ▶ Indulgence in or addiction to pornography

- ▶ Married people with co-existing desire and restraint about an extra-marital affair
- ▶ Dreams: of intimate sexual interaction 'under the bed' (hidden) or actual covert liaisons
- ▶ Strong fear of being found out to have an illicit sexual affair
- ▶ Dreams or practice of rampant or unlimited sexual activity
- ▶ Those in a position of power in an organization e.g. a principal of a college, who are surreptitiously having sexual relations with numerous staff and students
- ▶ Obsessive sexual thoughts
- ▶ Those who are engaged in unconventional practices (e.g. - using a sex doll) and hiding it from their partner
- ▶ Highly sexual person with a partner who has no libido at all and so must regularly masturbate or find someone else e.g. the house cleaner to service their need
- ▶ Those who delight in pornography and enjoy shocking others who are private about sexuality or who have clear moral or ethical boundaries about it
- ▶ Women who wear alluring or see-through clothing

**Positive:** Some Tetragonal individuals will, through experience, develop highly conscious ethical standards about sexual boundaries and become sensitive to any nuance of inappropriate sexual behaviour.

*Apoph-gr-im; Cassit-im; Ind; Merc-i-r; Scap-yel-cr; Scheel-cr; Stann; Vesuv-gr-im.*

#### ■ **Finer Detail, Perfectionism**

They tend to be perfectionists. This is expressed through a predilection for exactness, neatness, order and a certain precision of thoughts. This perfectionism is in the detail, not in the core of their work. They are observers, watching every item, its form and colour. Order and appearance is important to their eye and brain. Others will read them as an obsessive.

*She is very anxious and careful about very insignificant things, which formerly were perfectly indifferent to her... from the proving of Baryta aceticum*

They fear they will get into trouble from lack of attention to detail, for them 'the devil is in the detail'. Being under pressure to complete tasks, when they make a mistake it is horrible for them, so they must be very serious and get it right. This is often the case for solicitors who present court documents and other situations where the letter of the law is very significant. It also relates to IT and programming where every detail must be perfect. They will become sensitive to it in an exquisite way, dotting the i's and crossing the t's. For individuals like artists who present their personal efforts in a

The suppression that usually produces these covert activities means that they are not expressing their will, courage, wholesome assertiveness or sexual interaction in a healthy way in the world. There is often a subversion of their own will and power: he is 'not walking his lion'. A related situation is the young tetragonal person who was simply not guided in a healthy way about sexual feelings and instincts and so feels they are out of order and must be covered.

*Polarity:* On the other hand they may become unabashed about their sexuality or sexual preferences and unashamedly refer to it in their everyday interactions.

Situations that appear in the provings or cases:

- ▶ Men who are lecherous; sleazy types who have no thought or conscience about personal relatedness and so unapologetically take advantage of women

most intimate way, errors or flaws in the detail will be excruciating, especially when criticized by others.

When driven and stressed they may become obsessive about this and 'check emails 100 times' to ensure it will produce the effect and get the results they are looking for. Life can become a series of rules, compliances and checks. This of course casts a shadow of anxiety and fear over their lives and the ability to balance work and life will elude them.

He is a man who is always doing a lot of thinking, analysing and synthesizing and he is successful at it, but as he goes on in his career he is baulking, it is so stressful and it puts him under so much scrutiny. It leads to procrastination and is common amongst writers who will clean every window in the house before picking up a pen. He is demanding of himself and a perfectionist. He may let other areas go completely to attain the perfection he desires in his work or visa versa. He is the perfectionist at work while his home is a disorganised mess or dirty.

This element of the finer detail may also find expression in a man who insists on the details of his purchases and possessions being perfect. Be it his luxury car or his antique purchase, if it is not perfect he will send it back or insist that it is rectified. He may also, owing to his need to get the detail right, take many days to think over his purchase and whether it is the right one or not. It shouldn't be forgotten that this theme also relates broadly to the material world and encapsulates the desire for the (body) 'perfect' man or woman; the shiny luxury car, the stylish home or trend-setting holiday. When it doesn't work out that way it will cause angst and dissatisfaction.

**Positive:** In a developed Tetragonal, this exacting nature has the potential to create energy and success in life endeavours. It will be empowering and enable them to undertake

and execute many things, especially in the intellectual realms. As emotions are quelled and precise orderly thoughts are engaged they achieve much and do so with a feeling of empowerment. They are amongst the best organisers and strategists, not missing any significant consideration. In addition to this they are ambitious and so rarely fail to acquit themselves well in any undertaking.

*Bar-acet; Cassit-im; Ind; Mag-f; Scap-pur-im; Vesuv-gr-im; Zinc-i; Zirc-red-im.*

### ■ **Pride and Narcissism**

This is a characteristic trait of Tetragonal and most often exhibits itself in the desire to be outstanding and recognized for his achievements. He hates fading into the background and must be prominent in the crowd. He likes to be the best looking, the most intelligent. All in all he so much loves being made a fuss of, he can't help but make a fuss about himself! This takes the form of bragging, being controversial, sometimes through excessive focus on his health or sexual self-centredness. He may talk in terms of 'having the best of everything', anything that makes him look better, he will set about acquiring. They aspire to becoming or may be celebrities. Being superior to others keeps his egoistic tank filled, his narcissistic urge needs to produce unlimited fanfare.

*Dream: I feel like I am a celebrity also and that I am intimately associated with the performer. I am very conscious of how I will be perceived, if I will be looked at, there is an element of pride... Scapolite yellow immersion*

*I hate fading into the background.' Likes to be noticed and stand out from the crowd. Hates not to be the best-looking, the most intelligent ... from a case of Magnesium fluoratum*

Some individuals may become self-centred in a lecherous way with little or no concern



about the emotional or life implications of their sexual appetite. For the Tetragonal person it all boils down to unabashed ego gratification. At the same time it should be understood that Tetragonals maybe under- or over-subscribed in terms of their ego. The undersubscribed part is dealt with under the 'Covering up, suppressing' section and the oversubscribed part in this section on Pride. Those who are undersubscribed can also be narcissistic via their self-absorption and neediness.

In developed Tetragonals, this vain egoistic streak is made over and enables them to reach a high position without undue disturbance of the sense of self. It generates an extraordinary calm, cool, considered approach to duties, strategies and visions. This type of person becomes a great asset to their adopted cause or organisation.

*Cassit-im; Mag-f; Merc-d; Merc-i-f; Scap-yel-im; Retangular geometric shape.*

## ■ Material World

As image and packaging are so important to them, so the material world is a focus for Tetragonal. It is not uncommon that they want to get rich, buy a big car, be a 'yuppie', be stylish, fashionable or become a star. Gienger makes it clear that Tetragonal crystals (*Apoph-cr* and *Zirc-cr*) deal with 'the habit of wanting things'. This theme has some parallel to the hanging onto and letting go of emotions referred to above.

It could also be that he is attached to having a physically beautiful woman in his life. It is all part of the desire for perfect image and they need to have the best of everything for this purpose. Eventually even valued and exquisite possessions become a burden; the burden of care and the fear of loss. The well known Dr Hook song expresses it superbly: 'When you're in love with a beautiful woman, everybody wants her ... you watch her eyes ...

you look for lies ... it's hard!'

Taking the appropriate Tetragonal medicine, they become aware of the superficial and unfulfilling side of obsession with material objects and worldly attachments to the chimera of physical beauty, making money or becoming famous. They are apt to give the material things a more down-to-earth significance and start to value what is most important in life, like the quality of relationships and personal development. Letting go of this pressure and obsession with these things, they become much happier. One client, after taking *Apophylliteclear immersion* remarked to me about her valuable green Grossular garnet ring which she nicknamed 'Grossie':

*'It is such a relief not having 'Grossie' with me. Someone else is looking after it, so I don't have to worry about where it is. I didn't even go to pick it up when I could. I've become detached about possessions, sensible about it, I've had a nice time buying nice furniture, invested in a futon bed but I am doing it all without emotional attachment. I really enjoyed it.'*

*Apoph-cr; Apoph-cl-im; Mag-f; Vesuv-gr-im; Zirc-cr; Zirc-cl-im.*

## Supplementary Themes

### The Weasel



The Weasel, an assertive operator

The Weasel is the animal signature for the medicine *Green Apophyllite* and an interesting study in Tetragonal. The weasel is a small, active animal with a long body and short legs and is an assertive predator. If you are a rabbit or a chicken you need to watch out for him, he will show no mercy. Classically he has been cast as a distinct human typing, his name being used to label a person who is cunning, stealthy or evasive. The human 'weasel' will try to obtain information from others for his own personal gain or to use against them. He is one who evades moral obligations or duties. The word weasel is used in the phrase: 'he weaseled out' meaning that he avoided something which was a commitment or duty that he should have admitted to. He is full of guile and stealth. We shouldn't forget his attribute of cleverness, so useful in the world of competition, and which he will use to attain his objectives. From the *Green Apophyllite* proving:

*Dream: I have an unusual pet. It is a weasel. It has not been feeling well lately and I take it to a woman for medical advice. Then,*

*in an effort to look after it, I am taking it with me everywhere in a shopping type bag I am regularly checking to see if it is alright. It seems to be getting better.*

The same male prover also had a dream that he was in a position of power, seeking sexual favours of many women and stealthily plotting out how he could achieve his ends without exposing himself.<sup>†</sup>

### ■ Family Conflict

While proving *Cassiterite* I experienced a strong dream about family conflict between a couple and their teenage son. This conflict seemed insoluble and made home life turbulent as they were always reacting angrily to one another. None of them could break the emotional habit of arguing, a tense situation indeed.

Not long afterwards I recalled I had a parallel case of a woman who was in constant conflict with her ex-partner (now living separately) and her daughter. This continued for many years. After taking *Stannum metallicum* she developed the ability to remain unreactive to provocative behaviour and was able to set clear and firm boundaries with both her daughter and ex-partner. The whole situation settled, she was ecstatic about it after having suffered so much emotional turmoil. Other clients also reported less conflict with partners after *Stannum met.* and when I realized that *Wardite* crystal was indicated for relational conflict I thought to include it as a peculiar theme.

<sup>†</sup> Tetragonal is the only structure where I felt compelled to attribute an animal. Originally, when writing this chapter I found myself often wanting to use animal metaphors e.g. 'woman of the species'. There is a strong animal connection via the instinctual side of Tetragonal and this appears in the relevant sections. Instincts are expected in animals, but are generally unacceptable in regular human society, hence the need for suppression.

*Cassit-im; Stann; Ward-cr.*

### ■ Feminine and Masculine

Feminine-masculine polarization and all the problems that surround and ensue from it, appears clearly in the field of Tetragonal medicines. This will reflect both personally and societally. *Cat's eye Scapolite* is indicated for men who need to deal with femininity issues or women who need to deal with masculinity issues. This could refer to a man who teaches classes with a high proportion of women or groups of women who are compelled to engage in the intellectual side of their life and put the feminine aside. *Indium* and *Pink Zircon* are both recorded for those who cross-dress (dreams or behaviour). Inability to express love to their partner is a feature of *Green Vesuvianite*. *Stannum* will polarize to the feminine with its strong 'Fear of men'. Boys who prefer to play with girls and heterosexual women who fall into a swoon for the love of another woman appear in the literature for *Indium met.*

*Ind; Scap-cat-cr; Stann; Vesuv-gr-im; Zirc-pk-im.*

### ■ Intellectual Pursuits

Tetragonal individuals often tend to focus on the intellect and are adept at tasks that require analysis. There is a well-developed ability to gather facts, synthesise them and deduce meaningful outcomes. They know how to 'weigh it all up'. There is a tendency to be curious and to find information in their chosen field, or for that matter from diverse fields, which they find deeply interesting. This gives them an advantage in work that involves science, statistics and devising strategies in business or security. They are interested in questioning results and experimenting. They are also excellent where vast amounts of information need to be processed as in accountancy, investment, law, information

technology or medicine. It is interesting to note the prevalence of Tetragonal in the fifth row of the periodic table (*Ytte-p, Zirc-cr, Pall-ox, Ind, Stann, Cassit*)

Often 'intellectuals' or 'cerebral' types, they like to gain meaning from their life through studies and working with mind. Mental work will stimulate them, even to stay awake deep into the night. Gienger makes a number of useful observations about the Tetragonal intellect. Firstly, they are able to evaluate new information very quickly and to change their mind rapidly when the need arises. He suggests they like a plan, but know it will turn out differently to that which is originally thought, as development and information comes to light. They love the new, the unknown, and finding hidden connections. When dealing with the psyche in homeopathy we must always be ready for a polarity so it is fascinating to find a physical property in both *Stannum* and *Indium* where they make a 'cry' when they are bent. As Ulrich Welte points out in 'Silver Series' they can be resistant to new ideas, preferring to stick to well-established perceptions and emit an 'inner cry' if someone tries to 'bend them' to a new idea.

A less fortunate expression of tetragonal is a person who is a 'know-all'. He has all the detail wrapped up in his intellect and can tell or advise on all of it. In this situation he tends to be convinced that he is right and is proud of his intellectual prowess (refer to *Narcissism* heading). He feels he doesn't have to enter into any discussion because his opinion is the only right one.

*Apoph-gr-im; Cassit-im; Chalcop-cr; Ind; Merc-d; Merc-i-f; Stann; Vesuv-gr-cr; Ytte-p; Zirc-red-im.*

**Anger:** Because of suppression, the expression of anger for Tetragonals is intense and usually appears as a short-lived, fiery blaze. It is fascinating to read the Tetragonal *Baryta aceticum* proving knowing that the

element Barium usually lends itself to passivity: *'Sudden, excessive but transient anger and wrath even to rage from very little cause; easily provoked to action ... from the proving.*

I have also observed in other Tetragonal cases the 'flashes of anger' and 'desire to beat people up' or a flare of vocalised anger like 'you fucking bastards!' or 'who the hell is trying to piss me off!' It is also relevant to note that *Green Vesuvianite* and *Indium* have affinity with the colour green which is elementally associated with the liver and anger.

*Bar-acet; Ind; Stann; Vesuv-gr-im.*

### **Confidence, SelfBelief and Success**

Covering up, holding back, guilt and pressure are quite a formula for lack of confidence or inadequacy. These feelings and behaviours breed hesitancy, stiltedness, aversion to responsibility, self-doubt, a 'poor me' attitude and even great dread of people. For Tetragonal, 'people' are the ones who can uncover their deficiency, shame and failed attempts. Wisely applied Tetragonal medicines produce self-belief, the key to success.

*Bar-acet; Cassit-im; Scap-cat-cr; Stann.*

**Creativity:** With a constellation of characteristics such as desire for progress, recognition, initiative, an interest in detail, design and style, you can rightly imagine that significant creativity is at hand. With their ambitious nature creativity can become a passion and while it is most often seen in designers and writers it can be evident in any of the dominant Tetragonal professions. Their most pronounced creative ability is in taking the ideas of others and renovating or transforming them into something more relevant, new or more whole. It reflects a searching intellect and ability for analysis. They are also good at making 'a silk purse from a sow's ear'.

Their prevalence in the fifth row of the periodic table, as mentioned in the section on intellect above, is also relevant here. *Stannum* has been shown to remove 'artist's block' and *Indium* loves to engage in the 'buzz of creative things' like museums and theatre.

*Apoph-gr-im; Ind; Stann; Zirc-cl-im.*

### **■ Criticism**

Criticism is a sore point for many Tetragonals. When you are trying to 'get it perfect', mistakes and criticism can be exquisitely painful. Typically they retreat into the weak and covered position when criticized. Children will be very sensitive to teasing and become shy. Alternately, when they feel criticism is unjust they are liable to lash out in a rage.

When they think they are the best, or more likely, know the best method, and others are not up to standard, criticism flows out like water downhill. *Stannum* met is a good case in question - they are so sensitive to criticism that even kind admonition upsets them. At the same time they can be deeply irritated by people who

ask obvious questions, thinking 'don't be so stupid!'

*Bar-acet; Erb-p; Ind; Merc-i-f; Stann.*

### ■ **Intellect and Memory**

As mentioned before, the intellect is often exacting. However when the memory is affected there will be great confusion about detail and names or the constant feeling that they had forgotten something with the need to check and re-check. They can become quite confused and there is a tendency to forget the fundamentals of place like where he parked his car or the way back to the hotel.

There can also be a difficulty in concentration, thinking and comprehending. This is often reported as the tendency to be diverted easily so that there is little persistence in work. Effective medicines transform 'a scattered way of thinking' into the 'here and now reality'.

*Bar-acet; Vesuv-gr-im; Ind; Merc-i-r; Stann; Ytte-p; Zirc-red-im; Zirc-cl-im.*

### ■ **Obsessive, Narrow-Minded**

A significant number of medicines in the Tetragonal group exhibit obsessive and compulsive traits. This tendency often relates to their need for outer perfection whether it be their appearance, work, home or objets d'art. In some cases it is the result of the need for knowledge to sustain the ego and may accompany a self-righteous, sarcastic or haughty attitude. He is a 'know-all' and this is often underscored with a narcissistic stream of thought. Compulsive eating habits and sexual addictions have been noted. The well-selected medicine will release obsession and broaden mental, emotional or ethical horizons.

*'Feel more balanced and level-headed. Less obsessed about looks and externals.'... from a case of Magnesium fluoratum*

*Apoph-cr; Apoph-gr-im; Cassit-cr; Ind; Mag-f; Scap-cr; Vesuv-gr-im; Wulf-cr.*

### ■ **Work and Life Balance**

A common complaint is that he needs to throw so much energy into his work to find the perfect results, enhance his image or high ambitions that he is not able to allow time for care to himself, his needs and responsibilities in a balanced way. The 'soul of his world' suffers, be it his family, his partner, his health, his mental well-being or his spiritual life.

Another aspect of this is a woman trying to resolve her situation as a mother with a strong intellectual ability, enjoying the inspiration and achievement of business life, which is where she finds meaning. Life may resolve this conflict by finding the niche where she can engage in satisfying work and look after her family as well. Alternately after the Tetragonal medicine you will find the individual is adapting to fewer work hours, giving the family or relationship greater priority, letting go of manic control or slipping into a suitable compromise to satisfy all her needs and responsibilities.

*Ind; Merc-d; Stann; Zirc-red-im.*

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## Clinical word associations for Tetragonal themes

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<b>Fundamental theme</b>	<b>Word associations</b>
<b>Ambition and achievement</b>	Ambition; opportunity; make it to the top; competitive; gain the advantage. <i>Positive:</i> altruistic; multi-tasking.
<b>Anxiety, fear and pressure</b>	Worry, stress, fear, inner pressure; tension; anxiety future; strife. <i>Positive:</i> calm under pressure; carefree; childlike; having fun; enjoy life.
<b>Fashion, image and presentation</b>	Image; making an impression; make-up; sophistication; seen in all the right places; superficial; mask. <i>Positive:</i> Fashion; presentation; oration; polished performer; charisma; marketing.
<b>Covering up, holding back</b>	Covering up; opinion of others; facade; disguise; formal; embarrassed; watched; denial; holding back; hesitant; veiled; secret; denial; crime; culturally unacceptable; stealthy. <i>Positive:</i> stripping off the facade; self-acceptance; faith in self; self-expression; honest; frank; openhearted; serious; searching out the truth.
<b>Guilty, as if of a crime</b>	Criminal; guilty; remorse; regret; excruciating memories; doing it wrong; fear of getting into trouble; let others down; shame. <i>Positive:</i> letting go of bad conscience.
<b>Hanging onto feelings: animal instincts and suppression</b>	Suppressed; repressed instincts; addiction; indulgence; divorced from feelings; irrational acts; divided instincts and control; out of place; not fitting; out of context; headless. <i>Positive:</i> letting go of the past
<b>Covering up and sexual focus</b>	Avoidance; covert liaisons; taboos; hidden desire; under cover; unrestrained gratification; pornographic; excesses; numerous relationships; masturbation; extramarital. <i>Polarity:</i> unabashed; unashamed; sleazy; lecher; shocking others; alluring sexuality. <i>Positive:</i> sexual ethics and boundaries.
<b>Finer details, perfectionism</b>	Perfectionism; excessive order or precision: fine detail; obsessive; scrutinizing; sensitive to criticism. Analysing; synthesising. <i>Positive:</i> exactness; empowering correctness; order; neatness; organized.
<b>Pride and narcissism</b>	Pride, narcissistic; best looking; most intelligent; bragging; selffocus; self-gratification. <i>Positive:</i> ego-free; calm; cool and considered strategy and vision.
<b>Material world</b>	Habit of wanting things; money; obsession; fame; position; beauty. <i>Positive:</i> free of worry; detached about possessions; enjoying without attachment.

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<b>The Weasel</b>	Assertive predator; cunning; stealthy; evasive; merciless; evading responsibility; guile. <i>Positive:</i> clever; cunning and stealth to find truth and attain ethical objectives.
<b>Family conflict</b>	Insoluble family or relational conflict; emotional habit of arguing; turmoil. <i>Positive:</i> firm boundaries; calm order.
<b>Feminine and masculine</b>	Women with many men; man with many women; cross dressing; fear of men or fear of women; sexual preference feels out of place.
<b>Intellectual pursuits</b>	Know it all; too cerebral; intellectual pride; self-righteous; fixed ideas. <i>Positive:</i> Intellectual; analysis; synthesis; intellectual stimulation; strategy; research; information.

### Supplementary themes

<b>Anger</b>	Anger suppressed; intense emotional flare.
<b>Confidence, self-belief and success</b>	Self-doubt; hesitant; stilted; dread of people <i>Positive:</i> self-belief
<b>Creativity</b>	Writer's block. <i>Positive:</i> designers, writers; silk purse from sow's ear; museums; theatre.
<b>Criticism</b>	Criticism is painful; knows best and criticizes others; I'm not stupid!
<b>Ego and control</b>	Pride, narcissism; perfection
<b>Intellect and memory</b>	Confusion about details and direction; diverted easily; exacting. <i>Positive:</i> Here-and-now reality.
<b>Obsessive, narrow-minded</b>	Needs perfection; self-righteous; obsessive: drugs, eating and sexual habits.
<b>Work-life balance</b>	Ambitious, too; perfectionist; neglects self or family <i>Positive:</i> Letting go of control; balancing satisfying work and looking after family

### ■ Work, Profession and Life Situations

Tetragonal has been shown to suit artists, those who use 'artistic flare' and those who are involved in *creative presentations*: antique expert; art teacher; ballet dancer; celebrity; chef; curator; interior decorator; journalist; make-up artist; marketing consultant; matador;

'dashing' military officer; politician; writer.

It is also indicated for those who are *professionals*, especially where that profession rests upon intellectual development or the analysis of information: academic; accountant; dentist; designer; historian; information technology specialist; programmer in IT; investment advisor; lawyer; researcher.

*Managers:* it is indicated for ambitious managers; museum director.

*Reflecting the covering up and hidden side:* criminals; policeman working undercover; private-eye; spy; psychotherapist (uncovering).

## Spiritual

Spiritual outcomes are significant and the first one that presents itself arises directly out of the understanding of the typical Tetragonal psyche. It is the response to painful covering up and repression. The empowered and enlightened Tetragonal will be firmly aligned with and seeking truth, honesty, frankness and openness. They may express this through their science, politics or art. The lack of or inadequate connection with the sense of inner self, when submitted to the fires of conscious reformation, evolves into a great congruence of authenticity of self-expression, livelihood and life ethic. An inner calm develops which allows the mind to flow freely through a channel of truth and sincerity.

At another level of spiritual experience is the theme which is so prominent in the action of the medicines made from the gemstones *Zircon* and *Apophyllite*, i.e. detachment from the material world and the letting go of material attachments, which enables the experience of the nature of self beyond the body: subtle life energy, the other world, the

presence of the Divine.

*Zircon* enables contemplation of the nature of things and the meaning of existence, evoking an internally resourced mental illumination. It also encourages lucid dreaming and prophesy. *Cassiterite* enables those bereft of connection to the Divine Principle to feel and forge one. *Apophyllite* enables an inner sense of light and sparks a clear desire to connect with the Inner Self through spiritual practices.

The ability to analyse, which is evident in many Tetragonals aspires to a greatness of mind which can be expressed in the exceptional ability to take on a great variety of tasks and duties. Gienger comments that 'greatness' and even 'spiritual greatness' is a feature of *Cassiterite* and *Rutilated Quartz*. Understanding this leads us to the idea of a process of personal development which penetrates the Tetragonal facade. It incorporates unrelenting self-analysis, correction and self-improvement.

## Dress and Appearance

- ▶ *Fashionable or stylish:* *Cassit; Ind; Mag-f; Scap-yel; Zirc-cl;*
- ▶ *Formal:* *Stann; Zirc-cl*
- ▶ *Thin, see-through, nothing underneath:* *Vesuv-gr*
- ▶ *Black and white check:* *Apoph-gr*
- ▶ Walter von Holst has noted those who wear oblong shaped glasses often do well with Tetragonal crystals



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## Body and Facial Indications

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- ▶ Tall thin and debilitated types. (*Stann*)
- ▶ Those who have a stolid mask-like face (covering up) (*Mang-ox-nat*)
- ▶ Triangular facial shape (*Zirc-cl*)
- ▶ Forehead and chin well developed, upper lip thin, convex horizontal line turning upwards above chin (*Ind*)

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## Mental Diseases

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Narcissistic personality disorder is expected to be significant in Tetragonal. *Magnesium fluor* and *Cassiterite* are indicated for anorexia and eating disorders. *Wulfenite*, *Scapolite* and *Scheelite* are recorded for obsessive characteristics.

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## Physical

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### ■ Significant Generals, Pathologies and Locales

- ▶ Emaciation, muscular atrophy, excessive weight: (*Cassit*; *Chaicop* (underdevelopment); *Erb-p*; *Stann*; *Wulf*; *Zirc-red*)
- ▶ Organ system: It is similar to Monoclinic with its action on the metal element of Chinese medicine
- ▶ Respiratory: There is a significant action on the respiratory system (*Apophy-gr*; *Cassit*; *Mang-ox-nat*; *Quart-rut* (Tetragonal and Trigonal); *Stann*; *Zirc-red*). Note: poisoning by Indium-tin-oxide causes interstitial lung disease

- ▶ Large intestine: action on (*Apoph-cl*; *Cassit*; *Chaicop*; *Ind*; *Mang-ox-nat*; *Stann*)
- ▶ Tension, whether as general body tension or focused on a part (*Ind*; *Mag-f*; *Stann*; *Vesuv-gr*; *Wulf*; *Zinc-i*; *Zirc-red*)

### ■ Minor Generals, Pathologies and Locales

- ▶ Energy and strength wanting - a state of chronic weakness: *Apoph-gr*; *Cassit*; *Ind*; *Stann*; *Ward*
- ▶ Kidneys: *Scap-cr*; *Tugt*; *Ward*
- ▶ Sleeplessness: *Cassit*; *Erb-p*; *ind*; *Mag-f*; *Stann*; *Vesuv-gr*; *Zirc-cl*;

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## Activity

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Uncovering is crucial for Tetragonal. Daring is particularly beneficial as they are often good at writing and it is completely private. Over time it ensures that they become self-aware and start to perceive the place of pride, narcissism, covering and ambition in their lives, together with a coherent view on their life goals.

Spending time with trusted, non-judgmental friends or loved ones is valuable for them. It is a pressure release for them and they are able to relax, if not express their deeper

drives and fears.

If these activities do not integrate parts that are 'under the bed' then paid support in the form of a therapist or appropriate homeopath is important for them to integrate who they are. Planning total time out is vital so that they don't become one-sided in terms of ambition and so that they can de-stress.

Other activities which provide a vent for suppressed feelings and tension like physical therapies, yoga and sport are beneficial. Appropriate lifelong aerobic exercise is

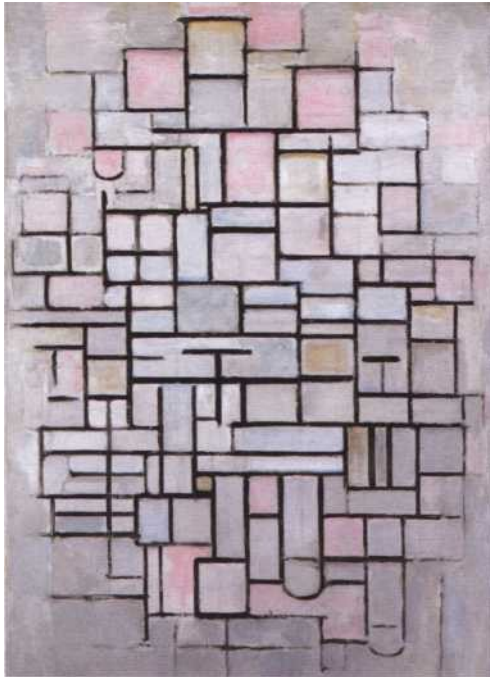
recommended for those with respiratory deficiency.

The finer aspects of arts, sciences and

skilled crafts or hobbies will keep them positively engaged or constructively diverted from more stressful or weighty life issues.

## Art, Culture and Celebrities

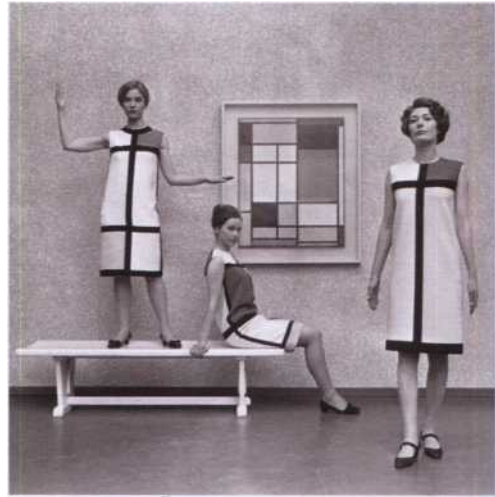
The art of **Piet Mondrian** with its play on the rectangle appears to be strongly Tetragonal in its origins. He was strongly affected by the spiritual movements of the day: theosophy and anthroposophy. Artistically, he was at first influenced by Cubism and then abstraction. But he soon



Rectangular art by Mondrian

developed his trademark 'grid-based paintings', which were largely formed by the rectangular shape. His fine arrangement of line, brushstroke and light speaks of the detail and form of Tetragonal. They also bear a certain sense of 'detachment from the material world', an expression of pure energy which aligns with the spiritual themes. He died of pneumonia at age 82, suggesting a typical

Tetragonal respiratory weakness.



Mondrian's work was taken up by fashion icon Yves Saint Laurent

**Tony Blair:** As UK Prime Minister, Tony Blair was a leader with a clear vein of Tetragonal characteristics. He was a master at selling his Labour government and its policies, so much so that he was Prime Minister for ten years and remained undefeated when he resigned. He even appears in the yellow *Scapolite* proving as an expert orator who knows how to use every available technique to succeed in relaying his message. His comments after his election win were that of the classic Tetragonal presenter consciousness: 'I remained completely sober. I had work to do. There would be speeches to make; messages to give; tones to get right; comportsment to maintain that needed to be consistent with the magnitude of the win.'

Another famed potential Tetragonal is **Julian Assange**, the founder of Wikileaks. He

started as a hacker who used the pseudonym 'Mendax' which means 'nobly untruthful' - an inventive Tetragonal maxim. He is a journalist, writer and uses every means be they 'criminal' or not to acquire information and 'whistleblow' at the highest level. His alleged sexual history, and attempts of the Swedish government to use this against him, could well be the sexual side of Tetragonal at play.

**Linda La Plante** is a crime writer, two elements deeply associated with the Tetragonal psyche. She wrote the novel *Bloodlines* and as always her characters are born in real-life events. La Plante refuses to wield the tool of drama in her novels and instead uses an exceptional eye for detail, a tetragonal quality, to bridge the consciousness of her reader. This has made her outstandingly successful at her profession.

The documentary *Deep Water* recounts the true story of the ultimate sailing adventure: nine men agreed to circumvent the world, alone, without calling to port, in the Sunday Times (London) initiated race of 1968-9. The

principal player of the program is **Donald Crowhurst**, an English electronics engineer. Crowhurst was a man of ideas, knowledge and technical know-how (Tetragonal). The program is a compassionate, searching study of the psyche of a man driven by the need for material gain, shame, failure and deceit - all Tetragonal traits. The story of Crowhurst is at once heroic, antiheroic, tragic and beautiful.

**Films** that feature Tetragonal themes:

- ▶ *American Hustle* (2013): Christian Bale and Amy Adams play the role of hustling con artists; a quality film with Tetragonal characters and plot
- ▶ *Yves St Laurent* (2014): a biographical drama of a man at the top of the fashion world
- ▶ *Tinker, Tailor, Soldier, Spy* (2011): the hunt for a double agent in the British Secret Service; the Tetragonal world of spies
- ▶ *Grand Budapest Hotel* (2014): a comedy about the fine and exacting art of hospitality, where Gustave, the concierge, services the needs of aristocratic old ladies

## Case Studies

### ■ Case Study I

#### A Mind Bursting with Activity

A woman aged 51, a natural therapist and teacher who is also undertaking her master's degree. She is living with her male partner and has adult children who live separately. She wears well co-ordinated clothing and is carefully groomed.

#### October 2015

She is very stressed with all her activities: teaching preparation, marking, the part-time study and running a clinical practice. She is making lots of mistakes with her arrangements like double and triple bookings.

She is thoughtful and meticulous about all of her activities and pours much time into them to get them right. She consistently

receives excellent results in her course work. Now she is so stressed about doing so much she has aversion to thinking: 'I want to look at and hear beautiful things and access my state of being rather than considering doing anything intellectual. I am feeling like my mind might burst!'

I ask her about colour and although she didn't have a clear choice she tells me that she really likes to wear white in recent months.

*Physically* she feels contraction and stricture in the region on the heart with the stress. She is constipated with difficult, round, knotty stools, which are hard to pass and which has been worse in the last week when the stress has escalated. She has trouble sleeping at times with the stress.

**Analysis and treatment:** I thought of Tetragonal as they are meticulous about detail, like to perform to a high standard, get stressed, worry and are ambitious. They often undertake intellectual pursuits. The Tetragonal group tends to act on the bowel and they have tension focused on a part. She likes crystals and I asked her which ones she keeps at home. She mentioned regular ones like Amethyst and then mentioned Apophyllite, which is unusual and Tetragonal. Apophyllite is specifically indicated for 'inner tension' and worry. I chose clear Apophyllite as she has no colour choice but likes to wear white. I prescribed Apophyllite-clear tincture to be taken daily and as needed.

#### **Two weeks later**

Running behind schedule but wasn't panicked like before, she just knuckled down and did it. She made a strong determination to engage in regular spiritual practice.

Dreams: She is at the college (where she teaches) and is given a much quieter and calmer place to work in. She is worried about losing her son in a railway train scenario but then he is brought back to her.

The constriction about the heart left quickly. In the days after taking the medicine she had strong itching of scalp, neck and back which is very unusual. She had a large bowel evacuation after being very constipated for a week.

**Comment and Treatment:** the response to the remedy is excellent with the appearance of skin symptoms (*Apophyllite* is effective for skin allergy) and the letting go of stress. The dreams suggest the resolution of worry and finding a quieter place within herself. There were further stressful situations on the horizon so I prescribed *Apophyllite* 10M one dose.

#### **Two weeks later**

After taking the remedy in potency she again

has itchiness with raised spots which lasted many days. All exhaustion from stress disappeared, she is much less constipated and her sleep improved. She is more relaxed about food and exercise whereas previously she had been very disciplined.

The remedy evaporated the stress 'I tend to look at how much there is to do and not be dwarfed by it. I used say to myself 'I have to do this and then I have to that and then I have to do this'. All the mental chatter, the worry just stopped.'

Capacity to do all that was required to her high standard emerged. She became grounded, enabled and focused and when she took a break she wasn't worried about it at all. She had been convinced she couldn't go to a seminar because of time and attended the whole weekend without stress. Decisions were made with no angst. Guilt about missing her spiritual practice at times, changing plans or not meeting family were far less. She dreamed of the Tardis (of Dr Who which is spacious and large on the inside and a small police booth on the outside) where things aren't what they seem at all. A woman inside is an investigator or researcher.

*Comment and Treatment:* The result was excellent, she was more relaxed, down to earth and stronger. The dream about the Tardis, that which is covered up and is different on the inside compared to the outer appearance, is a classic Tetragonal theme. I asked her to repeat the remedy if needed.

#### **Mid-January 2017**

She returned with a similar scenario, being very stressed about a 40-hour teaching week approaching. This time there was a new perception of the anxiety. When she is dressing in the morning 'it needs to look right and feel right before I go out - it can take a long time to get it right and it puts me under time pressure. Unless it is right it feels like I

won't function properly'. This is particularly around work, clients and teaching and especially relates to her clothes (not so much jewellery or hair).

She tells me of her analytical and detailed (perfectionist) mind: 'When I write an essay the same process applies as when I get dressed - when it is right in an essay I know it is right - then I get the same sense of harmony.' When she marks papers she sees every little mistake, she is sensitive to all the details around the house.

She weeps as she tells me she is also carrying the burden of a secret - a family tragedy involving her children. She can't tell anyone about it as they don't want anyone to know. It creates a sense of disconnect in her friendships as she is always censoring herself.

**Physical:** She is constipated again and not sleeping so well. She has the sensation of a prolapse of the rectum, a sense of a weight<lifting. She has menopausal flushes < spices with profuse sweat. She also has constant mouth dryness and unquenchable thirst.

**Treatment:** *Apophyllite* 10M

### Mid-March 2017

After taking the medicine: She was much less stressed about her week of teaching. She is able to fit other things in, not so time-pressured. It has stopped her thinking about all of the many things she has to do 'when I am doing it, I am doing it and when not doing it, I am stopped'.

She had a difficult situation with a student in the class, handled it very well and students complimented her on this. She used to think she was pretending as a teacher, had a 'fraud' feeling and that has now changed: 'I do know things and I have valid things to contribute', there is more self-belief.

Since the last consultation she has been

preparing for teaching a class on spiritual matters. She became dreadfully anxious and on the verge of panic about it. She reached for *Apophyllite* which brought a pleasing result:

T experience and separate out each physiological response as it arises. I simply watch them and then witness the accompanying thought processes. It's like everything is slowed down and unpacked and the state becomes more spacious.' She remembered herself as a young girl standing alone at the front of a stage, utterly embarrassed and ashamed. She responded to this inner child with compassion and kindness. Regarding the secret about her children she explained that she just has to carry it and that time heals.

She has a different consciousness about clothes. Now she figures it all out at the beginning of the week and has something ready for each day. She hasn't had another 'nothing looks right' day. One day she had to teach without her shoes matching her clothes and she wasn't uncomfortable in any way. She comments she is more contained and less sensitive about details on *Apophyllite* overall. Her ability to undertake the great diversity of tasks in her life is vastly improved.

She had many healing dreams: a disabled child understanding and responding correctly; a young boy getting in touch with unacceptable and unexpressed feelings; a murder being uncovered by finding a coffin in ice in a rectangular swimming pool (shape of Tetragonal); of a friend not being embarrassed by unusual body hair.

**Physically** her whole pelvic floor felt stronger: she went on a three-day wilderness walk with her children carrying a heavy rucksack with no problem. The sleep remains improved despite stresses. The tongue is less dry and her thirst is less, her bowels are improved.

**Comment:** Clear *Apophyllite* has been a deep acting medicine for this woman. She

grew to understand and overcome her stress and anxiety. The strengthening of the pelvic floor was marked and I expect it is the result of Calcium, Fluorine and Silica in this crystal along with the properly matched crystal structure. Typical Tetragonal features continue to resolve in her feelings: the tendency to stress and related processing of high amounts of information; the focus on image and its implications; issues with confidence and presentation. In addition the dream themes show extensive inner healing of Tetragonal themes: covering up; embarrassment; unexpressed and burdensome feelings; burying feelings by putting them 'on ice'.

## ■ Case Study II Case by Rienk Stuut

From 'Homoeopathy and the Elements' by Jan Scholten.

A 30-year-old woman feels very tense and restless. She doesn't sleep well and often wakes in a panic at 4 a.m., breathing rapidly, perspiration on her chest, fear and tingling fingers. She feels tired and exhausted and her resistance is low. She has eczema which gets worse when she is tired. She also suffers from constipation.

Her work environment is quite hectic. She worked for a computer data firm and was involved in a project that involved moving whole companies with all their computers to a different location on the weekends. She didn't feel safe and at ease in this job, had difficulty keeping up. She felt that the whole world would come down on her if something went wrong. There were many different parties involved and she felt she had to keep them all happy. She found it hard to steer her own course and to evaluate whether she was doing things right or not. She is not very good at owning her power and radiating a sense of authority. Her boyfriend had gone abroad for his work which made her feel estranged from

her surroundings.

She recognises that she had similar feelings in the past. Her parents were very demanding and she felt she had to achieve a great deal before she would be accepted as a proper member of the family. She was conscious of people checking on her all the time. Her mother put a lot of pressure on her in many ways: 'You must do your very best at all times, sell your talents, prove to the world what you can do'. She was also urged to look good at all times. She hated this sort of pressure, felt that she would break the rules if she relaxed for a single moment. She couldn't rest until she had done everything she could. She tried to adapt by minding her manners, being sociable etc., anything to avoid the withering criticism of her parents, which would have felled her completely. There were thousands of rules she had to comply with and her parents wouldn't have accepted her if she hadn't followed them to the letter. It was a tremendous effort to control herself.

Her elder sister was more rebellious. She didn't have much contact with this sister because of her tendency to disturb whatever was going on. Although her sister did get a lot of attention, it was mainly negative and she wanted a different sort of attention.

She felt guilty if her marks at school were mediocre; her sister got much better marks, even if she skipped a class.

She often got teased at school because of her nervous tics and blinking eyes. She felt very lonely and excluded when she was little; life didn't hold any promises for her. She lived far away from school and wasn't a part of the group. Her mother was always ready to find fault with her friends; nobody was ever good enough.

When she was seven she lost a lot of hair; she also suffered from paratyphus and eczema. She wet her bed at night and used to sleepwalk onto the balcony, talking all the time. She used

to break glasses by biting too hard, was clumsy, tense and 'impulsive'. She ate very little during her secondary school years.

She had a dream: I am walking through a busy town in silence. I am the only person walking against the gale force wind, all other people are going the other way; when I get frightened somebody of my own age who is at the other side of the street starts to laugh at me and taunt me. After such a dream she had wet the bed. During this time she often dreamt that her parents set her all sorts of difficult tasks which she couldn't do, everything went wrong, she would drop things etc. She often dreams that her parents are chasing her saying: 'You have done this wrong'. She also dreamt that she was clinging on to the back of a lorry. Her family and friends were sitting in the open back of the lorry, but she wasn't allowed. The lorry was driving fast through busy traffic and she felt very frightened, having to watch out for oncoming traffic. As soon as she wakes up in the morning she feels she has lots of work to catch up on.

**Generals:** Weather: cold, cold feet. Time: < 4 a.m. Desires: eating (3), savoury, bread, cheese, sweet spicy biscuits, chocolate. Aversion: meat, fat, fatty meat. Menses: absent << the pill. Sleep: sleepless, on right side, hunched up.

**Analysis:** She is very tense and restless. Remedies such as *Arsenicum*, *Iodum*, *Zincum* and *Agaricus* would immediately spring to mind. But which one of them? The urge to achieve belongs to the Ferrum series, so does the feeling that people are checking on her, pushing her and forcing her to comply with the rules.

The fact that she doesn't allow herself a moment's rest is typical of *Zincum*. So is her job in computer data systems. But which *Zincum*? She has to achieve in order to belong to the family, otherwise she will be dumped. In her dream she has to cling on to the lorry

otherwise she will fall overboard, stage 17. In this case I would choose *Iodum* because she feels estranged since her lover has gone abroad.

She was told to sell (Ferrum series) her talents (Silver series), you must show what you have got in you (stage 17). She got stressed at work (*Zincum*) moving computers (*Zincum*) from one place to the next (*Iodum*). She got teased (*Iodum*) because of her tics (*Zincum*). She dreams of having to walk against the wind (*Ferrum* series) and being laughed at (*Iodum*).

Other *Zincum* symptoms: dreams that her parents are setting her tasks and chasing her, restlessness, sleeplessness, nervous tics, cold. Iodum symptoms: excluded, outside the group, restless, < 5 a.m., eating much, eating little, hanging on.

**Reaction:** *Carcinosin* had no effect at all. After *Zincum metallicum* she had the dream about the lorry where she had to hang on for dear life to avoid being dumped. This gave me the clue to *Zincum iodatum*. After *Zincum iodatum* she quickly starts to feel better. She decides to lead her own life instead of others deciding for her. She decides to go to her boyfriend and quit her job, in spite of the fact that she was very good and was offered a much higher salary because they didn't want her to leave. She has had enough of all this strife, she doesn't need it anymore.

She had another dream where she was sitting in a room in which people were quarrelling, something to do with a little child. When the people had left, the child crawled onto her lap. It gave her a great feeling of peace; the child was her at the age of three or four.

**Author's comments:** The broad brush strokes of the Tetragonal structure of *Zincum iodatum* pervade this case which is also exemplary of periodic table analysis and the effective use of dreams. She is in a high-

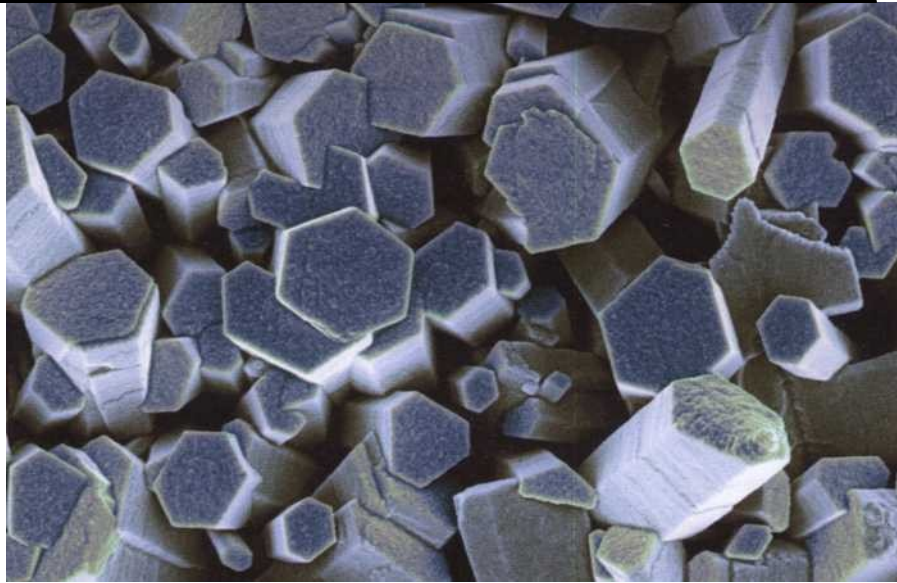
pressure job dealing with data. Her parents were strict and demanding, noting everything that wasn't perfect in both her personal demeanour and her efforts at school and work. Consequently she is sensitive to criticism and feels she must comply with all the rules otherwise she is not accepted. She is guilty if her work is mediocre. This combination of perfectionism about the detail and guilt if she doesn't get it belongs to Tetragonal. Even the outcome is Tetragonal: the letting go of her materially rewarding job and letting go of strife in her life. Her final dream signifies she is returning to the freedom and unfettered state of the child.

### **Other Case Studies**

Excellent case studies of *Magnesium fluortum* which focus on the need for external and bodily perfection are available. The first is by Jan Scholten in *Homeopathy and the Minerals* and the other is by Alastair Dempster, in the *Interhomeopathyjournal* of May 2009.

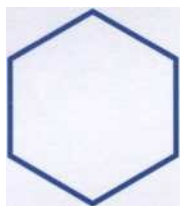


# Hexagonal System



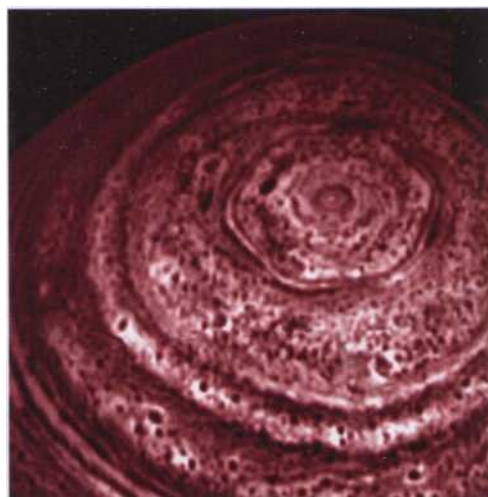
The inner structure of substances that crystallise into the Hexagonal system is based on the hexagon in two-dimensional form and the barrel-like six-sided prism in its three-dimensional shape. This beautiful six-sided structure adorns each and every snowflake. There are numerous homeopathic medicines which crystallise into this shape including *Graphites*, *Zincum metallicum* and *Emerald*.

### ■ Hexagonal Geometries



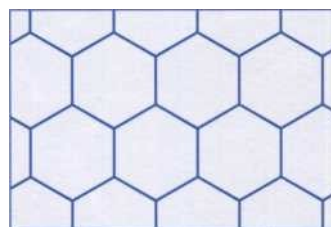
The hexagon, with its six even sides, is one of the most distinctive of the seven linear shapes. In addition to this it has an unrivalled place in nature as it is well-known as the delightful shape of the honeycomb cell of beehives. It also appears as the shape of basalt columns e.g. in the ‘Giants Causeway’ in Ireland. As if this is not enough, it has a planetary counterpart in ‘megahex’ on Saturn where a giant hexagonal shape mysteriously engulfs its North pole - an extraordinary tribute to the relevance of the form in the natural order.

Mathematically the hexagon has the smallest ratio of perimeter to enclosed space of any of the linear shapes.<sup>‡</sup> Consequently it is used by bees as a strong, space-effective storage system. As Darwin says ‘the honeycomb is absolutely perfect in economising labour and wax’. This



Megahex on Saturn

naturally evokes the qualities of efficiency and capacity and these qualities are vital for the hexagonal types who are intently focused on achieving their best in a given time. The six sides, the highest number of any shape, indicate that it invokes the maximum channels of flow (the most varied qualities) to the situation at hand. They are adept at garnering will, focus, energy and all available support systems for the accomplishment of their goal. In this regard the hexagonal structure is also the most adept at teamwork.



Hexagonal shape filling the space

As a metaphor for societal relatedness, the hexagon has six broad even sides which only connect with the broad even sides of the surrounding hexagons while there are no sole point connections. This indicates that there is

‡ This proof did not appear until the work of the mathematician Thomas Hales in 1999: <http://www.maa.org/frank-morgans-math-chat-hales-proves-hexagonal-honeycomb-conjecture>

an array of strong and close connections. Consequently, we often find that the Hexagonal individual will form strong and meaningful bonds, not only with immediate family but with work associates and friends. However, beyond this, the world tends to be full of blank faces. Occasionally there is connectedness to a larger group e.g. professional, sports or national, and should it appear, it is strongly felt. Overall, as there is a sense of strong and close bonds, should a loss occur they will be rocked by it.

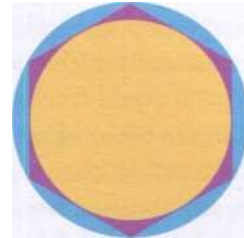
The hexagonal pattern also infers the concept of teamwork whether it be the sports team; the professional team; the family team or the business team. The sense of connection, especially with common goals, is the strongest in the Hexagonal structure (also relates to the teamwork of bees). They may also feel that the connections of the group make them strong. In this respect, a good example of Hexagonal are team pursuit cyclists as they are focused, powering ahead, part of a strong team, taking it in turns to take the leading position and having the unified goal of winning the race. Goal-oriented camaraderie is a natural fit for them.

### ■ Encircled Hexagon

It is one of the three shapes (along with the square and the triangle) that is capable of fitting inside a circle with perfect balance. The theme of 'seeking balance' is often a keystone for the Hexagonal psyche.

The encircled hexagon is a testament to the often 'tight' nature of the hexagonal structure. The inner circle representing sense of self, is most closely aligned to the shape. This infers that the personal ego: mind, body and feeling, is deeply engaged with the life stream i.e. embodied and activated. The outer circle (their relationship to the world) is also closely aligned to the structure. This is an indication

that they know who they are, what they want and that life should bend to their way of looking at the world. It also infers great frustration if they cannot live it.



### ■ Hexagonal Axis Vectors

Hexagonal and Trigonal are the only structures with four axes. One can imagine that the vectors are structural beams in a building and the extra beam lends it increased strength and order. These two qualities are often themes for hexagonal types.



Hexagonal axis vectors

From the diagram, you can observe that the six prongs of horizontal axes support the vertical axis, making it 'super-stabilised' as it were. The correlation with the hexagonal psyche is that a multitude of energies and forces (e.g. family, home, group and life work) are called to support the life direction or progressive will of the individual. In life this often points to people who are dedicated to achievement and organize their lives in every way possible to support this. Commonly that achievement is through choice of life work on a personal level (e.g. building a successful business), excelling at some skill (e.g. musician, craftsman,

sports person, politician) or a larger vision for community, country or world (e.g. energy ecologist, leader). It can even translate into a spiritual vision like seeking enlightenment. It is also conceivable that it in the nurturing type, it could translate into improving a group in terms of relationship.

It is also possible that this vertical axis is short and its shortness correlates with the themes of underdevelopment, insufficiency or lack of confidence while its great length

symbolizes fanaticism, over- extension of ego or blinkered attitudes.

### ■ Seed Concept: 'I do'

The seed concept of Hexagonal shines though in many cases. The goal and getting things done are the order of the day and the life! It is their expression of value in being a human being. In it are contained their ambition, their personal connections, their strength, their conscience and their ethic about life.

## PRINCIPAL THEMES OF THE HEXAGONAL PSYCHE

*Go al-oriented, urge for success, blinkered*

*Human doing ... work ... perfectionism ... responsibility*

*Strength, confidence and power*

*Controlling*

*Teamwork*

*Self-negation, guilt and criticism*

*Masculine and feminine in relationship*

*Conflict and negotiations*

*Past and future*

*Time, time, time*

*Development and learning*

*Stress and anxiety: anticipation*

*Many things and overdoing it*

## The Hexagonal Psyche

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### ■ Goal-Oriented, the Urge for Success, Blinkered

As can be seen by the long list of medicines that exhibit this theme, the need for focused goals and success are a pillar of the Hexagonal psyche. It relates to a drive, an element of the *will which requires achievement for the ego to be satisfied*. While this element is common in many persons it is primary in Hexagonal. The

want of this type of drive in the form of lack of motivation, or its excess causes suffering and indicates hexagonal patterning of the psyche.

For those who are apathetic, have a want of drive or feel incapacitating 'stuckness', strengthening the Hexagonal force results in motivation; a positive 'can and will do' attitude. It confers the ability to activate, go forward, to consistently create and reach goals.

It stimulates a life-giving and life-enhancing power; withheld life force is released; its free flow instilling a sense of enjoyment. It often relates to those who are impelled to work or live 'hard'. Allied with this, the all-important qualities of concentration and focus are enhanced.

*'Seeing my future as a huge mountain to climb has dissolved. I've had a strong increase in energy and am able to cope with my clinic and study very capably. There are three weeks to go to the end of term and all is under control.'* ... from a case of *Emerald immersion*

It gives the impetus to catch up on jobs that have been left or put aside.

*'After I took it I had the impetus to go out and to clear things - I needed new sheets for years. I had needed to throw out old sheets but was terrified of spending the money - I had seen it as a luxury rather than a necessity, it helped me want to clear things.'* ... after taking *Aquamarine immersion*

The Hexagonal structure is also indicated for the polarity: those who are already determined, energetic, ambitious or focused on achieving - a more yang type. It can lead to blinkered vision, as if on a mission. They will throw themselves into their chosen interest and if they are 'too driven' it will produce irritability and aggression. They are the sort of person who has the motto 'no pain, no gain'.

*T need to channel my energy. I'll buy a horse! I need a business stimulus! I need that for myself, it's not that I think I have failed, but to keep my self-confidence up and feel useful. I've been career-blinkered and trained horses ... I'm a mix of ambition, drive and idleness, I fear failure; I like challenge. I know where my strengths and weaknesses are. I feel like not a failure.'* ... from a case of *Zincum met*

Note her perceptive use of the phrases 'I am a mix of ambition.' which actually

identifies her being in terms of goals and the term 'not a failure', clearly inferring that if she doesn't keep achieving, she will be a failure.

The intensity of focus can lead to excesses. Hexagonal medicines *Selenium* and *Neodymium fluoratum* are both found in the rubric 'Fanaticism' in repertory. Gienger takes this a step further when he comments Hexagonals can become dogmatic and ruthless. Forcefulness, hardness, determination and uncompromising wilfulness have been observed in homeopathic cases.

One client reported about her young daughter; *'She sees what she wants done and how she wants it done. I have to pour in energy and fight to divert her from that course. I had to threaten her to get her off her computer. She sees a course of action and doesn't want to be diverted from it. There is constant bantering, she wants to override what I think is reasonable. She is wilful, determined, uncompromising, I find it dominating and at times have to threaten punitive action. We are butting heads every few hours!'*

*Her mother was astounded at the dramatic change after she was given Aquamarine immersion: 'She was suddenly engaged, chatty, relaxed and calm and a kind big sister ... her relationship with her father changed overnight. Her child self has blossomed and re-emerged happy and confident in herself. It is like I have a happy 14-y ear-old; happy with school and friends and sport and not butting heads!'*

The Hexagonal structure also relates to those who, while highly motivated and driven, seem to be blocked and continually confronted with obstacles. It can appear in the form of needing to 'fight the authorities' or perceiving that others (whether they are inside or outside his close circle of friends or family) are trying to oppose his wishes. It can also appear as a series of seemingly 'co-incidental' events

which hinder this path. While this maybe simply a frustration of the 'urgent will' there is often a reaction by others to the strident, aggressive nature often typical of Hexagonal.

*Dream: wedding of a family friend and I don't have anything to wear ... Everything was blocked and I felt trapped. But I could see the causes ... after taking Aquamarine immersion*

This powerful orientation to the goal often creates an intense competitive spirit along with associated stress. It may become a 'race to the finish' which in itself becomes a burning issue for them. After all their efforts, will they be able to make it and more importantly will they be first? There is no prize for coming second. There should be significant recognition, or deep self-satisfaction for achievement otherwise it doesn't count. The stress or impatience of the need to achieve can also appear in ordinary life e.g. in the need to complete things at night before bed and being unable to sleep if he can't, knowing he will be stressed in the morning if it is not done. In these ways time and deadlines become an issue and often produce a hectic or heavily stressed state. The goal can also affect health through overdoing it and relationships can be harmed through want of attention.

*Dream: He has not done too well in his exam paper, and the result is about to come, which gives him palpitations ... from a case of Cob altum met.*

The strong expressions of will associated with Hexagonal often relate to goals and projects. Whatever the goal, it can become a 'great march', a profound urge for success, a powerful will to win. The goal itself can be great or small depending on the individual: to produce the next item for a craftsperson, to create the next piece of art, write the next scientific paper, grow the next business or conquer the next mountain. In those who are spiritually oriented a focus on the search for

enlightenment, Nirvana or immortality arises. All facets of their life; physical, mental, emotional, relational are perceived through the lens of 'the Grail' whatever that maybe. The body is kept fit enough to achieve it, the mind honed to perceive it. Often as soon as they reach a goal they are looking for another. If it happens that later in their career there is no goal, they feel a lack of direction and worry about it, as the presence of a project is naturally and deeply structural in their psyche. It could even appear in the form of a social goal to do with group or family:

*She wanted to create a nice atmosphere at home. Even now her dream of having a nice family is very strong. She is married with two children. She hopes that everything goes well and that they will always stay together. She cries silently when saying this. She invests everything to reach this goal ... from a case of Magnesium metallicum*

**Positive outcomes:** This goal-oriented, achievement-rich state of Hexagonal obviously has its place in the order of things human. With such mental focus and high energy they are often excellent at what they do. As they clarify goals it instils the qualities of conviction, firmness, strength, efficiency, straightforwardness and honesty. These qualities enable them to survive and even thrive in stressful situations, regularly inferring great and good success.

*She herself enjoys jobs with a lot of stress. She likes bringing order into a chaotic situation and then retires, feeling she has done her bit. She loves running around like 'a white tornado', doing her own thing ... from a case of Zirconium metallicum*

They are able to focus deeply on the task at hand - at that time nothing else exists. This breeds positive achievement and whether this benefits one individual, a larger group or a vast arena, it is fundamental to all growth and

evolution. For hexagonal types there is sometimes excessive pride with achievements, however, the effort involved, the recognition of the commitment of life energy and the inner journey that produces their result, often fill them with properly earned pride, and may even have a humbling effect. In terms of human relatedness it may translate to 'out of sight, out of mind', which friends and relatives may find difficult, but when they are with you they are totally with you.

The down side for Hexagonal types is that achievement commonly creates tension and if this is the case, the indicated Hexagonal medicine will confer calmness of mind and relaxation of body. It enables one to let go of excessive ambition, to enjoy life, 'smell the roses' and find proper life balance between work, recreation, family, self and spirituality:

*'There was a marked improvement... I felt much better and calmer, I even got back my old playfulness (of childhood). I slept a ton and sat for hours, read a book and got a rest - totally what I needed. I am very content - a great way to chill out. I got to the point where I would put on my sneakers to run and end up sitting on a kerb and listening to the birds - that is a dose of life that I need!' ... from a case of Calcium phosphoricum*

The blinkered viewing of life is modified and the *qualities of versatility and farsightedness emerge*. With regards to difficulty, obstacles and a sense of failure, it gives the *strength to remove obstacles* (highly typical of *Emerald immersion*) or removes the negative mental attitude that draws the manifestation of the obstacles themselves. A well-developed Hexagonal type will sense the usefulness of all matters and be able to incorporate them in their plans. Hardship and even asceticism are definitely acceptable if they serve the purpose of reaching the goal.

*Apat-blu-im; Apat-gr-im; Apat-yel-gr-im;*

*Aquam-im; Beryl-gr-im; Beryl-red-cr; Calc-p; Cupr-ar; Emer-im.; Molyb-s; Beryl-mor-cr; Neod; Neod-f; Neod-o; Osm; Phos-i; Ruth; Sam-mur; Sei; Titan; Zinc; Zirc.*

### ■ Human Doing... Work... Perfectionism... Responsibility

The urge for success commonly instils a strong work ethic in Hexagonal types. It may express itself through projects, through taking on responsibility or through creativity. While most people are human beings, they are a 'human doing' and they like it. Consistently industrious and purposeful at heart, it is typical to hear 'I am a workaholic and enjoy it!' Devoted to their work, it can manifest as a life ethic which they would like to see in others. There is often a compulsive element to it and it commonly appears in dreams.

*She's ambitious and has to be doing something, otherwise she doesn't feel well. Just sitting around at home and cooking is no good for her. Three years ago, apart from looking after her own young child, she was running three households at the same time: her own, her parents' and her grandparents'. At that time, an unexpectedly difficult situation arose when her grandfather was ill with cancer, and she decided to step into the breach and help take care of him. She has no patience for illness; she represses it by keeping busy ... from a case of Molybdenum sulphuricum*

In addition to this they are often fussy about their project and like to work things out to the last detail. They become perfectionist about it and this can easily become global, it is about the 'doing' and achievement contrasting to the 'being perfect' of Cubic.

*He feels the pressure of having to do everything perfectly. He does most things himself, even repairing his house. He wouldn't like people to see that some things in his house aren't done perfectly. He wants to be an honourable man, having taken good care of his*

wife and children... from a case of Neodymium oxidatum

It maybe this urge to do appears to be because of the need of circumstances: to look after the family or to make sure the business succeeds or for an altruistic motive. It can be really 'hard work', but the stamp of Hexagonal is that they will do it, where others may falter when faced with the same challenge. They are mightily responsible.

*She was working, earning the money, cooking and running the household after being left by the fathers of her children. She has been forcing herself to do things, but it has been very heavy going ... from a case of Samarium muriaticum*

They are devoted to their work and averse to taking time out from it. They are often amongst the most efficient and adept workers. Whether it is stimulated by a life situation, the behest of a family member or their own will they will meet the situation with vigour. Should they be manual workers they will excel with dexterity and be the most productive; as a project partner they will often be the spine of the team; as a leader, the driving force; they can work with astonishing exactness or speed: *'Unfortunately I don't look after my personal things because of the work. I get irritated, for example, if there is a wedding that I should attend during work hours. I see if someone else can go instead of me. At times I feel like taking a holiday, but I would be too tense about the work here if I were to take one.'* He had also considered cancelling his appointment with me because he didn't want to leave work to reach my clinic at 6 p.m. ... from a case of Cobalt metallicum

Another dimension of this theme is that they may come to believe that hard work is the solution to all their problems and that instead of thinking outside of their blinkered vision, they will work harder and harder. As Kevin Rudd, the Australian Prime Minister once said

'I will work and work and work until I find a solution, an agreement'. Unfortunately his staff couldn't keep up and abandoned him in droves, leading to his political demise. We could say they are always willing to work hard, but often not willing to work smart.

They develop problems around the work situation by taking on too much and not leaving time for themselves. They will feel responsible for many things: family, work, children or engage in excessive disciplines. They will often work hard without complaining. They like things done on time, you can rely on them. Eventually it will lead to feeling 'worn out', 'burnt out' or suffer a mental or physical breakdown.

*I am very conscientious. It began when I had been working very hard. My efforts were not recognized, but I just worked harder and harder ... I was putting in such a lot of effort to hold everything together to make someone else look good and in the hope of future reward, which did not come. I was pushing myself too hard trying to do the work of two people, yet it was never enough. I work from 8 a.m. to 6 p.m. six days per week.' ... from a case of Osmium metallicum*

**Polarity:** With the work theme we must be aware that polarities will occur. The advent of inability to work may pose itself and the issue, the axis of thought and feeling, is still on the 'ability to do work'. As Hering so clearly elucidates about Selenium metallicum:

*'Complete inability to do any work, though he always begins again he must soon leave off. After mental work continued zealously till late at night he is so uncommonly fatigued that for several days he can only think of the most necessary things and it is only after a long time that he can go on with his work.'... from Constantine Hering on Selenium metallicum*

**Positive:** There are positive outcomes for this theme that are common to those for the achievement theme. They become more



relaxed, take time and space for themselves, their family and go on holidays. They stop pushing themselves hard.

*I have been fishing a bit more - maybe ten times last year, and I have taken out a new permit for salmon fishing. I am not pushing myself so much at work. I am more relaxed. I have no fears now about losing my job. I even leave work unfinished if it is time to go.' ... from a case of Osmium metallicum*

Their conscientiousness and responsibility around work are first-class. At best they are industrious, a battery, a dynamic power source. It is not uncommon for hexagonal types to be able to do the work of many. When the perfectionism factor is dominant, they will prefer to work alone, rather than as part of a team:

*He's very efficient, dynamic and fast: he does the work of three people. He prefers to do everything by himself, which he can do, even being a truck driver. He has all the contracts and agreements in his head, which can be difficult for his bookkeeper. He thinks fast and talks like a machine gun when talking about his company ... from a case of Neodymium metallicum*

With the intervention of well-selected Hexagonal medicines they learn to work smart. Thoughts, once driven and focused become slower, integrated with feeling and contemplation about what is to be done. It allows them to observe and take in the finer features of the situation before them. They are more inclined to sit reflectively in this contemplative state as opposed to being impelled to act. They decide not to work under pressure anymore.

There is an interesting and unusual feature that relates to this aspect of working so hard and the want of relaxation. Two hexagonal medicines, *Selenium* and *Ruthenium*, have been recorded/or solving problems during the sleep i.e. waking with an answer to things forgotten

or other difficulties. This highlights the need for relaxation, the centring power it has on the hexagonal type as well as its necessity to properly complete the task at hand.

*Apat-yel-gr-im; Aquam-im; Beryl-cr; Cadm; Cadm-s; Calc-p; Cob; Emer-im; Ferr-i; Graph; Molyb-s; Neod; Neod-o; Osm; Ruth; Sam-mur; Sei; Vanadit-im; Zinc.*

### ■ Strength, Confidence and Power

The qualities of drive, ambition and willingness to work which are salient features of Hexagonal; naturally reflect strength, confidence and power. While the spirit of Hexagonal types will often possess these features, the mind and feeling are often misaligned to the spiritual will. Those feelings and thoughts are often tarnished by inadequacy, impotence, doubt, want of confidence and courage, insecurity, insufficiency, helplessness, and a trapped feeling. Some expressions of this are:

*'At a complete loss of what to do next' ...*

*Green Apatite*

*'I have an overwhelming sense of doubt. It's hard to trust that I know what I am doing' ... Aquam-im*

*'Studying art ... will it lead me anywhere... will I turn it into a profession? I fear of not being able to do it and ending up doing something I don't like and not achieving anything' ... Zirconium metallicum*

*'I lack courage. I need more strength and confidence' ... Aquam-im*

*'I am weary of life, everything is too hard' ... Sugilite immersion*

*Apathy, can't bring herself to do anything, all is too much effort... Selenium met.*

*'I feel trapped and cornered' ... Emerald Immersion*

*'I need to be heard, speak up and empowering my words' ... Aquam-im*

*'There is a mountain to climb and I can never get to the top ...' Emerald immersion*

*'Feel inadequate'... Zincum metallicum  
'I am overwhelmed at the huge insurmountable task ahead' ... Emerald immersion*

*Feeling helpless and disempowered ... Beryllium metallicum*

*'I couldn't do things alone, I needed someone to do things with me but there was no-one, so I felt trapped and depressed' ... Calcium phosphoricum*

While they are in the coping stage they will commonly dream of being disempowered. Strikingly, I was able to identify clinic results from three Hexagonal medicines which had dreamed of teeth breaking or falling out, which naturally symbolises this disempowerment as the inability to bite through: *Cadmium sulph.*; *Cobaltum met.* and *Zirconium met.* Other relevant dreams include having no arms (*Aquamarine*) and running from problems (*Cobalt met.*).

This inner feeling of lack may lead to *yielding and adaptive behaviours* in order to seek the approval of others. They become easily overshadowed, dismissed, disregarded, dominated and even bullied or abused. They may end up suppressing or 'switching off' part of themselves to maintain a relationship. Its cause is often rooted in dependency or passivity, sometimes in responsibility. While this is more marked for a stage 2 medicine like *Beryllium metallicum* it also appears in many Hexagonal medicines:

*He came to Australia out of curiosity but largely driven by his wife. His daughter says: He has always been very quiet, not a talker. He has to do whatever she says: 'drink this' or 'take this'. He is agreeable, adaptive and pleasing. If he sees her upset he gets upset too. He is very sensitive to her moods. He is very friendly, a good worker and never says no to the boss ... from a case of Selenium metallicum*

*She has always been sweet, nice and rational, even as a child. She always did what*

*her parents wanted, otherwise they wouldn't love her. She never said stop and thus crossed her own boundaries. She's very dutiful and cannot say no. She was always caring, feeling that everything depends on her. Her mother had a precise idea how she had to be. She wasn't what her mother wanted. Although she was stubborn and self-willed, she adapted to her mother ... from a case of Samarium muriaticum*

**Positive:** Hexagonal medicines encourage a feeling of inner security and self-confidence. They enhance strength and determination to carry out plans. They are enabled to overcome misfortunes and blows dealt by fate. There is impetus to clear blockages, let go of fears, stand up for yourself and renew the free flow of life. Worry melts and a positive internal voice comes forward. Feeling they have the power to 'make a difference', they step up with self-belief and sort out the details of their work without hesitation; it feels natural to them. They develop rational strength and the ability to undertake the various trials of life which seemed insurmountable. They are enabled to strive with faith, in spite of 'dungeon, fire and sword' and live their ideals of a virtuous life. It is personal empowerment, warrior power. It is noted that these positive qualities are strongly associated with the Beryls as a group: *Emerald, Aquamarine* and *Green Beryl*.

*Dream: I see a young Asian woman with dark straight hair sitting and saying: 'It tells me, lama hero!' this is for self-belief... from a proving of Green Beryl*

*It gives me a sense of entitlement and clarity about what it is that I want for me. It feels great - feels focused and grounded. It cuts through all the bullshit - can we just get to the point. - Going through Ikea -I want that and that and that. Desire to do what I want - what 'I' want to do - true to self - wanted steak and salad and chips and did it. I get a sense of*

*what I want - used to make others a priority - now I sense what I want and go about getting - better balance in terms of others and self ... after taking Aquamarine immersion*

With others they will begin to stand up for themselves and develop independent opinions free of the fear of the expressed or inferred opinion of others.

*'Having arguments with friends and colleagues, I actually stood up for myself' ... after taking Selenium metallicum*

*'Things were bad around us, I just rose above it ... fantastic. I'm not scared about anyone saying anything about me, it won't pull me down or weigh on my mind, it's like water off a duck's back which is very unlike me.' ... from a case of Aquamarine immersion*

We should not forget that insights into past behaviours are an important stepping stone to resolution and engage a wisdom that can be used to empower and awaken others:

*After Beryllium metallicum IM her fears disappeared within a short time. She started to stick up for herself at work ... It became clear to her that she was afraid of her own power, and that she had needed to keep her own strength down, because her mother wanted to 'keep the children small' (repressed). It also became clear that she herself was being the same overprotective mother towards her eldest child. She understood the energies of passivity and adaptability: ... Her adaptability had allowed her to exist: 'Because you are saving the other person, you are allowed to be'.*

*Apat-gr-im; Aquam-im; Beryl-met; Beryl-gr-im; Beryl-gld-im; Calc-p; Cob; Emer-im; Graph; Neod-o; Sam-mur; Sei; Sugi-im; Zinc; Zirc.*

### ■ Controlling

The tendency to control both the self and others, is an aspect of the strength and confidence theme above and is regularly seen in

Hexagonal types. In this manifestation they are naturally assertive because of the focus and intention that they bring to the situation. Should the ego expand it can become unabashed dictatorial control, which may incorporate frustration and anger at not getting their way. Used effectively, this characteristic will create calm and capable directors of others and if deranged it will lapse into self-importance, fixation, blinkered views or fanaticism.

*He wanted to be present at each and every office meeting even though it was not necessary, because he felt he would be unable to forgive himself if there was a wrong decision taken in his absence... comment by Jayesh Shah on a Cobaltum metallicum case*

*She says she's a high-stress type, resolute and used to getting her own way ... She's self-confident and speaks forcefully and with conviction, is almost impossible to interrupt, and she rarely listens properly... from a case of Ruthenium metallicum*

*Aquam-im; Beryl-gr-im; Beryl-mor-cr; Cob; Neod-o; Osm; Ruth.*

### ■ Teamwork

The sense of a committed group working to the same goal, in the form of family or work team is often a vital theme to Hexagonal types. It potentiates the driving power they love so much and develops a heartfelt sense of community. It often appears between husband and wife, parents and children or comrades in arms. If there is a larger community or family that has supported them they will always attempt to remain loyal and connected, it is their firmament. It may also be expressed as the need for support but is better understood as the need for backup, advice or co-operation.

Practitioner: *What about competing?* Client: *'Only with my horse. I love that unity, we are absolutely at one, it's not a fearful sport, it's*

*the relationship'... from a case of Zincum metallicum*

*It became much worse when she was working at the reception of a very large hotel / restaurant. She liked being in charge, but she did feel the need to be able to ask for advice here and there. She would have liked to be involved in some kind of teamwork. She wanted people to explain to her how things were done in the business and why. But she got no backup at all and was left to her own devices ... from a case of Rhenium metallicum*

If they are the director, leader or strongest person in the team they will often carry a caring or solicitous attitude to others who share the venture for their cherished goal. If they are a regular member of the team they will tend be very willing to contribute, be obedient and carry out the team goals to the best of their ability. In the family context they will feel responsible to take care of the family - parents, brothers and sisters. The well-selected hexagonal medicine will improve cooperation in groups by enhancing mutual understanding.

*The problems started at the time of problems at her work. She was a supervisor of a group of salesman. She trained these salesman and worked very hard, twelve hours a day ... When the directors started with reorganisations, she became angry about the way they treated her fellow-workers ... from a case of Cadmium metallicum*

*Aquam-im; Cadm; Calc-p; Emer-im; Hexagonal shape; Neod; Osm; Rhen; Sei.*

### ■ Self-Negation, Guilt and Criticism

Along with ambition, drive, perfectionism and responsibility there are great expectations. Identification with these ideals and failure to live up to them is not permissible. Guilt, self-negation, self-criticism and selfpunishment ensue. Criticism by others who are loved, respected or in positions of authority will also

be felt acutely. It may also arise as a result of early trauma or mistreatment, which evokes an inherent weakness in the hexagonal psyche and creates life-limiting self-negation.

*A lot of self-loathing came up in a very deep way. I didn't know I had so much. In the first few weeks I had no money, I thought you can never get your finances organized - you'll be fucked by the time you are SO' but I just talked myself through it. It is a negative; non-believing and non-trusting voice... after taking Graphites*

*His father used to beat him whenever someone complained about the boy. His father was always angry with him but never expressed any anger towards his sisters. My patient felt that he might have actually committed mistakes at times. Even as a child, he could not come out of his room to sit with guests, especially when his father was around because his father used to insult him. Even if he had to write a letter, he would first write it on rough paper and keep correcting it, because of his fear of criticism by his father. ... from a case of Zincum metallicum*

While they are capable and hard working this guilt and fear of criticism will add to the need of being perfect whether it be ethically or practically. They can become very defensive and even take well-meaning advice as criticism. This is particularly strong and well-known in the homeopathic literature on *Cobaltum metallicum* which bears the delusion: 'he is a criminal and that others know about it'. Many other substances which crystallise hexagonally but relate to other stages of the periodic table will also exhibit this self-negation. They evoke various feelings like the need to cover up, self-suppress or anger at humiliation:

*'When I was a child, the school arranged a trip to Ceylon, but I never asked my father if I could go. I was afraid that he would say no, and that my mistakes would be brought out.*

For example, it might be pointed out that I had broken a glass two years ago.'

Eater his father found out, and said, 'You should have asked me at least'. He said, 'I couldn't put forward a point, or fight for my right. If someone would come and take my pen away, not only would I not fight, but I would also feel as if I was guilty.' ... from a case of *Cobaltum metallicum*

While the criticism and self-negation is often felt acutely, in the more self-possessed and confident yang personality type it will often be projected onto others and appear as terse or unremitting criticism.

**Positive:** the self-negation, guilt and criticism lifts, enabling them to accept themselves, gain self-respect and engage in life fully without undue tension. The following excerpt from a case describes a fascinating process from a woman artist who took *Graphites* to great effect:



Graphite

'I had to go away with a group of girls and give a presentation to a town about art. I felt a lot clearer as the criticism slowly lifted from the time of taking the remedy.

'Since then I have been looking at the process of creating in a completely different way: I would like to give up work. I could go to

those areas (remote areas where she teaches) by car and live out of a car instead of a house. I do think it could work ...I have been staying in my friend's place and people visited me for two days ... they visited me in the act of staying in one place. I realised they never get to see the real me... I am elsewhere. It is about finding my 'space' and 'elsewhere' I am identifying those things that I am process with rather than seeing my creativity in a painting, it is in the way I am. I will always make objects like 'painting' but now it is more the energetic picture of my life rather than the object, this is the flipside of being critical of myself"

*Apat-yel-gr-im; Aquam-im; Beryl-gr-im; Cob; Graph; Neod; Sam-mur; Sei; Sugi-im; Zinc.*

## ■ Masculine and Feminine in Relationship

The Hexagonal structure holds a marvellous key to the ancient tension and conflict between the sexes, between masculine and feminine polarities. For some it is experienced as a lifelong battle. It appears that we invariably experience this as human beings, be it in a sexual relationship (heterosexual, homosexual or transgender), a personally intimate relationship (friends or parent and child) or between the feeling and reasoning qualities within ourselves.

This feature first appeared to me in the proving of *Emerald immersion*. This polychrest still maintains the premier position amongst medicines for this theme, so vital to the human experience. Later, I noticed, when reading Jan Scholten on *Graphites* (the hexagonal crystallisation of carbon), that it was indicated for both the 'robust, tough, worker'; the father 'who works hard for his family' and a changeable, weepy, moody mother that 'that resembles *Pulsatilla*. This clearly exhibits the masculine-feminine tension in the remedy and

gave the clue that it was part of the structural element. As I explored and experimented with other hexagonal remedies I saw the same feature appear time and time again.

Freed from cultural and religious significance, this theme is signified in the six-pointed star pattern that fits so perfectly in the hexagon. The earthward-pointing triangle represents the feminine, earth, feeling and nature and the upward pointed triangle represents the masculine, sky, thought and higher will. It should not be forgotten that they find a perfect symmetry inside the hexagon and reflect the harmonious balance of masculine and feminine qualities and powers.



*Six-pointed star:* This exceptional ability of the hexagon to contain the six-pointed star signifies the potency of hexagonal substances to balance and resolving issues centred in masculinity (will and reason) and femininity (feeling) and their conflicted state. I see that in Scholten's proving of the hexagonally crystallising *Terbium metallicum* there is an image: 'A six-pointed star, with alternating red and yellow triangles in it.'

Their disharmony however, is our first concern and this will be seen in multiple ways in relationships where masculine and feminine qualities are in conflict, not integrated in a healthy way or divided. It is most often found in couples who are in committed relationship but also in any close human tie, be it amongst family, friends or co-workers. It can be specifically understood as a polarization of masculine and feminine qualities be it

externally or internally.

**On the masculine side** it is evidenced by separation from feelings, wilfulness without reference to the heart, bullying, aggression, resentment, anger, abuse, disrespect, exaggerated self-centredness, dominance, machismo or excessive masculinity.

*'I'm doing too much. My wife is telling me I don't help at home. She annoys me. Why can't she do tutoring work? (his tone is angry). I have to work hard! I feel resentful. There is no sex, even when we are on holiday.'*... from a case of *Emerald immersion*

*She loves arrogant and good looking men. She was afraid of her father and always on her guard not to do anything wrong. She felt rejected and her eyes still fill with tears when she reads about 'Daddy's little girl'. She feels 'I have to be the sweet little girl, otherwise I will be punished.'*... from a case of *Beryllium metallicum*

Note: this quote amply describes the polarisation of the arrogant man and childish woman.

**On the feminine side** it is expressed through excessive or uncontrolled emotions, loss of confidence, feeling weak or small, dependency, jealousy, suspicion, resentment, withdrawal, victimization, yielding and the sense she is dominated, fear and excessive femininity.



Yellow Beryl is the same structure and has the same composite elements as Emerald but with a yellow to golden colour

*She has a problem with her ex-husband because he picks up their son without taking her wishes into consideration. She finds it difficult to stick to what she wants and always gives way to his arguments. She cries continuously during the consultation and she feels like a little child ... from a case of Graphites*

*'With James it couldn't be better, it is bliss and perfect; I can't last a day without seeing him. Everything about him is perfect. With him I feel the connection in every chakra... amazing. I wept for two days before he went overseas. I saw him and felt like I was a very weak female... do anything ... it doesn't matter if it hurts me; he was very masculine and ungrounded. I took Emerald immersion and it fixed me, now all is fine.'*

The qualities of feminine and masculine are the foremost expression of the yin and yang concepts of Chinese philosophy. One cannot exist without the other and division creates both tension and magnetic attraction. Regardless of differences and conflict each side feels incomplete without the other and will be irresistibly lured back into intimate codependent relationship. I have noticed that

the attraction between these polar opposites often transcends the barriers of age e.g. when men are attracted to a younger woman. The situation of younger man and older woman could also apply.

*Dream: of an older attractive blonde woman who has been in a relationship with a man for many years. Even though there have been many ups and downs and some affairs the compelling sexual relationship between them has remained ... after taking Aquamarine immersion*

*Dream: of a male colleague (age 40-50) as a confident practitioner and being involved with a young pretty dark-haired 25-year-old patient. It is inappropriate and I am trying to tell him but can't communicate it to him. Then he is having swordplay with me or the young woman and he wins easily. I then see them together in his office, she is sitting on his lap... after taking Zincum metallicum*

On the inside, in the soul, neither masculine nor feminine are dominant. As with 'anima' and Animus' of Carl Jung and the yin-yang symbol of Chinese philosophy, where yin is at the centre of yang and yang at the centre of yin, both are equal and seeking balance. So in many individuals we will see the shades of masculine in the woman (or person predominantly holding the feminine element) and shades of feminine in the man (or person predominantly holding the masculine element).

*(Woman client) 'I feel angry and frustrated (when bullied) and I hold myself strong and capture it in my body, comfort eat and drink alcohol and do exercise, occupy myself so I don't think of it and avoid it, be a bully myself, withdraw and withhold. I attract friendships and bosses like that.' ... from a case of Emerald immersion*

**Positive:** After the well-chosen hexagonal medicine is applied, truthful, calm and grounded discussions appear which smooth the ground between them, tensions begin to

dissolve and there is 'a demilitarisation' as it were. It releases the inner qualities they were seeking by projecting them heavily onto the other. The deeper feelings which are beneath the more superficial emotions are engaged and expressed. These true feelings, owned and expressed without blame, are a balm to the relationship. Empathic apologies arise. Love is infused with the respect of difference, a relaxed, open attitude with deeper appreciation. The enigmatic unity of the six-pointed star begins to dawn.

*'It helped me in my relationship with John. I am more appreciative of him and lighter with him. I am lighter with myself. I am having a bit more fun and at the same time I am a bit more outspoken. I hear myself saying things. I think 'Wow I wouldn't have said that six months ago'. I say things and don't pursue them, just leave them there. I haven't consciously tried to change, but our relationship is much more harmonious and supportive and caring and fun. John said 'the best thing about holiday was that Jacqui and I were away together'. It was a really happy time. I seem much more relaxed.'* ... from a case of Emerald immersion

On the masculine side (whether in a woman or a man) he is able to let go of resentment, anger and dominance, developing a more 'calm' and 'mature' attitude. This allows him to be more in touch with and to validate his own feeling nature. He learns to behave and to use his keenness of mind and feeling, his faculty of humour. He develops calm strength and healthy pride. He is able to ride out the disturbance from the waves of emotion that often arise from the feminine (watery) side, regardless as to whether that wave is perceived without or within.

*Dream: I am in a large cruiser-type motor boat which is being steered by a capable man, the ship's master. We are going outside the heads of the harbour and a large wave - about five metres comes -lam worried it will break on*

*us but we go over it and it doesn't break, although there is a ride down into the trough after the wave, then there is a larger wave and larger waves until they are 7-10 metres high. It is quite scary but none of the waves break and the ship's master carefully, stably and securely drives the boat straight into and over each wave. Then we come to rest in an island waterway which is completely calm ... from the proving of Green Beryl*

*(in a woman) 'I found where I am having the masculine in the relationship and liking the power and stopped it; it has made him more at ease.'* ... from a case of Emerald Immersion

On the feminine side (whether in a man or a woman) emotionalism is quelled and a calm, stable confidence and empowerment ensues. Rationality increases. There is less projection, dependence on and obsession with the relationship and more balanced engagement with others. Where there have been doubts about commitment to a relationship, hexagonal medicines will assist to clarify its rightness', indicating a stabilisation of the inner masculine.

*'I felt better emotionally, more balanced and more restful sleep. I am much less tearful, more controlled and much less reactive to him. I became very tactful and used the right approach. I told him he lied to me and said it in a calm, together way. I am a lot more detached from Carlo, I used to live, eat, breathe and talk Carlo all the time. Women are ringing me up all the time now asking me to go out.'* (she previously had few women friends) ... after taking Emerald immersion

*Aquam-im; Beryl-gr-im; Beryl-gld-im; Beryl-met; Calc-p; Emer-im; Gosh-cr; Graph; Sei; Sugi-im; Zinc.*

## ■ Conflict and Negotiations

This theme is related to the underlying existence of excessive masculine or feminine qualities and initially I was tempted to include



this material in the masculinefeminine section. However the experiments with the shapes themselves and a number of specific medicines revealed a clear independent theme belonging to the structure as a whole.

The Hexagonal structure is generally indicated when one party in a conflict is too forceful, dogmatic or dominant. Well- placed Hexagonal medicines assist those who are on the receiving end to stand resolutely where required and soften the attitude of those who are dominant. They calm the emotions and develop firmness, even in the face of pressure or threat. They enable the ability to hold your stance even when the other party holds a strongly differentiated opinion; and reduce dependence on the dreaded 'what they think of me'. Negative opinions or judgments become 'water off a duck's back'. Anger, resentment and frustration are released and excessive emotions are tempered and held by rationality. *Aquamarine* is particularly effective in standing up for and expressing your position when challenged.

*A person wants advice from me about leaving the workplace. I am really holding my boundaries with her and with management. My boundaries are being tested but I'm speaking at the appropriate time. I have been very direct and challenged them with what they are doing. They listened to me, they got it'... after taking Aquamarine Immersion*

*Dream: There are two parties that are in conflict. One party is aggressive by nature the other party is not. The other party is not sticking up for their perceived rights very staunchly. It is a stalemate ... from proving with Hexagonal shape*

**Positive:** Hexagonal medicines deal with any contracted or over-exerted sense of self by balancing the masculine and feminine. They allow for the integration and harmonisation of opposites internally and externally and so

restrain the 'constant butting of heads'. Strength, calmness and the use of humour often come in to play:

*Dream: on waking. I am fighting a guy. He has a machete, He attacks me with it and I get him in a clinch and give him a light slap across the face. We fight again and again. I gain control and give him a light slap. I have no fear and am completely in control. I am toying with him, fending oft his attack and giving him little slaps as if he were a child. Eventually he gives up trying to kill me and sits on the floor weeping like a child, frustrated at his inability to slaughter me ... from a proving of Aquamarine*

*I need to tell my partner about a situation with other women, which I know will be challenging to her. We have a discussion, I use another topic to lead into it and then discuss it fully without getting emotional. I maintain my centre even though she is visibly disturbed. I don't get on the defensive anywhere near what I normally would. We resolve the matter amicably, both compromising with wisdom on our original stances' ... proving of Green Beryl  
*Aquam-im; Beryl-gr-im;; Beryl-gld-im; Beryl-yel-gr-im; Calc-p; Emer-im; Neod-o; Osm; Sugi-cr.**

## ■ Past and Future

This theme was first noted in *Aquamarine* and on closer study I realized it was repeated in a number of other Hexagonal medicines. It can be understood through the hexagonal predilection for a life of goal setting and achievement, which implies looking to the future. There is a strong tendency to move forwards without looking back. Yet the future depends on what has gone before. If the goal is overemphasized the lessons and experiences of the past are blurred or lost. If the feelings languish in the past, the future is clouded and compromised. This theme is understood through the patterning of the crystal structure

itself where one vector alone is often lengthy, speaking of the linear passage of time and experience in relation to the other three vectors which are in fixed and unvarying. These past issues may also contribute to the blocked and disempowered state.

Under the action of the Hexagonal medicines, old unresolved or forgotten experiences emerge for resolution. Dreams or memories appear and old feelings or personal attachments resurface and are let go of.

*Dream: I return to my childhood home and witness a person who had all her senses covered (like a scarecrow), though she could see and hear through the sack material. I called out to her 'Who are you?' and then I realised this was myself as I felt as a young child.*

*Emotionally: Days that followed after the dream I felt an overwhelming grief for having lost my childhood and specifically, having lost my creative expression in childhood... from proving of Aquamarine*

With respect to the future we will encounter anxieties, instability or depression in light of mistakes of the past. There can be an overwhelming sense of doubt from fear of failure in some undertaking. Time may be an issue: will I reach my goal in time, before age catches up with me or the door of opportunity closes?

*'Depressed that I have no future (in the legal profession) I have put in all this time -I might have to 'throw in the towel'. I am depressed I made the wrong choice years ago.' ... from a case of Graphites*

*Dream: I am walking down the street to my childhood family home and see my expartner walking some 20 metres behind me and am anxious she will catch me before I get home. As I get towards my home I look around and she is not there but my current partner is there (a happy surprise) and she playfully runs and*

*jumps on my back. We have a few puddles to cross before we get to my childhood home ... from a proving of Green Beryl*

**Positive:** Old burdens, memories, mistreatments, grievances, unexpressed feelings and resentments are recognized, felt and cleansed. With regard to the future, tension, anxiety and worry are dissolved. All this is empowering, ushering happiness into the present. Developed Hexagonal qualities include independence and a willingness to stride into the 'open space' of the future without fear or doubt. The hexagonal stream in the psyche develops the ability to think and plan into the future with farsightedness, thereby fertilising invention.

*'Huge waves of anger after the third dose. There was a connection with that part of me which I have never identified with before. I embraced that part of me. Like when my grandson is not allowed to do his playstation: he rants raves and throws things; an all-consuming anger. There was part of me like that as a child. I felt grounded and strong in myself. I am peaceful since.' ... from a case of Emerald immersion*

*He foresees how the market will develop. He plans years ahead, anticipating laws and economic developments. So he's always ahead of the field. He also invents machines for his company. He thinks them out in his mind and then gets them built.' ... from a case of Neodymium metallicum*

*Aquam-im; Beryl-gr-im; Beryl-gld-im; Emer-im; Graph; Neod.*

### ■ Time, Time, Time

The issue of time for hexagonal is very significant and worthy of study for its own sake. Whilst Zincum is famed for its dream of having to repeat past examinations which they have already passed, many hexagonal remedies like Calc-phos, Cobaltum met. and Ruthenium met. all have time issues around performance -

not uncommonly in relation to examinations - where they may be late, unable to finish or running against time. It may also relate to any project in which time is essential (deadlines) or the time factor takes its toll through stress e.g. having to finish a building project on time.

Another problem is not having enough time to rest. While *Phosphorus tri-iodatus* is known for this I have found other well- indicated hexagonal remedies will address this tendency. There is often a propensity to be always rushing because of the number or complexity of the tasks they take on board (*Selenium*). On the other hand we find in a remedy like *Selenium*, at stage 16, a person who is reclusive, not wanting to see people, even friends, as it is 'all a burden, taking my valuable time'.

*He works as editor of a magazine which he loves ... He works on his own and finds it hard to meet deadlines. There are times when he simply can't get going and he doesn't dare phone other people for their contributions. He feels it is really a bit too much for him and things don't run smoothly. His concentration is not very good and he is easily distracted. He feels ashamed when lots of little things go wrong. His desk is an absolute chaos. He can be quite down and anxious, especially when it looks as if he won't get his work done on time... from a case of Selenium metallicum*

*Dream: Then he is showing me rules he has put in place for his young builder employees. It is a couple of written pages with written rules and illustrations. It is all about sex so they don't get carried away with having sex with their wives and girlfriends and so that they are at work on time ... after taking Aquamarine immersion*

**Positive:** Again they find a sense of balance with time: using it effectively for work, recreation, family and self. When focused they refuse to waste time using it efficiently and being able to resist diversion and distraction.

An interesting angle on the time theme is seen in *Aquamarine*: an outcome of their difficulty in self-expression is that they learn to speak at the appropriate time.

*Aquam-im; Calc-p; Cadm; Cob; Emer-im; Osm; Phos-i; Ruth; Sam-mur; Sei; Zinc.*

## ■ Development and Learning

*Calcarea phosphoricum* has long been recognised as a premier remedy for growth and development issues, especially growth in length which is too fast. It has been shown clinically to be indicated where there are learning difficulties or fear of the learning process. It is also indicated for the fear of what others think (*Calcium*) of their ability to learn (*Phosphorus*). This theme of developmental issues is evident in the hexagonal *Green Apatite* and this medicine is mainly composed of calcium phosphate (it is often used as a fertilizer). It is indicated for the inability or the refusal to move forward in education e.g. moving to a new class at school; for the development of young children (pre- teen) physically, mentally and creatively. It is also indicated where an adult is childish, naive or silly in their creative pursuits along with an undeveloped sense of childlike egoistic enthusiasm. (Also see *Generals*, page 130).

Scholten explains that *Zincum met* needs to develop their mental faculties to a high degree and become good at intellectual pursuits, be it at the expense of their emotions. Cases of learning difficulty have responded well to *Zincum*. Delayed studies because of being 'snowed in' also appeared In a dream proving of *Zincum met*. Amongst other hexagonal medicines, difficulty reading with stammering and hesitation appeared in a *Zirconium met*. proving dream. One *Selenium* case has been reported where a man had to repeat a class at school and his father was disappointed. *Beryllium met*. is a first-class developmental

medicine characterised by timidity, insecurity and helplessness.

*Apat-gr-im; Aquam-im; Beryl-met; Calc-p; Zinc; Zirc.*

### ■ Stress and Anxiety: Anticipation

The pressure to succeed, perfectionism, overwork, too many tasks, deadlines, performance expectations, blinkered attitudes, tendency to take responsibility, self-negation (self reproach), inadequate time for relationship, recreation or inner life are all stress-inducing. There develops a deep stream of tension, pressure, worry, excessive mental analysis, anxiety and even panic. In hexagonal types it is often marked by disempowerment and the inability to do anything. In some instances nervousness, agitation and restlessness develop and in others emotional eruptions of frustration and anxiety. It can lead to nervous breakdown.

*Dream: I am on a train coming home from a long trip. I am in the foyer of the train waiting to get out at my station. I have six significant items to move off the station when the train pulls in. My sister is waiting for me there but when I arrive there are many people who pack onto the train and prevent me from moving all my luggage. I am telling the people clearly and strongly to get out of the way but they are a noisy, unruly crowd and pay little or no attention. I only get three pieces of the six off the train and the doors close and the train moves off. I am exasperated and anxious that I haven't got all the baggage off the train and that I am still on it! I hope my sister will look after the baggage I left on the station ... after taking Aquamarine immersion*

**Positive:** The system is calmed, expectations are changed, the ability to focus is improved and so the power to achieve. There arrives an awareness of their own tendencies of thought and behaviours. They stop putting themselves 'under the hammer' of their goals

and deadlines. The ability to rise above the immediate situation and opinions and expectations of others appears. Careful, stable methodical actions replace anxiety, restlessness and misplaced fear. Relaxation, calmness, happiness and peace ensue.

*Apat-yel-gr-im; Aquam-im; Beryl-met; Beryl-gr-im; Beryl-gld-im; Beryl-mor-cr; Cadm; Cob; Calc-p; Graph; Neod; Pras; Ruth; Sugi-cr; Sei; Titan; Zinc.*

### ■ Many Things and Overdoing It

There is a tendency to overdo it in tasks, whether it be the number of tasks or the intensity with which they engage in it. It can also relate to overdoing it in art or expression. I recall a local cafe that opened and the owner, wanting to do something different to attract clients, put in a beautiful aquarium. Not one but many! It overtook the ambiance completely and didn't allow space for the customers to bring themselves and their own interests and subsequently had to close. Sometimes it manifests as the adventurous type with the desire to always do new things. There could be the excessive desire to excel or win at everything.

*He's a real entrepreneur. With his two brothers, he took over his father's farm. But that didn't work out because his eldest brother was too indecisive. He stepped out of the farm and started another business with his other brother. That didn't work out, so he branched out on his own. He has started several businesses and made them successful. He sold all but one of them after his nervous breakdown, because it was too much work. But he didn't care, saying, 'I can start new companies if needed'. ... from a case of Neodymium metallicum*

**Positive:** The well-selected hexagonal medicine enables them to effectively manage a variety of things at the one time. They help to clarify where there are too many options e.g.

deciding how to construct a piece of music: horns? Strings? Guitar? Synthesizer? Instead of thinking about it, they will act and test an idea and quickly assess its viability. In the Beryls they enable farsightedness, instilling the ability

to decide which tasks are right and so take them on effectively. Again, the positive play of this characteristic leads to a 'balanced' nature.

*Apat-cr; Apat-gr-im; Aquam-im; Beryl-cr; Cadm; Calc-p; Emer-im; Graph; Neod; Zinc.*

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## Supplementary Themes

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### ■ Adventure and Exploration

Setting and achieving goals is a journey, often an adventurous one. Often they will see life as an adventure and are lured by goals which capture their imagination and adventurous spirit. I have noticed this includes those who, out of a vibrant love of action, tend to play pranks and are often known as 'rascals'.

*'My whole life I have been a power source - look at us lucky to be part of this amazing adventure ... from a client who did well on Calcium phosphoricum*

*He likes adventure and new things. He prefers to go out and play at the home of his friends. He wants to become a circus artiste, doing trapeze work ... from a case of Neodymium metallicum*

*Beryl-gr-im; Calc-p; Neod; Zinc.*

### ■ Anger and Frustration

Anger is expressed in Hexagonal types, principally because of frustration in reaching the goal and they may lapse into bitterness. It maybe about something hoped for the self; for a relationship or for a work task. It should not be forgotten that perfectionism is a factor rarely achieved in any worldly undertaking. Occasionally there will be anger about injustice (*Cadmium; Calc phos*) as they have a strong idea of right and wrong or anger from suppressed emotions (*Zincum; Emerald*).

*Aquam-im; Cadm; Calc-p; Cob; Emer-im; Zinc.*

### ■ Confusion of Intellect

Disorders of the thought processes do take on a clear character in Hexagonal types. Confusion, brain fog, feeling 'in a muddle' with inability to concentrate and comprehend. On the positive side orderliness, alertness, focus and clarity are developed. Without forgetting the importance of the simillimum, *Aquamarine immersion* with its clear, watery light blue colour has been particularly effective in achieving these clinical positive outcomes.

*'It is an energetic centring that has an effect on body and mind producing alertness. It also helped my thinking - it helped clear the mind and that is still good. I am very alert.' ... from a case of Aquamarine*

*Apat-gr-im; Aquam-im; Beryl-met; Emer-im; Sei; Zinc.*

### ■ Depression

Depression and melancholy in Hexagonal types must be viewed through the causal lens and is congruent with the other major themes of this structure. It has been particularly noted in cases of:

- ▶ Low self-esteem through self-judgement or self-negation
- ▶ Burnout from overwork with lack of self-care
- ▶ Suppression of feelings
- ▶ Anxiety about the future or regrets about past decisions
- ▶ Focusing on the negative, usually associated

with perfectionism

*Apat-blu-im; Aquam-im; Beryl-gld-im; Graph; Neod-o; Sam-mur; Sei.*

### ■ Rules

Generally those who dwell in the hexagonal structure like the rules and like to play by them. They can be assertive about them and very firm or angry when others don't follow them. If they are the more yielding in relationship, they will let the other make the rules for engagement' as it were. If more dominant, they will willingly make rules so that their goals, or that of a group, are achieved.

*He worked as a guard in the army. He was very strict, he would refuse to let even generals through without a pass. His officer told him that he was mad, but he didn't mind, seeing it as the officer's problem ... from a case of Neodymium oxidatum*

*Aquam-im; Beryl-met; Cob; Neod-o.*

### ■ Straightforward and Honest

Michael Gienger's idea that they are straightforward and honest is born out clearly in homeopathic literature. They may appear direct and challenging or prefer to do this as problems appear. Occasionally this may descend into unkind bluntness.

It is all a part of a certain integrity, an 'upright and honest' type of quality that is associated with living your life and achieving your goals in the best way possible to ensure success. It is often associated with a strong sense of loyalty, honour and dignity.

*Aquam-im; Neod-o; Osm; Sam-mur.*

### ■ Suppression of Feelings

Like many of the other themes this is understood by returning to the essential nature of the structure. When there is work to be done, goals to be achieved, perfection to be wrestled

with, there is little room for an unruly emotive nature which will only interfere. In addition to this, when the receptive, feminine quality is dominated by the assertive masculine quality (in relationships or in the self) suppression will also appear. In *Emerald* it is suppression of the free expression of the life force, in *Aquamarine* it is suppression of the expression of stored emotions, in *Samarium mur* it is grief from not being able to actively care for others and in *Zincum* suppression of the feeling, deferring to stronger, more dominating individuals. Gienger recommends *Sugilite* for suppression and holding back of sorrow.

*Dream: I am running naked through rooms and fields; people saying you are naked! But I am totally comfortable. Know I am trying to find something; I find James at top of hill. I kissed him wrapped my arms around him and woke up. Being naked I felt totally free and strong. It took away the feeling of having to cover myself which I had when naked in other dreams ... after taking Emerald immersion*

*Aquam-im; Emer-im; Sam-mur; Sugi-cr; Zinc.*

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## Clinical word associations for Hexagonal themes

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Theme	Word associations
<b>Goal-oriented, urge for success, blinkered</b>	Achievement; over-ambitious; focus; too wilful; goals and projects; too driven; forceful; hard; uncompromising; fanaticism; dogmatism; aggressive; strident; fighting; intense competitive spirit; overdoing it; blinkered vision; marching or moving forward; racing to the finish; tension. Blocked; confronted with obstacles; Apathetic; incapacitated; stuck; <i>Positive:</i> Motivated; can and will do; ambition and will; determined; energetic; achieving goal with peace within; conviction; firmness; strength; focus; concentration; success; strength to remove obstacles; healthy pride; usefulness; relax; smell the roses; recreation; contentment; balance or work, family and rest.
<b>Human doing... work ... perfectionism... responsibility</b>	Working hard; industrious (excessive); worn / burnt out; busy; always active; cannot relax; excessive focus on excellence; perfectionism; compulsive; stressed / tense; pressure; worry; anxiety; restlessness; mental analysis; critical; right and wrong; excessive rules. <i>Positive:</i> efficiency; adept, fast, organised; orderly; alert; careful; methodical; responsible; able to relax, enjoy, have fun, playful, chill out, smell the roses, rest, celebrates success; turning ideas into action; testing viability; works tirelessly with zeal.
<b>Strength, confidence and power</b>	Incapable; going to fail; apathetic; inadequate, impotence, doubt, negativity, want of confidence and courage, insecurity, insufficiency, and a trapped feeling <i>Positive:</i> strength; firmness; confidence; self-belief; rational and clear; courage; power; warrior; positivity; control; assertive; standing up for yourself and setting boundaries; free flow of life.
<b>Controlling</b>	Controlling; dictatorial; anger at opposition; self-importance; fixed views; fanatical. <i>Positive:</i> assertive; self-control; calm and capable; director of self and others.
<b>Teamwork</b>	Conflict in dysfunctional team <i>Positive:</i> committed group work; quality connection with group; loyal; camaraderie; community; common goals; mutual understanding.
<b>Self-negation, guilt and criticism</b>	Self-criticism, self-punishment; sensitive to criticism; defensive; self-loathing; self-abuse; 'fucked up'; idiot; criminal; accused; mistakes; bombed out. Unremitting criticism of others. <i>Positive:</i> self-respect; fully engage self.

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**Polarised masculine**

Machismo; conflict with feminine; highly ambitious or goal-oriented.

Emotions: anger, frustration, impatience; aggression; negativity; resentment and blame; co-dependent; feels controlled or manipulated.

*Positive:* mature emotional attitude; calm; stability in emotive situations; validates own feeling; keenness; healthy pride.

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<b>Polarised feminine</b>	<p>Yielding; adaptive; up and down; vacillating; seek the approval of others; overshadowed, dismissed, disregarded, dominated; bullied or abused; withdrawn; weak; small; what others think; passivity; codependent; dependent and need for support; suppression of feelings; fixation on relationship.</p> <p>Emotions: jealousy; suspicion; resentment and blame; injustice; caught in emotional self; feelings rule; manipulative.</p> <p><i>Positive:</i> holds feeling without need for approval; increased rationality; confidence; empowerment; stability; balanced engagement with others.</p>
<b>Balanced masculine and feminine</b>	<p>Truthful; calm; grounded discussion; demilitarisation; true feelings; balanced; difference with respect; appreciation; harmony; support; care and love;</p>
<b>Conflict and negotiations</b>	<p><i>Dominant party:</i> dominant; forceful; dogmatic; persuasion; aggressive; too logical or wilful. <i>Positive:</i> softened attitude; respect; appreciation of difference.</p> <p><i>Deficient or contracted party:</i> what will they think of me; judged; feeling not held; resentment; anger; frustration; timidity; dependence on what the other thinks</p> <p><i>Positive:</i> firm under pressure; rational; feelings held; strength; calmness.</p>
<b>Past and future</b>	<p>Move forward without looking back; goal over-emphasized; unresolved or forgotten feelings; anxiety about future; anticipation anxiety.</p> <p><i>Positive:</i> recognition and cleansing of unresolved feelings; let go of fear and doubt; farsightedness; calmness about future; invention.</p>
<b>Time, time, time</b>	<p>Deadlines; no time to complete; rushing; time is valuable; can it be done?; time is the essence.</p> <p><i>Positive:</i> time to rest; efficiency; balanced use of time, recreation, family; refuses to waste time.</p>
<b>Development and learning</b>	<p>Delayed development and learning; refusal to move forward; fear of learning; pressure to develop.</p> <p><i>Positive:</i> timely development</p>
<b>Stress and anxiety: anticipation</b>	<p>Tension; pressure; worry, anxiety; panic; anticipation; nervousness; agitation; frustration; pressure to succeed; perfectionism; overwork, too many tasks; deadlines; responsibility; disempowerment.</p> <p><i>Positive:</i> calm; altered expectations; improved focus; careful, stable methodical.</p>
<b>Many things and overdoing it</b>	<p>Undertakes too many things - stress and pressure; excessive desire to win.</p> <p><i>Positive:</i> manages a variety of tasks, projects or requirements at one time; decides about many options.</p>
<b>Supplementary themes</b>	
<b>Adventure and exploration</b>	<p>Pranks; rascal; mischievous</p> <p><i>Positive:</i> adventurous spirit; love of action</p>
<b>Anger and frustration</b>	<p>Frustrated, bitter, suppressed, injustice</p>
<b>Confusion of intellect</b>	<p>Brain fog; muddled; confusion; can't comprehend <i>Positive:</i> orderly, alert, clear and focused</p>

<b>Depression</b>	From self-judgement; burnout; suppressed feeling; negativity; anxiety about past or future
<b>Rules</b>	Plays by; firm about
<b>Straightforward and honest</b>	Honest; erect; upright; loyal; dignified; honour; dignity
<b>Suppression of feeling</b>	Suppressed; frustrated; dominated; holding back sorrow

## Spiritual

In the philosophy of Chinese medicine, the nature of Spirit is divided into five and amongst these is the quality of ‘Yi’ which translates into ‘the consciousness of potentials’. With the power, ambition and yearning for the achievement of goals that is so prevalent in hexagonal it should not surprise that this is a prominent quality of the structure. Gienger comments that there is often a great urge for enlightenment itself. I could say that it is exceeded in this consciousness only by Cubic, which has, in its Yi factor the element of destiny, a deep, unshakable faith in one’s potential.

Hexagonal does, however, generally exceed Cubic in one other element of Spiritual quality called ‘Po’ or ‘Animal soul’. This is the only such quality that is attached to the body in Chinese medicine philosophy and refers to the instinctual and compelling passion that propels life. It is the assertive ‘go-getter’ quality so instilled with focus, hard work and drive. This is a fundamental requirement on any spiritual venture and available in bucketloads in Hexagonal medicines. It is particularly evident in *Emerald* which bestows the strength to

undertake the inner journey of self-transformation.

Both these qualities, so evident in clinical evidence of Hexagonal medicines, are reflected in the urge for spiritual growth. In particular, *Aquamarine* and *Emerald* are well-understood to fertilise or enhance this urge.

*Emerald* and *Aquamarine* also develop clairvoyance and mediumistic qualities. I have seen this borne out in provings and clinical results particularly in *Emerald*, and this, especially in regards to maintaining or progressing a love relationship. *Emerald* has also proved effective for connecting with angels or guides. The Beryls, as a group, enhance the faculty of foresight and are at the same time beneficial to the eyes themselves.

The sense of justice is stimulated by many of the hexagonal family of medicines. *Emerald* enhances a sense of beauty and thankfulness to God. Gienger informs us that *Morganite* awakens a love for all things. It also awakens the desire for a contemplative lifestyle, attending to the needs of the soul, letting go of the material ‘go-getter’ self and instilling the joy of engaging in spiritual activities.

## Work, Profession and Life Situations

In any human endeavour where high activity and achievement become meaningful, you may

find a Hexagonal type. I have noticed that management, the heads of small business and

highly skilled workers stand out. The following were noted in cases where Hexagonal medicines were prescribed successfully:

**Leaders:** supervisor to a team of sales people; middle managers; entrepreneurs and inventors (vision and high activity); policymakers; small business owners. It is interesting to note that *Apatite* (Calcium phosphate), which contains small amounts of hexagonal lanthanides, worked effectively in a case of debility in a middle manager. I also sense that Hexagonal remedies, with their firmness around discipline, rules, goals and getting the job done, would be relevant for many military and police officers.

Should they be a person who naturally sits in the higher leadership roles that appear for

the platinoid metals there may be an air of dignity or superiority. Hexagonal *Ruthenium* and *Osmium* often express such an air of self-importance.

**Series four** medicines (*Calc phos; Cobalt; Zinc; Selenium*) acted on individuals: librarian; chef; sailor; qualitative researcher; dressage horse trainer; small business manager; musician; lecturer.

**Series five and Lanthanide** medicines: professional designers (high deadline pressure); builders; teachers; architects; director in art and film; agricultural engineer.

**The Beryls** are often indicated in relational problems, especially where a woman strongly takes the role of mother and carer and is polarised to the man in the role of provider and director of family affairs.

## Artistic Sources

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**The 2014 film *American Sniper*** is a biography that follows the true story of Chris Kyle: his childhood, life in the US forces as a Navy Seal and his relationship with his wife and family. This man had the highest strike rate of any American sniper (160), a testimony to his extraordinary ability with his weapon (perfectionism and efficiency). His sense of responsibility to get the job done (work ethic), his love of 'God, country and family' (finding the balance) are typical features of Hexagonal. While he was selected to work as a sniper from building tops, his preference was to be with the other soldiers on the street (teamwork). He felt a deep responsibility to go back to Iraq, to protect the other soldiers in the forces, doing four tours of duty and accruing more than 1000 days in Iraq. He felt no substantial ego inflation from his achievements, believing it was his role as a human being.

When he returned from the war, he started to experience post-traumatic stress episodes. His psychiatrist, noticing he really wanted to

be back in Iraq fighting and protecting the other men, sensibly advised him to help men in the USA who were suffering with war disabilities. His efforts (Hexagonal's need to act constructively) resolved his post-traumatic stress. Sadly he was murdered by one of these men.

It is noted that an expert marksman is a person who must focus, with 'blinkered vision' as it were, to achieve his goal is a perfect fit for Hexagonal.

**Rafael Nadal**, the champion tennis player and master at focusing his mental and physical powers for success. He had been recognised from the beginning as super ambitious and desperate to improve'. For Nadal it is what he does, it is his job and he loves it. He is deeply connected to a family and sports group: his 'team'. A true hexagonal.

Honouring the masculine-feminine theme, I must mention the famed love story of **Richard Burton and Elizabeth Taylor**. Their life and times together are a testament to the

inseparable power of yin and yang in a love relationship, the irresistible repeated attraction and the conflict that often ensues.

## Physical Appearance and Clothing

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*Those who have eyes very close to the nose.* It is related to intense focus on one thing. It also relates to those with blue eyes. (Noted in *Zincum met.* case and shape experiments)

Ears disproportionately small and set unusually low on the head (*Aquamarine*)

Strong face, firm gaze, the full lips are slightly tense, and the upper lip is slightly pressed on the protruded lower lip with a fine smile that seems to brook no contradiction.

(*Ruthenium* case of U. Welte)

Well-proportioned, powerful face is perfectly framed by her full, black hair, and she's wearing a discrete amount of lipstick. (*Molybdenum sulph*)

A woman in a thick velvet robe which is earthy green, blue and turquoise. She is eccentric by nature and wearing a heavy wooden bead necklace. (*Goshenite*)

## Diseases

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### ■ Mental

**Mental breakdown:** Mental or nervous breakdown due to stress, overwork or sleep deprivation is likely a common indication for a medicine from the Hexagonal group.

It has been noted in cases of: *Calc-p*, *Neod*, *Titan*, *Ruth*.

**Panic attacks:** are common particularly amongst metals (*Titanium*, *Cadmium*, *Selenium*) due to the fear of failure out of a sense of incapability to undertake a task.

**Addiction:** While the medicines associated with the purple colour are often drug-affected or addicted, addiction appears to be a theme in Hexagonal. Addiction to relationship, love and sex go hand in hand with the masculine-feminine divide where one doesn't feel whole without the other. Drug-affected teenage boys appeared in both the *Goshenite* and *Aquamarine* provings. *Selenium* and *Zincum* are indicated for alcoholism and *Dysprosium met.* has been used successfully for this. *Zincum met.* has cured a cannabis addiction case. *Erbium met.* has been helpful in a heroin addiction case.

**Psychosis and personality disorders:** While it remains a question for the structure as a whole there are some interesting indications.

Gienger cites *Suglite* for schizophrenia, along with fear and paranoia. A case of paranoid schizophrenia has been cured with *Zincum met.* A *Goshenite* proving uncovered a clear relation to violent psychopathic disorders in dreams: sudden out of place anger; incongruent expletives; behaviours like wildly flaying the arms about as if hemmed in and threatened cold violence for no discernible reason.

*'I am working on my car mechanically in the underground car park of my set of home units. It is night. Suddenly a deep green utility truck is coming towards me in reverse at full speed and pulls in beside my car. A man leans out over the bonnet of my car smoking a cigarette without looking at me. He mumbles something like 'are you looking for luck?' He then turns his round face towards me and grins sardonically. All around his mouth is painted with silver tinsel paint. He is weird, most likely insane and I sense he is capable of murder and mayhem ... from the proving of Goshenite.*

### ■ Physical

**Significant Generals, Pathologies and Locales**

The first situation that arises in hexagonal

types is exhaustion from overwork. They will comment that they ‘feel like a corpse’, ‘I push myself’, ‘run down, doing too much and crashed’, ‘in a downward spiral’, just plain ‘worn out’ or may become ill after overwork (influenza; weak and chilled; nausea; soreness of body). Medicines belonging to the Hexagonal structure have extraordinary healing power over this situation. They strengthen the ability to persist by releasing tension, refreshing, impart resilience and the conscious need to find balance in rest, leisure and creativity. Whether the exhaustion be acute or chronic, hexagonal medicines are those that are most likely to meet it. They will meet chronic fatigue syndrome under these circumstances. After a taking *Blue Apatite* one of my clients commented:

*‘It clears my head and improves the energy. I was getting a lift from super greens but the Apatite has been doing much more. Now I don’t get anything out of the greens. When I wake in the morning, the first thing I do is take Apatite and I am there and sparky and ready to go. It is better than a cup of coffee.’*

Hexagonal medicines already noted clinically for this: *Apatite, blue imm; Apatite, yellow-green imm; Apatite group; Aquamarine imm; Calcarea phosphoricum* (recovery from illness); *Emerald imm; Graph; Phosphorus tri-iodatus; Selenium met; Sugilite immersion.*

**Stress and blocked flow** of energy: even though the ‘blocked flow’ has only appeared clinically in *Aquamarine immersion*. I suspect it is a theme of Hexagonal because of the common characteristic of encountering obstacles. *Aquamarine*, frees the system from tension, allowing the qi to move; *Morganite* is for the effects of stress as are all the Beryls and *Emerald* gives ‘free-flowing strength’ and the power to overcome obstacles.

**Growth and growth stages:** Gienger states that *Aquamarine* harmonises the

pituitary and thyroid, thereby regulating growth and hormones and the proving shows its affinity for uncoordinated teenagers and developmentally delayed children. *Calcium phosphoricum* is a traditional remedy for growth-stage disorders. The *Green Apatite* proving indicated it is useful for children with impetigo who refuse to move to the next school class. It has benefited development in an autistic child clinically. Gienger comments that *Apatite* encourages bone, teeth and cartilage growth. *Zincum metallicum* children can develop too fast or too slow intellectually. *Goshenite* is indicated for drug-affected, uncoordinated teenage boys. *Graphites* has been observed to assist in learning development. (Also see *Development and Learning* under *Psyche*, page 120)

**Essence:** Essence as the Chinese term it, is an aspect of life force that determines constitution, strength and vitality. It is commonly damaged by overwork and loss of vital fluids. Hence a number of hexagonal remedies: *Calc-phos; Cobaltum met* (genitals, kidneys and bones); *Selenium met.* and *Zincum met.* are all indicated to restore it. *Cadmium met.* is indicated for chronic fatigue.

**Channels and cardiovascular:** of the body could be a theme of Hexagonal. *Emerald* has the image of ‘endless tunnels’, action on sinuses along with *Apatite-green*. There is an apparent correlation with the channels of the cardiovascular system: Heart action: *Aquam-im; Emer-cr; Gado; Morg-cr.* Thrombosis: *Emer-im* (effects of); *Osm.* Varicosity: *Zincum met.* Hypertension: *Cob, Neod-o.* Apoplexy: *Lute.*

**Eyes:** are an important locale of action for Hexagonals and this aligns with the ‘foreseeing’ element of the structure. All Beryls and especially *Aquamarine, Emerald* and *yellow-green Beryl* improve the sight as does *Schalenblende*. Others include: *Titan*, (hemiopia); *Terb.* (conjunctivitis) and *Lute-f.* (visual field disturbance with stroke).

**Male Reproductive:** appears significant for Hexagonal: Ejaculation, premature: *Sei; Titan; Zinc*. Impotence: *Cob; Morg-cr; Sei*. Infertility: *Sei; Molyb-s*.

Epididymitis: *Neod*. Prostate: *Cadm; Cadm-s; Ruth; Sei; Shcal-st; Zinc*.

### **Minor Generals, Pathologies and Locales**

**Head:** Migraines: *Aquam-im; Emer-im; Moly-s; Pras; Sam-mur; Zinc*.

Chronic headaches: *Apat-gr; Apat-yel-gr; Pras; Neod*.

**Skin:** General action: *Graph; Emer-im*; Eczema: *Rhen, Erb*; Urticaria: *Graph*. Dermatitis: *Cob*; Corns: *Emer-im, Cob*. Vitiligo: *Cob; Sei*. Spider nevi: *Apat-gr*,

**Sleep:** Insomnia or sleep disorders: *Beryl-gr-im; Emer-im; Gosh-cr; Mag-met; Ruth; Schal-st; Sugi-cr; Zinc*.

**Sugar:** *Aquamarine* helps balance blood sugar highs and lows and *Blue apatite* has been shown to reduce the craving for sugar.

## Case Studies

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### ■ Case Study I

#### 'Not Free to Be Me'

26 March 2009

A woman aged 47, blonde, medium-strong build and with a sense of self-containment. She opened her deeper feeling from the start of the conversation:

'I feel stuck. Not free to be me. I have been someone's girlfriend, someone's mother, working for years and years. I have been a mule, a super mum. Working long hours, sport, work ... In this job I'm not working such long hours, but I feel empty, not fulfilled ... not part of something. I don't connect or belong. I go through processes; meetings, proposals and phone calls but with no sense of achievement.'

She searches her deeper feeling... 'I would like to be a psychic or a singer but would really like to be in healing.'

'I used to be a perfectionist; I mastered everything; sewed to perfection; cake decorating; all in the right place. I had the right body, right look and right house.'

#### Bullied

'I just left a job where I was really bullied. I was bullied at school as well; people around know you are and turn a blind eye and do nothing about it. I am being bullied in my relationship and by my son. There is a history of it with other people, friends and my ex-husband.'

'My partner is a CEO, which means he gets what he wants. He speaks quite horribly, he belittles me when he speaks, more so in public now. He calls me 'fatty' everyday; his physical presence is dominating. I adored him but in the last few years felt I could do without him, and sometimes feel sorry for him; that he is so insecure he needs to do that. Or I want to punch him out and tell him to fuck off (she

weeps now) I feel a bit trapped.'

'My son does it by not picking up the phone. He tells me he will be coming over, then doesn't appear and will not answer his phone at all when I call. Then when he does come to see me he bullies me into letting him do stuff ... disrespectful. He stands over me now he is physically bigger.'

I feel angry and frustrated and I hold myself strong and capture it in my body, comfort eat and drink alcohol and do exercise. I occupy myself so I don't think of it and avoid it. I become a bully myself, withdraw and withhold. I attract friendships and bosses like that. I used to freeze and play it cool as anything on outside, hold my head up high and act tough. Inside I wanted to vomit. I went to gym pumping weights to make myself look strong but that isolates you from certain people who are intimidated.'

**Childhood:** 'It was traumatic. Dad died of cancer when I was eight. I made a decision as an eight-year-old we must have done something really horrible. I thought my mother must have done something really evil. People would come around and say, 'How do you survive without a male around?' I felt we were second-class citizens. I was always hearing the expression, 'poor things' so I felt like I was poor emotionally and financially, only half a person. I was molested by father's best friend age seven. I decided I had to fend for myself and survive somehow. I was improperly punished because of my sister, who tried to get me into trouble.'

**Teenage and twenties:** Bullied from age 13 for two or three years; she felt isolated then as they didn't want to be her friend anymore. Because of her father's death and the molestation, she felt older and more experienced. She married aged 26 and her

husband was controlling, domineering, bullying and nasty. They split when she was 31.

**Dreams:** as a child: 'a planet would pick me up and fly me around the sky at night, I would look down on earth' (happened about 12 times); many of tidal waves (throughout her life); Recent: credit card being stolen in different situations.

**Kingdom affinity:** likes dogs; in love with her dog. Used to really love her cat. Likes tigers and animals. Plants: loves flowers; wants to paint and photograph them. Mineral: really likes sapphires; rose quartz; amethyst; lapis lazuli and turquoise. **Colour choice:** clearly 15C

**General:** She is 'energetic and strong'. Loves the beach, the salt water and swimming.

**Food:** desires: Atlantic salmon+++; prawns; seafood, chicken lamb and wine. Cheese and biscuits. Spicy food++. Broccoli and spinach. Aversion to salty. << eggs: loose bowel or pain.

**Physical:** bloating at times < If upset, too much cheese and bread. Periods are becoming less regular. Herpes in past and now about once yearly.

**History:** glandular fever with infected throat aged 18; father died aged 38 from lymphatic sarcoma.

**Analysis and treatment:** Due to the 'feeling stuck and not free to be me', I suspected she needed a gem remedy. Freezing and acting tough together; the survival instinct; seeing her mother as having done evil and the many instances of abuse led me to the idea of *Sapphire*. She chose 15C (blue) and Sapphire is her first favoured gem. *Sapphire immersion* M daily for seven days. Sapphire is Trigonal, however, I didn't use structural analysis at this stage.

16 April 2009

*While she felt more solid and grounded Sapphire evoked strong dreams:*

*Dream: while lying next to my partner. An angel picked me up and superimposed me over him: there was an unconditional love. We are probably going to split up. I think I was letting go thinking, 'I love you as a person and a soul, but not a partner in this life. There was no attachment, totally giving from me without expecting it to be returned. I was very light like a child. It was very vivid, the feeling of that love has stayed with me but not towards Ron (partner), it was towards him at first, but he is nasty again.*

'There is a simmering volcano. There are little puffs coming up and I am a bit frustrated. I would like a big explosion, to go psycho for a day or a week and move into a new life. It would be crying from the heart; vomiting and poo expulsion of pent-up feeling; angry from my stomach. I've had small bouts of anger and sadness.'

'Every day being with Ron I see the relationship is not going to 'cut it', this is sad, we have been together for 13 years. He has 'upped the ante' on the bullying. I have taken myself out of the firing line. I don't talk to him and moved bedrooms and won't go out with him. He told me to fuck off in front of a client. He says I don't have to see him again. I just have to trust the universe.'

'I don't sleep well. Wondering if he will jump me and grab me in the middle of the night. He is very rough with sex. He grabs my breasts when he wakes up. He is rough, it is a big turn-off. I have felt invisible with him of late: he only intimidates and bosses me around and puts me down. He never answers my calls, or listens to my messages. He abuses me and accuses me of being rude. I am frustrated, I have nothing to say to him any more, he is always attacking me, it's mental abuse. I have rung a lawyer.'



'I am lonely with all the bullying. I don't want to be with others, when around them, I can't be my authentic self: strong and positive and social. So I don't talk to people much. I think I decided I will be bullied from the minute my younger sister was born. I realise I have been submissive and put down for so long.'

**Colour:** In addition to 15C she nominated 24C (green);

**Analysis:** Her first words 'working for years and years. I have been a mule, a super mum' and the reference to achievement are a precise description of the Hexagonal work ethic. The presence of perfectionism indicates the Hexagonal nature of her state and only to be compared with cubic. The submissive nature with inner strength and the masculine-feminine tension both within and without make the structural analysis unmistakable. Amongst hexagonal medicines, *Emerald* is indicated as the premier remedy for the masculine-feminine divide. The new colour choice; the frustration of the simmering volcano and the trapped feeling she mentioned in the first consultation; the susceptibility to sexual aggression are all confirmatory of the remedy. Treatment: *Emerald immersion* 200C for seven days.

## **22 May 2009**

*Emerald was good. Soon after I got diarrhoea and sore throat, flu and herpes on tip of my coccyx. Things with Ron and I are really good. I was going to leave him and he has been on his best behaviour. It had just been a matter of how I would walk out. We've had huge changes and truthful discussions. I can see how I get into relationship, get comfortable and don't speak up. They are old habits. Now I feel more grounded about things.*

*T didn't scream, get out of control or angry, but got honest in our relationship. I had tears and told him I hadn't trusted him a long time and why, that I am in a place of our relationship where I can't be me. Able to say*

*things in such a place of honesty, not blame, I finally got heard. He got angry the day after ... I was lying in bed and purple angel shape appeared to my eyes. I felt looked after and held strong and tight. I was told he was going to get angry, that T should protect myself' and that is what happened. He said 'You make me sick and should be embarrassed'. He angrily followed me into the bathroom. He called me weak. I talked to him from a place of absolute calmness. I was in the shower nude with him shouting and yet I felt safe and looked after. He phoned back later that morning and apologized: T didn't mean to bully you' and hasn't bullied me since. He has bought me flowers and turned up to work. He said T will do anything it takes to stay together'. My only requirement is that he do counselling for him, and him and me together.*

*'This is huge, it had always been my fault and I am the one who has problems, now he understands it is both of us. I hated sleeping on one side of the bed, I feel dominated and suffocated and small and insignificant on this side of the bed. I told him I am willing to risk our relationship about it.*

*'I want to take this empowerment and make it work for me with work and the next part of my life. A lot of positive significant things have happened since I came to see you. My 18-year-old son asked me whether*

**1** *want him to come and support me at the funeral of my uncle. He came and was really mature.'*

## **18 June 2009**

*She reported that things were still really good in the relationship.*

## **2 March 2011**

She returned telling me she was being bullied by her partner again. She again expressed extreme frustration'; 'I feel I don't have a voice' and that she didn't want to have to

threaten to leave to make him 'pull his head in'. When she gets angry she thinks 'fuck the world!' and 'eats everything' even though she isn't hungry. I prescribed *Emerald immersion* M daily for seven days.

She returned a month later telling me that her partner and son had modified their behaviour towards her. 'It is like I have an invisible barrier and he doesn't seem to cross it. He is still unrespecting and doing triggering things at times but I don't let it affect me.' He tends to negate her and then later admits she is right. She is living a more independent life, doing paint classes and seeing friends more. She feels she doesn't have to leave the relationship and sees it for what it is. She is more aware of her eating patterns, not overeating so much and more controlled and conservative with her dieting.

## **Case Study II**

### **A Case of Hashish Addiction by Genevieve Scase**

This is the case of a 34-year-old woman who came with the need, motivated by her desire to start a family, to give up a long-term hashish addiction. She is intense and delivers her case from the edge of her chair. I struggle to follow the thread of her story as her words are jerky and hurried; no sentence is ever quite complete before the next has begun. She has recently emigrated to NZ from the UK where she and her partner run a private boat, consequently she looks very healthy and tanned.

She tells me 'I have to kick this habit; I'd assumed it was a psychological addiction but I'm getting physical side effects from trying to withdraw. I panic without it, my feet 'go nuts' even if I'm tired, I have to get up in the middle of the night and walk around the boat. I'm horrified; I know its withdrawal. Not sleeping is worse for me than the hash'.

As the case unfolds she reveals that she has been using hashish to help her sleep for 20

years and fears to give it up. She began smoking whilst at university in the UK and continued when she went on to a high-pressured career in finance. She says 'I have an irritating attachment to detail and get quite critical of myself and others'. After taking hashish she feels 'like a hovercraft' and her sleep is fantastic.

She describes herself as a morning person, fast-paced, with a lot of nervous energy. She says 'I'm wired; a million miles an hour lunatic. I need my brain to be active. I need to channel my energy. I need business stimulus. I'm a mix of ambition, drive and idleness; I fear failure, like challenge and I know where my strengths and weaknesses are, I feel like not a failure.'

Horses have also figured strongly in her life; 'I want to buy a horse, I've been career-blinkered, I used to compete a lot in the UK; three-day eventing. I enjoy buying and training (horses) and the teaching inspires me. When I compete it's all or nothing, I get very blinkered, on a mission. When younger I was fat and not pretty, they were always my escape, I could get on a horse and disappear, I day dream about competing again. As a child my father was never around, we always had horses; I was spoilt rotten, it was my passion. I love that unity, that absolute at oneness, it's all about the relationship.'

Physically she says her health is brilliant apart from her stomach, a consequence of travels in India: 'eighty percent of the time I eat and then I'm running to the toilet ten minutes later. I pass anything from a loose stool to water, it's rancid, there's a strong smell of what I've eaten. I eat by what I feel like, I had a chicken salad, I got gas and shooting pains, it's really uncomfortable. If I don't go to the toilet the pain is unbearable; I'll be white and nauseous if I can't go. If I've drunk alcohol it's burning and acidic and bubbly. At university I didn't eat well and

drank shit loads (huge quantities) of alcohol. Caffeine also causes violent reactions. I eat a lot of greens now, although I'm intolerant of salad. I eat a lot of bacon and eggs, I find the protein important.'

There are problems with the special senses; she has sensitive inner ears; there is motion sickness and sensitive hearing meaning that she barely talks on the phone. She also has vertigo triggered by looking down, she hates flying; T get a rush, sheer electricity through my body, I could work myself into a crying wreck.'

She's broken her ribs 13 times from riding accidents and has fractured her skull from ear to ear whilst sailing.

**Analysis:** The prescription of *Zincum* (LM 01) is unsurprising given the sensitivity in her nervous system, her active mind, sensitive hearing, sensitivity to alcohol, loss of sleep and of course the restlessness of her legs at night. Whilst she chose 17A in the colour chart (ref) she also noted a distinct aversion to 22 and 23C the latter being the colour choice of *Zincum*. Structure also comes to the fore in the understanding of this case: We can readily see the hexagonal themes of intense ambition and drive and its counterpoint, idleness. She uses a combination of classic hexagonal keywords when talking about being career-blinkered and on a mission which relates to the narrow field of life vision where she's critical and attached to details. In addition her dreams and desires to compete further reflect her hexagonal nature. Her feelings of unity in relationship with her horse speak resoundingly of the yin-yang or masculine-feminine theme of hexagonal.

#### Follow-ups

After ten days she reported that there has been no problem with restless legs and feet since the remedy and she has drastically reduced her use

of hashish. The first night of the remedy was her best sleep in ten years. Her dreams have been very active and repetitive and follow a *Zincum* theme of being pursued for covering up the murder of her father. Generally she is feeling happier, more at ease and much less irritated, she says 'in the past I used to hear my brain whizzing, I'm not hearing that now and I fall asleep in ten minutes.'

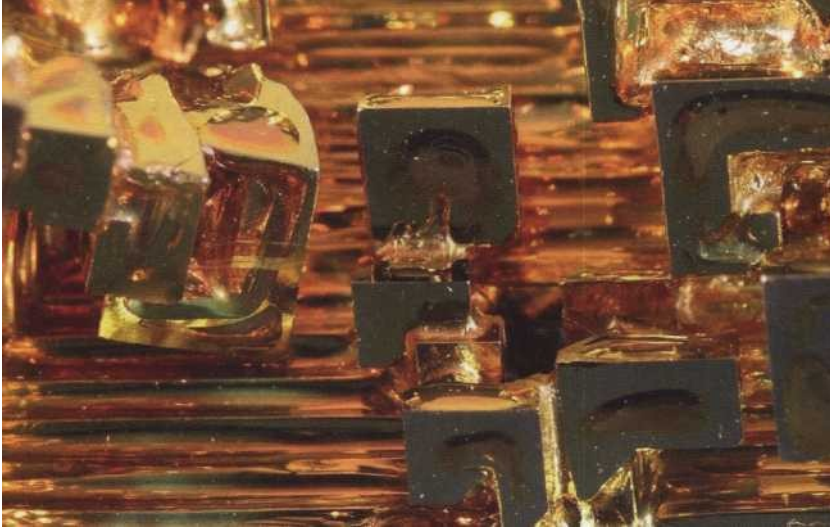
One month after the first consultation she comes in having stopped using hashish completely. 'I wish my partner would punch me into a coma at night, my feet are going nuts and they are exhausted, it's like electricity of the nerves. I'm eating like a horse. I could eat double what I normally do. I can't get enough fuel.'

*Zincum* LM 07 brings the case back to order, her nervous system quiets down and her stomach settles and becomes less reactive and gassy. She had a return of childhood tonsillitis. 'My body is making more sense, I'm definitely not groggy, the new strength *Zincum* kicks arse (acts well) straightaway. I miss the ritual of smoking hash; I burnt my stash box (the place she kept her hashish) and had a deep power nap while it was in the fire!'

This patient has remained well without any need to resort to using hashish for seven years and now has two happy healthy children.

**Author's note:** Her reference to the fear of failure and in the next breath saying she feels like 'not a failure' is a fascinating insight into the polarity of this keynote theme of Hexagonal and clearly reflects the inner feeling about this. I was fortunate enough to see a photo of this person after the case was solved and noted that she had remarkably close-set eyes (blinkered vision) which is a strong indication for hexagonal on the plane of physical generals. Also the Hexagonal structure is noted for the theme of addiction.

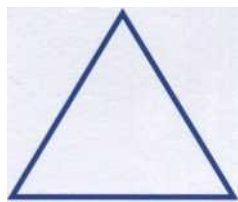
# Trigonal System



The structure of substances that crystallise into the Trigonal system is based on the triangle in two dimensions. While there may be three sides (e.g. Tourmaline) or six sides (e.g. Quartz) in the three-dimensional shape, it is essentially regular on three of them (at  $120^\circ$  to each other) thus generating the name of the system. While only a few elements like the metal Bismuth crystallise into Trigonal, many compounds e.g. Cinnabaris and a large number of precious crystals including all forms of Quartz take this form.

### ■ Trigonal Geometries

The triangle, with its three sides, is the most simple or frugal structure, containing a space in the most practical and tightly held way. It is found that practicality and pragmatism are a significant theme of this structure and their security (being held) is important to them.



Looking at each side we can further understand the structure. The first is that its base is broader than any other, taking up one third of the whole perimeter of the form, with the indicator that it is uniquely stable. This relates to the strong need for ground and security present in the Trigonal psyche, whether it be expressed through their home, family, job, partnership or community. It also alerts us to the need for ground, earth connection, solidity and material security.

Resting on this firm base, it has sloping sides with a pinnacle. It is a struggle to climb a slope, it is a trial, an obstacle in itself. Skills have to be learned, a way has to be found and steadfast effort has to be engaged. There is something to be gained by climbing the

mountain.

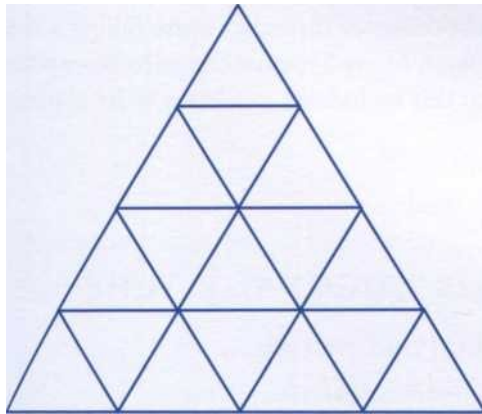
The third is that it has a peak which speaks of idealism, a place to be reached, a focus of vision or a goal to be attained. At the top the view is good and you can understand or have control over all that is below. The one at the top is the boss, the controller, the CEO, a preferential position. In that rarefied place one is untouched by the earth (feelings and realities of life), can survey the whole evidence, think things through and make rational summations about it.

Some Trigonal types, not willing to undergo the struggle, will identify with this peak and so become ungrounded, daydreaming, caught in a fantasy world or the world of the intellect. Others will be sitting on the base of the triangle and viewing the peak, longing for its towering height and superlative possibilities. Inherent in this is a great desire to master, to achieve, to know. It also appears that Trigonal people may feel stuck at the bottom. Even while residing there they are aware of what is happening at the peak. They are the people who are always complaining or resentful about the controllers, the politicians, the powers that are installed in the peak. It also may be that they are stuck at the peak, in which case they will be full of ego and only interested in how the base (people, society or system) can serve their ends.

The positive expression of the peak of the triangle is the ability to look down and see it all. They become aware of the needs of the society or organisation and so fulfil their role in a meaningful way. It is an employee who is thinking and acting positively for the company or the person who is aware of a meaningful role in a larger family group. It is an aware intelligent boss who is able to look at the big picture of product quality, business success and employee wellbeing.

My feeling about this shape is that it has an elegant coldness. It is simple and down to

earth while declaring a certain greatness. It is so unique, there is nothing else like it. It makes me think of trios, both spiritual (there are many e.g. Father, Son and Holy Ghost or Brahma, Vishnu and Shiva) and material. I always liked rock bands that were trios like Cream and the Police. They are tight and strong while each of the band members shines in his own way.

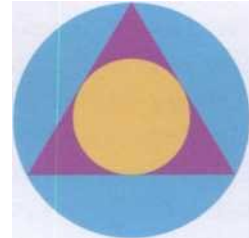


The integrated (relational) triangle with its resting and inverted components

Its relational shape requires that the triangles regularly sitting on the solid base alternate with the shape turned upside down. The implicated state is stability alternating with instability and being completely ‘toppled’. In the Trigonal psyche I like to relate this instability to a state of oversensitivity or great anxiety, even panic about the element that they most seek: the security of sitting on the long base.

The relational figure also shows how the triangle is connected to more shapes than any other. While there are only three triangles that are flush with there are nine other triangles which touch the angular points (three at each). The three flush triangles indicate the intimate relationships, and the nine-point contacts are those without a deeper bond, usually in the

context of village, larger family group, other employees of the organization or interest group. In this way they are commonly connected, to society at large more than any other structure.

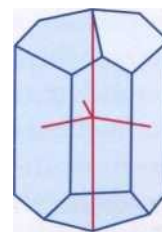


Encircled triangle

As there are three inner connections and three outer connections, there tends to be a balanced connection to self and the world around them. Hexagonal also has this feature of balanced connection, but Trigonal differs offering plenty of space around the triangle, giving them the potential of a broader (not blinkered) view of the world.

There is also balanced space between the inner circle and the triangle, which suggests that in health they have a balanced view of themselves (self-awareness theme). The three connections (as opposed to four or more with the others) suggest more openness, more susceptibility, which aligns with their inclinations to being oversensitive and unprotected.

### Trigonal Axis Vectors



Trigonal has one elongated vertical axis. This

indicates the need to move forward, progress, achieve, which in a rudimentary way is similar to Tetragonal and Hexagonal. With three horizontal axial points anchoring to the crystal sides, it is perceived as the most unstable (four in Tetragonal; six in Hexagonal). Hence, Trigonal feels unstable and feels impelled to make these vectors - which usually pertain to the foundational resources such as family, money, education or religion - very solid in order to proceed with their endeavour.

There is another perspective indicated by these axes with Trigonal: that is that the elongated vector actually represents a factor that harmonises and stabilises the other three

i.e. a big picture moderator like a moral code, a spiritual belief system or insightful wisdom about the balance of life. It connects them all as it were and ensures there is appropriate progress.

#### ■ Seed Concept: 'I think'

The seed keyword of Trigonal is the most elusive of all the seed keywords and demands some explanation. Trigonal types tend to be amongst the most mentally engaged of all the structures with the processes of thought always taking a vital place. Many Trigonal characteristics point to this including: tendency to fixed ideas;

### PRINCIPAL THEMES OF THE TRIGONAL PSYCHE

*Achievement, ambition and success*

*Alone, abandoned and isolated*

*Anxiety, topples with fear*

*Cold, hard, disconnected*

*Egotism, self-serving*

*Family fundamental*

*Fixity, order, structure and detail*

*Independent, self-possessed*

*Oversensitive, boundary susceptibility, no protection*

*Naive optimism, idealism and escape*

*Security and stability, grounding: basal connection*

*Struggle, stress, trials and obstacles*

### SUPPLEMENTARY AND PECULIAR THEMES

*Addictive patterns*

*Attacking and attacked*

*Attention-seeking, giving and averting*

*Community and extended family*

*Confidence and failure*

*Creativity, fantasy and innovation*  
*Crime and guilt*  
*Depression, darkness and negativity*  
*Emotional charge, anger*  
*Evil, ghosts and possession*  
*Geometric shapes*  
*High above, top of the tower*  
*Intellect and memory*  
*Loss and grief*  
*Love themes*  
*Masculinity, virility*  
*Past and future*  
*Responsibility*  
*Self-awareness and introspection*  
*Suppression; repression; restrained*  
*Touching and touched*  
*Wild, instinctual and childlike*

developing creative ideas; being idealistic; large part of their suffering is though the mind, aspirations for life which are driven by a particularly in its exaggeration of fear and clarification or alignment of the mind; stresses. The apex of the triangle itself is a joyment of analysis and method as well as the metaphor for the dominance of mind, the tendency to be directive. They like to survey ‘pointy part’ of the human complex. This the scene and take all into account, to chew on doesn’t mean they are bereft of feeling. it and think it through before making a Thought and feeling tend to be well-balanced decision. They are often recognised by their in developed Trigonal types. practical and circumspect mode of thinking. A



## The Trigonal Psyche

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### ■ Achievement, Ambition and Success

This theme, while common to Tetragonal and Hexagonal, takes its own character in Trigonal and has three distinguishing components. Those components clearly relate to the start, the struggle and the goal.

While the desire to achieve is often described through the keywords: 'ambitious', 'aspiring', 'initiative', 'enterprising' and 'career-oriented', it should be noted that it engages a strong thinking component, characteristic of Trigonal. The Trigonal individual is highly conscious of formulating goals and plans and a very significant part of his or her waking life may be centred on it. They want to go 'above and beyond', 'climb the ladder', to 'achieve something in life', to 'think big'. This is most significant in the initial 'design' phase and relates to being at the base of the triangle.

*I am ambitious and my mind is clearer at night; I think about my goals, I want to be a fashion designer. I want a fashion house that's like an art studio'... from a successful case of Black onyx*

The pitfalls that appear at this stage, where they are formulating their ambitions are likely to appear in the perception that the undertaking is too hard, not possible or beyond their resources. They may then become bereft of a sense of healthy ambition and this negative attitude will breed laziness, inertia, boredom, aversion to responsibility or an uncaring attitude about outcomes.

*She has become very lazy and lethargic... she wants to be a professional football player but can't be bothered to turn up for the regular training session ... from a case of Tellurium metallicum*

The second element is the act of going ahead. It is best described in the keywords: 'achieving', 'proving yourself', 'accomplish-

ing', 'fighting to achieve', 'progressing', 'moving forward' or 'undertaking the task'.

*Dream: I am with two other men in a car - we are all businessmen. We are sitting in the front seat, there is an older man on my right who is driving the car, he is in his 70s but vital, and the other man with dark hair, age about 40, sits on my left. They are strongly built tall men. We are all white businessmen - enterprising, assertive, opportunistic but not without scruples. We are driving into a town to see what business we can do... from the proving of Green chalcedony*

Hindrances and blocks to this 'ascending the slope' stage appear in the form of feeling unable to undertake the task as it turns out to be more difficult than expected or a feeling they are not achieving enough. They may also find that the goal was just too high, too idealistic or unrealistic.

Third is the awareness of the goal, the 'peak' of the triangle, which is very important to them as it is the crown of success that they seek. Whether it implies wealth, fame, power, freedom or deep self-satisfaction it is of vital importance. Clinically it is often heard or implied in keywords like: 'success', 'getting to the top'; fulfilling the 'mission'; 'attaining the goal', 'completion' and 'achievement'. Trigonal is often indicated for people who are very successful in their work once they have committed to it (for comparison to Hexagonal see chapter 13).

*I am gaining confidence and success in managing my role in a number of work, business and charity activities. In the private travel business I found a partner to work with me, divesting some of the responsibilities and so far that is more effective in getting it underway. Work is successful, I am making money at the office and all is good with the world. I rescued someone who got washed off*

*the rocks, an old Vietnamese man who was hit by a wave and dragged across the rocks. My friends saw it, I was the first one there ... after taking Tourmaline Rubellite immersion*

In some cases (*Ruby immersion* is typical) they forego all other life activities for the success of the project or mission. If the goal is not reached there is great stress, frustration or depression.

*Ametr-cr; Ameth-im; Cadm-m; Calcit-wh-im; Chalc-gr-im; Cinnb; Citr-cr; Haemat-cr; Nat-n; Onyx-bl-im; Quart-im; Quart-lav-im; Quart-tour-cr; Rhodocr-cr; Tour-rub-im; Ruby-im; Tell; Tiger-ir-cr; Tour-blk-cr; Tour-gr-im; Tour-gr-cr.*

### ■ Alone, Abandoned and Isolated

Trigonal is strongly connected to family and society at large and needs the security of the group. Whether it be to allay their fears or for the conviviality which they so need and enjoy, its absence will result in a feeling of isolation. In some cases they will feel aloof and averse to company with a concurrent feeling of aloneness and craving for connection. Either way the feeling of isolation reigns.

*'When I was age 14, I was lost, alone and confused ... I had been feeling like I didn't want to live, I felt alone and abandoned ...*

*I was always timid, I always felt alone, on the outside of things. I was always left out if there were games at school, never chosen to be on the team. ... from a case of Cinnabaris*

*The polarised state* will regularly appear, where there will be a need to spend time alone. The cause of this is often longterm pain, burden, suffering or abuse in relationship and they need the time to unburden, release emotions and heal. However, it may also arise from oversensitivity or want of identity. In these scenarios they will need the time to think, have space to indulge their personal interests in just the way they want, uninfluenced by family

or others with a strong presence.

**Positive:** In the positive play of this element of Trigonal they will be fully engaged in social life. They become comfortable, 'freely interactive' with family and friends and even feel a natural connection with people in general. Old insular patterns fall:

*Immediately, and for months after taking the Ruby, I noticed that I have a new connection with people. I feel friendlier, closer to people, and I feel I have met many people that I would call a friend or trust as a friend. I feel more connected to people on a feeling level. This is very unusual because I normally prefer to stay somewhat aloof to get on with my life, projects and inner work ... from a successful case of Ruby immersion*

*Ameth-im; Onyx-bl-im; Chalc-gr-im; Cinnb; Citr-im; Kali-c; Nat-n; Quart-ros-im; Ruby-im; Sapph-im.*

### ■ Anxiety, Topples with Fear

*'Dreams his shoes have been stolen'*

While anxiety is a common symptom, it takes pride of place in the Trigonal structure. There is a problem with 'ground' and this is easily understood via the long base of the triangular shape. Trigonal types tend to desert their ground (base) and retreat to the mind (peak). Without a stabilising and reality-honouring sense of ground, the *mind takes precedence and they become consumed by fear* which thoroughly infiltrates their being. The mind creates unrealistic and even 'nightmarish' scenarios and possibilities that are far outside the realms of reason. If a closely related person dies or they receive unexpected news they get very nervous: 'Something may happen to me. How will I face it? Suppose my mother dies in the house, what will I do? How will I react to that?' These thoughts settle into the subconscious and dominate life's proceedings. For example the noise she hears upstairs is a wolf on the prowl or to the person whose

security was threatened during a war or trauma has repeated anxiety attacks and even total panic thereafter.

You will find them worrying constantly and the 'mind going at 1000 miles an hour', and this often that leads to insomnia, panic, pandemonium or breakdown. There is a full mental dramatization of the possible (commonly implausible) consequences of events. Fear of death and dying is often the great grandfather of all their fears:

*Dream: I am rock climbing outdoors with friends. I get caught up while checking the rope. I have nothing but my hands to stop me from falling. I shake in fear-, my husband and a friend have to rope me up and save me from falling. After the episode I noticed the distance I was to fall was only one or two metres. I laugh at myself... from the proving of Amethyst immersion*

Interestingly their need of ground is often expressed in relationship to the feet. Various cases record the following comments: 'inability to think on her feet'; 'there is no firm ground under my feet'; 'I am about to topple'; 'the very feet I am standing on are shaking'; 'dream: standing on a narrow ledge' and the dream: 'someone has stolen his shoes'. It is all a want of presence in the feet, the connector to ground, the sense of reality.

The theme of ground is also related to the loss of a perceived element of *their worldly security and support system*: largely money, home, family and their bodily health. Again an issue in this arena becomes the worst thing in the world e.g. a staff member wants to leave and she is completely sleepless about it. When she talks with the staff member properly, other possibilities appear, and she realises that it was not the disaster she thought.' They often develop anxiety about their own health (they are dependent on that) or thinking there is something sinister behind every symptom is also a common expression. It is a safety and

security issue and as such there will often be fear of catastrophe: drowning; fire; tsunami, an awful sense of foreboding etc. They become beside themselves with anxiety and often present as desperately wanting to know what the future holds.

This fear can also appear when there *is a perceived challenging responsibility* or event, like having to give a talk at a work meeting or social event. It may also be the regular obligations of life like paying rent or having to 'do the right thing' or just facing the 'stresses and pressures' of everyday life. Will there be enough clients? Do they have the skills and knowledge needed to treat them? While they are desperate to find suitable material solutions, it is a sense of grounded calmness that will settle the rampant mind and find solutions.

*Dream: I have to get to my childhood home and decide I am going to fly there. I am going to fly in a flying car which I have got for the journey. I make a time to go and as it gets closer I am more and more nervous about it. I wonder if I have all the right equipment, I have never flown before! Do I have the skills and abilities?... after taking Black onyx immersion*

A common compensation is wanting to get as far away from reality as possible. This manifests as the tendency to live in a fantasy world or simply to be safe in their home. There is often spaciness and floating, long hours of daydreaming or philosophising about the situation. There is a distinct lack of common sense and coolly determined action.

These fears often have a strong physiological effect, building to panic so they will commonly experience body-centred symptoms: palpitations, breathlessness, agitation, restlessness, startling; fainting; gripping pain in the chest; the need to urgently go to the toilet. Nervous tremors and anxiety felt in the solar plexus are common and these are all aggravated by thinking of the problem.

*It was a feeling that came over me suddenly as if someone were opening the contents of my chest: all that was hidden away, all my defences were gone. There was a terrible panic with my heart racing. As if my heart were about to beat out of my chest. My hands and my whole body were shaking with fear. I had to run, to hide to get away from this outpouring. I wanted to hide in a corner, with my back against something, firm and earthy like the paper boxes felt calm, that felt warm, earthy. I was reassured that I wouldn't have to have my chest opened if it were in connection with the boxes ... from the proving of Black Tourmaline*

**Positive:** The outcome of the well chosen Trigonal medicines are: a sense of being grounded; self-possession i.e. being in control of himself, a renewed confidence. They bring great composure, clarity and poise in the face of difficulties and trials, as well as the ability to think of effective and sensible solutions to life's problems.

*Alumn; Ameth-im; Ars-i; Ars-met; Bar-p; Bor-met; Calc-i; Calcit-wh-im; Calcit-yel-im; Carn-im; Cinnb; Citr-im; Jasp-gr-im; Kali-c; Morion-im; Nat-n; Onyx-bl-im; Quart-im; Quart-lav-im; Quart-ros-im; Ruby-im; Tell.*

### ■ Cold, Hard, Disconnected

This theme of Trigonal is commonly founded on the effect of past experience which is held deeply in the psyche. Whether it be disappointment, grief, violence, abuse, depletion from giving beyond their capacity or over-responsibility, a final resting place will commonly be a sense of estrangement, disconnection or indifference to others. This is the outer expression of a coldness of heart and consequently they are untouched by the human situation or emotion. They become strangers to love.

*'I feel greater distance from all my friends and even a loss of connection with children I*

*have been close to'. (Her biggest disappointment in life was not having her own children). I suppose I have developed a kind of a hardness around that aspect of my heart. I used to get into the joy of others having a child, now I don't care.' ... from a case of Rose quartz immersion*

This coldness is eminent in medicines such as *Sapphire* and *Black Tourmaline*. It often relates to situations which are 'too much to feel'. It even leads to the perpetration of cruelty, violence and abuse so typical of medicines like *Sapphire* and *Lavender Quartz*. It enables the coldness of the soldier who is 'trained to kill' or the sadist who maims and murders with a 'smile on his face'. The selfish, haughty and dismissive aspect of Trigonal may be related to this condition of the psyche.

Care must be taken here as there are Trigonal persons who seem cold and hard on the outside but are exercising tough love for the benefit of others. Whether it be a policeman who is applying the rules that benefit society or a teacher who is exhorting self-discipline and loving attention to the task at hand in a wayward student.

**Positive:** On the positive side, excessive empathy and identification with the other is modified so that realistic understanding can be gained in personal or social life. They develop the ability not to let the emotions of others sway them from their true path. Other fine qualities associated with this development include: warmth of heart; natural happiness; the ability to see the beauty in all, old, young and infirm alike; the expression human kindness; gentleness and the ability to let go of over-riding self-importance. (See *Spiritual* section on page 165)

*Morion-im; Onyx-bl-im; Quart-lav-im; Quart-ros-im; Sapph-im Tour-blk-im.*

**Egotism, Self-Serving, Controller**  
Trigonal types want to move right to the top.

The prominent peak of the triangular pyramid naturally portrays this deeply motivated desire.

Their ambition can be unabashed in wanting to become a leader, a 'headmaster' or CEO, the one who makes the decisions and directs proceedings. They will attempt to be the biggest or the best: to become famous in their profession, to build the biggest building, create the leading company or 'get a name' for themselves by being the most influential. Along with this there may be an imperial air, a self-satisfied, directorial or demanding attitude. A condescending or self-righteous attitude will often rebuff the good or authentic intentions of those with whom they live or work. These traits commonly arise from the egoistic desire for power or from plain insecurity about the outcomes of life events. Occasionally it pertains to those who aggressively control and obtain submission to their will by force.

In many cases societal status is very important to them and they take pride in or would like to be from a family of repute. This may involve inherited family status of success or power, the position of a parent or spouse as an 'officer', leader or celebrity. This breeds a reverence for 'natural' superiority. They subsume the glory of those around them for their own benefit and sense of self-worth.

*T earned a lot of money and moved up in the ranks. Our parents directed us in the way they wanted us to be and what they wanted the family to look like, about status in life. It was about what they needed and they did not look at our natural tendencies, didn't support those and kept the shame of them away.'... from a case of Quartz crystal immersion*

In the intellectual it will manifest as 'I know' or 'I am ahead', and any aspersions as to a lesser status or insufficiency is taken as an insult. There may be a smug mental detachment, thinking they are superior while observing and judging others. This may even enter the spiritual sphere in a 'holier than thou'

attitude, a 'too religious' stance with false piety and they will often attempt to create an image of greatness with a belief that they are 'spiritual' or 'enlightened'.

*I felt like an observer and felt smug that the others were possibly experiencing wild and crazy stuff in their heads while I was calm and centred in a really still space. I felt like my higher self was observing my body meditating and in the space in the room surrounded by everyone else'... from a proving of White Calcite* In some Trigonals this ego theme relates to a compensation for inadequacy. If those around them or related to them are getting the attention or accolades, they feel deeply

disturbed or complain bitterly as it belies their sense of self-importance. It is a rich (or poor) person throwing a big or flamboyant party. There can be a tendency to talk loudly of their capability or achievement but not have the 'runs on the board' to back it up; a rampant ego inflation. They tend to find company who will flatter them to build up the ego, which in actuality is floundering deep inside. They talk about themselves but don't know how to be themselves in the face of another strong individual or how to actualise their goals. Humility is a great and difficult lesson for them, while not outside the scope of their ability as they reflect and mature with experience.

*Dream: of a drunk man. He is complaining that his protege is getting lots of fame and recognition and he is not... from a proving of Black onyx*

In love relationships there is an inflated view of themselves or their partner. If the Trigonal person who carries an inflated ego is left, they will crash to earth, never having thought it was possible. They may even believe that the partner will come back because there is no one better. Conversely, if the Trigonal

person is the 'adoring' dependent partner, they become terribly insecure thinking that the other will find someone who is better. The song *Simply the Best* sung by Tina Turner appeared in the *Black onyx* proving:

*'Give me a lifetime of promises and a world of dreams...*

*You're simply the best, better than all the rest*

*Better than anyone, anyone I've ever met*

*I'm stuck on your heart and hang on every word you say*

*Don't tear us apart, baby, I would rather be dead'*

Connected to this aspect is feeling special and wanting to be treated as such. This is the element that breeds the prince or princess we see in *Silica*, where there is expectation that the tower of ego they inhabit will regularly be scaled by would-be lovers, suitors and spouses. Sexually there maybe a distinct preference for self-pleasure without consideration of the other, whether it be masturbation or preference for prostitution.

There exists a more regular self-serving attitude which may betray a Trigonal turn of mind: where workers are regularly doing things purely for their own personal interest and where very little effective work gets done; those who are simply self-centred and always talking about themselves or giving friends and family only tokens of time, energy and attention.

**Polarity:** Conversely there is a strong element of compliance, of completely giving in and they can exhibit submissive behaviour. This polarity is particularly strong in medicines like *Black onyx* and I was astonished to find it in standard medicines like *Kali-carb*. They may also appear to have problems specifically associated with 'the boss' and with regard to whether they do the job well enough or are dominated.

**Positive:** Egotism has a vital place in human development. Trigonal remedies instil self-value, self-love, self-support (*Amethyst; Magnesite; Rose Quartz; Sapphire; Tourmalin-turq*) and an urge to survive in adverse circumstances (*Haematite; Ruby; Sapphire*).

The development of humility though compassion, proper development of the managerial powers of the intellect (organising, strategizing, directing), a sense of discrimination and a natural desire for the good of the group, be it family, company or nation can lead to effective, and balanced leaders filled with common sense and open heart. This high development of human capacity arises out of long self-effort in this life or others.

*Dream: There is some sort of a train crash and my colleague is on the scene. He is wearing a black coat. He takes control of getting the fire and rescue brigade, organising medical support, directing the removal of people and bodies. He moves in as a competent director who sees the best and acts on it... after taking Black onyx immersion*

*Ars-met; Bor-met; Calcit-wh-im; Chrysopr-im; Diopt-im; Haemat-cr; Kali-c; Onyx-bl-im; Quart-im; Quart-lav-im; Quart-ros-im; Ruby-im; Sapph-im; Sil; Tell; Tour-gr-im.*

## ■ Family Fundamental

The family is a basic human societal structure and while it is a touchstone of life for most people, for those with a Trigonal structure, it manifests as a pervasive fundamental. When you find an individual who is unusually entrenched in family life, it is often a signal for the Trigonal turn of mind. This can best be perceived in symbolic language through the broad base of the triangle as this represents the secure and solid ground on which to grow. It is also recognised in the tendency to use phrases like 'I am family-oriented', 'I mainly enjoy the company of family', 'I treat clients like family' or 'I treat staff like family'. The Trigonal

medicine *Kalium carbonicum* is famously understood as having strong family issues, with its desire and need for company of the family along with the propensity to scold the same loved ones. While this theme most often relates to the immediate or extended family, the family can be considered as the work group, the community or even the nation. It all depends on this 'familial' quality, with which the individual in question relates to these closely knit groups.

Family will often constitute a *significant part of their identity*. There is commonly excessive addiction or enmeshment in family relations whether it be through neediness, over-care or guilt. Exaggerated responsibility is common and may relate to pleasing a dominant person, taking care of a sickly or needy member of the group, looking after elderly parents or grandchildren or obsessiveness and anxiety about bringing up the children.

*Loss of family members* whether it be through conflict, divorce, sibling or parental rejection or exclusion, estrangement or death will carry great significance in their lives. The health or state of its members is of great interest to them and will often cause anxiety. Fighting in the family also makes them anxious. They need the support of the family and without it security in life or the feeling of being loved is a void to be filled. Such a loss leads to depression, anxiety or even breakdown.

They are the type of people who make *all sorts of allowances* for fear of hurting the feelings of family members; a person who doesn't want to rock the boat in the marriage for fear of family disapproval if they break up. They need to be hugged, cuddled, nurtured and receive warm body language from others. They are looking for love and attention. They are often stuck in dependence, always needing to ask for and getting help from members of the family or wanting the company of the family.

They know how to use the roles and responsibilities of the family structure for their own benefit or to cover their own inadequacies.

This nexus between deep need and desire to help others or sacrifice on their behalf is seen when for example a woman becomes anxious, irritable and impatient if her child falls sick or doesn't do well in exams. Similarly when she feels that her husband is not supporting her enough or falls ill; she disregards the fact that she is dependent on him and becomes irritable, quarrelsome and nagging. In this situation she feels let down, abandoned and not getting the support she needs.

*'Sadness just gripped me. It's a terrible feeling, a lost feeling. When somebody so close, like a part and parcel of life doesn't recognize you. I was frightened of this when I got vertigo. When I got vertigo, I got depression. I was very frightened that my end would be like dad. I won't be able to recognize people (her relatives).'* ... from a case of *Kalium carbonicum*

Decimation of the family through war, tragedy or conflict will have a devastating effect. This is clearly seen in the medicine *Yellow Jasper* which is indicated for the effects of genocide (the greater family of race or tribe) and its effects on families. Conversely they are often those perceived as being authoritarians like a policeman, although they generally do it for the benefit of those in the family. It could even be a parent who feels they have to impose 'tough love' in order to be truly loving and protective to their child, or to express a toughness to outsiders in order to protect the family. Regular or strongly felt dreaming of family matters or family members is a strong pointer to Trigonial.

*Dream: Of a party which is happy with many people. It is in an open area which is tiled. The tiles are peculiar with heart shapes which are elevated from the edges of the tiles. It is rather unusual and beautiful. Then there*

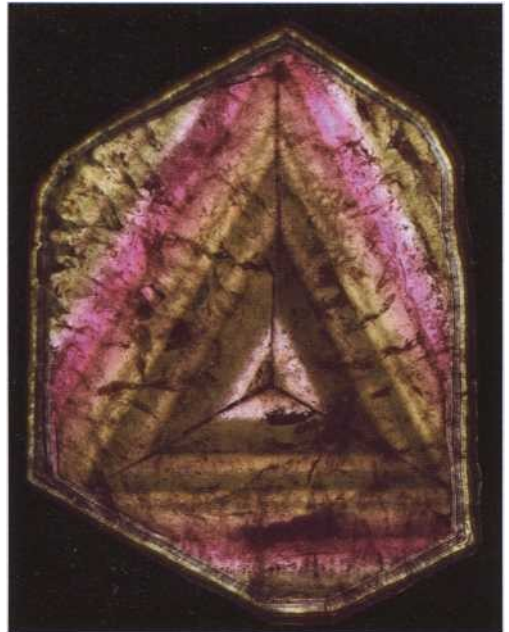
*are no people and all the tiles are smashed ...  
from the proving of Amethyst immersion*

There is a tendency to lament if there is not a full family life, if work keeps them from it or if they are unable to have their own children. Should they lose contact with family for any reason, it feels like missing out on life and can lead to depression. Should there be significant emotional conflict or turmoil in the family it will affect them deeply and their foundations will be shaken.

They thrive on the love that is in the family, the acting and games of the children, the regular family gathering for religious rites or the convivial lunch that they enjoy together. Once someone has joined the family through marriage they want to include that person as if one of the family and if there is divorce they want them to remain as one of the group (or never set eyes on them again!). They engage in hugging, cuddling, nurturing and warm body language for others.

*Amethyst is for the effects of family turmoil and breakdown that may have been brought about by personal conflict, family differences, death or severe illness in the family, financial crisis or external factors. In such situations the family may be torn apart or brought closer together. Amethyst invokes the binding power of love to enable them to work as a unit and bring them more closely together ... from Twelve Jewels*

**Polarity:** There may be long ingrained familial patterns of male or female domination or strong awareness of societal status. As the individual becomes conscious of this and rebels, it will change the power balance in the whole family and commonly causes ructions. As the indicated Trigonal medicine does its work they will hold their individual, conscience



Perfect triangles exhibited in this slice of a tourmaline crystal

based stance with firmness, dignity and kindness.

It may also occur that after years of rescuing, being abused, feeling manipulated or controlled by family, they become emotionally jaded and start to feel coldness, indifference or disconnection from family. These barriers which they erect to family life may result in estrangement and are addressed by Trigonal medicines.

*'I tried to cut off a bit, the rest of the family were abusing me. It was ugly and traumatic, you don't know whether you are doing the right thing. My mother really hated me, I couldn't understand it. She was a controller; she manipulated it all. She broke it all up.'...  
from a case of Sapphire immersion*

**Positive:** Trigonal remedies induce significant personal growth by illuminating the presence of dysfunctional familial patterns. They release enmeshment by enhancing the understanding of the nature of the independent self, wholesome care of the self, and unique



identity, without damaging the underlying sense of connection to loved ones. They assist where one is overcompensating for others financially so that they feel resentment about it. Feelings of aversion and coldness are released.

It is important for them to find a balance of time for self, time for their work or career and time for family. Rather than taking on the emotional burdens of family and friends, rather than being the rescuer they see what needs to be done to solve the matter and pragmatically facilitate that. As a result they become more independent, content and happy to be themselves.

Where the family bonds are healthy and strong, trials and tribulation from an outside source tend to bring them closer together. There is distinct willingness to face life's greatest crises together. Shared experience generates love, understanding and nurturing reassurance amongst the family group. There is a positive tendency to enjoy and support a large family where everyone fulfils their natural function in a loving or benevolent way as mother or father, brother or sister, uncle or aunty etc. They develop deep appreciation and gratitude for this.

*Ameth-im; Bar-p; Cadm-m; Calcit-yel-im; Calcit-gld-im; Calc-i; Carn-im; Chalc-gr-im; Chalc-blu-im; Chalc-den-im; Cinnb; Citr-im; Dolom-pk-im; Jasp-yel-im; Kali-c; Nat-n; Onyx-bl-im; Quart-im; Quart-ros-im; Ruby-im; Sapph-im; Tell; Tour-dr-im; Tour-elb-tur-im.*

### ■ Fixity, Order, Structure and Detail

*Silicea* is famed for its fixed ideas and in this respect is emblematic of the structure. Unlike the fixity of Cubic which is rooted in a deep perception of what they believe to be the truth it tends to be based on sensitivity or vulnerability that is so clearly illustrated in the *Silicea* fear of pins. This extends further to elements like repetition of thoughts or the need

to obsess about details like counting the number of holes in ventilation gratings. It relates to a need to control the detail to be secure and a need for order, precision and structure in an effort to get everything right and correct. It often heralds a narrow view of life and life's possibilities. It should be remembered that in well-integrated Trigonal this precision and structure will be of great benefit e.g. in those who are engineers, scientists, researchers and accountants.

*I'm trying to control my environment to make it a bit safer. I like it to be clean. I can live with it being messy but I don't like it to be dirty. If I clean it up I feel better and if tidy then great ... my child is throwing that idea out. My personality has a perfectionist idealistic streak to it. It's exhausting living up to those internal ideals.' ... from a case of Quartz Crystal immersion*

This propensity will extend to fixity of ideas about life and situations: about what they are capable of becoming; what they must become; what they must achieve or what they must protect themselves from. *Ruby immersion* for instance is on a mission which must be achieved at all costs. While the mission may have great worth it creates a 'one pointedness' that precludes balance and nourishment which are themselves a vital part of achieving the goal.

This fixity, together with the ambitious character of Trigonal, will breed a deep tension and rigidity. It will prevent the intelligent overcoming of obstacles, an inability to negotiate the 'difficult places' of life. Only seeing one way through is clearly not productive for them; there is no flow, no relaxation for them in this state. They may, through emotional sensitivity, create rigid protective barriers around themselves, withdrawing, isolating or cutting off.

*But after Plumbum phosphoricum IM he felt better all round. He felt like joining in again,*

went to see friends again, went out shopping and walking and generally became more active. He appeared more relaxed, less rigid, his speech was more fluent, less staccato

*'I lack self-confidence. Very conscious of some authority. I do an exceptional job in the office, nobody complains. But if the CEO calls me I just panic. My image is very important, should not fall! I panic, if I am not able to answer.'* ... from a case of *Kalium carbonicum*

Should they be strong characters (more commonly in remedies like *Cadmium mur* and *Sapphire*) there is a tendency to become black and white: 'yes' means 'yes' and 'no' means 'no'. There is a dearth of communication and flexibility of ideas. This leads to strong belief systems whether religious, political or ethical and a desire to preach and proselytise those beliefs. It is as if they don't want to know the truth, they just want others to agree with them. Such is the egoistic inflation and self-righteousness of Trigonal.

**Positive:** After taking Trigonal medicines they develop awareness of programs within the psyche that contain, separate and prevent them from growing and connecting. Through awareness of these tendencies and prejudices, they become interested, open-minded and reflective observers. New perspectives and the big picture are revealed, solutions become apparent, original thinking is stimulated and the full potential of their situation come to light.

*'What I noticed more than anything else was that ideas pop into my head. Anything from doing something at work to obscure philosophical things. At work, I am seeing new ways to solve problems. I am using words I haven't put together before, phrases and terminology that I wouldn't have normally used have emerged ... We came from nowhere to win a really big contract, it came about by us being different and innovative and coming up with new ideas'...* after taking *Sapphire*

*immersion*

*Ars-met; Bar-p; Cadm-m; Kali-c; Plb-p; Quart-lav-im; Quart-im; Quart-ros-im; Ruby-im; Sapph-im; Sil; Tour-blk-im.*

### **Independent, Self-Possessed**

Over-attachment, incapacity and dependence, be it emotional or material are anathema to the developed human spirit. The action of Trigonal medicines decreases dependency and susceptibility to the thoughts and actions of others (particularly families). They enhance an independent spirit, improve self-responsibility and activate a finely attuned individuation. Self-containment and contentment ensue, and all this leads to a healthy self-possession. A sensitive man who took *Black Onyx* soon started singing to himself 'I did it my way' made famous by Frank Sinatra.

*Rather than taking on the emotional burdens of family and friends, rather than being the rescuer, rather than sympathising and borrowing the trouble of her loved ones, she sees what needs to be done to solve the matter and facilitates that. She no longer gives herself away'. She now engages her inner adult in a way she was unable to before and as a result she is more independent, content and happy to be herself ...* from *Rose Quartz, Garden of the heart*

*Ameth-im; Bor-met; Chrysopr-cr; Cinnb; Citr-cr; Diopt-im; Dolom-cr; Onyx-bl-im; Quart-lav-im; Quart-im; Quart-ros-im; Sapph-im; Tour-cr; Tour-gr-im; Tour-wat-im.*

### **Oversensitive, Boundary Susceptibility, No Protection**

Trigonal is only rivalled by Monoclinic in its oversensitivity and boundary susceptibility. This sensitivity may be mental or energetic and is only occasionally emotional, which is far more often the realm of Orthorhombic. It is an excessive openness to negative energy of people they live or work with or environments

in which they live. It sometimes relates to children who have been pampered and shielded from everything difficult or challenging. Some typical expressions: 'sensitive to the negative feeling of others', 'a sense of violation and damage', 'sensitive to people's real intentions and unspoken agendas' and 'losing my energy to others who drain it'.

*'I get such an overwhelming influx of things from other people... when around others I will look in the mirror and see them, start thinking like them and using their speech in my mind... Sometimes my sister wants to do something and I think it is me. If there are people in the room above - they go to bed and it whooshes into me. If they are being sexual I will wake up sexually aroused, it is very invasive' ... from a successful case of Black Tourmaline immersion*

It may leave them spaced out, feverish, weak, drained or out of the body. Often they will need to retreat to a safe place, to aloneness or to a familiar place with those who are harmonious, supportive or understanding. This may involve keeping their environment very clean or having strong security measures in place.

Trigonal medicines as crystals are well understood as having the power to strengthen boundaries, creating inherent protective barriers to unwanted or negative influences, including family 'enmeshments'. There is a gain of firmness and 'inner strength' enabling them to say 'no' when required and stand up to unfair criticism, judgement or abuse. Overall they become more assertive and empowered to protect themselves and others. In addition, they spur the ability to take time out to separate and individualise, allowing discrimination between what is theirs and what belongs to others. They increase independence, a sense of self-containment, self-knowledge and groundedness.

*7 took time out to focus on myself realizing the boundaries, take space for myself I thought 'you will be a better person for this, take a 1.5 hour walk and then will do the work more effectively'. I am a lot more quick and fiery with my husband in arguments. The next morning, I am feeling more sheepish and willing to say that was my fault. Yet overall I am generally feeling better and more relaxed.' ... from a case of Heliotrope immersion*

There may also be significant sensitivity to sensual impressions like noise, pain and crowds. Again this is only excelled in its prevalence in the Monoclinic structure.

*Agat-cr; Agat-den-cr; Ameth-im; Ars-i; Bor-met; Chalc-den-cr; Heliot-im; Jasp-gr-im; Morion-im; Onyx-bl-im; Plb-p; Quart-im; Quart-sm-cr; Quartz-tour-cr; Quart-ros-im; Sama; Sapph-im; Tiger-eye-cr; Tour-blk-im; Tour-ind-im; Tour-wat-im.*

### ■ Naive Optimism, Idealism and Escape

Naive optimism and idealism permeates Trigonal. Whether it be the exaltation of early love (*Amethyst* and *Rose Quartz*), the 'wonderful dream of married life' or about family or personal goals, the confronting nature of life experiences will take its toll. This leads them to a desire to escape, live a secluded or unrealistic version of life. This may be through engagement in fantasy through reading or living through avatars on the internet. They choose to keep their head in the sand about money, love, health or spirituality. The appropriate Trigonal medicine enables them to see life as it is, unstaining the coloured glasses of idealism, it bestows a sound sense of reality and commonsense.

*'In the past I was idealistic in my spiritual path. Now I am repulsed by even people talking about spirituality. I want to be real. There is a search for my own reality more than ever - don't want universal love and the Buddha -*

*having my daughter has been immensely grounding for me in that sense. I'm irritated by people who don't want to meet me there. My husband has an esoteric and idealistic way of looking at life. It is bugging the shit out of me.'... from a case of Quartz crys. immersion*

*Ameth-im; Carn-cr; Chrysopr-cr; Quartros-im; Quart-im; Ruby-im; Sapph-im; Tell.*

### ■ Security and Stability, Basal Connection, Home

There is a certain safety and security in the known place: be it a home, a country or a place within a family or group. When one realises that there are valuable experiences outside of the safe and known, it requires some courage to step out and not to do so is, in itself, a disempowerment. The safe and secure known places are useful before we have fully developed into adults but if we are adults and not able to step out we are less than we can be. Standing up for yourself, finding your ground, in the world of work and relationship to those outside our intimate group, are vital elements of human development. To do this one's 'feet' need to be on the ground.

*'Ever since I have had this problem another has become worse... my head feels as if it is floating, as if it were empty and it feels as if I am vacillating when I move even though it is not the case. It is a problem I have had since infancy... I used to get panicky because I would wonder what I was doing on this earth... I would stop right then and there and I would look at my hands and I would ask if they were mine and who had made them so perfect... and then I would get this weird type of fear and it felt as if I wasn't even touching the earth and I would step hard with my feet to make sure I still could feel them.'... from a case of Tellurium metallicum*

Should they attempt to move away from the safety and security, Trigonal individuals feel their 'feet are not touching the ground' or that

their 'ground is going to fall from under them'. The fear of high places and downward motion in *Bor-met* is an example of this. When grounded, Trigonals are filled with courage, solidity and sense of self and when not they are filled with lack of confidence and fear. This ungrounded state leads them to be overcautious and fearful especially in relation to matters of safety like infections or driving in the car. They can be 'spaced out', 'floating' 'out of the body' or full of wild or unreachable ideas and ideals. When desperate they will look for structure; to be held by the presence of familiar material objects, places or people.

*'I can't find reality - all the solid places are gone - as if I have no structure. I am really really wanting to be held - if I wasn't held there would be all this vastness and I would be lost in it. In the past I have been in this state - complete unreality and the only thing I could relate to would be for example a door handle. Just knowing it was a door handle and knowing it would remain a door handle was very comforting.'... from a case of Boron metallicum*

Their feelings generate neediness, insecurity and vulnerability a sense that they can't step out, be their own independent person and rely on their own capacity to earn and care for themselves. They are often heavily dependent and while at one level they are yearning for independence they may be happy for it just to remain as it is - it's easier. They may feel lost emotionally or materially without their supporter/s. See *Independent* (page 152) for the polarity to this.

This theme often extends to financial security and Trigonal types regularly need to save, invest or have money in the bank. Sometimes it comes in the form of securing a relationship on which they can depend for material security. Financial loss may be very challenging for them.

The need for security often appears in the

form of house or home through dreams, imagery, language or in topics of conversation. The home is a symbol for protection, nourishment, safety and is a bastion of family togetherness. It provides a boundary to other - 'they' know which is *your* house. It should always be remembered that there are significant polarities and that sometimes they will talk about having to take the burden of the home or household duties. Whichever way, their house or their history with homes and houses is vital. *Calcarea carbonicum* is famed for its love of home. While it doesn't have a materially recognised structure (the growth on the oyster shell is not crystallised), it acts perfectly in the Trigonal framework.

It should be mentioned that there are *three other common subjects or symbols which relate to security for them* and these could also regularly appear in their imagery or language: shoes, their car, their body.

**Positive:** The positive outcome engenders a feeling of safety, ground and solidity. They become calm and mature around antagonists and in difficult situations. On the money and property front Trigonal medicines can confer detachment from receiving money and a trust that they will get what they need.

The sense of 'groundedness' deserves a special mention in Trigonal. There is an earthy element in this which is inferred by the long triangular base and relates to the idea of 'basal connection'. This basal connection is the 'colour and smell' of human cultures through rituals and traditions which evoke a certain shared humanity. It is our organic structure. In *Sapphire* and *Ruby* it is the instinct for survival. In *Morion immersion* it is even felt as being part of nature, the elements. However, it is most often felt as that precious aspect of the human commonality which exists in family, national, political or professional culture. As a homeopath, and I suspect for many other professionals, I feel it through 'speaking the

same language' as co-professionals around the world. Ultimately it extends to vast dimensions of connection through gender and even to the fact that we appear as human beings. Through our common experiences and sufferings we are connected to all others.

*Agat-cr; Agat-den-cr; Agat-tr-cr; Ameth-im; Ars-i; Ars-met; Bar-p; Bor-met; Calcit-gld-cr; Calcit-wh-im; Chalc-gr-im; Chrysopr-cr; Cinnb; Citr-im; Diopt-im; Dolom-cr; Haemat-cr; Kali-c; Mook-cr; Morion-im; Nat-n; Onyx-bl-im; Quart-im; Quart-lav-im; Quart-ros-im; Ruby-im; Sapph-im; Sard-cr; Tell; Tour-blk-im; Tour-gr-im; Tour-wat-im.*

### ■ **Struggle, Stress, Trials and Obstacles**

Again the triangular foundation of this structure serves us as a metaphor. This time it is the steep slope of the triangle that must be traversed to reach the goal. Inherent in this steep climb are all sorts of struggles, troubles, trials and obstacles. Whether it is the terrain itself (the nature of the path to the goal), those whom we must travel with (family, friends and colleagues) or the weather we encounter on the way (emotions, thoughts processes, cultural atmosphere and beliefs), *there will be struggle*. Prominent amongst the relevant medicines here are *Amethyst* with its ability to pick you up after you have been knocked down by life and *Sapphire* which strengthens and frees one from the hardening experiences of pain and sorrow. Bob Dylan's words, as they came to a proverb, always come to mind:

*Oh, who did you meet, my blue-eyed son?  
Who did you meet, my darling young one?*

*...I met a young child beside a dead pony, I  
met a young woman whose body was burning,*

*I met one man who was wounded in love,*

*I met another man who was wounded with  
hatred ...*

*... Sapphire from Twelve Jewels*

*Life in the big city isn't easy: there are*

*expenses and so she must work; she is a mother and must look after her son; she is a person who wants to move ahead so she is doing a full-time course. Her workload is 'phenomenal', it is stressful, there is so much to do and there are deadlines. She is frantic, frustrated and studying to midnight. There is hardly time for her relationship and family. These are the elements of a case which responded superbly to Quartz crystal imm*

Trigonal remedies are prominent 'stress' remedies and relate to all types of situations where there is too much to do or manage. The sense of overwhelm, despair, worry and negativity are all relieved and they learn to relax, let go of tension and develop calmness, even when busy or undertaking a heavy workload.

Trigonal medicines also bestow the strength to get up and keep on going, the will to fight for the desired goal and the wisdom to find a way through or around the obstacles. They may bring to light the complete nature of the obstacle, the stuck point as well as release anxiety, fear and worry about the issue at hand. Confidence is enhanced, peacefulness ensues and negative self-judgement is jettisoned, the journey to the summit of success continues. They learn that meeting adversity is the opportunity to grow.

*Agat-cr; Agat-mo-cr; Agat-tr-cr; Ameth-im; Bor-met; Calcit-yel-im; Carn-im; Chalc-pk-cr; Chalc-red-cr; Haemat-im; Marbl-cr; Morion-im; Piet-cr; Quart-im; Quart-lav-im; Quart-sm-im; Sapph-im; Tiger-eye-cr; Tiger-ir-cr; Tour-blk-im; Tour-gr-im; Tour-wat-im.*

## Supplementary and Peculiar Themes

### ■ Addictive Patterns

Both Hexagonal and Trigonal bear strongly addictive behaviour patterns. The general tendencies are that Hexagonal has substance addiction and Trigonal relational addiction. This includes addiction to overcaring for her children; familial enmeshment (Rose Quartz); to sexual or love relationship (Amethyst; Rose Quartz; Lavender quartz).

*Ameth-im; Chrysopr-cr; Quart-lav-im; Morion-im; Onyx-bl-im; Quart-im; Quart-ros-im; Quart-sm-im; Sapph-im.*

### Attacking and Attacked

There is an immediacy in Trigonal which relates to the idea of attack. I noticed this word appear often in Trigonal cases and provings and it appears to be related to the need for security and related fear (panic attack). The common feeling of panic in Trigonal is inherently joined with the concept of attack.

Fear of attacks, as if attacked by animal or desiring to 'attack' the problem at hand and 'attacking others' are prevalent ideations. *Sapphire* is perhaps the mother of all remedies for attack with its instigation of, or being the subject of, 'blitzkrieg' type violence.

*'Not letting myself get a rise out of the politics - not reacting so there are less conversations and busy-ness about it. I was so embroiled before - and feeling constantly attacked and having to defend myself'... from a case of Heliotrope immersion*

*Alumn; Bor-met; Chalc-gr-im; Heliot-im; Quart-lav-im; Morion-im; Sapph-im.*

### ■ Attention-Seeking, Giving and Averting

The egocentric nature of Trigonal requires attention to feel whole. Whether it is the Silica need to be perceived in an inflated way or simply the need for personal attention or

acknowledgment from friends, family or lovers, the need is there. In some individuals lack of self-esteem, shyness, introversion, introspection or fear will lead them to avoid unwanted attention. Where there has been lack of self-care they will give themselves extra attention. Trigonal medicines enhance balance in relationships and mitigate excessive neediness for attention. Withdrawing the attention from inappropriate situations and circumstances is understood as a positive action of Trigonal medicines and this relates to the theme of self-containment and self-possession.

*Cadm-m; Calc-i; Citr-im; Morion-im; Onyx-bl-im; Sama; Sapph-im; Tour-elb-tur-im; Sil.*

### ■ Confidence and Failure

Want of confidence is a common human condition and in Trigonal It is rooted in want of courage; the feeling of inadequacy or powerlessness. There are many remedies and many expressions which are common for the want of confidence: 'feeling small'; 'cannot face life'; 'unprepared'; 'feeling an utter failure'; 'no faith in my ability' etc. In the case of Trigonal the want of confidence relates directly to multiple principal themes: 'achievement, ambition and success', 'security and stability' and 'anxiety, topples with fear' and 'struggle and trial'. Most commonly it aligns with the 'achievement' theme and is well expressed in a case of Cinnabaris:

*He has had some ideas about starting his own business in the past but he decided against it because he was afraid it would fail. He would rather not take the risk: 'If I make a mess of it I would look a complete arsehole'. When he thinks he can't be best he would rather not try it at all.*

*Agat-mo-cr; Ameth-im; Ars-i; Cadm-m; Calcit-cr; Carn-im; Chalc-red-cr; Cinnb-im; Citr-im; Jasp-gr-im; Kali-c; Morion-im; Onyx-*

*bl-im; Quart-im; Sama; Sapph-im;*

*Sard-cr; Sil; Tour-dr-cr; Tour-gr-im; Tour-wat-im.*

### ■ Community and Extended Family

The theme of relationship to community and extended family is often an indicator of Trigonal. As Michael Gienger once explained to me, the Trigonal person will go to the village shops and return with a report on all the events, issues and personal stories that are the current of village life. This theme also clearly indicated by the 'societal patterns' indicated by the way triangles filling the space co-relate (see Trigonal geometries). Not every Trigonal person will experience it in this way; they may take it for granted or not have a significant issue with it. Typical community problems include standing up for community rights, disputes or the loss of community.

*Ameth-im; Calc-i; Jasp-yel-im; Nat-n; Quart-ros-im.*

### ■ Conflict and Confrontation

Due to the want of courage, fear or lack of strength and the presence of a strong emotional charge, confrontation and conflict can be difficult for them. Facing people and challenges, facing the world is difficult. The integration brought about by Trigonal remedies enables them to speak firmly and clearly in a calm and considered way. As they come into full possession of themselves as individuals, they confront others in order to speak of their own needs and work through conflicts. They enhance the ability to confront fears generally.

*Ameth-im; Bor-met; Calcit-yel-im; Carn-im; Chalc-cop-cr; Chalc-pk-cr; Citr-cr; Jasp-st; Nat-n; Onyx-bl-im; Piet-cr; Quart-im; Sapph-im; Tour-blk-im.*

### ■ Creativity, Fantasy and Innovation

Trigonal medicines are first-rate at connecting mind, body and heart for creative expression,

innovation and fulfilment. The imagination (the top of the triangle) is enlivened and as long as it is grounded (connection to the base), the seed is germinated and fruit will grow. It is possible that they can let this imagination and fantasy element get out of hand, 'let it run wild' as has been seen in some *Tellurium met.* cases.

*Ametr-cr; Calcit-yel-im; Chalc-blu-cr; Citr-im; Diopt-im; Marb-st; Ruby-im; Sapph-im; Tell; Tour-cr; Tour-elb-tur-im.*

### **Crime and Guilt**

A feeling of guilt even to the level that one has committed a crime is evident in the Trigonal medicines listed below with the appearance of police, jail and the fear of being found out. *Amethyst* and *Rose Quartz* are more commonly focused on the guilt of personal transgressions against those who are familiar.

*Ameth-im; Calcit-wh-im; Onyx-bl-im; Quart-ros-im; Sapph-im; Tour-ind-im; Tour-blk-im; Tour-gr-im.*

### **Depression, Darkness and Negativity**

Sadness and depression take up their regular place amongst Trigonal medicines. Their depression is most often related to a sense of negativity about themselves, the painful state of family or intimate connections, anxiety about their own health or the health of related persons and their own inert, incapable or unfulfilled self. They often settle into a helpless negativity about these things. The outcome of Trigonal medicines in this arena is improved optimism and activation for desires and needs.

*Ameth-im; Ametr-cr; Bor-met; Carn-im; Chalc-blu-cr; Chrysopr-cr; Citr-im; Diopt-cr; Magnes-cr; Onyx-bl-cr; Quart-im; Quart-lav-im; Quart-ros-im; Quart-tour-cr; Rhodocr-cr; Sapph-im; Sard-cr; Tell; Tour-blk-cr; Tour-elb-tur-im; Tour-ind-cr; Tour-rub-im; Tour-wat-im.*

### **Emotional Charge, Anger**

There is a significant emotional aspect of the psyche with every structure and in Trigonal it rests in a sense of 'emotional charge'. When the intensity of emotions grasps them, it is as if their whole base (think of the base line of the triangle here), their cellular being is in its grip. It is commonly described as mood swings or with strong fiery, watery or stormy metaphors and it prevents them from resolving emotive states effectively. Some common expressions: 'the gushy part of my personality would get in the way'; 'feeling fiery to the point of anger'; 'I was so embroiled'; 'I am over-reactive'; 'getting a rise out of politics'; 'emotions are like a storm'; 'mood swings are rife' and 'constant emotional turmoil'. It is as if the emotional state breaches the rampart of the mind, abducts it and has its way with it. There is an inability to sit with the feeling and let it resolve of its own accord or integrate in a cellular way. This characteristic often leads to long term emotional conflict with family, friends or colleagues.

When there is anger it tends to be held in their 'ground' i.e. a relatively constant part of their emotional setting. Sometimes they 'bubble with anger' regularly showing their dissatisfaction and discontent with life (e.g. in *Tellurium met.*). It may be that they hold it all in and then 'erupt in frustration' or 'boil out of control'. It can be very liberating for them to express this, especially when releasing the pain of abuse or mistreatment which commonly becomes an empowerment. In some cases there will be fear that the expression of anger will disrupt relationship on which they are dependent and subsequent repression occurs (*Quartz crystal; Rose Quartz*).

*'It was amazing: I immediately felt vehement and angry, it was really liberating. I found myself in front of the mirror talking to myself thinking about men and relationships and abuse ... I took the whole bottle. It is all*



*about reclaiming my power and not letting anyone treat me like that anymore. I felt beautiful after each release.' ... from a case of Sapphire immersion*

There appear to be two avenues for resolution of 'emotional charge' in Trigonal. The first and less common is release or catharsis after which all is settled and a feeling of enrichment and grounding ensues. This is typical in *Morion immersion*. In the second, more common scenario, there is simply a 'dropping' of the emotional charge, which in reality is a settling of the 'charged' state into the feeling self, a sort of stabilising containment which promotes clarity, firmness, detachment and pragmatism.

*"The emotional charge drops easily and I express myself in a mature way and I hold the other and their difference in some compassion, while at the same time be really firm about what is not alright for me ... after taking Quartz crystal immersion*

In this way emotional 'charge' ceases to dominate the psyche, to interfere with goals and relationships. In its place there is presence of feeling in an integrated and non-threatening way, which gives power to sincerity, graceful expression and heartfelt truth. There is engagement of an 'inner adult' which brings independence, and contentment.

*Ameth-im; Chalc-gr-im; Cinnb; Heliot-im; Morion-im; Onyx-bl-im; Quart-im; Quart-ros-im; Ruby-im Sapph-im; Tell; Tour-wat-im.*

### ■ Evil, Ghosts and Possession

As there is a lack of ground and heightened sensitivity, there is at times an awareness of 'otherworldly' realities in Trigonal e.g. experiences related to ghosts or poltergeists or other 'supernatural' events. These are commonly exacerbated by unhealthy fear and imagination. Many Trigonal remedies have fear of ghosts and as it is so destabilising, it is often bound up with a feeling of terror. It may

also be expressed as 'fear of a presence', 'fear of the unknown' or 'fear of the dark'. This includes the sensing or ideation of evil, which is so powerful in medicines like *Black Tourmaline* and *Sapphire*. Both have long been recognised for their power to deal with evil or mischiefmaking spirits. With regard to *Sapphire*, both St. Hildegard of Bingen and the homeopathic proving indicate it maybe used for possession.

This susceptibility relates directly to the sensitivity and impressionability of Trigonal which is a principal theme (see *Oversensitive, Boundary Susceptibility, No Protection* above). The positive side of this coin is connectedness to Spirit, which is fully explained in the Spiritual section.

*Ars-i; Ars-met; Calc-i; Kali-c; Sapph-im; Tour-blk-im.*

### ■ Geometric Shapes

The triangle is a quintessential geometric form. Not a few clients who respond well to Trigonal remedies comment that they love simple geometric forms and especially triangles. One client who responded strongly to a *Tourmaline* medicine commented: 'I



Amethyst cluster with faces forming distinct triangles

am very 'angular'. I draw arrows and triangles when teaching people how to draw flow charts. They are totally structured and measurable. I have always been attracted to triangles and have drawn them my whole life.' After the remedy and along with other strong benefits, she noticed that the compulsive doodling of triangles that she had done all her life had stopped.

*Calcit-yel-im; Kali-c; Tour-elb-tur-im; Tour-gr-im.*

### ■ High Above, Top of the Tower

These ideas relate to the prominent themes: 'achievement, ambition and success' and 'egotism and self-serving' and 'idealism'. In dreams there maybe engagements with height, flying or birds and in conversation they will use words and phrases like 'high up', 'apex', 'summit', 'reaching higher ground' and 'top of my game' indicating the theme is held deep in the psyche. *Ruby* desires to achieve 'great heights' of wealth, property and success. Even in Trigonal remedies which exhibit the strong 'basal' effect (see section 'Security and Stability') such as *Black Tourmaline* there is a sense that great heights are possible. In fact it can be that the Trigonal person dreams of endlessly higher and higher achievements.

*'I got a picture of the Eiffel Tower, I was down the bottom looking at the Eiffel Tower and there was a young girl romping along, about eight or ten years old'... proving of Quartz crystal immersion*

There can arise a positive element with this theme: they may gain the highest vision of what they can achieve in a profession or as a human being; to trust their feeling that they can achieve something exceptional, something that requires their deepest intention.

There is also a polarity axis. In this case there is often too much engagement with the end result (the height) and not living in the now. If the groundwork, the effort, the miles,

the completion of studies, development of skills behind the aspirations is not replete, there will be trial and troubles. This may manifest in a profound fear of falling (*Bor-met*), the desire to jump from a high place (*Bism-met*) or the tendency to fall (*Sil*)

*Alumn; Ars-i; Bism; Bor-met; Calcit-yel-im; Diopt-im; Dolom-pk-im; Morion-im; Onyx-bl-im; Quart-im; Quart-lav-im; Quart-ros-im; Ruby-im; Tour-blk-im; Tour-gr-im; Sil.*

### ■ Intellect and Memory

The main element of memory and intellect which is featured in Trigonal is that of clarity. While all clear crystals will have, by their colour vibration, a power with clarity, the quality of clarity is evident in this structure more than any other. Trigonal medicines are prevalent in clearing a sense of mental fog to make things 'crystal clear'. This quality of clarity includes: seeing the truth; perceiving the reality; envisioning your intentions and clarifying your purpose.

A number of remedies in the Trigonal group assist to improve or restore memory. Interestingly both *Tourmaline-green* and *Black onyx* have been recorded for losing one's way in a positional sense. Amongst the gems, Trigonal remedies are most prominent for increasing learning ability and enhancing the reasoning faculty.

*Agat-cr; Bar-p; Ameth-im; Calcit-cr; Calcit-wh-im; Chalc-den-cr; Chalc-blu-cr; Chalc-cop-cr; Citr-cr; Diopt-cr; Dolom-cr; Piet-cr; Quart-im; Ruby-im; Sama; Sapph-cr; Sard-cr; Tour-blk-im; Tour-wat-cr.*

### ■ Loss and Grief

Wherever security, stability and ground are important, it will be accompanied by an increased susceptibility to loss and its inseparable companion grief. Those of the Trigonal structure with these foundational deficiencies are deeply susceptible to this.

Whether it be disappointed love; the loss of a child; the loss of the family or group or loved ones; the loss of property or the loss of large parts of the community through tragedy or genocide (*Yellow Jasper*). The sense of loss through the feature of identity (*Boron metallicum*) also appears through the fracturing of personality.

*Ameth-im; Ars-i; Ars-met; Bor-met; Calcit-wh-im; Chrysopr-cr; Jasp-yel-st; Quart-im; Quart-lav-im.*

### ■ Love Themes

While many pink remedies and gem remedies have significant love themes, there are three love themes which gravitate strongly towards Trigonal, based on the presence of foundational Trigonal elements.

*Boundaries in love:* A burning issue which relates to the ‘enmeshment in relations’ idea of Trigonal. How does one set limits around love? These medicines spur one to engage the questions that arise in a primary sexual relationship and how one interacts with others outside of it. They settle life issues in relationships which are outside the bounds of the prevalent societal, spiritual or personal moral culture by aligning heart and mind. The examples of medicines and issues as they exist amongst the gems appear in ‘Index to the Gems’ or available materia medicas.

*Ameth-im; Chrysopr-cr; Dolom-pk-im; Morion-im; Onyx-black-im; Quart-im; Quart-lav-im; Quart-ros-im; Tour-blk-im.*

*Idealism in love:* The idealism theme of Trigonal is well-matched by the desire for personal love. Its manifestations in remedies of the structure are broad and varied. For details see ‘Index to the Gems’ or available materia medicae.

*Ameth-im; Calc-wh-im; Chalc-gr-im; Chrysopr-im; Dolom-pk-im; Onyx-bl-im; Quart-im; Quart-lav-im; Quart-ros-im; Ruby-im; Tour-blk-im; Tour-gr-im.*

*Love in a family or group:* The love of the blood-related or heart connected familial group appears to belong most strongly to Trigonal. It is particularly evident in three medicines:

*Amethyst* and *Rose quartz* for the loss of familial love, for discord or long-held grief about damage to love in the group; *Tourmaline-elbaite-turquoise*, for the yearning for familial love as yet unfulfilled.

### ■ Masculinity, Virility

As there are only three references to this theme I struggled with the relevance to this work. However, as the theme appears in none of the other cases or provings used in this whole work and as all three medicines are Trigonal I decided to include it. *Sapphire* with its images of penises and masculine power (polarity is disempowered); *Ruby* with its ‘mission of the knight’ (polarity in wounded feminine) and *Tourmaline-green* with its masculine drive (polarity is incapability) are all deeply aware of masculinity as a feature of their psyche. These medicines develop healthy activation and respect for robust masculine strength.

*Ruby-im; Sapph-im; Tour-gr-im.*

### ■ Past and Future

In Trigonal, the past is the source of the construct of their behaviours. The long base of the triangle can be understood to represent their past, it is a foundation. With their somewhat fixed nature they struggle to let it go. This is particularly so if there was trauma or abuse but could equally relate to fixed traditions. They become locked in and unable to think about anything but their history - old ‘vexations repeat like a broken record’. The future is an unwholesome focus when used to escape their current inabilities, avoid the past

or worry about their insecurity about how they will survive.

*Ameth-im; Cinnb; Kali-c; Morion-im; Onyx-bl-im; Quart-im.*

### ■ **Patience, A Lesson In**

Patience and impatience are worthy of a mention here. There is energy along this axis for Trigonal as they would like to reach their ideal and tend to be dissatisfied with their current position. This will commonly lead to impatience in fiery types and great patience in those with a more watery sensibility. I have noted in clinical practice that Trigonal types tend to be the most patient. A quote from *Rose Quartz, Garden of the heart* is pertinent here. It should be noted that three provers experienced exactly this same feeling of the need to be patient and stay with the experience of pain:

*'She is experiencing emotional pain, she looks for another way to reach her destination, to find love or fulfil her responsibility. This impatience is superseded by the wisdom that changing your situation or avenue of progress can lead to its own barriers. She realises that staying where she is means that she will reach her destination faster.'*

*Calcit-yel-im; Chrysopr-cr; Heliot-cr; Magnes-cr; Quart-ros-im; Tour-elb-tur-im; Tour-gr-im; Tour-wat-cr.*

### ■ **Responsibility**

There is a struggle with responsibility in Trigonal with an aversion or a strong desire for it. They easily feel over-responsible or become guilty when they neglect a responsibility. Being leaders, pragmatic or strong people in families, it is their natural inclination to take up responsibility.

In the Trigonal group *Ruby imm* is the outstanding medicine for a sense of responsibility and this is related to his deeply felt passion or 'religious' duty about his mission. Trigonal medicines lighten the weight of

responsibility, so that they are able to take responsibility as a choice rather than a necessity. They become more responsible for themselves and refuse to over-extend themselves for others in the interests of self-nourishment.

*Calcit-wh-im; Kali-c; Onyx-bl-im; Quart-ros-im; Ruby-im; Tour-elb-tur-im; Tour-ind-im.*

### ■ **Self-Awareness and Introspection**

Trigonal medicines enhance a tendency to be able to see one's own behaviours and attitudes that are not constructive, to review your experiential life patterns along with the related elements of present behaviour. Trigonal brings clarity to this aspect of which they are usually already reflective. The other structure that has this need for introspection as a salient feature is Monoclinic. However, in Monoclinic, it is related to their stubborn refusal to look at their life experiences and the pattern of emotions that drives their pain; they are unconscious until it becomes too much to bear.

*Ameth-im; Chalc-blu-cr; Diopt-cr; Morion-im; Onyx-bl-im; Quart-im; Ruby-im; Sapph-im.*

### ■ **Suppression, Repression, Restrained**

While this is not a fundamental theme it does occur in Trigonal medicines and can be a significant feature in particular cases. It is typical that this is in regard to unresolved family and relational matters that must be repressed to keep the peace e.g. *Rose Quartz*. It may also refer to abusive situations as in *Morion imm* where the memory of past abuses is buried or discarded. (see *Past and Future* theme, page 162).

*Agat-mo-cr; Ameth-cr; Cinnb; Kali-c; Marb-st; Morion-im; Piet-cr; Quart-ros-im; Tour-ind-cr.*

## ■ Touching and Touched

The word 'touch' with its many nuances appears to be a part of the Trigonal psyche. This is particularly in relationship to sensitivity to touch, a theme which appears in medicines like *Tellurium*, *Silica* and in *Kali carbonicum* with its eminent fear of being touched. This element dovetails into the strong oversensitive and unprotected theme of Trigonal.

*I don't like people touching me, my doctor tells me I am a pain in the ass because I don't even want them to visit me... but then I am afraid that with some move or two he might hurt me worse than before.' ... from a case of Tellurium*

In addition this theme relates to feeling 'touched', that subtle effect on the heart when some situation or inference penetrates to the realm of deeper feeling and makes an impression on the soul. In *Sapphire* they are touched by the inner beauty of people regardless of their external appearance or by a person or situation that opens the heart e.g. by the innocence of a child. It may simply relate to the touch of reassurance that is given to others in trying situations. It is the touch that says 'I love you', 'I care for you' or 'I understand'.

*Ameth-im; Ars-met; Kali-c; Quart-lav-im; Onyx-bl-im; Quart-ros-im; Ruby-im; Sapph-im; Sil; Tell.*

## ■ Wild, Instinctual and Childlike

This was an unexpected, yet significant element of Trigonal. It first appeared in *Morion immersion* in a dream, in the form of a strong woman in her 60s, riding a powerful motor bike with biker's gloves and boots, yet dressed conservatively in pleated skirt. She proceeded to 'burn off' young men in hot cars at the traffic lights. Some provers felt impelled to engage in 'wild' behaviour.

Later while experimenting with the triangular shape I woke with the words 'Wildness is Freedom!' The quality of wildness in Trigonal is of wonder, lush growth, exhilaration, unfettered aliveness, the beauty of the spirit free to live, express and play. It extends to the love of or need for wild nature, 'wilderness' as the keeper of unfettered development, completely unsoiled by human regulation or pollution. This theme has now been confirmed in other remedies, even the supposedly conservative *Kalium carbonicum*. In *Sapphire* it is the instinct for survival; in *Morion* the child-like instinct of joy and fun; in *Morion* there is also a wildness that releases one from abuse, suppression and constriction of the past; in *Chrysopraxe* it is the child-like view of the world where spirit world is naturally included and *Ruby* the unfettered instinct of being a mother and protection of the child.

*Chrysopr-cr; Diopt-im; Kali-c; Morion-im; Ruby-im; Sapph-im Triangular shape.*

## Positive Characteristics of the Psyche

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There are a number of positive characteristics that will naturally appear in Trigonal types as a part of the character or after the action of effective Trigonal medicines. They have a direct correlation by polarity to various themes discussed above:

Awakening from over-achievement and

stress, worry, aloneness and egotism, they seek 'balance'. They take time out for holidays and breaks, balancing time with family and friends with work and study commitments; aspirations are balanced with the needs of the earthy self-nourishment and care. Obsession dissolves and with quiescence of the hyperactive mind,

tranquillity, contentment and calm assurance arise.

*'There was an internal urge to correct imbalances - physical, emotional and professional. A conscious need to get fitter, eat better and go off coffee. I came back from a nine-day cruise feeling sluggish and unhealthy. I was acutely aware of it, very conscious of my optimal balance. So there was self-drive to fix it as soon as I got back'... after taking Rubellite immersion*

Thoughts begin to flow in logical succession, with rationality. They start to solve problems and want to help others through this quality. They respond to difficulties in a methodical way without reacting with anxiety or fear. They develop a 'cool head', become more detached observers of problems in the world and the feelings of others. They let go of being right all the time.

*'This thinking is strange; literally I follow a pattern while thinking. Every new thought has a logic connection with the thought before, as if my thoughts are sentences in a book'... proving of Samarium metallicum*

They become practical, more simple and straightforward. They tend to appreciate simple, genuine, loving and kind people, like farming and country types. Plain down-to-earth

usefulness becomes important to them. They savour pragmatism, problem solving and a grounded sense of reality as being beneficial in this material world. They begin to take a more rational route where charged emotions previously took control.

They develop focus of attention, perseverance and steadfastness in their various undertakings. Sticking power appears!

*I also had quite a lot of concentrated energy between the eyebrows and I was really focusing my attention very strongly. Then my thought went right away to something very obscure, far away from where we are but I was very conscious of that and able to bring it right back, straight back to this focus' ... from the Quartz crystal proving.*

**Benevolence**, helpfulness, kindness and generosity are common outcomes and are often the polarity to selfishness and egotism. They become detached about material reward, not bothered whether they receive money for service.

All this balance, rationalism and benevolence starts to add up! They develop a keen sense of judgement, discrimination and sense of justice. They become 'wise' in common parlance.

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## Spiritual

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The Trigonal structure carries the largest group of crystals occurring as gemstones, many of these stones have a bearing on the spiritual life of humanity. There are four towering Trigonal crystals that have multiple dimensions in terms of the connection of humans with 'the world beyond matter'. They are Amethyst, Quartz crystal, Sapphire and Ruby and these four are amongst the first six most commonly entered in the Spiritual section of the Index to the Gems (the others are Diamond and Golden To-

paz). These together with other crystals have common themes which reveal the essence of spirituality in the Trigonal group.

The first quality that stands out is their *ability to connect to the realm of Spirit* itself. This is facilitated through the awareness of other beings such as angels or guides; awareness and acceptance of the reality of the spiritual dimension or awareness of one's innate being beyond the body. Trigonal medicines also feature prominently as

generators of dreams and images, the language of the unconscious.

Then there is *faith and trust*. While only Chrysoprase and White Clacite are known for instilling faith in the Higher Power, many other Trigonal crystals have the power to instill 'faith in life'. Life in this context has a distinct spiritual element as it encompasses faith in the vast unlimited connections between living beings.

*Inner or spirit guidance* is present in Trigonal. Quartz crystal is outstanding for attuning to the inner voice, guides and animal totems. The proving of Green Tourmaline also showed a distinct ability to tap the inner knowing. Amethyst, Ametrine and Ruby have all been recorded as integrating the power of intuition. Green and black Tourmaline have stimulated clairvoyant experiences.

The *ability to heal or take your place in a healing art* is imparted by Sapphire, Yellow Sapphire, Green Tourmaline Ruby and Amethyst. Yellow Sapphire increases the passion and interest for healing; Amethyst attunes one to a higher consciousness and connects it to the material world; whereas Sapphire grounds and protects those in the healing professions from taking on the energetic burden of those whom they assist; Ruby instils compassion and humility for the task; Green tourmaline increases trust and awareness in one's ability to help and heal others.

Some call it fanaticism and others *religious or spiritual ardour*. Whatever glass it is viewed through, there are those who would consciously focus, even to the core of their life on the religious or spiritual journey. I am leaving aside the unwanted imposition of fanaticism or ardour on other people, which does not have a place here. It is strongly evident in Trigonal crystals as well as the following compounds which appear under 'Religious' in the repertory: *Arsenicum met,*

*Arsenicum iod, Calcareo iodatum, Cinnabaris, Kali-carbonicum and Tellurium. Sapphire immersion* has the strong desire to pray devoutly and has common imagery of female religious renunciants (nuns).

Trigonal stones and remedies are *meditation enhancers*. Sapphire imparts stillness and Ruby, with its laser-like focus confers concentration while Quartz crystal increases peace and depth in meditation. Gienger has also shown Citrine, Mookaite, Rose Quartz are beneficial.

Calmness arises because of lack of excitation, psychological balance or will. A *sense of peace* is a state beyond calmness. It describes a deeper sensibility, that arises out of a connection with and trust in the all-pervasive Spirit and one's willingness to live with or in it. Tellurium metallicum, White Calcite, Amethyst, Quartz crystal and Sapphire all work to engage this potential that lies within. With the development of calmness, wisdom and understanding, Trigonal people can become first-class spiritual guides and directors.

*Dream: A nun wearing a black-and-white habit. She is very loving, heart-centred, balanced and beautiful to watch. She is lovingly directing people ... proving of Sapph-im.*

Of the six medicines that arise for the *power of transformation and illumination*, three significant ones are Trigonal: *Amethyst, Quartz crystal and Sapphire. Amethyst* imparts transformation through sublimation of sensual desires, turning hate into love and enabling conscious connection with the Spirit. *Sapphire* transforms the cold heart into kindness, gentleness and loving compassion and will invoke an experience of 'illumination' in those who are ready to receive. Quartz Crystal is that icon of all crystals which has been used by many shamans as a gateway to enter the inner realms. It enables one to hear the inner voice, the inner sound, which is the matrix of creation

and to see the inner light. It enables one to see things as they truly are from a spiritual perspective. Consequently, with the gates open to a high consciousness, all three are vehicles for *higher wisdom and understanding*.

Last but not least there are two prominent Trigonal for *the conflict between the material world* and the spiritual world. Amethyst helps solve the paradox of earthly sensual desires and spiritual desires through purification, sublimation and forgiveness. Ruby is for those devoted to a spiritual path of life but caught or 'soiled' in material desires.

*Chakras* are primarily governed by the qualities of colour and not of structure. Keeping this truth in mind there appears to be a degree of predilection in Trigonal crystals for action on two chakras:

The Brow chakra is understood by yogic science to be the 'command centre'. It is understandable that the element of the controller, the CEO, so evident in the Trigonal structure should lend an influence. Clear action on this chakra has been noted in Amethyst, Quartz crystal and Sapphire.

The heart chakra is understood to be generator of loving kindness and the sensitive receptor of feeling, a vital aspect of the power of intuition. The physical heart is the sustainer of the human body which aligns with the 'home and house' (for the soul) theme of Trigonal. Trigonal crystals known to act on the heart centre are Amethyst; Calcite-white; Morion; Rose Quartz; Ruby; Sapphire;



Tourmaline-black. The presence of Trigonal's expansion beyond the colour Amethyst, Calcite, Morion, Sapphire principle which lauds the affinity for red, and Tourmaline in this group indicates pink and green for the heart.

### Clinical word associations for fundamental themes

Theme	Word associations
<b>Achievement, ambition and success</b>	Failure; loss of or no ambition; inability to take up opportunity; lazy; inactivated; incapable; inadequate; too hard; inertia, boredom; careless. <i>Positive:</i> achievement, ambition, success, initiative, enterprising; opportunistic; accomplishing; progressing; aspiring; career-oriented; getting to the top; climb the ladder; task and goal; mission; proving yourself; formulating plans; think big; fighting to achieve.
<b>Alone, abandoned, isolated</b>	Aloof; averse to company; aloneness. <i>Positive:</i> socially connected; interactive; friendly.
<b>Anxiety, topples with fear</b>	Panic; fear; terror; spinning out; anxious; ungrounded; unbalanced; catastrophe; wrecked; not on your feet; nightmare; stress and pressure; escape; fantasy; floating. <i>Positive:</i> going with the flow; relaxing, letting go; easygoing; stable; balanced; poised; secure; even keel; grounded calmness; in control (of self).
<b>Cold, hard and disconnected</b>	Cold; hard; disconnected; cruelty; violence; abuse <i>Positive:</i> tough love; applying the rules; self-disciplined; unswayed by emotions. <i>Polarity:</i> warm-hearted; happy; kind; gentle.
<b>Egotism, self-serving</b>	Go to the top; headmaster; imperial; self-satisfied; directorial; demanding; superior; social status; self-righteous; special; selfish, self-centred; prince; princess; biggest; best; famous; control of others. <i>Pos / neg:</i> directing others; boss; director. <i>Positive:</i> individuated; independent; self-supporting; self-loving; surviving; humility; managing. <i>Polarity:</i> submissive; compliant; dominated.
<b>Family fundamental</b>	Family life; friends are family; family issues; neediness, dependence on, care, over-responsibility / guilt for family; family loss; enmeshed. <i>Positive:</i> balance of time and energy for family, self and work; independent yet connected to family; support; togetherness; understanding; reassurance; natural function in family.
<b>Fixity, order, structure and detail</b>	Fixed ideas; fixed obstacles; fixed image; control the environment; restrictive beliefs; everything is correct; one-pointed; withdrawn; isolated. <i>Pos/neg:</i> order; precision; structure. <i>Positive:</i> relaxed; fluent. Interested, open minded; reflective; new perspectives; solutions; original thinking.

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TRIGONAL SYSTEM

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<b>Independent, self-possessed</b>	Over-attached; incapacity; dependent. <i>Positive:</i> independent; individuated; self-responsible; self-contained; self-possessed
<b>Oversensitive, boundary susceptibility, no protection</b>	Oversensitive; drained by negative feelings / thoughts of others; no boundary; no protection; violated; damaged; invaded. <i>Positive:</i> protective barrier; strong boundaries; firm; ability to say 'no'; standing up for self; independent; secure.
<b>Naive optimism, idealism and escape</b>	Naive, idealistic; unrealistic; escape; fantasy; dreaming. <i>Positive:</i> reality; common sense; practicality.
<b>Security and stability; basal connection; home</b>	Insecure; unsafe; dependent; vulnerable; ungrounded; spaced out; floating. <i>Pos/ neg:</i> money; home; family; sheltered; precious place; need of boundary; family togetherness. <i>Positive:</i> feet on ground; solidity; basal connection to nature, family and culture; protected.
<b>Struggle, trials, trouble and obstacles</b>	Stress and pressure; anxiety, fear and worry; struggle; trial; trouble; adversity; obstacles; knocked down; hard experience. <i>Positive:</i> pragmatic solutions; strength; will to fight; confidence; opportunity to grow.

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**Supplementary and peculiar themes**

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<b>Addictive patterns</b>	Relational or drug addiction.
<b>Attacking and attacked</b>	Fear of attack; insecurity and fear; blitzkrieg. <i>Positive:</i> achievement of goal by attacking.
<b>Attention: seeking, giving and averting</b>	Need for attention. <i>Pos / neg:</i> What is the right amount of attention to give / receive? <i>Polarity:</i> shy avoidance of attention.
<b>Confidence and failure</b>	Want of courage; inadequate; powerless.
<b>Community and extended family</b>	Loss of community; community conflict. <i>Positive:</i> connected to community / larger group; community rights.
<b>Conflict and confrontation</b>	Want of courage; difficult conflict and confrontation. <i>Positive:</i> speak firmly and clearly; self-possessed
<b>Creativity, fantasy and innovation</b>	Fantasy; unrealistic; too romantic; imagination runs wild. <i>Positive:</i> grounded, creative expression; innovation; imagination.
<b>Crime and guilt</b>	Guilt and crime feeling
<b>Depression, darkness and negativity</b>	Depression due to: family, intimate connections, own health, incapability, negativity. <i>Positive:</i> optimistic; activated.

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<b>Emotional charge, anger</b>	Intense feelings; fiery; watery; stormy; gushy; embroiled; over- reactive; river of emotions; mood swings; turmoil; emotional conflict; angry; bubbling with anger and dissatisfaction. <i>Positive:</i> catharsis; enriched by feeling; release and liberated expression; stabilised containment: clarity; firmness; detached; pragmatic; mature; graceful expression; sincerity.
<b>Evil, ghosts and possession</b>	Otherworldly realities; ghosts; supernatural events; agg. by fear; possession <i>Positive:</i> connectedness and relationship with Spirit.
<b>Geometric shapes</b>	Love of geometric forms; triangles.
<b>High above, top of the tower</b>	Sense of falling; fear of heights. <i>Positive:</i> reach for great heights; high achievements; apex, summit; create something exceptional
<b>Identity and fractured personalities</b>	Multiple or changeable personality <i>Positive:</i> self-possessed; individuated.
<b>Intellect and memory</b>	Mental fog; losing your way. <i>Positive:</i> clarity; seeing truth / reality; envisioning; clarifying purpose; increase learning ability and reasoning.
<b>Loss and grief</b>	Susceptible to loss of property or relationship
<b>Love themes</b>	Boundaries in love; idealism; love in family or group.
<b>Masculinity, virility</b>	Disempowered; emasculated; wounded feminine <i>Positive:</i> knight; virile; penis; masculine drive; robust strength.
<b>Past and future</b>	Cannot let go of past; escape to the future; avoid past. <i>Polarity:</i> past is source of present
<b>Patience, lesson in</b>	Dissatisfied and impatient with their position. <i>Positive:</i> patience with difficulty
<b>Responsibility</b>	Aversion to or strong desire; over-responsible. <i>Positive:</i> takes responsibility by choice; responsible for self; light weight of responsibility.
<b>Self-awareness and introspection</b>	Reviewing own behaviours and patterns; introspective; reflective.
<b>Suppression, restrained</b>	Restrained about unresolved family and relational matters.
<b>Touching and touched</b>	Sensitivity to; relates to sensitivity; desire to be touched; keeping in touch.
<b>Wild, instinctual and childlike</b>	Conservative; regulated; constricted. <i>Polarity:</i> wild; wilderness; unfettered; alive; freedom; nature.

## Work and Profession

Intellectual pursuits; those who are always moving forward, aspiring to be better or reach the top. Conversely those who like to stay where they are and not extend themselves, can't be bothered and lazy.

*Leadership, status and control:* CEO, emperor, business leader, controller, director, dominatrix, executive, patriarch, matriarch, department head, spiritual teacher, middle manager / team leader, those in positions of authority and those who come from families where social status is important.

*Professionals:* solicitors / lawyers, professional sportsman, architect, systems analyst, fashion designer, homeopath, health practitioner, doctor, artist, singer, hairdresser, teacher, IT account manager, electrical engineer, writer, psychologist / therapist, costume designer, social worker, publisher, human rights campaigner, nun and religious, business man / woman, farmer.

*Skilled worker:* clerical; construction worker / carpenter / builder; company worker; soldiers; butler.

*Socially centred:* mothers

## Diseases

### ■ Mental Diseases

*Anxiety disorders* are outstanding for Trigonal. Panic attacks have been noted in many Trigonal medicines. It is the outstanding structure for the stress of too many tasks, responsibilities or worries.

*Addictive patterns and obsessive compulsive traits* are also prevalent in Trigonal (see the section on *Addiction* in *Supplementary Themes*).

I have also noted that *hypochondriacal anxiety* appears more commonly in Trigonal than in other structures (*Calc-iod; kali-carb, Tourmaline-elb-turq*). It is possibly aligned to the 'self focus' of Trigonals and the fear of losing the security of the body.

### General Physical

Trigonal appears to be related to some specific organ systems and disease presentations.

**Paralysis:** Amongst gemstones it is statistically prevalent for paralysis. The following are recorded in the Index to the

gems: *Amethyst; Chalcedony-green; Citrine; Quartz-crystal; Rose Quartz; Rhodocrosite; Sapphire* and *Watermelon tourmaline*.

**Tumours and cancer** appeared in both Trigonal gem remedies and minerals: *Ars-iod; Ars-met; Amethyst; Calcareo iod; Calcite stone; Calcite-white; Carnelian* and *Kali-c*.

**Blood and cardiovascular system** was well represented in Trigonal. Arteriosclerosis (*Calcite-white; Magnesite*). Bleeding and blood clotting: *Alumen; Calcite; Chalcedony-red; Kali-carb; Magnesite; Marble; Ruby*. Raynauds disease: *Rose Quartz*. Many medicines are recorded in the Index to the crystals for the heart and blood vessels.

*Headaches, migraines and vertigo:* **There are** many Trigonal medicines that are clinically useful for the common diseases of the head. Cases of *Boron, Kali-carb* and *Tellurium* have had a noted effect on vertigo. A statistically high number of gem remedies are indicated for headaches and migraine (see the Index) together with *Cinnabaris, Kali-carb* and *Samarium met.* in the minerals.

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## Activities

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Trigonal, with its long base resting firmly on the earth is the most connected to nature of all the structures and we most often find that Trigonal types need, crave or tend to engage with nature as a vital aspect of their life. Hiking, kayaking, skiing or surfing would all suffice according to the individual propensities. It is a particularly important avenue of recreation for them and a much-needed sojourn from trials and stresses of life.

Should there be a problem along the axis of individualisation and connection to a group or persons, Trigonal people do well with counterbalancing activities. If there is too much accentuation on individuality a group sport or activity is beneficial whereas if there is too much enmeshment with the group a singular sport like tennis or an avenue of personal creativity, be it though art, skill or course of study works well.

Where there is problem along the axis of oversensitivity and closed-down coldness, other counterbalancing activities can be engaged in. With the sensitivity, grounding activities such as physical or garden work are good, especially when coupled with a creative or dynamic element which nourishes their go-ahead and creative spirit e.g. working in a community garden.

While they are thinking people, they tend to be competitive, enjoy being embodied and connect well to others as a group. Well-developed Trigonals make great all-rounders. Balance is important for them, so engaging the mind, the body and spirit is good. Activities like tai qi and qi gong are often helpful.

A carefully weighed balance of looking after self, connections with those that are familiar and their personal ambitions is a vital requirement in a Trigonal life.

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## Artistic Sources

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The quiet strength, wisdom and grounded practicality of *Atticus Finch* played by Gregory Peck in the classic film *To Kill A Mocking Bird* is a good example of a Trigonal type.

**Woody Allen** with his thought-provoking films, his ability to persistently explore the psyche and his alter ego as a neurotic, hypochondriac in many of his films is likely highly Trigonal. His diverse creative output

over 50 years is also the mark of a Trigonal.

**Politicians and leaders with vision and connection** to the needs of a nation are often Trigonal. Leaders such as Obama, with his will to change the US medical welfare system and his railing against the gun lobby plus his connection to the needs of the average citizen is a good example of Trigonal structure. Angela Merkel could also be a Trigonal type.

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## Case Studies

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### ■ Case Study I Pushed from Behind

A young man, married, age 31 had been experiencing dizziness and headaches for the

last three years.

**Dizziness:** Three years ago while in bed he felt something push his whole body from

behind. He vomited after this. Since then he experiences dizziness on and off as if everything is spinning around him, accompanied by a metallic taste. It is now happening every two weeks and lasts a few hours.

**Mental:** 'I always wanted to go from Columbia, I am a developer and I wanted to learn more, there is too much of the same in Columbia.'

He has fear of high places++ 'that someone will push me over'. I feel the weight of my body go to my feet, like one of those toys. He had become more and more scared. He feels it at a cliff or in a high shopping centre.

**Work:** He works on websites and user interfaces. He has been with the company since it was small and it has grown substantially. He is the team leader of a group. 'There is stress at moment, everything is changing and I am fighting the powers in the company. Other people are overriding my decisions. Things got in a mess. There are deadlines and no one tells you. Lately it is just fixing things instead of proper development. Being jack-of-all-trades. Because team leader I have to take responsibility. I am frustrated doing things for others that I shouldn't have to do.'

'I am very patient for everything, extremely patient. Everything will happen in right moment, there is no point to rush and no point not to do anything at all. I like design, I like to experiment with electronics and things that are interesting. I like riding bicycles just for fun and love flying kites.'

**Partner:** 'There are differences but we are sorting it out with therapy. I try to make things happy but make it worse. Now I am backing off and acknowledge something is happening but not trying to fix it. We are dealing with that and things are improving.'

**Childhood:** Overall childhood very happy. Parents say I was a happy child. Just sitting and unable to do anything, just happy.

**Dreams:** of not finishing assignments; of someone he knows with different faces; not getting to a destination; absurd dreams.

**Kingdom:** Animals: Likes Australian parrot and dogs. Plants: orchids

Metals: likes aluminium colour with aversion to shiny metals: gold and silver. Likes quartz crystal.

**Structure:** He chooses the triangular shape. I like to be in situations where you have control and are creative. Likes creative and innovative things: technology; craft or physical.

**Colour:** is 2-3C consistently.

**General:** Likes it cold and rainy and windy like his home in Columbia. Likes quiet places like churches and museums but not too quiet. His perfect place is in Columbia, a National Archive, where there are simple geometric forms on show: tubes and cylinders, wood and glass.

**Head:** Headaches since a child, they lasts one or two hours and if strong he loses the ability to speak in English. There is pain in the occiput and needle-like pain in the left temple. He sweats all over and is cold; hands become numb and cold with this. It is better for sleep and painkillers.

**GIT:** Desires meat++; potatoes weekly; red beans and lentils; tomatoes daily (eats like fruit); salty things; carrot+. Aversion to fish (tastes like metal) and pumpkin. Stomach aches from stress at work.

**History:** Dislocation and dysplasia of left hip as a child; surgery for it age seven months and seven years when he was in a cast for six months at a time. Double fracture and dislocation of right ankle as a child. Umbilical hernia - consequence of long term plasters. Anaemia from nosebleeds as a child.

**Analysis:** The fact that he felt pushed from behind with the vertigo and that he fears being pushed from a high place speaks loud and clear. I located a rubric 'vertigo as if pushed

forward' which contained *Aristo; Bor; Calc* and *Euon*. Some symptoms are like *Calc carb* including his description of himself as a child. It doesn't quite match with his position as a team leader and being at odds with management and his team. However the team leader fits perfectly in Trigonal, as does his creative tendency, his desire to go forward and hence leave Columbia as well as his choice of the triangle and his interest in geometric forms. The tendency to conflict within the close group is also a strong indicator of Trigonal. With his strong choice of the yellow colour I decided to give him *Yellow Calcite*. Calcite is the crystalline equivalent of *Calc carb*. I asked him to take it in 200C daily for four weeks. Treatment: *Yellow Calcite* 200c x 28 days

#### **6 weeks later**

It reduced in frequency and strength over two weeks and there has been no dizziness in the last four weeks regardless of hot weather. He notices the vertigo in high places is less. There are many dreams of quarrels and fighting with family and friends. These got more and more intense as he continued to take the remedy. Work is still stress as there are too many projects and he is angry about it.

**Treatment:** *Yellow Calcite* 200C daily for seven days

#### **6 weeks later**

Took it seven days only and there is no vertigo at all. All headaches have disappeared. Again there were nightmares of random people and scary situations at work and home while taking it. This appears to be an indication of unresolved patterns which relate to the resonance of the Calcite and its Trigonal structure.

#### **Six years later**

There was still no sign of the vertigo

### **■ Case Study II Fear and Pain**

This 43-year-old man, married with one child, had been seeing me as a client for four years. His primary complaints were anxiety attacks and a stomach ulcer. At this stage, I and another homeopath had already treated him for seven years. He had benefited from *Carcinosin*, *Nitric acid*, *Aconite* and *Gelsemium* without them solving his condition.

The outstanding feature of this man's makeup was his sensitivity. He was sensitive to many environmental and societal impressions. They are too numerous to recount and a few examples will suffice. When he first took *Carcinosin*: 'it was very thick - as if thick mud was poured from the top of my head with a jelly-like thing trying to get inside of me'. He saw a mint plant one day and told me 'the mint knocked off my vibration' - he hadn't touched or smelled it but it put him in a bad mood for days. He could take a remedy, feel very good but then be thrown by a minor event. He has a restricted diet due to food sensitivities. He is irritable, tends to be critical and likes order.

His panic attacks tend to occur in public places like a crowded shopping mall, in queues, when flying, in a confined space, after stimulants or a change in atmospheric pressure. The attacks are accompanied by: diarrhoea (sometimes foul and bloody); palpitations; hot face and his limbs become weak. He has specific fears of fainting, collapse, heart attack, stroke and death. It is 'like a monster'. If away from home he would frantically call his wife to pick him up. He is better for her presence. He often had to leave a train or his workplace immediately as the result of an attack to return home. It is better for standing on the ground with bare feet. He feels the need to see me regularly, but doesn't always feel the need for a remedy.

Dreams and images: examinations; arguments+++; feeling inferior and stupid; shooting star; family; many of different

animals: snake; spider; cat; dog; mice; leopard; black birds; chased by police or a monster. He regularly sees images of a hexagonal shaped network, rectangles, squares and concentric circles.

Colour choice is regularly 1C and 24C

**History:** He was under constant pressure 'to get a high score' at school, he was stressed along with a stomach ache and diarrhoea. His mother is also anxious and sensitive like him. His grandmother was a psychic medium and died of stomach cancer.

**Physical:** Sensation of walking in a small boat while on a flat floor. Stomach ulcer with pain extending to back and « greasy food. Upward pressure in the roof of the mouth with a desire to press it and a sensation of fluid at the back of nose. Tempero mandibular joint cracking. Eczema on the shins tracking the stomach meridian.

#### **11 April 2014**

He returned to see me after a dose of *Carcinosin* 10M six weeks before. The day after taking it he woke up as if in a dream and felt something black came up from the bottom of his stomach. It started to 'take him over' and 'use' his body which became hot, together with a feeling of panic and as if he would go crazy. There were more panic attacks after this with cold sweats and discomfort in the heart, followed by a loud popping sound in his head. The stomach ulcer is 40 % better since this event. The same 'black thing' appeared after a panic attack of four years prior. That time it felt as if from the bottom of the pond.

The dreams changed: of black birds; a large black grasshopper; black ants and one was white; of a black, dead monster coming to life and chasing him. He is desperate about the panic which is much the same, with a feeling as if the feet aren't touching the ground.

**Analysis and treatment:** 'The *Carcinosin* had been of limited benefit before. The main

features of his case are insecurity and fear. He deals with it by staying at home in the safe, know environment and by having his feet on the ground. These features along with the panic attack itself are common elements of the Trigonal structure. In addition to this he regularly sees the geometric shapes mentioned above as images and this peculiarity belongs to Trigonal. When he described the stomach pool, the monster and the blackness I couldn't help but think: 'this is the monster from the black lagoon!' The black monster with black and white images made me think of the fear and horror which is a characteristic of *Black Tourmaline* (trigonal). During the proving in London 2007 one prover experienced a panic attack severe enough for her to flee the room. It is also indicated for energetic oversensitivity. He was feeling vulnerable and becoming progressively averse to taking potentised remedies. I had recently found a quality piece of *Black Tourmaline* in Central Australia and asked him to carry it with him. He readily took it.

#### **25 April 2014**

'Black tourmaline stone was really strong': weakness in calves, panic, pulsation and palpitation were all markedly better. It gave him 'so much energy, energy that never runs out'. He feels he could run with the speed of the wind and if a young man would be atop athlete. He feels relaxed and protected with the stone and more easily undertakes stressful situations. Occasionally it is too much, he is too excited and has to put it away. Dreams of native warriors. He feels energised to go shopping instead of being horrified. Treatment: *Black Tourmaline* 10M one dose and carry the stone when needed.

#### **May to July 2014**

During this time I saw him six times. Besides the dose of 10M he regularly used the crystal



of *Black tourmaline* and was most at ease with this. Overall there was gradual improvement. He is cleaning, sorting, and organising, he has more energy, a sort of 'controlled excitement'. He feels energy coming through the core of his body. *Mentally* a sadness and sorrow appeared for some days and then cleared: 'a cleansing sorrow'. He had dreams which resolved regular dreams of a girl rejecting his proposal to go on a date. Ultimately he rejects the girl because he is married. He also had a dream resolving the non-completion of a university credit. He normally listens to classical music but became attracted to rock music: 'boom boom boom'. He now can't recall people's names or other facts like his own postcode.

*Panic attacks:* The panic attacks were greatly helped, he feels power and relaxation from *Black Tourmaline*. However, if he has it around too much he gets horrible dreams of fighting dead people or chopping a dead body. If he has a panic attack, he just has to hold the stone to control it. 'It is making a huge difference to me, working better than any previous remedy.'

*Physically:* The stomach ulcer, has become slowly much better (over and above the action of *Carcinosin*). The chronic discharge from behind his nose gradually stopped. His sleep greatly improved and the Black tourmaline protects him from picking up 'vibrations' he doesn't want.

**Treatment:** continue carrying the Tourmaline as needed.

#### **November 2014**

Over these months I saw him a number of times and each time we decided he should continue to use the Black Tourmaline crystal as needed.

He feels stronger and his voice is louder: I have developed a 'bring it on' personality. I feel I can handle anything; I've started confronting people, I have never confronted

people before.' He annually goes to visit his family in Asia, which he finds difficult. He dealt well with his sick mother and a difficult member of the family, whom he confronted constructively. He took his family to Disneyland which was 'unthinkable' before *Black Tourmaline*.

He started meditation sessions, where previously panic prevented him. He has increased his workload, which means he has meetings in the early hours. He feels a little anxious about this at times but it is easily remedied by holding Black Tourmaline.

The problem with his memory has continually improved.

Before *Black Tourmaline* he had been intolerant or allergic (itchiness and breathing difficulties) to beans, avocados, dates, soy and salmon. These sensitivities are gone, he has changed his diet and he never has a sign of the stomach ulcer: 'a huge change'. He is now hungry and looking forward to every meal. It is the opposite to the dread of eating he had before.

He has also had a flu, fever and ear pain, the same as in his teenage years. He 'sailed' through this.

#### **December 2014**

I met him after his initiation into mediation. He has realised his only problem is himself and that 'Big consciousness' is there all the time. Since then he is happy all the time. When problems come he just laughs. He is kinder to his wife and son. 'I don't know what I am to do here as a human being. Just reading my heart to decide as it happens, I have no plans at all.' As he left he shook my hand (the first time he had touched me in over six years) and gave me a hug.

#### **September 2015**

He remained free of panic attacks and stomach ulcer symptoms to this time.



# Orthorhombic System



The inner structure of the Orthorhombic crystal system is based on the shape of the rhombus. This shape will often be seen when a well formed orthorhombic crystal is viewed down its long axis. Three-dimensionally it forms a rectangular prism in which the three pairs of sides are unequal in area. Some very prominent elements like Sulphur, Bromium and Iodine, many compounds and some famed precious stones such as Pearl and Topaz crystallise as Orthorhombic.

### ■ Orthorhombic Geometries



The rhombic shape is often called the ‘diamond’ shape, and while it has no scientific association with that gemstone, it is used as a simile for the sparkle, the embodied life force of the diamond. In addition to this, if we were to place a human frame in the shape with head at the top and feet at the bottom, the central focus would be on the very middle, the place where the navel would be. This is the region of the ‘hara’ in Chinese energetics, the Manipura chakra in traditional Indian energetics; ‘Manipur’ in Indian means ‘city of jewels’. That region is considered the powerhouse for the embodied life force, the place where the ‘gut’ feelings are kept and the place where consciously awakened life force is felt. This relates to the vitality of Spirit in the body.

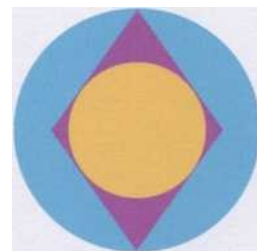
Many of the Orthorhombic medicines enhance embodiment of the life force: the Topaz group, the Aragonite group (includes Pearl) and Alexandrite. This is also reflected in

the famed *Fluoric-acid* of homeopathy, with its associated high life force even in the elderly.

### Rhombs in a Relational Grid Pattern

In its relational pattern the unitary Orthorhombic shape has four full-face contacts and four point contacts and so tends to seek balance between intimate and acquaintance-type contacts. All the intimate contacts will have a distinct bearing on the feeling world as a result of their relative proximity to the ‘navel’ of each rhomb. Interestingly, the sharp higher and lower peaks are at a distance from this centre signifying that some superficial contacts could be engaged with purely mental (upper) or material (lower) concerns.

### ■ Encircled Rhombus



The encircled Rhombus is of particular interest. The points of contact are unique and unlike any other structure in that there are two points of contact with the outer world and four points for the inner world. The four inner contacts, point to a bias towards inner sensing or inner feeling. This is accentuated by the fact that the contact points of the inner circle are not at the midpoints of the rhombic shape itself and are in close proximity to its soft angle. Here,

the soft angle indicates the sense of feeling, internality and the yin principle. This directs us to understand that Orthorhombs have a strong

identification with the feeling world, a visceral experience of the feeling nature that precedes and governs outer contacts and expressions. Their feelings seem disproportionate to those of others and are often accompanied by a propensity to close in on themselves or close down from others.

The nature of the two outer contacts further complicates matters for Orthorhombics as one is at the very top and one at the very bottom of the outer circle. This indicates that Orthorhombic types relate to the world in a very mental (topmost point) or in a very material and sensual way (lowest point). This leads to one of the major themes of this structure and its medicines i.e. a sense of division. When feelings are associated with the material or sensual world they are often instinctual, uncontrolled and separate from constructive thought processes. Conversely when they strongly engage the thinking faculty, they want to completely restrain or control the instinctual, feeling nature. Great tensions ensue.

### ■ Orthorhombic Axis Vectors



This system bears a geometric similarity to Cubic and Tetragonal as it has three internal axes all at  $90^\circ$  to each other. The vital difference in the Orthorhombic crystallisation is that all of the axial lengths are unequal.

These three axes of unequal and varying length signify its disposition to adapt, to accommodate. This disposition (unlike Monoclinic and Triclinic) is along fixed planes

(orderly trajectories) as all the axes are at  $90^\circ$  degrees to one another. This indicates that even though Orthorhombic people may have adapted or accommodated to those around them, they are still aware of their authentic self in a substantial way e.g. a person is working in their chosen field but needs to fulfil other work to sustain it financially; this acceptable adaptation allows them to remain in right relationship to themselves and their purpose. The fundamental feeling and intention needs to be aligned. A problem appears when the adaptation takes them too far away from their original felt intention.

The unequal lengths may also relate to feeling overextended or underdeveloped in one or other aspect of their life and while this is usually in relation to over-accommodation, it may also relate to oversensitivity, over-responsibility or a closed-down emotional expression.

### ■ Seed Concept: 'I feel'

As Cubic is the king in matters relating to the mind and will, so Orthorhombic is the queen in relating so deeply to the world of feeling. The visceral depth of the feeling itself, the emotive connectedness, vulnerability and dominance of the watery element all unmistakably point to this concept. It could be said that their fundamental mission is to feel, to perceive the world around them with sensitivity and compassion, without compromising their values, ideals, self-love and their authentic way in life.

## PRINCIPAL THEMES OF ORTHORHOMBIC

*Accommodating, allowing*  
*Deep feeling*  
*Suppression*  
*Loss of identity*  
*Sensitive, too open*  
*Internalised, closed down, numb*  
*Shock and trauma*  
*Divided; dichotomy*  
*Beast within, visceral*  
*Dependent, reliant, needy*  
*Emotions, water and volatility*  
*Responsibility, guilt and worry*  
*Order and chaos*

## SUPPLEMENTARY AND PECULIAR THEMES

*Anxiety and panic*  
*Confidence*  
*Decision-making*  
*Depression*  
*Leadership*  
*Obsessive/ addicted*  
*Self-awareness*

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## The Orthorhombic Psyche

### ■ Deep Feeling

When you meet the person in the Orthorhombic state you will get the sense of a great store of feeling that is either not integrated, or suppressed. It gives one a sense of internalization, depth or gravity. However,

the word I most like using for those who express themselves via this structure is ‘visceral’, a gravity of affection that is so pervasive that it seems to arise in the cells themselves. It is often experienced as overpowering or all-engrossing. In this very

organic experience of feeling he is captured by the deeply subterranean rivers of his emotive nature. Sometimes it is felt as the 'wild animal' character of his instinctual nature. Whatever the expressed features of his state, his feeling is the controller, the centre of gravity of his being and in the presence of such a force he feels insufficiently connected to his mind and reasoning power.

A most memorable experience of this was a woman client who came to see me because of guilt about her 12-year-old dog which was dying of cancer. She felt responsible for the situation, as the dog had started to get sick soon after a vaccination which she felt forced to give her before sending her to a kennel. She piled all her attention on the dog, had let go of looking after her family and herself through not cooking, eating or bathing. She was deeply depressed, anguished and racked with guilt. The telling sense of her Orthorhombic state was the way in which the gravity of her feeling permeated the atmosphere of my office. (See *Case Study II*)

This attunement to, and expression of deep feeling in the Orthorhombic state can manifest in various ways but the emotional life is regularly the primary arena of its presence. It may be seen in *Sulphur* where it relates to the overwhelming sense of embarrassment, humiliation and disgrace. Orthorhombs are often 'overwhelmed' by the feeling at hand: '*When I move into feeling this, I am completely debilitated and invaded by it; I cannot work or concentrate.*' Often there is a trauma associated with this visceral feeling and as a result there is a closing down, a feeling of helplessness or being 'bogged-down':

*'I cry from sheer exasperation, I feel so helpless. I feel so bogged down in my own stuff, I try to breathe in fresh ideas, like 'tomorrow is another day', but I can't get past it. In the past I had periods of suicidal depression, but this is*

*much deeper than that.'* ... *from a case successfully treated by Camphor*

The Orthorhombic type may take refuge in others who feel deeply and so understand them. In some cases they reject people and relate to animals as they tend to be direct, present and uncomplicated with their feeling. Another woman who was effectively treated with *Camphor* had chosen to work primarily with animals: 'I don't understand people, I can't find my way with them'. She possessed a remarkable ability to communicate with animals, and made good use of this in her work.

They often express themselves from a heartfelt place and the word 'touched', as it relates to a strong feeling of sympathetic identification, is prominent in their vocabulary. The following is a quote from a woman who had nursed her mother through sickness and death and was still affected by the loss until she was benefited by *Golden Topaz immersion*:

*I was angry with my brother who only visited her once in fifteen months. It was a time of intense loving with my mother and being really angry with my brother. In the final three days she insisted on sitting in a meditative position. I read a discourse on love, sang a song to her and she died peacefully. It took me three years to get over the loss and then I got very moody, impatient and irritable. She left me with the problem of where to put her ashes. Didn't know where to put them, I just wanted to do the right thing with them. I have had seven years of ashes in the cupboard.'*

Such deep feelings are commonly associated with blood relatives or friends. They are deeply shaken about the loss of affection of friends or family or by any waves of significant disturbance in those relationships. Often family-oriented, they are very sensitive, feeling for anyone who is sick and are deeply

disturbed if there is conflict in the family setting. They are always trying their utmost to create harmony, happiness and a pleasant atmosphere. It is indicated for those with deep feelings of remorse, for the one who is still weeping, grieving and full of guilt when all others involved are complete or resolved.

The 'visceral' nature of their feeling inculcates a strong physicality in their experience. Various expressions of this will be encountered, but there is often a need for physical contact or sensual experience through eating, sexuality or touch. The following expressions correspond to this: a feeling that is 'coming over me'; a situation where 'something touches me'; 'I feel physically depressed' and 'strong instinctual physical attraction'.

**Positive:** The resolving effect of the resonant medicine for the Orthorhombic individual encourages sobriety and fortifies clear, rational or analytical thinking which act as a counterbalance, a power to hold the overwhelming emotion. Another outcome for those in such a state is to not hold back but to let go and live deeply through the feeling. By complete immersion in it they experience its resolution, thereby integrating it into their cellular structure. Completion of this process will make them relatively impervious to similar future events. In addition one develops greater understanding and empathy (*Bar-c; Pearl imm; Stront-c*).

*Bar-c; Camph; Celes-im; Chias-im; Mags; Mangsil; Pearl-im; Phos-ac; Stront-c; Sulph; Top-gld-im.*

### ■ **Adapt, Allow and Accommodate**

The deep feeling nature of the orthorhombic structure lends itself to a tendency in which the individual feels he must adapt, allow or accommodate the presence and desires of those around him. This need to please often becomes excessive, as he tends to be non-assertive and

unable to establish his own goals at the centre of his life. He may comment that he doesn't know what he wants or has no opinion on a certain issue. His tendency is to adapt to the requirements of those around him, to adjust to his environment and it is rooted in the sensitivity of his own feelings and his sympathetic awareness of the other.

*'They (brother and sister) live together and they never got married: the lady comes across as the dominant one and during the visit she acts like an apprehensive and bossy mother in relationship to her child. He takes it all without a fight, with a not so smart-looking look and like a dog that has been beaten, I often have to intervene to let him speak.' ... from a case of *Piericum acidum**

Deep down he wants to express himself naturally and wants others to also. He longs for acceptance and owing to his strong sympathetic nature he instinctually accepts the feelings and expression of those around him. He is a typical 'empath'. He is easily pushed around by dominant characters and may feel he is not living his own life. This situation often carries a sense of powerlessness and will continue until his instinctual feeling and sympathetic nature is transmuted by the fires of experience and discrimination.

Fitting in too well, being too yielding or even submissive eventually leads to feeling unfulfilled, a sense of emptiness at not having lived their own life. They begin to feel that their self-worth is dependent on what they can contribute to the group or relationship. Eventually their deeper sense of self revolts and they become depressed, angry or completely lose their feeling. From a case history where *Calcarea muriaticum* was successfully prescribed:

*7 wish I could be more assertive. If someone asks me to do something, I just jump and do it then I get mad at myself. I guess I just*



want to feel needed. Pleasing my mother was the only way I made her happy.'

I have seen the same pattern of the controlling or manipulative mother and submissive daughter, broken by the action of other Orthorhombic medicines such as *Baryta-carb*, *Pearl immersion* and *Sulphur*.

**Positive:** The resolution is a better sense of self and an ability to place herself at the centre of her life. She gains control over her life and maintains it. One client, after taking *Baryta carb*, comments: 'I have started focusing on me-, I am more self-absorbed; I want to get on top of myself. If I'm not happy with things I will walk away. Before I was obliging and left me till last. Now even with my family I am focusing more on me, I've never done that before. I've just decided to say no to seeing people. If it's too hard or complicated I just read my book. I used to try and accommodate everybody. It feels really good - it is so much less stressful.'

It should be mentioned that some individuals with Orthorhombic mentality and spiritual disposition will be able to subordinate the ego to higher goals and thereby be of great benefit to their family, community or nation without loss of sense of self or anger. For example a first-born son or daughter who freely and lovingly forsakes a family life of their own to act as benevolent support for a large struggling family of origin.

*Bar-c; Calc-m; lod; Mag-p; Pearl-im; Pic-ac; Sulph.*

## ■ Suppression

Their possible reactions to excessive adaptation, self-suppression and lack of recognition of the authentic self are manifold. They will often internalize this and are commonly resentful and quiet with a sense of injustice but always 'keeping it inside'. Once resentment has built against those who they believe are

'suppressing' or 'controlling', they tend to break out with an impulsive flare of anger or by lashing out in spontaneous violence, breaking objects or hitting. While this may be experienced in dream or imagery in some instances, commonly the 'viscera' takes hold and violent behaviour ensues. Unused to such behaviour the other party will be shocked and this may lead to severing of the relationship.

This is all too common in relationships where a woman is suppressed or abused by a dominant man. The reverse gender situation of this type of suppression, while less often experienced in practice (as men uncommonly seek help for this) is commonly seen in men who are 'hen-pecked' by a critical or emotionally abusive woman. This situation is part of the symptomatology of *Pearl immersion*. The man feels as though he must submit to his partner's verbal or physical abuse or emotional manipulation: it is part of married life and he has to be strong and put up with it. He is deeply angry about this but has suppressed his feelings and submitted silently. Inside he senses that he is being manipulated by her and becomes cold to her always referring to her as 'she'. He feels victimised by her. They are in a dance, a courting dance which is damaged



A cross-section of orthorhombic Danburite which exhibits a distinct rhomboid shape

by domination via the woman's assertive feelings and his unwillingness to stand up for himself in an effective way. Eventually the masculine persona in these men will emerge with force 'roaring as an angry beast' and releasing a torrent of feeling. The stream of feeling behind this eruption, is of being crushed in guilt, responsibility, disempowerment and loss of sense of self.

The theme of suppression also refers to the situation of a 'shotgun wedding'. He has 'got her pregnant' and her family bring certain pressures to bear that he must be responsible, he must submit and marry her even though it is not his choice.

One client, after successfully taking *Magnesium phos* for a painful condition of the temporomandibular joint (and painful, unproductive communication with his partner), had the following dream which expresses his suppressed feeling beautifully: *7 am a Chinese knight at a jousting contest. I am on my horse with my swords, banners and weapons. Another knight comes riding towards me. He cuts my banner with his sword as he passes by.*

*He has done this twice in the past and I haven't reacted. This time I go into full retaliation. He is taken by surprise as I start slashing violently at him with sword and battle-axe. He cowered before my onslaught. I felt very good about this in the dream and on waking.'*

**Positive:** Eventually, through repeated life experience, psychological process, or a new consciousness invoked by the power of energetic medicine, they realize they have not been living their own life but living through relationships, work, religion or culture. Their resolution is to express pent-up anger in a constructive way, to avoid conforming to others and realize their own values, ideas and desires. Where there are suppressed feelings they will rediscover them, dissolve them or express them as an outspoken strength, thereby living and growing through them.

*Celes-im; Mag-p; Nicc-s; Pearl-im; Perid-im; Phos-ac; Pic-ac; Top-gld-im.*

### ■ Loss of Identity

While in a suppressed state she is in a great quandary and feels extraordinarily uncomfortable. She is unable to express herself and tell of the nature of her feeling. The dynamic of this state is that her feeling would be at odds with the feelings of the other. Alternately there is a sense that her own sensitive feeling would be further compromised by the aggression, domination or insensitivity of the other party. She tends to fit in all too well for the sake of others, she is 'too aware' of others. This 'keeping the peace' is essentially to prevent her sensitive feelings from being damaged.

Because of this gross engagement with feelings, they are not living their own life. This involves suppression, not only of their feelings but of their being. This suppression bears down on their own desires, their authentic sense of

self and their will.

If this non-recognition of identity is allowed to proceed unchecked it will lead to a profound sense of isolation, depression and despair. It becomes an impasse for them; they see no hope of resolution and emptiness ensues. Because of the prevalence of their feeling nature, when you meet them, they will not be able to hide the fact that there is a dark cloud hanging over their life.

Some comments by clients related to the theme of identity loss are:

- ▶ *I really don't know who I am anymore (Golden Topaz)*
- ▶ *'Other people see me as a wallflower. I typically get called by other people's names' (Calc mur)*

The loss of identity may also be sparked by trauma related to a person on whom they are dependant. One client told me of how her husband's father had recently died; with her husband's reaction and his worrying about his mother, she felt strongly affected: *I started to lose myself; I lost my feeling of being centred ... I feel I am losing my soul, I am losing what I am! I start to shut down; it feels like the heart centre and throat closes down. I don't want to be around my husband but I don't know how to deal with this. Do I want to deal with this! I am fearful, running.' She also dreamed 'I am in a car and driven around; very confusing; they didn't know where they were taking me and I didn't know.'* All of her loss of self was remedied by *Pearl immersion*.

While they commonly suppress themselves you will find some Orthorhombic types who have come to realise that they tend to sacrifice themselves and lose sense of self. Consequently they make a conscious decision to recoil from relationship, wanting to 'do their own thing' and find out who they are before committing again. Should they choose to enter

relationship they will have a strong need to retain independence within it.

**Positive:** Resolution of this aspect of Orthorhombic pathology brings about the ability to avoid conforming to others by being less affected by outside influences. They begin to shape and realise their own ideas, goals and desires, to remain true to themselves by setting boundaries around what they want. It also leads to an open, outspoken, honest and fulfilled emotional life. One client who benefited substantially from wearing pearls and taking *Pearl immersion*:

*'I am wearing Pearls for my mother arriving. I feel it keeps me true to myself. I feel quite strong; at work they are presuming I will do another job that's very demanding. I feel I can say 'thank you, but no thank you'. Normally I would be more easily manipulated. I won't be manipulated and pushed into this.'*

The positive outcome also extends to the feeling of being 'in touch with the inner me', 'operating from my truth', being 'part of the world without merging in it' and 'strength in myself as a singular being'. There is connection without merging and losing the self.

Finding their identity becomes a firm path to find meaning in life.

*Ant-c; Chias-cr; Nicc-s; Pearl-im; Preh-cr; Top-cr; Top-gld im; Varis-cr.*

### ■ Sensitive or Too Open

Living according to feeling, instinct and adaptation they often become too sensitive. This oversensitivity on the plane of feeling is often a significant theme for Orthorhombic. They become acutely aware of the feeling state of others and may become a classic 'empath'. If their feeling environment is persistently negative in any way they will find it oppressive and begin to feel vulnerable. Common

expressions of this:

- ▶ *'I am aware of everyone else in the restaurant.'*
- ▶ *'I am not in control of who I am.'*
- ▶ *'I can't watch a scary movie; I'm like a sponge.'*
- ▶ *'I absorb the negative voices of friends, people and media. I take them on emotionally.'*
- ▶ *'I am emotionally destroyed; my whole nervous system is shot.'*
- ▶ *'I felt as though their feelings were running through me.'*
- ▶ *'When I was young I tried to commit suicide five or six times; life was too overwhelming for me.'*
- ▶ *'My vulnerability is so great, I sense that things are not the way they seem, and that people are not what they say they are.'*
- ▶ *'I felt a bit like an energy conductor. I felt emotional and vulnerable.'*
- ▶ *'I got really upset, out of proportion. The rest of the day I felt very impressionable to other people's feelings and energy.'*

This aspect of Orthorhombic is also experienced as being 'without a boundary'. One such client remarked after experiencing the positive effect of Pearl immersion:

*'I was able to say it is not good enough. Previously I would've moved in to keep everyone happy. I was able to say, 'this is what I think and need'. I was more okay in the whole world in general; I knew my place in the world. I am feeling more like a closed system, I have a real sense of self. I am able to separate out what is his and what is mine. After the remedy lots of friends were falling apart around me. I was at the eye of a storm, which is usually traumatic. But I had the feeling, 'You are there and I am here and I am not caught up in it'. I decided to take more care of myself, I took a day off work. The remedy has given me support to separate out my needs and wants from the systems I*

*exist in. It is about borders and boundaries.'*

Pearl immersion is particularly powerful in this regard, making the susceptible individual solid, safe and secure, impervious to the thoughts, comments and will of others. A feeling of inbuilt protection 'as if in a shell' is established, giving a feeling of solidity. This positive strength developed under the action of an Orthorhombic medicine also inculcates a detachment and distance from situations and people who are usually provocative. It instils the awareness to not take on criticism and make it into a burden of guilt. It improves the ability to be connected to the world without merging and losing oneself.

The open and sensitive feeling is also evident in the need for harmony: *T stay away from dramas. I avoid controversy. When people bicker, it disturbs me. I need people being in harmony. I also do not like people to take credit for things they didn't do.* An effective Orthorhombic medicine will instil a sense of harmony and trust as *Baryta carb* did in this person. Yet another version of this openness which is also noted in *Baryta carb*, is that they are gullible and cannot trust their own feelings and perceptions.

In artistic types this openness creates a distinct type of problem. To fulfil the inner urge, to really be an artist, he must understand and feel his subject to a high degree. As a result of this artistic practice he becomes acutely impressionable and tends to merge with his 'objet d'art'. This is satisfying, as he can obtain a deep (visceral) appreciation of it and portray it truly through the vehicle of his own being. However, this leaves an indelible mark on him and his own authentic nature will be reconfigured or traumatised by identifying with it so closely. His want is a barrier, a filter, a boundary, a sense of 'what is yours and what is mine'. It is important to have strong protective boundaries but he will think: 'if hardened how

can I be creative?' His healing is in the firming of boundaries without the loss of sensitivity. This allows him to be artistically strong with a sense of detachment, and so not lost in the object. See the explanation of the work of Van Gogh in the *Artistic Sources* section (page 205) as an example of this Orthorhombic merging.

*Alum-sil; Arag-cr; Bar-c; Celes-im; Top-gld-im; Nicc-s; Perid-cr; Pearl-im; Phos-ac; Sulph; Top-cr; Zois-cr.*

### ■ Internalised, Closed Down, Numb

Orthorhombic is amongst the most internalized of the structures (compare Tetragonal and Triclinic). It is a result of their tendency to sensitivity, adaptation, suppression and connectedness to their own inner feeling. In addition to anger they are apt to internalise sadness or worry. It is also possible that the closing in happens as a reaction to feeling intense emotions which are too much for them. These feelings percolate and permeate a substratum of consciousness, manifesting as low confidence, melancholy or anxiety attacks. Eventually it is as if their consciousness resides deep inside themselves and they are looking out from within.

Owing to the pervasive sensitivity and depth of emotion, they may find themselves feeling out of control and unable to deal with the ordinary events of life. Unable to cross this river of their feeling, they become self-contained and will close down to protect themselves. One client, before experiencing the benefits of *Pearl immersion* commented:

*T see the birds and flowers and trees. The exquisite joy of being totally alone at night. I come home and close the door and I don't have to speak to another human being for twelve hours. No one can get me here.'*

It is too dangerous to show what they feel so they don't speak out. Eventually there is complete loss of feeling, numbness and great

detachment. They feel they are held prisoner by their extreme reactions and so need to keep the feelings completely locked up. This can lead to profound depression, which is often accompanied by a significant loss of life force. Eventually they may feel 'dead' and as a consequence others feel that they never show love, never ask for any help or are cold and detached. It is an instinctual deactivation associated with sensitivity. These feelings commonly relate to a pattern of abuse in the family, a feeling they have done wrong, or a trauma:

*After age twelve her parents were often quarrelling and when she was fifteen they got divorced. She used to feel very lonely at that time. During her teenage years she was often very quick-tempered. Her father used to beat her a lot. She then developed the attitude: 'You must never show what you really feel.' ... from a case of Baryta sulphuricum*

Another aspect of this internalization is where frustrations are turned in on themselves (lod): *he feels he should hurt himself or scratch himself violently when he is unable to fulfil the expectation of others. He hates himself for being messy or lazy.*

In *Camphor* the very cold body forms a distinct correlation with the loss of feeling. The language in *Camphor* cases is rich in images describing their contracted and cut off state through the use of words like 'coldness', 'numbness', 'constriction', 'aloneness' and 'alienation'. From a case:

*I dream of being totally powerless, trying to communicate and finding myself unable to speak or draw attention ...I am all alone. I have been left behind in a cave of ice, it is green and blue, quite a big cavern. There is no living thing around me for hundreds of miles, nothing. The ice had descended.*

*T have a daughter from my first (brief) marriage, but I have never been close to her. I*

*had an instant dislike for her at birth. I have never had mothering'feelings, and my mother took over the care of my daughter. I have no bonds with my family - I don't visit them at Christmas, I don't bother much with them. I have no sense of reality, no sense of belonging, no meaningful relationships.'*

Inability to express themselves in consultation; staring in one direction; indistinct speech; closed down but involved in spiritual pursuits; isolating themselves even when with a group or just staying at home all the time are all characteristics of this tendency in Orthorhombic. 'The distinct tendency to stutter in the Orthorhombic medicines is likely associated with this feature of the feeling (*Bar-c, Camph, Mag-p, Sulph*).

**Polarity:** An interesting polarity to this closed-off tendency, especially noted in remedies like *Antimonium crudum* and *Pearl*, is that they will make an emotional scene, or even act hysterically. (See the *Emotions, Water and Volatility* theme, page 193)

**Positive:** The common resolution of this closed-down state is a more confident self, unworried about what others think. Openness, honesty and a fulfilled emotional life ensue. Former resentments are dissolved and they are able to give without expecting things in return. They develop an ability to speak and even argue calmly and convincingly. They are able to voice their concerns about personal situations which do not suit them, state their needs, and gain recognition and understanding for their position. It is a new way of thinking, a movement deeper inside the authentic self. The element of numbness is countered by seeking for emotional connection. In medicines like *Golden Topaz* there is a comprehensive affirmation of love and life, with a joyous fresh and playful positivity. After prescribing *Baryta carbonica* a practitioner made the following comments about her client:

*'She looks radiant and confident. She has taken bold actions, including approaching a man and making a decision to move to a larger house. She is beginning to trust her own feelings and to take action in the world.'*

*Ant-c; Bar-c; Bar-s; Brom; Calc-m; Camph; lod; Mag-p; Nicc-s; Pearl-im; Phos-ac; Pic-ac; Sulph; Top-cr; Top-gld-im; Varis-cr.*

### ■ Divided, Dichotomy

There is a mammoth struggle between feeling and intellect. Most often the dominance falls to the feeling as if the tendency to accommodate the feelings of others extends to their own. There is a great incongruence, a schism of feeling and thought, an inner discord.

Even though his intellect may tell him that a business situation or choice of partner or relationship may be beset with difficulties, he is impelled to follow his instinctual feeling which is at the centre of his conscious awareness. His mental perceptions, even when robust, must take a back seat, feelings rule. This leads to a sense of dichotomy which tears at his life and happiness. He 'acts from the gut' (raw instinct) - living out his unchecked emotions such as anger, remorse or anguish but is tormented by them.

*'I look at my hands, my body, as a separate entity. My whole body gets super tense, as though I'm wired. It feels as if there are two of me. One is the outside' me, strong and confident, the other one just wants to hide in my little closed shell. When I was young I tried to commit suicide five or six times; life was too overwhelming for me...'... resolved by Camphor*

In some cases where there is great tension between these divided aspects of self, the power (at least for a time) will fall to the thinking faculty. This is experienced as an internal controller, perfectionist or judge aspect which is yang and wants to subjugate or even

destroy the habitual and unrestrained feeling aspect (note that this is not 'emotions predominated by intellect' where the intellect flattens the feeling, this is an active struggle). The following dream from a prover after experimenting with the Orthorhombic shape beautifully illustrates this divided dynamic through two opposed brothers with the third brother acting as a sympathetic and intelligent bridge between the two:

*I am one of three brothers. One has a serious gambling habit and the other is trying to save him by keeping his wallet and a 'zip off sleeve' from his coat away from him. The one with addiction is under his control. He wants to go gambling and the controller brother refuses the coat sleeve and wallet. Then in his frustration, he just wants to get out and asks for the coat sleeve only. The elder controller refuses once more. Then I come in to play for the gambler and exhort the elder brother to give him the coat sleeve. I tell him it is so debilitating and humiliating for him to be in this position. I am almost begging him to give the gambling brother his coat sleeve. I think that it will destroy his spirit if he doesn't. Eventually he relents ... from experiment with Rhombic shape*

In some cases this division is expressed by a complete subjugation of feelings so they become unable to contact their real feelings anymore. In Golden Topaz there is a 'good versus evil battle' dealing with and defeating unwanted, destructive or negative habits and thoughts. It is also indicated for those who feel separated or out of their physical body. There is a close parallel in *Pearl* where there is severe conflict between inner feelings and aspirations, and the outer life. It can be a person who is living in a marriage and yet feeling they are living a lie, as they want to be free or celibate. It is a division between how they are feeling and how they are engaging

with the world and can be summed up as: 'I am not true to myself'. This can lead to compulsive suicidal thoughts. Healing takes place through a continual lessening of this divide, through settling of the feeling and allowing it to integrate with thought and action.

*'Two years ago when my marriage ended there was pain and relief. I went back to my journal and saw similar underlying issues. It is the dichotomy between desire for fierce independence and desire to be connected. Pearl reinvigorated the luminescence in my life: the magic of light; the beauty in a flower; it allowed me to be joyful because I am alive or because someone smiled.' ... from a case of Pearl immersion*

*Bar-c; Camph; Mag-p; Pearl-im; Rhombic shape; Top-gld-im.*

### ■ The Beast Within

In many cases the feeling nature is experienced as an untamed beast, a demon, an instinctual force which cannot be resisted. While it may take many forms its untamed and instinctual character is the same. It often takes form as an explosion into angry rage:

*A sweet and kind child who is very caring of weaker children suddenly explodes for no reason. Then she goes berserk, wrecking the room, throwing flowerpots, and ripping away the tablecloth together with the plates and setting. Only after venting and purging her feeling is she able to regain control.' ... from a successful case of lodium*

This tendency was also seen in the parent of a child who became agitated and who cried and screamed all night. That parent, in Orthorhombic mode, aware of neighbours and deeply agitated himself, lost control screaming shut up! shut up! shut up!' and stood over his daughter hitting the bed. He says he is an impulsive, immediate and impatient type who takes a 'visceral' dislike to certain persons. Af-

ter taking *Sulphur* he was able to ‘stop and process the feelings much more easily and choose a reaction rather than allow the reaction to choose itself and take over’.

The anger may be a result of bottling up the feeling for too long, his too-sensitive feeling exclaiming ‘What’s your problem!?’ when someone looks at him askew. He could also be somewhat unconscious about it and then suddenly explode for no reason. He is a road rager, he ‘storms out of the office’; he ‘loses the plot’; he ‘throws anything in his path’; he is ‘pissed right off!’ It is often up to those who happen to be at hand to pry such an aggressor from the object of his blind instinctual rage.

In *Bromium* this same instinctual urge expresses through an intensely passionate nature. There is a strong tendency to be emotional, aggressive, selfish and sexually instinctual and so become adulterous or need a number of relationships. Correlating with this instinctual side, it is revealing to find in the standard symptomatology of *Bromium* ‘delusion he is an animal’ and ‘delusion he is a dog’. One individual who responded strongly to *Bromium* had a telling dream: ‘There was a ‘mongol’ in a psychiatric institution, who outwardly appeared to be very friendly, but who proved to be a terrible beast in reality. He twice managed to escape from this institution, leaving behind a trail of blood and destruction’. After taking *Bromium* (to general good effect) he had another dream in which the same ‘mongol’ escapes again and is just about to start threatening other patients. But then he manages, with the help of a colleague, to catch him and lock him up.

Another interesting correlation to this ‘animal’ aspect of human nature may simply be great affection and value for animals: the idea they are more important, more valuable or trustworthy than human beings.

*Bar-s; Brom; Chias-im; Chlor; lod; Pearl-im; Pic-ac; Sulph; Top-gld-im.*

### ■ Responsibility, Guilt and Worry

Those in a state aligned to the Orthorhombic structure are profoundly exposed to an excess of responsibility, guilt and worry. *Bromium*, an element most definitively indicated for treating guilt, forms an Orthorhombic crystal. This guilt is finely expressed in the typical *Bromium* behaviour of having to look over his shoulder as if someone is following or watching him.

There is a great fear of letting others down and this makes those acts which support the hopes and expectations of others, a pressure. Should they fail there is oppressive self-blame and bad conscience. If someone in the family gets sick it is their responsibility and should they have had anything to do with the cause it is cast in their consciousness as being ‘my fault’. They are very reliable at keeping promises as the guilt of not doing this would destroy their peace. The guilt is often potentiated by a deep sense of grief about the situation. Inability to follow through on these supposed duties will lead to nervous breakdown in the less resilient individual.

The guilt can reach such voluminous and delusionary proportions that he will think that ‘I am always the one who is wrong’ and is wary of pointing out problems as it is bound to be his fault: ‘When something bad happens to someone else, or they lose something, I feel as if I made it happen to them, or stole the item, even though I had nothing to do with it’ (*Pearl imm*). It is the child who takes onerous responsibility for the fact that her parents divorced and is there to look after one or other parent after the separation. She is the woman who financially supports a man who can never settle down or stay with a job.

In some individuals this trait will manifest as an extensive set of worries: about her



children (for whom she is too responsible); family and friends; about succeeding at her study or work; that she might not get the mark she wants; about the future; about things not working out as she plans; there is worry about everything.

Should she make a mistake in her work or in the treatment of her loved ones she thinks she has made a grave error and cannot forgive herself. It is as if her action is permanently imprinted on her cells. In the words of one woman client who was healed by the action of Sulphur:

*I am tortured by thoughts: I have fucked up, I have got it wrong! I have done*



Chialitolite, of the type used in Case study II of this chapter

*irreparable damage! It is centred on my children. I am full of remorse and regret. I was really bad tempered with Luke and Polly. I became very angry when they were difficult and disobedient. I was impatient and pissed off with them. I had no capacity to deal with it in an adult way. The smack I gave him on the knee will fuck him up permanently ... it's really bad. Then one day I shouted at Luke, I hate you. I apologised then and an hour later and*

*again next day. I am devastated at this. I have bared my anger and now remorse, regret and horror follow. I have done permanent damage to him acting this way. It is hard-core regret. I think this is worse than hard-core grief because you can't change it.'*

The healing outcome of this oppressive feeling is a willingness to admit mistakes and forgive themselves. There is a clear perception of appropriate responsibility to self and others. It makes them aware of the things they have done or neglected to do and stimulates them to make up for any damage caused. Inherent in the depth and all pervasiveness of this state is enormous reliability and staying power. Orthorhombic types may also be gifted with the strength of not being reliant on praise and recognition, they feel the benefit of their good actions to others and that is enough.

*Bar-c; Brom; Calc-m; Camph; Chias-im; Kali-n; Mang-sil; Pearl-im; Perid-cr; Stront-c; Sulph; Top-gld-im.*

## ■ Order and Perfection versus Mess and Chaos

Sankaran and Scholten speak truly when they identify the dual reality about the traditional *Sulphur* tendency to appear unkempt or dirty. While it is true that some of those that respond to *Sulphur* may neglect their appearance, not give a damn about it and appear dirty. On the other hand it can be that *Sulphur* persons are very concerned about how they appear to others - that if they are not clean and well-groomed they will be scorned - and so they make a lot of effort to appear clean. Scholten points out that both aspects often manifest in one person: 'Someone can be very tidy and orderly at work, for instance, and very messy at home. Or, someone could be making a great untidy mess and then suddenly start cleaning everything down to the last corner.' This conflicted state of order versus chaos relates to

the 'divided' theme in Orthorhombic and is a pervasive theme in many Orthorhombic medicines.

*Golden Topaz* is a medicine that expresses this theme in a different but related way. A fitting example is the case of an artistic teenage girl who would never sit down and do her creative drawing, writing or music as she thought that everything she did had to be wonderful. She set high standards for herself. She was disorganised and unaware of time. She never did anything towards her schoolwork for the same reasons. It was stressful and her fear of failure kept her distracted. Eventually the exams would be upon her and she would be in total chaos. The action of *Golden Topaz* brought her a great sense of settling and order with perspective about her ideals. During the proving of this remedy, many participants started to 'clean out', doing things they had resented doing before or had expected of others. These things were now undertaken without expecting anything in return. It evaporates procrastination, bringing calm and order.

*Arag-wh-im; Bar-c; Brom; Stront-c; Sulph; Top-gld-im.*

### ■ Dependent, Reliant and Needy

The tendencies to be adaptive, accommodative, suppressed or feel inadequate may coalesce to form a needy and reliant personality trait. This individual will look for security, be it material, financial, emotional or moral. A common expression of this need is to hide in the safety of cultural, religious or community rules and dogmas. These structures bind up dark and overwhelming fears through their rules and enhance a feeling of safety through limitation and control. These methods are an anathema to the spirit and eventually become the oppressors.

*Dream after Pearl immersion: I was trying to hide and I went through a trap door into a church. I was wondering 'Is this really the right place to hide?' The people I was trying to get away from might be in there*

Another common avenue to appease such insecurity is through personal relationships e.g. marrying for money or being dependent on an ageing parent. They may express this reliance through statements such as 'need for family', 'need to be supported', 'need for guidance', 'need for friends' or 'needing someone behind me'. (DD Trigonal)

In these situations they may feel dominated, inferior, find it hard to stand up for themselves and *I* or lacking adult individuation. Then, when the support system fails, as it is wont to do, they will need to contend with a range of emotions from separation anxiety to grief, deprivation, anger or loss of faith. In all, the tendency to reliance on others makes them weaker in spirit. Often they will flee to a substitute dependency in another culture or person that can fill the need and so play the same old game until the next ruction.

**Positive:** The application of suitable Orthorhombic medicines will lead them to gain a sense of self-sufficiency, instil an ability to look after themselves, encourage self-containment and faith in themselves and their life. They will find individuals, communities and institutions that foster a healthy, independent, clear, and strong emotional world. Their birthright as a wholly formed human being will begin to appear from within.

*From the Pearl proving: 'He stood proud, very proud, very erect and strong and solid in his own beliefs, and knew the way in which he wished to go to find the answer'*

*Ant-c; Bar-c; Brom; Chlor; lod; Mag-p; Pearl-im; Phos-ac; Stront-c.*

## ■ Emotions, Water and Volatility

There are three substances that crystallise into the Orthorhombic system which are Halogens: Bromine, Chlorine and Iodine. Halogens are highly reactive, electronegative and are found in seawater. Both chlorine and bromine are used as disinfectants for drinking water, swimming pools, and spas. In addition to this *Pearl*, the gem of the sea crystallises into this structure and is indicated for seasickness.

This affinity with water relates to the elemental predominance of emotions and feeling nature in the Orthorhombic structure. It is experienced in the form of deeply held anger, desire for revenge, rage at injustice, guilt, disgust, embarrassment, grief, offence, humiliation, irritation, instability or ‘drowning’ in emotions. These emotions tend to become extreme, disproportionate, overwhelming or reactive.

This emotive element combines with oversensitivity, obsession and unrestrained instinct to manifest in emotional volatility and erratic behaviour. The individual will talk in terms of ‘intense’ or ‘extreme’ emotions, ‘drowning’ in emotions or ‘hysterical’ reactions. This is dissipating and disintegrating to a healthy sense of self for such a feeling-based person. It is completely opposed to calmness, which is primarily required for their happiness and development.

Examples of this type of expression are evident in the young *Pearl* girl who argues with everyone, is over-reactive and exclaims ‘Everyone is so full ofbullshit!’ or the tantrums of *Antimonium crudum*. Such volatile and tempestuous emotional expression is unsustainable for the body and mind and unacceptable to those around her. Untreated it often leads to ultimate breakdown or closing down.

The positive effect of well-selected Orthorhombic medicines on this emotive tendency is to soothe, integrate, consolidate and foster calmness. They also generate a grounded feeling and a sense of protection in the feeling realm.

In one successful *Pearl* case the client commented: *‘In the last few months I have wanted to be in the water. This summer I have overcome my fear of the water and am swimming as much as I can. I go five days a week. Has to be an open-air pool. I love being underneath the water. I love putting my hands in the air and sinking down to the bottom.’* She would invite her friends to come and sit with her on the bottom of the pool in a ‘water love-in’.

*Ant-c; Bar-s; Brom; Camph; Celes-im; Chias-im; Chlor; Iod; Pearl-im; Sulph; Top-gld-im.*

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## Supplementary and Peculiar Themes

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### Anxiety and Panic Disorders

The openness and sensitivity of the Orthorhombic nature means that this type is often subject to anxiety and, more specifically, panic disorders. There are various references to ‘fear of losing control’; ‘great trepidation about doing things alone’, feeling ‘nervous,

overwhelmed with fear’, ‘brain becomes manic and speedy’ and even ‘a fear of going mad’. Often they become unable to focus, full of fear of doing the wrong thing or making the wrong decision. In medicines such as *Pearl* this is experienced as ‘terror’. There may also be a fear of animals like spiders and snakes and

they can become sensitive to any impression of fear, a horror story being clearly unbearable.

The panic is commonly associated with physical symptoms such as palpitation, heat, trembling, profuse perspiration and shortness of breath. It is often accompanied by extreme restlessness in body, thoughts, and speech or being unable to eat.

In one of the results I have had clinically with *Pearl* immersion my client, who was pregnant, went to see a doctor who warned her she was over 35 and so had a high risk for foetal abnormality. He ordered five lots of blood to be taken and counselled her about a possible miscarriage. She did not respond well to this: 'I went in calm and came out full of fear. All the fears they feed you have come into my head. Since then I have lost the connection with my own intuition, my mind and body connection; my head has taken over.' *Pearl immersion* dispelled her fear and returned her to a calm and grounded state.

*Bar-c; Calc-m; Celes-cr; Chias-cr; Dumort-cr; Pearl im.*

### ■ Confidence

The internalisation that is often present in these individuals often results in self-doubt and painful shyness. A number of medicines in the Orthorhombic group are outstanding for want of confidence and loss of self-belief. This is expressed as a sense of inadequacy, feeling a failure, vulnerability to the opinion of others, sensitivity to criticism, self-denigration or oversensitivity of feelings.

There may be deep concern about what others think of them or they may be the brunt of the jokes of others. One *Baryta carb* client commented: *'I turn the mirrors backward in my bedroom so I don't have to look at myself. My body is about a 'two out often on the scale of perfection and beauty. I feel all the imperfections are amplified. I hate myself*

The comments of a client after taking *Calcarea mur*: *'I'm more confident in myself and I'm not worrying so much about what others are thinking or saying. I'm doing better in school and my grades are improving. I'm getting more As. I can take more challenges. I wrote a letter to my ex-husband telling him that I want the money he owes me now. I'm not getting depressed as often. I'm happy to say that I'm not letting people stomp all over me.'*

It is interesting to note that many prominent medicines with Stage 2 elements, including *Calcarea mur*, *Baryta carb* and *sulph*, *Strontium carb* and *Calcanea carbonica* in the form of *Aragonite* are Orthorhombic. Stage 2 is the most uncertain, shy and lacking confidence in the periodic table.

*Bar-c; Bar-s; Calc-m; Celes-im; Gall; Pic-ac; Stront-c; Sulph; Top-gld-im.*

### ■ Decision-Making

Due to oversensitivity, tenuous boundaries and tendency to accommodate others, one can understand that those whose psyche is stamped with the Orthorhombic design will have a hard time making decisions. *Baryta carb* is famed for profound irresolution over trifles. Making a decision is a major event as each small matter seems to be a life-or-death decision. It also happens that due to the intense emotions inherent in the Orthorhombic psyche, together with the fact that they maybe suppressed, that they will decide impulsively and 'throw out the baby with the bathwater'. They tend not to be able to consider the issues carefully or clearly, and afterwards they have regrets.

Those who are more on the passive side may even expect a more dominant character in their lives (parent, spouse or friend) to make decisions for them. The following comments were made by individuals who responded strongly to *Strontium carbonicum*: *T am strongly influenced by others and it is hard to*

know what I want'; I can't make decisions as I assume they will be wrong'; 'I have no strength to make decisions and execute them'.

**Positive:** In the resolution of the decision-making process for Orthorhombics there are two possibilities, each of them vastly more conscious than the previous state. The first is that after a positive therapeutic movement their feeling is calm and balanced. In this case they learn to trust their feelings or use an intuitive feeling capacity. This is often the effect experienced with *Pearl immersion*. The second possibility is that the feelings are so quietly contained that the discriminating mind rises to the foreground. No longer a slave to feeling and using the sharpened blade of the psyche they are able to slice through the situation before them, distinguishing the course of action that is in their wholesome interest. This is typified in the action of *Aragonite* on indecision.

One pregnant client had been advised against flying the arduous 24-hour-trip from Australia to England to see her family. She was undecided about it, but under the influence of *Pearl* she was able to move her feeling into the situation: *'The remedy has helped me make the decision as well. My education and head says 'don't fly while pregnant'. I have overridden (the indecision) by my listening to my heart and soul, that is so much more important'*

*Bar-c; Pearl-im; Stront-c; Top-gld-im.*

## ■ Depression

While depression is a possibility with any structure it is most prominent in the Cubic and Orthorhombic structures. The depression of Cubic is typified by feelings of being locked in to a fixed negative thought process whereas in Orthorhombic the feelings themselves hold the centre of gravity and lock in the thought process. It is not that the feeling initially generates the thought for Orthorhombic, but

that the feelings hold the thought. It is far more cellular in Orthorhombic and more cerebral in Cubic. Orthorhombic depression is also marked by other salient themes of the structure such as oversensitivity, feeling divided, closing down, and suppression. It is often punctuated by notable loss of vitality:

*'Clouds of depression envelop me; this feeling sucks my whole mental and physical vitality. The depression goes right into my bones, it is so deep.'... from a case of Camphor.* Note: the depth of feeling here is so visceral it penetrates the bones.

*'At a table with friends, I kept shrinking, I felt smaller and smaller, too embarrassed to tell them I have stuffed up another relationship. I am embarrassed and humiliated and wrong. No matter how hard I try I feel I fail at everything. I am numb and can't feel anything. Connection and the awe and beauty of it all has gone. I feel I am dead.' ... from a case resolved by Pearl immersion*

**Positive:** The resolution of the depressed state is a positive attitude to life. While there is a change in mental attitude, if perceived finely you will observe that the change in feeling is central for that individual. I note in these cases that most often the feelings are sublimated allowing commonsense or understanding to take hold. He 'smiles from a deep place' and so expresses a resilient positivity and healthy humour. It is as if the quality of the life force itself is 'singing uplifting and beautiful words'. He ultimately embraces a positivity which is impervious to the influence of any person or environment.

*She came back sooner than expected and was full of wonder: 'It was extraordinary, I took it and after an hour had a surge of happiness. My heart was pumping like it does when you are excited about something. Then the feeling of contentment and that everything is right came and remained. Everything has*

*changed as a result. There is ease about life.' ... from the action of Golden Topaz immersion*

After being healed of acute overwhelming suicidal ideation a prover of *Pearl immersion* emerged from this state: *T am feeling calmer and stronger emotionally ... more contained ... I don't feel others' emotions are mine. I am not responsible for others' emotions!*

*Bar-c; Bar-s; Brom; Calc-m; Camph; Chias-im; Pearl-im; Sulph; Thulit-cr; Top-gld-im; Varis-cr.*

### ■ Intellect and Memory

The Orthorhombic group contains medicines which are well-known for their effect on intellect and memory including *Picric acid*, *Pearl*, *Phos-ac* and *Baryta carb*. It is no coincidence that Barium, such an important element for memory appears in up to seven medicines classified as Orthorhombic. The most pertinent correlation of this dysfunction appears to be related to the theme of overwhelming feeling, which in this case tends to swamp the intellectual faculties e.g. *Ammonium carb* has weakness of memory after anger. This can go so far as to close down the powers of memory in a numbing fashion which parallels the feeling.

*It is as if the intellect were cloudy', 'in a dense fog', or the 'brain is numb'; she has trouble collecting her thoughts. She stopped at a green light until it turned red and had to wait for the next green light to come before she could proceed! ... from the proving of Pearl immersion*

*Bar-c; Bar-s; Celes-im; Chiast-cr; Pearl-im; Phos-ac; Pic-ac; Preh-cr.*

### ■ Leadership

One naturally thinks of the qualities of leadership arising out of other structural forms.

The Cubic structure carries the potential for a singular, striking and charismatic individual who is able to lead, principally from a sharply perceived and passionately felt vision. The classic stones for leadership in the Cubic realm are Diamond (for the King) and Garnet (for the military leader). Many of the cubic metals including Platinum, Gold, Nickel and Copper are stamped with the power to lead. The Trigonal form on the other hand produces a leader who uses a practical ethic, courage, with strong perceptive abilities and the wisdom of understanding to fuel their power of leadership. The classic stones for leadership in the Trigonal realm are Ruby and Sapphire.

In contrast the Orthorhombic leadership potentials arise out of a great sympathetic attunement to those whom they lead. This is accompanied with containment, distillation and alchemy of that feeling into compassion and positivity. This is a 'feminine' leadership quality emerging from evolution of the feeling world, the primary domain of the classic feminine psyche. Interestingly there is a dual effect of the action of Orthorhombic medicines: as untamed feeling is brought to heel and transformed into the attributes of pure love, compassion and peacefulness, the mind itself becomes calm and freed to reach a pinnacle of clarity and incisiveness.

In the gem world, most definite referral to and insights into leadership occur in Orthorhombic gems: the extraordinary Alexandrite, Aragonite, Chrysoberyl, Golden Topaz and Pearl (which is largely composed of Aragonite). Whilst the details of these stones can be sought in books such as *Twelve Jewels* and *Crystal Power, Crystal Healing*, I will elucidate some of the general leadership characteristics of these gems and their medicines. On the mental side attributes are developed such as selfcontrol, ambition, self-discipline and even a severity as is required in

extraordinary situations where survival or higher principles are at stake. Other mental attributes such as strategic thinking, planning and strong will are instilled. In the feeling world there is an ability to hold a feeling in spite of the opposition of individuals or whole groups. With these attributes a sense of unusual self-confidence gives rise to a natural charisma. In the arena of higher faculties there is trust of intuition, the ability to naturally perceive the train of events that will arise from various policies and activities and the ability to listen to the inner voice above the wranglings of the mind. Any combination of these attributes will generate formidable strength, power, authority and magnetism of leadership (charisma). In addition to all this there is a sense of transcendence or spiritual greatness that should accompany Orthorhombic leadership in its highest form. To be a leader is to serve a higher purpose and the wholesome need of the group.

Orthorhombic leadership may be examined in the profound and deeply felt oratory of men like Martin Luther King, John Kennedy and Winston Churchill. The Orthorhombic structure also has a special affinity with women leaders:

*Dream while on Pearl immersion: Of a woman who directs a large centre for healing of life-threatening illnesses and meditation associated with it. She is very unassuming, natural, yet focused on her benevolent work. She does not wear any sort of beautifying effects; she is plain to look at. She talks to me in a friendly way as we walk together ...*

*She is one who feels and knows the way ahead, with wisdom and understanding about the destiny of a country, a people or a connection with God and Divine purpose ... from Twelve Jewels on Pearl.*

*Alex-cr; Arag-wh-im; Chrysob-cr; Pearl-im; Top-gld-cr.*

## ■ Obsessive or Addicted

Obsessive, addictive and 'enslaved' behaviours are common in Orthorhombic. These are prevalent because of the visceral nature of the cravings and desires. It applies to anything from petty selfishness and impatience, to consciously holding on to old limiting behaviours, to significant addictions e.g. gambling or alcoholism and especially where these traits are used to deal with an untenable emotional situation to which they feel locked in. Other specifics like compulsive self-abuse, the need for food or sexual gratification, may be addressed by Orthorhombic medicines. It could also be a simple obsessive compulsive trait like not stepping on cracks or having to eat or close a door in a certain way. It is indicated for teenagers who run up huge bills on their mobile: 'I have to keep calling them even though I don't want to'. Self-harm or self-abuse is often common in the history: 'I used to massacre my skin'; 'I went with a guy who cut himself and so I did it too'.

*Ant-c; Bar-c; lod; Pearl-im; Chaist-im; Dumort-cr; Top-gld-im, Top-cl-cr; Zois-cr.*

## ■ Self-Awareness

Associated with the strong identification with feeling in the Orthorhombic state is an inability to recognize one's own behaviours. The positive effect of Orthorhombic medicines instil a new sense of reality and enables the dissolution of illusions about one's own state of being and thinking. They assist in facing unpleasant memories and truths about past actions and dissolve the feelings associated with them. They also assist in breaking down substitution mechanisms and enable distancing oneself from enslaving behaviours. All this leads to a movement deeper inside the self and distinct steps to fulfilling one's potential.

*'She is able to recognize things about herself that were previously unclear. She says that*

*her wish for recognition and love has made her dependent.' ... from a case of Antimonium crudum*

*Ant-c; Chias-cr; Dumort-cr; Preh-cr; Sulph; Top-gld-im.*

### ■ Shock and Trauma

I have already mentioned trauma in Orthorhombic as a feature associated with the themes of sensitivity, deep feeling and loss of identity. Yet, it is such a definitive Orthorhombic theme that it should be understood in its own context as the presence of the structure itself appears to drive its bearers into a state of shock. This is a consequence of the constellation of deep feeling, sensitivity and body awareness (visceral).

While there are many events that cause shock: an unexpected death; an abusive situation; or even the effects of an anaesthetic, the common effect in the Orthorhombic type is that there is a sense of 'closing down' with inability to respond. It



is on the same wavelength as *Opium* in this way. Sometimes the shock itself is forgotten completely and will appear only in the form of panic attacks when the instinctual self perceives they are approaching a similar situation.

The following quote is from a woman who was effectively treated with *Golden Topaz*. In her early life she travelled widely with her family as her father was a diplomat. As it happened there were four near escapes from death due to violent political situations in Eastern Europe and Africa. In one of those her father was tragically killed:

*'Feel like I am in the aftermath of the storm, it is shock with peace. I spent six days sharing*

*a room with two other girls. When one girl would wake I would jump, then when I fell asleep she wakes again and I jump awake again. I would go into panic if she came close physically and felt I would faint. I had to crouch down as if I was falling. I had flashes of an old enemy there to kill me. I had to hold onto the wall; I thought I was falling. I had flashes of danger and a gun to my head. It relates to being kicked out of countries in revolutions, things that happened as a child or in a previous life ... Now I am floating between unreality and depression; actually it's a numbness and I have no desire, no lust for life. I don't really care about any suggestion to do this or that or to eat this or that.'*

*Acet-ac; Camph; Phos-ac; Top-gld-im.*

#### Clinical word associations for Orthorhombic

Theme	Keyword associations
<b>Accommodating, allowing</b>	Accommodating; allowing; adapting; dominated, doormat; pleasing others; submissive; suppressed. <i>Positive:</i> independent; authenticity, sense of; Identity; integrated; meaning of life; self-awareness; self-encompassed; self-respect; speaking out; true, to self; allows others without changing self; boundaries, firm, in feeling; empathetic with boundaries; separation, healthy.
<b>Deep feeling</b>	Feeling, deep; feeling, gravity of; sympathetic, too; touched deeply; intense; visceral; deep family / group connection. <i>Positive:</i> dear-thinking; rational; holding the emotion; entering the emotion; greater empathy.
<b>Suppression</b>	Keeping it inside; resentment; remorse; feels controlled; dominated; lashing out in anger; victim. <i>Positive:</i> realising own values, ideas and desires; expressing and growing through feeling.
<b>Loss of identity</b>	Not living own life; no authenticity of self; loss of those on whom they were dependent; closed down; sacrificing self; avoids close relationship to guard from loss; isolated. <i>Positive:</i> avoids conforming to others; saying no; In touch with authentic self; connection without merging.

<b>Sensitive, too open</b>	Absorbs, feelings / energy; boundaries, want of; energy conductor; impressionable; influenced, easily; open, too; overwhelmed; sensitive, too; susceptible, too; think, what others; vulnerable; identity, loss of; self, loss of sense of. <i>Positive:</i> grounded; solid; calmness with awareness; harmony.
<b>Internalised, closed down, numb</b>	Feelings percolate inward; contained sadness, worry and anger; closing down; numb; deactivation from oversensitivity; reactivity; isolated; alone; dead; invisible; introverted; unexpressed; loss of meaningful relationship; safe when alone. <i>Polarity:</i> makes an emotional scene; hysterical Positive: open; honest; no pretence; trusting their feelings; confident; love of life; positive; a deeper perspective; find emotional connection; find spiritual connection.
<b>Divided; dichotomy</b>	Inner discord; schism of feeling and thought; competing desires; raw instinct, feeling vs internal controller of the mind; inner turmoil; inner tension; inner torment; good vs evil; separate from body; not true to self. <i>Positive:</i> deep feeling with reason; feels right with calmness.
<b>The beast within</b>	Animal, feeling; animals, connected to; beast within; raw instinct; aggressive; lusty; passionate; aggressive. <i>Positive:</i> empowered
<b>Needy, reliant, dependent</b>	Needy of security; safety of religion, culture and rules; dependent; needs support or guidance. <i>Positive:</i> inner strength; self-sufficiency; faith in self; self-contained.
<b>Emotions, water and volatility</b>	Emotional, over; erratic; volatile; hysterical; panic attacks; proportion, out of; over-reactive watery; volatile; <i>Positive:</i> contained calm feeling; peace; consolidation; thinking, rational.
<b>Responsibility, guilt and worry</b>	Guilt; regret, remorse; responsibility; worry; my fault; self-torture. <i>Positive:</i> self-forgiveness; atonement; reliable; strength; healthy relationship to responsibility.
<b>Order and chaos</b>	<i>Polarities:</i> order vs chaos; perfection and mess; disorganized; fear of failure; procrastination. <i>Positive:</i> cleaning out; order and perspective.

## Supplementary themes

<b>Anxiety and panic</b>	Overwhelmed; panic attack; terror; many fears; vulnerable to fear.
<b>Confidence</b>	Confidence, want of; depressed; failure, feels a; inadequate, feels. <i>Positive:</i> confidence; courage; less sensitive to what others think.

<b>Decision making</b>	Allowing others to make or affect; lack of confidence in; small matters painful; impulsive. <i>Positive:</i> calm, balanced decisions; trusting feelings; sharp; • discriminating mind becomes sharp. Impulsive.
<b>Depression</b>	Feelings locked in; numb or dead; suicidal; neutral; joyless.
<b>Leadership</b>	<i>Positive:</i> resilient positivity; humour; calmness; containment feelings; self-control; compassion; sympathetic attunement to group; self-discipline; strategic planning; charisma; listening to inner voice
<b>Obsessive / addicted</b>	Obsessive; addicted; enslaved; holding on to old behaviours; dealing with untenable emotions.
<b>Self-awareness</b>	Recognising own behaviours; unpleasant memories; substitution mechanisms; moving deeper inside self.
<b>Shock and trauma</b>	Shock; traumatised; progressive closing down; numbness. <i>Positive:</i> protected; secure; self-contained; trust in self

## Work, Profession and Life Situations

A high proportion of the individuals studied to construct the Orthorhombic picture had a *vital stream of creative expression* in their lives. Prominent are visual artists: illustrators; those who draw naturally with feeling and perception; painting from a deep feeling, a soul' or 'authentic' painter.

Other artistic avenues: hairdresser; film director; floral designer; interior decorator; chefs; architects (primarily artistic); graphic designer; writers; food writers; artist who engages in other pursuits from necessity. Prominent medicines that are known to empower the creative instinct are Antimonite (Antimonium crudum as a crystal), *Baryta carb*, *Pearl*, *Thulite*, *Golden Topaz* and *Zoisite*.

*Service and caring roles:* helping, caring and healing roles and professions where empathy is pre-eminent; working with the mentally handicapped; naturopathy; alternative

therapies; homeopath; counsellor; social worker; an administrative assistant; administrative position for a charity with strong dedication to its purpose; professional nurse; school teacher; speech or occupational therapist; caring mothers; animal carers.

*Skilled workers:* typically who work hard and conscientiously: mechanic; structural draughtsman; graphic designer.

*Those not engaged in work of choice:* due to suppression, divided feeling, oversensitivity to influence or requirements of parents or family.

*Dependency:* those who are dependent and need support and attention from a dominant person. Those who become carers of a debilitated parent or family member or the spouse or partner of an alcoholic or drug addict.

*Leaders:* see the section under *Leadership*, page 197.

## Spiritual

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Orthorhombic *crystallisation* has a strong affinity with the development of spiritual consciousness. *Pearl* and *Golden Topaz*, which are emblematic of gems in Orthorhombic, have the potential to generate significant spiritual experiences. As you might expect, their power in this regard is linked to their affinity with the feeling nature.

When an individual, through experience and subsequent development, has moved beyond the raw instinctual feeling aspects of human nature and the sensitivity of the emotional self, the feelings begin to acquire an affinity for more transpersonal aspects and are deeply touched by events that affect others. The idea of exactly what is 'deeply touched' is rarely expressed, for the thing that is touched is beyond words, it is in the soul nature. Such events lead one to undertake pursuits that benefit groups outside their personal arena: communities, societies and nations. They often become engaged with institutions that engage in benevolent care of these groups. They also become interested in spiritual activities, events, practices and personalities and which ferry one ever closer to the eternal soul nature hidden behind the facade of material life. Such is the spiritual journey of those who are principally of Orthorhombic disposition.

Not uncommonly the Orthorhombic type is driven to spiritual activities through personal tribulation in relationship. In one case successfully treated with *Sulphur*: *'His wife and mother don't get along well and this is his greatest worry. 'As far as personality is concerned, I am very sensitive but don't speak out.' There is an inclination to read spiritual books and meditate which is a result of an unresolvable situation.'* This is not the only situation I have noted where an individual who

does well on an Orthorhombic medicine has compensated in a spiritual way for an unresolvable crisis.

Michael Gienger goes as far as to say that *Topaz* and *Imperial Topaz* are stones of 'self-realisation'. *Alexandrite* and *Aragonite* are medicines which have the power to bring forward the wisdom of intuition and *Golden Topaz* is known as the 'wise counsellor'. The latter medicine is a remedy par excellence for renunciation of the material world whether for a limited time in situations like fasting, meditation, retreat or pilgrimage, or for a lifetime as an avowed renunciant:

*It may be that there is a need to spend time on our selves, our souls, or there may be a feeling of aversion to the business of life and world. These yearnings and acts are an attempt to purify ourselves so that the unsullied inner presence may appear. Golden Topaz, through renunciation, ferries you to your cave of silence where there is only you and your Self ... from Twelve Jewels.*

The warm spiritual power of *Golden Topaz* also plays into the energetics of the body itself, 'soothing, calming and wrapping in light, bringing peace'. It is the medicine for searching the soul and entering deep into heartfelt prayer. In addition to this the more advanced states of deep ecstatic peace through entering the brow chakra is enhanced, motivated and actuated by this king amongst stones. The perception of truth dawns: *'You are the only Truth, the only Beauty my Lord'* (*Golden Topaz* proving). It enhances the descent of the Holy Spirit.

*Image: I saw some golden stairs leading up to a huge golden door. There was a very beautiful treasure inside, a treasure of spiritualwisdom' ... proving of Golden Topaz.*

*'I experience a deep ecstatic peace, pure bliss. I wake with my whole being aglow with ecstasy'... proving of Golden Topaz.*

The seemingly endless spiritual potentials of this stone and its medicine include enabling one to be in the flow of life without effort, engaged in it but not driving it. It engenders spontaneous creativity, freedom and joy.

I cannot leave this section without singing the praises of the white Pearl of oceanic origin and its homeopathic medicine *Pearl immersion*. First, it prompts the individual to integrate and identify with an authentic personal sense of self and so sparks the journey to find the inner Self. This was expressed by various provers as finding their own truth, making their own mind up, following their 'deeper instinct' and going their own way spiritually. There is also 'homesickness for the real home' (soul consciousness) and a great empathy with life and its ability to 'touch' us. They are able to experience the suffering of others and see it as beautiful, as pure feelings.

The energetic of *Pearl* subjects the individual to the 'irritation' (pearls are produced by an irritation in the oyster) of emotional sensitivities and upheaval and in this way offers an opportunity to grow and achieve perfected emotional balance and inner harmony. Once a certain degree of inner balance is achieved it further refines the feeling, connecting one to their spiritual self, in time bringing about a transcendent state of self-realisation, a truly wise person.

*Pearl* is an extraordinary remedy for attunement to the spiritual Master, the Master Alchemist; it is the gem of the great apprenticeship. It transforms a man from being slave to his feelings to being Master of them and so enabling the jewels of soul qualities to appear. Its classic symbolism is the swan (a transcendently beautiful creature) that swims on the water (feelings) of life experience.

*Dream: Of a beautiful large pure white swan on a lake. I can see it completely, both above and below the water line. It represents perfected spiritual mastery and realization ... from the proving of Pearl.*

## Diseases

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### **Mental**

- ▶ Eating disorders are outstanding especially the tendency to overeating and bulimia. Anorexia is also indicated. (*Ant-c, Bar-c, Calc-m, lod, Phos-ac, Top-cr, Top-gld-cr*)
- ▶ Anxiety and panic disorders are prevalent (*Bar-c, Calc-m, Chiast, Dumort, Pearl'*). Panic disorders correlate strongly with an individual living a life that is untrue to his authentic expression and breaking out with anxiety as if from an unperceived source
- ▶ Depression (*Bar-c, Camph, Pearl-im, Top-gld-im*)
- ▶ Nervous breakdown (*Bar-c, Bar-s*)

## ORTHORHOMBIC SYSTEM



An orthorhombic Golden Topaz crystal

- ▶ The effects of shock and post-traumatic stress (*Acet-ac, Camph, Top-gld-im*)
- ▶ Addiction; alcoholism (*Bar-s, Dumort*)

### Physical

Many orthorhombic medicines have an action on fortifying the nerves and nervous system (*Chiast, Dumort, Phos-ac, Top-gld, Top-cr, Varis'*). There is an action on obesity (*Ant-c; Calc-m; Preh*) due to the eating disorders referred to above.

**Body and facial typology:** It is said to be

indicated for those who have a wide girth with narrowing towards the head and feet, hence resembling the shape of the Rhomb itself.

Clinical case observations: Full sensuous lips (*Ant-c; Bar-c; Sulph*). Deep-set eyes (*Pearl; Bar-c*). Substantial or roundish heads and relatively fleshy bodies. (*Mag-sil, Mag-s; Pearl; Top-gld, Zinc-p*).

## Activity

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The healthiest activities for those who have an Orthorhombic element are those that express and integrate the emotions in a harmonious way, principally writing; drawing, painting, sculpture, acting; poetry, music and singing. Time alone to follow heartfelt pursuits and not accommodate others is important to integrate the authentic individuality so central to the happy development of the psyche. These artistic pursuits clarify the intellect while expressing and harmonising the feeling, integrating them with the soul nature.

An individual whose life changed under the action of *Antimonium crudum*-. *I paint because I can't express myself in words ...I think a lot about life and what's happening in*

*the world ... My artistic expression is kind of lyrical painting' ...* Comment by the homeopathic practitioner: 'The mixture of language, painting and romanticism characterizes her well.' When well compensated they express this protest (at being exploited) in an artistic fashion.

With regard to physical activity it is more about where and who they do it with than what they do. The right companion, the right instructor, the right environment or social atmosphere is highly important, it should be a harmonious, congruent feeling. Then it doesn't matter whether they do yoga, play football or ride a bike!

## Artistic Sources

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Artists bearing the Orthorhombic psyche abound. Their art is generally devoid of hedonism, superficial theatricals, showmanship or gratuitous virtuosity. It is art for art's sake, heart's sake and soul's sake. Glen Gould summarises it well: 'The justification of art is the internal combustion it ignites in the hearts of men and not its shallow, externalized, public manifestations. The purpose of art is not the release of a momentary ejection of adrenaline but is rather the gradual, lifelong construction of a state of wonder and serenity.'

The great **Vincent van Gogh** appears to be Orthorhombic through and through. He lived a life of inner torment attempting to express a profound spiritual and visceral authenticity via his creative objects. There is one magical vignette of Vincent at the art school in Paris he attended for a short time. Dressed in rags not much better than a sack, totally isolated from the other students, he would paint with gusto, passion and focus as if nothing else existed.

He would only stop occasionally to make anguished and impassioned gestures at his work. While he was totally natural and true to himself, he was thought mad.

The other structure which is dominant for artists is Monoclinic. An easy way to feel the difference is to see Van Gogh's work when shown with that of other (usually Monoclinic) artists as his depth is contrastingly compelling and magnetic. Orthorhombic artists must express themselves with a high degree of authenticity; the soul urge must be palpable and they are unable to rest until they get it right. That is not easy when you feel 'divided' and like the great orthorhombic artists, there are often many unfinished pieces.

The innovative **organic architect John Lautner** was clearly Orthorhombic. He would spend days 'feeling and experiencing' the project before drawing only broad brushstrokes of his concepts. He saw most of the architecture around him as merchandise. In



contrast his work was anthropocentric: ‘My sense of what an architect as a professional should do is to contribute a design that totally suits the client space requirements, his physical requirements, his psychological requirements and his structural requirements, the total human being’.

The Canadian concert **pianist Glenn Gould** was thoroughly internalised, totally within himself when he played. He used music as a bulwark for his Orthorhombic oversensitivity: ‘I couldn’t imagine a life not surrounded by music which shelters you from the world, which protects you, which keeps you at a certain distance from the world.’

Much **music** of the genres ‘blues’ and ‘soul’, as vehicles that testify to deeply felt or

painful life experience, assuaged by rhythmical expression, tend to be Orthorhombic.

Another artist who is a likely Orthorhombic persona via the channel of **professional tennis is Roger Federer**. He is often vaunted as the greatest player of all time. He made a telling comment about his visceral feeling for the game soon after one of his early Grand Slam wins: ‘I’m not going to start praising myself, but just for me, my game feels natural. I feel like I am living the game when I am out there. I feel where a guy is going to hit the ball, I know exactly with the angles and spins, I just feel that I’ve got that figured out. And that is just a huge advantage.’

## Case Studies

### ■ Case Study I Harder and Harder to Croup February 2011

Ryan, a 30-year-old man, presented with a pervasive internal problem which affected him materially, emotionally and spiritually: ‘The main focus is around managing feeling; I am having trouble grounding and being oversensitive. I have a sensitive constitution. I am a social worker and the impact of people’s energies is intense and I feel tired from that and weak in my body; I find it hard to stay present. I think I merge into their energy.’

‘There is a heaviness on interaction with somebody; I find myself feeling more and more unfocused, emotionally affected and find it difficult to think clearly. My value system disappears and I am not very there anymore. It happens all the time and it is harder and harder to group (keep himself together). It feels like there is a threat and I need to protect myself from something.’

This oversensitivity and loss of self is also

during and after sexual interaction with his wife and afterwards he finds human contact is too intense: ‘I have to go into my den and listen to South American flute music to centre myself’. He doesn’t know how to have ‘solid relationships and be a decent therapist as well’.

All this has been prevalent since he had chronic fatigue at age 18-19. When ‘un-grounded’ his sight is more blurry, he has a low attention span and has a heightened sensitivity to noise. The only advantage is that ‘I can move into people’s feeling easily which is useful in therapy’ but his scattered and disjointed thoughts reduce his capacity to use it effectively. He used to be an astute critical thinker ... no more.

Over the past ten years he has been meditating but feels that ‘without a solid physical presence it’s not useful’. In meditation he has a sense of his body expanding, which takes him out of the body even more, bringing on restless thoughts and heaviness in the body.

**Marriage:** 'We are going through a difficult phase. There have been a lot of changes in the last few years, a lot of couples therapy, which has brought to awareness how different our styles are. She wants a deeper intimacy and I find it hard to meet that need in her. It is hard to create boundaries and structures let alone bringing them down; I am not clear about what I want. I would understand if she wanted to leave ... I feel like what will be will be, a passive attitude. I can only be where I am at: if I try and push, it makes things worse... It feels like a death of the relationship but you can't hide from it.'

**General physical:** Desires: sweet-l-, chocolate-l-, coffee-l-, fried+, heavy-l- (grainy) foods. Likes being outside the confines of the city and by the ocean, not pools as they are energetically full of dirt. Kingdoms: animal: he loves whales and dolphins. Plant: big trees. Mineral: Smokey quartz.

**Physical:** He has hay fever symptoms in the last two days, which is a repeat of last year. He says it is his body's way of grounding. With it he has a sore throat, constricted chest. He has a tear in his right meniscus. He had a history of fungal infection of the toenails which crumble and fall. The medication for this made him 'darker emotionally'. He has a circulatory problem with his feet which become cold, tingle and change colour.

**Analysis:** The first few minutes of his explanation with the focus on oversensitivity and managing his feeling, his inability to stay present, his loss of thinking capacity and the fact he was a social worker all pointed to the Orthorhombic structure. Interestingly he has the feature of merging as an Orthorhombic artist does but in his case it is with his clients. His oversensitivity, the impact of people's energies, sense of merging and difficult grounding directed me straight to *Pearl immersion*. His love of the ocean and ocean

animals was a useful confirmation. I asked him to take a specific medicine for the hay fever (*Arum triphyllum*) and then to follow it with *Pearl immersion* M daily for five days.

### **66 weeks later**

**Result:** He found the *Arum-triphyllum* very effective and then took the *Pearl*. Even though I prescribed it for five days he insisted on taking it every day since I had seen him. He reported being 'more in my body', 'more centred', 'overall more solid' and 'able to notice when my body has gone into threat or overload and I come back from it more quickly as well. It's a bit easier to differentiate myself from others and have a boundary.'

His emotions are less intense and his thoughts a little clearer and there is less negative self-talk. His private counselling work has picked up. He reported gaining insights about old work colleagues. He felt 'movement, new opportunities and new people, it feels right for me, it feels like it is mine to have'. He found the relationship with his parents and siblings cleaner and is not feeling guilty if he doesn't call.

He dreamed of the suicide of an old school friend and attending the funeral. At the funeral he is feeling guilty as his friend had given warning signs about his state. He also reported 'other deep dreams' which is rare.

He is still feeling lost in his sense of direction but clear he wants to work with people and families in crisis. He is craving to work at a deeper psychological level.

**Commentary:** The result speaks for itself. There is improvement all round in his life and work. Even his dream with the themes of suicide and associated guilt correlates to elements of *Pearl*. His centring, grounding and clarifying are so pervasive that he is able to state that his new awareness 'feels like mine to have'. It is a significant step towards a more integrated, authentic self.

I continued to give him *Pearl immersion* in ascending potencies over the rest of the year, eventually using the highest potencies (10MM). He continued to improve in body and mind, becoming more and more grounded, less sensitive and feeling strong. During the year he reported a crescendo of positive change and a growing ability to meet and overcome his difficulties and obstacles:

- ▶ Feeling more differentiated from others, separateness and connection simultaneously
- ▶ Not feeling threatened or reactive to others, noticing when he is overloaded
- ▶ Feeling ready to come out into the world with his sensitivity intact
- ▶ Gaining increased awareness of vibrational energy in others and the world
- ▶ Feeling much more solid, grounded, down to earth even with hard decisions
- ▶ Emotionally stable and able to move out of dark places quickly
- ▶ Feeling joyfulness and simplicity
- ▶ Improved presence and results with his clinical work - 'the results are lovely'
- ▶ He felt more connected to his Jewish and European roots, to which he was previously averse
- ▶ His body became 'really energized in a pleasant way'

During the year he was faced with a dispute with a harassing client, from whom 'the threats came thick and fast'. That client was litigious and intimidating. At first he was 'hypervigilant and paranoid', 'feeling cornered' and ruminating over the situation a lot. He felt invaded by this person's energy. He realized it was a lesson around boundaries, the ability to say no and stand his ground. Doses of high potency *Pearl immersion* enabled him to handle this harrowing situation in a very satisfying way.

He continued to improve with his work, not

getting 'bogged down with emotion'. There was less need for time in nature and he was amazed to walk through a large shopping mall without it being overwhelming in any way. He took a long overseas trip for family reasons and a dose of *Pearl* promptly removed jet-lag symptoms.

His relationship with his wife improved significantly and the thought of separation was put behind them. He was not 'disappearing' in sex anymore. Coming into himself he was also able to move through a long-running lack of confluence that he and his wife had about having a child and felt ready to begin parenthood.

**Blue Topaz:** One other medicine was prescribed when he complained of his meniscus, and the need to search for his true 'soul purpose'. He was showing a predilection for light blue colour at the time and knowing that *Topaz* was excellent for finding true purpose, contained minerals (silica and fluorine) that are useful for connective tissue and is an Orthorhombic medicine as well, I prescribed *Blue Topaz 200C*. As a result he felt an 80 % improvement in his knee pain and a removal of the swelling. A few months later he had an arthroscopy. He was told he would need painkillers like Panadine Forte; he needed none and the medical staff were very surprised. He gained a substantial lift in his feeling and mind, a sense of 'aliveness'. He felt on track with finding his purpose and not concerned about it. 'I am getting to know myself in a more authentic way'

### Final comments

'The reality of people and the world outside is much clearer to me - there was a naivety to me - a 'lala' character - *Pearl* has shattered that - there is positive and negative and good and bad stuff to be met. That client was trying to control me outside of the formal complaints process - it is about continually coming back

to the fact that I have done nothing wrong and about what someone says about me not becoming truth to me. Just because they say you are an ar- sehole doesn't mean that you are an arse- hole. I am far more solid. I have landed - the adult has come out and I can't go back to disappearing from the world.'

Ryan's treatment was thoroughly satisfying for practitioner and client. He returned for treatment three years later and was greatly benefited by another Orthorhombic medicine in the form of *Lanthanum iodatum*, underlining his predilection for the structure.

## ■ Case Study II

### **Feeling Numb, Everything is Nothing**

**August 2009**

Roseanne, a woman aged 55, who I had been treating effectively with a series of medicines, attended my clinic at short notice. Her appearance was striking, as every item of her apparel, her beany, scarf, long sleeved top, paints and shoes were all light grey. Startled at the sight, I thought 'What is this! ?' She looked very disturbed, downcast and somewhat bedraggled.

'I am upset my dog Chloe is dying - I will have to put her down in the next 24 hours.' Her dog was a 12-year-old Staffordshire bull terrier and had been sick since a reaction to a vaccination some months before. Her feelings of grief and guilt from having allowed the vaccination permeated my clinic room as if it poured out of her cells. She proceeded to explain her state of mind:

'I can't be bothered and don't care about anything. I am usually an 'over the top' person but since I have accepted there is something wrong with her (dog) I can't be bothered with even brushing my hair. I feel numb - everything is nothing! I have become messy and can't be bothered about my appearance. I am short and intolerant, my daughter ran out of petrol and I was peeved about it, which



is unusual for me, and peeved with my husband. He isn't connected to what is going on. He has the same indifference and irritation towards the dog as I have to other people.'

She tells me she recently did a meditation at a spiritual workshop and saw St. Francis who did a healing on her and on her dog Chloe in the heart chakra, which felt beneficial. 'I have the 'humans don't matter and animals are special' feeling and a desire to be a dog helper. I am feeling great sympathy for animals.'

'I am crying with guilt that I have let her have the vaccination and guilty about what I haven't given her in her life.' Also she is plagued by fear: 'My father is insane and I fear I have taken that part of him into me.' The feelings have been stronger in the last six days since a psychic woman told her that her dog's problem is that she had been poisoned: 'It is my fault!'

**Physical:** She is not excited by food but has some desire for pumpkin and feta and less desire for meat, she is becoming more vegetarian. Then she confessed that she doesn't really even want food; the cupboards are empty and she is eating only 'a morsel because you are supposed to eat'. Her usual desire for champagne has disappeared since she is unwell. She is getting headaches from exhaustion extending from the central forehead to the vertex. She is grinding her teeth a lot and wakes with teeth numb from grinding.

**Analysis:** The sense that she needed an Orthorhombic medicine because of the strong

visceral feeling was confirmed by her overarching guilt, her numbness in closing down and her 'animal as opposed to people orientation are all definite features of the structure. I knew the colour was striking and so I searched for an Orthorhombic gem which was grey. The outstanding Orthorhombic gem bearing that colour is Chialstolite which is also known as Cross-stone. I referred to Michael Gienger's work on Chialstolite which states that it calms nervousness and guilt and is for the fear of going mad - a remarkable match. Gems are often indicated in those with an emphasis on the psycho-spiritual. I prescribed *Chialstolite M* daily for three days.

**Results:** The next day she emailed that she had taken the remedy immediately on leaving my clinic and that after about 30 minutes, while in a supermarket, she felt more whole, more optimistic, was walking around the aisles thinking of nice food to cook, and bought a bunch of flowers for the dog. The guilt and fear of insanity, and 'feelings of being lost, empty, vacant, not caring were lifting' and she felt more of the opposite. 'I noticed the sun shining, and the beauty around me. Also I felt the

urge to race home to see if I could fix up the house as it's a bit of a mess, after the last weeks, as there just hasn't been the motivation to do any of that stuff'.

#### **Five weeks later**

She returned to see me looking bright and positive and gave me a full account of the effects:

'I actually started caring what I look like and

bought food for the house. Since *Chiastolite* my nervous system is better than any time in my life, I can let myself be and my mind wasn't giving me a hard time. I used to feel I was on tenterhooks and there was always something bad coming from around the corner. The *Chiastolite* stopped me being cold and callous to others and made me feel I could get through the day.'

'I put Chloe down two weeks ago. I got so much better mentally even though she kept getting worse as time went by. At one stage I felt myself going into that grey space where nothing mattered except her, and more doses got me through. I felt better in myself but couldn't stop crying for some time releasing grief. I realize that the relationship with Chloe was holding the burden of my grief about many things in my life. Since she died I have been closer to my daughters than I have ever been. My second daughter is 24 and now we have a relationship, instead of it being a mother and teen daughter situation where we are always reacting to each other.'

She informed me she had been envisioning a cross around her neck for 15 years. She was so taken by the Cross-stone she bought a piece and started to wear it as a pendant. She felt it benefited her for a time until she needed to take it off.

'Under emotional circumstances I used to lose my appetite almost completely and since the *Chiastolite* it has returned. I thought it was a sin to eat meat as Chloe got sicker - I want better food and tasty things after *Chiastolite*.

T realise that if I concentrate on what I am, rather than what I do, it will come to me about what to do in my life. I had been haunted by this for decades and when Chloe died it dawned on me I didn't have to worry about that anymore. I am more truthful since I am through this. I don't usually put my needs before others but I told my son about my food requirements before we went to dinner. That is a first for me.'

Roseanne's story was exemplary of an Orthorhombic acute guilt situation. She became more in touch with her authentic self, developed self-care and let go of worry; which are all typical of the freeing action of an Orthorhombic medicine. The relationship to chronic grief and guilt is also part of a chronic feeling which marred her relationship with her daughters. She also had the pleasing outcome of being stronger about her authentic self. The grinding teeth and headaches cleared within a few days of taking the *Chiastolite*. She has remained stronger mentally, not prone to guilt and free of nervousness since *Chiastolite*. I have noticed that the attraction to the stone you need is not uncommon, but the usefulness of that stone as a healing energy can often come to an end before its power to heal vibrationally is complete. Consequently a homeopathic preparation of the stone is often necessary for the complete mental and physical

## **Commentary**

clearing of the disease pattern. Roseanne had a series of medicines that changed her life, one of the most outstanding was *Chiastolite*. She principally exhibited two beneficial structures which predominate in feeling types: Orthorhombic and Monoclinic.

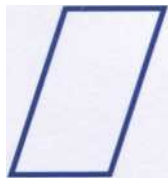
# Monoclinic System





The structure of the Monoclinic system relates to the parallelogram as a two-dimensional form. In its three-dimensional prism shape it is similar to the Orthorhombic rectangular box except that the long axis is at an obtuse angle to the other two. This gives it an inclined appearance to many of the crystals, which is commonly observed in the gemstones Kunzite and Selenite. In homeopathy it relates to only one element (Phosphorus), many compounds and a vast array of precious stones including Jade.

### ■ Monoclinic Geometries



The leaning tower of the parallelogram immediately indicates key features of Monoclinic: falling over; leaning (dependant); bent; unstable; off-centre; off the rails; in motion; unique and unconventional.



In its relational pattern with its four fullface contacts and four point contacts Monoclinic likes to hold a balance between intimate and acquaintance type contacts. Half the contacts are sharp-angled (conflictual or intense) and half are soft-angled (sympathetic or warm) indicating they often have a concurrent mixture

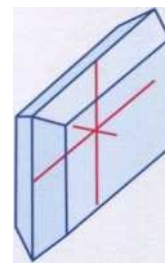
of harmonious and fiery relations.

### ■ Encircled Parallelogram



The circle only accentuates the sense of movement, imbalance and instability inherent in this structure. At the same time there is far more interest and artistic flare in it, there is no hint of neutrality or consistency. There are two inner connections on the long edges and two outer connections at sharp angles. This evokes the understanding that the perception of their internal order is limited or 'one eyed' and not complete and the hold on the external world while not firm is sharp or conflictual. The soft angles close to the inner circle infer that the feeling nature is prominent and the sharp angles piercing thought or sensing processes.

### ■ Monoclinic Axis Vectors



The **Monoclinic** crystal system is defined by three inner axes of unequal length like Orthorhombic. Like the Orthorhombic axes this indicates an ability or willingness to adapt. The fundamental difference appears in the fact that one axis is not at a 'right' angle, it is inclined or 'bent'. This indicates a tangential

nature, the tendency to depart from the expected, whether it be in thought, behaviour or lifestyle. There is a need to be different, to be at odds with what is expected in relationship, society, culture or reason. When they are able to do this they feel they are true to themselves. This imparts qualities such as inspiration and creativity, anything that is a clear departure from what is considered 'normal'.

It should be noted that the two other vectors which are at 90° need to be in order and this usually relates to a family or group but could also be other segments of life that must be in order, without which life seems untenable. For example T can always go and venture in my life, but must be sure of the continuing love and security of my group or family'.

### ■ Seed Concept: 'I move'

The Monoclinic psyche is the king of movement. There is a ceaseless dynamism that circumscribes a Monoclinic life. It is important not to get confused with the 'change' of Amorphous which is at its roots transformational. With Monoclinic it is primarily experiential, they are attempting to get in touch with as much as possible. Changes or multiplicity in career, home or relationship are commonly evident in those who are structurally Monoclinic. In the positive it is a force for never ending creativity and interest in the glorious, multifarious expressions of nature. In the negative it is the mire of unfinished work or old lessons still remaining to be learned. True to their yearning for creativity, T express' is an alternate seed force for some Monoclinics.

## The Monoclinic Psyche

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### ■ Off-Balance, Off-Centre

The 'off-balance' feeling is a core propensity of the Monoclinic structure and is the characteristic which is expressed best in its two-dimensional geometric form, the parallelogram. Language like 'off-balance', 'off-centre', 'falling over', 'falling off the rails' or 'living on the edge' will commonly appear in the description of their state. This may refer to any part of their life experience: their family life, their work, their primary relationship or their sense of self. One client, suffering from problems with concentration and comprehension translated this feeling to her

intellect when she stated 'my brain has fallen over'. It is as if there is no equilibrium.

*Actually stepped out of my usual role during an interview and responded to something the patient said. I felt very disconcerted and off balance for the rest of the interview although it went well ... from the proving of Argentum sulphuratum*

*Dream: of a house is tilted at an angle, not flat on the ground. It relates to my mother and step-father and his abusive behaviour ... after taking Nephrite Jade immersion*

It will appear in the fabric of their daily life as being disorganized, becoming easily distracted or diverted from their intention

## PRINCIPAL THEMES OF THE MONOCLINIC PSYCHE

*Off balance, off centre*  
*Unique individuality and creativity*  
*Change, fluctuation and many activities*  
*Resistance*  
*Sensitivity, influence easily, magnetised*  
*Passionate expression*  
*Company and support*  
*Dependent, fear of rejection and compliance*  
*Experience and learning*  
*Self reflection, introspection and awareness*  
*Unfinished business*  
*Love relationship*  
*One disturbed vector: oddities*  
*Anger and aggression, emotions*  
*Extremes*  
*Hyperactivity and restlessness*  
*Nervousness*

## SUPPLEMENTARY THEMES

*Abuse and being taken advantage of*  
*Addiction*  
*Decision making*  
*Depression*  
*Intellect*  
*Luck and Risk*  
*Money and wealth*  
*Sympathy*  
*Unfinished business*  
*Ungrounded*

or concentrated activity. It feels as if there is 'something wrong', they have 'done wrong' or things are just 'out of kilter'. They tend to be unprepared for events, be poor planners, have no sense of timing, or are continually losing things. They may not be able to handle daily activities and may be famously unproductive or live with a fear of making a mistake. Behind this is an instability and not uncommonly irrational ideation. They are sometimes 'an ideas person' who can't follow through. Their sense of their own state is such that they may be reluctant to make promises, needing a loophole, an escape hatch to accommodate their feeling of instability. They may feel easily confounded, confused, bamboozled or overwhelmed. They often get involved in too many activities, rushing around and doing a myriad of things. A stable, grounded individual may comment on observing them that they are 'crazy', 'wild' or 'unstable' without inferring madness.

*He feared being unable to live up to his parents' expectations and unable to perform in school up to his capability. His core state seemed to be the fear of making a mistake or doing something wrong ... from a case of Cobaltum nitricum*

The Monoclinic structure is often seen in those who have great difficulty in conforming, who need to feel free to do whatever they want: to break out of a situation (work or relationship); to indulge in drugs or sex or, as one young man termed it, 'freedom to fail'. It is an element of recklessness, a wild streak. It is a woman who feels bad after a certain upset which makes her want to 'trash herself'. They tend to be the most persistent avoiders and procrastinators amongst the structures. They are very easily distracted.

A peculiar and often telling behaviour is the tendency of make off-beat or obscure comments that appear to be out of context in the conversation, or that others can't follow.

**In the positive** this characteristic takes an interesting turn. The ability to be 'off centre' and 'on the edge' enables a nonconformist or novel perspective. It confers the ability to take new directions, follow inspiration and make discoveries. This of course is a requirement for original artists or scientists who seek new possibilities and those who seek solutions to life's seemingly intractable problems. They are willing to break the mould, break free of accepted life trajectories, which to them will seem worse than death.

Generally, when such a person receives the indicated medicine they become more balanced. They will undertake things which have been left for a long time, start making lists, improve consistency, become more punctual, orderly, become centred in the moment and start to focus on goals.

*Actin-cr; Arg-s; Azur-im; Biot-st; Char-cr; Chrysocol-cr; Cob-n; Epid-im; Ferr-m; Ferr-p; Ferr-s; Gall-ac; Jadit-im; Jad-nep-im; Kali-p; Kali-sil; Kunz-im; Lepid-cr; Malac-im; Mang-m; Moon-wh-im; Nat-c; Ox-ac; Phos; Sac-alb; Serp-cr.*

### ■ One Disturbed Vector: Oddities

The fact that there is one tangential vector in Monoclinic is a primary element to call to mind about the structure. Its significance is mostly seen in the pervasive life landscape where one element is not stable while the other principal elements are. It is the woman who has a stable family life (structurally) and holds down a job while the mind is highly unstable with bipolar disorder. She is able to 'put on a smile' at



Lepidolite, an inclined monoclinic crystal

work and so no one really knows the difference. While her family suffer with her mood swings they are stable, a rock in her life. Another example is the man who is very successful in work and is mentally stable but is unable to form a long-term stable intimate relationship and so has a long unhappy series of marriages, affairs and live-in relationships. Should this be the case it is a primary diagnostic for Monoclinic.

It also refers to the ability to be an oddity, to dress differently in exotic or eye-catching clothes, to do 'outrageous' things, to attend events where most people would feel out of place. For example, not only does he play in a band, he performs naked which gives him an enormous creative surge (from a case of *Natrum carbonicum*). It enables Monoclinics to break free of the norms and structures of society's values and expectations. They are first-class adventurers, willing to take risks and be spontaneous. They may have absurd ideas

or dreams:

*'A monster emerged from the answering machine - my mother walks into the room with dead eyes and tickles me simply by talking to me. There were gollywog shadow things behind all of this. At age eight I made friends with the gollywog and the dreams disappeared.'* ... from a case of *Natrum carbonicum*.

They have the capacity to be inspired and to inspire. They can look at things in an altogether new way that turns an accepted mode of perceiving or acting on its head.

*Azur-mal-im; Carb-ac; Char-im; Jad-nep-im; Jadit-im; Kunz-im; Malac-cr; Moon-cr; Nat-c; Phos.*

### ■ Unique Individuality and Creativity

Related to the 'off-centre' theme is a powerful compulsion to be a unique individual, daring to be different and to be true to their own being and feelings. They hate to do things which 'go against the grain' and will resist or fight anything that constrains. For others it is the ability to take time out 'not to tow the line, and just have fun'. There is a certain integrity of being they are seeking, by resisting the accepted social order and control or breaking away from family values. It may appear as if they are resisting simply for the sake of resisting. Yet on deeper perception it can be understood that this is a potent striving for individualism and a right to their own feelings. They are often flamboyant or colourful eccentrics.

*I went to a high school I really hated, an uptight 'lady's college'. They wanted you to be a farmer's wife. I asked too many questions. I told my parents if they didn't get me out I would make sure I was expelled!...'* from a case of *Phosphorus*

*'The school (an expensive high performanceprivate school) was limiting. The tra-*

*jectory was a life worse than death with really limited people and a school that was an echo chamber, a self-sustaining silo of that lifestyle. I didn't want anything to do with that!' ... from a case of Natrum carbonicum*

This quality enables them to become off-beat, original and creative. This may involve taking risks e.g. breaking away from family values or odd behaviours like treating objects as people. They will engage in creative antics to get their message across, like John Lennon and Yoko Ono staying in bed for a week, having a 'love-in'. Often their behaviour is incongruent but establishes a sense of individuality that is instantly recognized as different from the group and while it is often judged as being rebellious, they are really just trying to get attention, be it for self-expression, egotism or for a worthy cause.

In addition to the individuality factor, the sensitised, passionate energy of the Monoclinic must flow in dynamic and new channels to replenish itself. Creativity is very important to them. It often becomes an important part of their life expression through writing, poetry, painting or performing arts. They thrive on creative inspiration and taking the risk of expressing it in their world.

*Dream: At the theatre my current husband and two friends are in front of the curtain, wearing pants and no shirts and Three Musketeer type plumed hats. It is eye catching, attention seeking and creative ... from the proving of Argentum sulphuricum*

*Arg-s; Ars-s-f; Azur-im; Biot-st; Carb-ac; Char-im; Jad-nep-im; Kali-sil; Malac-im; Nat-c; Phos; Sac-alb.*

### ■ Change, Fluctuation and Many Activities

We often find many changes in the life of a Monoclinic person. Because of the off-balance, tangential element, change is almost a requirement. It may manifest in the impulse for change in the main love or marital relationship

or in having multiple relationships. They may seem to be constantly breaking up with someone or getting together with someone else. There can also be the propensity for change in work, change in mood or change in place or mode of living. For some individuals a number of these elements are present and they may see the change as a necessary part of their being. It could be played out simply e.g. the compulsion to change the decor of their home on a regular basis. We hear descriptions about their life or personality: 'many', 'erratic', 'Tacking equilibrium', 'permanent flux', 'unsettled', 'unpredictable', 'compulsive desire to travel' or 'unstable'. It is also possible that the overall life pattern may be stable but there is a desire to do many things or take on many creative projects which can become unproductive though dissipated energy and attention.

*I am completely lost, but would like a beach house cooking for a few people. I never liked the idea of committing, but I need freedom and companionship. I did architecture and urbanism for three years and dropped it. Then I was a bit lost for six years, did publicity and advertising, got a degree in it but couldn't find a job I liked. I managed a bar for a while but I was sleeping in too late. Then in Australia I saw myself being a cook but I am disappointed, it is a production line. Now I want to do an international language course. Becoming a translator or interpreter is good money, flexible hours, I can reject jobs I don't want and can work anywhere on the planet. I am good with any Latin language, it is 'globalisation'. I love it and am planning my next travel'... from a case of Carboolicum acidum*

The tendency for flux is deeply instilled in the Monoclinic structural mind set and may manifest in a contrary and changeable personality. This is typically observed in the contrariness of children, the mood swings of adults or an individual who will always express

the opposite of the popular or current mode of culture or behaviour. They like to do the one thing they are not supposed to, a rebellious quality. While this quality is fundamentally a contrary will, it may often manifest primarily on the emotional plane: joy with the despair of others; panic alternating with stillness; fear alternating with connectedness; fluctuation between social phobia and social competence and even bi-polar disorder. Relationships with Monoclinic people are often full of ups and downs, interest and boredom, order then disorder. It reflects a discomfort, a disunity or incongruence of the psyche.

*7 was in a relationship for six years which broke up ... a very tumultuous and up-and-down relationship. We are very different, he is black and white and I am grey. He had a lack of empathy and didn't understand how I lived and worked. I think I focused on the negative. I felt a bit mucked about, it was back and forwards, he would say one thing and act differently, I was confused. I got annoyed and frustrated, am having to cut contact.'... from a case of Oxalicum acidum.*

**Positive:** With development arises an increased willingness to set goals and remain dedicated to them. The energy to change, which was previously a disruptive power, becomes an ability to inspire and find new positive avenues of expression or knowledge. There is also an ability to manage complexity and diversity. They become great cosmopolitans and connectors. The sense of positive outcome for these individuals is expressed as life rhythm, an ability to properly move with the ups and downs, the twists, turns and unexpected circumstances of life. They also have the ability and willingness to be part of making an alternative or new social order.

*Aegir-cr; Arg-s; Azur-mal-im; Calc-S; Carb-ac; Chrysocol-cr; Epid-im; Ferr-m; Ferr-p; Gall-ac; Jadit-im; Jad-nep-im; Kali-p; Kali-sil; Kunz-im; Malac-im; Nat-c; Nit-ac;*

*Ox-ac; Phos; Sac-alb; Serp-cr.*

## ■ Resistance

Should the culture of resistance become entrenched they will take delight in it, using wilful assertion to enliven their sense of unique individuality. They are the sort of person who, when requested to do something or be somewhere is inclined to answer 'No!' as an automatic response. Such a request is received as an incursion on their sense of self. In reality they are attempting to maintain their personal dynamic and not have it interfered with in any way. They often become intensely engaged with this in the years of teenage development.

*7 was very scared of other people's judgment of my lack of logic and fallacious thinking, I was scared of success. There were tensions between me, my anxiety and school and parents. I felt my personality and things I believed in were being squashed and it was a good thing to fight. Now I have sympathy for anarchistic thought... 'resistance for the sake of resisting' ...I like it. I am fascinated by hackers: I found 'Teamroot' and 'the Moroccan Islamic hacktivists'. I joined their Facebook page, I liked it.' ... from a case of Natrum carbonicum*

Children, when first striving to individuate, are most well know for this dynamic. It is more socially acceptable in them but it is often equated with rudeness in adults. As a child she is disobedient and walks out of the class, is argumentative, intolerant of contradiction and if she has to defend herself (physically or intellectually) she will do it violently. This type of child will do things just because they are told not to. Many an adult Monoclinic cherishes these behaviours!

*'I argue and argue with my sister. Whatever Isay is wrong, I know I am right! I chase her and put her in a headlock.'... from a case of Ferrum phosphoricum*

They will hold strong views, often be-

coming one-eyed about them. They are stubborn, painfully wilful, often extreme whether it be about politics, religion, or their cultural or personal values. Although it is commonly only in one of these arenas.

*'It was tacit unspoken, unassailable morals (of society), Ifeltwas being judged and needed to challenge that. When I got dirty and quizzical looks and silent judgment I got quite a kick out of it.....My integrity was to fight you if I didn't understand it.'... from a case of Natrum carbonicum*

They have a tendency to persist in conflict, grudges and hatred long after the issue has seen its day. They can be downright rebellious, the idea of compromise belongs to an alien species as far as they are concerned. They can be bossy and demanding and will often be labelled as a 'difficult' person.

**Positive developments** in the psyche include a certain co-operativeness without loss of sense of self. She becomes empathic with firm boundaries and firm values. They will also become tough-minded when warranted, especially if they have to stand up to injustice and feel empowered to develop a strong sense of independence.

*7 had the guts to tell a very senior doctor that I would on no account take the medicines. I put my foot down, I had to fight all the way in the last three months of my pregnancy and I did this with the help of my family doctor.'... from a case of Ferrum muriaticum*

*Azur-mal-im; Calc-s; Carb-ac; Epid-im; Ferr-m; Ferr-p; Ferr-s; Gall-ac; Jad-nep-im; Kali-sil; Moon-bl-im; Nat-c; Ox-ac; Sac-alb.*

### ■ Sensitivity, Influenced Easily, Magnetised

They are easily influenced by people, surroundings or ideas. Not only are they deeply receptive and aware of outside influences but are vulnerable to them. They are often seen to be 'highly strung' and are triggered easily by

what appears to others as a small or minor event. If the surrounding influences are negative or disturbing, their reactive nature will switch on. There is a vast range of sensitivities and it is evident that Monoclinics as a group are vulnerable via every mode of consciousness, be it mental, emotional, physical, energetic or spiritual.

Some typical mental or emotional responses include:

- ▶ Feeling attacked or persecuted
- ▶ Feeling personal boundaries are crossed, angry about this
- ▶ Easily hurt, abused, criticized
- ▶ Oversensitive to rudeness, harshness or insults
- ▶ Feeling challenged and questioned by others
- ▶ Feeling 'everyone does things to me'
  
- ▶ Helpless
- ▶ Sensitive to the demands of others and so doing things against their own will
- ▶ Losing or unable to express their identity or strength
- ▶ Being too inclusive of others
- ▶ Sympathy to the pain of others
- ▶ Feeling lost
- ▶ Unable to maintain her own space, cannot work with others around

*I explained how deeply sensitive I am and how I need to be with someone who considers me. He said lots of lovely things; he is more aware of it now. I just kind of accepted it. I love him and being around him; I am trying to protect myself by not getting upset about things. A tiny thing can hit me in a big way... no one else can see it and having to explain it can be difficult.'... from a case of Kunzite immersion*

On the material plane they are often sensitive to sensual impressions: slight touch, loud noise and pain. In the energetic and spiritual spheres they are commonly aware of



electro-magnetic fields, energy fields, spirits or otherworldly phenomena. Their words often speak of this energetic awareness in terms of feeling 'magnetised', 'thrown by the energy of others' or 'pulled into the vortex of others', 'the words of others have a hypnotic effect on me' or feeling 'others are feeding off me'. Premonitions and psychic phenomena appear to be more commonly available to Monoclinic types than any other. They may also be highly sensitive to energetic healing treatments whether by hand or medicines such as homeopathy.

The sensitivity can be so strong that they feel they are fighting for survival and often desire to escape, run away or withdraw from disappointment or distress. The sensitivity is commonly ameliorated by being in nature, where all feelings are allowed and great goodness is felt. It is also ameliorated by being with others with a positive, benevolent or harmonious character and their company is eagerly sought. As they mature they will often learn to avoid alcohol or enjoying too much food, wine and company as harmful to their sensitive sense of wellbeing.

**Positive aspects:** After effective medicines or therapy they will find an ability to establish boundaries, begin to feel impervious or protected, and develop the ability to say no when assailed by the feelings or will of others. They begin to take control of their own life, express their true identity and feel unaffected by negativity around them. Their ability to attune themselves to the experience and awareness of others often leads them to professions such as alternative medicine practitioners or psychologists.

*I dreamt of impending disaster but I am totally unaffected by this as I feel resilient and totally protected at all times. It's as though nothing can break me or affect me in a negative way ... after taking Azurite-malachite*

*immersion*

*Arg-s; Ars-s-f; Azur-im; Azur-mal-im: Biot-st; Char-cr; Chrysocol-cr; Cob-n; Epid-im; Ferr-s; Gall-ac; Jad-nep-im; Kali-p; Kali-sil; Kunz-im; Lepid-cr; Mag-c; Malac-im; Mang-m; Moon-wh-im; Nat-c; Nit-ac; Ox-ac; Phos; Sac-alb; Serp-cr.*

### ■ Passionate Expression

Her feelings are deep or intense and need expression. She will laugh or cry loudly, express herself passionately or dramatically and can be easily given to swearing. It is very important to her that she be able to express her true thoughts and opinions; feelings must be expelled. This can be associated with the unusual use of appearance as a vehicle for expression, especially in the body itself with spiked hair, tattoos or piercings. Clothes may be outlandish. She may be the type who is compelled to passionately speak out against unfairness or where her personal life is concerned the passion may turn into vehemence, violence, or maliciousness.

*Dream: He decides to jump clear of the tree and catapults himself into an adjacent tree in a very dramatic way. It is a somewhat reckless and brazen act and done for effect as if a piece of theatre ... after taking Jadeite immersion*

*She is very jealous and irritable. She says he sees other women. Feels abandoned by him. Envy him because her parents died and his parents are alive. During the consultation she gets very upset and leaves without a word ... from a case of Calcarea sulphuricum*

In some individuals there is an inability to express themselves as a primary issue and being feeling centred, this is very painful for them e.g. he needs to come out to his family that he is gay. As a Monoclinic their ability to express themselves remains important for them and medicines will enable the expression of these feelings *fad-nep; Malac*).

This passionate nature together with the proclivity for unusual ideas means that they may be perceived as being extreme or 'living on the edge' by others. This can be reflected in life preferences through a desire for extremes in work or weather e.g. loving the strong wind. When they find what they are passionate about, they will go for it like there is no tomorrow. Their energy naturally moves up and out; they want to spend money, to speak out and to act out. The passion must be



Nephrite Jade, the source of the medicine used in Case Study II in this chapter

expressed. They may become combustible and often squander their money, energy or affection.

*Anything he has must be the best and most expensive. He does sport and gym, is interested in wellbeing, likes status symbols and party drugs. He buys strangers a round of alcoholic drinks and wants to be seen as generous and for everyone to have a good time. If not like that 'you are a tight-arse, crying poor and feel like a prick and greedy and just want money in your pocket. I want my money out of my pocket!' ... in a case of Phosphorus*

Excesses may lead to addiction to drama and its inherent elements of danger, entrapment and manipulation. There may also be addiction

to emotional excitement and it often results in excessive sentimentality, envy, jealousy or revenge.

On the positive side this can evoke a straightforward honesty in feelings and uninhibited expression of the 'felt' identity. Artistically this gives them flair, individuality, creativity and spontaneity. Monoclinic is the most common structure for those who are deeply immersed in the arts, music, singing, dancing, drama, performing and painting. Often they have many creative projects on the boil, may express themselves in a theatrical way and use their chosen artistic mode to display exceptional dynamism.

**Polarity:** In a more passive and sensitive type of Monoclinic or after prolonged emotional excess there arises an aversion or indifference to drama and conflict. I have noted even in these individuals there is still a call or aspect of life for which they feel a distinct passion - the fire is still burning. It also happens that those who felt compelled to always express emotions are able to hold them and process them internally.

*'Normally if I have an argument with my husband, he walks out. Previously I was yearning to talk it out and wouldn't let it go but this time I thought that I don't know that I even need to talk about it and wrote it down to work through it'... after taking Oxalicum acidum.*

*Aegir-cr; Arg-s; Ars-s-f; Calc-s; Char-im; Cob-n; Epid-cr; Ferr-m; Ferr-p; Gall-ac; Jadit-im; Jad-nep-im; Kali-sil; Kunz-im; Mag-c; Malac-cr; Moon-bl-im; Moon-ra-im; Nit-ac; Ox-ac; Phos; Sac-alb.*

## ■ Company and Support

Monoclinic types are usually highly sociable and this propensity, which can be felt as a need, is rooted in two sources. Owing to their sensitivity to feeling and energy they are

strongly receptive to loving, warm, pleasant and positive individuals or groups with good will. They tend to be outgoing, to share willingly and naturally and so socialising and entertaining are important. If they are feeling weak and off-centre and in need of someone to support them, the sociability works in their favour. Conversely they are averse to negative or disturbing influences. Consequently they are shunning those people and searching for the satisfaction of 'warm and loving' connections and 'human contact'. The more outgoing Monoclinics enjoy the feeling of a large crowd and 'night life' with all its excitement and connection. Those who are on the shy side will have a few well-selected friends who are very precious to them.

*'We also take care of each other; sometimes I take her with me on vacation and when she doesn't join me I feel very lonely'... I ask him what keeps him from sleeping alone: 'I think I have only slept alone ten times in my life; and then I fell asleep only with the aid of sleeping pills ... I cannot be alone; even in the office my secretary works on the other side of a thick window so in this way she cannot hear the noise; but I have to be able to see somebody.' ... from a case of Gallicum acidum*

Breakup, drama or conflict in this 'supportive' group is very upsetting to them - leading to feelings of abandonment or isolation. The group situation needs to be stable to counter their inherent off-centre tendencies. In relationships they hate the idea of losing someone who shows them care and affection. Sometimes this will manifest in an unhealthy focus on what others think of them or the need for an idol or guru figure. There is a tendency to support their friend or partner whether they are right or wrong as going against them could jeopardise the relationship. They are commonly driven to extremes to gain appreciation in a relationship. They will put up with all sorts of inconveniences, even suffering

to maintain those relationships.

*'If it had not been for that saint of my aunt who knows where I would be now. She would come and listen to me before my exams and she would make me my egg drink. That egg drink, always grossed me out; perhaps that is why I would get a stomach ache every time I would go there; and I would get dizzy and I would throw up. But how could I tell her?'... from a case of Cobaltum nitricum*

**Polarity:** Occasionally there is a need to escape all personal influences, be alone and regain the integrity of their own feelings and thoughts. Should they be affected by a lack of warmth from friends or family, they commonly become indifferent or angry and need to move on to people from whom that is forthcoming.

**Positive:** A positive outcome for this element of Monoclinic is an ability to attend to and maintain relationships, in a thoughtful and considerate way.

*Arg-s; Ars-s-f; Calc-s; Cob-n; Ferr-p; Gall-ac; Jad-nep-im; Kali-p; Kali-sil; Kunz-im; Malac-im; Moon-wh-im; Nat-c; Ox-ac; Phos; Sac-alb; Serp-cr.*

### **Dependence, Fear of Rejection and Compliance**

(Also see the section *Love Relationship*, page 227)

Reliance on company and support will often lead to a feeling of being dependent with a sense of neediness, fear of rejection or a strong need to reciprocate. It is expressed as a need 'to lean on someone', a deep 'need for love', a 'need for appreciation' or attention-seeking behaviour. This dependency takes the form of 'special friends', 'confidants' and family members with whom they have a shared affection and deep attachment. Addiction, especially to personal love, regardless of its relational form, is a common occurrence (DD *Trigonal Amethyst* and *Rose Quartz*). Internally this neediness and fear leaves them alienated

from their soul strength and often leads to sensitivity to criticism or judgment and anxiety about what 'the other' thinks of them. Even the most resistant and assertive type of Monoclinic person will likely have an element of this in their nature.

The natural reliant state of childhood, together with the dependent disposition in the Monoclinic type can express in children's behaviours such as needing the parent to make all decisions for them or speak on their behalf. Monoclinic children are commonly dependent, emotionally sensitive and expressive.

In some receptive types this dependency, together with their innate sensitivity, creates a compliant and easily manipulated nature. The compliance situation could, for example be a mother, or other 'responsible one' in the family. When one or other of the family wants something, that need goes to the top of the list and she modifies herself to meet it. They can feel responsible to find the solutions for the problems of others or to always be inclusive of others. They 'fall into the role' of whatever is needed of them. It is a co-dependent cage. In any relationship it can take the form of one party acceding to and appeasing another individual, and often leads to domination. This need to 'fit in' can even lead to a fear of failure and mistakes and hesitation in undertaking new things especially if the 'other' is critical.

*'Confrontation? I am not good with it. It's a struggle being in my power and going for the things I want. My business partner was intimidating and overbearing and never went for the things I wanted to do. He wasn't a listener. Communications weren't great between us.*

*In relationships, I would mould myself to my partner's way rather than being who I am - at the same time trying to work out - who am I? What do I want? I fear asking for what I want, fear rejection or a 'no' and don't feel worthy of getting what I want.' ... from a case*

*of Kalium phosphoricum*

While they may comfortably be involved in conflict with those in the outside world, there is fear or avoidance of argument with persons to whom they are attached. In the more unconfident types, there may be a distinct inability to express themselves, their opinions and beliefs just to avoid any possibility of conflict. Unable to defend themselves, they ultimately feel controlled, dominated or manipulated by others. During the actual course of conflict they are typically overcome with an anguished feeling or experience being cut off from their passion, interest in or love of life. Some emotionally sensitive Monoclinics will be distinctly averse to all the intense expressions and drama so common in the more assertive Monoclinic types.

*She lives in a situation of dependence, on a woman who is her teacher and who trained her for her job. She cannot defend herself. When judged and criticised by her she has no reaction ... from a case of Magnesium carbonicum.*

In other individuals the compliance is intertwined with the classic resistant nature of Monoclinics, that part which needs to express individuality. In these individuals there is often an expression of fierce independence or anger followed by collapse and capitulation.

**Positive:** The therapeutic outcome comprises the letting go of emotional dependency as they learn to find balance, stabilize and strengthen the feeling self. Criticism begins to 'roll off their back'. Previous dishonesty about feelings and needs dissolves as does the need to compromise when it is not suitable for their own welfare or the greater good. The ability to firmly stand up for themselves, to develop more self-respect and the will to follow their own life path is enhanced. This can happen even at the risk of departing from a significant family culture. Also the ability to adapt, be flexible and

compromise can become a strength once sense of self is contained.

*'My happiness - now doesn't seem to be dependent on whether I am getting affection or favour from her or anyone else... it is my own path and destiny and sense of who I am' ... after taking Nephrite Jade immersion*

*Actin-cr; Aegir-cr; Arg-s; Azur-im; Biot-st; Calc-s; Carb-ac; Char-cr; Chrysocol-cr; Cob-m; Cob-n; Epid-im; Gall-ac; Jad-nep-im; Kali-p; Kali-sil; Kunz-im; Mag-c; Malac-im; Moon-wh-im; Moon-blu-im; Nat-c; Ox-ac; Phos; Sac-alb; Serp-cr.*

### ■ Experience and Learning

There is a need to learn from firsthand experience. He says of his difficult relationship: 'It's all very well you telling me but if I can't experience for myself it doesn't work for me. It is something I have to go through'. This experiential learning is vital whether relational or not and is often set in the framework of intense desire and / or sensuality. The wisdom extracted from such learning is slow. Often the experiences will be repeated many times before the lesson is complete. It is for the man who makes the same life mistake many times, driven too intensely in his activities. He is not watching and being aware of his surroundings and has serial accidents or misadventures which injure him, his business or relationship. Eventually a particularly traumatic event, the weight of many heartbreaks or a significant injury breaks the camel's back and they make a choice to change their behaviours.

*'I have a strong karmic connection to her, a strong attraction and I have to pursue that to where it takes me. We had a four-week break of not seeing each other. I will meet her again tomorrow night to see what the energy is like. It is just something I have to go through.' ... from a case of Nephrite Jade immersion*

On *the positive side* this person will learn

well in a hands-on situation, associated with a tendency to learn by 'imbibing' from people who are highly skilled. It is learning by watching and by osmosis of the feeling. The weight of personal experience along with unusual sensitivity can deliver unique and thoroughly absorbed skills, qualities, perceptions and understandings.

Through this process they may become greatly adept at the particular skill or profession and it may result in being an effective, yet 'unqualified' professional or expert.

*Azur-im; Jad-nep-im; Nat-c; Nit-ac; Phos.*

### ■ Self-Reflection, Introspection and Awareness

The tendency to be an experiential learner can be dramatic, exhausting and unsettling to the soul. Some so-called experiential learners just don't learn from their mistakes. Because of the 'resistance' factor of Monoclinic, there can be a refusal to look at the truth. There is a saving grace: the action of monoclinic medicines actually tends to bestow an ability, a desire to selfreflect and become aware of one's own life activity patterns: to see the way they blame others; recognize their own denial or tendency to create a false image of themselves or others. They begin to recognize their own emotional patterning, see how they divert from the problem at hand or realize their part in relational difficulties.

Some Monoclinics, having moved down the path of consciousness, are already naturally reflective and grappling with their life circumstances.

*7 notice when I am upset - I used to automatically notice what my husband is doing wrong and think that is the problem. Now I notice it is wrong and think there must be something wrong with me! Things are more peaceful at home. I feel like a saner person' ... after taking Oxalicum acidum*

*Azur-im; Biot-st; Carb-ac; Charo-cr;  
Chrysocol-im; Epid-cr; Jad-nep-im; Kunz-cr;  
Malac-cr; Moon-wh-im; Nit-ac; Ox-ac; Phos;  
Serp-cr.*

### ■ Love Relationship

In Monoclinic the quality and state of the intimate love relationship is often the central consideration in terms of the whole life. It is the arena where pain or joy are regularly most acutely felt. Fundamental Monoclinic elements of sensitivity, resistance, yielding, changeability and neediness lead to many dramas, often ending in breakdown or a flight for the 'greener pastures' of another love affair. Relationship for them is about love and passion and is often obsessive.

*'The song 'Don't leave me this way' by  
Thelma Houston is strong in me. About being  
needy and dependant in a passionate love  
relationship' ... after taking Nephrite Jade  
immersion*

They tend to 'fall in love' easily and both elements of the phrase are in order here. It is the 'off-centre' theme of Monoclinic coming into play. As they enter the personal field of the other they will become 'besotted', 'love-struck', 'consumed' or 'smitten'. In a culture where marriage is an

organized affair they are the ones who resist and marry for love. Not uncommonly they will realize there is something 'not right' about a relationship from the early phases, some personality, cultural or intimate factor which they are unable to consider or sweep to the side because of overwhelming 'love passion'. Trouble and tumult often ensue. Because of the intense feeling nature associated with relationship for them, if the passion diminishes there is usually aversion to their partner as opposed to the development of a more conjugal love.

*Dream: Then she gives me a microphone. I say 'Good I used to sing in a band'. I sing a song with a rocky swing 'When she says I love you! I don't know what to do! When she says I love you! So I just say I love you too!' I realise it is about being drawn into relationship when it is not right but the woman is in love, you are unsure and don't want to lose it and think you must love her too but it doesn't feel completely right ... after Aegirine crystal.*

**Other relationships:** Since they are easily magnetized they will be influenced by the people who are in their sphere - they tend to fall in love easily. A man might easily sleep with someone else because of the feeling of irresistible attraction without giving much thought to his current commitment or have multiple relationships out of natural attraction. The Monoclinic psycho-emotional typing easily relates to the free love of the Bohemian lifestyle taken up by many actors, writers and musicians.

During a committed relationship things tend to go one of two ways. For more passive or yin types, it is easy to lose their identity by 'falling into the other' or modifying themselves for the sake of love. For the more yang types there is a tendency to become tyrannical, violent or overly dramatic when their needs aren't met. There is a strong tendency to project their personal insecurities onto the relationship. There

is often drama, conflict or tumult. During an argument they are apt to say things they don't mean out of desperation or passionate emotions. Sometimes they are addicted to the ups and downs of a relationship, which keeps their volatile passions engaged and ensures the attention of the other. They need a relationship to fulfil a deep part of their feeling and so they are oft looking for it to improve or reach the standard they need for full satisfaction.

*'I am noticing myself since taking Moonstone. If there is no drama then I am depressed and irritable as there is nothing to fight about. Usually it is dramatic being in a relationship, really high or in the depths. Normalcy of relationship is boring. Why the hell would you want to do this? Also I like him to see me doing things for him - sol can be thought of as a 'good' girlfriend. I paint myself as the good girlfriend or the bad one. It is quite manipulative actually.'*

Some highly creative Monoclinics yearn for a stable and good quality relationship which they will rely on heavily for support. A cohesive feeling world is gold for them. Others will use the Bohemian lifestyle to stoke their creative fire. Should they find the 'right' person, the one who fulfils their core personal needs, deep feelings are engaged. They will prize this relationship and go to extraordinary lengths to maintain it.

*'I have huge fear of anything happening to my husband. I have finally attracted someone who really cares for me and loves me without condition. I never had it before, I'm scared of losing it.'... from a case of Nephrite Jade immersion*

Love for Monoclinics is often a minefield with periodic explosions resulting in destruction.

As a consequence of these emotive and often dynamic tendencies, the problem of disappointed love appears often in Monoclinic (Compare Trigonal). Monoclinic medicines are

amongst the first to consider when there is persisting turmoil in love relationships.

*Aegir-cr; Calc-s; Epid-im; Ferr-m; Ferr-p; Ferr-s; Kali-p; Kali-sil; Kunz-im; Jade-nep-im; Malac-im; Moon-bl-im; Ox-ac; Serp-cr.*

### **Anger, Aggression and Conflict**

Being passionate, volatile and needing to express themselves, Monoclinic types often have a difficulty with anger. They are irritated, annoyed or frustrated easily so it is a thin line before anger appears and this may escalate into violent outbursts, verbal or otherwise. There is a tendency to 'blow up' as they are 'combustible'. They are the most prone to emotional conflict of all the structures and most often on the receiving or dispatching end of hostility, insult or abuse. They are prone to being 'surrounded by conflict' or are naturally disposed to argument and confrontation. Children tend to be quarrelsome, throw things or tantrum easily.

*'Mood seemed okay unless challenged or provoked. Then I seemed to attack, verbally. I couldn't let anything pass, I had to make a response. My days are bad; much conflict with people around me at home and work. There was a bad note from the parent (of a child she is teaching) challenging what I said. They say it's not true. It is!...' from the proving of Argentum sulphuricum*

They are particularly upset if things don't go their way, others don't accede to their will or if there is a perceived injustice and lack of fairness. Because of their sensitivity they are usually thin-skinned, find criticism and conflict difficult and may attempt to escape or suppress these feelings. The victim role is easy for them to slip into. If they have the attention-seeking characteristic, these expressions are all the more potent. In the more passive types suppressed anger is common (*Jad-nep-im, Malac-im*).

*'She has become much more aggressive with everybody and she bites and pushes up and she steps on us with her little foot if we do not listen to her. She always wants to be at the centre of attention even if we are eating; she has learned that if she makes a scene we all look at her and we laugh and she likes that, but as soon as we stop looking at her she gets angry and starts to hit the table with her fists.' ... from a case of Gallicum acidum*

**Positive:** They become calm around anger and aggression and learn to process it within rather than explode. They learn to take control of their own feelings and use the angry energy for strength, stability and healthy self-assertion.

*'Everything that is happening: job losses and looking for a job and relationships, I am taking things really relaxed and making my energy flow and not having to make things happen. At the beginning of last week felt shit - someone was doing trial to take my job -I just pulled myself together, remained professional and wasn't trying to affect clients -I was motivated, professional and did everything properly'... after taking Carbolium acidum*

*Arg-s; Ars-s-f; Calc-s; Carb-ac; Ferr-s; Gall-ac; Jad-nep-im; Jadit-cr; Kali-sil; Kunz-im; Malac-im; Moon-cr; Moon-bl-im; Nit-ac; Ox-ac; Sac-alb.*

### **■ Extremes**

They feel compelled to go to extremes, it is part of the passionate nature. It often appears as obsession with work or overwork; over-commitment or feeling bad if they don't work super-hard. Many creatives feel they have little care for or need of sleep. These extremes could also appear in their relationship, so that it becomes uppermost in their lives, with everything depending on it. They tend to become too serious and this may arise as fanaticism in their spiritual views and activities, with excessive strictness, being too



internalised and intense. Another hazard of this tendency is binge drinking, excessive use of drugs or having 'unlimited' sex. Some Monoclinics take up extreme views about behaviour or sexuality like 'do whatever you feel like'.

Eventually, with their nervous or sensitive constitution they tend to pay a heavy price in health or psychological wellbeing. They may feel it is all just too hard, impelling them to go to the other extreme: a life of inactivity, aversion to spiritual life or complete abstinence from their sensual excesses.

*Study of the Bible convinced him that everything is vanity, except the gospels. He was very touched by prayer and became almost a fundamentalist. He started to work for a spiritual group that was fighting poverty in the slums of France. There he felt at home, living among the homeless. It became his yardstick: live your religiosity by working ... from a case of Cerium phosphoricum*

**Positive outcomes** include lowering standards or workloads to look after sense of self through exercise, meditation or healthy enjoyments. They also tend to become less extreme and more open in their personal views. They develop the ability to moderate their behaviours (e.g. drinking, eating, sexuality, self-expression).

*'Originally when living at the temple, the person I was with was telling me I should only take advice from him. I became very strict and intense and for years I spent a lot of time on my own. Now I have opened to other ideas and appreciating different people and exploring different things I am interested in. I haven't been shy at all ... there is a lot more freedom of expression now' ... after taking Charoite immersion*

*Arg-s; Ars-s-f; Cer-p; Char-im; Cob-n; Epid-im; Gall-ac; Jad-nep-im; Kali-sil; Kunz-im; Moon-wh-im; Nat-c; Nit-ac; Phos.*

## ■ **Hyperactivity and Restlessness**

There is a deep need for movement which may express via the need for physically active work; hurry; restlessness; impulsivity or impatience. This is often closely associated with the change and fluctuation theme of Monoclinic. It results in a low attention span and proneness to accidents and mistakes aplenty. Monoclinic medicines are in the first class for the treatment of ADHD. They often need to 'learn' patience and are balanced by doing regular exertive exercise. When balanced it translates into dynamism, doing without hesitation, inspiration, proper planning and patience.

*He is bristling with nervous energy; he fidgets in his seat, and his hands and legs are constantly moving, as though he is plugged into the mains. He has been this way for as long as his parents can remember. He has a long history of being disruptive and distracted in class ... from a case of Arsenicum-sulphuratum-flavatum*

There is of course a polarity to this, as all excesses invariably express their counterpart. In the case of Monoclinics indifference, lack of will power and the need to sit and be quiet become the order of the day.

*Actin-cr; Arg-s-, Ars-s-f; Carb-ac; Cob-n; Ferr-s; Gall-ac; Jadit-cr; Jad-nep-im; Kunz-im; Mag-c; Malac-cr; Moon-wh-im; Nat-c; Nit-ac; Ox-ac; Phos; Sac-alb.*

## ■ **Nervousness**

Underlying the hyperactivity there is commonly a nervousness, an excitability that relates to the excessive reaction and oversensitivity themes. It can manifest in all sorts of fears: particularly about health, family and relationships. Not uncommonly there are extreme fears expressed in night terrors, fear of loss (job or relationship), panic attacks or the fear that something 'will happen. Because of

the sensitive, excessive nature it can lead to nervous breakdown. Positive outcomes incorporate calmness and detachment about their situation.

*She was training to be a policewoman and everything went well until the final weeks of the course when they had gun practice. They had to act out an imaginary emergency situation and suddenly had to decide whether they were going to shoot or not. During one of those practices she had fired her gun (loaded with dummies) but afterwards had gone into a*

*panic at the thought of having to use real bullets one day. She went into a state of hyperventilation at the mere thought of not having considered her actions carefully enough. She had a nervous breakdown over this ... from a case of Cobaltum muriaticum*

*Arg-s; Ars-s-f; Azur-im; Azur-mal-im; Charo-cr; Chrysocol-cr; Cob-n; Epid-im; Ferr-p; Gall-ac; Jad-nep-im; Kali-p; Kali-sil; Kunz-im; Mag-c; Malac-im; Moon-bl-im; Nat-c; Nit-ac; Ox-ac; Phos; Sac-alb; Serp-cr.*

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## Supplementary and Peculiar Themes

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### ■ Abuse and Being Taken Advantage Of

Owing to energetic and emotional sensitivity Monoclinics can be highly susceptible to abuse whether it be in the form of harsh criticism, personal attack or physical abuse. It is particularly evident in *Nephrite Jade* where a kind or gentle person is abused by others with whom they want to form a friendship. The more yang type of Monoclinic is rarely an abuser because of the inner nature being sensitive. They will often be the one to protest where others are abused.

*Ars-s-f; Carb-ac; Jad-nep-im.*

### ■ Addiction

With passion, art, sensitivity and music being such important elements of Monoclinic, addiction is often not far away. Cases of addiction to spending, drugs, love, sex and stimulants appeared in the research for this work.

*7 buy cocaine and other fancy drugs, but only take drugs when on alcohol. The minute I hold money in my hands I get so anxious - it is like fire - it burns and I can't hold onto it.' ... from a case of Phosphorus.*

Monoclinic is the most evident structure in the desire for alcohol amongst the gems (*jad-*

*nep; Moon-bl; Serp-cr*) and is significant for the standard remedies studied (*Nat-c; Phos*)

*Jad-nep-im; Moon-bl-im; Nat-c; Nat-p; Ox-ac; Phos; Serp-cr.*

### ■ Decision-Making

Decision making can be extraordinarily difficult for receptive Monoclinic types. It appears this is more the case than for any other structure. We often find them trying to find the right way through a mire of contradictory feelings, thoughts, moods and needs as well as consideration of the feelings, thoughts and needs of others. This leads to anguish and torment.

In the assertive mode decision-making is easily done but is often impulsive or irrationally based on passionate emotions leading to painful experience. It may be experienced as an inappropriate business venture leading to loss of monies or health or a mistaken relationship leading to heart break and emotional pain.

With effective medicines or psychological therapy they gain balance and with balance comes confidence and understanding. Enter, the power to make firm decisions and set goals.

*Azur-mal-im; Biot-im; Calc-s; Cer-p; Char-cr; Cob-n; Epid-im; Ferr-m; Ferr-p; Jadit-cr; Jad-nep-cr; Kali-chl; Kali-p; Kali-sil; Kunz-im; Malac-cr; Moon-wh-im; Nat-c; Nit-ac; Ox-ac; Phos; Sac-alb.*

### ■ Depression

Depression, despair and negativity are all potentials in those with a Monoclinic disposition. However, the more characteristic feelings of discontent, irritability, anger and self-pity are more commonly experienced and are often a clear precursor to a depressed state.

Depression may also raise its head in the fluctuating state which appears as or is akin to bipolar disorder (see Change and Fluctuation theme, Mental Diseases). Another possibility is that depression maybe experienced after a long exhausting struggle like a protracted legal case (regardless of a favourable outcome) or unsuccessful attempts to find a job. These situations relate to the often sensitive constitution of the Monoclinic and a draining away of the life force. There is often also a tendency to focus on the negative as a result of this sensitivity.

### ■ Luck and Risk

There is a distinct love of taking risks or depending on luck. This theme can be understood as relating to the one tangential vector of Monoclinic and its inference that things 'appear out of left field' - the advent of unexpected events. A number of clients / experimenters who develop balance and stability after Monoclinic medicines noted an increase in luck and good fortune, happy coincidences, good twists of fate and unexpected success. Meaningful and useful synchronous experiences are more common than with other structures excepting Amorphous. One *Natrum carb* client found the perfect study buddy for a course he was having

difficulty with.

The downside of this is the desire to gamble, take a chance on a risky venture in the hope of reaping great rewards (many miners have this) or to engage in a relationship with great spontaneity and little circumspection. Often these lead to misfortune or create a series of events that appear as 'bad luck'.

*Azur-mal-im; Char-im; Jad-nep-im; Malac-cr; Moon-cr; Nat-c.*

### ■ Monoclinic Intellect

The theme of extremes also applies to the intellect. It is not uncommon to find precocity or dullness in the Monoclinic mentality. There are periods or situations in life where one or the other is dominant. On the side of dullness it can manifest as an inability to think, be specific, process information, write, concentrate or add. There can be delayed development with learning and speech or difficulty in reading or spelling. On the precocious side brightness and clarity are experienced, a brain with unusual capacity, or even being intellectually gifted e.g. being an excellent researcher or consultant. This aspect is often directed to the arts or sciences. This positive trait is commonly destabilised by boredom, avoidance, emotional events, determination not to work or substantial periods of inability to function.

*I studied and studied for the exam. I felt I was sped up, like fast forward on TV. I read the question really fast and the answer was there already in my head and I had to write it down. I only studied two days and it all went into my head. It felt so fast, I became like a genius in that one space of time' ... after taking Azurite immersion*

*Aeger-cr; Arg-s; Azur-im; Azur-mal-im; Epid-im; Kali-p; Lepid-cr; Malac-cr; Moon-wh-im; Gall-ac; Nat-c; Phos.*

## ■ Money and Wealth

Money is often a problem, it always seems to fly away because of the tangential vector. Passionate emotions, oversensitivity, instability and diversion are not a good recipe for wealth and the lack of money is often a lifelong concern. There is a tendency to use capital without establishing a means to replace it.

*I wake with a deep sense of anxiety and worry, particularly around money and future plans. Anxiety about where things are going financially - the money I made in Australia is being eaten away - it is a bubbling anxiety.' ... from a case of Epidote immersion*

*Azur-mal-im; Epid-im; Kali-p; Nat-c; Ox-ac; Phos.*

## ■ Sympathy

Monoclinics are amongst the most sympathetic of the structural forms and this is due to sensitivity and openness. It is only rivalled by Orthorhombic where there is great depth of feeling which leads to sympathy. They are concerned about others' feelings and can become over-sympathetic. As they are often unable to maintain their own individual integrity, the need for self-care suffers and eventually they burn out.

*I stopped seeing clients in the middle of last year; I was a bit burnt out; I ran out of empathy and need what I have for friends and family.'... from a case of Kalium phosphoricum*

*Ars-s-f; Carb-ac; Cer-p; Ferr-m; Kali-p; Mang-m; Nat-c; Nit-ac; Phos.*

## ■ Unfinished Business

Due to sensitivity and reactivity to situation, environment or people they will get distracted, procrastinate or give up easily. This may relate to work, relationship or even spiritual life. You will find in their history a stream of unfinished courses of study, many intimate relationships

or a string of spiritual paths. All of them are experienced, sometimes intensely, until dissatisfaction because of boredom or oversensitivity to other's behaviours propels them to change their situation. On receiving their appropriate

## monoclinic medicine, commitment and perseverance take hold.

*'There was pressure around the Higher School Certificate. I was a chronic procrastinator and didn't reconcile the irrational euphoria about how much time I had left with how much time there actually was. Now when I get stressed about something I tend to avoid it so I don't have to worry myself sick about it - that can be diabolical with studies.'* ... from a case of *Natrum carbonicum*

*Arg-s; Cob-n; Jadit-im; Kali-sil; Nat-c; Ox-ac; Phos; Serp-cr.*

### ■ Ungrounded

The sensitivity discussed above and the

tendency to be 'off-centre' often lead to ungroundedness. This state is only rivalled by medicines of the Trigonal structure and Amorphous. They can describe this as being spacey disoriented, disconnected, out of the body or diffused. Often they are people with great idealism, not uncommonly related to alternative politics or the 'new age', but without having their feet on the ground. Effective treatment helps them stabilize, balance and find ground.

*'Anxiety makes me split off and 'vague out', especially if I am picking up a competitive vibe from others at work.'* ... from a case of *Malachite immersion*

*Arg-s; Azur-im; Epid-im; Jad-nep-im; Malac-im; Moon-wh-im; Nit-ac; Phos.*

## Clinical word associations for Monoclinic themes

Theme	Dis-ease
<b>Off-centre, off balance</b>	Off-centre; off-balance; falling over; off the rails; living on the edge; tilted at an angle; unstable; disconcerted; out of kilter; doing something wrong; confounded; bamboozled; confused; overwhelmed; distracted; disorganized; wild; procrastinator; offbeat; non-conformist; unusual life trajectory <i>Positive:</i> original; authentic; balanced; consistent; orderly; focused
<b>One disturbed vector: oddities</b>	Tangential factor; one unstable element; absurdity; oddity ability to be odd <i>Positive:</i> ability to break free; inspiration
<b>Unique individuality and creativity</b>	Constrained; limited; controlled; going against the grain; incongruent; eccentric; off-beat; attention-seeking; flamboyant. <i>Positive:</i> unique, individual; original; creative; true to self; always new; inspiration <i>Polarity:</i> resisting; fighting; breaking out
<b>Change, fluctuation and many activities</b>	Change; fluctuating mood; many activities; travel; changes in relationship; many relationships; erratic; lacking equilibrium; permanent flux; unsettled; unstable; dissipated; unpredictable; contrary; mood swings; ups and downs. <i>Positive:</i> Ability to cope with change; taking on the new; increased awareness of goals and focus on them; managing complex and diverse situations; moving with the circumstances of life; life rhythm; cosmopolitan

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MONOCLINIC SYSTEM

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<b>Resistance</b>	Resistant; wilful; interfered with; fighting; disobedient; intolerant of contradiction; contrary; stubborn; one-eyed; grudge; rebellious; difficult person; fear of loss of sense of self <i>Positive:</i> empathic with firm boundary; tough-minded; clear values; sense of independence; clear sense of self; standing up to injustice; constructive protest
<b>Sensitivity, influenced easily, magnetised</b>	Easily influenced; receptive; vulnerable; highly strung; reactive; attacked; boundaries crossed; easily offended / challenged; victim feeling; sensitive to demands of others; yielding; loss of identity; feels lost; sensitive to sensual impression; over-sympathetic; sensitive to energy fields; magnetized easily. <i>Positive / polarity:</i> established boundaries; protected; taking control of own life; impervious to influence; ability to say no; unaffected by negative; true to identity
<b>Passionate expression</b>	Passionate; deep feelings, expression of, expulsion of; vehemence; violence; desire for extremes; energy moves up and out; combustible; addiction to drama; excessive emotionality <i>Positive:</i> straightforward; uninhibited / free expression; deep feeling expression; flair; individuality; spontaneity; performing arts <i>Polarity:</i> processing feeling internally; indifference; anger at lack of feeling by others
<b>Company and support</b>	Desires company / support; highly social; needing human contact; lonely; isolation; abandonment; what others think; gaining appreciation <i>Positive:</i> maintaining precious relationships; entertaining; content with own company
<b>Dependence, fear of rejection and compliance</b>	Dependent; needy; fear of rejection; need to reciprocate; feels obligated; leaning on others; need for love; need for appreciation; attention-seeking; love addiction; sensitive to criticism and judgement; compliant; compromising; controlled; dominated; aversion to conflict and confrontation <i>Positive:</i> balanced; stabilized; strength in sense of self; firmly standing up for self; self-respect; following own path <i>Polarity:</i> positive adaptability, flexibility and compromise
<b>Experience and learning</b>	Repetition of experiences and mistakes; firsthand experience; slow gathering of wisdom. <i>Positive:</i> learning from own mistakes; learning from others who are experienced or skilled; learning by osmosis; absorbing qualities of others.
<b>Self-reflection, introspection and awareness</b>	Resistance to learning; refusal to recognize truth; false image of self; problem avoidance <i>Positive:</i> self-reflection; self-recognition
<b>Love relationships</b>	Passion; obsessive; 'falling' in love; besotted; consumed; smitten; irresistible attraction; tyrannical in love; tumultuous relationship; needy; dependent; modifying for love; losing identity; disappointed love; breakdown; flight; multiple relationships <i>Positive:</i> quality relationship; supportive relationship; fulfilling needs

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<b>Anger, aggression and conflict</b>	Irritated; annoyed; frustrated; violent; blows up; combustible; hostility; insult; abuse; conflict; argument; confrontation; thin-skinned; victim. <i>Positive:</i> processing anger and aggression; strength and stability from integrating anger
<b>Extremes</b>	Extreme; obsessive; overcommitted; fanaticism; extreme views; strict <i>Positive:</i> moderation <i>Polarity:</i> inactivity; abstinence
<b>Hyperactivity and restlessness</b>	Active; hurried; restless; short attention span; mistakes; accidents; impulsive; impatient; no hesitation <i>Positive:</i> active; dynamism; proper planning; patience <i>Polarity:</i> indifference; lack of willpower; quiet
<b>Nervousness</b>	Excitability; excessive reaction; over sensitive; fears; breakdown <i>Positive:</i> calmness

## Supplementary Themes

<b>Abused and being taken advantage of</b>	Abused; taken advantage of; sensitive to abuse <i>Positive:</i> strong boundaries; protest when others abused
<b>Addiction</b>	Due to passion; spending; love; drugs and stimulants
<b>Decision-making</b>	Contradicting feelings, thoughts and moods; excessive consideration of others; impulsive decision-making <i>Positive:</i> balance; confidence and understanding.
<b>Depression</b>	Associated with discontent, anger and self-pity; exhaustion; bipolar disorder
<b>Risks and luck</b>	Risky ventures; gambling; misfortune; unexpected events; bad luck <i>Polarity:</i> luck; good fortune; happy coincidence synchronicity; balance and stability
<b>Intellect</b>	Precocity alternating with dullness; inability to process information; concentrate or be specific <i>Polarity:</i> brightness; clarity and unusual capacity; gifted
<b>Money and wealth</b>	Money flies away; burns a hole in pocket; eaten away. <i>Positive:</i> generosity
<b>Sympathy</b>	Excess sympathy from sensitivity or openness; unable to self-care; burnout. <i>Positive:</i> empathy with boundaries
<b>Unfinished business</b>	Distracted; procrastination; dissatisfaction; giving up easily; avoidance; unfinished endeavour. <i>Positive:</i> commitment, perseverance

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**Ungrounded**

Spacey; disoriented; disconnected; out of body *Positive:* stabilised; solid base.

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## Spiritual

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Monoclinic types are sensitive to nature and often acutely aware of the Spirit in nature. They often gravitate to nature for spiritual renewal and rest from the disturbed environment of the material and social world. It can amount to a coming home for them.

Another benefit of the sensitivity is that they commonly have an awareness of sixth sense (*Azur-mal-im*; *Ferr-p*; *Jad-nep-im*; *Phos*; *Malac-im*; *Moon-wh-im*; *Serp-cr*). Even though this can be sporadic, it is clearly in the realm of reality for them and they often have a number of experiences that they can relate around psychic events, energy healing, intuition, synchronicity or lucid dreaming. They usually maintain a connection with this throughout life and may love to explore it as it satisfies their curiosity, need for stimulation, the desire to pursue inner knowledge and sense of another reality. On the difficult side their sensitivity can lead to a despair of being in a world which is coarse, ignorant or judgmental in these finer matters.

Distracted by the enormity of the sensual and energetic impressions of the world, and because of their restless nature, Monoclinics often find it hard to undertake regular spiritual

practice. Monoclinic medicines and particularly gemstones (*jadit-im*, *Moon-wh-im*, *Avent-gr-im* which is primarily monoclinic) enable this.

*'The meditation started with an intense sensation in the third eye area and then suddenly I was speeding through darkened space as if on a star trek adventure moving at warp speed. I was sitting in the lotus position on a magic carpet'... from the White Moonstone proving*

The self-reflection engendered by many Monoclinic gemstones is possibly the single most important spiritual element of this group. (*Azur*; *Malac*; *Biot*; *Moon*). This removes the obstacles which are veils to the connection with Spirit. The Moonstone proving indicates that this medicine allows one, through the presence of Grace, to come face to face with the past and resolve past actions that have shadowed the life.

Awareness of self as a spiritual being (*Jadit-im*; *Nat-c*), healing ability through empathy and compassion (*Nit-ac*); the search for inner knowledge and great sensibility of the subtle forces that proclaim nature are all strengths in the Monoclinic journey to the soul.

## Work, Profession and Appearance

The following work, professions, roles and identities have been noted in cases successfully treated by Monoclinic medicines or appearing in dream imagery of those medicines:

**Arts is most prevalent:** painter; singer- especially in a band; photographer, dancer, designer

**Management:** production manager (advertising); female manager

**Professions:** alternative medicine practitioner; architect (blend of art and science); business owner; criminal lawyer; healers; homeopaths; social worker; psychologist in public clinic I service; researcher; social worker; journalist - wine writer

**Skilled work:** barista; IT professional - self-taught

**Work, general:** job that requires travel and

physical movement; those that hold an ordinary day job but have debilitating emotions at home; roustabout in a circus

*Mind:* those with sharp mind; intellectually gifted or precocious.

*Appearance:* those with pins, studs, tattoos,

short cropped hair (sharpness) or hair in spikes. Wants to change the colour of their hair to suit their feeling or attraction to a particular colour. Unkempt appearance (*Nat-c*). Tall and wears mini-skirt (*jadeite*).

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## Activity

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The health-inducing activities for those who are Monoclinic are similar to Orthorhombic, in so far that they need to facilitate expression and integration of the emotions. This is typically done through art performance and is taken up as a profession more commonly than with Orthorhombic. These pursuits maintain the flow of creative expression which is so health-inducing in Monoclinic types.

Sitting in front of a desk or on the computer is definitely not good for them. Time in nature is very important as it settles and integrates the feeling and calms the wayward mind. They

commonly sense the benevolence and nourishment of the elements more than other structures. It also tends to spark their sense of the spiritual.

With regard to physical activity, Monoclinic thrives on exerting themselves in sport or other athletic activity like jogging or aerobics at the gym or even better in the park. Walking or exercise in nature will often satisfy this as well. These activities in essence satisfy their need for dynamic movement and release of tension.

## Mental Diseases

**Mental:** Owing to the element of changeability and extreme swings of feeling, Monoclinic is the most significant structure associated with and therapeutic for bipolar disorder.

*'I got depressed in South Africa; we've emigrated and it's not been the easiest move. I ended up on the psych ward for six weeks - it*

*was horrific. They put me in isolation; they had to use a straitjacket. Since the baby I've had ups and downs. My hubby wanted to keep me pregnant as I was so balanced then (now she is laughing quite wildly). I've been getting very aggro and have major mood swings.'* ...  
*from a case of Kunzite immersion*

Medicines studied here which are known to benefit or indicated for bipolar include *Cob-n*; *Ferr-p*; *Kunz-im*; *Moon-bl-im* and *Ox-ac*. Due

to its tendency to restlessness and nervousness Monoclinic is also the primary structure for hyperactivity disorders like ADHD.

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## Body Typology

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People who are slender or tall and thin appeared repeatedly in provings (dream and image), clinical cases and repertory: (*Arg-s*; *Ars-s-f*; *Gall-ac*; *Jadit-im*; *Jad-nep-im*; *Moon-wh-im*; *Phos*; *Sac-alb*). Other associated

peculiar aspects apply to this feature: everything long: face and even tongue (*jadit*); Slim but muscularly athletic (*jad-nep-im*; *Nit-ac*); tall, slim and elegant (*Arg-s*); weak and thin (*Mag-c*; *Nit-ac*; *Phos*).

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## Physical

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### ■ Significant Generals, Pathologies and Locales

*Bleeding* propensity is common and appears to reflect the energetic porousness (*Mag-c*; *Mag-m*; *Moon-wh-im*; *Nat-c*; *Nit-ac*; *Phos*; *Sac-alb*)

*Falling or injuries*: the tendency to fall, vertigo; imbalance, head injuries (*Arg-s*; *Mag-c*; *Mang-m*; *Nit-ac*; *Ph-ac*; *Phos*)

*Fluctuations - extreme, up and down, inconsistent*: This reflects similar mental themes: needs cold air and then must sit in front of a heater; tongue numb but sharp reflexes; loss of taste alternates with sharp taste (*Azur-mal*; *Nat-c*).

*Food*: desire for stimulants in the form of sugar (especially chocolate and ice cream) or spicy food is prevalent: (*Arg-s*; *Ars-s-f*; *Carb-ac*; *Ferr-p*; *Kali-p*; *Mang-m*; *Nat-p*; *Nit-ac*; *Phos*; *Sac-alb*; *Serp-cr*). These tastes stimulate and make energy rise (expression theme)

according to traditional oriental medicine.

*Organ systems*: The ‘metal’ element of the Chinese medicine system, which has paired organs (lung and large intestine), is prominent:

*Respiratory*: There is a strong tendency to action on the whole respiratory system. Monoclinic aligns well with the Tubercular miasm. (*Calc-s*; *Ferr-p*; *Gall-ac*; *Kali-p*; *Kali-sil*; *Moon-wh-im*; *Nat-c*; *Nit-ac*; *Ox-ac*; *Phos*; *Sac-alb*)

*Bowel disorders*: Constipation and bowel disorders like irritable bowel syndrome appear to figure prominently here. (*Azur-mal*; *Biot-st*; *Epid-im*; *Malac-im*; *Serp-cr*)

*Nervous system*, nervous breakdown / action on nerves: (*Aegir-cr*; *Cob-m*; *Epid-im*; *Gall-ac*; *Kali-p*; *Kunz-cr*; *Sac-alb*)

*Weakness and exhaustion*: from nervous origin; from excess of emotions; from doing too many things; after prolonged worry. (*Epid-st*; *Jad-nep-im*; *Kali-p*; *Kali-sil*; *Nat-c*; *Phos*)

**Minor Generals,  
Pathologies and Locales**

*Electromagnetic* field sensitivity: electric *Kidneys* relating to the exhaustion theme shocks; wi-fi; ultrasound; barometric pres- (*Actin*; *Jad-nep-cr*; *Serp-cr*) sure (*Nat-c*; *Nat-p*; *Phos*)

*Growth disorders*: appear prominently

(*Actin-cr*; *Azur-cr*; *Nit-ac*; *Phos*; *Sac-alb*)

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## Art, Culture and Celebrities

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Unlike the Orthorhombic need for deep feeling expression, the Monoclinic expression of art is connected to the adrenalin. It is used to impress, express, shock or emphatically move themselves or their audience. It is for the artist who can't help but live the life of passion, music, love, addiction and emotional pain. This combination, along with the need for change is evident in the life of many celebrities.

**Frederick Chopin** was an extraordinary innovator in classical music. One might say that he instigated a revolution by making each study (the *Etudes*) into a masterpiece of art. Garrick Ohlsson comments he was 'the wild child of classical music' driven by inspiration over practical needs'. His extraordinary passion and his adaption of his music to nationalist and political motives are unmistakable. He was an icon of the upward and outward flow of Monoclinic expression. Robert Schumann wrote: 'What an unforgettable sight it was to see him at the piano,

like a visionary lost in his dreams and the dream informed the playing'. He always struggled with the pain of passionate romance, its tragedies and tumult, a common Monoclinic line of experience. Eventually he died of tuberculosis (typical of Monoclinic medicines), almost a standard for artists of the time. Tchaikovsky's sensitive and passionate music carries the same stream of Monoclinic tendencies.

**John Lennon** was a great modern Monoclinic. The son of a free-spirited artistic mother, he learned artistic expression through music (banjo and guitar) from an early age, learned to draw in black and white. He grew to always express his uniqueness or rebellion through his dress and unique look - his stamp being the round coloured glasses now iconic in photos and clips. He wore his feelings and thoughts on his sleeve and was a natural rebel with a cause, be it social or political at various stages of his life.

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## Case Studies

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**Case Study I  
'Defiance, Resistance  
and Confrontation'**

This South American man, age 29, came to see me about recurrent mouth ulcers, excessive perspiration, chronic pimples and life stress. He is in a same-sex relationship. The information below is a collation from twelve consultations over ten months.

**Mental:** When asked about life stress he starts by telling me about his work. He is a cook and hates doing things under pressure. He is stressed when someone is 'at him' while he is trying to get a quality result. It also happens when a friend is getting him to hurry while he is helping him out. In these situations he wants to walk out.

He feels unappreciated at work. He got hit by a car and had a medical appointment about it but they wanted him to cancel his appointment and come to work: 'I went to work the next day; they think I was trying to avoid work; they don't give a shit about me. I think my lesson is to use them as they are using me. I am feeling cranky and cold to people. There is no compassion to me so I don't show any.'

He told me how a bullying work boss swore and spoke to him abusively. T spoke up to management, I am not afraid to lose my job - I won't take abuse from anyone, even parents.' With the bullying and negativity he wants to resign and get a better job. He is hoping it will be a better place.

**Work and life direction:** He came to Australia to 'learn the language and to go to a new place'. He is working long hours to save some money to buy property in South America but then he spends it - he just wants to enjoy life. He explains 'I am completely lost, but would like a beach house cooking for a few people'.

Originally he did architecture and urbanism but then dropped it. He then got a degree in publicity and advertising but couldn't find a job he liked. He managed a bar for a while, then in Australia, he saw himself being a cook but it has been disappointing, a production line. Now he wants to do an international language course and become a translator or interpreter. He is 'globalized' and loves travel.

'Something is missing; what do I want from life? I don't know what I want. I wonder everyday do I want to be here in this country?' He has a phoenix tattoo on his back: 'I like to be free'.

**Defiance, resistance and rebellion:** At work I don't take an order without a reasonable explanation. I have to be convinced to change my mind. I need a logical explanation. I am

blunt and tell people to their face; I am averse to lies. I am defiant; I should have the breaks (allotted time out) - I will show them. I don't like to be ripped off. I said I would take them to court.'

'At my night course I want explanation. The teacher is picking on me in every class, trying to humiliate me. I am argumentative and confronting if it is unreasonable or wrong. People say 'gays take drugs', I say, 'No!' I fear she will fail me.

Astoundingly, at another time he explained: 'I like to see the other side in conflicts; I try to come up with solutions to conflict. I try to make them see the other side. I always try and see things from the other point of view - I am very sympathetic.'

**His partner and social life:** He never liked the idea of committing but 'needs a friend and companion'. He is resistant to his partner coming up with rules and trying to dominate. He says they are both stubborn, so there are ups and downs. He complains that he is an open book while his partner is more reserved and that his partner isn't present during sex.

His partner never wants to do things with his friends and so he has stopped relationships with others because of him. He feels somewhat lost and confused about it. He becomes irritable when his partner doesn't listen, but can't say it or it will turn into an argument.

He likes casual sex but feels he can't have it because he is in a relationship. He feels guilty when his partner finds out he has had it. He explains 'He is everything here for me. If we broke up I would feel the wrongdoer. It is family and friendship.'

He regularly takes cannabis and occasionally ecstasy.

**Earlier years:** 'I always felt I don't have a family because they were not my biological parents. I abandoned them, left home and never came back. I tried to escape by being different,

rebelling by being part of different groups: the punks, heavy metal, reggae, smoking weed and arguing with teachers. I would confront to defend. I used to pray every night when young, but then rebelled against the church; there was no sense me following it if the principles are against my own being; I lost faith.'

**Dreams:** of falling; attempting to fly; cooking and of work.

**Food:** Desires: chocolate++-l-; seafood; meat+++; bread and grains+++; bacon++; dairy-l--l-; averse to fruit++; enjoys alco- hol+ + x 6 daily - beer, whisky or wine

**Mouth:** large painful mouth ulcers on gums, cheeks and tongue since a child < excessive alcohol < side lain on, < movement of mouth. Ulcers have a grey or yellow base. Gums bleed on brushing teeth.

**Physical:** sneezing and nasal catarrh going from cold to hot < sun < dust < cigarette smoke. Perspires profusely from armpits and hands, even if extremely cold. Hands and feet often cold with sweating. Pimples on wrist, left arm, shoulders and face.

**Personal history:** pneumonia aged six. Family history: three people in close family with cancer and many have liver disease

#### **Further consultations**

I saw him monthly over ten months with little benefit. In fact, much to my chagrin he repeatedly aggravated in mood, ulcers, energy and memory ... 'homeopathy reacts on me really strongly!' The medicines included *Calcite*, *Thuja*, *Tabacum*, *Merc-cor*, *Medorrhinum*, *Cinnabaris*, *Nitric acid* and *Mezereum* amongst others. During this time I found he had had gonorrhoea three times in his past and after a few treatments he had a return of chronic penile discharge which was green, and painful. This was cleared by *Cannabis indica*. Strangely he persisted with treatment and must have sensed something positive was in store.

**Structural analysis:** I decided to look closely at his structure as he had been very forthcoming about his thoughts and values. I noted that he has done a lot of travel for no special reason and was planning a trip to visit four countries in Europe, Indonesia and Brazil, all in a short time. He also tells me that there are three men (one from Australia, one from Italy and one from France) who are interested in a relationship and all of them want to go to Europe with him. This multiplicity and restlessness themes were suggesting Monoclinic strongly.

I was also struck by his rebelliousness and confrontational attitude towards others particularly in the work scenario. This contrasted with the fact that he was very sensitive about friends and relationship. This was a strong correlation with Monoclinic who are resistant and rebellious but feel dependant with friends and family. This seemingly contradictory side of his personality also appeared in his tendency to be argumentative and confronting and then seeing the other side, trying to resolve conflict.

**Colour:** I had been asking his colour the whole time and while he often chose black and white, he twice chose 8C which is the colour for *Carbolic acid*.

Eventually he complained of ulcers particularly appearing on his inner cheek and I thought that unusual. There were 15 medicines listed for this in the repertory with three in bold: *Carbolic acid*, *Kali chloricum* and *Nit-ac*. He also had a vesicular eruption on the hand and while there are 100 medicines in the rubric, *Carbolic acid* is bold type. He had already had *Nit-ac* (Monoclinic), *Kali-chlor* is Orthorhombic and *Carbolic acid* is Monoclinic. Through the combination of structure and physical symptoms, together with a confirmation by colour I settled on *Carbolic acid*.

## Results

*He was given Carbolic acid 30 and 200 a number of times over three months and reported many positive changes. Each time he took it there was an aggravation for a few days: explosive irritability (like I am menstruating) with overconfidence, 'teenage pimples with very oily skin, cuts on the foreskin or a cold and flu.*

*The vesicles on his hands got better and left no vestige under the skin as they had done in the past. Ulcers reappeared for a brief time and then disappeared.*

*His boss was sarcastic and angry with him and fired him. Yet, he felt powerful through the whole process, 'I have nothing to fear'. At first with being fired, looking for a new job and knowing his relationship was changing he started to feel down. However he soon decided to 'pull myself together', remained professional and happy even as his boss got angry. He even trained his replacement in good spirits. He starts looking more closely at himself: 'I am an alpha male and want to confront men who are in authority. It is just an energy thing and I am cocky'.*

*He found a job cooking at a childcare centre, which is something he always wanted as he is excited about cooking nutritious food for children to create a habit that they can take into adult life. It is less money but he doesn't care. Out of the blue he was given a block of land on the beach in Brazil and feels all his dreams are coming true. 'It doesn't get any better than that!' Things are winding down in his relationship and ex-lovers are approaching him to be in a relationship and they are all 'really nice guys'.*

*'I am taking things in a really relaxed way, making my energy flow and making it happen. I am more content with things and see that everything is coming for a reason, even the bad things. It is because you have to learn something out of it. Everything is moving for*

*me, I am a different and having more time or myself. I am progressing in life.'*

## ■ Case Study II

### 'Sucked into the Vortex'

I had seen this 54-year-old man on and off over about ten years. He was divorced with children. Since the divorce he had a disappointing relationship and *Nat-mur* had worked well on him for this. He was an osteopath and had practiced some homeopathy in the past. He was always sensitive to the medicines and sometimes had a strong aggravation being near certain homeopaths, yet his physical being was quite stable and robust.

He had seen me before and had complained about difficulty with his recent girlfriend (pseudonym Adeline) with whom he had an on-and-off relationship for some years. He is seeing her again. Adeline is pushing and I am resisting but it is just too stressful; she wanted to stay at my place when I didn't want her to and she went ballistic. I stopped the car and yelled, get the fuck out of the car, fuck off, fuck off! I just got the shits. I went back to her place and said goodbye to her son. I just lost it, it was really liberating. Usually I just absorb it.'

'It is turmoil maintaining contact with her; it is not a good thing but we are addicted to each other. After two or -three weeks I hadn't heard from her and felt I was getting my equilibrium back. She rang and once she engaged me on the phone I got sucked back into her vortex. Then I am thinking what am I doing back here? She is an addiction I don't want.' He mentions the feeling of 'being sucked into her vortex' a number of times.

He recalls the regular instances of her getting inappropriately angry with friends and people they are at dinner with and lashing out at them. She then continues as if nothing had

happened.

He reflected on a dream in which he was depressed, which leads him to immediately comment on the relationship: 'She seduces me back; I am drawn in. I just want to make a clean permanent break; she sucks me of energy, uses her allure, and it stresses me'. He recalls the comment of a friend who says 'Your brain knows it is fucked but you can't do anything about it!'

He has moved to a rented apartment, which was a let down as he is averse to living alone and likes to have a friend to 'hang out with' at home. Colour choice: 1C and 23C

**Physical:** His eyesight is worse in the last six months; he has developed a significant floater. He has no energy and has to 'drag myself around'. He also has insomnia; he finds it hard to sleep at his girlfriend's place. He desires salty food. He is skipping breakfast, not hungry at lunch and overeating at dinner. He is drinking more alcohol, which occurs when he is stressed. He says he is using it to numb himself.

**Analysis:** This case was prescribed largely on structure. His high sensitivity to medicines and feeling drawn into her vortex which throws his equilibrium, indicate a clear Monoclinic type of oversensitivity. He uses the words 'sucked in', 'drawn in', 'allure' and 'seduction' which clearly relate to the magnetism of people or things felt by Monoclinics. The aversion to living alone is typical of Monoclinic people who thrive in the company of warmth and friendship. His intense anger, which was 'liberating' is typical as it is withheld self-expression and a fiery release. Lastly the fact that his work life and perception of self are good, with the stream of recurrent relational problems points to the 'one disturbed vector' theme of Monoclinic. I remembered a dream from a *Nephrite Jade* proving I had done which indicated that personal life is full

of 'combustion' and that it is for those who are too tough or not tough enough. Nephrite has a fibrous structure and is the toughest of gemstones. One of the colours he chose was green and so I prescribed *Nephrite Jade immersion* 30C to be taken as required.

#### **Four weeks later**

After taking two doses there is a return of old back pain and tightness for a few days. Then he felt better: a sense of connection to the world, like a plug was put back in; he is more at ease and relaxed. He is still preoccupied with his girlfriend but less anxious about it and feels less helpless around her. He also feels less need for company.

He is deciding whether he will live with her. 'Maybe I need to do it and see what happens: if it works, it works, if it doesn't work, it doesn't work'. He feels less attached to the outcome.

He reflects deeply, tells me that there is still a strong attraction and he has to pursue it to where it takes him. They have had a four-week break and are about to meet up. He will 'see how I feel, look at the communication and the chemistry'. He points out that they have broken up and gotten back together eight times now. The on and off again nature of the relationship is typical of the flux and change of Monoclinic

His energy is much better and his floater is almost gone. He feels more irritable and less patient when people ask stupid questions.

His girlfriends behaviour is more frequent and severe and he often feels he is treading on eggshells all the time. 'Butter wouldn't melt in her mouth; she lies, is very flirtatious with angry outbursts and erratic behaviour.'

**Treatment:** repeat *Nephrite* as required.

#### **Five weeks later**

He took another dose. His energy has remained better 'I am going around with a spring in my step'. His sleeping is now fine. Soon after the remedy he dreamt he had to deal with a huge



tarantula in the house, and thought he should get it out.

He has moved in with his girlfriend, it has been three weeks. 'I had thought I will give this a go - it may change her behaviour or make her more secure but the meltdowns became even more frequent. 'I am not so affected by it, I don't mind what the outcome is. I have mentally stepped back.' He has a sense she will 'stuff up' but that it is the fulfilment of a past karma and this is the final episode to bring it to completion.

'Before Nephrite I was **living on the edge** with no equilibrium in life. It was bloody awful but now I am where I should be. I had been depressed and that is just gone.' Treatment: Stay with *Nephrite Jade imm* 30C

#### **Six weeks later**

They went to the snow on a skiing holiday. At dinner that night she was edgy, she drank alcohol and started on events from their past that she was upset about.

T was talking to a friend and she threw water over the pair of us. Security came and dragged her out. We got back to the apartment and she said, 'You'll have to go'. But I paid for the apartment! I put a jacket over me and slept in the car ... my toes went numb! I am there freezing and thinking 'Fuuccck'. We skied next day and she is almost apologetic and shameful. We came back to Sydney and I thought, that is it, I've had enough of this, it was the last straw. It was the third time in our relationship that I had to sleep outside. I wrote a letter: 'See you later, find someone else. Enough is enough'. I got a new phone and new phone number.'

His sleep, energy and floater remain better. His unhealthy eating pattern is now completely gone. He reflected deeply to me, 'My lesson with her was that I was always afraid of confronting; I have had to stand up for myself and give it back; I can do it; I had to with her.

It took years.'

'It was the excuse I needed. I couldn't just say I am out of here, I needed a last catastrophic event. I gave it my best shot. I wrote off the heaps of money I lent her. I looked forward to times of going out with friends and my kids. Before I was always doing something with her. My happiness now doesn't seem to be dependent on whether I am getting affection or favour from her or anyone else, it is my own path and destiny and sense of who I am.' Treatment: *Nephrite Jade immersion* 30C as needed.

#### **Further treatments**

He took *Nephrite Jade* immersion. 30C and eventually 200C over the next six months and reported to me three times. His behavioural patterning and connection to this woman was so deep that he needed to use most of the consultations to reflect on what had happened. It was a drawn-out catharsis.

He spoke of her overriding jealousy and how he curtailed his behaviour because of it. He noted that before he met her life went relatively smoothly and proceeded to enumerate all the bad luck and misfortune that entered his life while with her: 'With Adeline there were mishaps with car breakdowns, car crashes from excess of alcohol, running out of petrol, punctured tyres, missed flights, diverted flights and having bags stolen, diverted flights. These were largely related to her erratic behaviour. 'I used to feel zapped with her, she was feeding off my energy. I often couldn't wait to get away. At the end I thought 'She's not going to change, I will go insane, get ill or get out of there'.'

Soon after he met someone else and they have agreed to take it very slowly; it is 'safe and sane'. He became very relaxed in the body with a sense of peacefulness and ease. His appetite and energy remained very good. Since

Nephrite he feels physically much stronger, being in the vicinity of certain medicines with more power when he plays sport. In reduced remarkably.  
In addition to this his life long oversensitivity to

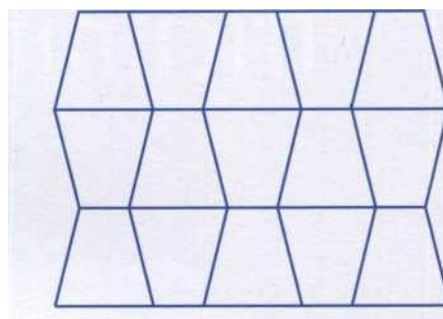
# Triclinic System



## TRICLINIC SYSTEM

The internal structure of the Triclinic system relates to the trapezium as a two-dimensional form. As its internal axes have no fixed relationship other than a mid point, the three-dimensional shape is not clearly defined. While it relates to a limited number of compounds like Kalium bichromicum and Calcareo silicata in homeopathy, many significant semi-precious stones such as Turquoise and Rhodonite crystallise into this structure.

domination. They are prone to express the greatest instability of the seven defined shapes.



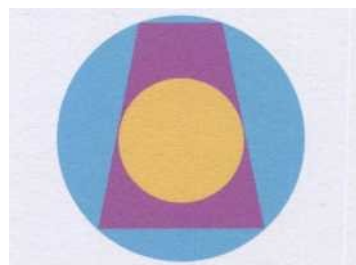
### ■ Triclinic Geometries



The trapezium is the two-dimensional figure of Triclinic and it can be viewed as a triangle without a peak or a body without a head. This relates to the dissonance and incongruence of the structure: the need for security and stability (the base) without the benefit of an aligned will (no head) or the predominance of feelings which cannot be regulated by the intellect. Unlike any of the other four-sided shapes it only has one parallel pair of sides, which accentuates the incongruence and infers lack of order.

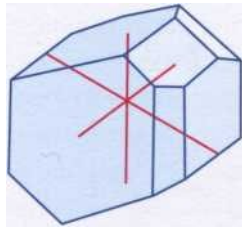
The Triclinic pattern of related shapes expresses a significant feature common to Trigonal. Both of them require inverted units to complete the connected geometric patterning. This is indicative of the propensity of both these structures to become inverted: in Triclinic this is felt as 'topsyturvy' whereas there is a sense of 'toppled' in Trigonal. It specifically relates to Triclinic as a tumultuous life or life event as it is 'turned upside-down' and can also apply to relationships with their inclination to alternate submission and

### ■ Encircled Trapezium



The encircled trapezium is similar to Monoclinic in so far that the central circle (representing sense of self) only connects to two sides of the Trapezium. This weak connection is accentuated by the fact that these two sides are not parallel. This element of weak connection to the self, translates into the Triclinic feeling that the sense of self is not 'connected' or 'doesn't belong' and often results in an incongruent perception of self or surroundings. In addition to this there are four connections to the outer circle and this signifies a strong reliance on or connection to the outer world, whether it be society or environment.

## ■ Triclinic Axis Vectors



The **Triclinic** crystal system is defined by three inner axes of unequal length like Orthorhombic and Monoclinic. The fundamental difference in the Triclinic structure is that all three (tri) are inclined at angles (clinic) other than  $90^\circ$ . This reflects the heavily dispersed nature of this structure and the presence of incongruence, even derangement of the fundamental drives and sensitivities. There is no 'right' angle, nothing is right. In this state individuals may appear shambolic and on the verge of breakdown. Disruption could arise from any quarter in their life and they are at its mercy. This state is often a result of trauma, disaster or shock. It also points to the emotional volatility and oversensitivity prevalent in the structure.

On the positive side it indicates fluidity, movement, ability to go with the flow together with unusual spontaneity and creativity. It is as if there are no restrictions, they can do anything, as long as they/ee/ ok with it. It is similar to Amorphous but not completely freed, they still have to refer back to the central point i.e. a sense of self. This looseness implies the ability to completely re-organise your life should it be required (e.g. Rhodonite). It infers complete adaptability, e.g. the ability to live on the road after being settled or to change to a completely different work.

### **Seed Concept: 'I react'**

Many themes of Triclinic speak loudly about their reactivity. While disasters and tragedies themselves are a great impetus to reaction for the vast majority of humans, the nature of

Triclinic persons makes them most susceptible. All the three vectors are in dynamic response mode as they are not 'right' angled, not held in a fixed relation to each other, and are of differing lengths. We could say that all is disproportionate. Their volatile, sensitised and even excessive emotional reactions are the primary motif of their reactivity.

## The Triclinic Psyche

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### ■ **Deranged, Incongruent, Inner Tumult**

There is a characteristic form that often presents when we engage with a person who is in a Triclinic state: it is heavily 'discordant', 'incongruent' or 'deranged'. As we survey the case we find that there isn't even one aspect of life experience where the individual feels contented, at home or at ease. It appears that

there is difficulty at every corner. A common perspective of this state is: their primary relationship (with partner or close family member) is intractably discordant, there are insurmountable difficulties in their work, they are unhappy with themselves and their future appears dark. They are not able to identify a holistic perspective on this but

PRINCIPAL THEMES OF THE TRICLINIC PSYCHE

*Deranged, incongruent, inner tumult*  
*Tragedy, trauma, disaster*  
*Alienated, disconnected, not belonging*  
*Control, egotism, domination ... Controlled*  
*Volatile, oversensitive and excessive emotions*  
*Insecurity and confidence*  
*Relational dependence and sensitivity*  
*Victim, injustice, abuse and anger*  
*In another world*  
*Subject to fate*  
*Fixed erroneous, incongruent, dissonant*  
*Feminine feeling and the water element*  
*Pressure, tension, anxiety and fear*

are tangled in the emotional and mental details of each portion of the experience. This is often the most characteristic, the energetic zone as it were, of the Triclinic structure.

Common feelings associated with this element of the psyche are: disempowered, depression, anxiety, introspection, feeling uncentred, unconfident, negative, hopeless, full of angst or inner tumult. There is little or no reprieve, they are well and truly caught up in it. Clients tend to use language related to complete disruption, which is commonly associated with disorientation of place. Amongst the many examples:

- ▶ ‘There was an earthquake in my life’
- ▶ ‘A volcano erupted in my life’
- ▶ ‘It turned my world upside down’
- ▶ ‘Things are just not coming together’
- ▶ ‘I feel pulled in all directions’
- ▶ ‘My life is all over the place’
- ▶ ‘My life has been drunk and disorderly’

- ▶ ‘I am completely out of kilter’
- ▶ ‘I don’t know my place’
- ▶ ‘I lost all sense of perspective and orientation’
- ▶ ‘Plucked from everything familiar’
- ▶ ‘I don’t know my place in the family and within myself’
- ▶ ‘I have no place, nothing is holding me’

Essentially their life is in complete disorder. A client who responded well to *Turquoise* stated: ‘I have no control of my life, I am always reacting to demands in my life with clients, people calling, and needs of clinic, study and relationship.’

One woman who moved country expressed it this way: ‘I became completely out of kilter. I lost all sense of perspective and orientation. I felt so uncertain of my points of reference that I got my camera out to look at photographs of my children and my home to try to connect

with some kind of centre for myself. I felt emotionally sensitive and totally vulnerable, unable to locate myself in space and time. I felt plucked from everything familiar.' After taking *Green Kyanite* she felt completely realigned and present.

Dreams and images may also exhibit deeply discordant events e.g. of earthquakes (*Kyan-blu*; *Rhodon*) or 'all jumble and mush' (*Turq*); of a snake with a human head (*U/ex*); or I don't know if it's day or night (*Kyan-gr*); house is on fire (*D/ex*) or an area of her garden has lost its soil and is just cement (*Ulex*).

**Positive.-** Because of the multi-dimensional character of the Triclinic disorder, the result of an effective treatment will often cause a startling turnaround in the Triclinic individual's response to life. Having experienced their difficulty as multiple problems, they begin to sense there is a single underlying disturbance, which energises and enlivens the whole set of problems. Once the right Triclinic medicine is received, *all the elements that were misshapen start to move into order*, there is 'realignment', 'verticality' or 'stabilisation' and they again become the centre of their own lives:

*'It brought me into some kind of centre, everything in life has come out of its compartments' ... Kyanite-green*

*'It was like a game of 'pick up sticks', everything in my life felt like a random pattern of sticks sprawled on the ground and the happy ones couldn't survive. Now there are patterns in the sticks.' ... Turquoise*

*'I had a play where all went wrong, the feeling has shifted about that too-, it was a cellular shift about everything in general; my whole family shifted.' ... Labradorite-blue*

For others there will be a new motivation for order or ability to set goals and clarify perspective, intentions and feelings. They may start to reorganise their home or initiate a 'huge spring clean'. The following pleasing result was experienced by a young singer

trying to form a band as a vehicle for her expression and creativity:

*'I feel stuck, uninspired and a bit hopeless. Things are taking too long and not coming together. I had intended to go with the flow, to go where life is taking me but it is such a long road.' In this particular case I understood that this 'going where life is taking me' is an expression of the loose order of Triclinic. She chose a Turquoise colour and I prescribed Turquoise immersion: 'Things have come together completely. We are writing songs quickly and knowing what we want. The other musicians have all changed around. The guitarist is becoming the drummer and it all works. He stepped onto the drum kit and was perfect. He had been listening to all I had been saying and processed it all until it had come together. There is movement forward and things growing out of it nicely. Also finding the boys as invested in the music as I am, one of them will defer his degree. We wrote four new songs we couldn't be happier about. The guy that was too technical is loosening up. It is all back together and we are all on the same page again.'*

*Amaz-im; Astro-im; Kyan-blu-im; Kyan-gr-im; Lari-im; Rhodon-im; Succ-ac; Turq-im; Ulex-im.*

## ■ Tragedy, Trauma, Disaster

Whether manufactured by destiny or so-called circumstance, the presence of tragedy, trauma and disaster are a clear root cause of the deranged or incongruent disorder of the Triclinic state. Multiple expressions and experiences of disaster and trauma appeared in cases and provings: 'attack by persons'; 'monster attack'; 'murder'; 'massacre'; 'execution'; 'rape'; 'war and torture'; 'miscarriage'; 'the plague'; 'death of a child'; 'heartbreak of lost love'; 'car collisions'; 'volcanic eruptions'; 'earthquake'; 'meteor strike'; to mention a few! One has only to read a little history to see how commonly these 'awful' events underscore the human journey.



The relevant events may appear directly in conscious life history:

*Everything around her previous birth was quick and confusing. She felt distant and left out. The birth was not the way it should have been and she is still holding on to this. She later had a number of miscarriages. Since the miscarriages, she no longer trusts her body. She used to take it for granted. She is now six weeks pregnant, and 'very afraid and anxious', unable to sleep at night. 'I am not used to not getting what I want'. In this pregnancy, she is just living day to day. The desire for another baby 'just gets more and more intense. There hasn't been a day that I haven't thought about it since the last miscarriage'. She fears that the pregnancy won't progress; 'I don't know what I will do if it happens again'. She feels overwhelmed by feelings of sadness for self and for the baby who didn't have a life ... from a case of Rhodonite immersion*

*My patient was physically abused as a child and later became addicted to both drugs and alcohol. Having recovered she went on to train as a drugs and alcohol counsellor. She likes the work and reports that she excels at working with difficult clients who no one else can engage with. However there is a problem: 'I want to do the work and feel safe on the street. I carry the stuff that I get told, it's happening in the environment that I'm living in; I know all the heavy stuff. I think not knowing would be better'.*

*'I've always felt a lack of trust here, I'm always on my guard; the only safe place is the beach. I need a sense of armour, to have eyes everywhere, a rotating head to look in all directions. When the kids were little, their dad took my oldest daughter out without a car seat. I prayed and prayed that she would come home safely. I always pray when I'm ironing; I iron their clothes so that I can iron in prayers, without that I feel pure terror and fear.' ... from a case report of Turquoise immersion*

Trauma is often rejected, unremembered or pushed to the side. Yet the unconscious will

play its irrepressible role and evoke the memory through dreams of wildness and brutality; 'heavy' experiences perceived to be past lives; violent animal behaviours; earthquakes and meteor strikes; self-harm or the destruction of purity and innocence.

A history of traumatic events (even unremembered ones) can also be recognised by an individual's sensitivity to current events. While no normal person enjoys violence and cruelty, those needing Triclinic medicines will become destabilised by it. They can move into a state of 'fear, fight and flight' from a perceived notion of trauma in a relatively common or nonthreatening event:

*I have huge sympathy for animals, sensitive to animal cruelty. Cannot watch the news as I feel too much. I became nauseous on hearing of a girl who is gang-raped ... sense of vulnerability. I feel like I did when I was assaulted in the past. I recall memories of the person who physically assaulted me. I fear going to sleep, must sleep with the light on. I check all the doors are locked at night' ... from the proving of Ulexite immersion*

A sense of shock is a common element of disaster, trauma and tragedy and many Triclinic medicines have a direct relationship to it. Amblygonite addresses the inability to speak from shock, questions seeming too stimulating, they refuse to answer. Rhodonite is a premier remedy for shock and trauma which rivals Arnica in its breadth and power. The following comments are from a client who benefited greatly from the remedy:

*'In New York when the hurricane hit I felt isolated and bizarre. Then when I arrived home in Australia I found there had been a disaster in my home town, a hurricane which even affected my street. It really shook me. I was so shocked by what I found, my reflux got worse and I have been depressed since.'*

**Positive:** I have had to ask myself 'What good can come out of trauma?' On careful reflection of the results of cases of the Triclinic remedies, clear curative consciousness was

unearthed. Firstly, the effect of instilling a sense of protection. This is most obvious in the case of *Turquoise* but experienced in many other remedies. *Turquoise* is famed as an amulet, which protects from falls and protects the feminine. My first prescription of *Turquoise* resulted in these comments from my client:

*'When I first took Turquoise, I had a realisation that was beautiful: that I needed the Turquoise for protection. I would see the Turquoise going around me in a big circle, but in the middle of the circle it was clear, I needed it for protection but nothing needed healing in me. There is nothing to change. It is pure protection. It was the very first realisation, it was crystal clear.'*

The sense of inner security and safety that ensues from *Rhodonite* relates to an internal grounding effect, a centring so deep that even physical violence or material



Turquoise, the remedy used in Case Study I in this chapter

devastation will not cause anxiety, confusion, flight and fight. In the *Ulexite* proving it produced a feeling of being *unruffled* no matter how extreme the experience. This sense of protection from a sense of internal stabilisation in *Ulexite* and *Rhodonite*, contrast with the field of atmospheric protection which is sensed around the person in *Turquoise*.

These medicines are also capable of unlocking 'old wounds' and carrying them to resolution. There is realisation that mistakes (that cause wounding and trauma) can be rectified and need not be a fixed or absolute defeat, as long as we come to them with consciousness and humility. Other prominent healing streams in trauma were 'coming to a place of acceptance' (*Larimar*) and the will not to follow the desire to 'flee in fear' (*Larimar* and *Rhodonite*). When trauma is visited on us from those whom we consider as 'loved ones', forgiveness is an important part of the process of resolution. This is especially evident in *Rhodonite*, *Turquoise* and *Larimar*. *Rhodonite* in particular enhances the feeling of friendship.

Generally Triclinic medicines increase the ability to cope with tragedy and trauma, evoke an inner sense of security and happiness, a pervading serenity that holds one through these normally lifeshaking events. They heal the response of reacting to common life situations 'as if it were a disaster'. The individual then feels the ability to handle crises and respond well when in danger.

*Amaz-im; Ambly-yel-gr-im; Astro-im; Kyan-blu-im; Labr-blu-im; Lari-im; Rhodon-im; Succ-ac; Turq-im; Ulex-im.*

## ■ Alienated, Disconnected and Not Belonging

Alienation, disconnection and fragmentation are a common outcome of trauma and are commonly present in the symptomatology of the Triclinic state. Triclinic provings and cases abound with illustrations of this:

*'Disconnected and just going through the motions of life. I am feeling like a stranger in a strange land' ... Blue Labradorite*

*'My mother said goodbye when I was 12 and put me in boarding school. I spent the next five years finding ways to get back to her' ... Turquoise.*

*'In New York when the hurricane hit I felt isolated and bizarre' ... Rhodonite.*

*'Upon coming home I walked in the house*

*and saw that my wife had re-arranged things in the house... I felt estranged ... I felt out of place in my own home' ... Turquoise*

*It doesn't matter where I go I don't fit ... I have a hard time working out where I fit into the conventional world'... Amblygoniteyellow-green.*

*'I really feel sick in my house. I stand there, this space is cursed. I just start crying. I see all these literal walls closing in on me and I get SO uncomfortable'. ... from a case of Astrophyllite immersion*

**Positive:** Various realisations ensue on prescription of a Triclinic medicine. They become more aware of what they want and find a natural affinity or association with 'the other' which is not excessive. Consequently there is a remission of confusion. However the most important realisation is a connection with a sense of self, together with an understanding that the need for connection was really with self and not others. They also begin to understand that their effort to connect to others could not be sustained because it is needy, insecure and anxiety-based. A superb dream from a prover of *Ulexite* was about this very theme: 'I dream of a thread, of Ariadne's thread. It takes me to where I can find myself again.'

While it is understood that 'connection to self' is the essence of this element, a natural positive connection to others will ensue via commonality of feeling about a sport, hobby, interest or passion. Triclinic medicines enhance the feeling of belonging and enable a healthy ability to live life in their own way with the understanding that it will likely not be conventional.

*Ambly-yel-gr-im; Labr-blu-im; Rhodon-im; Succ-ac; Turq-im; Ulex-im.*

### ■ Control, Egotism, Domination... Controlled

When the fundamental theme of 'deranged, tumult and incongruent' takes hold, many experience a 'giving way', a significant Toss

of control'. This is often the result of events over which they feel they have no control, be it a traumatic life circumstance or the influence or abuse of the 'dominant' other. Triclinic clients often have a strong yielding or receptive element in the psyche: dominated or frustrated by a work hierarchy or individual or allowing themselves to be used financially by family:

*'A feeling of placing a hat over my head, hut instead of it just being a hat, it was a complete head and face that I placed over my head. Again no feelings came with this: not pleasant or unpleasant. Just a mild shock that my head and face was completely being covered with something else, or someone else s'... from the Turquoise proving.*

*T just want a sense of freedom. A lot of people have said, yeah (my husband) is pretty much calling the shots on anything. But maybe I don't trust myself enough to make executive decisions.' ... from a case of Astrophyllite immersion*

In Triclinic feeling, dominated can give rise to a strong compensatory mechanism in the mind, which will seek to control and dominate. This reflects the topsy-turvy feature of the relational shape explained earlier in this chapter. As with all compensatory mechanisms, they are littered with pitfalls and in the case of Triclinic there are often flares of dictatorial or manipulative behaviour alternating with the yielding aspect, keeping them embroiled in emotional turmoil. One man, while being successfully treated with *Kali bichromicum* for a chronic throat problem had a 'dream of a half sheep, half dog attacking a man'. The sheep and the dog bear obvious connotations of acquiescence and domination existing in one beast. I notice that those in Triclinic often have very strong expectations about the outcomes of personal desires and when they don't happen or are rejected by others they lapse into emotionalism, control, manipulation or victimhood. While in the dominant phase they may become egocentric and assertive, even

aggressive in their quest for security and control:

*'She likes to tidy things away, and will make all three beds - her own and those of her younger siblings. She likes to tell the others what to do, and worries about her brother going outside in his little car in case he gets squashed on the road. At school she is quick to say to other kids, 'don't do that because... ' from a case of Calcarea silicata*

*'I have a sense of wanting others to be impressed by my knowledge, that I have a special talent / ability. Wanting to argue with others in an arrogant, disdainful, rational and intellectual way'... from the Ulexite proving*

**Positive:** In the positive development there are two possible outcomes. Firstly there could be ease with the loss of control and relaxed acceptance that there are times when the needs of others or circumstances take over. They then let go of fear and sit it through. Secondly the rational mind arises and a state of 'I know what to do' appears so that there is taking charge of themselves with effective and appropriate action. Thus, they develop clear adult boundaries, feel in control and empowered.

*Amaz-im-, Calc-sil; Cupr-s: Kali-bich; Lari-im; Rhodon-im; Succ-ac; Turq-im; Ulex-im.*

### **Volatile, Oversensitive and Excessive Emotions**

Just as the vectors of Triclinic are scrambled and unaligned so are the emotional responses. Volatility, oversensitivity and an excessive emotional state are a common vein in these cases and often a cause for presentation to the homeopath. When I surveyed the multitudinous situations reported in my records of Triclinic remedies and provings, I found a plethora of words to describe this parlous emotional state of play:

- ▶ Feelings on 'fire', highly excitable, loss of control of feelings; 'stir crazy'
- ▶ Anger and abuse; rage; swearing angrily; fury; felt like lashing out; felt like de-

stroying things

- ▶ Very emotional; strong emotions that no rational thought can control; volcanic explosion of emotion
- ▶ Intolerant; extremely impatient
- ▶ Behaving like a child
- ▶ Throwing tantrums; crying hysterically, constantly or for the smallest reason; major mood swings
- ▶ Taking things the wrong way
- ▶ Intensity of thought and feeling
- ▶ Massive outpouring
- ▶ Totally chaotic feeling, uncontrollable
- ▶ Overwhelm; scatter-brained
- ▶ Drama queen
- ▶ Wants to 'make others feel like shit'

These words speak for themselves while underlining the sense of volatile reactivity and mayhem inherent in this structure. They are people who do not understand what it is to be calm or phlegmatic. It is difficult for them to own their own emotional issues.

*'It felt like an explosion of anger, of anxieties, of panic, all at the same time. My mother was the recipient of an operation which was not performed well. I think the surgeon made the wrong choice. Since then I have had very little sleep, with anxiety attacks, nausea, feeling of not being able to solve the problem because she is old and soon she won't be independent. I thought about the volcanic origins of the gems, it is as if all shoot up at the same time. I have never felt like this in my life' ... from the Blue Kyanite proving*

General oversensitivity is not uncommon. They can be sensitive to noise, touch, pain, music or to emotional and psychic atmospheres, sometimes knowing what others will say. Sensitivity to criticism can be extreme.

In some individuals polarities or suppressions will develop such as unconscious and automatic conduct, total absence of emotive response or joylessness. Suppression may be evident through suppressing tears or

anger since they will fear losing control.

**Positive:** After the effective prescription of a Triclinic medicine there is amelioration of emotional extremes, a more solid feeling. The feeling of being comforted, detached, not taking things personally, 'stronger inside', 'level-headedness', 'increased self-control', balanced, calm feelings with enhanced reasoning are all within the healing scope. Volatility becomes a 'slow, controlled, release of energy', a controlled excitement with feet firmly on the ground or an appropriate expression of feeling. There is a distinct sense of emotional maturity about the development of Triclinic. An ability arises to maintain 'lightness and space' amongst the trials and tribulations of daily life. Self-trust and intuition are deeper bonuses.

*Amaz-im; Astro-im; Calc-sil; Kali-bich; Kyan-blu-im; Lari-im; Succ-ac; Turq-im; Ulex-im.*

### ■ Insecurity and Confidence

Tragedy, inner disorder, alienation and sensitive emotions are not a formula for confidence and those in a Triclinic mode often bear deep insecurity. There is a strong need to feel warm and safe (*Ulexite; Blue Kyanite; Turquoise*). Anxieties abound in the form of fear of loss, of poverty, fear of the future, health and these further accentuate the insecurity. *Calc-sil* has a strong fear of what others think and fear of failure, whereas *Amazonite* and *Astrophyllite* have low self-esteem and self-negation. An insightful clinical scene for a child who was successfully prescribed *Calcarea silicata*:

*In the clinic she sits with her back to me for half the consultation, doing jigsaw puzzles, and wearing a woolly hat. Eventually the hat comes off, and I see short straight fair hair, in colour and texture rather like straw. She doesn't want to talk to me, and keeps asking 'When are we going home?' When I ask if she has dreams, she says 'No', still with her back to me. When I ask about her favourite things to*

*eat, she says, 'Nothing. When I ask about her favourite things to do, she says, 'Nothing. She has an inexpressive voice, the intonation awkward and inhibited. Seems tense and controlled and uptight.*

**Positive:** a sense of optimism, confidence, capability, self-assurance, security and self-trust arise as a healing response.

*Amaz-im; Astro-im; Calc-sil; Kali-bich; Kyan-blu-im; Rhodon-im; Succ-ac; Turq-im; Ulex-im.*

### ■ Relational Dependency and Sensitivity

Personal relatedness is a governing element for Triclinic, possibly more than in any other structure. They are very sensitive to what others think and feel in relation to them. As one *Kali bichromicum* client stated: 'I feel congested with other people's feelings'. And an *Astrophyllite* client: 'I don't like how I sound! This isn't very grounded! What must they think of me?'

**The family, group or tribe** is very important to Triclinics and this is underscored by the feeling of 'belonging' or being 'connected'. They tend to develop potent strands of interdependence between themselves and the group and when the issue of autonomy arises it can be a difficult conundrum as it will be foreign to their natural mode of thought and feeling. When this aspect of character expresses as weakness, it amounts to dependence, being carried by the group. As children individuals can naturally be dependent but when they mature they feel they have to perform to be valued by family, the family that they need. In the deficient state, the Triclinic is unable to meet this which leads to a feeling of insecurity.

*I want to go back to Melbourne and sit at home there all day. But that probably won't solve anything ...I don't like being independent and feeling no back up.'... from a case of Amazonite immersion*

When they develop a close attachment, let's

say to their parents, they may dream that they are still alive after death and talk to them as if living. They may even talk to them while awake as they miss their support and so need to invoke their presence. Anyone dying in their connected group will be tragic, as is divorce of their parents. Interdependence on their family, group or community is a strong current of their humanity. They will try to fulfil the demands and expectations of loved ones and expect that to be returned in kind. In addition to the 'connected' feeling, the group provides them protection, nurturing, safety, security and most importantly a place in the world.

The act of physical holding or displays of love may be very important to them. The family 'magnetises' them, it is required for inner alignment and for their very identity. It is often expressed as a deep need for familiarity in surroundings and people they know. They tend to live with family or in small communities where they are able to interact with those who are close on a regular basis. The Triclinic state is often exhibited in the earlier stages of human development i.e. before age seven, the state of a childish ego, with all its beauty, needs and vicissitudes.

*She has never spent the night at another kid's house, she doesn't want to be away from us. She feels safest at home. Family gatherings are very important to her... from a case of Calcarea silicata*

They are more likely than any other structure to follow the behest of a parent or influential person in their life and in some cultures will even take up a career that is not their first choice due to this. They will say 'my mother wanted me to and I didn't want to resist her in any form'. This may be expressed as a sense of duty. This aspect of the Triclinic structure means they commonly hold a tribal, socialist or communist view of the world. The commonality of course is that security depends on the community structure. They are sensitive to disharmony in this structure and can become depressed or anxious if it is not working for

them or is threatened.

*She had a nightmare of burial vaults, religious relics, bones, and a skeleton threatening to take away her vital energies. This dream oppressed her for days. She became irritable and scatter-brained, and grew depressed in the days following. She was 'desperately looking for someone to help me', cried when she came to the conclusion that she didn't have any friends, had a forsaken feeling and felt 'helpless in the blackest of black depressions'. ... from the proving of Succinic acidum*

The dependence theme is exacerbated by age as it also relates to those in their later years who have lost their memory, even the memory of how to do the simplest thing. They become deeply dependent on others and fit for committal to an institution.

**Polarity:** The polarity of this is a great aversion to connection which could appear after a family-centred trauma. One may hear a statement such as, 'I don't have attachments with anyone,' and this may even extend to misanthropy. They can tend to become mechanical or robotic, without any emotions, with no respect for family, even though they do much for them. They may be perceived as withdrawn and insular. This polarity can also be seen in a child who is keen to learn to talk, be toilet-trained and dress themselves earlier than normal. Interestingly, both *Calc sil* and *Kali-bich* appear in the rubric 'Does not recognize his relatives'.

**Positive:** Developed Triclinic types should be excellent at building a sense of community with others, even those of differing turn of mind. They become accomplished at using touch: the embrace, the hongī (Maori use of touch of nose and forehead), the handshake or back pat, meaningful eye contact or group touch (e.g. holding hands in a circle) to achieve this. A healthy feeling of connection and support without excessive dependency is the development of the Triclinic structure in this regard. These individuals will help a

disturbed group dynamic, where restrained emotions have exploded and ‘splashed’ over the whole group or family (a specific element of *Turquoise*). They understand how to build support and connection amongst its members and know how to coalesce a community to right social injustice. They are carers of collective wisdom in the group, the wisdom of elder counsel and especially women’s wisdom.

*Image: Headband of turquoise with very fine beads on various American Indian women. The headband was ornamental but also helps strengthen collective female wisdom ... from the proving of Turquoise immersion*

**One-to-one relationships:** While there is often a focus on the group, the sense of dependency is not limited to this and can manifest in the ‘important other’ relationship: the parent-child relationship, love relationship or spousal relationship. Sometimes they will depend more on their ‘important other’ because of lack of feeling connected to society and this may become a strain on their relationship. It is for children who want to remain close to their parents and like to remain home or who maintain an interdependent bond into adulthood. A young man or woman feels they are not themselves, not complete, unless their boyfriend, girlfriend or partner is present:

*I was also feeling very sensitive with my boyfriend. I would cry for no reason. He was spending too much time with his friends. I would feel unwanted and sad. I felt like I had no friends. They all went off without me.’ ... from a case of *Calcarea silicata**

With the combination of dependency, an acute sense of injustice and the tendency to want to dictate the intimate proceedings, the committed love relationship can become a setting for continual criticism, judgement and conflict.

*‘All this pent up stuff I’m holding on to, then I jab out. I can be sharp-tongued, very frank, no filters. Can be a little hurtful to loved ones sometimes, can just go off.’ ... from a case of *Astrophyllite immersion**

**Positive:** A fundamental movement of this condition, is the recognition and desire to let go of dependency and take responsibility for yourself. The well-prescribed Triclinic remedy will also release one from the ‘need’ to have a one-to-one relationship and bring recognition of the significance and positive benefits of group connections and feelings.

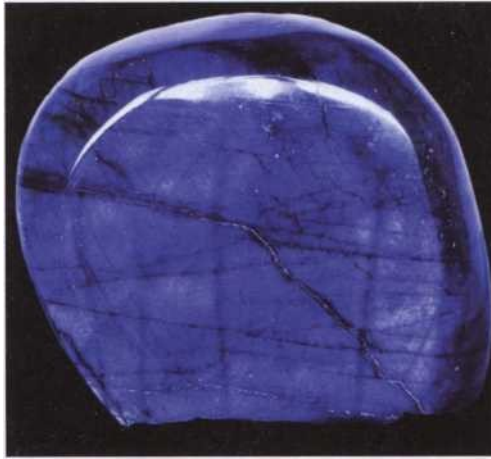
The positive development of this feature is that there is heartfelt concern for all those that they feel connected to. It is for ‘open-armed’ acceptance and commitment to those with whom you live and love or have a significant friendship with. Fluidity and connection in close personal relationships is developed while having healthy personal boundaries. The desire to embrace is enhanced, felt and understood. Love is expanded.

**At work** they may be ‘very sincere’ and dislike anything going wrong or making a mistake. They are sensitive to what others think, to their criticism and even an imagined criticism can deeply disturb them. The root of this attitude is sensitivity to others being upset with them as it undermines their fragile sense of security. He could be a doctor who has great fear of being blamed when there is a reaction to drugs. Not only are they sensitive in this way but they are volatile, so when they are blamed or others are angry with them, they will react intensely, which causes further upset.

*Amaz-im; Astro-im; Calc-sil; Kali-bich; Succ-ac; Rhodon-im; Turq-im.*

### ■ Victim, Injustice, Abuse and Anger

The consciousness of victimhood and abuse takes hold. It may appear as a result of feeling attacked or appear in a rage at injustices. In *Ulexite* it appeared as rage at abuse committed to Mother Earth: ‘Stop harming mother earth’ she shouts, ‘show some gratitude to her!’ or may take the form of rage against the abuse of women through rape and violence. It may be the injustices experienced in the workplace,



The mysterious veils of Labradorite, a proving of this crystal was done in Sydney in 2013

or injustice committed against a race as in the holocaust (*Blue Labradorite*). The associated anger is often furious: 'If I were a martial artist, I would beat the shit out of them!' The polarity also exists in a tendency to willingly and openheartedly sacrifice themselves for the sake of others, especially for those they love or feel responsible for.

*I realised that my husband is carrying abuse with him. I realise that I have been subjected to the projection of his abuse. Just before I left we had a huge episode where he was going crazy. He was slamming doors and being rude to me and wouldn't take me to the airport. I had to go overseas holding all of that and wondering whether my relationship was going to last or not. We both participated in the archetype of the negative mother, which is behind a lot of the abuse of women. The reason that men are so fearful and need to suppress women, is the negative charge on their own mother, the dark goddess. I realised we as women participate in it as much as men do.'... after taking Turquoise*

**Resolution:** This is found in taking things less personally. One client stated about a work situation 'they can say whatever they want - people who know me, know the truth'. I noted this woman's ability to come back to herself and change the setting of her response from the outer world to the inner. I have also observed

after taking a Triclinic medicine, the unique realization of the participation of the abused person in a situation where it is easy and 'just' to blame the abuser. This is often a precursor to true reconciliation. Another healing outcome is a sense of gratitude, recognising the great benefits of trials and an underlying sense of love for those with whom they are connected.

*Amaz-im; Kyan-gr-im; Labr-blu-im; Rhodon-im; Turq-im; Ulex-im.*

### ■ In Another World

A peculiar aspect of Triclinic which sometimes clarifies its presence is its 'otherworldly' character. I had always wondered about the source of the *Calcarea silicata* propensity to communicate with dead relatives and was surprised to find that this trait was an emblem for the Triclinic psyche.

The trail of 'otherworldly occurrences' started to develop as I explored other Triclinic medicines. During the *Turquoise* proving, one prover acquired a spirit 'friend' who was with her constantly and who helped her with remedy selection. I spoke to her many months later and he was still active. I noted in other Triclinic gems: visions of the past; a strong impressionability to images (e.g. a movie or poster) and thoughts (e.g. opinions of others); fortune-telling; clairvoyance and meeting or dealing with spirits.

One woman, after taking *Yellow-green Amblygonite* developed a desire for a green granny smith apple. As she thought of it, it appeared to her as if it were part of her body, replacing a section of the shoulder joint. It was like a surreal Salvador Dali Image and it seemed to her that it became part of the body simply by thinking of it.

I sense that these experiences lead others to think they are 'weird' or 'strange', a feeling they might well have about themselves. It is as if they perceive the incongruence of the state and can't understand it. This could also relate to indigenous people who live in a reality of spirit beings in nature.



*Amaz-im; Ambly-yel-gr-im; Calc-sil; Labr-blu-im; Turq-im; Ulex-im.*

### ■ Subject to Fate

The individual in need of a Triclinic medicine will often feel disempowered, caught up in their state and the subject of events which are seemingly out of their control. The feeling of being victim of fate or resignation to fate may ensue. This may take the form of 'I have lots of bad karma'. Whatever the expression, it is a belief that fate rules. They will also tend to think of the worst possible scenarios as the outcome of their situation.

*A feeling of quiet desperation and hopelessness; resignation to my fate. 'It will all end one day'. A desire for change while riddled with uncertainty and doubt... feeling like life is a struggle and I constantly have to compromise myself with mediocrity'... from the proving of Blue Labradorite*

**Positive:** Their resolution of this state is a sense of self-responsibility and self-determination. They come to feel their own power and control over what is happening in their lives. When difficult things arise they start to 'take life as it comes' and not allow themselves to be 'devastated' by life events or the belief that 'life is suffering'. They realise that life is what you make of it and that they have the power to choose their destiny via their response to life events.

*Amaz-im; Kyan-blu-im; Kyan-gr-im; Labr-blu-im; Lari-cr; Turq-cr; Ulex-im.*

### ■ Fixed, Erroneous, Incongruent, Dissonant

There is a tendency in Triclinic to become fixated on significant errors of perception. The mind is not sound in this respect. This feature includes superstitions; having fixed ideas about their own image; having fixed ideas about how to solve a difficulty or living with obsessive habits and rituals. These misconceptions are living in a consciousness that thinks 'I have no choice' - a delusive view that they feel the need to follow, as if the mind

is infected to do wrong. It is a person who is looking for emotional satisfaction in a relationship but only engages in casual sexual liaisons. It is the sort of situation where the individual knows there is a sensible way to travel to a destination but feels compelled to take a route that is littered with obstacles. It can relate to a habit they feel incapable of changing or other ideations best described as bizarre.

*Image: A group of men on cross-country skis moving along a high mountain path. No snow present but they appeared unconcerned, unaware ... from the proving of Turquoise*

*Dream: I am waiting at the lights to cross the road as a pedestrian with other pedestrians around me. Actually I am in my car and have driven it along the pavement and am about to drive it as if I am on foot ... after taking Larimar immersion*

The following quote is from a case of *Turquoise* and beautifully articulates the positive outcome, the new sense of reality that occurs:

*'If function mostly in fear: habits and rituals around protection. When I think of it, it makes me very sad - I would like to be free of that and different.'* After taking *Turquoise* immersion: *"They are much less acute, they are part of the story but not running the whole moment. I am much better with the resistance to seeing the problem and letting go. I am realising my old paradigm was 'I have no choice', the belief that informs most things. I am beside it more and I have more of a choice. It was as if the oxygen goes and your brain can't figure it out. Now there are moments of more oxygen. It occurs to me that it is not true that I don't have choice. In the past if I walked (for exercise), I had to drink alcohol, overeat and watch videos to try and manage the distress. Now I am able to be physical and not have to drink 3/4 of a bottle of scotch.'*

*Amaz-im; Labr-blu-im; Lari-im; Succ-ac; Turq-im.*

## ■ Feminine Feeling and the Water Element

Medicines of the Triclinic group have an affinity for the feeling, the feminine side. The feelings tend to be mutable, watery, flowing, dynamic and this reflects the dynamic vectors of the Triclinic structure. On the whole these medicines tend to suit women and men who are dealing with a predominantly 'feminine' or feeling side of their nature.

Primal feminine protective instincts (*Ulexite*); feminine sexuality (*Larimar*); the effect of abuse on women (*Ulexite*) and domination of women (*Blue Labradorite*) all appear clearly in the provings. Turquoise rates a special mention with its power to protect women and the feeling nature, to strengthen female groups (collective feminine wisdom) and to maintain femininity in middle age and elder years.

Evidence of the water element and its emotive quality will appear wherever there is an excess or want of fluidity. The Triclinic psyche is imbued with this element through the 'volatility' theme (excess of emotions) and the 'fixed' theme (lack of fluidity). Many Triclinic remedies exhibit this theme in dreams and images. The following medicines are prevalent: buffeted or swamped by waves (*Blue Labradorite*); submerged in water (*Amazonite-blue-green*); water swirling and changing shape (*Turquoise*) and waves pulling her backwards (*Ulexite*).

*I want to live on a beach in warm weather and be carefree. I want to escape and avoid everything and everyone all the time. I want to be a mermaid.' ... from a case of Amazonite immersion*

*Amaz-im; Labr-blm-im; Lari-im; Turq-im; Ulex-im.*

## ■ Pressure, Tension, Anxiety, Fear

Pressure, tension, anxiety and fear are common for Triclinic. Their fears are often focused around Triclinic themes:

*Trauma and disaster:* death from cancer; speeding vehicle; something will happen; crossing the road; being poisoned; heights; downward motion; trains and closed spaces; miscarriage; crows (harbinger of death); minor physical ailments (hypochondriasis).

*Insecurity and confidence:* new situations; examinations; darkness; homelessness.

*Familial connection:* family illness; of people; losing all his relatives; being left alone forever; his family will starve.

They can see hideous faces or have horrible visions related to all this. This relates to the depth of these negative impressions in the psyche and that whatever the thoughts and feelings are focused on persists for a long time. They never seem relaxed and may drop one fear only to replace it with another. All sorts of negative and horrible thoughts are entertained.

*'Talks of nothing but murder, fire and rats' ... Calcareo silicata*

This susceptibility to stress arises from essential insecurity there is 'no ground under their feet'. They may take on nervous behaviours like nail-biting or present as very nervous and restless with palpitations or waking with panic attacks. When there is added pressure in life there is a tendency to escape, opt out or break the connection with the triggering source, to 'make a break'. If this is not possible there is often the desire to find 'ground': sit on the floor or in a dark (safe) place or put the hands on the ground.

These fears may arise from a long-term stress in the home, where they feel someone has long hated, disliked or disapproved of them. It may also arise from a violent or dark experience in the past, the classic post-traumatic stress element of Triclinic is often betrayed by their plethora of fears.

*Dream: I am with my father in the kitchen of our family of origin home. I open a cupboard and there are three or four sharp heavy, long, dangerous-looking knives there. I ask him if he still wants to kill me and whether I can get rid of the knives. He replies that he*

*still wants them there. I tell him I am not satisfied with that anymore and need something to change. He has wanted to kill me my whole life ... proving of Amazonite immersion*

**Positive:** These anxieties are commonly labile, often appearing with the quality and force of the volatile emotive quality of the

structure. The positive response is a 'calming of the mind', feeling 'straightforward' and even a cessation of thoughts, a calm sitting in self and 'holding ground' in an emotive family conflict. A healthy sense of fun and humour will appear in many.

*Amaz-im; Calc-cil; Labr-blu-im; Succ-ac.*

## Supplementary Themes

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### ■ Intensity

The situation for Triclinic individuals is often intense and their response is in kind. They are sensitive or oversensitive to pain and suffering. This again relates to a history of trauma. Their thoughts and feelings are deep and they often become serious and earnest. They will express themselves as being in 'agony', 'tortured' or 'shell-shocked', 'deeply affected' or 'very distressed'. In addition to this there is a need to feel, experience and freely express their thoughts and emotions and a great aversion to burying them. They generally don't like to be soothed.

*As a child I was very quiet. If offered a toy I wouldn't take it -I was self-contained and slept badly... I had a very serious expression on my face - didn't smile much or laugh. There were no tantrums but I would throw things if didn't like them.' ... from a case of Amazonite immersion*

*Amaz-im; Astro-im; Labr-blu-im; Lari-im; Succ-ac; Ulex-im.*

### ■ Asking Questions

A unique feature which arises in the Triclinic psyche is asking questions. They have a tendency to ask themselves questions about their life, their body, their character, their thoughts. You will hear them pose questions like, 'Am I too selfish?' or 'Is my brain working?'. They are confused, life is disorderly or traumatic, which naturally poses a real conundrum and they are looking for answers. You may find that before, during and after

consultations there is a high need to ask questions about the treatment. They may call every week or every few days between consultations. It is a need for reassurance and to calm their overactive and worried mind.

When feeling emotional they are sensitive to questions and easily feel flummoxed, challenged or overwhelmed by them. At this stage they become most averse to being questioned.

*Amaz-im; Ambly-yel-gr-im; Ambly-wh-cr; Astro-im; Calc-sil; Kyan-blu-im; Labrad-blu-im.*

### ■ Childish

Childish behaviour is a significant theme and is expressed in a variety of remedies in the relatively small Triclinic group. It may apply to a childish mental attitude or childish behaviours like throwing tantrums (*Calc-sil*) and the classic childhood fear of abandonment is evident (*Amaz*). The situation of children who have been adopted and are often sick or who are unofficially adopted and can be recalled by their physical parent at any time appear in *Ulexite* proving. It appears for children who are neglected or not properly cared for by their parents (*Turquoise*). The positive aspect is it gives the ability to touch the carefree and innocent essence of being a child (*Blue Labradorite*).

*Amaz-im; Astro-im; Calc-sil; Labr-blu-im; Succ-ac; Turq-im; Ulex-im.*

## ■ Creed and Benevolence

There is a stream of consciousness in Triclinic which indicates there can be issues along the axis of greed and benevolence. This is directly linked to the insecurity, dependency and the connection to group issues of Triclinic. While based in insecurity this theme extends to selfish possessiveness and even greedy acquisitiveness. The positive outcome is often felt as a sense of abundant life.

*'The woman beside me panicked and said, 'God, I haven't even got a shell, I don't have a chance.' I said 'Well, here, have one of mine' and I gave her the one with the pearl. Then I thought, 'Shit what's in store for me now?'. ' ... from the proving of Rhodonite*

*Assertive and aggressive, he has relentless and unabated drive for his desire, like a high-powered drill tunnelling into the earth to greedily grasp its wealth... from the proving of Rhodonite*

*Amaz-im; Calc-sil; Kali-bich; Rhodon-im.*

## ■ Intellect and Memory

The memory is regularly affected in Triclinic medicines, possibly more than other structures (*Amaz-cr; Blue-lab-im; Kali-bich; Rhodon-im*). True to the deranged, incongruent and pulled in all directions theme, many Triclinic medicines exhibit a related state of the intellect: *Kali-bich* with its fruitlessly busy character; *Larimar* with its wild and scrambled thoughts; *Blue Labradorite*, *Astrophyllite* and *Succinic acid* have scattered thoughts and *Turquoise* tends to jump from one thought or subject to the

other. Triclinic medicines improve mental clarity and concentration. Consequently motivation and the ability to put ideas into action is increased.

*Amaz-im-, Astro-im-, Cupr-s; Kali-bich; Kyan-blu-im; Lari-im; Labr-blu-im; Rhodon-im; Succ-ac; Turq-im.*

### ■ Depression

All structural forms have the potential to create depression and it is not foreign to Triclinic. The sense of a black cloud, causeless depression, suicidal ideation, negativity and the feeling of ugliness have all been associated with depression in medicines of the Triclinic group. The aetiology is classically traumatic or from a sense of alienation.

### Clinical word associations for Triclinic themes

Theme	Word associations
<b>Deranged, incongruent, inner tumult</b>	Deranged, incongruent, mayhem, pulled in all directions; discordant; difficulty at every corner; full of angst; inner tumult; all over the place; scatter-brained; out of kilter; complete disorder; life misshapen; unstructured; disoriented <i>Positive:</i> realigned; stability; centred pattern in my life; everything shifts; organised.
<b>Tragedy, trauma, disaster</b>	Tragedy, trauma, disaster; devastated; ruined; fear, fight and flight; attacked; massacred; smashed; raped; shocked; world upside down; earthquake; volcanic eruption <i>Positive:</i> acceptance; bigger picture - sees; life is flowing; life - in tune with; life in perspective; life - trusting; protected; safe; security, inner; unruffled
<b>Alienated, disconnected, not belonging</b>	Alienated; disconnected; not belonging; dislocated; displaced; disoriented; confused; don't know my place; stranger, feels; isolated; fragmented <i>Positive:</i> natural affinity and connection; balanced and grounded sense of self
<b>Control, egotism, domination... Controlled</b>	Controlling - controlled; loss of control; egotism; strong expectations; dominating - dominated; yielding; acquiescing; victim <i>Positive:</i> relaxed acceptance; self-control; empowerment

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**Oversensitive, volatile, and excessive emotions**

Oversensitive emotionally; always reacting; intolerant; volatile; fiery; explosive; excessive emotions; changeable; childish; unstable; uncontrolled; mood swings; totally vulnerable; offended easily; overwhelmed; chaotic feeling; drama queen; sensitivity to sensual impressions

*Positive:* solidity; comforted; detached; not taking things personally; stronger inside; level-headed; self-control; balanced, calm feelings and enhanced reasoning; feelings, appropriate; emotional awareness; emotions without anxiety; emotional strength; self-trust, intuition

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**Insecurity and confidence**

Insecurity; confidence - want of; dependent; sensitive, what others think/feel; negative; hopeless

*Positive:* capable; optimistic; confident; connected with himself; safe; secure; self-assured; self-aware; stabilising

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<b>Relational dependence and sensitivity</b>	<p>Relational dependence and sensitivity; symbiotic; sensitive, what others think / feel; childish; need to be held; need for familiarity; yielding</p> <p><i>Polarity:</i> detached from family; insular; robotic.</p> <p><i>Positive:</i> community; belonging; healthy connection and support-protection; safety; security; place in the world; awareness of personal boundaries; independence; self-responsibility</p>
<b>Victim, injustice, abuse and anger</b>	<p>Victim, injustice, abuse; anger; self-sacrifice;</p> <p><i>Positive:</i> forgiveness; reconciliation; awareness of boundaries.</p>
<b>In another world</b>	<p>World - in another; weird; strange; surreal; connection with spirit world; clairvoyance</p> <p><i>Positive:</i> self-acceptance.</p>
<b>Subject to fate</b>	<p>Fate - subject to; victim; resignation; bad karma; life is suffering <i>Positive:</i> self-responsibility; self-determination; choosing your destiny</p>
<b>Fixed, erroneous, incongruent, dissonant</b>	<p>Fixed, erroneous ideation; misconception; obsessive habits and rituals; resistance to seeing problems.</p> <p><i>Positive:</i> clarity; ability to choose</p>
<b>Feminine feeling and water element</b>	<p>Too mutable; too watery; submerged; swamped; too emotive. <i>Positive:</i> protection of the feeling nature; flowing.</p>
<b>Pressure, tension, anxiety and fear</b>	<p>Anxiety, pressure, tension, fear; horrible thoughts; negativity; excessive thoughts; excessive worry; agonising</p> <p><i>Positive:</i> grounded; centred and calm; connected with self; sense of humour; happiness in the midst of difficulty</p>
<b>Supplementary themes</b>	
<b>Intensity</b>	<p>Intensity; arises from trauma; agony; tortured; shell-shocked; very distressed</p>
<b>Asking questions</b>	<p>Asking questions; self-searching; confused; needing affirmation</p>
<b>Childish</b>	<p>Childish; tantrums; childish fears;</p> <p><i>Positive:</i> carefree and innocent essence</p>
<b>Creed and benevolence</b>	<p>Greed; selfish possession; insecure fear <i>Positive:</i> benevolence; generosity</p>
<b>Intellect and memory</b>	<p>Thoughts / memory wild or scattered; forgetful; superficial comprehension</p> <p><i>Positive:</i> focusing; turn ideas into action</p>
<b>Depression</b>	<p>Causeless; black cloud; suicidal ideation; ugliness; negativity <i>Positive:</i> creativity; dancing; fun and joy; humour; improvising; play, desire to</p>

## Spiritual

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The spiritual outcomes engendered by the action of Triclinic medicines are primarily related to the ways in which tragedy and trauma are integrated into consciousness.

### ■ Rising Above the Wound

While tragedy and trauma are life events that scar the psyche heavily if there is active spiritual life there is an opportunity to 'rise above' the wound and grow in an extraordinary way. Both *Amazonite* and *Rhodonite* develop faith in the Higher Power, God, especially in the face of life's most trying events. For those who are distanced from the Creator, thinking there is no compassionate God because of tragedy, *Larimar* and *Turquoise* are indicated. Overall Triclinic medicines are prevalent for those who would rise above abuse or violence and form by far the largest group of medicines specifically indicated for forgiveness (*Rhodonite*, *Larimar* and *Sunstone*).

It is also clear that *Rhodonite* is for those who feel the need to *suffer* for their principles or a cause for the greater good. It gives the acceptance of that suffering. People like Nelson Mandela, Socrates and Thomas Moore belong to this group along with one other:

*'Image: The Christ carrying the cross, on the road to the mount of Calvary, carrying it and being whipped, beaten and spat at, and humiliated. I felt his physical and emotional pain. I am very, very sad, for people who have sacrificed a lot for their principles or spiritual belief and are just cast aside by arrogant people. They accept it happily and humbly; they tolerate it. They know this is their karma. They know they are making a principle that will stand for ages to come; that their actions will be recognised for ages to come. All this is trying to tell me how much suffering is for your faith and principles and how important it is to*

*sacrifice.' ... from the Rhodonite proving.*

### ■ Death and Rebirth

Trauma can be 'devastating' and to heal fully a 'rebirth' is often required. This is most evident in *Rhodonite* where the consciousness arises that death is a process which always heralds rebirth. There is a fertile flowering, a renewal through the dying process. It points us to the awareness that as well as life being a precursor to death, death is a precursor to life and life can never end...

*'The comet contained this huge amount of energy, going down to the Earth and into the Earth without an explosion, like a sperm into the egg. It was an energy transmission ... These words come to me: 'This will be the start of a new age!' ... from the proving of Rhodonite*

Awareness ensues that the death process is simply ridding yourself of a set of clothes and obtaining a new set, destruction of an old image and birth of a new one. It also evokes the consciousness of the false idea that the little human self is separate from the rest of existence, as the process of dying engages the greater reality of the Spirit. In this consciousness, suffering, torture or pain for your principles, or giving up the body for a higher good is understood and felt.

Triclinic remedies institute or renew faith in the Divine, its presence in all life and its power for success in whatever you choose. This virtue of faith is beyond explanation, it is a connection to the Spirit of the soul.

*'In anything you do, if you have faith you have Holy Spirit and you will succeed ... The most important thing in all this is I accepted everything ... By understanding faith, I understood how he (Christ) could go through all the pain he went through.' ... from the proving*



*of Rhodonite*

*Rhodonite* is particularly powerful for the rebirth aspect, bringing about the sense of the oneness of our being with the Creator, as the prover said 'I was it, and it was me' ... 'it was like going back to or becoming part of the essence'.

### ■ Part of the Bigger Picture

A feeling develops that one is part of the bigger picture, the great mosaic of manifest being, a unique expression with a vital part to play in this marvellous production of the universe. It is also perceived as being 'in tune with life'. This connectedness enables one to be happy, at peace, ready to explore and engage in the beauty of the manifest world and push the boundaries of existence. When seen in this light, even tragic and ugly parts are recognised as beautiful. The lives of those who have been marred with sickness or tragedy can be truly celebrated as a part of the light and shade of the Divine theatre.

*The voice said 'Do not be afraid to explore the outer reaches of the unknown. Trust your inner knowledge. Trust in life. Trust in eternal growth. Allow yourself and others to flower and bear fruit. Share your fruit and eat of the*

*fruit of others.' ... from the proving of Turquoise*

*'Pleasant, supportive and full journey, which I am pleasantly immersed in; not wanting to disconnect. A distinct sense of wholeness, connectedness, even oneness.' ... from the proving of Turquoise*

### ■ Learning to Trust the Inner Self

There is the development of the ability to trust one's own intuition. In some there is a wise development of prophesy, telepathy, foresight or clairvoyance ('clear seeing'). Through right placing of oneself in life, beneficial synchronicities appear, the awareness of solutions or right medicines are also enhanced.

### ■ Spiritual Healing

*Rhodonite* is for 'those who want total contact with the Divine in their healing'. It is to develop a higher consciousness for healing than homeopathy 'healing with thought and hand'. It instils the faith to heal. *Turquoise* was shown to open one to spiritual healing from Saint, Master or attuned healer.

*Amaz-cr; Ambly-yel-gr-im; Lari-cr; Lari-im; Labr-blu-im; Rhodon-im; Sunst-im; Sunst-st; Turq-cr; Turq-im; Ulex-im.*

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## Work, Profession, Groups and Appearance

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*Profession and cultural groups:* Those who are victims of harm, abuse, rape or any other trauma are most often positively susceptible to the Triclinic group of medicines. At the same time cases and provings do indicate a number of professional or life stage groups. The main one is the *medical and helping professions:* doctors; professional homeopaths; healers; psychologists and drug and alcohol counsellors. These individuals often take up their role because of a personal traumatic experience. Other groups are those in

*dysfunctionally broken and melded families and indigenous groups (often subject to cultural trauma). Children and adults who have childish behaviours.*

*Appearance:* With the disparate nature of the Triclinic vectors there can be a correlative discordant appearance e.g. his hair is long, single-layered and black on one side and short, cropped and white on the other. Another expression is that the hair is unkempt, reflecting the incongruent nature of the structure.

## **A\_Triclinic\_Culture: Australian Aboriginal**

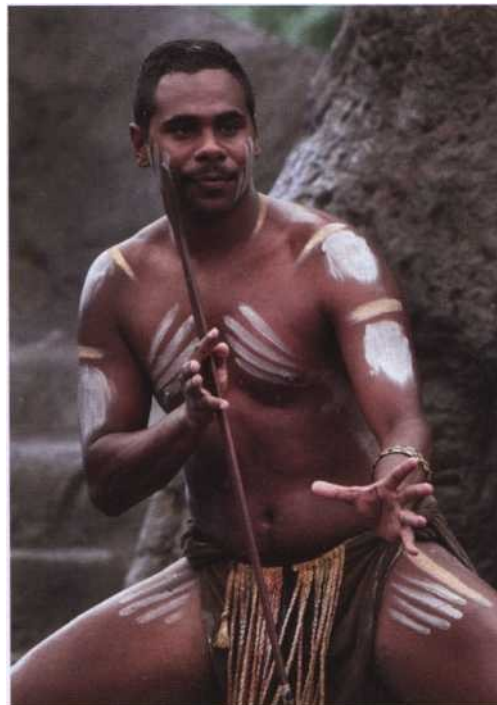
Australian Aboriginal culture is easily understood as Triclinic on a number of counts:

The first quality about aboriginals is their unique relationship to the earth. If you are aware of the primal elements, you will easily perceive this most fundamental element whenever you meet a culturally connected aboriginal person. It is a fixed characteristic reflected in the understanding that landforms and rocks (and all other natural phenomena for that matter) have a permanent spiritual significance to them. Add to this the knowledge that they were essentially a nomadic people and that movement permeates their cultural heritage. It is this flowing movement of nomadic life together with a fixed relationship to the land that underlies their Triclinic structure and relates directly to fundamental Triclinic themes (fixed and water element themes).

The second is their relational interdependency. Aboriginal societies live in a deeply relational mode which is hardly perceivable to the uninitiated person of European background and can only be sketchily outlined here as it has to be lived to be understood. Groupings are complex and interrelated, including a biological structuring: 'family', 'horde' and

'tribe'; a religious structuring: 'moities', 'sections', 'subsections', totemic groups' and 'clans' and finally the kinship system that gives the social structuring through a concept called 'skin group'. The whole system allows each person to be in a defined social position with regard to every other and generates up to 70 relationship terms! On top of this there is the connection with 'ancestral beings'. The whole of the aboriginal psyche is immersed in relational connectivity, a prime Triclinic quality. This connectivity extends to every feature of the landscape and environment and is the basis for their deep spirituality. I notice that one social structure rule is that men are never, yes never, allowed to speak to their mother-in-law and must do so through a go-between ... great wisdom indeed!

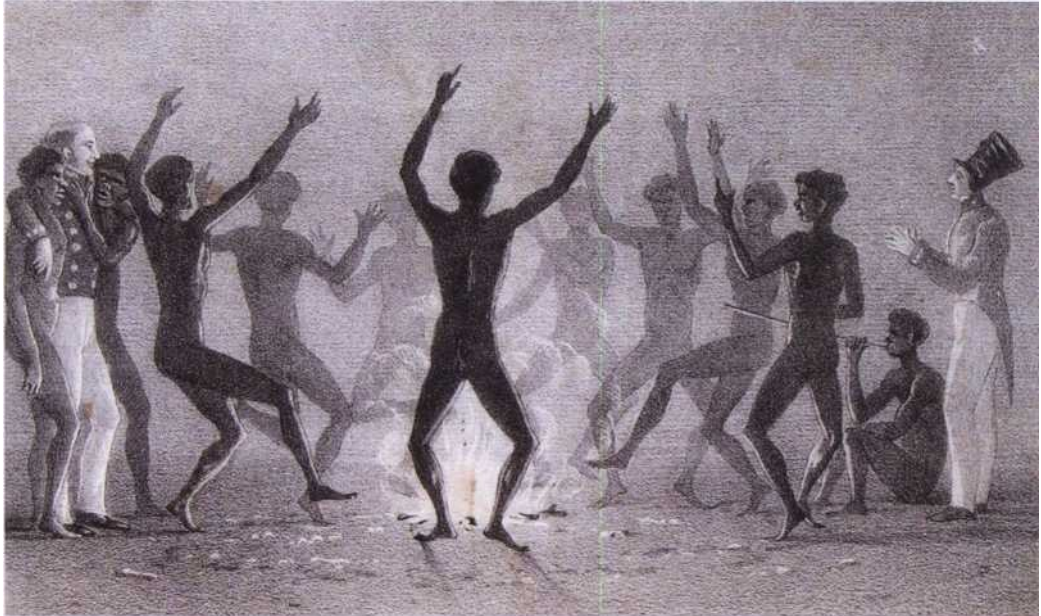
Another outstanding aspect of community connectivity is that Aboriginals consider that there is no personal ownership of material things, so objects and resources were shared by the group. This has been the source of much misunderstanding between the cultures and great suffering for the aboriginals who thought it fine to kill the cattle of settlers and paid dearly with lives. This relates to the 'greed and benevolence' theme of Triclinic.



Aboriginal spirituality is centred on the idea of 'The Dreamtime'. This Dreamtime includes the things that happened in the 'Creation period' and the act of personal dreaming which is often related to this seminal time. Each tribe has many stories, often with a lesson to be learned or a moral tale, about the deities, animals, plants, and other beings of the Creation period. These stories are told to children, discussed around campfires, and are sung and acted out in plays and dances during times of ceremony. Here lies an interesting Triclinic quality. To meet a full-blooded aboriginal person, who is living in community, is like stepping into a different time, and through the experience one easily understands the 'otherworldly' theme of Triclinic. It could be easy to conclude that he is 'spaced out' but he is far from it, he is simply living in connectivity. There is common acceptance and awareness of the 'spirit world' amongst aboriginals.

Aboriginal culture is at least 40,000 years old with evidence now suggesting up to 60,000 years, which makes it the oldest mono-cultural group on the planet. The adjacent pictures both show men dancing a pose with their legs splayed far apart. The photo above is ancient cave art, the next is from soon after first settlement and the last a modern tribal dancer.

**The Trauma:** I can hardly begin to imagine what it must be like for a culture so ancient, so insulated from other cultures and so uniquely nature-based to suddenly be confronted with a European culture. In stark contrast European culture has dynamically evolved through war, competition, trial, dominion and subjugation over thousands of years and is agrarian as opposed to nomadic. The British proclaimed the preposterous 'terra nullius'



on colonisation, which effectively asserted that the land was unoccupied. Religious, social, ethical, moral and technological differences were massive. Aboriginals were barred from being citizens until the 1960s. They experienced various attitudes from the settlers, ranging from civilised respect to assimilatory to genocidal. As recently as the 1950s up to one tenth of Aboriginal children were 'removed' (abducted is a better word) from their natural parents and brought up by white families. Fortunately many of these events have been partially resolved by the work of some outstanding people working for Aboriginal rights, some great aboriginal achievers and successive governments in Australia. However the sense of racial and cultural trauma has taken its toll through alcoholism, drug abuse, disease, low life expectancy and loss of invaluable cultural life. Many angrily suffer with the victimised feeling. This is the sum of enormous cultural trauma the likes of which can hardly be conceived; they have been 'turned upside down' in a full blown Triclinic tragedy.

Should a non-aboriginal person be

culturally affected by the Triclinic patterning they could well find themselves experiencing a reverse Aboriginal type situation, between cultures as it were. This will result in experiences such as an impermanent or itinerant jobs; continually looking to find their niche (displaced) or conversely they may be happy with this impermanence and choose to live gypsy-like on the road (nomad). There could also be impermanence with their relationships, and in the West not a few modern complexly blended families appear to have a distinct Triclinic air. They will often be found on the edge of society and may identify with a fringe political, spiritual or cultural group (strange).

## Activity

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*Creative pursuits:* With the amount of movement (volatility, instability and the water element) in the Triclinic structure, creativity is often an important form of expression. A number of Triclinic medicines (*Labr-blu; Lari; Rhodon; Turquoise*) are known to enhance imagination, stimulate creative ideas and unleash the energy needed for creative interests. They can be particularly good at

spontaneity, improvisation, play and fun activities, which are a positive expression of the freewheeling vectors of the structure. Because of their ability to hold the individual in ordered movement and the community connectivity, group dancing and group sport should be positively integrative. Dancing as a positive expression of Triclinic appeared clearly in *Rhodonite, Turquoise* and *Ulexite*.

## Disease Patterns

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### ■ Mental

*Alcohol:* tendency to alcoholism (*Ambly-yel-gr; Sunst; Turq*)

*Eating:* compulsive (*Amaz; Labrad-blu*)

*Emotional oversensitivity and mood swings*

*Trauma:* Post-traumatic stress disorder

### ■ General Physical

*Brain and nerve:* action on the brain (*Amaz; Lari; Turq*); epilepsy (*Calc-sil*); memory, clarity of mind (*Amaz; Labr-blu; Rhodon*); multiple sclerosis (*Rhodon*); nervous system, autonomous (*Amaz*); nervous system, motor: (*Kyan-cr*); paralysis (*Rhodon*)

*Coldness:* increases body temperature (*Labr-blu; Rhodon; Kyan-cr; Succ-ac; Turq*)

*Development delayed:* talk - she was slow learning to talk, not beginning till after two years old (*Calc-sil*); speech incoherent; communication and co-ordination (*Kyan-gr*); teeth: huge painless wisdom tooth comes through and dentist is astounded (*Turq*)

*Fatigue:* (*Amaz; Calc-sil; Kyan-blu; Turq*)

*Food:* desire for junkfood (*Turq; Amaz*)

### ■ Physical Particular

*Headache in a band or tight:* (*Amaz; Labr-blu; Lari; Turq; Ulex*)

*Reproductive:* There are two very sig-

nificant remedies in the Triclinic group which relate to birthing: *Rhodonite* is indicated for fertility and effects of birth trauma and *Amazonite* which is excellent for promoting a relatively painless natural birth. *Sunstone* (Trigonal and Triclinic) is also indicated for fertility for those who have lost a child.

*Respiratory:* Action on this system is significant: bronchitis and incipient pneumonia (*Turq*); cold common (*Labr-cr*); cough (*Turq; Kaol* - croup); cough with conjunctivitis (*Turq*); influenza (*Turq*); hayfever (*Succ-ac*); lung pain (*Kaol*); recurrent upper respiratory acutes where the site keeps shifting e.g. right ear to tonsils to eyes - (*Calc-sil*); sinus (*Kali-bich*) (*Calc-sil*); throat - repeated strep throats (*Calc-sil*)

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## Artistic Sources

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*Inside Llewellyn Davis*, a movie by the Cohen brothers made in 2013, is an excellent example of a Triclinic musician's life. Everything is wrong and keeps going wrong: his relationship with himself, his relationship with friends and family and his work as an itinerant folk guitarist who lives for his art.

The film classic *The English Patient* by director Anthony Minghella was made in 1996. The film tracks an ill-fated affair between a Hungarian cartographer (dubbed the 'Englishman' as he had an English accent) and a happily married woman who becomes irresistibly attracted. A series of tragic events ensue: the grief of her knowing that the relationship can't work; the suicidal drive of her husband in his bid to kill all three of them in the triangle; and the Englishman's tragically thwarted attempt to save the woman as she lay mortally injured in a cave alone in the desert. Eventually his plane crashes which leads to him having severe burns to the whole body.

The essence of Triclinic in this movie is not so much in evidence in the psyche of the 'Englishman' but the astounding course of tragic and traumatic events which engulf the central character's life.

*Federico Fellini*, the groundbreaking Italian filmmaker, had a distinct leaning to stories with a Triclinic motif. Betraying the autobiographical nature of his work, Fellini states that his film '*1a Strada*' (which won the first foreign language Oscar) was 'a complete catalogue of my entire mythological world, a dangerous representation of my identity.' It is about a young woman (played by Fellini's wife), who works in servitude to an itinerant and intimidating strongman performer. After a senseless murder by the strongman, the woman is abandoned, wastes away and dies. Control, alienation, emotional volatility and relational dependence feature throughout. The main characters are a portrait of tragic alienation and despair.

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## Case Studies

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### ■ Case Study I Tragedy

A young slender, proud, black-haired, 17-year-old girl, whom I had treated before, came to my clinic in 2010. She sniffled and said she was sick with a cold and flu symptoms but quickly launched into an emotional epic:

'I broke with my boyfriend in July and ever since everything has gone downhill. I didn't eat, I wouldn't talk to people and couldn't get out of bed. I didn't want to live, I just wanted to sleep. Then I got really sick with stress and sadness. Now, I am over it because it's been so long. Sometimes I still can't wake in the mornings - I am getting better slowly.'

After we split I thought about him every day

- that we could be back together - but I found out he had kept secret from me the whole relationship: that he tried to 'get with' my friend on New Year's Eve and we were dating then. I thought it was her (fault) and that ruined the friendship with her. Then I found out it was him. That girl also stopped speaking to me because she felt totally betrayed by me.'

T texted him about it and it took him a week to reply to my text. It shows how weak a person he is. He was drunk and lied to me and I don't want to speak to him ever again. He is too immature and he has ruined everything. The thing that has got him off my mind is that I like someone else now; I'd like him but need someone more mature.

T cried for 57 days, every single day, I lost weight, wouldn't eat, was often sick and didn't go to school. I lost a lot of marks and friends. Now and then I feel numb. There is nothing else he could take from me. I nearly committed suicide, I was going to take sleeping pills and gin and I didn't, instead I wrote a letter to him pretending he was listening to me. Then I got really sick with stress and sadness. Now I am over it because it's been so long.'

'The way he speaks and acts now makes me feel it was all a dream. I tell him that he never meant to say he loved me. I ask if he ever loved me and he replies 'Don't you dare.' Then I cry. While crying, and feeling bad, I see him in a vision in front of me wiping away my tears and begging me not to cry, which hurts me and I ask why, as I am allowed to cry. He tells me that I have him, and that he loves me. When he says that, I scream that it is not true!'

She partially blamed his friends who didn't approve of the relationship 'I hate his friends'. She is pained to see her mother and sister happy with their boyfriends because she is so sad. She cries for any reason e.g. because it is raining and she didn't want it to. She is not sleeping soundly at all.

Her colour choice is definite: 18C which is turquoise blue.

Dreams: 'I don't understand my dreams, they don't make sense - all jumble and all mush'. She has waking visions: of running away from something, of being on the edge of a cliff with someone next to her and she doesn't know who. She feels 'so alone' with someone there but they are not there. She is about to jump and they don't let her. She also has images of swimming in crystal clear waters and seeing mermaids.

Food and drink? 'I eat a lot of junk: MacDonalds and every three-four days I have a six-pack of beer and shots of spirits. It makes me numb and makes me forget. I drink to try and forget. If the new guy likes me I will stop

drinking.'

**Treatment:** *Turquoise immersion M*, seven drops daily for seven days.

She returned in four weeks positively glowing: 'It was good, before I started taking it I kept saying to myself, that 'I need a new boyfriend to feel better' then I thought I actually need to be alone to learn more.' In relationships you learn about relationships and not much about yourself. I am focusing on study, in the last year of school. My friend and I had a fight: we both said sorry and everything is changing for the good now. I will send everyone a card and candy cane for Xmas. I want to forgive what happened and thank it for beautiful memories and for teaching me things, I just need to be the good person in this. I want to mend any problems of 2010 and open 2011 with happiness and freedom.'

She told me that she still weeps occasionally but it is 'not like I am going to die crying, my heart doesn't hurt anymore'. She told me she didn't want to be tied down and was enjoying the attention of boys without the need to have a relationship.

She stopped drinking altogether and was only occasionally going to parties to meet friends.

She finished by informing me 'I am relaxed, taking it easy and not thinking too much into anything or I will jinx it. With my boyfriend things would have to be solved that day, I had everything planned and it was shattered. If I really wanted a boy and he didn't like me I was shattered, now I don't care. I'm taking life as it comes.' *Turquoise* also quickly dispensed with her cold and flu symptoms.

**Comment on analysis:** This case was solved by the use of three characteristics: firstly the concept of tragedy. Her response to the break-up with her statement 'He has ruined everything,' and the 57 days of weeping was evidently tragic. Many teenagers experience short-lived relationships as they learn to grapple with the complexities of romantic love,

friendship and sexuality but her response to this was exceptional in that her state of breakdown lasted two months and persisted till the Turquoise prescription three months later. The second element is colour which was a clear choice of a shade of *Turquoise*. I was able to utilise this because of the unmistakable colour signature of the stone and other case results. The third element was the presence of classic incongruent Triclinic vectors with her inability to hold any of the vital life streams in place: relationship to the boy, her relationship to family and friends and her ability to do schoolwork and losing her grip on her own sense of self by descending into a sea of tears. In addition to this is the 'otherworldly' theme in her visualised perception of him around her and talking to her.

### **Case Study II**

#### **'Pulled in so Many Directions' - A Case of Rhodonite Immersion**

This man age 38, is a busy acupuncturist and Chinese herbalist who is also a teacher of Traditional Chinese Medicine. He lives with his new female partner. He had seen me on and off over about ten years since he came in contact with homeopathy while studying. In the past he has responded well to *Mag phos*, *Staphisagria* and *Sulphur*. While he routinely uses TCM, when his emotional state predominates he seeks out homeopathic assistance.

#### **March 2012**

**Life:** 'I am upset that so much goes on in my life, it is out of control. I am pulled in so many directions and asked for so many things by so many people - what to do?' He feels this in relationship to his partner, to his life as a practitioner treating many clients, as a teacher and with his family of origin. 'I am upset, all over the place and now the only things I want to do are the basics - shopping, filling up the petrol, getting hair cut - even though I should

put them off, I am compelled to do them as a priority, a need.'

**Memory:** He also complains that his memory seems to be 'evaporating' at times. He is forgetting things he has done every day. He is a strong Buddhist who prays and meditates daily. At times he cannot even remember his prayers! He has been unable to remember dreams for about a week, 'even though I have had many that I think I should remember'.

**Food:** As a Buddhist he is a vegetarian. Recently he has a strong desire for protein together with sweets, and buys and eats protein bars - often two at a time.

**Colour:** When I ask him about colour he remembers a dream he had some weeks before that was quite striking. It was of a woman performing on stage dressed in black with a red sash. He reflected that he is wearing black and red a lot in recent days, that he is strongly attracted to it and is wearing black jeans and a red pullover at the consultation.

**Analysis:** In this case there were three primary indicators: firstly the red and black together made me recall *Rhodonite*. In the proving one woman wanted to wear red and black underwear, another person had a dream they were wearing one shoe red and the other black. Secondly the main feeling of being pulled in all directions relates to the disarray of The Triclinic structure. Wanting to attend to the basics of life (primal needs) and a desire for meat (protein in a vegetarian) are also indicators of *Rhodonite*. I later realised there was another indication: *Rhodonite* is composed of Manganese and Silica (yet not the standard *Mag-sil* of homeopathy which is Orthorhombic) and so another consideration is that Scholten's indications for *Manganum* are teaching, learning and helping. I prescribed *Rhodonite M*, three doses.

#### **One month later**

**Result:** He felt better soon after taking the



medicine. He felt much more ordered and controlled in his life. 'Since taking the remedy I notice that my memory is better. My mind is more with it. I am ordering my life better.' He still likes red and black but has no desire to wear it regularly. He also commented that he had a strong dream soon after taking the medicine: 'I am with a group of people on top of a three-storey building. It is a celebration with hundreds of people. Two 18-year-old girls beside me spontaneously get up and sing to the crowd about some life situation. Everyone hears and enjoys it. Then an old man (in his 70s) arises and tells a story to the crowd and to all the people on the streets below- it is about his life and everyone enjoys it deeply. Then I am sitting near the edge of the building and will not stand up because I have a fear that I will be pushed over the edge. A young man (aged about 24) sits down beside me and tells me a story and at the end says words to the effect 'it doesn't matter whether people live successful lives or their lives are marred with sickness or tragedy, it should all be celebrated'.

He was deeply affected by the dream as well as feeling shocked. He then related to me that success and failure were enormous issues for him and the idea that one could celebrate in the face of defeat or failure shocked him to the core.

**Comment:** His experience with *Rhodonite* in terms of reordering his life and improvements in memory was an understandably beneficial result. His dream however has extraordinary relevance to his 'soul' evolution and understanding his structure. The 'success and failure' issue is classically a part of Cubic or Hexagonal and not Triclinic. The element of 'shock' however, relates deeply to the Triclinic structure and is the fundamental psychological element raised by the shift in his state. His is an example of many cases where Triclinic or Amorphous states arise (through the elements of trauma, change and

transformation) as an 'intercurrent' to the other more 'constitutional' or fundamental expressions of the mental typing. He went on to receive great benefit from

*Diamond immersion* and other Cubic medicines that profoundly altered his 'success and failure' perspective and increased his compassion for others.

### **Consultation: July 2012**

**Emotions:** He has been living with his new partner for five months now. There is often emotional upset and he feels very unsteady and emotionally confused around her - 'discombobulated' as he terms it. There has been a lot of conflict. They went away for a holiday and it was heavily marred by emotional upset and anger from both him and his partner. He feels she is hostile and aggressive or very needy. Again he is feeling pulled in all directions by his life and her presence. He looks deeply disturbed and disconcerted by all this. He is wearing lots of red and black lately.

**Physical:** He had a fall when on holiday. He came down heavily and strained his right shoulder and felt quite shocked. That was eleven days ago now. His shoulder is hardly improving at all with needling.

**Analysis:** The unsteadiness, excessive emotionality and discombobulated (disarrayed) feelings all relate heavily to Triclinic. I learned from Gienger's work that *Rhodonite* is an excellent medicine for calming the feeling in situations of conflict, crisis, attacks and hostility. He also mentions that it encourages friendship. The proving of *Rhodonite* and the work of Gienger both lauded its excellent effect for soft tissue injuries and wounds in much the same way as *Arnica*. The desire for red and black (*Arnica* desires white) and the previous deep result confirm the prescription. I prescribed *Rhodonite* 10M (due to the shift in consciousness after the M potency), one dose.

### **One month later**

**Results:** The medicine has been very beneficial: I am more grounded and realistic and not so reactive ... not so discombobulated.'

He is again not feeling pulled in all directions and not so attracted by red and black. The strained shoulder became completely better over three days.

'Since the medicine I notice that my memory is better. My mind is more with it. I am ordering my life better and controlling the situation with my partner better so there is less conflict. When criticised by her I don't take it to heart, I am not wounded (wounding physically and mentally is a theme of *Rhodonite*). I still feel criticised but am able to talk about it. It has made me more assertive, less nervous and I have felt it is easier to adjust to her and stand up for my own needs. I'm not going into a confused space, so I am able to use the intellect better in emotional situations. We are much closer and more friendly. Overall I am not so angry, I am happier, much more adult in the relationship and more considerate of myself'

### **Comment**

It has been an excellent medicine physically, mentally, emotionally and spiritually. The Triclinic elements of the case: oversensitive and excessive emotions (childlike); disarray and inner tumult in what was for him a tumultuous change in life circumstances all settled beautifully.

### **Consultation: May 2017**

He contacted me after a heavy fall while jogging downhill. He slipped on grass, catapulted over a gutter and onto a road, sliding on the gravel and tar. He had numerous bloody and deep grazes. He was in shock and shakily pointed out that he could have slid into an oncoming car, as it was a fairly busy road. He was trembling, disoriented and was at a complete loss as to what to do with his wounds. Normally very self-sufficient, he felt he had to ask for help from his partner and responded to the attention. I advised him to

take *Rhodonite*, principally because of the disorientation. A few days later he reported that the trembling and disorientation evaporated in seconds. I noted the difference between the typical prescription of *Arnica* for such a fall with its indications of aversion to

being touched and need to keep all under control. This contrasts with the loss of orientation and need for help typical of medicines which align to the Triclinic structure.

# Amorphous System



Substances that are unable to crystallise with linear form are deemed 'Amorphous'. The non-linear quality of these substances is best understood by investigating some minerals which appear in the group. We should firstly consider Obsidian, which, after being expunged by volcanic activity, cools very quickly not allowing its constituents time to form crystals, all is still in the disarray of the volcanic melee. The other possibility is that they do arrive at an internal shape, which is the mother of all shapes: the circle. This is most evident in precious Opal where minute amorphous siliceous spheres produce an exceptional display of light through a rainbow of colours. Amongst the metals only the incomparable Mercury bears the Amorphous stamp in its extraordinary dynamic formlessness. Aluminium in its natural state as clay, has not yet developed a structure. In the following exposition of the geometry of Amorphous I will use both the formed circle and the unformed to point to useful signatures.

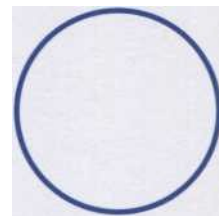
### ■ Amorphous Geometries

The want of any shape in Amorphous invokes many characteristics which are well-understood as significant themes. They include the ideas: distortion and its psychological counterpart delusion; the complete disorder of the chaotic, unfettered, uncontained and untamed; the violent themes of destruction and trauma, and lastly the surreal themes of diffusion, mystery and random occurrence.



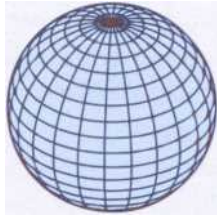
Definitively amorphous metallic mercury

On the fully formed side we can use the implications of the perfect circle in all its sublime simplicity and unlimited connectiveness. It is not hindered by any imposition of linear definition or rule, it is truly universal, a symbol of the whole world. When I look at a circle compared to the other shapes I find it the one that most imparts joy, relaxation and completeness.



In the relational sphere it is arresting to see that there are no full-face contacts, only points. On the side of dis-ease this relates to the feeling of disconnection to self and others. On the positive side it implies that one holds one's own integrity, a fully individuated nature, not being held by or needing to hold those adjacent to it. These relating circles embody an inherent freedom, an allowing which doesn't constrict, while at the same time has contact which is non-binding.

## Amorphous Axis Vectors



When we consider the sphere we can see that it can contain any linear figure, any vector. The themes of wholeness, oneness and complete integration come to mind. Even the advent of every possibility, every dimension and all the rays of the sun make themselves evident. Its diameter being the same at every

degree suggests integration together with unlimited connectedness. There are no axes, all forces are possible both in terms of utter derangement and perfect wholeness.

### Seed Concept: 'I change'

Change, the most confronting of qualities, bears within it the ideas of disconnecting or dissolving the old and reconnecting to something new. It is transformational. Yet during this process of transformation there is nothing to hold onto. This infers breakdown; great danger; destruction; insanity and violence or the disorientation of a drug-like state, which are all parts of the mystery parcel known as 'Amorphous'.

## PRINCIPAL THEMES OF AMORPHOUS

*Change and transformation*

*Disconnected, disoriented and floating*

*Surreal and taking drugs*

*Contradictions, oppositions and paradoxes*

*Out of the unknown*

*Unfulfilled desires and untapped potentials*

*Violence and destruction*

*Death and dying*

*Insanity and breakdown*

*Chaos and confusion*

*Unformed and not existing*

*Barriers and boundaries ... the crossing*

*Identity and who I am*

*Sensitive, vulnerable ... protection*

## SUPPLEMENTARY THEMES

*Abuse*

*Creativity*  
*Critical*  
*Depression*  
*Mood unstable*  
*Ridiculous, random, unconventional*  
*Trauma*

## FIVE POSITIVE THEMES

*Joy of life*  
*Integration, centredness and wholeness*  
*Enjoyment of the senses, romance and sexuality*  
*Liberated, freed*  
*Spontaneous, unstructured, synchronicity*

## The Amorphous Psyche

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### ■ Change and Transformation

Amorphous medicines are most needed when change is required or imposed. It could be said that the dynamic of change is at the heart of the Amorphous state. This was most explicit in the proving of *Black Opal immersion*. The Siege of Troy appeared clearly in dream, experience and symbolism of the proving. That siege was a classic situation of stalemate, of stuckness. Something had to give and the wooden horse with its undercover soldiers unlocked the impasse - they were the 'gift' of change. If that was not enough, Odysseus, the hero, then had to submit to his fate, step into the unknown in his ten-year 'odyssey' to reach his home in Ithaca.

This concept relates to all that requires change in our lives: a longed-for life path or calling; the desire to 'sever the ties' of the stale

marriage, job, location or any situation where there is deep dissatisfaction with restriction and limitation. It relates to really knowing what you want to do with your life and instils the bravery to grasp the new perspective that will carry the joy of life on its wings. It is the yearning for re-invention of the self; the letting go of worn-out ways of behaving or limiting fears; breaking free of the suppressed or 'half-alive' state; or unleashing all that one needs to express.

Along with personal change comes letting go of the old structures and if that is an institution like a company, a marriage, a defined family structure, a racial culture, a social group or rigid religious doctrine then violence will commonly ensue. His old safety net, his 'house is being destroyed'. It may occur as trauma and invoke anger, violence,

suicidal tendency, emotional instability, a sense of chaos or breakdown. It all boils down to the fear of doing something new, and that fear may be well-founded if there is a persona or a group with rigid structural impositions involved.

*Dream: I am in my grandparents' home and someone is coming to destroy the house and my family members are all there. We are all taking guns to kill these people who will destroy it. Before they break the door open I run upstairs into my childhood bedroom and lock the door behind me and wake up. I soon had subsequent dreams that were all changing the structure of the house ... after taking Blue opal immersion*

*'What seems to be the common denominator in the opinion of the authors is a sense of frustration and dissatisfaction with the restrictions and limitations of one's circumstances, regardless of sex or circumstance.' ... Materia Medica of Luna*

*Dream: I turn to John and say 'I want a divorce'. ... after taking Luna*

**Positive:** Amorphous medicines enable the opportunity to shift, to change the lens through which one has been looking at life, enabling a new sense of reality and of what is possible. It is like renovating the house.

Amorphous medicines empower one to 'take the plunge' and enter the beautiful place of dynamic change and new possibilities. They allow one to fully accept that one can view and live life from a different and more whole perspective. They fasten the desired change 'to ground', enabling one to hold that centre in heart and soul and so see oneself through the storm of change. It is true 'stepping out'. New beliefs, communication patterns and behaviours ensue.

*I felt I wanted to end my marriage and get on with it and couldn't see any way out - all seemed black. After Black Opal I felt better in*

*myself and stronger. I spoke to Ron and told him I wanted to end it all. Then he responded and said he could make some changes ... The remedy made me much stronger and clearer that I can do the things I want.' ... from a case of Black Opal*

*Hydrog; Luna; Merc-v; Obsid-st; Opal-blk-im; Opal-blu-im; Opal-gr-st; Opal-pk-im; Succ.*

### **Disconnected, Disoriented and Floating**

To jettison the past, to detach and clear out old unwanted things, belief systems or ways of behaving is disconcerting. Our allegiance to things 'as they are' appears to be a foundation of human consciousness, so much so that fundamental change will often result in a deep feeling of disorientation of body, mind or being. It is sensed and expressed in a variety of ways in the clinical situation:

- ▶ 'Where am I?' {*Mold-im; Obsid-ap-im; Succ*}
- ▶ 'My mind drifts ... gets disoriented.' (A/co)
- ▶ 'A feeling of dissolution.' {*Hydrog; Luna*}
- ▶ 'I feel totally lost.' {*Alum; Obsid-blk; Succ*}
- ▶ 'You are pushed into outer space.' {*Hydrog*}
- ▶ 'I am on the edge of time and reality.' (Succ)
- ▶ 'My body is fluid, melting, pouring into blackness.' (*Opal-blk*)
- ▶ 'I don't know what shape I am anymore.' (Opal-w/i)
- ▶ 'Reality is felt as fragmented.' (*Alum; Opal-blk*)
- ▶ 'I do not know what I am saying.' (Luna)
- ▶ 'I am floating around.' (*Hydrog*)
- ▶ 'I am from somewhere else, I don't know where.' (*Mold*)
- ▶ 'Completely out of it, walking around but not knowing it.' (*Hydrog*)



- ▶ 'I have fallen through a crack in the universe.' (*Obsid-blk*)
- ▶ 'Falling into an abyss / void.' (*Hydrog; LSD*)
- ▶ 'I feel she is moulding me.' (*Alum*)
- ▶ 'I am disconnected and isolated from the world.' (or self) (*Amber; Luna; Opal-blk; Opal-blu; Opal-chr; Pel-h*)
- ▶ 'I have dissociated and left my body.' (*Obsid-blk; Opal-blk; Opal-blu*)

These feelings can relate to any situation whether it be relational or work-oriented, and in some cases to the whole of the life experience. They often limit the individual's ability to be present and operate in a functional way. A more complete quote from a superb case of Luna conveys the possible depth and pervasiveness of this dissociated state:

*T have never worked out how to belong here ... another part which is not involved. The emotion is so loud, confusing, like a movie ... Disconnected and isolated from the world, I do not communicate with anyone. I don't want to get engaged with anything. I have to treat it as though it is real. I don't know how to explain it because it is something! don't understand. This is something new to me, that I have not learnt.'*

**Polarity:** Transformations in orientation appear from taking well-chosen Amorphous medicines for the above experiences. On one side we have the dissociative feelings and on the other are the connected and present feelings. These connected feelings include the ability to express emotions and ideas openly and freely; the ability to clearly sense the experience of others; a deep sense of embodied connection to self, spouse, family, community and even humanity. It is an expansion of love beyond the confines of the personal cage, a sense of natural intimacy. The 'transformation' often engenders deep feelings of compassion

and benevolence. The following three quotes sample the re-orientation to another, community and self:

*Dream: I am with a young woman who is fair-haired, freckled and quite pretty. We are standing close to each other. Suddenly there is a physical energetic connection. We simply fall into each other's arms and mouths. We kiss sensuously and entwine ourselves around each other. We kiss and caress for about ten minutes. It is only then I see her face clearly. It felt very good we simply melted into each other ... proving of Black Opal*

*T had a day with friends and family. I felt very connected and grounded and the next day I needed to clear out and throw away old diaries and stuff I didn't want anymore. I am lighter in myself and more open and connecting to people more easily. There is a nice loving vibe with my partner.' ... after taking Pink Opal.*

*'Two months ago I decided to stop practising homoeopathy for a while. I don't have to heal the world anymore but I do have to pay the mortgage. So I'm starting a full-time job next month in a domestic violence project. I am learning to manage my own life, practically and financially, and my own energy.'... after taking Alumina*

Another noted effect is a strong feeling of becoming grounded and embodied. Self-control is regained, along with self-empowerment and awareness of one's own authentic identity. Along with this there is often a distinct aliveness with its attendant charisma, which is most evident in the Opal group.

*Alco; Alum; Hydrog; Luna; Mold-im; Obsid-st; Obsid-ap-im; Obsid-blk-im; Opal-blk-im; Opal-blu-im; Opal-chr-im; Opal-pk-im; Opal-wh-im; Pel-h; Succ.*

## Surreal and Taking Drugs

The feeling of disorientation referred to above can lead to another characteristic outcome in the form of surrealism or 'as if on drugs'. It is a progression of the disorientation into significant delusion. While this is evident in dreams and images of most clients, a true sense of waking surrealism is regularly encountered as is the dangerous propensity to use drugs or other addictive compensating mechanisms to cope with the change. While the disorientation theme is centred on the self, the 'surreal' sense principally relates to the perception of the world.

Living in an unreal space they are grappling with reality. In the midst of the current of emotions, it is hard, nay impossible, to know what is right or wrong for themselves. It is easy to fantasise about what you want and to live in that unreal space but it is far from reality.

*7 see something I am upset about and I think that is not real, or is it? Or isn't it? ... from a case of Alumina*

There are many expressions of this state, which are evident to the waking consciousness or appear in dream. To name a few seen in clinical experience:

- ▶ When she looks in the mirror, she doesn't see herself reflected back
- ▶ Dream: watching diving, thinking she is underwater, but she isn't ...
- ▶ Everything looks different, but the same, a surreal sense
- ▶ Dream: She is being shot at but can see the bullets as they leave the gun and can dodge them like in *The Matrix*
- ▶ Feeling he is in the wrong place and time and that he will wake up to find this life is not real
- ▶ Dream: an oversized parrot in a rabbit cage being fed birds

- ▶ Everything is in an inappropriate relationship with something else, it is all wrong
- ▶ Everything that he says feels weird, like he is not on the planet
- ▶ Feeling like dream world and being are melted together
- ▶ I want to cut the bond to the real world and stay focused on the interior world, the writing world

One man who I treated successfully with *Succinus* was a 'surrealist' artist. His sense of surrealism, having no plan at all and something coming out of nothing is richly Amorphous:

*'My work is about botanical surrealism ... dream-like samples from nature ... seeds and plants and flowers and plants and cocoons and seed pods. Paintings are birds on black backgrounds, as if flash photographed at night. Fijian fruit doves (orange and green) and peacocks. I never plan a work out, I just start making it and keep going until I am satisfied ... I won't stop till totally satisfied ... something formed out of nothing. They are new visions of nature, recreated from nature and process of doing it is a meditation- My mind is blank when I am doing it.'*

Drug-taking appears as a strong manifestation of the attempt to reconcile themselves with this sense of unreality. It is an attempt to meet the state of feeling stoned, drunk or drugged. Dreams have all sorts of drugs and drug-related elements: cocaine, tobacco, marijuana, alcohol, LSD, food or movies as a drug as well as drug dealers. This dimension of Amorphous includes any addictive activity that is used as a diversion or relief from reality. Amorphous medicines are often indicated to antidote drug-induced states.

*Dream: my mother gave me cocaine, I am thinking: will I have it or not?... after taking Blue opal immersion*

**Positive:** A sense of reality and centredness

ensues after taking a well-selected Amorphous medicine. A feeling of the preciousness of all life, even that which is not understood (connection) appears. One client released deep judgements she had about people who take drugs after taking White Opal immersion.

*I'm very focused - thoughts don't become a dream - all is much more real.' ... from a case of Alumina*

**Polarity:** An interesting polarity to this theme is that dreams commonly appear as real: They become a sensory or emotional experience which has lasting effects on the body or feelings on awakening. Alternately there may be extraordinary detail which infuses the dream with a sense of real presence.

*Dream: The young girl who was secretary of the business was facing me, undressed from the waist down, and with her legs spread apart. She was laying back on a chair smiling and inviting me to partake of her in sexual pleasures, beckoning with her body language, smile, and openness. She held out her arms toward me suggesting embrace, and we were instantly engaged in sensual intimate foreplay. We were totally enveloped in the moment. Her genitals were sopping wet, I could see the wetness obviously soaking through her underwear. I realised that my right hand must have gone straight there to her crotch as I felt wetness over the three main fingers. I had to check my fingers on awakening ... after taking Opal-black immersion*

*Alco; Alum; Hydrog; Luna; Obsid-blk-im; Obsid-ra-im; Opal-blk-im; Opal-blu-im; Opal-chr-im; Opal-wh-im; Succ.*

## ■ Contradictions, Oppositions and Paradoxes

During the Black Opal proving one man was immediately engaged by a strange image: T was in a black velvet corridor. Moving forward

I came to a downward staircase. Yet stepping into the staircase, I found myself going upwards, not unlike the images from Escher's artwork'. Perplexed by the significance of this, its mystery was only solved by finding elements of the same character, which appeared throughout the proving e.g. 'raining oil mixed with water'. This is the problem with Black Opal: that there are unsolvable life questions which require an individual to live with paradoxes in their life. An example of this could be living with a racial group for whom you have deep hatred because of past grievances and knowing that you need to forgive them for happiness and peace to ensue.

I also noted that this was a clear and potent theme throughout the Glass proving:

*'Before it started-not start? Something started before it started, but it was the feeling that it is not started ... Impenetrable dark-transparent light ... Light wing weightless, tender, thin, tingling - heavy, pressure, old.'*

Amorphous states include any situation where there is a complete paradox:

- ▶ The individual who wants to live the life of a monk yet deeply engages in a sexual interaction. (*Black Opal*)
- ▶ A person, who after being clearly heterosexual their whole life finds themselves in a homosexual relationship. (*Obsidianblack*)
- ▶ He is courteous to an enemy and sneers at his friend. (*Alco*)
- ▶ Those who are deeply estranged from their family (those whom they are supposed to be closest to)
- ▶ A person who wants to transition from being an accountant to a homeopath. When she practices accountancy she feels like a homeopath and when she studies homeopathy she feels like an accountant. (*Alum*)
- ▶ As an artist, doing what you understand is your best work and then having no sales at

your exhibition. (*Amber*)

- ▶ The person who wants to live a life free of the consciousness of money and yet wants to live in the material world. (*Mold*)

Firstly Amorphous medicines give one the ability to see one's situation without reacting and the resilience to hold both paradoxical realities. Ultimately they bestow creative solutions to their problems. This is an important theme and may have a direct relationship to physical symptoms of the same paradoxical character. (See *Generals*, page 301)

*Alco; Alum; Amber-st; Glass; Obsid-blk-im; Opal-blu-im; Opal-wh-im.*

### ■ Out of the Unknown ... Mystery, Secrets, Luck and Magic

There is an unknown factor in life: somewhere, sometimes, somehow things appear without trying, events unfold as if by magic, extraordinary luck or bad luck occurs. These events may happen when completely unexpected or when it doesn't seem possible. To the rational mind it is 'coincidence' or 'anomaly' or just plain 'luck of the draw'. This elusive element is born of the Amorphous structure. It helps to remember here that Amorphous, in its full development, is the complete circle and that every degree, every possibility, is activated.

It is traditionally thought that the Opal brings bad luck and that is so. During the Black Opal proving, the provers reported so many electrical and mechanical breakdowns that it was an unmistakable element of the proving. After years of experience this is understood to be about structure and the lack of it. Black Opal is for moving through deep change and if one is attached to a structure it will be shaken, and unexpected loss or bad luck



This precious harlequin opal is microscopically composed of regular spheres

will occur. On the other hand, if change and transformation are part of the way of life or the current intention, luck and serendipitous good fortune are the order of the day.

The medicines below have all shown a clear relationship to this theme. They enhance the ability to be open like a child, where there are no secrets, where nothing is held back. Through this mechanism, they allow good luck, magic, mystery and a sense of childlike play back into life. They also enhance the joy of life through seeing the beauty and mystery, even in ordinary everyday experiences and events, and if 'really lucky' allow one to penetrate their meaning.

*'Last night as darkness came I seemed to totally wake up. I had a sense of something mysterious. I felt as though I wanted to go on a mystery journey. I tend to feel very sparkly at night.' ... from the proving of Succinus purum*

*Alco; Alum; Amber-st; Obsid-ra-im; Obsid-st; Opal-chr-im; Opal-st; Succ.*

## ■ Unfulfilled Desires and Untapped Potentials

Unfulfilled desires and wishes, as well as untapped potentials may persist over many years. Commonly they become a need, a call to an emphatic change in life circumstances.

*Image: A cello leaning quietly against something, still and quiet and dark ... The big thing was a feeling of sleep and dark mental stillness, and a fear, like an underground river, or something not yet known ... from the proving of Black Opal*

There are desires and needs which are part of destiny. They are the dream of the heart and soul and desires of the body. Amorphous medicines activate the motivation for personal desire fulfilment, so valued in realising a personal sense of life purpose. Whether it is the search for depth of intimacy, personal love, a long-awaited career achievement or a spiritual goal, they are actualised. Energy in waiting is unchained ...

*He (an octogenarian) became so amorous that he addressed the most passionate and flattering speeches to a lamp-post, which he took for a lady ... from the proving of Alcohoholus*

**Polarity:** These medicines may also instigate an awareness of when a personal desire is excessive and crosses the boundaries of wisdom e.g. in those who are spendthrifts.

*Alco; Amber-st; Opal-st; Opal-blk-im; Opal-chr-im; Succ.*

## ■ Violence and Destruction

Change and transformation are a painful affair. An enmeshed part of the ego may need to be wrested from its home deep in the psyche. In Amorphous there is often no other way for this to happen but violently. More references to violence and destruction appear in Amorphous medicines than any other structure. Trauma of change causes a deep wrenching of heart and

mind and the need to destroy the past beckons all sorts of violent acts.

The theme of violence appears clinically through dream, image or in the actual history. It most pointedly arises in the form of killing and murder (*Amber; Alco; Merc-v; Opal-blu*), a most effective way to bring about change! Various versions of torturous infliction of pain like the cutting off of penises, running over people repeatedly and mutilation in tribal warfare were evident in *Amber, Black Opal* and *Merc-viv* respectively. Spilling of the carrier of life force, the blood was prominent (*Amber; Alum; Opal-blk*). Even in *Obsidian-apache* tears, which is a medicine for grief, a client dreamed of his partner crying tears of blood.

*'I am anxious and often have really violent thoughts... it is often images of people covered in blood, sometimes me, but usually other people. I can't stop it and don't know why it is there. It happens several times a day out of the blue. People are getting stabbed - blood is pouring from them.' ... from a case of Alumina*

The instruments of destruction appear prominently (in image, dream, language or reality). This was especially so in the form of knives stabbing, guns and shooting. Self-harm or suicidal impulse appears along with the sharp instruments in *Alumina, Chrysopal* and *Obsidian-black*. Two other unusual instruments appeared in the guise of bombs (*Opal-blk; Opal-blu; Succ*) and incendiarism (*Alco; Succ*). It is often linked to past abuse which appears unsolvable:

*'You cry and you can't stop crying, you hurt and you can't stop hurting and there is nothing else for it.' ... from a case of Obsidian-black immersion*

*Alco; Alum; Amber-st; Luna; Merc-v; Obsid-ap-im; Obsid-blk-im; Opal-blk-im; Opal-blu-im; Opal-chr-im; Opal-wh-im; Succ.*

## ■ Death and Dying

Death and dying appeared as a distinct element in many cases where Amorphous medicines acted with good effect. For change and transformation to take place one must completely die to the old. All the situations below are related to the dynamic process of dying or having someone close to you die:

- ▶ A woman who couldn't connect with her mother, until her grandmother died, when she found an opportunity to express emotions with her in a positive way (*Opal-blu*)
- ▶ Powerful to almost unbearable thoughts of death (*Hydrog*)
- ▶ Visitation from a dead loved one who admonishes her to stop mourning and live her life (*Mold*)
- ▶ Unsettling dreams of the death of a loved one (*Obsid-blk; Opal-blu*)
- ▶ Full premonition of a loved one's death (*Succ*)
- ▶ Helping lost souls (*Merc-v; Obsid-blk*) - see section *Clairvoyance and Intuition*, page 299

*Hydrog; Luna; Merc-v; Mold-im; Obsid-blk-im; Opal-blk-im; Opal-blu-im; Pel-h; Succ.*

## ■ Insanity and Breakdown

I once had the clinical experience of a client asking whether they were 'mad' every time we met to talk. I prescribed for her pervasive mental and emotional upset many times and found myself re-assuring her time and again that she was not mad. Unsatisfied, she took herself to a psychiatrist to get his opinion but he was unwilling to commit himself to a definitive answer. On her return, I realised it was one of those valuable symptoms that was staring me in the face and prescribed *Alumina* (Delusions, insane) which immediately

relieved her of many years of angst about whether she was in fact sane.

While this experience was seminal for me, I began to realise through years of teaching and clinical practice that the Amorphous group of medicines held pride of place for conditions that settle around perceived insanity, paranoia, psychosis, schizophrenia or breakdown.

*I am going mad. I can't understand why I am here. And people think it's OK just to leave me sitting herel There is no rationality and sanity at all with anyone around: my ex, my partner and daughter. I swore at my ex-husband in the street in front of my daughter. I had no grasp on reality and no ability to reason with myself. I had no selfcontrol.' ... from a case of Obsidian-black immersion*

In the literature I have noted more cases of schizophrenia being assisted by *Hydrogen* than any other medicine. I have also seen a case where a man who was deeply connected to and troubled by his schizophrenic father healed with *Obsidian-apache tears immersion*.

*Alco; Alum; Hydrog; Luna; Obsid-ap-im; Obsid-blk-im; Obsid-ra-im; Merc-v; Succ.*

## ■ Chaos and Confusion

It is not such a leap from violent change and transformation, to chaos and confusion. It is inherent in the breaking down of structure and is attendant to most people's experience of the Amorphous dynamic. Thoughts, feelings situations and dreams will be peppered with words like 'chaos', 'confusion', 'haywire' or 'riot'. A client who was having a marriage break-up commented to me:

*Off daily we are having an open conversation but she has made a decision ... I feel on the edge of chaos.' ... from a case of Black Obsidian immersion*

This state of havoc may also be gleaned from a client's history or chaotic impulses. This tendency to mayhem was vibrantly

unleashed in the Alcoholus proving: ‘Mania, with disposition to commit murder or incendiarism.’

*Alco; Alum; Hydrog; Luna; Obsid-ap-im; Obsid-blk-im; Opal-blk-im.*

### ■ Unformed and Not Existing

While this theme has a classic relationship to the Hydrogenium state in which, as Scholten points out, ‘they haven’t been properly born yet, they are not here’, it is not surprising to see it in other members of the Amorphous (unformed) group. It correlates to the feeling of having no direction in life, no idea of what they would like to do, the struggle with being in a physical body, aversion to being committed or rooted in anything, the sense of not existing or the sense of being about to be born. All these have been elicited and solved with Amorphous medicines, which move them out of this unformed place and into a sense of self. Development ensues!

*I have no plan, it’s a blank canvas. I know there’s something I’m meant to be doing but I can’t put my finger on it. I’m completely blocked, I don’t see anything, I’m just starting to see a little bit of light.’ ... from a case of Black Opal immersion*

*Alco; Alum; Hydrog; Luna; Opal-blk-im; Opal-chr-im.*

### ■ Barriers and Boundaries ... the Crossing

As with many structural themes, there are two sides to consider here. First is the consideration of whether to cross the boundary, the state of being on the verge of crossing. It includes the expression of desires, claiming the authentic nature of the self or overcoming obstacles. It is sometimes a matter for deep soul reflection and one may decide either way as it may involve the breaking of a marriage, separation from family, leaving a community or facing

difficult truths. This takes courage and evokes fears and vulnerabilities. It also tests one’s compliance with social rules and expectations.

*Dream: I’m with a group of people out in the wilderness. There’s a hill in the distance, stumps of trees, no foliage, as if there has been a forest fire. We all wanted to go to the hill hut we could see a ‘Do Not Enter’ sign. We went ahead anyway. When we got close, we could see that it was a huge collection of Electricity Supply Board sub-stations. It was fenced off and very dangerous. When we saw this, we turned back ... from the proving of Succinus.*

The second is the state of having crossed the boundary or barrier. It includes the sense of ‘breakthrough’ when you have cast the fear aside and have touched your goal, claimed your need or desire or opened your heart to a situation that previously would have made you vulnerable.

*‘Everything is in a state of flux, it is a bit overwhelming. I sat my family (of origin) down, I had to tell them about my new partner Ron who is aboriginal, his three kids and the deaf boy who we have taken in -I put it to them. I was the daughter who has completely changed. I was calm, clear and assertive, for the first time I didn’t hide myself. Everything was on the table even my sexuality. All feelings of the past were dispelled by what I said and did.’ ... after taking Black Opal*

*Glass-pur; Hydrog; Merc-v; Mold-im; Obsid-st; Opal-blk-im; Opal-blu-im; Opal-pk-im; Succ.*

### ■ Identity and Who I Am

A marker for the establishment of identity is often the teenage rebellion and the amorphous *Alumina* is an outstanding medicine for this development. In amorphous there is a yearning to define their singularity, their true identity, ‘who I am’. At first there is often a confusion or a question mark about who they are. With

the action of a well-selected Amorphous medicine the truth about self crystallises as if from the nature of the individual's connectedness to life itself.

Amorphous medicines are fundamental in defining that uniqueness by enabling one to rebel against societal or familial influence that would define them: the fierce independence of teen years, the ability to express oneself freely (the truth within) or to reject the projections of others that don't align with sense of self. They let go of their perception of societal expectations and it all begins to flow.

*All through this incredible drama I have felt anchored and true to myself. I am willing to lose something I loved, a dream, a promise (of relationship and children) for the sake of living out my destiny and being on the edge of who I am. Black Opal has helped with fear of being left or alone. It has enabled me to be true to my destiny. It feels like it is very ancient strength. I am sure my life is going to work and I will live my dreams. I have had equanimity amidst the storm.'... after taking Black Opal imm*

This feature has a fascinating relationship to so-called insanity which is so clearly a part of the Amorphous scene. Often the person who is so diagnosed is simply attempting to establish their unfettered individuality in a society that is unwilling to understand and allow the process to unfold.

*'Dad has been sectioned in London. He couldn't stay in temporary accommodation. He'd rather live on the street. He just goes and ends up in another part of town with a clown suit on.' ... from a case of Obsidian Apache Tears immersion*

*Alum; Hydrog; Lsd; Obsid-ap-im; Obsid-blk-im; Opal-blk-im; Opal-blu-im; Succ.*

## ■ Sensitive, Vulnerable... Protection

Amorphous medicines address oversensitivity. It is most comparable to Monoclinic oversensitivity insofar that it is often pervasive, finding its way into a combination of the mental, physical, emotional and energetic streams of life. They tend to be compassionate and sensitive to the pain of others. Some are so sensitive that others put them in 'the too hard basket'. We often find Amorphous people living on the outskirts of society for this reason - they are hiding, even cutting off from family and friends.

**Positive:** Under the action of medicines they can hold boundaries, feel fortified against vulnerability, obtain 'a thicker skin' and are more grounded in their ability to hold the awareness inherent in the sensitivity. It is as if they come out of the ethereal (surreal) world and enter the world of reality.

*'I've told my husband I want to move house.*

*I want to be closer to the city. We don't need isolation and want to come back into the real world. I am moving close to my clinic so I can be amongst everything. Nothing affects me anymore - I don't need the sanctuary of a sedate outer suburb near a forest, to hide from everything. We used to need a ground floor with isolation and a garden. Now I could be in high-rise and be fine. It is incredible, amazing I love it!'... after taking Blue Opal immersion*

As those in Amorphous states can be very sensitive and open, protection arises as an issue. This was particularly evident with the Obsidians: Rainbow and Black. *Black Obsidian* is famous as a protector against psychic attack (conscious mal-intent from other humans or spirits). *Chrysopal* and *Hydrogen* have a feeling of being kept safe by a strong inner masculine. *Black Opal* has a perceived safety by feeling inner equanimity and being true to their destiny.



*Alco; Alum; Hydrog; Obsid-blk-im; Obsid-ra-im; Obsid-st; Opal-blk-im Opal-blu-im; Opal-chr-st.*

## Supplementary Themes

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### ■ Abuse

As abuse is about not being protected, not having boundaries, dissociation (as a compensation) and brings about release and transformation when confronted, it has currency in many cases where Amorphous medicines are indicated.

*'I feel so much more solid and sure of who I am. This resulted in me challenging my father about years of abuse and I am currently not in touch with him until I feel strong enough to understand his circumstances and pain without denying my own, as I had been doing.'... from a case of Alumina*

*Alum; Obsid-ap-im; Opal-blk-im.*

### ■ Creativity

As a result of freeing up so much obstructed and unfulfilled energy, Amorphous medicines are first-class creativity enhancers. They are also excellent for aligning oneself with the free flow of creative activity, an eternally new dynamic. Artists, musicians, inventors, writers, anyone who needs to be in the creative flow of thoughts, feelings and activity is likely to benefit. Some famous artists like Dali appear to live a substantially Amorphous life. Amorphous medicines are particularly helpful in retrieving ideas from the outer reaches of one's consciousness (*Hydrogen, Pink Opal*).

*Amber-st; Hydrog; Opal-blk-im; Opal-pk-st; Succ.*

### ■ Critical

When it comes to change, the presence of strong criticism' can be a red flag for Amorphous as the situation is not good and it must change. Either they feel criticised by

others (they need change in the way others are dealing with them), they themselves are critical of others (they want others to change) or they are criticising themselves (they want to change themselves).

*7 worried about my weight a lot. I put on ten kilos in six months and was beating myself up, wanting to force myself to get quick results. After Black Obsidian I stopped beating myself up. I thought, just do what you can. Previously I was in a panic to lose weight.'*

*Hydrog; Merc-v; Mold-im; Obsid-blk-im; Succ.*

### ■ Depression

Inability to confront the dynamics of change or overcoming a past hurt can be depressing. Amorphous medicines are first-class in this regard.

*'My father died when I was four and a half. Since that age my soul decided it didn't wanted to be here and as a result I have a problem seeing the joy in life.'... from a case of Moldavite immersion*

*Amber-st; Jet-st; Mold-im; Obsid-ap-im; Succ.*

### ■ Mood Unstable

It is fascinating to see how many medicines exhibit instability of mood as an effect of the inability to cope with deep change. It was described variously as:

- ▶ Emotions are unstable, up and down (*Merc-v*)
- ▶ Changeable mood (*Alco*)

- ▶ Fluctuating between bliss and sorrow or connectedness and aloneness (*Opal- blk; Hydrog*)
- ▶ Very up and down or all over the place (*Obsid-blk; Opal-wh; Succ*)
- ▶ Overwhelmed and paralysed by emotions (*Opal-blk*)
- ▶ Emotional flooding, overemotional (*Opal-pk*)

**Positive:** There is much more stability after taking the medicines. Other reported outcomes are potent expression of feelings without loss of control, expressing with clear intellectual attunement to the feeling or letting the irritable moods of others wash over them while remaining loving.

Gienger offers an insightful view of positive Amorphous feeling when he speaks of the ability to get into feelings so far that nothing else exists. He also alludes to the impossibility of hiding feelings because that would imply duality, which is altogether foreign to the Amorphous state.

*Alco; Hydrog; Merc-v; Obsid-blk-im; Opal-blk-im; Opal-pk-im; Opal-wh-im; Succ.*

### ■ **Ridiculous, Random, Unconventional**

*(Also see theme Contradictions, Oppositions and Paradoxes, page 286)*

Ridiculous, absurd or ludicrous dreams appeared in Black Opal, Blue opal and Succinus. The unconventional theme arises from Gienger's observations about Moldavite and Opal.

While this theme only appears in a few medicines, I sense that it can be a strong

element of personality for those who are deeply Amorphous by dint of nature. These persons are not your regular guy next door. They have the unusual ability to do or express things which are outside of the logical streams of societal behaviours and ideas. They include very unconventional inventors and artists. They are the ones who will venture to places and situations that no-one else would consider. It is the type of person who will marry a person with a disability (e.g. a quadriplegic) - it will not deter them in the slightest. They can offer solutions to problems which seem strange but are uniquely original and often hold the way into or around an otherwise unsolvable situation.

*Mold-st; Opal-blk-im; Opal-blu-im; Opal-st; Succ.*

### ■ Trauma

While trauma and shock are potently evident in the medicines *Obsidian* and *Pele's Hair*, the theme is not as pervasive as in the Triclinic structure. In Amorphous, trauma does however appear to be more acutely traumatic and more often leads to a complete loss of grip on life: suicide, killing, selfharm and schizophrenia. This may also be related to the *Death and Dying* theme above. While I have no cases of *Tektite* and few of *Moldavite*, the glasses formed by meteorite impact, it is highly likely they are trauma medicines considering they are both glasses formed under violent conditions.

*Mold-st; Obsid-blk-im; Obsid-st; Pel-h; Tekt-st.*

## Positive Themes

### Joy of life

Joy appears to be the overarching effect of Amorphous medicines. It is expressed as light-hearted, the desire to smile, a desire to laugh freely and cheerfulness. This feeling of joy comes hand in hand with real openness and warmth to fellow human beings. It brings a feeling of elevation that Tightens up the room'. Others just want to join in with the enjoyment, play and ease. They feel inspired about life and creativity as it becomes filled with colour, variety and desire. Joking, hilarity, merriment and lightness are often described.

With all of this release of the spirit of aliveness, worries and downcast mood are dissolved. There is an ability to shrug off difficulties and events that would dampen a joyous time. They embody a positive outlook on life even in the face of things not turning out as they would have liked e.g. art work not appreciated. They begin to see the world as an adventure, and develop a willingness to take risks. They come to appreciate the good things already in their life and feel gratitude at the wonder of life about them.

The joy can move to the next level with the heart being open to large groups of people, especially in the guise of enjoyment or celebration e.g. everyone at dance party. It can become euphoric.

*Alco; Hydrog; Luna; Opal-blk-im; Opal-blu-im; Opal-chr-im; Opal-fi-st; Opal-pk-st; Opal-st; Opal-wh-im; Pel-h; Succ*

### ■ Integration, Centredness and Wholeness

These elements of feeling arose time and time again in Amorphous cases and medicines. This puts the individual at the centre of their universe but not in an egoistic way as they feel connectedness at the same time. This has marvellous effects

► Instilling 'equanimity amidst the storm'

- remaining themselves in a crowd or in a dramatic situation

- Feeling freed from old patterns of behaviour, less prone to the 'shoulds' and 'musts' of life
- Being integrated enables them to pay attention to everything that is happening, the pieces of the puzzle come together
- They are enabled to see their shadow side
- Clarity and ability to act and talk calmly from the heart is vastly improved
- 'My regrouping is better and my base has lifted - I don't have to go right down to the bottom as in the past.'

There is a sense of self from deep within: integration of mind, heart and body that opens the way to experience deeply felt desire and destiny:

*'Previously I made decisions in reaction to life. Now I am standing in my body, emanating my sense of self and seeing what comes to me and it does all just come to me. It is emotive openness of being, connected to everything and everyone and feeling the abundance of love'... after taking Blue opal immersion*

This centring and integration impart inner strength. That strength opens the door to faith and trust in life, love and relationships.

*Hydrog; Jet-st; Obsid-blk-im; Obsid-ra-im; Obsid-st; Opal-blk-im; Opal-chr-im; Opal-blu-im; Opal-wh-im.*

### ■ Connectedness

A sense of connectedness to self, to family, to communities and humanity itself is an important positive trait in Amorphous. It is a polarity to disorientation, disconnection, dissolution and isolation which are so often experienced during a transformative change.

(See *Disconnected, Disoriented and Floating* theme on page 283)

## ■ Liberated, Freed

An uninhibited, free and liberated feeling often ensues from these medicines. They allow feelings that have been checked to run their course, ridding the bearer of emotional burden. All the filters are taken away so that emotions just seem to come out. Liberated from shyness or shame, feelings appear with passionate fullness and may become very direct and uncensored. This freedom connects them back to who they really are. This theme relates to other positives of spontaneity, joy and integration.

*7 was able to pour my heart out and say I married the wrong man and things have got to change. I can do what I want and not be scared ... I feel lots freer than for a long time. If I can't meet expectations it doesn't matter, I love myself better.' ... after taking Black Opal immersion*

This of course, begs the question of what was on the disease side: the inner sense of this is incarcerated, interred, imprisoned by old compulsive habits and patterns. While this is an important theme of gemstones generally, it is most vital and acute in the Amorphous system.

*Alco; Hydrog; Opal-blk-im; Opal-chr-im; Opal-fi-st; Opal-st; Opal-pk-st.*

## ■ Enjoyment of the Senses, Romance and Sexuality

(Also see *Barriers and Boundaries* on page 290) Amorphous medicines free up the life force and instil a sense of passion to express it. There is a distinct love for sensual life experience. Sexuality and romantic feelings are aroused. Because sex requires extraordinary intimacy the scope for connectivity is unique and important for many human beings. It can be basal and lusty, connecting with feeling, connecting with heart-centred love and at times includes an element of spirituality. Increased passion for life, love and sexuality is a theme that most often occurs in the Opal group. This

can get out of hand with euphoria, seductiveness and uncontrollable sexual inclinations. Sparky sexual jesting appeared in a number of provings and cases.

*Alco; Luna; Merc-v; Opal-blk-im; Opal-blu-im; Opal-fi-st; Opal-pk-im; Opal-wh-im; Opal-st; Succ.*

## ■ Spontaneous, Structureless, Synchronicity

The grand outcome of Amorphous medicines is a triumph of connectedness that only the Amorphous state can endow. As there is an expansion of the core, the sense of self, everything starts to 'go with the flow', they become an open receptor. Spontaneity becomes part of daily life, in fact, it is an essential element of aliveness. Those couples who are trying so hard to conceive often just need to 'switch off' to have conception happen: love, sexuality and bodies flow and the generative forces are freed. There is a lot less trying to make things right, to make things work and a lot less feeling obliged and having to 'think things out'. This is the situation of a restaurant manager who took Black Opal:

*'I had an expectation people wouldn't be smart and clever, that they didn't know the number of people, names, times, dates. Now I will give them a few seconds to decide, I am not going to be angry, I will answer the phone in a happy way. I will make it easier for myself as well. I used to tell them where I want them to sit -I was in charge, now I am going to allow them to do what they want - trying to let it go, it is not that important.'*

The same sense of freedom and flow also appeared in an artist client who took Black Opal:

*"There is so much with the exhibition and the thought of the logistics involved ... invitations and framing and I had to move from my studio yesterday. I am calmer about it all again and more fatalistic about the outcomes, then having to be on it. I managed to*

*reconnect to it on a much deeper level. I had been totally in my head about it before. Putting titles on the works has come really easily.'*

All this leads to great synchronicity. Whether it be seen in events, whether it is synchronicity between connected individuals (e.g. having the same dream or desire) or finding exactly what you need to fulfil a desire or complete a work. It all happens and precipitates out under the action of the Amorphous flow.

*It is all coming together in the most remarkable way. Everything is really flowing: the landlord is needing us to move out; I have pinpointed an area in the UK that I want and I am about to exchange contracts and they want to move out just before I get there! They will throw in a dishwasher and washing machine and a cat! Lots of funny little things keep happening. My sense is that it is all just opening up. I am really ready*

*to leave Australia and close this chapter. I had been here for 17-18 years. Two-three years ago I had an insight that I should be back in the UK, now it is the right timing. I feel it on really deep level.' ... after taking Hydrogenium*

For some individuals needing Amorphous remedies there is a strong desire to see psychics or use Tarot, where the answers to proceeding in life are found in the unmapped, unformed source.

*Amber-st; Hydrog; Luna; Merc-v; Modavite stone; Obsid-ap-im; Opal-blk-im; Opal-fi-st; Opal-pk-im; Opal-wh-im; Succ.*

### Clinical word associations for Amorphous themes

Theme	Word associations
<b>Change and transformation</b>	Stalemate; stuck; impasse; deep dissatisfaction; restriction; limitation; suppressed; half-alive; fear of the new; old structures; desires change <i>Positive:</i> joy of life; re-invented; letting go of old; renovated; takes the plunge; stepping out; new perspective; new beginning.
<b>Disconnected, disoriented and floating</b>	Disconnected; disoriented, dissociated; floating; ungrounded, out of body; floating; detached; lost; where am I; dissolving; fragmented; displaced; fallen into an abyss; isolated; alone <i>Positive:</i> connected; centred; detached (from the old); present; freely expressed; grounded; embodied; authentic; alive; charisma
<b>Surreal and taking drugs</b>	Surreal; unreal; on drugs; stoned; fantasising; all is wrong; weird; not on the planet; in a dream; dreams are real <i>Positive:</i> reality; centred; preciousness of life
<b>Contradictions, oppositions and paradoxes</b>	Contradiction; paradox; unsolvable; estranged from family; opposition; not fitting <i>Positive:</i> holding the paradox; creative solutions
<b>Out of the unknown</b>	Bad luck; breakdowns; secrets; mystery <i>Positive:</i> good luck; serendipitous good fortune; no secrets; childlike play; unhindered; magic
<b>Unfulfilled desires and untapped potentials</b>	Unfulfilled desire; untapped potential; excessive desires <i>Positive:</i> actualised; fulfilled desire; dream of the heart and soul; destiny
<b>Violence and destruction</b>	Violence; destruction; killing; murder; suicide; mutilation; stabbing; shooting; bombing; set on fire; torture; spilling of blood; self-harm
<b>Death and dying</b>	Death (of people, of situations); dying; dying to the old <i>Positive:</i> helping with dying; transformation
<b>Insanity and breakdown</b>	Madness; insanity; schizophrenia; paranoia; break-down
<b>Chaos and confusion</b>	Chaotic; confused; haywire; riotous
<b>Unformed and not existing</b>	Unformed; not existing; not born; no plan; sees nothing; disappeared

<b>Barriers and boundaries... crossing</b>	Barriers; boundaries; unfulfilled desires; obstacles; social and societal expectations; fenced in; wanting to cross <i>Positive:</i> cast aside the fear; breakthrough; claimed desire or goal
<b>Identity and who I am</b>	Confused about identity; rebellious <i>Positive:</i> unfettered individuality; defining uniqueness; letting go of expectations of others

## Supplementary Themes

<b>Abuse</b>	Not protected; no boundaries; dissociated
<b>Creativity</b>	Obstructed; unfulfilled. <i>Positive:</i> free flow of creativity; new ideas.
<b>Critical</b>	Criticism of self, of others and by others
<b>Depression</b>	Depression from change and inability to let go
<b>Mood unstable</b>	Unstable; changeable; fluctuating; up and down; overemotional; overwhelmed <i>Positive:</i> letting go of reactivity; attuning the mind to the feeling; being with the feeling; potent expression of feeling without loss of control
<b>Ridiculous, random, unconventional</b>	Ridiculous; absurd; ludicrous <i>Positive:</i> strange and original solutions.
<b>Sensitive, vulnerable... protection</b>	Oversensitive; sympathetic; living away from mainstream society <i>Positive:</i> holding boundaries; fortified; thick skin; real world; safe; protected; equanimity
<b>Trauma</b>	Acute trauma; violence; self-harm; shock
<b>Positive</b>	
<b>Joy of life</b>	Worried; downcast; difficult <i>Positive:</i> cheerful; laughing freely; openness; warmth; joking; variety; hilarity; adventure; ease; gratitude; euphoria
<b>Integration, centred, whole</b>	Equanimity; freed of shoulds and musts; in the moment; seeing shadow side; clarity; strength
<b>Enjoyment of senses, romance and sexuality</b>	Uncontrolled, lusty, seductive and euphoric sensuality; passion; love of life; sensuality; romance; increased passion for love and sexuality; connectivity
<b>Liberated, freed</b>	Emotional burden; incarcerated; interred; imprisoned. <i>Positive:</i> uninhibited; free; liberated; no filters; uncensored
<b>Spontaneous, structureless, synchronicity</b>	Need to find the answers. <i>Positive:</i> connected; go with the flow; open receptor; spontaneous; ease; synchronicity



# Spiritual

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## Spiritual Awareness

These stones and substances increase spiritual awareness in their individual ways: *Tektite* enables one to recognise that they are a spiritual being; *Moldavite* awakens one to the potential spiritual greatness inherent in being human and Black Opal stimulates contact with the Higher Self, awareness that the body is a house for the spirit and that all is happening perfectly. LSD enhances the sense of the presence of Spirit within and *Hydrogen* the feeling of being in the presence of Spirit.

*To feel God's love and presence everywhere and in everyone was like no other experience 'like Heaven on Earth'. I really know there is a God and what it means to love. I feel so privileged to have been through this.'... from the proving of Black Opal*

## ■ Clairvoyance and Intuition

All the medicines below induced clairvoyance ('clear seeing'). One man under the action of *Succinus* had a full and true premonition of his father's death. The Obsidians have, since ancient times, been used to predict the future and obtain clairvoyant understanding about a situation or condition. This was confirmed in cases. In all, Amorphous medicines confer connectedness and this opens the sensitive receiver to other realms of awareness and deeper consciousness. I have also noted very strong abilities to see past lives, contact loved ones who have passed on and understand the hidden cause of illnesses (*Moldavite*).

A special mention should be made of *lost souls*' - spirits of those who have died, are still attached to the earth plane but looking for release. In my experience two clients were opened to the realm of lost souls: one after taking *Merc-viv* and the other after taking *Black Obsidian*. They felt compelled to help

those people.

Both had the same outcome: In the end there were so many needy lost souls pressing them for help, it interfered with worldly responsibilities. Both had to refuse them any more assistance as it felt like they were looking after uninvited guests. As one of these people said 'I'm being offered a job and I already have one'.

The related but somewhat different faculty of intuition: The ability to know with great inner firmness, what is right in a situation is evident under the action of *Rainbow Obsidian* and *Green Opal*. This is nothing other than direct knowledge from the all-knowing Inner Self. Sometimes clairvoyance is excellent, sometimes not, whereas true intuition leaves nothing to be desired.

*Hydrog; Merc-v; Mold-st; Obsid-blk-st; Obsid-blk-gr-st; Opal-blk-im; Opal-gr-st; Succ.*

## Oneness

A sense of 'oneness' with everything has been reported strongly in *Alumina* and *Hydrogen* cases. There is also a tendency to seek unlimited possibilities and potentials. While this has usually been seen clinically in those who are mentally disturbed, it should not be judged as delusional. It naturally arises as an experience in those who are engaged in transcendent spiritual activities such as deep meditation and spontaneously in others. It should be said that it is not natural for the limited human mind to contain such a sense of oneness, as it is primarily a spiritual faculty, a state of being.

His experience with Black Opal was different to the *Alumina* and *Hydrogen* cases. The sense of 'oneness' was experienced in a number of ways: firstly during a deep sexual

connection where the individual had lost sense of whose body is whose and this was accompanied by a blissful feeling. Others in the Black Opal experience had a feeling that all beings are in a state of bliss, all are joy or feeling God's love and presence in everyone.

*Alum; Hydrog; Opal-blk-im.*

### ■ Work, Situations and Professions

Amorphous is less oriented to specific professions and more to life situations. The first to consider is *those who are on the edge of change*; where there is breakdown and reassembling of situation, culture or outlook. The situations recorded include marriage breakup (partners or the effect on their children); incurable disease; exile; leaving school without a career path. Related professions: undertaker; palliative care worker; marriage celebrant or priest. An executioner appeared in a *Succinus* prover's dream. [*Alum; Hydrog; Mold-im; Obsid-blk-im; Opal-blk; Opal-wh; Succ*]

Secondly there are *those who are on the edge of culture* or engaged in an activity or mode of living that is taboo to that culture: motor cycle gang members; criminals; quadriplegics and the disabled; prisoners and their advocates; those in taboo sexual liaisons;

prostitutes; those who are incapable of integrating into society because of trauma. Anarchists would naturally fit into Amorphous.

[*Alum; Opal-blk; Pel-h; Succ*],

Individuals whose *dynamic artistic expression* is an integral part of their professional mode: visual artists; art students; architects; actors; actor-writer-director; screenplay writer and costume designer. [*Alum; Hydrog; Obsid-blk-ap; Opal-blk; Opal-pk; Succ*]

Those in professions that are *engaged in the process of change* through healing, psychology and personal development: homeopaths; naturopaths; teachers; psychologists; meditation teachers; education policy developer. [*Alum; Hydrog; Merc-v; Mold-im; Obsid-blk; Opal-blk; Opal-chr; Succ*]

Amorphous also appears in those who are in *situations where there are fixed rules*. They often move into an Amorphous state when the deeper aspects of self require integration: priest, religious brother, soldiers and mothers. Finally there are those who are engaged in a *dynamic process of personal or spiritual growth*, unravelling emotional states or belief systems which hinder their wholeness. Shamans [*CrossingBoundaries* and *Out of the Unknown* themes) would naturally fit into amorphous.

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## Diseases

### ■ Mental

It appears that Amorphous is indicated for psychosis and schizophrenia and this is documented in published cases of clear benefit from medicines like *Hydrogen* (see references). It is consistent with the theme of disorientation from violence or dramatic change that is thematic for this structure. It is

also supported by the idea that Amorphous is most strongly related to drug-induced states (see *Surreal and Taking Drugs* theme) The intrusive images, such as those treated in the *Alumina* case below, typically have links to post-traumatic stress disorder (PTSD). PTSD is well-indicated in Amorphous medicines which appear for trauma (*Obsid-blk-, Pel-h*).

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## Significant General, Pathologies and Locales

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It was completely unexpected that distinct physical generals would appear in the Amorphous dynamic.

*Paradox:* The fundamental theme of *paradox* percolated up through the records of individual cases: 'I feel fast on the inside but tired' (*Opal-wh*); 'excessive appetite alternating with emptiness' (*Opal-wh*); 'hunger with feeling sick at the thought or eating of the food' (*Hydrog*); 'I had a hot flush and uncovered myself and didn't get cool, really bizarre' (*Obsid-ra*); 'emptiness - heaviness'; 'heaviness, thickening - light, weightless, thin'; 'cold-hot'; 'dark, wet, moist - dry, chaotic, turmoil' (*Glass*); 'extreme coldness or sensation of warmth, even in cold weather' (*Luna*)

This element of paradox, of definitive contradicting extremes coinciding in one body, appears as a highly indicative physiological marker to the deep preponderance of the Amorphous state.

*Appetite, food, health and weight:* After the prescription of an Amorphous medicine, many clients spontaneously lose significant excess weight and often without doing much exertive exercise. It is mainly achieved *via change* to healthy eating patterns: eating less (only what you need); more mindful of what foods they are eating; eating 'healthily' (salads, fruit and vegetables are common), pulling oneself out of the cycle of overeating and then dieting by loosening the 'self critic' about weight. This is reflective of the change in deeply ingrained modes of eating according to emotional, personal, family or national cultures. Often clients comment that the process is so simple,

clear and happens almost naturally with little effort.

*'Since Black Opal, I've been trying to have more healthy food: low fat; nourishing soups - lam making more of an effort and exercising by walking around Centennial Park four or five times a week. It is all so simple and clear and there was such an intense period when it wasn't.'*

*Alum; Hydrog, Obsid-blk-im; Obsid-ra-im; Opal-blk-im, Opal-blue; Opal-chr-im; Opal-white.*

*Vertigo:* Many medicines appeared to produce vertigo in proving or were shown to help vertiginous complaints clinically [*Alum; Hydrog; Merc-v; Obsid-blk; Obsid-apa; Pel-h; Succ*]. This appears to have a correlation with the 'dissociation, disorientation' theme of Amorphous.

*Gastrointestinal, action on:*

- ▶ Stomach pain, nausea and heartburn [*Alum; Hydrog; Mold, Obsid-blk; Succ*]
- ▶ Diarrhoea and abdominal pain [*Alum; Jet; Obsid-blk; Opal-blk; Opal-wh*]
- ▶ Constipation: [*Alum; Hydrog; Opal-blk*]
- ▶ Haemorrhoid [*Alum*]

*Menses, ovaries and libido:* The opal group (Green, black, pink) has an effect on ovarian function and pain. This is possibly a combination of signature (Spherical structure) and their association with generating change (new life of ovaries). They also act on libido through the action on the will to live and experience life. *Hydrogen, Black Opal* and *Merc-v* all improved menstrual function in the cases surveyed.

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## Minor Generals, Pathologies and Locales

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*Blood and bleeding:* *Alumina* is indicated for bleeding and the fear of blood. Obsidian is

known for bleeding from injury.

*Drugs and detoxification:* With their affinity to the drugged 'surreal' state and with medicines like *Hydrogen*, *Alcoholus* and *Black Opal* in the group, they should prove beneficial in cases of drug addiction and detoxification.

*Fatigue:* *Hydrogen* and *Fire Opal* are known for their effect on energy deficiency.

*Joints:* Both *Succinus* and *Jet* have a beneficial effect on joints.

*Numbness and paralysis:* *Alcoholus*, *Luna* and *Alumina* are all indicated for symptoms in this arena.

*Pain:* The Obsidian group is strongly indicated for severe pain. *Amber* is indicated for the pain of teething.

*Trauma:* Obsidian and *Black Opal* are known for their benefit here. *Tektite* and *Moldavite* should prove beneficial owing to the signature of their traumatic origins.

*Infection and throat:* *Merc-v* and *Rainbow Obsidian* act on severe throat infection. *Tektite* is used for the damage caused by infections.

*Skin:* An unusual number of medicines appeared to act on the skin for eczema or rash: [*Alum*; *Hydrog*; *Jet*; *Mold*; *Sure*].

## Artistic Sources

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**Phillipe Petit** in the documentary *Man on Wire* is an extraordinary exponent of harnessing the Amorphous spirit. A climber since childhood, he became the consummate high-wire walker without a safety net. Ultimately he set his name in history by walking between the Twin Towers in New York in 1974. He mastered the art of 'stepping off the cliff' staying totally centred and trusting in the outcome. In his own words: 'Every day should be lived on the edge, see every day as a true challenge and then you live your life on a tight-rope'. When he came up with the idea of the Twin Tower walk he commented 'it is impossible! So let's get to work!' Amorphous rules here; there are no limits to that which is without form.

**The Joker** in the movie *The Dark Knight* is an insane criminal, with the actor Heath Ledger giving an inspired performance. Ledger described his character as 'a psychopathic, mass murdering, schizophrenic clown with zero empathy'. He is the man without rules: 'Some people do things without logic - just do things for kicks!' His was a will steeped in anarchy and violence. In one scene he put a

gun to his own head and amusedly quipped 'I'm in the order of chaos!' The screenplay writer constructed his history with remarkable insight into the nature of Amorphous and its common history of abuse. His 'Joker' painted horizontal red lines at the edge of his mouth to remember that his abusive father had cut his mouth as a boy. It tolls the bell of *Black Obsidian*, volcanic glass with its cutting and abuse. As the man who leaves everything to chance, this character was the supreme dark Amorphous.

Another fascinating movie with an Amorphous theme is *The 100-year-old man who climbed out the window and disappeared*.

**The music of Frank Zappa:** Zappa's music is the epitome of the random, ridiculous, ludicrous theme of Amorphous. Most of his lyrics were thick with the absurd. In his introduction to the song 'Montana' he reflected: 'The poignant tale for one man's quest of a horse about this big, a bush of dental floss and the sincere hope that the background vocals will be in tune.' He was also known to have stated 'My job, is extrapolating everything to its most absurd extreme'. The

chaotic and surreal elements of his work are the great stamp of Amorphous structure.

He stood firmly as a man of unfettered non-conformity and naturally took to overturning traditional beliefs, customs and values. After many name changes his band was ultimately called 'the Mothers of Invention' citing the restless creativity that permeated his life. Not

only did he explore the unbounded fringes of music, he expressed it in his life and even foisting it on his children by choosing names such as 'Moon Unit' and 'Dweezil'. He sought ultimate Amorphous independence, individuality and eccentricity as a musician and creative.

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## Case Studies

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### ■ Case Study I 'I Feel Like a Huge Clearing'

A woman aged 36 who is married, living with her husband (Ron) and three children, one from a previous marriage. They are also living with her husband's mother (Wendy) and she works in a clothing business. She had been doing well with *Calc carb* which had improved her energy, removed thrush, pre-menstrual depression and the craving for chocolate. She felt 'stronger in herself'.

This time she freely and easily talks about her situation: 'Before *Calc carb* I was tired all the time and now I feel like having a huge clearing. The last time (there was conflict) with his mother, she was being particularly nasty, calling me 'The bitch' to others in front of my kids. I found it unnerving when I have largely supported her for the last ten years. I realize she is of low intelligence and has no internal integrity. It is frightening that it is so close to my home and children. My husband has agreed to do something about it, but hasn't.'

'The problem for me is there is no God-consciousness in my house with Wendy and Ron. Especially with Wendy, it is 'loopy land'. There is no point in trying to communicate it to them. I will talk to a family lawyer; I want to leave Ron and have a balanced parenting situation for both of us. I have allowed him enough space to action things and he has not.

'The relationship with Ron has deteriorated

from bad to worse. Every single day he involves himself with the kids and I am the last person on the scale of things, there is no time for intimacy outside of the sexual relationship, which is only when he feels like it. It is rare that we are home without Wendy and the kids. Recently there was an opportunity to have a hug and then he said he had had a shit of a day! There are no hugs unless it is a sexual thing ... I need the caring. If there is no time for goodness for each other there is not much basis for anything. I am too tired to take up the battle with Ron for the relationship, also he should feel it naturally anyway. So it is time to call it a day, to organize it all and make it tidy and clean. I will see a solicitor.'

**Analysis:** The decision or feeling the need to make a vital change in no uncertain terms is Amorphous. I interpret the intention about her relationship, ('it is time to call it a day'), as an ending and commensurate with the death and dying energetic of Amorphous. The desire for connection and intimacy is also a feature and these elements make for a strong counterplay often seen in the paradox theme. I also noted from her first consultation, when I asked about the clothing business she worked in, she stated: 'I like the challenge of taking a piece of fabric and changing its form for the customer. I like contact with people in the shop' which confirmed the ideas of change, transformation and connection were pervasive to the psyche.

Black Opal is a king amongst medicines for these themes and especially where there is a feeling that a relationship doesn't work anymore. I prescribed it in 30C to be taken daily for a week and then as required.

#### **Six weeks later**

*Black Opal* lifted her spirits and she has taken it regularly for the whole time: 'Every time I take it, it feels fantastic! Last time I couldn't see anyway out, I wanted to end my marriage and get on with my life, all seemed black. After Black Opal, I felt better in myself, stronger, I spoke to Ron and told him I wanted to end it all. I told him he played emotional games to have power over me. I told him he was mean-spirited, withholding affection and he was shocked. I was shocked he wasn't aware that he was having that much of an impact. He has been very different since I said that to him. I am feeling better since our talk.'

'His mother is still nasty but I can handle it now. Everyday she makes tea and does things for Ron and kids but not me. The remedy made me much stronger and clearer that I can do the things I want anyway. I am still not 100 % sure that it will be OK but I feel much happier about getting on with my life anyway. It is a bit of a burden carrying her around but there is no option for her. I have five children: three of my own, Ron's mother and Ron.'

She is eating more healthily, making more of an effort with food and exercising regularly. She finds it all simple to do now and consequently her physical energy has improved. When asked about the feeling that she didn't have God in her home she related: 'I am making it my personal thing and not needing them to be in it since I took the medicine.' *Treatment:* I asked her to continue *Black Opal* 30C as needed.

#### **Nine weeks later**

She took a few further doses and reported she felt strong, good and clear in herself.

'I told him I wanted his mother to go. He understood and we've decided to move out to a smaller place in a month and Wendy won't live with us - it feels great! We'll find something for her first. I'll be glad when she is out of our orbit. I am looking forward to a simpler life.

'Things are going well with Ron. We are taking the kids to Bali in a couple of weeks and we think we might get married when over there. I feel much more centred and settled in myself.

'There are no physical problems. I am eating more healthily and doing a weight loss program. I feel clearer than I have in years about what I want, things are running very smoothly and nicely.'

**Comments:** She and her family traversed life-changing decisions relatively smoothly and effectively. This is an example of an Amorphous medicine taking the client back to a strong and secure centre in themselves while undergoing and managing change. During the next winter she reported to me that she had a flu but her mood was good during it and it only lasted two-three days. In the previous six or seven years she had it annually and was bedridden with it. It was a vast improvement.

## **■ Case Study II**

### **'Three Quarters of Me Died'**

I saw a woman aged 36, a naturopath and homeopath in October of 2011. She is living with her female partner. She felt overworked and mired in depression and oversensitivity. During the first four months of treatment she responded very well to *Carcinosin* for her perfectionism, worry, obsession with work, low energy and sleeplessness. After this she deepened the explanation of her depression and sensitivity that she had touched on each time we spoke. Using mostly the patient's language:

**Death of a Goddess:** My mother died when I was 25, and this was a life-changing tragedy for me. Before she died they almost killed her

in a drug trial and then there was a stem cell transplant. She went from being a Nordic goddess to a withered bald skeleton and sack of bones. She died in the smell of poo and vomit with chemo on her breath; her last words to me were 'Life without mum!' We pumped her with morphine and she wouldn't fucking die, she gasped every breath for five days. I was left with the relief, the guilt at giving permission for her to die and feeling orphaned. My father went off the rails, became suicidal and alcoholic - a lostman.

'The morning she died I thought 'how will I do this?' She provided me with structure; she was a beacon, a grounding force for me. She was tall, blonde, strong, capable and dedicated. The loss was so big I can't even describe it - more than three quarters of me died. Since then I am increasingly retreating out of life. Annihilation and borderless darkness is the feeling of the depression. It is the fear of having no structure. The one thing I could tangibly hold onto was money. I knew I would survive if I had money to pay bills and buy food. I have an irrational fear of poverty.' She needs a perimeter, a structure. She went with a friend on a motorbike to a festival and didn't know what the festival was, who they would meet and how long they would stay. As soon as she mentally knew the plan she felt okay.

After she died her mother appeared to her in an orb of light. However, it didn't relieve her sense of annihilation and darkness. She saw a film where a couple lost their son. With the narrative of the film 'I was pushed into outer space with this human grief - you feel so alone - after the film I burst into tears'.

**Being on earth;** 'I find it very difficult being on earth - I don't understand it here - I would rather be where I am from - where mum is now. I used to have nightmares as a child of vastness and emptiness and I wrestled with the concept of nothingness. I imagined that mum and dad would put me in a rocket - there was

just blackness - I was going to where nowhere was. Occasionally I would see the side of a planet. I felt terror, abandonment and aloneness.

'I deal with a non-structured thing - there is a vast nothingness in my head in the last few years. You can blame it on a God-fearing, joy-loathing, black dogencouraging, poverty-fearing protestant background. Lovan keeps me out of the annihilation and vastness.'

She has a fear of her navel; she can't touch it and finds it disgusting. She loves space and fabric of the universe documentaries. 'I understand things on a soul level, that's why the material world is so difficult.'

When she feels depressed she doesn't appreciate or value her life. She feels she will be punished because of it and get cancer and die. She is thinking about cancer quite a bit, feeling it is only a matter of time. She bought her partner a computer 'setting her up for when I go'.

**Dreams or images:** As a child she was convinced the sun would fall into the earth and felt futile; that she was a little plant and a huge mechanical brown masher that was about to mash me and woke screaming; of flying in beautiful pink mountains and lakes with sparkling otherworldly colours; of spinning into her bed before waking, coming out of a twilight zone; she and two others are the only humans and the rest are extraterrestrials.

**Colour:** She is choosing 1A or 1C

**Physical:** She is not exercising, and is drinking coffee. She wants motivation to move her body and get strength back. She feels the cold+++; averse bright sun; << marijuana (hallucinates). Menstrual pain felt only in the feet. Skin is highly sensitive to touch. Ear pain from wind. Food: desires salt+++ and anchovies; < wine

**History:** She was born ten weeks premature. Hepatitis A and Labyrinthitis in the past.

Family: multiple cancer on her mother's side; multiple alcoholism on her father's side.

**Analysis and Treatment:** She exhibits many themes of Amorphous: as if she is on drugs with the vastness, annihilation and blackness experiences; she is highly sensitive and vulnerable; the violent dreams and the themes set around her mother's and her own death and dying. The peculiar theme of crossing barriers (visitation of the mother and travelling into space) confirms the Amorphous structure. It also relates to breaking out of the fixed religious culture (protestant) she commented on. The feeling of being 'structureless' is a diagnostic gift. Essentially she has been caught in an Amorphous transition for the twelve years since her mother's passing. The fear of her navel and the extraordinary pain in her feet with menses indicate she is completely out of her body. This together with the colour choice of yellow (*Hydrogen* is 2C) and the fear of poverty confirmed amorphous *Hydrogen*. I asked her to take three doses of M over three days.

#### **One month later**

She took *Hydrogen* for three days and repeated it two weeks later: 'I felt connected and grounded and my energy came back. I was clear and very positive and my sex drive went up. My girlfriend said to go back and get more. I normally shy away from parties, drinking and drugs - she booked us tickets to everything at the Mardi Gras and I was dreading it but I sailed through!' Friends were shocked. Her sensitivity went right down: she managed loud festival music speakers, drank quite a lot of alcohol and still she felt like a normal person. The fear of vastness and emptiness and blackness has gone.

A rash appeared on the second lot of doses similar to hives she had in the past. Her energy improved to eight or nine out of ten. Her work ramped up. It was her mother's twelve-year

anniversary and she got through it well for the first time.

'Now I am more in the material world. I started looking at motorbikes on the Internet and did my learner's course. This is getting me on the earth. I am taking responsibility for my earthly presence - money needs to be made and bills need to be paid - you need to deal with what you have to do. Something has changed in me, I am able to stand up and give a lecture. I'm not anxious, nervous and self-doubting like before. I stood up and delivered like an expert.'

She realizes that she hasn't hit her stride with what she wants to practice. Part of her is ashamed at what she does (the 'witchy' stuff) as people think she is a quack and don't understand what she is doing: 'What I am doing is structureless'. I can do the academic stuff but I am not interested. I want to do more kinesiology and more healing work. I am so hard on myself, thinking that I'm not good enough. When I am not structured or busy in my clinic, the fear of poverty and doubt about my purpose and what I am doing rise up.'

She desires coffee and wine but is so depleted by coffee - she senses it strips her body of vitamins and causes swelling and pain in the breasts. When work is demanding she ramps herself up with coffee and then becomes 'exhausted, fragile, withered and anxious'. If she can't get coffee she is irritable, she craves it. She is now exhausted and depleted again.

**Analysis and Treatment:** I prescribed *China* M for the addictions and depletion

#### **May 2012**

The *China* was very beneficial. She was choosing the yellow colour again (1-B-C) and so I repeated the *Hydrogen*, three doses of 10M.

#### **June 2012**

She took the *Hydrog* 10M for three days and



repeated it at intervals. The first night she was nauseous with ravenous hunger. She had vivid colourful dreams of a lot of people and Xmas gifts and celebrations. She is feeling positive, excited and earthed in the body: 'I can feel my legs!' There is no procrastination, no disorganisation and no fear of poverty. She rebuilt her website working on her computer for 24 hours without sleep and wasn't tired all the next day. Her mood is very good.

**Dream:** that a therapist friend died. She was crying and howling over this and knew she was crying over her mother. The woman came back to life and then she somehow knew she was really dead. A message came in the dream 'now you know she is dead and you can understand she is not coming back so stop grieving!'

**Dreams:** Of missing a plane which was

bizarre vivid drug-like dreaming; of her childhood where she remembered everything: they were renovating a public bar and her parents were there as well as a desk with homeopathy bottles and a Kent's repertory.

There are no thoughts of cancer. Her patient numbers are increasing and she now has a substantial practice. While occasionally a little anxious, she is not thinking fearfully about her future. She took thousands of dollars out of her savings and replenished her dispensary. She is introducing a structure to her treatment protocols, slotting the gems into that and it is going really well.

I saw her on and off for a further four months. There was no desire for alcohol or coffee and no mother sadness. She is stronger and more optimistic than ever in her life and her practice is thriving.



## Optic Character

The quality of 'optic character' enables a differentiation between certain broad groups of crystals. Optic character refers to each crystal structure's ability to transmit and bend (refract) light. This bending happens because of the difference in density of the crystal itself being greater than the air that transmits the light to its surface. While the light behaviour mechanisms below may only be demonstrated in translucent crystals, all experience shows that the light principles associated with the individual structures is also true for opaque crystals.

### ■ Uniopic

In the *Cubic and Amorphous* structures one ray of light that enters the crystal remains single as it travels through the crystal and

emerges from the crystal in exactly the same fashion. This is because the internal symmetry of these crystals is the same in all directions. For the purposes of this work I have termed this quality Uniopic.

### ■ Biopic

In the *Tetragonal, Hexagonal and Trigonal* structures a completely new element appears, that of light polarisation. When light enters one of these crystal, it emerges as two rays. These split rays actually travel at  $90^\circ$  to another, as in a cross. If you look through a strongly doubly refractive substance you will see an object on the other side as a dual image. This doubling may easily be seen through a Trigonal crystal of clear Calcite (also called Iceland Spar). We will term this quality Biopic.



**Uniopic crystals**

Single ray of light passes with no splitting



**Biopic crystals**

Light is split into two perpendicular rays

## ■ Triopic

In the *Orthorhombic, Monoclinic and Triclinic* crystals, light is also polarised. Although it is only seen as split into two in any one direction, when the crystal is inspected as a whole it will be found that there is refraction into three rays. We will term these Triopic crystals.

With Biopic and Triopic crystals this phenomenon can be viewed with an instrument called the dichroscope, which shows the varying colour of each of the three rays. Experiencing this variance of colour in the one stone is riveting. I can still remember seeing this for the first time in the extraordinary and rare Orthorhombic gem Alexandrite. It exhibits brilliant colours of golden brown, reddy purple and turquoise blue when viewed with a dichroscope.

After many years of deliberation about the significance of these structural groupings, it dawned on me that the differences between them were most accurately reflected in the concepts of 'Fixed', 'Cardinal' and 'Mutable', terms which are often used in astrological parlance. The one deviation from the astrological slant is that the Uniopic group contains that which is absolutely fixed in the form of Cubic along with that which is completely unformed, its alter ego: Amorphous. These two structures that would appear to be totally polarised do have themes in common (e.g. the search for identity, death and dying and violence); and simultaneously have many themes in counterbalance (e.g. absolute truth and paradox; fixated and unfettered freedom).



**Triopic crystals**  
Light is split into three in an Alexandrite

## ■ Qualities of the Three Types of Optic Character

The Uniopic group refers to the maintenance or destruction of fixed principles, ways of being or societal norms along with the potential for their complete reformation. They are principally about the nature of self, of being and are often asking ‘who am I?’ and ‘will I change or not?’

The Biopic crystals of the Tetragonal, Hexagonal and Trigonal systems refer to the activated or cardinal principle or want of it, pertaining most strongly to the thinking will. Essentially they are asking ‘who am I now?’, ‘where do I want to go?’ and ‘what will I become?’ It is about the need to move forward, to develop and the obstacles and struggles that are encountered on the way.

The Triopic crystals of Orthorhombic, Monoclinic and Triclinic refer to the principles of mutability and receptivity or the want of

them and primarily relate to the feeling nature. Essentially they are asking ‘what am I in relationship to who and what is in the world about me?’ They are about how to respond and how to be yourself.

This fundamental understanding of differentiation into three groups of ‘optic character’ is a useful key to the initial classification of mental states in the structures. Where there is a prevalence of the qualities of one of the three optic characters in an individual, it alerts us that the relevant component structures will feature in a structural diagnosis. They are preliminary indications, a signpost that points the way to the assessment of a definitive crystal structure. Further details of the differences between the Optic character groups appear in the table below. A practical guide on using this foundation principle of the structures is in the chapter ‘Assessing the Structure’.

	<b>Uniopic</b>	<b>Biopic</b>	<b>Triopic</b>
	<i>Fixed (Cubic) / Unformed (Amorphous)</i>	<i>Cardinal</i>	<i>Mutable</i>
<b>Consciousness, knowing</b>	Knowing will, knows that to do / no will, just being, knows nothing	Thinking, deducing, rational in order to know	Feeling, sensing, adapting to others and environment to know
<b>Mode</b>	One, singular / total, all	Dual	Multiple
<b>Identity</b>	Identity, who am I, whole, total, neutral, androgynous, losing identity	Yang, masculine, active, motion, motivation	Yin, feminine, passive, receptive, sympathetic
<b>Relatedness</b>	Individuality Containment Relationship with self	Connection with the other / group	Connection with the other / group
<b>Politics</b>	Conservative values, maintaining / anarchy	Liberal, progressive, growing	Labour, socialist, connecting

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OPTIC CHARACTER

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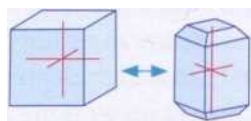
<b>Cognition</b>	Fixation, black and white, unchanging / undefined, unknown, change, transformation	Achieving, goals, pressure, struggle and trial, discrimination	Movement, instability, variable, messy, changeable
<b>Order</b>	Perfect order/total chaos	Organising, building	Feeling right
<b>Ego</b>	Ego supreme / breakdown and insanity	Building the ego, confidence	Dissolving the ego, connecting with others
<b>Change</b>	Resisting change / must change	Ambitious, aspiring, enterprising, developing	Adapting
<b>Thought processes</b>	Direct, contradicting	Methodical	Malleable
<b>Will</b>	Steadfast, resolute / unpredictable	Persevering	Variable, lateral
<b>Commitment</b>	Truthful, loyal	Commit or not?	Unstable, unreliable
<b>Right and wrong</b>	Right and wrong, straightforward	Make it right	Go with the flow, feel right
<b>Rules</b>	Obeying the rules / crossing boundaries	Understanding and using the rules	Resisting, at odds with rules
<b>Becoming yourself</b>	Violence and destruction / rebirth	Process of individualising, pressure, struggle, trial	Process of connecting, holding the feeling
<b>Energy dynamic [1]</b>	Maintaining / letting go	Directing, controlling, influencing	Surrender, adapt, depending, influenced
<b>Energy dynamic [2]</b>	Initiating / ending	Aspiring, accomplishing	Feeling and being yourself

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# Differential Diagnosis of Structures

The first thing to be aware of is the difference between the groups of structures based on their Optic Character. As you will now be aware there are three: the Uni-opic consisting of Cubic and Amorphous; the Bi-opic consisting of Tetragonal, Hexagonal and Trigonal and the Tri-opic consisting of Orthorhombic, Monoclinic and Triclinic. Generally it is straightforward to tell the difference between Cubic and Amorphous as they tend to be polarised. There are often very significant contrasts between Biopic and Triopic groups whereas within these groups, the differences are more subtle and require a good grasp of the individualising features of each. Consequently, once the fundamentals of Optic character is understood the process of analytical differentiation between the structures is often simplified. While I have compared every structure to every other, the information below is naturally weighted to distinguishing the structures within each optic character group as they are most similar.

## Cubic and Tetragonal



Cubic is sometimes confused with Tetragonal. Both tend to present very well, they are both very neat and may both call themselves **perfectionist**. Both tend to be rational and logical. Cubic tends to be classic, solid,

reliable and orderly with everything in place, it is a requirement of quality and depth. Tetragonal, by contrast has a carefully crafted image which is often clearly connected to the need for presentation, style or fashion. Cubic is perfectionist by principle and the detail follows, Tetragonal is perfectionist by detail while searching for the principle.

Issues for Cubic tend to be black and white throughout, whereas for Tetragonal it is grey, at least until they find the whole truth. Cubic tends to be resistant, disputatious and **willing to fight** on principle. Tetragonal will happily argue the detail in their area of expertise but in general their underlying unsureness, weakness or suppression makes them hesitant and avoidant in one or more streams of their life. In these matters they tend to fight only when their emotions get the better of them.

Another consideration is the **guilt issues**, which both structures carry heavily. For both structures perfectionism is never far away from their sense of guilt. Tetragonal's guilt tends to relate to the feeling of 'as if committed a crime' and while Cubic may have this tendency it is more likely to be related to guilt at not having fulfilled their duty, be it familial or work-related.

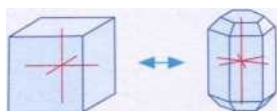
Cubic is either fixed in their **identity** or struggling with it in the form of an identity crisis. Tetragonal is trying to create who he is via his expression of style and by the detail in his work. Tetragonal is too busy coming to grips with creating an effect, or covering their inadequacy and shame to be really concerned

about identity. Their identity is naturally complete when they reveal the whole truth about who they are and accept it. In all, Cubic will wrestle with identity in a deep and long process, whereas in Tetragonal, issues about identity will lack a soulful charge.

When you arrive at the questions about *personality, nature and life goals* you will usually sense a deeper self-reflection and seriousness in Cubic. Tetragonal will be more willing to talk himself up, make himself look good (at least initially) and while this appears in stage 1 Cubics (see Cubic themes) it is far more spontaneous and guileless than in Tetragonal. The elements of singularity and isolation, whether it be in persona, work or family matters will turn the compass directly to Cubic.

They are both deeply attuned to the need for *order*, may present as being under pressure, ambitious and focused on material gain or advancement. Some Tetragonals will be satisfied with covering up to present a false sense of order and perfection, whereas this is impossible for Cubic who tend to feel the need for it in the bones.

### ■ Cubic and Hexagonal



Both Cubic and Hexagonal are subject to *obstacles*, which is a feature of driving ambition. Whereas Trigonal tends to be circumspect about obstacles and Tetragonal avoids, charms or manoeuvres their way

through, Hexagonal and Cubic have a life struggle on their hands. Hexagonal through applying continued pressure will force their way through and may pay the price with exhaustion, whereas Cubic will likely crash, experience violence (suicidal feeling or destructive impulse) or damage around tackling the obstacle (e.g. an injury or illness). In this arena the simillimum for the Cubic person dissolves an energetic field that was the result of want of ultimate faith in their right or ability to achieve the goal. For the Hexagonal individual the right medicine will give the strength to overcome.

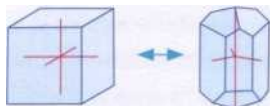
While both can be responsible, perfectionistic and controlled, there is a distinct difference in sense of self and *contact with the world*. The four-sided square with its straight up and down, top and bottom sides, contrasts with the most complex of shapes in the Hexagon. Hexagonals prefer many close connections which include friends, family, business or personal interest associates. In Cubic those relationships are dependent on 'rules of engagement', principles on which the relationships are built. They also have the ability to isolate, to individuate to a high degree, whereas Hexagonal thrives on working as part of a team or in partnership.

At times the *wilfulness* of Hexagonal will seem to mimic Cubic, yet there is a distinct difference. Even though Hexagonal will become wilful, it is goal-focused, whereas in Cubic the assertion of will is more often a life-pervading characteristic and will even manifest as stonewalling. Both can become fanatical, but again it is goal-oriented in Hexagonal, whereas in Cubic it is commonly related to a

dogma, a fixed belief system. Hexagonal is much more likely to be convinced he needs to modify his opinion than Cubic who is deeply of fixed character and only likely to move in dire crisis.

There is more commonly a conservatism in Cubic, whereas Hexagonal likes to make new roads. If there is a new road to be built, Cubic is likely to be the naysayer. However, when the Cubic person agrees to do it they never give up. While both may have a *strong ego*, Cubic tends to be far more 'egotistical' and self-centred, whereas it is a salient part of the Hexagonal psyche that they enjoy working as part of a team. Both are inclined to conflict and Cubic tends to see the opposition as the enemy whereas Hexagonal sees them as the competition. In Cubic, if someone whom they are close to becomes the enemy it is devastating and amounts to 'betrayal'. In contrast Hexagonal will often experience the conflict with those he is close to and the significance of the connectivity and interaction will not be lost on them, so they will work on it. Cubic will be most happy when the perceived enemy is dead!

### ■ Cubic and Trigonal



Both have an exaggerated *sense of ego* and the need for appreciation, which tends to be greater and more common in Cubic. At the same time Cubic feels their egoistic nature and self-centredness independent of their relationship to others, they are self-sufficient

in it. In Trigonal it is commonly more dependent on relatedness and how others perceive them. For example, should a Cubic leader be ousted from their position, they will likely readily seek another and maintain a sense of self-righteousness whereas the Trigonal leader will go through lengthy soul-searching before moving on. Cubic is singular, willing to be alone or aloof, whereas for Trigonal sociability is integral to their view of the world.

With regards to *ambition*, Trigonal's tendency is either a steady process of advancement or a fantasy in which they helplessly indulge but produce little material effort towards it. Both can work hard for their ambition but in Cubic it will likely live in their soul. Whether it be worldly success, success in art, science or in relationships they tend to have a compelling sense of destiny about it. By contrast it is breadth of vision and understanding that inspires soul purpose in Trigonal.

*Home and family* can be important to both structures. Commonly Cubic will sense the family structure deeply, to them family is the essence of loyalty. If that is breached they are capable of cutting all ties. For Trigonal the dynamics of the family are most important, it is their security. How they sit in relation to the other/s and whether they can express their individuality in it are also salient features. I recently saw a documentary where a Chinese labour activist who was being persecuted by the authorities had to move his wife and children 13 times in two years. He decided to divorce his wife, simply to take the focus of the persecution away from his family. He wept



as he told the story, but made it clear he was as if married to the rights of workers (his principled cause) in this life and was prepared to go to prison for it. A Cubic resolution indeed that would generally be too much for the family-oriented Trigonal, who with much sadness and fear would likely give up the cause.

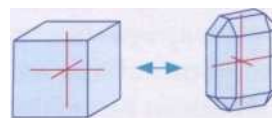
While both can have *fixed and rigid ideas*, Trigonal has a softer underbelly than Cubic and when persistently presented with a truth that runs counter to their belief system will tend to want to investigate it. They have a great capacity for self-reflection in this regard and so may eventually change their stance. Cubic is far more resistant, wilful and even stonewalling - a 'hard case' indeed. Deep down they fear change as they rely on those fundamental principles as the foundation of their being. They identify with their thoughts, beliefs and desires. Cubic will often meet a tragic life event like loss of a loved one, a complete fall from grace or a severe illness before contemplating change which is tantamount to death for them.

When a Cubic person tells you of his rigid idea, it will be a blank 'this is the truth', take it and you are on my side, don't and you are the enemy. They are commonly up for a fight and tend to be blunter than Trigonals. When a Trigonal person tells you his rigid idea, there is sensibility about the quality of your response. They want to maintain the connection, especially if you are in a related family grouping or relevant organisation. Commonly the Cubic rigidity is based on principle, whereas the Trigonal is based on the consideration of a practical perspective. While

both may be idealistic, this is the difference between dogmatism and pragmatism.

Both can present as *perfectionist, idealistic and logical*. If these attributes are associated with the independent self-possessed dimension of Trigonal it will mimic Cubic. More often Trigonal's perfectionism is about controlling the 'minutiae' to protect themselves where they feel vulnerable or to get it right. For Cubic, the ideal of perfection has infiltrated their cells.

### Cubic and Orthorhombic



Both have *depth* and this must be compared to differentiate the structures. The depth of feeling in Orthorhombic is centred in the heart and 'gut' and creates a palpable presence in the individual. With Cubic the sense depth can arise in any aspect of the psyche: feeling, mind, passion or intuition. It is most often felt to be the combination of a mental principle or belief that is fired by passion. In Orthorhombic it is depth of feeling that exudes from the body, in Cubic it is a fire that inhabits the eyes.

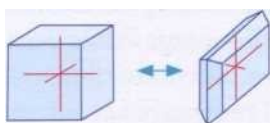
It should be remembered that the Orthorhomb, while full of orderly movement, lives primarily in the sensitivity of the feeling world. They are usually connected to groups in life. On the other hand the Cubic person defies movement in an attempt to establish a unique egoistic structure. The **fixed, black and white**, wilful thinking of Cubic usually provides a stark contrast to the accommodating, empathic

sense felt by most Orthorhombs.

Occasionally there is a difficulty distinguishing between them in **depression** as there is often a perfectionist factor in both Orthorhombs and Cubics. Usually there is inner conflict about the perfectionism in Orthorhombs and you will find that part of their life is very haphazard. They do perfection to make themselves acceptable to others, for Cubic it is to be acceptable to themselves. The will, mental rigidity and rigour of Cubic is often strongly distinguishing.

Lastly both can struggle with *identity* but this should be a simple matter to differentiate. In Orthorhombs it is primarily because of suppressed feelings and an unwillingness to follow their own way as it will cause disturbance in their relatedness. Their identity crystallises as they accept and hold their own feeling nature. In Cubic it is related to the process of knowing the true self, who they really are, an existential state which is felt to be bound up with the soul purpose.

### ■ Cubic and Monoclinic

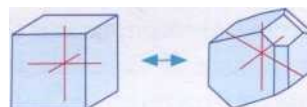


Generally these structures are far apart and easily distinguished. One only has to think of the perfectly regular cube of Pyrite or octahedron of Fluorite and compare it to a tangentially inclined crystal of Selenite or Kunzite to begin to understand the difference. The Cubic crystals are stable, regular, compact and definitive while the Monoclinic are

comparatively off-balance, odd and leaning over, ready to fall.

Cubic and Monoclinic can be bossy, fixed and wilful **and that is sometimes a confusing** element. The difference is that Cubic is fixed primarily on principle, rule and understanding and so the issue at hand is commonly deeply rooted in the mentality and often based on a thorough study of the matter or a fixed idea about it. Monoclinic's fixation and wilfulness is commonly based more on feeling and is an effort to protect his sense of self or what is his. In Monoclinic it is more often accompanied by volatile anger and vehemence. Cubic is **more** systematic and controlled, whereas Monoclinic tends to be tangential and emotive.

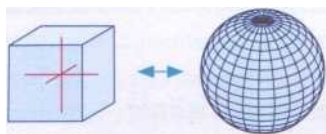
### ■ Cubic and Triclinic



Both structures have a type of a confluence in **tragedy and trauma**. In Triclinic it disarranges the life so that everything is out of order and balance. In Cubic tragedy comes 'like a death' and more likely causes longterm depression. In Triclinic, the feeling, feminine side is evident in the behaviour with its focus on emotions and feeling sensitivity. In Cubic, there are potent feelings, however they run like a deep underground river and surface only under duress. Group, community and family are central for Triclinic, there is a 'tribal' connectedness and interdependence that is built into the cells. Conversely Cubic must undertake the ultimate feat of individuation.

Triclinic maybe confused with Cubic as they both have a **fixed aspect**. Triclinic is more 'conceptually misconceived' in this arena i.e. there is a clearly delusive view or strange belief they feel the need to follow. On the other hand Cubic is commonly fixated on the importance of a reasonably conceived idea, be it a narrow view. Both can be controlling but Triclinic has a prominent yielding alter ego or a highly discordant life. Other than this Cubic is very different to Triclinic and almost the opposite in the guise of their obsessive, emotionally stuck and perfectionist nature. They commonly lead a well-ordered life set around permanence and perpetuity.

### ■ Cubic and Amorphous



The unformed Amorphous and the most structured square of Cubic are the most contrasting of structures. Yet both struggle profoundly with **identity**. It could be said that Amorphous is trying to form identity through a process of change and transformation, whereas Cubic is trying to find what is really there, as if it is hidden under a veil and is to be revealed.

Both can be **impulsive and unfettered** in their action. In Amorphous it is an alignment with the flow, bowing to the play of the Tao. In Cubic it is centred in will, desire and unrestrained egoistic (be it childlike and naive) expression.

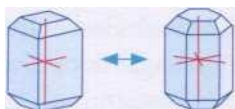
Commonly these two structures are easy to separate as Cubic is locked in control, narrow

thinking and responsibility. Amorphous on the other hand is in a dynamic fluid state that lacks the hard definitions of Cubic. Amorphous tends to be the structure that is most out of the body, drug-like and disconnected, whereas Cubic is the structure most in it, feeling angst and the pain of their separate existence.

Of the seven linear structures Cubic has the most trouble dealing with change and transformation owing to their deeply fixed nature. However when change is required due to life events they often slip into Amorphous for a time, so that Cubic and Amorphous appear to be clinically complementary. Usually telling the two states apart is not difficult as the perfectionism, control and rigidity are in place until the compulsion to make a change is irresistible. Then the paradoxical, disoriented and destabilised nature of Amorphous enters the field. This has been observed in a number of cases where consecutive effective prescriptions of *Aurum metallicum* or *Diamond* and *Black Opal* have been used.

The theme of 'death and dying', the need to change to a new form, is another comparative point for Cubic and Amorphous **transitions**. The differentiation is usually straightforward as Cubic is in resistance, fear or denial about death whether it be his own or that of a loved one. Amorphous is in a fluid, dynamic activated process with death (major change) with which they freely engage or even flirt. This is the crux of their membership of the Uniopic optic character grouping: Cubic **must** maintain rigid control and Amorphous **must** change.

## ■ Tetragonal and Hexagonal



Both are **goal-oriented** and prone to throwing themselves into one avenue of effort with a desire to achieve to a high degree. While both may be highly activated, the essential character of Hexagonal is goal-oriented and doing whereas Tetragonal is clearly aligned to getting it right and presenting it right. Foremost to Hexagonal is the achievement; it is the self-satisfaction of accomplishment, whereas in Tetragonal there is a great need for the work to be presented well, accepted, acknowledged and true. For Tetragonal the goal is a personal story about himself and his advancement; it is about who he is. For Hexagonal it is firstly the desire to achieve the goal and then what they must do to achieve it; it is more about the value of the goal itself. Tetragonal and Hexagonal may look alike particularly on the basis of work-life balance; hexagonal will more likely burn out with overwork, whereas Tetragonal will suffer nervous stress from trying to get it right.

Both are perfectionistic and for Tetragonal the packaging is very important. While Hexagonal can be aware of the packaging, the core interest is the content. Tetragonal will usually strike you as being more perfectionist, because of the degree of external detail they are prepared to apply to their task, performance or relationship. Hexagonal is not averse to image, but it should be consistent with the inner truth.

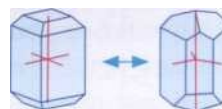
The level of external and self-deception that

may be employed by Tetragonal is not a possibility for the Hexagonal psyche, it would be too much to bear. Reputation is important for Tetragonal and they are more likely to compromise or cover for that, whereas Hexagonal will put their values on the line and ahead of their reputation. Both are questioning and creative but Hexagonal is very focused and less likely to see possibilities outside of his visual field (field of action).

Both structures have a **polarisation of masculine and feminine**. In Hexagonal this is commonly rooted in the nature of the love relationship and the intimate attraction of polar opposites. In Tetragonal it is more often related to the lack of clarity about their position as a man or a woman; lack of clarity about sexual preference; for men who are contending with feminine qualities within or in others and women who are grappling with the masculine within or in others.

Both have unexpressed or repressed feelings which tend to be more prevalent and more critical to the state in Tetragonal. Tetragonal consciously 'holds on' whereas Hexagonal simply 'forget' their unresolved issues for a time as they intently push forward.

## ■ Tetragonal and Trigonal



Both Tetragonal and Trigonal may appear logical and analytical as they tend to be 'thinking' types. As bi-opics they are very much taken with **ambition, moving forward,**

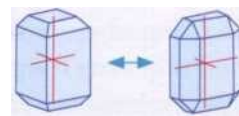
achievement and success. Both are sensitive about details and will go out of their way to get it right. In this respect Trigonal is meticulous about the detail otherwise they will lose control and feel anxious. For Tetragonal it has to be right for presentation, the packaging has to be right otherwise it won't be accepted or they will be personally rejected. Trigonal is a lot more security-based in this regard and while trying to create a place for the ego will not stray far from this need to create a secure foundation. Tetragonal on the other hand will calculatingly or by omission, sacrifice security in his desire to leap and bound to success. Ultimately he will want the material rewards and will enjoy them as a further expression of ego rather than a source of security.

Both structures are strong at *engaging the ego* and have a strong consciousness of their own image; with Trigonal exuding the air of control and superiority and Tetragonal a sense of pride and narcissism. In Tetragonal it is primarily a visual and energetic impression that they are trying to evoke, with Trigonal it relates to a fixed impression about his status and abilities (as in Silica). Trigonal won't go to the same external measures to make himself noticed but will attempt to portray himself in words or deeds as being special or worthy of respect. Trigonal is often much more down to earth, pragmatic (or idealistic as a polarity) than Tetragonal who is often caught up in the process of becoming. Remembering that Trigonal is commonly rooted in security, and Tetragonal in covering up or creating an impression usually separates the two.

The boundary susceptibility of Trigonal is uncommon in Tetragonal, as is the strong

desire for independence and the fear which tends to topple them. While family can be important to Tetragonal, it is much less of a fundamental issue than when it appears in a Trigonal person. The covering up of Tetragonal is a key theme which doesn't tend to appear in Trigonal and its tendency to narcissism is not typical of the 'down-to-earth' Trigonal. With anxiety, the Trigonal will worry about security and has a propensity to strong fears, whereas Tetragonal tends to 'life stress' with worry about the children or success at work.

#### ■ Tetragonal and Orthorhombic

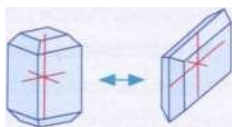


This is an interesting differentiation as both are often *suppressed*, hiding, guilty, closed down, compulsive and internalised. The difference here is that it is hard for Orthorhombic to hide the suppression; it is evident through the visceral nature of their feeling (deep charge of feeling or completely numb) or their facial expression. Contrastingly Tetragonal is a master at hiding it via their impeccable exterior presentation. This is related to a sense of duality in both structures; in Tetragonal it is a feeling, desire or event that is hidden that needs uncovering whereas in Orthorhombics it is classically a feeling that needs to be resolved and integrated.

Orthorhombic life goals will often be set around relationship and the integration of feeling; even when they take on a cause it is because they have experienced it and feel it

deeply. Comparatively, Tetragonal tends to be far more intellectual and curious. Feelings are there but neatly contained in a box which is carefully concealed or uncommonly opened. Tetragonal, like the other bi-opic crystals is ambitious, career or goal-focused whereas Orthorhombic is attempting to integrate feeling to find internal congruence and ambition (often as a compassionate helper) is commonly associated with this. Tetragonal has a strong accent on presentation in the outer world (four outer connections of the encircled shape), Orthorhomb on the inner feeling (four inner connections of the encircled shape).

### ■ Tetragonal and Monoclinic



Both Tetragonal and Monoclinic have a *tenuous connection to the inner self*. In Monoclinic this is generally because of oversensitivity and the tendency of being energetically affected by the world. In Tetragonal it is the need to be seen as correct in the outer world and the need to cover up that which is not as it should be. Self-expression is important to both but in Monoclinic that is the thrust of the vehicle of the psyche, it is a soul need. In Tetragonal it is about the search for the truth (an inner need and polarity to covering up), while the expression of that truth is secondary. Monoclinic tends to be driven by feeling and Tetragonal by mind. The drive for perfection and covering up (which Monoclinic could hardly bear to do) usually distinguishes

Tetragonal.

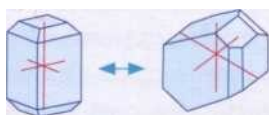
While both may be highly fashionable, Monoclinic tends to be far more outlandish and expressive of creative individuality whereas Tetragonal is competitive and wanting to get one up on others by being 'in vogue'. Both will catch the eye as they walk down the street; on seeing the Monoclinic person you might think: 'that is out there' whereas with Tetragonal the thought that will appear is 'that is unique' or 'that is stylish'. Tetragonal will feel contained and Monoclinic will 'phosphoresce'.

While both of these structures will produce *artistic types*, Monoclinic tends to be more passionate and Tetragonal more thinking. While both focus on image, this is much more consciously manufactured by Tetragonal and very dynamic, arty and intense in Monoclinic. While both can be repressed and unexpressed, Tetragonal can carry this for many years using a secret release or hidden life to manage the feeling. Monoclinic on the other hand will become very nervous and agitated about his unexpressed part and will soon create a furore about it or follow the urge to flee from the repressive influence. This tendency usually appears in the sensitive, gentle type of Monoclinic individual, who is dominated by someone close: a lover or parent.

Interestingly a developed Tetragonal may form a bond with a Monoclinic type through recognising how to use their colourful expression and passion to enhance a common cause. Such a relationship was the one between Tony Blair (Tetragonal) and Alastair Campbell his press secretary (Monoclinic). Blair states: 'In my experience there are two types of crazy people: those who are just crazy and who are

therefore dangerous; and those whose craziness lends them creativity, strength, ingenuity and verve. Alastair was one of the latter sort.'

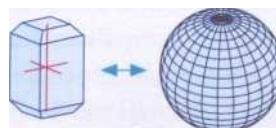
### ■ Tetragonal and Triclinic



The misarranged, incongruent nature of the Triclinic structure, which commonly rests on the experience of trauma, is a far cry from the ambition, covering and containment of Tetragonal. Triclinic are not generally capable of these characteristics. Triclinic will sometimes attempt to control for their own emotional sake; it is commonly a manipulative play based on their own perceived inadequacy or victimhood. Tetragonal control to achieve their ends, which are usually of the material or intellectual character.

Tetragonal tends to flare with emotions and then go back to the covered state. Triclinic, full of emotional oversensitivity and excess, can hardly control the emotions. Relational dependence, the victim scenario and the watery element are far more apparent in Triclinic, whereas the airy element commonly predominates in Tetragonal. While Triclinic individuals may have a significant ability to reason and analyse, it will not mark their disease.

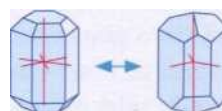
### ■ Tetragonal and Amorphous



There is little difficulty in separating these two. Commonly Tetragonal is ordered, controlled, narcissistic and possibly suppressed whereas there are no signs of these elements in Amorphous, which carries quite a counterplay in a free, unformed, dissociated or chaotic expression. Amorphous is 'extraneous' to mainstream society; Tetragonal is immersed in it.

There is however, one element that, if it is uppermost in the case, may be confusing. In Tetragonal there is a clear conscious *suppression* or covering up, which is necessary for them to present the required image of success. This could be mistaken for the 'untapped potentials' of Amorphous, the element of self which is yearning to be unchained and released. In this respect both have a type of suppression and can be afraid of expressing it. The difference lies in the understanding that Tetragonal is satisfied to keep it covered permanently, with only unlicensed expression to a few or in safe situations. Amorphous on the other hand feels the need for a wholesome and complete release and the renewal that it infers.

### ■ Hexagonal and Trigonal





Both Trigonal and Hexagonal have a strong urge to *move ahead to the goal*, to achieve and succeed, which is in line with their shared Biopic character. Differentiating them on the basis of this common urge requires a fine perception of the distinct differences.

Hexagonal must move ahead, must take up the challenge and not to do so for whatever reason, leads to depression, deep frustration or self-negation. Trigonal on the other hand sees the goal and will choose to take up the struggle for it when all is in place. In actuality Trigonal may choose to simply give the goal lip service or build air castles around it, while not making a concerted or meaningful effort. They are far more likely to lapse into laziness, inertia or indulgent distraction. Trigonal's view of the goal tends to be expansive, idealistic or elevated, they are lifting themselves up. On the other hand Hexagonal is narrow and focused and moving straight ahead. Should Trigonal meet a serious obstacle they are more likely to give up and seek satisfaction elsewhere, whereas Hexagonal will try to bore through.

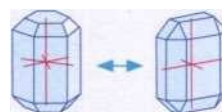
Both Trigonal and Hexagonal are practical and while Trigonal is practical about the goal itself through clarifying their aspirations and developing a strategy, Hexagonal is practical about how the task is carried out and through. Trigonal is far more likely to look at the big picture and the distinctive Trigonal traits of enterprise and opportunism with a broad perspective are not so evident in Hexagonal who are likely to be enterprising with what they know. In addition, the Trigonal person sits solidly in their practicality both in mentality and feeling. Once they decide to take up the task, Trigonal is much more likely to work

smart and Hexagonal to work hard.

The sometimes subtle difference in the qualities of 'going forward' in these structures is often best understood through the two-dimensional shapes: the hexagon indicates a channel through which energy will flow to reach the goal and which is primarily about the 'doing'; this contrasts with the triangle which has a peak and so clarifies the aim, the lofty vision while resting on the wide base of resources and strength.

Trigonal is more apt to vulnerability than Hexagonal's tight and cohesive structure. Trigonal more often has problems around sensitivity, vulnerability and feeling ungrounded. For Hexagonal they are working in a team, while Trigonal are much more aware of and reliant on hierarchy, needing to know their particular status in the situation. Trigonal are insecure, this is about their survival, home, food, culture etc. If there is insecurity in Hexagonal it is a masculine-feminine dynamic, about the yin-yang balance and who they are interacting with, be it partner, family, individuals or groups.

### ■ Hexagonal and Orthorhombic



The Orthorhombic structure is usually straightforward to discern from Hexagonal as it is feeling centred and Hexagonal is thought-centred. There are however some Hexagonals who, in the yin, receptive state may externally look as though they could be Orthorhombic. Both can appear in situations where their

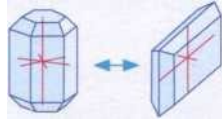


excessive emotions, withdrawal, yielding and dominated tendencies arise. Orthorhombic is much more likely to put up with a situation that evokes this suffering and will break out after a long bearing up. Hexagonal will be at loggerheads with the situation, continually complaining about it or trying to resolve it. Orthorhombic tends to feel too vulnerable on the inside to deal with it and Hexagonal too weak to change it. It will be impossible for Hexagonal to close down and break the situation as the Orthorhombic can well do after the connected feeling is broken. The Hexagonal yin (receptive) type will repeatedly be drawn back by the inherent attractive power of a yang (assertive) person.

The deep feeling, sympathetic nature and the closing-off tendency of Orthorhombic is not evident with Hexagonal. With the motto of 'I do', Hexagonal types are far more activated in their responses.

Both Hexagonal and Orthorhombic may have a strong embodied life force. In Hexagonal this arises from a vibrant will, whereas in Orthorhombic it arises from the integration of deep feeling and instinctual consciousness.

## ■ Hexagonal and Monoclinic

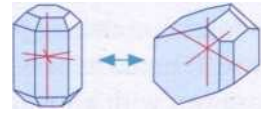


At times there is a confusion between Monoclinic and Hexagonal as both can be highly motivated and creative. While it must be said that there is a much stronger tendency in Monoclinic to be related to the expressive arts and for Hexagonal to be engaged in sciences, you will sometimes find a Hexagonal phase in the artistic person and (less often) a Monoclinic one in the scientific. It is uncommon for the goal to be the underlying drive in Monoclinic and while they may have a clear goal, the process of expressive experience itself will be uppermost. In addition, their way to the goal will be governed by sensing and feeling. Hexagonal is commonly more methodical, mentally focused and disciplined and not nearly as susceptible to the ups and downs of the emotive Monoclinic. Both structures can manifest a yielding quality. With Hexagonal this is primarily a yin-yang polarisation in relationship; with Monoclinic it arises out of sensitivity and impressionability.

Both can be fanatical and whereas Monoclinic fanaticism is likely to last a few years before they burn it out, Hexagonal has enough to fill a lifetime. Hexagonal usually presents as much more stable and integrated than Monoclinic.

The disempowered feeling and controlling / yielding dynamic is common to both structures. However, they are easily discerned as the Hexagonal type who is gathering focus, determination and will to overcome problems is easy to differentiate from the typical Triclinic in all its mayhem. Even when Hexagonal types feel inadequate or defeated, they are not shambolic or victimised as Triclinic often feels. Occasionally there will be

## Hexagonal and Triclinic

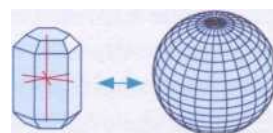


a question whether those who are in the receptive, yielding phase of Hexagonal are in fact Triclinic. Even this is uncommon as the disarray of three vectors of the Triclinic structure tends to be pervasive. When there is a difficult situation in life, there may be insecurity and vulnerability in common but the disconnection, disorientation and alienation of Triclinic will always contrast with the neatly aligned, definable elements in the Hexagonal structure.

Another possible commonality is in love relationship. Both can be in need of the other here. However the neediness and dependence of the connection is far more pervasive in Triclinic where it commonly extends to family and community. In Hexagonal, relationships tend to be far less materially and emotionally dependent and more co-operative. Overall the reasoning element and the psychology of success and failure of Hexagonal tends to be dominant and the feeling, sensing and easy disarray of the Triclinic stands as a stark contrast.

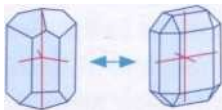
With regard to group interactions, on careful assessment you will see that the focused, goal-oriented and teamwork elements of Hexagonal contrast with Triclinic's relationship to the group which is centred on personal connectivity and feelings of security. Triclinic craves the acceptance that they would feel, as if a member of a tribe: they need 'kith and kin'.

## ■ Hexagonal and Amorphous



Hexagonal belongs to the planning and acting group of bi-opic medicines, whereas Amorphous is driven to act spontaneously by instinctual urge. The anarchic, in flux, dissociated Amorphous structure would seem to be in stark contrast to defined, rule-aware, goal-oriented Hexagonal and so it is in the vast majority of cases. On the positive side the Amorphous type will carry far more diversity, versatility and spontaneity in their creative life than the blinkered Hexagonal. Both have a unique place in the world: while we will talk about Hexagonal achievements and relationships in a grounded, defined, even material way, the achievements of Amorphous will be best perceived as effecting a type of energetic presence and for their pervasive effect on the world they have personally touched. The dominance of masculine-feminine themes will often point to Hexagonal.

### ■ Trigonal and Orthorhombic



Both structures have a strong *relationship to family* as a theme in their lives. Both tend to lose their identity in association with family and its members. Trigonal tends to be more 'family-oriented' as a broad cultural perspective. They derive love, security and connection from their family, so that when they lose family there is a sense of loss and fear. In Trigonal this leads to excessive enmeshment and their need for individuation means that they struggle to find their right place in the family. On the other hand Orthorhombic feels the emotional fabric of the family. They are most easily overwhelmed by waves of discordant feeling in the family or are excessively accommodating in a compul-

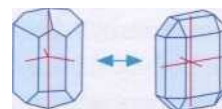
sive way. When an Orthorhombic loses family, it is the depth of a felt bond which generates a gut-wrenching loss. Both feel guilt about family matters, yet this is more deeply experienced in Orthorhombics.

While it may at times be difficult to differentiate the family indicator of structure between these two on paper, the difference is most often clinched through recognising the intrinsically deep-feeling centred nature of Orthorhombic. While Trigonal has rich feeling, the accompanying idealistic tone or vision will commonly separate the two.

Both tend to be *ungrounded and oversensitive*: in Trigonal it is mainly a result of an energetic sensibility to the environment and people around them, whereas in Orthorhombic it is again centred on emotive feeling along with overwhelming and vulnerability. Emotional reactions in Trigonal and Orthorhombic are both strong, with Trigonal it is intense and generally more shortlived, and in Orthorhombic it is visceral and feeling maintains its hold at a cellular level. Generally Trigonal more easily place themselves at the centre of proceedings in life and are far more in touch with their own needs.

Most often, you will differentiate these two structures because of the relative egoistic consciousness and achievement orientation of Trigonal contrasting with the deep visceral feeling and emotive openness of Orthorhombic.

### B Trigonal and Monoclinic



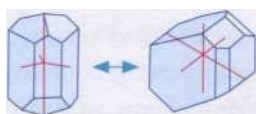
There are a number of aspects which Monoclinic and Trigonal have in common. Both tend to be *energetically sensitive* and are easily influenced by the emotional, mental or

‘vibrational state’ of the atmosphere. This is regardless of whether it is the field of place, an object or a field carried by other people. Both are ‘thrown’ by this sensitivity and it creates boundary problems with others. The other element that is easily confounded is the Trigonal tendency to ‘get a rise’, have a strong emotional response to an issue and the exaggerated emotional response of Monoclinic. It is not always easy to differentiate these two.

In addition to the above, both can be *inspired and creative*. With Monoclinic inspiration and creativity is very up and down, they can be very ‘switched on’ and just as easily ‘switched right off’. Inspiration and creativity are much more consistent with Trigonal, although when their fears arise it can be devastating to them as they topple. It is in this difference: the erratic instability of Monoclinic and the persistence and steadfastness of Trigonal that we often are able to distinguish them.

Usually the difference between the Trigonal’s conscious yearning and search for security and ground and Monoclinic’s need for passionate expression are sufficient to differentiate the two. Monoclinics are much more compulsive about their art, Trigonal about their home and family. Monoclinic is adventurous and will easily take risks, Trigonal tends to be very circumspect and consider issues broadly before making a decision. The constant dynamic of the Monoclinic life is a stark contrast to the stability and connection to the group of Trigonal types.

### Trigonal and Triclinic

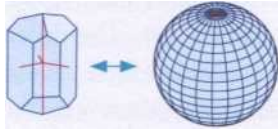


There is significant commonality between Trigonal and Triclinic: both have problems with *security*; fear and stress are common; both seek protection and revert to the controlling ego. They are the only structures that invert (turn upside down in the relational shape pattern) and go into crisis. In this regard it should be remembered that Trigonal ‘topples’ or falls down from feeling no ground, whereas Triclinic is ‘turned upside down’; their whole world goes into tumult. Trigonal can escape fear and stress by fantasy or looking to find an ideal outcome, whereas Triclinic has to escape bodily.

Both Trigonal and Triclinic feel the need to interact with *family and community*. Triclinic tends to be far more interdependent with the community than Trigonal. While Trigonal will sorely feel the loss of community Triclinic cannot do without it and their life may appear irreparably damaged without it. Both obtain nurturing and feel protected in good community. Triclinic people will be found in the fabric of the community it is part of their soul, whereas for Trigonal, while it is often heart felt and valued, it is far more pragmatic and a commonsense way to live for them. Trigonal tries to individuate within the group and precipitate out of it, whereas Triclinic wants to be held in suspension by the fluid of community life.

Clinically it is on fundamental structural considerations that these two are best differentiated: feeling and thought. Dynamic feeling is far more prevalent in the tri-opic Triclinic and while the feeling of Trigonal has far more stability and longevity. Thinking processes are more present as a primary force in the ‘commonsense’ Trigonal.

## ■ Trigonal and Amorphous



The unformed, chaotic state or transformational transition that typifies amorphous is rarely mistaken for Trigonal. As with all the bi-opic structures, ambition and the need for success will start the differentiation rolling. The Trigonal need for fixity, order, structure and detail will further contrast to the salient flux of Amorphous.

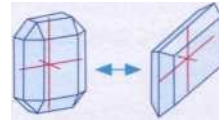
One fundamental theme which may be cause for hesitation in the structural differentiation of Amorphous and Trigonal is in those who are *highly sensitive*. The distinctive feature that delineates Trigonal oversensitivity is the need for protection and home, a need for definitive boundaries to provide vital security. While the Amorphous types will also express the need for boundaries, their emancipation comes in stepping out of the unreal, confused or deluded world associated with their oversensitivity and entering into their heartfelt centre.

Another presentation that can be confusing is a state of *deep anxiety* that Amorphous can experience at the time of change. They don't know what they will become or in what situation they will end up. The solution is that the feeling is rooted in a time of change whereas the anxiety of Trigonal is based on long-term security.

Sometimes a Trigonal type with a strong 'wild and free' theme in their life will look like Amorphous. There is a more earthy feeling in Trigonal in this regard, they want to experience the sensual exhilaration of unfettered aliveness e.g. riding a horse at full gallop. On the other hand Amorphous it is more likely playful, ecstatic and in a state of

spontaneous flux.

## ■ Orthorhombic and Monoclinic



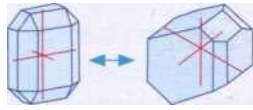
Orthorhombic and Monoclinic have a similarity in terms of their *sympathetic* nature and willingness to subordinate themselves to others. These factors are stronger in Orthorhombic and a more integral part of their nature. Monoclinics will much more readily rebel than the Orthorhombic who will only resist after a long period of time or a show-stopping life event like loss or deception. The feeling in Orthorhombic is basal and deep whereas in Monoclinic it is passionate and intense. Both types can close up although this is more prevalent in Orthorhombic and only tends to happen in Monoclinic when there is a strong sense of suppression. The sensitivity of Monoclinic tends to be to all external influences, whereas Orthorhombic has a primary emotional sensitivity resting clearly on their fixed connections to others.

While both types can be *unstable and reactive* Monoclinic is commonly more passionate and the feelings are more often expressed. Monoclinic is more fiery, the feeling lifts up and out as opposed to Orthorhombic where the feeling is down and in with sudden outbursts at long intervals.

It should be remembered that all three of the vector axes in Orthorhombic are fixed at right angles to one another which establishes their long term responses to the world and their place in it. They are far more likely to have long term confidence and depression issues than Monoclinic. For Monoclinic if they are depressed or unconfident, a brisk change of venue, be it in relationship or work and

everything will be better ... for a while.

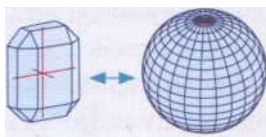
### ■ Orthorhombic and Triclinic



Both structures belong to the Triopic group and *are feeling centred* with a tendency to dependence on others. The nature of dependence is stronger and personally more acceptable and often more sustained in the Triclinic person. However, in the Orthorhomb, it continually challenges their sense of identity and as they establish it, they tend to generate their own independence and break out. If Triclinics subordinate themselves they easily feel dominated and become emotively reactive to this. Comparatively, the tendency of Orthorhombics is to close down the feeling world. The thought and feeling schism in Orthorhombs is often a guiding light.

With many things but of order', or multiple misalignment' in Triclinic it is usually easy to distinguish Orthorhombs who are in a far more fixed situation that seems unsolvable because of inner division. Orthorhombs make a great effort to maintain self-control, Triclinics have relinquished it.

### ■ Orthorhombic and Amorphous

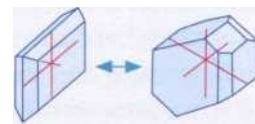


One might ask the question whether the strong feeling which is engaged in an Amorphous state could be mistaken for Orthorhombic and vice versa. The answer is a definite yes. The differentiation is commonly that the Orthorhombic's feeling tends to permeate a

vast tract of their lifetime. Contrastingly the deep feeling of Amorphous is commonly an aspect of the current state and accompanies a dynamic change.

Another element that may be misconstrued is the *divided* feeling of Orthorhombic and the paradoxical situation of Amorphous. In Orthorhombic the dichotomy is experienced as visceral anguish as the intellect wars with the instinctual feeling, whereas in Amorphous the inner schism of the paradox (the unsolvable life situation), while held somewhat painfully, primarily causes acute dissociation or a feeling of disconnection. Ultimately Orthorhombic is learning how to adapt and accommodate while holding a sense of self, whereas Amorphous is breaking out of their prison.

### ■ Monoclinic and Triclinic



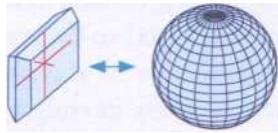
The difference between Triclinic and Monoclinic is best understood via their life pattern as expressed in the crystal axis vectors. When Triclinic is disturbed all three are misaligned, no part of their life seems to be working, all is out of kilter, whereas when Monoclinic is disturbed it is along one axis of life desires and needs, like work or relationship. Both Triclinic and Monoclinic get into trouble, Monoclinic because he fails to learn the lesson of experience and Triclinic through thinking he must act in a way that is not naturally in his best interest (see Fixed, Erroneous theme).

Monoclinic more often feels injustice and will get upset about it, whereas Triclinic feels like a victim, especially of the tragedies of life. Monoclinic, while unstable, is more predictable than Triclinic. Monoclinic will err in a regular way, Triclinic will err with great

variation, which is difficult to understand.

Both structures have an urge to express themselves (more crucial in Monoclinic) and are largely feeling-based. While the Monoclinic feeling pattern is up and down, the Triclinic pattern is very labile and multi-directional.

### Monoclinic and Amorphous



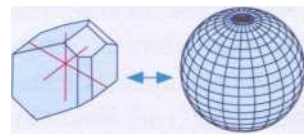
Monoclinic and Amorphous can both be *spontaneous*, liable to flux, creative and open to synchronicity. They both figure prominently amongst the most unconventional characters in society. While Monoclinic is very up and down in mood and behaviour, Amorphous is in a continuous state of flux. Monoclinic has an anarchic and resistant side which is based on the idea of needing a highly individualised and free expression of identity. Amorphous is anarchic for the sake of it: being unformed is their essence, they are not resisting or fighting, they relish it for its own sake. Monoclinic regularly feels compelled to be rebellious and cross boundaries from a passionate desire or a sense of rebellion, whereas it is in the very nature of Amorphous to cross the boundaries, an integral part of his existence or part of a current transformational process.

Monoclinic is *off-balance, off-centre* and this may be easily confused with the unstable moods of Amorphous. It should be remembered that Monoclinic has one vector that is off-centre, one stream of life that is persistently out of kilter. In Amorphous, while the process of change may be focused on one stream of life, there is a distinct sense of a complete renewal, a complete turnaround in circumstances. The passionate nature of Monoclinic expression, doesn't need to reach

out for the pervasive vital change inherent in Amorphous.

Both Amorphous and Monoclinic types can be highly sensitive and tend to live on the outskirts of society for this reason, free of the vibes of city, crowds and technology. Monoclinic tend to be very artistic and will not be able to stay away from others, they are likely to congregate with others of like mind e.g. living in an artist's community or region on the edge of the city. They are positively (and on occasions negatively) magnetised by the company of their friends. Amorphous maybe drawn to live even further away and become more isolated because of the dissociation and disorientation factor. That said, a smattering of both types can often be found in 'freewheeling' and 'bohemian' communities.

### Triclinic and Amorphous



On initial viewing, this is the most challenging of Amorphous differentials. There appear to be many common elements. While *trauma* is more prevalent in Triclinic, it is a significant element in Amorphous. Both can experience alienation and disconnection. While both can be oversensitive: in Triclinic this is distinctly associated with excessive emotions, whereas the Amorphous type often has pervasive oversensitivity. While there may be relational dependence in Amorphous, their process of change is to break out of that into themselves. In Triclinic the maintenance of the relationship and what others think is vitally important.

Both structures have *spontaneity and movement*. While Triclinic is commonly highly disordered it doesn't match the chaotic,

'left-field' quality of Amorphous. Triclinic still grasps onto the edges of society, the sub-cultures and special interest groups and often becomes attached to them or fixated on them. On the other hand Amorphous is ready to step off the edge, change, encounter and transform.

The core common state of Triclinic is that all is incongruent and out of control, life is controlling them and they are not controlling life, nothing works to satisfaction. In Amorphous, there is a sense of incongruence through disorientation and dissociation; control is not a central issue. They are in the present, feeling and sensing, which keeps them engaged in a process of reformation. In Amorphous all of their life is up for movement, they become dissociated as they are going through it, but quickly regain centre with appropriate medicines. In Triclinic all of the streams of their life are up for realignment to establish a more cohesive and stable sense of self. Amorphous has to keep moving and transform as there is no structure whereas Triclinic rearrange themselves as there is no alignment in the structure.

### ■ Leadership

A useful comparative diagnostic on leadership in Cubic, Trigonal and Orthorhombic appears in the chapter on Orthorhombic under the *Leadership* theme.



# Assessment of the Structure

Gemstones, which are so clearly defined and identified by their crystal structure in science, are obvious candidates for the use of crystal structure as a determining factor in their clinical prescription. Many successful prescriptions of gemstones using structural analysis and colour choice (via the chart developed by Ulrich Welte and others) has enabled the prescription of many previously unknown medicines that appear as crystals in the colourful world of gemstones.

In addition to this the elements and their compounds almost always have definitive crystal structures. The identification of structure is a potent tool to add to the use of symptomatology and periodic table analysis to arrive at an effective prescription. I am reminded of Jayesh Shah's case<sup>§</sup> of anxiety disorder in a client that he treated for years without success. He had prescribed *Borax* (Monoclinic sodium baborate) with no result whatsoever. Eventually he gave *Boron metallicum* to this person who, unknown to him at the time, was clearly Trigonal with themes including: 'anxiety attacks'; 'oversensitivity'; issues with 'confrontation and facing things'; 'high above' theme; 'security and support of family' issues and no 'sense of ground'. It proved to be a curative medicine. I have had the similar experience with unsolved cases where the eventual use of

structure enabled me to select a simillimum. The *Carbolic acid* case under Monoclinic is a good example of this.

## ■ The Fundamental Themes

The vast majority of the effective clinical analyses of structure as presented in this work, have been made on the basis of the recognition of the principal themes of each crystal structure as they appear in regular casetaking.

I decided to study ten or twelve such effective prescriptions for each structure. I used cases where the structural assessment was primary or clearly supportive to the prescription<sup>\*\*</sup>. It was soon obvious that there were themes which were present in many of the cases (30-50%). These are not all the fundamental themes of the structures but clinically appear to be the primary ones so far. Hence I will

§ *Boron metallicum*: Shah, J. Jayesh's *Periodic Table*. Case that appears in the Reference Works program 4.5.3.1

\*\* this study included prescriptions made in my own clinic or the clinic of colleagues that have used structural methodology. The only exception to this was in Tetragonal where I needed to supplement by studying the cases of authors who hadn't used structure as Tetragonal wasn't well represented in our practices. I extracted the Tetragonal themes they encountered in the normal casetaking process as reported in their written articles.

recommend that the practitioner commit these themes to mind to enable a solid clinical start in structural analysis. They are as follows:

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<b>Cubic</b>	<p>Death experience (thoughts, suicide, loss)</p> <p>Perfectionism, immaculate Self judgement, self-criticism Negativity, pessimism, failure Intruded on Controlling / controlled Deceived, betrayal</p>
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<b>Tetragonal</b>	<p>Perfectionism, external image</p> <p>Sensitive to criticism, criticising</p> <p>Guilty, bad, what others think</p> <p>Successful effort, lack of success</p> <p>Deceit and covering up Ambition, achievement, climbing high</p>
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<b>Hexagonal</b>	<p>Perfectionism with conscientiousness</p> <p>Achievement, success, ambition</p> <p>Helpless, disempowered Masculine / feminine, relationship / unity, yin and yang Work ethic, doing and overdoing Sensitive to or under pressure</p>
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<b>Trigonal</b>	<p>Family attachment, enmeshment</p> <p>Desire to go forward, progress, ambitious</p> <p>Egotism and pride</p> <p>Stress, struggle and trial</p> <p>Home and security</p> <p>Conscientious about details - obsessive</p> <p>Introspection / circumspection</p>
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<b>Orthorhombic</b>	<p>Deep feeling - internalised and visceral</p> <p>Accommodating</p> <p>Guilt with remorse or grief</p> <p>Numb feeling</p> <p>Volatile anger or intense emotion</p> <p>Oversensitive feeling</p>
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<b>Monoclinic</b>	<p>Sensitive to energy fields and atmosphere</p> <p>'Blowing up' with anger and annoyance</p> <p>Individualistic and eccentric</p> <p>Need for company, affection, pleasing others</p> <p>Unbalanced, off centre, no equilibrium</p> <p>Changeability: mood, work, travel, relationship</p>
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<b>Triclinic</b>	<p>Alienated, disconnected, not belonging, disoriented</p> <p>Oversensitive, excessive emotions</p> <p>Life in disarray, incongruent and out of sync</p> <p>Relational dependence</p> <p>Water element and being in the flow</p> <p>Violence, trauma, injury and damage</p>
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<b>Amorphous</b>	<p>Identity, independence and 'who I am'</p> <p>Connection and disconnection, association and dissociation</p> <p>Death</p> <p>Crossing boundaries / over the threshold / taboo</p> <p>Unformed, lost in a void, unreal</p> <p>Change and transformation</p>
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ambition and the masculine-feminine theme in

Some of the above prominent features of structure have a clear relationship to other themes in the structure e.g. perfectionism and self-judgement in Cubic, while others present

Hexagonal. Regardless of the seeming relatedness or non-relatedness in any case each theme should be recognised as distinct salient features of the structure in the presenting symptoms and not a homogenous 'herd'. Accordingly, the more thematic features that are present, will give more weight to the diagnosis of the particular structure that is indicated.

### ■ Perceiving the Structure

After acquiring a solid grasp of the main themes listed above and experiencing a number of live cases with a recognised structure, any practitioner will begin to be able to perceive the nature of structure. It will be observed and felt as it pervades many thoughts, actions and expressions of the client. All that is then needed is the ability to connect a medicine of that structure to the similar characteristics in the client, using whatever method or methodologies preferred by the practitioner.

Occasionally an experienced and well-attuned practitioner will be able to recognise the structure in the initial part of the consultation by observing dress, speech and the language (which echo the structural framework) through which classic symptomatology is expressed. Preliminary impressions of the thematic structure in any case may be misleading and it is recommended to do a more circumspect assessment at the end of casetaking. I have often had to do a retake on my first impressions.

Eventually a practitioner will sense a cohesive set of structural elements that clearly directs to one or in some cases two structures. Deep study of the structures and effective

prescriptions related to them will enable the practitioner to develop a clear sense of structural form in clients and other people with whom they are in intimate contact.

It should be remembered that each structure is ultimately more than a set of indications, it is one integrated energetic whole. *Each indication is given form by the structural framework, as if it constitutes a building in which the consciousness of the individual lives and grows. That framework is a definitive blueprint, ultimately described by one of the eight unique shapes.*

### ■ Questions that May Help

If there is confusion about the structure, there are some regular questions that may help elucidate it. As structure describes those elemental brushstrokes of the thought processes, the questions tend to be general and common to the homeopathic history of attempting to 'understand the patient'. While the following questions are typical, any question that allows the client to relax into themselves and express their deeper thoughts, ideals, feelings and desires will be useful. It may require some astute sensing by the practitioner to decide which type of question would be appropriate for each client. The following are a good place to start:

#### Generalised questions

After explaining that character definition (based on the interactive mind and body principle) assists in selecting the medicine:

- ▶ How would you describe yourself or your nature?
- ▶ What is most important to you in your life?

- ▶ What do you enjoy about being (name) ?  
What is most difficult about it?
- ▶ What do you want out of your life?
- ▶ Life landscape: Question the client about life experiences by timeline: childhood, teen, young adult, maturity and elder years. Look for repeating experiences, joys and disappointments
- ▶ What would spur you to say at the end of the day ‘That was a horrible day!’
- ▶ How do you feel about the rules of society?

**Questions that encourage the client to express their deeper urges which they have already flagged to you**

If work or relationship is uppermost to them ask about its significance to them, ask them about related joys, difficulties and goals. What is the driving force behind (their flagged desire) hobbies, creative and recreational interest and what they enjoy most about them. Ask about their favourite book, movie or play.

It should be noted that all the above questions are starting points only and often unfold a train of feelings or commentaries which relate to the bones of that person’s life or current state. When one of those bones is a known structural themes you are entering the realm of structure. The practitioner will need to use all receptive and reflective skills available to complete an understanding of the particular fabric of life experience for each client.

Recently I had a client, a woman who had an interesting career as a specialised engineer. She had met a man and had settled down and had two children. At the same time she kept up a busy schedule with a job and many other community interests. I was unclear about her structure and asked ‘So what is the most important thing in your life? What are you looking for?’ Without a moment’s hesitation she brightly replied ‘Oh the best thing is my husband and kids, I live and die for them’. Her Trigonal character immediately fell into place and many other elements of her personal history made sense. She was a prime example

*A Case: An 18-month-old child was brought to me for an allergic skin eruption. Her observant mother aptly described her nature: ‘She is very easy and not complaining and independent from a very young age. When she started crawling, she would be off into an open space and wouldn’t look back. She has no fear, will march into the ocean or march into an open door.’ The life landscape included the Hexagonal features: not complaining; self-motivated; forward-looking; adventurous and even the marching all pointed to Hexagonal and Graphites (using a few other general symptoms) promptly cured.*

**Questions that are likely to elicit the fundamental structure of the client as they engage the deepest feeling and thought processes**

- ▶ What is the most significant relationship in your life? The one that has stayed with you longest or had the deepest impact. Why / what has it meant to you? Its past and future?
- ▶ What is the most difficult, painful thing you have experienced in life?
- ▶ What is it about a day that makes you say ‘That was a good / satisfying / happy day!’

of loving the security of family and then precipitating the individuality out of it.

### ■ **Optic Character and Differential Diagnosis**

The subtler differences between the structures can be challenging in certain cases. The presence of the 'optic character' in crystals helps to differentiate the structures into three groups and so is a useful preliminary tool on which to base a final analysis. The presence of more than one element of one of the Optic character will lead to that group e.g. a thinking person with strong career aspirations will indicate the Biopic group. Alternately, if one element is pervasive in the case e.g. the search for identity in Uniopic, then it will very likely indicate the Optic character. For a more detailed understanding of this quality see chapter 12.

The following questions should assist to lead you to define the optic character associated with the structural group:

#### **Uni-opic (direct questions about identity)**

- ▶ Do you have a 'life motto' - what makes you a unique individual?
- ▶ Tell me about yourself and what sort of person you are?

#### **Bi-opic (goal-oriented, ambitious and forward-moving, will-focused)**

- ▶ Tell me about what you want out of your life, what do you want to achieve?
- ▶ How can you best reach your goals?

#### **Tri-opic (feeling and relationship-based)**

- ▶ What it is you want to feel or experience at the end of a day (or from your life) ?

- ▶ Tell me how you experience / what you need in terms of relationships with ... - here the practitioner can insert the relationships that are coming into play: partner / family / friends / interest groups etc

The chapter on differential diagnosis has been developed to enable differentiation between any two structures that may be in the offing. It is built on extensive study, experience and experimentation with the structures.

### ■ **When the Penny Drops**

I should also point out, that while differential diagnosis is useful when you are developing an understanding of structure, the recognition of a specific structure is most effective when a constellation of elements take you into a field that defines the structure and leaves no doubt. This is the point where, because of a significant expression e.g. the persistent fixed argument of a Cubic person or the 'family life' motto of a Trigonal person, the pieces of the jigsaw fit and you perceive the pervasive current of the structure.

### ■ **Your Relationship with the Structures**

These shapes have a fundamental relationship to the psyche and developing an unfettered relationship with them is useful in connecting to the structure of individuals whom you meet. To give you a guide to this I have included a few salient notes on how I feel about each of the structures below. These feelings appeared after I calmly related to a well-formed crystal or structural shape. Whether you relate to my impressions isn't so important - it should be your authentic relatedness that enters the mix

as this will develop your relationship to them and your ability to make constructive use of them.

**Cubic:** When I see a Cubic crystal, I feel contained, firmly held and safe while restricted at the same time. It is easily understood, there is simplicity with no sense of mystery. There is also a wonderful sense of having everything in control and happily equalized by the force of will, especially with the octahedral form of the crystal.

**Trigonal:** My feeling about this shape is that it has an elegant coldness. It is simple, down-to-earth but with great uniqueness, there is nothing else like it. It makes me think of trios, both spiritual (there are many e.g. Father, Son and Holy Ghost or Brahma, Vishnu and Shiva) and material. I always liked rock bands that were trios like Cream and the Police. They are tight and strong while each of the band members shines in his own way.

**Triclinic:** Personally, I feel a strange strength and beauty about this shape. It is a door to be opened for me. The absence of a peak, a head, is appealing, even reassuring. I feel a sensual love for this shape, I want to touch its face and caress its sides.

## ■ Intuition

It should come as no surprise that a practitioner can seek structural awareness based on sensible, well-trained, refined intuitive powers. As Einstein said, the most important factor in his discoveries was intuition. After many experiences one may well become naturally cognisant of structure, an intuitive in this regard. Generally it arises from calmness, deep study and reflection on the structures

themselves, personal introspection and exercising common sense in one's life. It is greatly enhanced by any regular spiritual practice. With regard to structure, should you intend to pursue an intuitive approach I would recommend two things:

First, obtain a clear first impression of the individual from a calm receptive place in your own consciousness, write it down, set aside the thought and then proceed with the casetaking. This facilitates the field of knowing, native to human consciousness that is beyond mental analysis i.e. intuition. The structure is a specific general indication and there is a unique energetic expression of it in every client. At the end of the casetaking reflect on the alignment of the intellectual and first impression perceptions of the structure.

Second, I can recommend that you use the tool of the vectors. A knowledge of these vectors and their relativity to one another, appears to tap into the flows of energy which the structures channel. One of my first effective analyses of structure was using this method as outlined in the case explained in Chapter 3. It is possible to feel that degree of differentiation in the vectors as a palpable set of forces as one comprehends the state of the client through listening to their story. I find this most palpable in Triclinics (with their energetic disarray which mirrors the disarray of the vectors) and in Orthorhombic (with their visceral feeling which aligns the extension or pulling of the vectors in all directions from their central point). I suspect one could use the two-dimensional shapes in a similar way.

### ■ Affinity with the Shapes Themselves

Looking at an *individual's art*, their *doodles* or their *visual association with shape* is sometimes a useful adjunct to diagnosing the structure.

It should be restated here that Michael Gienger first understood the significance of structure through shape itself. His friend collected only Fluorite crystals and it was through this man's characteristic exactness, correctness, thoroughness and discipline that he was able to gain the first insights

into the Cubic structure. I had a parallel experience myself with my first effective structural prescription being for a lady artist who was fixated on painting red squares and for whom cubic Red Spinel proved effective.

I have found that the *attraction to geometric shapes themselves* has most often indicated the need for Trigonal or Cubic medicines. It is interesting to note that these structures are the most basic and uncomplicated of all the shapes. This can be seen in the *Yellow Calcite case* I have included under Trigonal Case studies. That man's 'perfect place' was where there were simple geometric forms on show, including tubes and cylinders. He was clearly drawn to the triangle when asked to view the shapes. Clear aversion to a shape will carry the same weight.

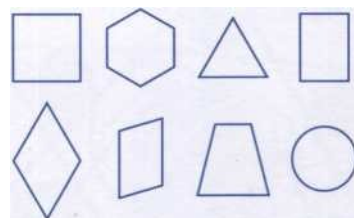
The dynamic clinical tool of *children's art* can be a rich indicator of structure by their inclusion of definitive structural shapes or images. The following square shape of the home and windows (which are further divided into four squares), a clear personalised

dimension on the reality of his large family home was a clear indicator of the Cubic structure. He was given *Calcareo fluoratum* to great benefit. Even the shape of the roof is reminiscent of the pyramidal octahedron that is integral to the fluorite crystal from which the medicine is made.

It is possible to visually *test the shapes on individual clients* in their primal form and look for reactions to the shape, either in terms of attraction or aversion. I have created a simple Powerpoint with the eight primal geometric shapes associated with the structures. I ask clients to observe each one for about ten seconds and at the end tell me which impressed them most. As with any other homeopathic symptoms, when a client is instantly or manifestly affected by seeing the shape through noticeable body language it has significance. This could include no further interest in any shape other than the attractive one or observable restlessness when viewing a shape. I would estimate it has been beneficial as a 'plank' in the floor of structural diagnosis in about ten percent of the cases. Those who are skilled at kinesiology can easily test the shapes using that method.

It is worth noting here

been a

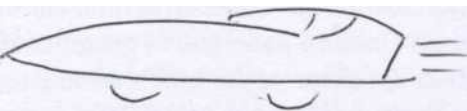


that only three of the eight shapes have *perfect balance* when they are encircled: square, hexagon and triangle. There have number of positive clinical correlations



showing that those who have the need for balance as an underlying life motif, will do well with medicines from these structures.

Me



Monoclinic doodle: Jade, Aventurine, Phosphorus

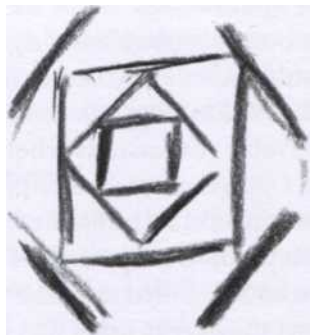
Another possibility in this arena is where a *dream or image of a distinctive* shape appears in the person's mental sphere. I have found that this is a prime indicator that the concept of structure is or will be significant in the choosing of an effective medicine. I have found that sometimes the distinctive shape e.g. a hexagram is a direct indicator of the structure and at other times it simply indicates a predilection for shape and actually points to Trigonal or Cubic as mentioned above.

While I haven't done extensive work with this particular method, it is plain to me that *natural doodles* can be very significant when attempting to delineate structure. Normally done with pen or pencil, it is the shape you make when the mind is engaged in a contemplative or receptive way and the intelligence of the body automatically speaks for itself.

Another Monoclinic doodle with straight and curved lines: Kunzite and Phosphorus

My own lifetime doodle is a fast, sleek car. Its sharpness, movement and singular angled line, indicates Monoclinic very clearly. The Monoclinic group has proved to include most effective medicines for me, along with one other shape that I am normally averse to, the Cube. I have found that curved lines in a doodle most often relate to the three tri-opic structures.

One lady who I have been treating for over 20 years has the above doodle. She has had many medicines and those that have worked to change her life outlook and physical health have been dominantly Cubic (over 70 %) with a secondary group belonging to Trigonal (about 20 %) and 10 % to Tetragonal. The rhomb that surrounds each square, which she builds up with sketchy movements of the pen, will I sense, arise in time as a prominent Orthorhombic prescription.



Cubic: Diamond, Aurum metallicum; Argentum metallicum; Platinum



The 'angry shark' doodle of a male client, expressing the violent theme of

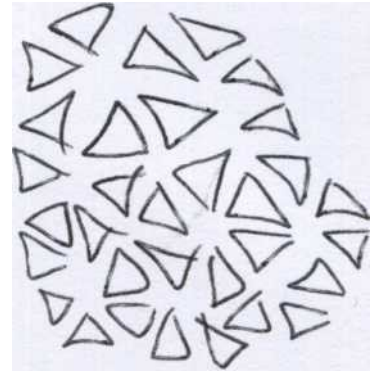
I was thinking of prescribing the little known *Red Chalcedony*, a Trigonal remedy, to this woman. Wanting to confirm the Trigonal structure I asked her for a doodle and she kindly produced the adjacent doodle.

Occasionally **body language** will indicate the shape. I have seen a number of cases of Turquoise who used the same gestures to exhibit the disarray of the Triclinic vectors. They used their hands and upper limbs to make outward moving, horizontal, unsynchronised, sweeping gestures that clearly indicated the disarray of the vectors.

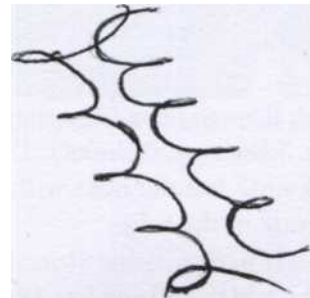
### ■ Body and Facial Features

Body typologies and facial features as they appeared in clinical cases may have relevance. In addition to this, in the dreams of some provers, there are instances where the facial or body structure features are prominently defined. While this indicates a significant association with the medicine, it may relate to the crystal structure group of that substance. I expect that with further research and clinical observations that these features will become useful therapeutic tools. A summary of those results and observations:

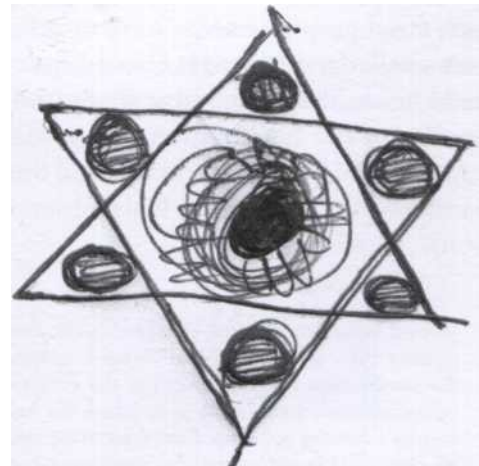
**Cubic:** protruding forehead (*Calc fluor*); sloping forehead (*Aur met*, *Nat-mur*); square or heavy jawline (*Diamond*; *Lap-laz*); stocky or strong build (*Nice. Met*; observations of von Holst). While I have not seen it clinically I have noted that those with a full bridge of the nose (no indentation between forehead and bridge) and those with a square jawline often have the Cubic qualities of strong opinions with correctness and exactness.



Trigonal: Amethyst, Silica and Red C



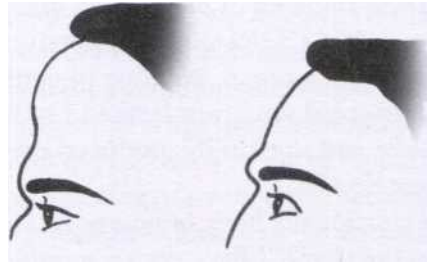
The author of this doodle did consi  
on Orthorhombic remedies: Prehni



The extraordinary doodle of a  
responded to Hexagonal re

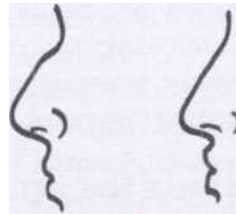
## ASSESSMENT OF THE STRUCTURE

**Tetragonal:** Those who are tall and thin or stooped (*Stann met*; experiment with Tetragonal shape; observations by von Holst); well developed chin with a line turning downwards: (*indium met*. observations by Welte); triangular shaped face (*Zircon-clear'*); asymmetrical face - left eye larger than right (*Vesuvianite-green*).



Protruding forehead Sloping forehead

**Hexagonal:** A very prominent feature is close-set eyes (*Zinc met, Emerald, Aquamarine*, experiment with hexagonal shape); curved forehead (*Emerald, Zinc met*); ears small and set low (*Aquamarine*); large lower jaw (*Cadmium met* and *Cadmium sulph - Welte*)



Hooked and roman nose

**Trigonal:** Roman nose (*Tourmaline case, Sapphire, Silica case, Calc-iod*). This is not the hook nose but the nose with a bump at the centre of the ridge.

**Orthorhombic:** Full red lips (*Sulph and Ant-crud - Welte*); mono-brow (*Hemimorphite*); deep-set eyes (*Pearl, Bar-c*); features of Down syndrome: eyes laterally slanted upwards, concave nasal ridge, flat face, facial proportions\* -2:1:2 or 2:1:1, ears smaller and lower set (*Gold-Topaz*); build much like the rhombic shape itself: smaller in the head region and getting larger towards the belly and hips and then narrowing to the feet (von Holst observation).



Square jawline



Triangular jawline

Vertical facial proportions: a three-element, comparative ratio of the mid-line distance between the hairline and the point between the eyebrows (glabella); from there to the point where the nasal septum meets the upper lip; from there to the tip of the chin. 1:1:1 would be evenly proportioned. 1:2:3 would be a relatively small forehead, a notably larger distance between the forehead and nasal septum and a notably larger distance between there and the tip of the chin.



Eyes close set



Eyes wide set



Raphael Nadal: the hexagonal focus of 'eyes on the ball'



Bjorn Borg: the close set eyes of a professional tennis player

**Monoclinic:** Inclined to stoop and hunched over (*Phosphorus, Azurite, Malachite*); very tall and slim (*Phos; Jadeite*); athletic muscular build (*Nit-ac*); disproportionate body e.g. thick or muscular legs and a small waist (von Holst).

**Triclinic:** 2:1:2 facial structure (*Rhodonite*) the central region of the face i.e. from the root of the nose to the tip is significantly shorter than the vertical length

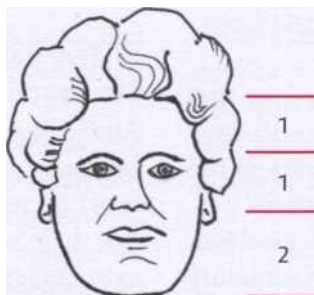
of the forehead and from the tip of the nose to the chin; 1:1:2 facial structure (*Turquoise*) both the forehead height and the distance from the root of the nose to the tip are significantly shorter than the distance from septum of the nose to the tip of the chin. Von Holst observes that Triclinics often have a large head and small body.

■ **One or Multiple Structures?**

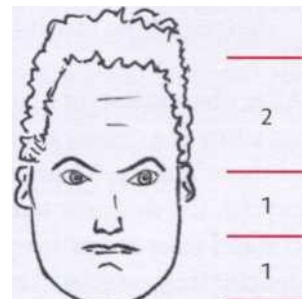
This is an eternal question in homeopathy,



Proportions 2:1:2



Proportions 1:1:2



Proportions 2:1:1

which is raised with regard to medicines, miasms and potencies. Is there a need for one or many in each individual? With regard to medicines some homeopaths say that if you go deep enough or are perceptive enough there is one or maybe a few remedies only that are needed in a lifetime. In this case each remedy will cure virtually any set of symptoms that arises over many years. Others observe that there is a series of medicines, even an extensive range (in the tens) that is needed and highly beneficial over the years of long-term treatment with homeopathy.

My own clinical observation in this regard is substantially inclined to the latter proposition; and that there are sometimes ten, twenty or more medicines that are needed over a long-term treatment (e.g. ten to 30 years). That said there are some individuals who respond repeatedly to one or a few medicines over many years.

*With regard to structure* this question arises in a number of forms:

- ▶ Is structure a mental tendency which may alter after a time (longer or shorter) or a particular treatment?
- ▶ Is structure a whole life mental tendency?
- ▶ Is there a fixed structure aligned to the inherent genetic and physiological tendencies of the individual in question?

After observation of many cases I see that structure is a significant factor for all three of these modes: lifelong tendency of the psyche, the dynamic tendency of the psyche and essential patho-physiological tendencies that are rooted in bodily structure and function. I have seen structural prescriptions work in all three modes.

To explain I will give an example of one woman I saw over more than 15 years. This woman bore a deep mental propensity to Cubic with fixed ideas and deeply held beliefs. When these were cause for pain because of opposition, loss or conflict it would lead to

strong thoughts and feelings of death and destruction. The medicines *Ars alb* and *Niccolum metallicum* had a pervasive action on mind and body altering the mental disposition along with chronic skin condition and digestive conditions. At one stage she developed a substantial depression associated with anxiety about deaths in the family. In this instance she expressed the need for company, for expressions of love and volatile emotiveness, the Monoclinic *Aurum muriaticum*, a marked diversion from her substantial Cubic nature cured promptly. Lastly, on the physical plane, she always responded deeply to the action of *Calc carb* (six times in total) curing muscular weakness, constitutional chillness and exhaustion with the occasional removal of a mental symptom like anxiety about health. *Calc carb* is a Trigonal medicine on the basis of the observation of many case results. Essentially her character is Cubic and would be read that way by an initial standard psycho-emotional analysis. However, one element of her emotional typing is Monoclinic while the clear physiological disposition is Trigonal.

## ■ Two Categories of Structural Tendency

After doing a survey of the beneficially acting medicines (that are definable by structure) on my long-term patients, I noted that there are two broad categories of client in my practice:

The first is a more fixed type whose most significant medicines will belong to one structure with the occasional need for a medicine outside of that structure. The medicines for the main structure will generally produce long-term benefit in mind and body. Occasionally there are medicines that have a different structure and these usually only act in one phase: mental / emotional or physical or do relatively minor work on mental and physical planes. I have called this group 'Fixed Structural Energetic' or FSE. For these people the pervasive structural analysis is valuable to keep in mind.

The second group is more dynamic, they are more likely to present with a series of problems and move from structure to structure under the influence of various life circumstances. I call these people the 'Dynamic Structural Energetic' group, DSE. These people will still commonly respond in the deepest way to one or two structures, which are usually in the same Optic group e.g. Hexagonal and Trigonal or Monoclinic and Orthorhombic. While maintaining consciousness of the pervasive structural analysis, in these cases there is a greater need to be aware of the presenting state for structural diagnosis.

For these DSEs each separate presentation will carry its own structural presence and can be analysed according to the presenting symptoms. While these people are dynamic, there appears to be one fundamental structure that is foundational and when this is addressed it is likely that medicines from the other structures will be more effective.

Making an analysis of all the life experiences and mental tendencies, we can perceive a structure that pervades the life. This is usually done in the first few consultations. At the same time ***we must be vigilant not to brand an individual with that structure under all circumstances, assuming that they only need structural medicines according to that group. More important by far is to understand the structural affinity for the problem at hand,*** the structure associated with the presenting disease state itself. This is absolutely crucial to the correct prescription if we are to use structure as a pillar of the analysis.

While an individual's life consciousness will be modified and developed by each influential input, be it personal efforts to develop the self, the impression of a wholesome life experience or the effective action of a resonant medicine, the blueprint of *one structure that is fundamental and dominated by the nature of the psyche* appears to remain the same. It is as if these processes are refining the structure, so that a more purely conceived and

expressed consciousness of the structural quality flows in each persona.

### **Structure and the Periodic Table (see Appendix I)**

The use of the periodic table as a tool in the analysis for mineral prescriptions has been a momentous step forward in modern homeopathic practice. The characteristic 'ego stage of development' of the rows e.g. child, adult and old age, can be cross-referenced with the stages of progress defined by the columns e.g. starting, maintaining and decline to arrive at a prescription. This can be achieved without the use of standard proving-derived materia medica. It is a longitude and latitude type situation and can be studied in Scholten's *Homoeopathy and the Elements* and later works by Sankaran<sup>†† ‡‡</sup> and Welte".

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<sup>††</sup> *Structure, Experiences in the Mineral Kingdom*, Homeopathic Medical Publishers, Mumbai, 2008

<sup>‡‡</sup> *The Periodic Table in Homeopathy, The Silver Series*, Narayana Publishers 2010.

*The series are the arena of the action of the remedy in terms of ego development; stages are the issue at hand and the stuck point; structure is the quality of consciousness that one brings to the issue at hand.*

With the introduction of crystal structure as attributed to the various elements and compounds there is now a third dimension that can be considered. The opportunity now arises for the flat canvas of the mineral kingdom to become a hologram.

Structure defines the psycho-emotional stance with which the individual meets the stage and not the detail of the stage itself. The detail of the stage is amply and finely described by the authors mentioned above who have analysed them in great depth.

A good example of this is a case I had of a woman who was married with one child and very ambitious in her work as a business consultant. Her problem was that she was working 70 hours a week. She was very very busy with 'projects coming from everywhere'. Her sleep was affected, she was nauseous and was drinking up to five coffees daily. She was emotional, weeping easily and dreaming of blood. On deeper reflection she told me that the problem was that she felt that if she didn't say yes to all offers then the work wouldn't come to her. The work and task issue define the series: four. Being extremely busy and projects coming from everywhere defined the stage: twelve which is for overdoing it. The question now is does she need *Zincum metallicum* or one of its compounds? The deeper reflection that she must always say yes is a clear indicator of Orthorhombic, the most 'accommodating' of the structures. The only Zincum compounds that form in the Orthorhombic structure are *Zincum phos* and *Zincum sulph*. The fact that *Phosphorus* has dreams of blood was a nice confirmation.

Even though neither element has the desire for coffee I prescribed *Zincum phos*. It cured all physical symptoms, the desire for coffee as well as the fear of saying no. It deeply rebalanced her attitude to life, a very satisfying result indeed. You will also notice that every element of the psyche was understood by this three-pronged analysis using series, stage and structure.

#### ■ Useful Comparisons of Structure

The varied attitudes of the structures to common cultural considerations can be a useful differential. The very essence of the structures in their geometric form is about shape. One could say that the shape of a society is defined and created by its rules and boundaries:

*Cubic:* Rules are very important, the foundation of the society, they are not to be broken and must be adhered to rigidly. He likes to make the rules. In a court he is the judge, in religion he can easily slip into dogmatism. The rules will be narrowly interpreted. In history he is Napoleon who ruled over continental Europe and left the legacy of Napoleonic code which has influenced a large part of the modern world. It declared fundamental rules which have benefited modern society: that government jobs should go to the



most meritorious; insisted on freedom of religion and demolished the privileges of royalty. Alternately they can be rebels and make a point of breaking the rules. When you look a little more deeply you will find they still are attending to the rules, it's just that it is *their* rules.

*Tetragonal*: wants to know the rules, so he can work with, beneath, or around them to achieve his goals. In court he is a defence lawyer with a guilty client and looking for the technicality that will nullify the charge. They use the letter of the law and may disregard its spirit. Alternately they put themselves under intense pressure not to break the rules as they would feel awfully guilty or have their delicate feelings criticised or damaged. They must look good at all times, always be sociable and well-mannered.

*Hexagonal*: likes to know the rules so he can fulfil their requirements to fulfil his goal to perfection. He likes to work within them and may become strict about them. In the legal system he is a police officer who is aware of the rules and will apply them with purpose or the prosecutor who will ensure the full weight of the rules is felt. He not as rigid as Cubic who has the rules written his DNA, when all is said and done he will look for an effective outcome of applying the rules.

*Trigonal*: believes in an organic development of the rules and the usefulness of the standard or common law. There may also be concern as to breaking the rules and its effect on the group or society in question. The Trigonal individual is a sensible magistrate who will bend the law for the sake of real justice or a police officer who will make a decision to let you off when he can see there are extenuating circumstances and there is no value in charging you. Trigonal is in a uniquely flexible place with the rules as they want to understand their implications and work with them. They want to know what their spirit is,

so there is proper order and outcome for the society. They are happy to challenge them when they hold no value or are unjust.

*Orthorhombic*: is respectful of the rules. However at times he will break them out of instinctual compulsion as the feelings have value too. The feelings must be acknowledged and followed even if it leads them to trouble with the law. He is a conscientious objector. He will readily admit to his flaunting of the law and feel he was right, or feel he had an obligation to do it. Sometimes he will break the rules out of unchecked passion and feel terrible remorse afterwards. *Monoclinic*: doesn't know the rules, he is not interested. He tends to break them out of ignorance or self-centred passion. He wants to get off and not be charged. He is a man who avoids the law at every turn and will try and escape, avoid the rap if he can. Alternately he will speak out (often angrily) against injustice. He will demonstrate if he doesn't like the status quo.

*Triclinic*: by nature is not into the rules, but through insecurity will need to know so they know what to do. When they find they have broken them they will be fearful for their security but tend not to feel deeply guilty. Ultimately feelings and connections rule and if there are rules of personal engagement, similar to rules in a tribe, they will be sacrosanct.

*Amorphous*: What rules? He is an anarchist, there are no rules. He takes pride in living outside the rules. He is averse to the rules and those who enforce them. He wants to be spontaneous and not consider the rules. Phillipe Petit, the 'man on wire' was in his way, a professional rule-breaker as he illegally scaled and tightrope walked between iconic buildings of the world in France, Sydney and New York.

*White opal dream*: a man has come around and my children don't like him because he is a policeman. My son won't sit where the police sat. He says the chair has policeman dirt on it.

## ■ Music

While structure doesn't describe the details of the melody of thought and feeling, it does describe timing and quality of feeling of the music of life, whether it is a waltz (Trigonal); a

march (Hexagonal); free-form jazz (Amorphous); an emotive concerto (Orthorhombic); a ballet like Swan lake (Monoclinic); a tribal dance (Triclinic); a requiem (Cubic) or modern abstract (Tetragonal).

# Structure in the Other Kingdoms?

## ■ The Train to Cologne Experience

In the introduction to this book I related how my visit to Kandern in 2009 had been seminal in assembling this work. After that visit, I left to meet colleagues for a meeting and to exchange ideas in Roserath Germany. On the way I took a train to Cologne and while on that train ride, I worked on a presentation I was intending to make to my colleagues there. The presentation involved the deep study of one client's experience over eight years. That man attended my clinic many times to benefit from the psychoactive power of homeopathic medicines. His barrier and foible to happiness was that every time he ended up alone in his life by separating himself from those whom he felt were abusing him, he would fall into a mental breakdown, which would require the use of antidepressants, after which he would invite an abuser back into his life. He described his state 'as if falling into a void' which was a complete loss of structure. I noticed that the medicine *Black Opal* which has an amorphous crystal structure was significantly helpful to him. However, it wasn't until he was prescribed the homeopathic preparation of *Lysergic acid* (the synthetic chemical psychoactive commonly known as LSD) that this dreadful mental state was finally cured. I realised that there was a common thread between Black Opal, the amorphous structure and Lysergic acid. I realised that both had the same fundamental derangement: loss of all structure, the formless

state.

I wondered if the idea of structure could transcend the crystals through which we fundamentally know them and take into account the synthetic compounds like Lysergic acid. Could we include Lysergic acid as a medicine into the amorphous group to which *Opal* and other medicines like *Mercurius vivus* belong?

## ■ Tea for the Tillerman

In the first week after my return to Australia I had further successful clinical experiences. The first was with the medicine *Thea chinensis*. The person who had benefited from the *Thea* was dealing with an inner persona which had racked his life, a persona that felt he 'wanted to destroy the entire world and laugh as it 'went to hell''. He described this character as being like the Joker in the film 'The dark night'. Again I realised that this persona was an icon of amorphous structure, a wildcard, randomly violent without obvious rhyme or reason, formless. *Thea* was impressively curative for this man<sup>§§</sup>.

The second was with the medicine derived from *Hydrogen*, the first element of the universe. It involved a young woman, then 22 years of age, who while intelligent, was doing menial work and was unclear about her intentions with her life work and direction. I probed her as any good counsellor would to try and find what she might be suited for, for what

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§§ *Thea chinensis*: Tumminello, P (2010). Cold Blooded Passion. *Spectrum of Homeopathy* (2), 48-55

would be natural and satisfying to her. However, all my questions were met with her exclamation ‘I have no idea whatsoever!’ there was no childhood, teenage or adult inclination or skill that led her to any conclusion about what she should study or do. I realised that along with some other of her symptomatology she was a candidate for *Hydrogen* which resonates with the themes ‘unborn’ and ‘disincarnate’. She returned after several weeks 100 % clear in mind and heart about what she must do: ‘I will become a nurse!’ The idea and its great affinity with her need emerged out of the unknown, ‘popped out of the universe’ as it were. I realised again that this was clearly a feature of amorphous structure which has no shape, rhyme or chime by which it may be defined. She has now completed her university course, is avidly applying her profession and loving it.

I was rocked to find that the essential themes of these clients were also Amorphous themes! I had experienced a common herb, an element, an inorganic chemical and a crystal that exhibited the amorphous quality. My mind did somersaults as I considered that the elements of crystal structure could apply to substances well outside the accepted nature of crystallisation and its limited application to minerals. I felt as if there was a crystallising force in everything that takes form.

### ■ Is Structural Assessment Relevant to Plants, Animals and Nosodes?

The simple answer is definitely! I have been able to clearly identify the structural character of individual plants on the basis of using a number of cured cases of the plant in question. An easy example is *Arnica montana*. It is

dictatorial, speaking with an air of command. There is a great sensitivity and aversion to intrusion ‘don’t touch me!’ It has been very beneficial for those who take the stance of a military officer. All these features are clearly Cubic. Time and time again Cubic qualities emerge in *Arnica* cases. Another example is *China officinalis*: its alternating states, uncontrolled anger, many plans, vivacity and oversensitivity point clearly to Monoclinic.

Animals\* and nosodes also often bear the hallmarks of structure. First-class provings or a number of cured cases are necessary for their structural definition. I have found the structural correlation with nosodes useful in clinic where they can be appropriately used as intercurrents when the need arises:

Cubic:	Syphilinum
Tetragonal:	Carcinosinum Influenzinum Folliculinum
Hexagonal:	-
Trigonal:	Psorinum
Orthorhombic:	Medorrhinum
Monoclinic:	Tuberculinum nosodes
Triclinic:	AIDS nosode Leprosinum Rheumatoid arthritis nosode

\* I must admit while animal cases often exhibit clear elements of structure, I find animals have a distinctly ‘other’ quality, through their vibrancy, that often exceeds structure.

In Appendix II of this book I have included a list of all the gem, mineral and organic compounds that have been clearly identified as having a crystal structure through standard scientific methods. In addition to this I have

included all plants, animals, nosodes and symptomatology (cases and / or provings),  
imponderables which, through have a clearly indicated structure.

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It will be useful to some practitioners to understand structure in the format of the periodic table of elements, as it is the soil of the material universe and a foundation of many modern prescriptions. The characteristics of the stages mentioned below are drawn from *Homoeopathy and the Elements* by Jan Scholten and *Silver Series* by Ulrich Welte.

### **Cubic**

The Cubic structure is dominant in the table and while this may seem to make its characterising significance less relevant, there are definitive patterns of appearance which align with Cubic characteristics. *It should also be noted that while an element may be Cubic, its compounds will usually recrystallise into another structure.*

Firstly it dominates in stage 1 of the table and this turns our attention to the qualities belonging to this stage as expounded by Scholten: originality, unfettered activity, impulsivity, singularity and egotism. Secondly it is prevalent amongst stage 10 and 11 elements which are the royals and leaders of the table and tend to carry responsibility heavily. In addition to this they are intently maintaining their superior position, be in control. Third in stage 5 where faith in themselves is seriously tried. Lastly stage 6 where one has to apply will to take up the task

and prove oneself. All these named characteristics are more or less common with those substances that crystallise into Cubic structure.

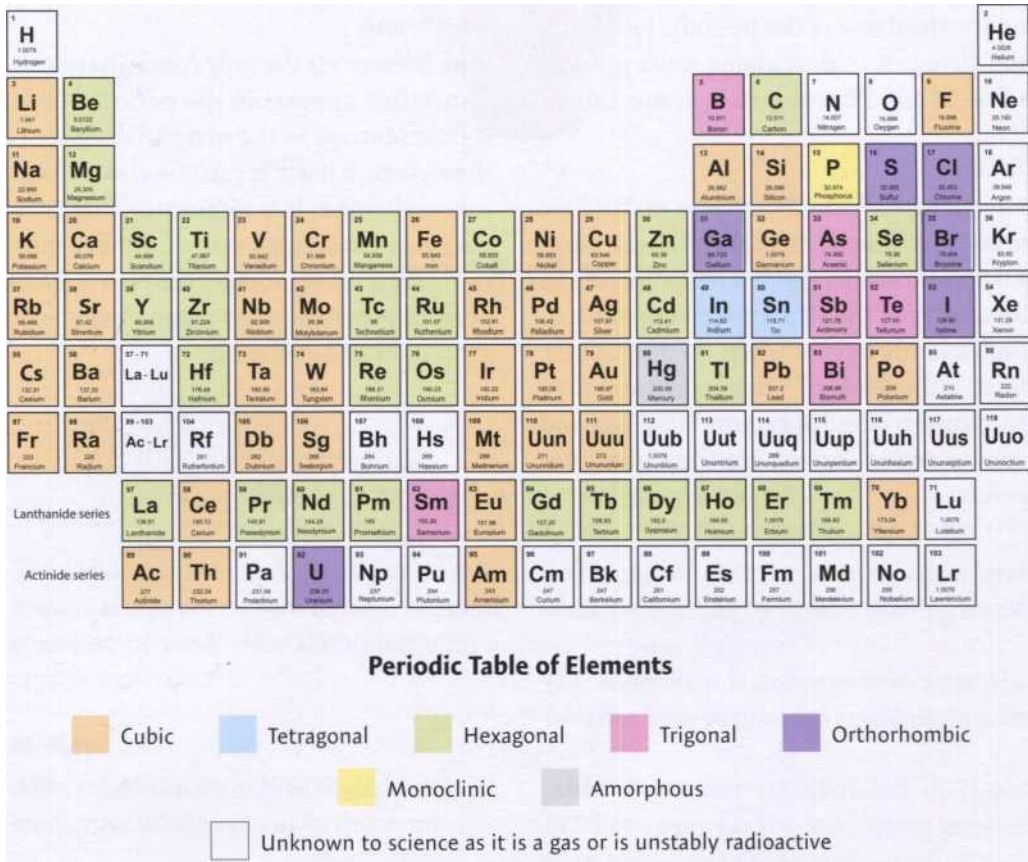
### **Tetragonal**

Only two elements crystallise into the Tetragonal structure: Indium and Stannum. Their position in the Silver series indicates an affinity with the arts and sciences and is reflected in the Tetragonal themes of 'fashion, image and presentation', 'details and perfectionism', 'intellectual pursuits' and 'narcissism'.

### **Hexagonal**

Amongst the Hexagonal elements there are two interesting trends. Firstly the appearance at stage 7 with Manganum, Technetium, Rhenium and Promethium. This is the stage of helping and teamwork, which is an outstanding characteristic of many Hexagonal substances. Secondly ten of the 14 Lanthanides are Hexagonal in their metallic form. Scholten states that they tend to be workaholics and put lots of pressure on themselves. This is perfectly consistent with the seed concept of 'I do' for Hexagonals and many cases exhibit the tendency to workaholism.





**Trigonal**

The elements that crystallise with a Trigonal structure: Boron; Arsenic; Antimony; Tellurium; Bismuth and Samarium are concentrated at Stages 15 and 16. There is a clear link of Trigonal characteristics to Scholtens fantasy imagination and laziness themes of stage 16. Many compounds form a Trigonal crystal structure.

**Orthorhombic**

In the periodic table the focus of Orthorhombic elements is in the Halogen group. Scholten speaks of the uncontrolled behaviour of stage 17 elements, which so typical of the inner urge of Orthorhombics and clearly

expressed in the theme ‘the beast within’. Letting go of pain in the way of long-held feeling is also a theme of stage 17 and relates to the deeply retained grief typical of Orthorhombic.

**Monoclinic**

Only one element naturally appears as a Monoclinic in its crystalline form in the periodic table: Phosphorus. This is a reflection of the instability of the Monoclinic structure. Many compounds however, naturally take the form of a Monoclinic crystal indicating the essential need for personal relatedness in the structure. Monoclinic appears to align with Sankaran’s perspective

on the third row of the periodic table with the elements of developing one's ego and sense of self. Phosphorus is in row three.

### **Triclinic**

No elements naturally appear as Triclinic in its crystalline form in the periodic table. Like Monoclinic, this is a reflection of the instability of the structure. Stable crystallisation only occurs when it compounds. With individuals of Triclinic nature: they particularly require groups (families and communities) on whom they often depend.

### **Amorphous**

Pure Mercury is the only Amorphous substance that appears in the periodic table. It pays homage to the mercurial nature of the structure itself, it can't be cleanly held, it is undefined. It is interesting that Mercury it is considered one of the five most poisonous substances on the planet. Most persons experience unwanted change with great pain and aversion.

## Medicine and Abbreviation Lists

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The following lists include all those substances which are known to have a crystal structure or show clear alignment with a crystal structure.

### ■ Key

**Abbreviations** are only included for those medicines which appear in this book

**All substances without an indication or comment in round brackets** after the name are conclusively known to crystallise into the elected structure according to scientific literature. The technology most often used to detect and ascertain structure is principally X-ray diffraction.

(P) signifies that the structure is likely to be as nominated but is still not fully confirmed to belong to that structure. If it is unclear whether it is one of two structures, the alternate structure is nominated after the (P)

(S) signifies that the structure has been clearly

identified by case or proving results

(D) signifies it is dimorphic and can also take the form nominated inside the bracket

**Abbreviations:** are included in closed brackets, only for the substances referred to in the body of the work.

### ■ Suffixes

- **cr** - signifies information recorded from the action of the physical presence of a gemstone crystal

- **imm** - signifies information recorded from the action of a gem immersion medicine, prepared as described in Twelve Jewels (2005)

-**st** - signifies that the information pertains to a 'stone' that is not purely a crystal (e.g. a rock with more than one mineral)

## Cubic Medicines

### Elements and minerals

#### Series 2

Ammonium iodatum Fluorinum  
[Fluor] Lithium bromatum [Lith-br]  
Lithium muriaticum [Lith-m] Lithium  
fluoratum (P) [Lith-f] Lithium  
metallicum [Lith]

#### Series 3

Aluminium metallicum [Alum-met]  
Alumen [Alumn]  
Ammonium bromatum [Am-br]  
Ammonium muriaticum [Am-m]  
Magnesium oxidatum [Mag-ox]  
Natrium metallicum [Nat-met]  
Natrium bromatum [Nat-br] Natrium  
fluoratum [Nat-f] Natrium iodatum  
[Nat-i] Natrium muriaticum [Nat-m]  
Natrium sulphuratum [Nat-sula]  
Silica metallicum [Sil-met]

#### Series 4

Arsenicum album [Ars] Calcarea  
fluorica [Calc-f] Calcarea  
metallicum [Calc-met] Chromium  
iodatum [Chr-i] Chromium  
metallicum [Chr] Cobaltum  
oxidatum (P - c.b. Trig)  
Cuprum metallicum [Cupr] Cuprum  
arsenicum [Cupr-ar] (S)  
Cuprum iodatum [Cupr-i] Cuprum  
oxidatum rubrum [Cupr-o-rub]  
Ferrum arsenicosum (S) Ferrum  
metallicum [Ferr] Ferrum oxidatum  
nigrum [Ferr-o-nig]  
Germanium metallicum [Germ]  
Kalium metallicum [Kali-met]  
Kalium bromatum [Kali-br] Kalium  
cyanatum [Kali-cy] Kalium iodatum  
[Kali-i] Kalium muriaticum [Kali-m]  
Manganum metallicum [Mang]  
Niccolum metallicum [Nice]  
Scandium oxidatum (P) Vanadium  
metallicum [Vanad]  
Zincum cyanatum [Zinc-cy]

#### Series 5

Antimonium oxidatum (P - c.b.  
Ortho)  
Argentum bromatum [Arg-br] (P)  
Argentum metallicum [Arg]  
Argentum muriaticum [Arg-m]  
Argentum oxidatum [Arg-o]  
Argentum phosphoricum [Arg-p]  
Cadmium fluoratum [Cadm-f]  
Molybdenum metallicum [Molyb]  
Molybdenum muriaticum (P - c.b.  
Mono)  
Niobium metallicum [Niob]  
Palladium metallicum [Pall]  
Rhodium metallicum [Rhod]  
Rubidium metallicum [Rubid]  
Strontium metallicum [Stront]  
Strontium nitricum (P) [Stront-n]  
Strontium oxidatum [Stront-o]  
Xenon (P)  
Yttrium oxidatum [Yttr-o]

#### Series 6

Aurum metallicum [Aur] Aurum  
sulphuratum [Aur-s] Baryta  
fluoratum (S) [Bar-f] Baryta  
metallicum [Bar-met] Caesium  
metallicum [Caes] Caesium  
muriaticum [Caes-m] (P)  
Iridium metallicum [Irid]  
Mercurius sulphuratum niger [Merc-  
s-nig]  
Platinum metallicum [Plat]  
Plumbum metallicum [Plb]  
Plumbum nitricum (P) [Plb-n]  
Plumbum sulphuratum [Plb-s]  
Polonium metallicum [Polon]  
Tantalum metallicum Tungsten  
metallicum

#### Series 7 and Actinides

Francium metallicum [Franc]  
Radium metallicum [Rad-met]  
Actinium metallicum [Actin]  
Thorium metallicum [Thor]

#### Lanthanides

Cerium metallicum [Cer] Cerium  
oxidatum [Cer-o] Dysprosium

oxidatum [Dys-o] Erbium oxidatum  
[Erb-o] Europium metallicum [Erb]  
Gadolinium oxidatum [Gado-o]  
Holmium oxidatum [Holm-o]  
Lutetium oxidatum [Lute-o]  
Samarium oxidatum [Sama-o]  
Terbium oxidatum [Terb-o] Thulium  
oxidatum [Thul-o] Ytterbium  
metallicum [Ytte] Ytterbium  
oxidatum [Ytte-o]

#### Gemstones and crystals

Adamas (diamond trituration)  
[Adam]  
Boji Stone [Boji-st] Diamond-black  
immersion [Diam-blk-im]  
Diamond (immersion) clear [Diam-  
im]  
Fluorite-blue [Fluor-blu-im] Fluorite-  
green [Fluor-gr-cr/im] Fluorite-violet  
Fluorite-yellow Galena-stone  
Garnet-almandine [Garn-alm-cr/im]

Garnet-grossular  
 Garnet-hessonite  
 Garnet-melanite [Garn-mel-cr]  
 Lapis lazuli [Lap-laz-cr/im]  
 Pyrite [Pyrit-cr]  
 Pyrite-sun [Pyrit-sun-im]  
 Sodalite [Sodal-cr/im]  
 Sphalerite [Sphal-cr]  
 Sphalerite-yellow-immersion

[Sphal-yel-im]  
 Spinel-red-immersion  
 [Spin-red-cr/im]

**Organic compounds**

Thymolum [Thymol]

**Plants (S)**

Agnus castus  
 Aloe socrotina  
 Arnica montana

Bellis perennis  
 Conium maculatum  
 Ledum palustre  
 Liliium tigrinum Millefolium  
 Paris quadrifolia (P)  
 Rhus glabra  
 Solanum tuberosum

**Nosodes (S)**

Syphilinum

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## Tetragonal Medicines

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**Elements and minerals**

**Series 3**

Magnesium fluoratum [Mag-f]

**Series 4**

Cobaltum fluoricum (P)  
 Ferrum fluoricum  
 Manganum fluoricum  
 Manganum oxidatum nativum  
 [Mang-ox-nat]  
 Titanium oxidatum (D - Ortho)  
 Zincum bromatum  
 Zincum fluoratum (P - c.b  
 Ortho)  
 Zincum iodatum [Zinc-i]

**Series 5**

Indium metallicum [Ind]  
 Palladium oxidatum  
 Stannum metallicum [Stann]  
 Strontium bromatum  
 Yttrium phosphoricum (P - c.b.  
 Monoclinic)

**Series 6**

Baryta aceticum [Bar-acet]  
 Mercurius cyanatus  
 Mercurius dulcis [Merc-d]  
 Mercurius iodatus flavus  
 [Merc-i-f]  
 Mercurius iodatus ruber  
 [Merc-i-r]

**Lanthanides**

Dysprosium phosphoricum Erbium  
 phosphoricum [Erb-p] Holmium  
 phosphoricum Lutetium  
 phosphoricum Terbium  
 phosphoricum  
 Thulium phosphoricum Ytterbium  
 phosphoricum [Ytte-p]

**Gemstones and crystals**

Apophyllite-clear [Apoph-cl-im]  
 Apophyllite-green [Apoph-gr-im]  
 Apophyllite-crystal [Apoph-cr]  
 Cassiterite [Cassit-cr/im]  
 Chalcopyrite [Chalcop-cr] Quartz-  
 rutilated-crystal [Quart-rut-cr]  
 (Tetragonal Rutile in Trigonal  
 Quartz)  
 Scapolite-cats-eye-crystal [Scap-  
 cat-cr]  
 Scapolite-crystal [Scap-cr]  
 Scapolite-purple [Scap-pur-cr/ im]  
 Scapolite-yellow [Scap-yel-cr/ im]  
 Scheelite [Scheel-cr]  
 Tugtupite crystal [Tugt-cr]  
 Vesuvianite-green [Vesuv-gr-cr/ im]  
 Wardite [Ward-cr]

Wulfenite [Wulf-cr]  
 Zircon-clear [Zirc-d-im]  
 Zircon-crystal [Zirc-cr]  
 Zircon-pink [Zirc-pk-im]  
 Zircon-red [Zirc-red-im]

**Organic compounds**

Urea pura

**Plants (S)**

Agaricus muscaris  
 Anacardium orientale  
 Colchicum autumnale  
 Iris versicolor  
 Laurocerasus  
 Lycopodium  
 Mangifera indica  
 Mentha piperita  
 Thuja occidentalis

**Animals (S)**

Moschus moschiferus  
 Synanceia horrida

**Nosode (S)**

Carcinosinum  
 Oscilloccinum

## Hexagonal Medicines

### Elements and minerals

#### Series 2

Aqua distil lata Beryllium metallicum [Beryl-met]  
Beryllium muriaticum (P) Graphites [Graph]  
Nitrogenum purum (S)

#### Series 3

Ammonium fluoratum Magnesium metallicum Phosphorus triodatus [Phos-i]  
Sulphuricum acidum (S)

#### Series 4

Calcium phosphoricum [Calc-p]  
Chromium oxidatum Cobaltum iodatum (P)  
Cobaltum metallicum [Cob]  
Ferrum iodatum [Ferr-i]  
Scandium metallicum Selenium metallicum [Sei]  
Titanium metallicum [Titan]  
Titanium phosphoricum (P)  
Zincum metallicum  
Zincum muriaticum  
Zincum nitricum (P)  
Zincum oxidatum

#### Series 5

Argentum iodatum Cadmium metallicum [Cadm]  
Cadmium iodatum  
Cadmium sulphuratum [Cadm-s]  
Molybdenum sulphuratum [Molyb-s]  
Niobium sulphuricum (P)  
Ruthenium metallicum [Ruth]  
Technetium metallicum  
Yttrium metallicum  
Zirconium metallicum [Zirc]

#### Series 6

Hafnium metallicum  
Osmium metallicum [Osm]  
Rhenium metallicum  
Thallium metallicum  
Tungstenium sulphuratum

#### Lanthanides

Cerium bromatum  
Cerium fluoratum  
Cerium muriaticum  
Cerium nitricum  
Dysprosium iodatum (P - c.b Trig)  
Dysprosium metallicum  
Erbium iodatum  
Erbium metallicum  
Europium fluoratum (P - c.b Ortho)  
Europium muriaticum  
Gadolinium fluoratum  
Gadolinium metallicum  
Gadolinium muriaticum  
Holmium iodatum  
Holmium metallicum  
Lanthanum bromatum  
Lanthanum fluoratum  
Lanthanum metallicum  
Lanthanum muriaticum  
Lutetium iodatum (P - c.b Trig)  
Lutetium metallicum  
Neodymium fluoratum [Neod-f]  
Neodymium metallicum [Neod]  
Neodymium muriaticum [Neod-m]  
Neodymium oxidatum [Neod-o]  
Praesodymium bromatum  
Praesodymium fluoratum  
Praseodymium metallicum [Pras]  
Praseodymium muriaticum  
Praseodymium oxydatum  
Prometheum metallicum

Prometheum muriaticum (P)  
Samarium fluoratum (P - c.b Ortho)  
Samarium iodatum  
Samarium muriaticum [Sam-mur]  
Terbium iodatum (P - c.b Trig)  
Terbium metallicum  
Terbium muriaticum (P - c.b Ortho)  
Thulium iodatum (P - c.b Trig)  
Thulium metallicum  
Thulium fluoratum

#### Gemstones and crystals

Apatite-blue [Apat-blu-im]  
Apatite crystal [Apat-cr]  
Apatite-green [Apat-gr-im]  
Apatite-yellow-green [Apat-yel-gr-im]  
Beryl Group  
- Aquamarine [Aquam-im]  
- Beryl crystal (general) [Beryl-cr]  
- Beryl-green [Beryl-gr-im]  
- Beryl-red [Beryl-red-cr]  
- Beryl-yellow-gold [Beryl-gid-im]  
- Beryl-yellow-green [Beryl-yel-gr-im]  
(also known as Heliodor)  
- Emerald [Emer-cr/im]  
- Goshenite [Beryl-gos-im]  
- Morganite [Beryl-mor-cr]  
Pyromorphite - green  
Sugilite [Sugi-cr/im]  
Vanadanite [Vanadit-im]

#### Organic compounds

Benzolum benzolum (P)

#### Plants (S)

Dulcamara  
Lycopersicum esculentum (P)  
Nuxvomica  
Prunus spinosa (P)  
Pulsatilla pratensis

Quercus robur  
Ruta graveolens  
Sanguinaria canadensis  
Sarsaparilla officinalis  
Symphytum officinale  
Vanilla

**Animals (S)**  
Androctonos  
Apis mellifica  
Lac equinum  
Vipera berus

**Imponderables (S)**  
Ignis alcoholis  
Sol

## Trigonal Medicines

### Elements and minerals

#### Series 2

Beryllium silicatum (P)  
Boron metallicum [Bor-met]

#### Series 3

Alumen [Alumn]  
Aluminium muriaticum  
Magnesium muriaticum (P - c.b Mono)  
Natrium nitricum [Nat-n]  
Silica [Sil]

#### Series 4

Arsenicum metallicum [Ars-met]  
Arsenicum iodatum [Ars-i]  
Calcarea arsenicosum  
Calcarea carbonicum (S)  
Calcarea iodatum (S) [Calc-i]  
Chromium bromatum  
Chromium oxidatum  
Cobaltum fluorium (P - c.b Tet)  
Cobaltum oxidatum (P - c.b Cubic)  
Ferrum bromatum  
Haematite  
Kalium arsenicosum (S, P)  
Kalium carbonicum<sup>\*\*\*</sup> [Kali-c]  
Manganum carbonicum  
Niccolum carbonicum  
Zincum carbonicum (P)  
Zincum silicicum

#### Series 5

Antimonium metallicum  
Antimonium iodatum  
Argentum cyanatum  
Cadmium bromatum  
Cadmium carbonicum

Cadmium muriaticum [Cadm-m]  
Stannum muriaticum (P)  
Strontium phosphoricum  
Tellurium metallicum [Tell]  
Yttrium bromatum (P)

#### Series 6

Baryta muriaticum (P - c.b Mono/Ortho)  
Baryta phosphoricum [Bar-p]  
Bismuth iodatum  
Bismuth metallicum [Bism]  
Cinnabaris [Cinnb]  
Plumbum iodatum  
Plumbum phosphoricum [Plb-p]

#### Lanthanides

Dysprosium bromatum  
Dysprosium iodatum (P - c.b Hex)  
Erbium bromatum  
Erbium iodatum (P - c.b Hex)  
Europium iodatum (P - c.b Ortho)  
Gadolinium iodatum  
Gadolinium phosphoricum  
Holmium iodatum (P - c.b Hex)  
Lanthanum oxidatum  
Lutetium bromatum  
Lutetium iodatum (P - c.b Hex)  
Neodymium oxidatum (P - c.b Ortho)  
Samarium metallicum [Sama]  
Terbium bromatum  
Terbium iodatum (P - c.b Hex)  
Ytterbium bromatum  
Ytterbium iodatum (P - c.b Ortho)

#### Gemstones and crystals

Agate crystal [Agat-cr]  
Agate dendritic [Agat-den-cr]  
Agate-moss crystal [Agat-mo-cr]  
Agate-tree crystal [Agat-tr-cr]  
Amethyst [Ameth-cr/im]  
Ametrine [Ametr-cr]  
Calcite crystal (General) [Calcit-cr]  
Calcite-gold [Calcit-gld-cr/im]  
Calcite-orange [Calcit-or-im]  
Calcite-yellow [Calcit-yel-im]  
Calcite-white [Calcit-wh-im]  
Carnelian [Carn-cr/im]  
Chalcedony-blue [Calc-blu-cr/im]  
Chalcedony-copper [Chalc-cop-cr/im]  
Chalcedony-dendritic [Chalc-den-cr/im]  
Chalcedony-green [Chalc-gr-im]  
Chalcedony-pink [Chalc-pk-cr/im]  
Chalcedony-red [Chalc-red-cr/im]  
Chalcedony-yellow [Chalc-yel-cr/im]  
Chrysoprase [Chrysopr-cr/im]  
Cinnabar [Cinnb-cr/im]  
Citrine [Citr-cr/im]  
Diopside [Diopt-cr/im]  
Dolomite crystal [Dolom-cr]  
Dolomite-pink [Dolom-pk-im]  
Haematite [Haemat-cr/im]  
Heliotrope [Heliot-cr/im]  
Jasper stone (General) [Jasp-st]  
Jasper-green [Jasp-gr-im/st]  
Jasper-yellow [Jasp-yel-im/st]  
Magnesite [Magnes-cr]  
Manganocalcite [Mang-calc-im]  
Marble crystal [Marbl-cr]  
Mookaite [Mook-cr]  
Morion [Morion-im]

\*\*\* *Kali-carb* has the formula  $K_2CO_3$ . While it is shown to be Monoclinic by X-ray diffraction, all available cases in homeopathy indicate that it is Trigonal. In this case I suspect that the original preparation is tainted.

Onyx-black [Onyx-bl-cr/im]  
 Pietersite [Piet-cr/im]  
 Quartz crystal [Quart-im] Quartz-smoky [Quart-sm-im/ cr]  
 Quartz Tourmalinated [Quart-tour-cr]  
 Quartz-lavender [Quart-lav-im]  
 Quartz-rose [Quart-ros-im]  
 Rhodocrosite [Rhodocro-cr/im]  
 Ruby [Ruby-im/cr]  
 Sardonyx crystal [Sard-cr]  
 Sapphire-blue [Sapph-im/cr]  
 Sapphire-yellow [Sapph-yel-im]  
 Sunstone [Sunst-im/st] (Trigonal haematite in Triclinic feldspar)

Tiger-eye crystal [Tiger-eye-cr]  
 Tiger-iron crystal [Tiger-ir-cr]  
 Tourmaline-black [Tour-blk-cr/ im]  
 Tourmaline crystal (General) [Tour-cr]  
 Tourmaline dravite [Tour-dr-cr/ im]  
 Tourmaline-elbaite-turquoise [Tour-elb-tur-im]  
 Tourmaline-green [Tour-gr-cr/ im]  
 Tourmaline-indicolite [Tour-ind-cr/im] Tourmaline-rubellite [Tour-rub-cr/im]  
 Tourmaline-schorl [Tour-sch-cr/ im]  
 Tourmaline-watermelon [Tour-wat-cr/im]

#### Plants (S)

Bryonia alba  
 Clematis recta  
 Gelsemium sempervirens  
 Rhus radicans  
 Rhus toxicodendron  
 Viola odorata

#### Animals (S)

Lac vaccinium defloratum  
 Lac leoninum  
 Mus musculus

#### Nosodes

Psorinum

#### Synthesised chemical

Polystyrene (S)

#### Elements and minerals

##### Series 2

Ammonium carbonicum [Am-c]  
 Ammonium picrate  
 Ammonium sulphuricum (P)  
 Fluoricum acidum  
 Lithium phosphoricum [Lith-p] (P)  
 Lithium silicicum (P)

##### Series 3

Alumina phosphorica  
 Alumina silicata [Alum-sil]  
 Chlorum [Chlor]  
 Magnesium bromatum (S)

Magnesium iodatum  
 Magnesium phosphoricum [Mag-p]  
 Magnesium silicatum (P)  
 Magnesium sulphuricum Natrum silicatum  
 Natrum sulphuricum Phosphoricum acidum [Phos-ac]  
 Sulphur [Sulph]

##### Series 4

Arsenicum bromatum  
 Bromium [Brom] Calcareum bromatum  
 Calcareum muriaticum [Calc-m]

Cobaltum sulphuricum (P - c.b Mono)  
 Gallium metallicum [Gall]  
 Gallium phosphoricum Kalium nitricum [Kali-n] Kalium sulphuricum Manganum oxidatum Manganum silicatum [Mang-sil]  
 Manganum sulphuricum (P - c.b Mono)  
 Niccolum fluoratum  
 Niccolum sulphuricum [Nicc-s]  
 Strychninum sulphuricum Titanium oxidatum (D-Tetr) Titanium sulphuricum (P)

### Orthorhombic Medicines



Zincum arsenicosum (P - c.b Mono)  
Zincum phosphoricum [Zinc-p]  
Zinc sulphuricum

#### Series 5

Antimonium crudum [Ant-c]  
Antimonium oxidatum  
[Dimprohic - also Cubic]  
Argentum nitricum [Arg-n] Iodium  
[Iod]  
Strontium carbonicum  
[Stront-c]  
Strontium iodatum

#### Series 6

Aurum mur natronatum  
Aurum iodatum  
Baryta arsenicosum (S)  
Baryta carbonicum [Bar-c]  
Baryta bromatum  
Baryta bromicum  
Baryta iodatum  
Baryta muriaticum (P - c.b Trig/  
Mono)  
Baryta sulphuricum [Bar-s]  
Bismuth fluoratum  
Bismuth muriaticum (P)  
Mercurius corrosivus (P - c.b  
Mono)  
Mercurius sulphuricum (P - c.b  
Mono)  
Plumbum carbonicum  
Plumbum sulphuricum (P)  
Thallium sulphuricum

#### Series 7

Radium bromatum  
Uranium metallicum  
Uranium nitricum

#### Lanthanides

Cerium iodatum  
Cerium sulphuricum Dysprosium  
fluoratum Erbium fluoratum  
Europium bromatum Europium  
fluoratum (P - c.b  
Hex)  
Europium iodatum (P - c.b Trig)  
Gadolinium fluoratum Holmium  
fluoratum Lanthanum iodatum  
Lutetium fluoratum

Neodymium bromatum Neodymium  
iodatum Neodymium oxidatum (P -  
c.b Trig)  
Praesodymium iodatum Samarium  
bromatum  
Samarium fluoratum (P - c.b Hex)  
Terbium fluoratum  
Terbium muriaticum (P - c.b Hex)  
Thulium fluoratum  
Ytterbium fluoratum  
Ytterbium iodatum (P - c.b Trig)

#### Gemstones and crystals

Alexandrite [Alex-cr] Antimonite  
Aragonite [Arag-cr]  
Aragonite-white [Arag-wh-im]  
Aragonite - yellow  
Celestite [Celes-im] Chialstolite  
[Chias-im/cr] Chrysoberyl [Chrysob-  
cr] Dumortierite [Dumort-cr]  
Hemimorphite lolite  
Pearl [Pearl-im]

Peridot [Perid-im] Prehnite  
[Preh-cr] Thulite [Thulit-cr]  
Topaz [Top-cr]  
Topaz-blue  
Topaz-clear [Top-cl-cr] Topaz-  
golden [Top-gld-im]  
Variscite [Varis-cr] Zoisite  
[Zois-cr]

#### Organic compounds

Aceticum acidum [Acet-ac]  
Camphora [Camph]  
Methylenum bichloratum  
Piericum acidum [Pic-ac]  
Santoninum

#### Plants (S)

Abies nigra  
Aethusa cynapium  
Buddleia davidii Cicutia virosa  
Cocculus indicus  
Cyclamen europaeum  
Mezereum  
Opium Sabadilla  
Staphisagria Tilia europea

#### Animals

Lac caninum  
Lac delphinum  
Lac humanum

#### Nosode (S)

Medorrhinum Morbillinum

#### Waters (S)

Aqua marina

## Monoclinic Medicines

### Elements and minerals

#### Series 2

Ammonium phosphoricum Borax  
veneta [Bor] Carbo vegetabilis (S)  
Lithium carbonicum Nitric acidum  
[Nit-ac] Ozone (S)  
Sanicula aqua (S).

#### Series 3

Magnesium carbonicum [Mag-c]  
Muriaticum acidum (S) Natrum  
carbonicum [Nat-c] Natrum  
phosphoricum [Nat-p] Natrum  
sulphurosum [Nat-sulo]  
Phosphorus [Phos]

#### Series 4

Arsenicum sulphuratum flavatum  
[Ars-s-f]  
Arsenicum sulphuratum rubrum  
Calcareo sulphuricum [Calc-s]  
Cobaltum muriaticum [Cob-m]  
Cobaltum nitricum [Cob-n]  
Cobaltum phosphoricum Cobaltum  
sulphuricum (P - c.b Ortho)  
Cuprum aceticum Cuprum oxidatum  
nigrum Feldspar (P - c.b Trie)  
Ferrum mur [Ferr-m] Ferrum phos  
(S) [Ferr-p] Ferrum sulphuricum  
[Ferr-s]  
Hepar sulph (S)  
Kalium chloricum [Kali-chl] Kalium  
phosphoricum [Kali-p] Kalium  
silicicum [Kali-sil] Manganum  
aceticum Manganum muriaticum  
[Mang-m]  
Mangarium sulphuricum (P - c.b  
Ortho)  
Natrium arsenicum (P) Niccolum  
aceticum (P) Niccolum arsenicosum  
(P)  
Zincum arsenicosum (P - c.b Ortho)

#### Series 5

Argentum sulphuricum [Arg-s]  
Cadmium nitricum (P)

Cadmium sulphuricum  
Molybdenum muriaticum (P - c.b  
Cub)  
Stannum fluoratum  
Stannum iodatum  
Tellurium bromatum  
Yttrium phosphoricum (P - c.b Tet)

#### Series 6

Aurum bromatum  
Aurum muriaticum (P)  
Aurum phosphoricum  
Baryta muriaticum (P - c.b Trig/  
Ortho)  
Bismuthum oxidatum  
Mercurius bromatum  
Mercurius corrosivus (P - c.b Ortho)  
Mercurius phosphoricum (P)  
Mercurius solubilis  
Mercurius sulphuricum (P - c.b  
Ortho)  
Plumbum aceticum  
Plumbum chromicum  
Tungsten oxidatum

#### Lanthanides

Cerium phosphoricum [Cer-p]  
Dysprosium muriaticum  
Erbium muriaticum  
Europium oxidatum Gadolinium  
bromatum Holmium muriaticum  
Lanthanum phosphoricum Lutetium  
muriaticum Neodymium  
phosphoricum Praesodymium  
phosphoricum Samarium  
phosphoricum Thulium muriaticum  
Ytterbium muriaticum

#### Gemstones and crystals

Actinolite [Actin-cr] Aegirine [Aegir-  
im/cr] Aventurine-green [Avent-gr-  
im/ cr]  
(Monoclinic Fuschite in Trigonal  
Quartz)  
Azurite [Azur-im/cr] Azurite-  
malachite [Azur-mal-im]  
Biotite lense stone [Biot-im/st]

Charoite [Char-im/cr] Chrysocolle  
[Chrysocol-cr] Diopside  
Epidote [Epid-im/cr] Kunzite [Kunz-  
im/cr] Hiddenite  
Jade-jadeite [Jadit-im/cr] Jade-  
nephrite [Jad-nep-im/cr] Lepidolite  
[Lepid-cr]  
Malachite [Malac-im/cr] Mica-  
muscovite  
Moonstone general [Moon-cr]  
Moonstone-blue [Moon-bl-im] Moon-  
rainbow [Moon-ra-im] Moonstone-  
white [Moon-wh-im] Sand Rose  
Selenite  
Serpentine [Serp-cr] Sphene

#### Organic compounds

Benzoicum acidum Carboicum  
acidum [Carb-ac] Gallic acid [Gall-  
ac] Naphthalinum  
Oxalicum acidum [Ox-ac]

Saccharum album [Sac-alb]

### Plants (S)

Capsicum annum  
Chocolate  
China officinalis  
Cimicifuga racemosa  
Coffea cruda

Glycyrrhiza glabra  
Hypericum perforatum  
Ignatia amara Kola  
Ocimum sanctum  
Saccharum officinale  
Secale cornutum Spigelia  
anthelmia

### Animals (S)

Atrax robusta  
Buthus australis  
Cenchrus contortrix  
Tarentula hisp

### Nosodes (S)

Tuberculinum bovinum

## Triclinic Medicines

### Elements and minerals

#### Series 2

Boric acid  
Oxygenium (S)  
Succinic acidum

#### Series 3

Kaolinum [Kaol]

#### Series 4

Calcarea silicata [Calc-sil]  
Cuprum sulphuricum [Cupr-s]  
Feldspar (P - c.b Mono)  
Kali bichromicum [Kali-bich]

### Gemstones and crystals

Amazonite-blue-green  
[Amaz-im/cr]  
Amblygonite-white  
[Ambly-wh-cr]

Amblygonite-yellow-gree  
[Ambly-yel-gr-im]  
Astrophyllite [Astro] Feldspar-  
albite-white Kyanite-blue [Kyan-  
blu-im/cr] Kyanite-green [Kyan-  
gr-im] Labradorite-blue [Labr-bl-  
im] Labradorite crystal [Labr-cr]  
Larimar [Lari-im/cr] Pectolite  
Rhodonite (in black matrix)  
[Rhodon-im]  
Turquoise [Turq-im/cr] Ulexite  
[Ulex-im]

### Plants (S)

Aconitum napellus Anhalonium  
lewinii (P) Bambusa  
arundinacea

Berberis vulgaris  
Caulophyllum (P)  
Chamomilla  
Drosera rotundifolia  
Pseudostuga menziesii  
Stramonium  
Solanum tub aegrotans

### Animals (S)

Asterias rubens  
Cantharis vesicatora (P)

### Nosodes and sarcodes (S)

AIDS nosode  
Leprosinim (P)  
Placenta  
Rheumatoid Arthritis  
nosode (P)

## Amorphous Medicines

### Minerals and elements

#### Series 1

Hydrogen (S) [Hydrog]  
Helium (S)  
Neon (S)

#### Series 3

Alumina oxydatum [Alum]  
Glass

#### Series 6

Mercurius vivus [Merc-v]

### Plants (S)

Belladonna  
Rumex crispus  
Thea chinensis  
Hyoscyamus niger

### Gemstones and crystals

Amber [Amber-im/st]  
jet [Jet-st]  
Moldavite [Mold-im/st]  
Obsidian-apache-tears  
[Obsid-ap-im]  
Obsidian-black [Obsid-blk-im/  
st]  
Obsidian-black/green  
[Obsid-blk-gr-st]

Obsidian-rainbow [Obsid-ra-im]  
Obsidian stone [Obsid-st] Opal-blue  
[Opal-blu-im] Opal-chrysopal [Opal-  
chr-im/ st]  
Opal-black [Opal-blk-im] Opal-fire  
[Opal-fi-st] Opal-green [Opal-gr-st]

Opal-pink [Opal-pk-im/st] Opal  
stone (general) [Opal-st] Opal-white  
[Opal-wh-im] Pele's Hair [Pel-h]  
Tektite [Tekt-st]

**Organic compounds**

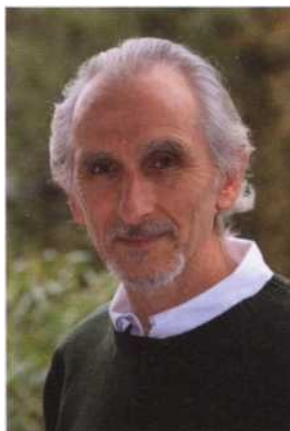
Alcoholus (S) [Alco] Succinus  
purum [Succ]

**Imponderables (S)**

Luna [Luna]  
Spectrum

**Synthesised chemical**

Lysergic acid (S) [LSD]



## About the Author

Peter Tumminello, N.D., D.B.M., Adv.D.Hom. Med. FGAA

Peter has been in full-time practice using homeopathic and natural medicines for over 30 years. He studied as a naturopath but quickly found his place in homeopathy with its 'simple, single medicines and power to address the whole person'. He was co-founder and principal of the Sydney College of Homeopathic Medicine for nine years. In 2005 he published his major work on crystals in the book *'Twelve Jewels'*. This was the culmination of more than ten years of group experiments and clinical experience with medicines made from crystalline substances: the 'gem' medicines.

Peter has presented a series of seminars to professional homeopaths and medical practitioners in New Zealand, Britain, Holland, Norway, Germany, Israel, South Africa and the Australian states. He has also written articles for various journals including Homeopathic Links, Similia, Spectrum of Homeopathy and The Homeopath (the journal of the Society of Homeopaths).

Peter has become a qualified gemmologist to develop his knowledge of crystalline substances. He continues to search out gemstones in the remote regions of Australia to understand their healing potentials and for the purpose of making homeopathic medicines.

