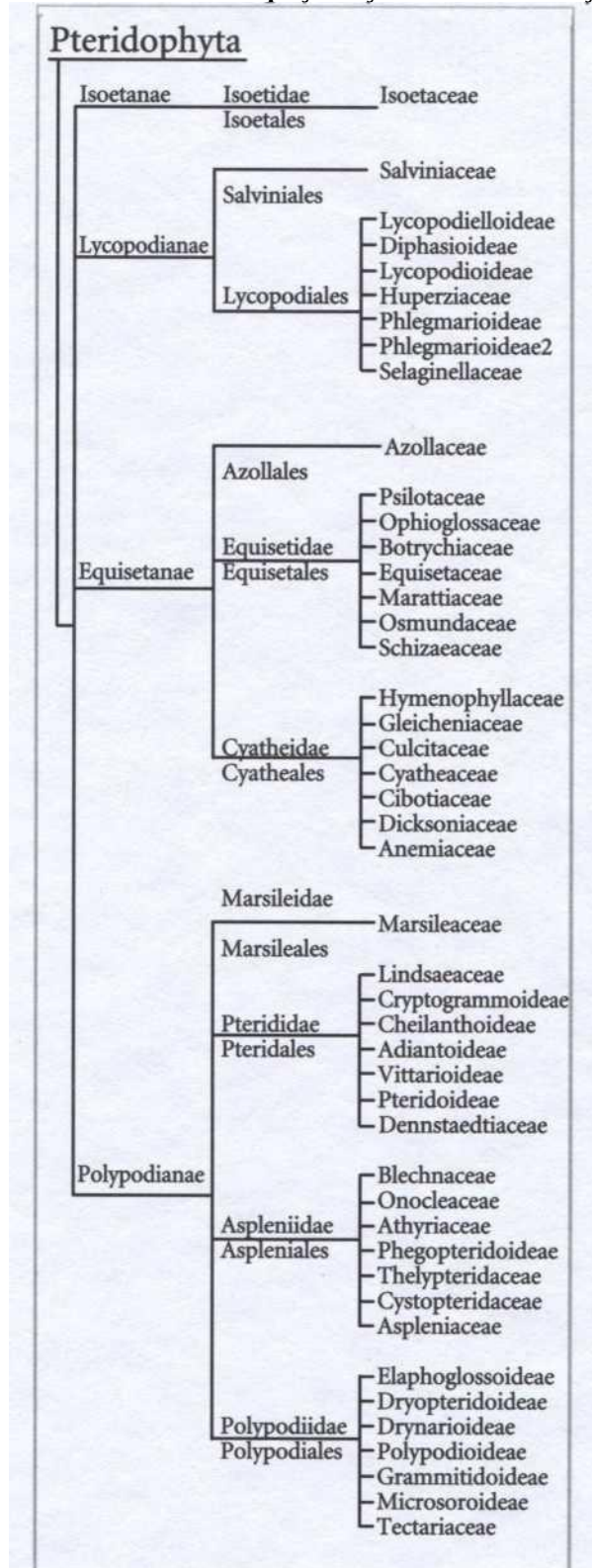


Autistic Ferns



Jan Scholten

Classification of Pteridophyta by the Plant theory



Pteridophyta Families in the Plant theory

Remedy code	Order	Subphase 1	Subphase 2	Subphase 3	Subphase 4	Subphase 5	Subphase 6	Subphase 7
3.411.10.00	Isoetales	Isoetaceae						
3.421.10.00	Salviniales	Salviniaceae						
3.422.10.00	Lycopodiales	Lycopodielloideae	Diphasioideae	Lycopodioideae	Huperziaceae	Phlegmarioideae	Phlegmarioid2	Selaginellaceae
3.431.10.00	Azollales	Azollaceae						
3.432.10.00	Equisetales	Psilotaceae	Ophioglossaceae	Bothrychiaceae	Equisetaceae	Marrattiaceae	Osmundaceae	Schizaeaceae
3.433.10.00	Cyatheaales	Hymenophyllaceae	Gleicheniaceae	Culcitaceae	Cyatheaceae	Cibotiaceae	Dicksoniaceae	Anemiaceae
3.441.10.00	Marsileales	Marsileaceae						
3.442.10.00	Pteridales	Lindsaeaceae	Cryptogrammoideae	Cheilanthesoideae	Adiantoidae	Vittarioideae	Pteridoideae	Dennstaedtiaceae
3.443.10.00	Aspleniales	Blechnaceae	Onocleaceae	Athyriaceae	Phegopteridoideae	Thelypteridaceae	Cystopteridaceae	Aspleniaceae
3.444.10.00	Polypodiales	Elaphoglossoidae	Dryopteridoideae	Drynarioideae	Polypodioideae	Grammitioideae	Microsoroideae	Tectariaceae

Autistic Ferns

Jan Scholten

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I dedicate this book to humanity

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Jan Scholten

Foreword

Jan Scholten's discoveries have enriched our homeopathic world in so many ways that it is hard to think of being a homeopath these days without them. Starting with his work on group analysis, and then his discovery of the significance of the Periodic table as a map of evolution, his work helps us to deepen our understanding of our known remedies by their placement in their natural order, and makes it possible to accurately predict the use of countless hitherto unknown remedies.

This approach continues to develop. Using the Periodic table as the natural base for the evolutionary process of the plant kingdom, he has created a map in which every plant finds its place. Each plant has a code number according to its placement, similar to the way of finding a mineral remedy according to the rows and columns of the Periodic table. However, the plant kingdom being more vast than the mineral kingdom, and "plant people" more nuanced, the code is more complex. His ground-breaking book on the plant kingdom, "Wonderful Plants", explains this system in detail, as it demonstrates how, by understanding the most important aspects of a person's life, these can be translated into a few digits that pinpoint the remedy, step by step.

In that book, most of the attention is on the flowering plants, the Angiospermae. It is only in recent years that Jan and a group of dedicated provers have delved more deeply into some of the ancient plants: the mosses and ferns. These days, mosses are helping us in cases of dementia, where we would previously have been at loose ends.

This most recent work reveals the world of ferns. In Jan's Plant theory, the ferns belong to the fourth series of the Periodic table, the Iron series, with its emphasis on being "normal" - leading a life according to the rules and norms of family and society. Because the ancient plants do not have the Lanthanide quality of self-reflection, which begins only with the Angiospermae, this quality of "normality" has a rather restricted view on life. One unquestioningly applies the rules that one has learned, in order to be secure and to fit in. On the one hand it can make life easier for these individuals - they do not have to question things or take personal responsibility for their decisions, like in the army. On the other hand, it can lead to losing one's sense of self, having relinquished it for the security of the group. And this in turn can lead to dangerous situations, where "just following orders" can be taken to the extreme, as in the case of Eichmann.

Jan refers repeatedly to the writings of Gabor Mate and Arno Gruen, who have given this subject much thought. They both describe the inner conflict that occurs in childhood, where in order to secure the protection of his parents, the child has to conform to the needs and wishes, the rules and regulations of the parents, even when they go against what he senses is right. Ideally, parents take into account the individuality of the child, while at the same time helping him to navigate the world.

Yet, we also carry within us the remnants of previous times, of past generations and past lives, of traumas which have not been integrated and healed. Human history is fraught with the traumas of wartime and of privation of all sorts; these remain deeply embedded in our subconscious, yet they can determine to a large extent our behaviour and our health. In such situations it is a matter of survival, fitting into the group at all costs, following the rules at the expense of one's personal integrity. There is little or no opportunity to de-

velop the more subtle aspects of our nature, such as fine arts and self-reflection - these qualities belong more to the Silver and Lanthanide series. One can become estranged from oneself, and ultimately estranged from others as well, as the ground for true communication is lacking.

Such self-estrangement is often diagnosed as autism, or autism spectrum disorder, which we see more and more these days. Although its causes are in discussion, one can often see disturbing factors in very early childhood, for instance problems of the mother during the pregnancy, or severe reactions to vaccinations, where the child loses previously acquired abilities. It is possible that these events are triggers that reveal even deeper, older traumas passed on through the generations. We shall never know for sure, yet we need the means to address these problems, since autism is becoming a huge issue in our times. Jan has started applying fern remedies in many cases of autism, not only for children, where the diagnosis is fairly evident, but also in adults, where it can be more hidden. With the concept of "personalities", the thought that we are in fact all multiple persons in one person, each with their own manner of being and reacting, we can see aspects of a person that are dissimilar to what we see on the surface. One can for instance find very stiff and rigid aspects, Iron series themes, also in people who are highly sensitive, artistic and philosophical. Jan regards each of these aspects as different personalities, which each require a different remedy. Sometimes these aspects, which remain largely hidden even to the person himself, are allowed to surface when the more evident, outer personalities are treated and healed. It is as though we are going deeper and deeper into ourselves, healing ancient wounds with ancient plants.

This book is thus not merely another *Materia medica* of a group of plants. It brings our healing art to another level, where we are delving deeper and deeper into the nature of our very existence, what it means to be human, and what it means to be healed.

The many cases illustrate the possibilities of the ferns in homeopathy, and this part of the Plant theory map gives us another part of the plant road map for solving our most intractable cases. The humble ferns will never be the same for me!

Deborah Collins

Introduction

This book is the result of a journey into the fern world. I was not searching for it, but it came on to me. It started with doing provings of some ferns, to get a better understanding of them. I had the feeling that that part of the plant kingdom was missing in homeopathy. Two months later I had a case of autism, a boy who was retarded and autistic. I had already tried a few remedies in vain and then realised after the proving that he had two symptoms in common with one fern in the provings, *Hemionitis palmata*. I prescribed that one and the result was very good. He became less autistic and more in contact with the world.

In the beginning, I did not realise the importance of that result. But later, thinking about it, I realised that that result might not be just an accidental one, but an essential one. Ferns are very old plants, a bit "primitive" or "retarded" one could say. And that is the idea with those autistic children too. Since then I have tried them in many cases, especially in retarded and autistic children. And many have come, as their parents heard from others about the good results. They filled my practice, as if was obliged by the universe to help those children and discover the fern world.

In the course of time I realised that that healing could be more general for ferns. Ferns are old plants, evolutionary seen. And they are also limited, having spores, but no seeds and flowers. I knew from some past cases that ferns are connected to enuresis, as is known from *Equisetum*. I had also seen that they can have an aversion to become grown up, that they prefer to stay a child. There can be a kind of retardation.

So I started trying ferns in those patients. But it felt like being blindfolded. Few ferns were available and there was almost no information to give a hold, an idea of what could be the essential and differences. It felt like entering a dark room and not knowing what is there, similar to what Andrew Wiles experienced when he started to prove Fermat's theorem. It was difficult to place the families and remedies in the correct Phases and Stages. In three years that all became gradually better. By doing provings and having occasional good results the classification became more clear. A big help was the classification of the ferns by a group of botanist, the Pteridophyta Phylogeny Group.

When I wanted to publish this book, it became clear that ferns are not only limited to autistic children. One could say that those states are extreme, in a way caricatural. In general ferns are linked to retarded and backward states, but they can be masked by others personalities in people. The Corona epidemic with all its political and social connotations showed the prominent themes of the ferns of rules and order. Normal discussion and dialogue were almost impossible, the dictates of the scientists and politicians were accepted as fact without criticism. Tolerance was nowhere to be seen. It is as if people didn't want or couldn't think anymore. Many people didn't want to think about what is going inside and outside of them. There was a lack of reflection about what is going on. Many people had a tendency to stick to fixed rules and traditions. It is as if they were missing the thinking quality of the Silver series and the reflective quality of the Gold series and Lanthanides. These aspects of the Corona crises are typical of ferns.

Psychology

A great help in understanding the essence of the ferns was the work of Gabor Mate, the "Myth of Normal". It is the being forced into to norms and rules, to become normal. Arno Gruen helped to deepen this understanding with his book "The insanity of normality". Joachim Maaz had discovered the same sick aspect of having to be normal and described it as "Normopathy". Gabor Mate explains that nicely when he writes that normal is mostly used in the sense of what is the most common, but should be used in the sense of healthy. More about this can be found in the chapter "Pteridophyta and Psychology". It became clear to me that these themes are far from seldom. On the contrary they are ubiquitous. I gradually started prescribing ferns for "normal" people. Autistic children turned out to be an extreme form of ferns and the more general form is much less obvious. Fern personality are often hidden, even for the patients themselves. They are hidden and suppressed and only the expression is noticed, without having a clue where the symptoms come from. Good examples are second and third-generation problems of the holocaust. More about this can be found in the chapter "Pteridophyta and Culture". So it took another year to get that aspect worked out before I felt that finishing this book would give a balanced picture of ferns.

Development process

Everything I have written in this book is the result of an ongoing search process. Some parts, are more established, other parts are more tentative or hypothetical. The general classification is quite well confirmed. But some families still have unsure borders. Especially the Stages are often unsure. More in general, the book consists of words. And words can only try to refer to the reality, but are not the reality. It is best to see language and words as pointers to the reality.

Personalities

An important concept in this book is that of personalities. They are a part of the person, with all is sensations, emotions, thought, ideals and diseases. It points to the fact that persons are not sick, are not autistic, but have autistic personalities. Otherwise they could not be cured without dying.

Remedy code

An important aspect is the remedy code. It is a code for the position of plant is the classification of the Plant kingdom. Thus all ferns have a Remedy code. It is written under the name of the Remedy at the start of each chapter.

A more extensive descriptions of the concepts of personalities and Remedy code can be found in the chapters Case taking, Classification of Plants and the Glossary.

Parts

This book is divided in four main parts.

Part 1: Pteridophyta in general.

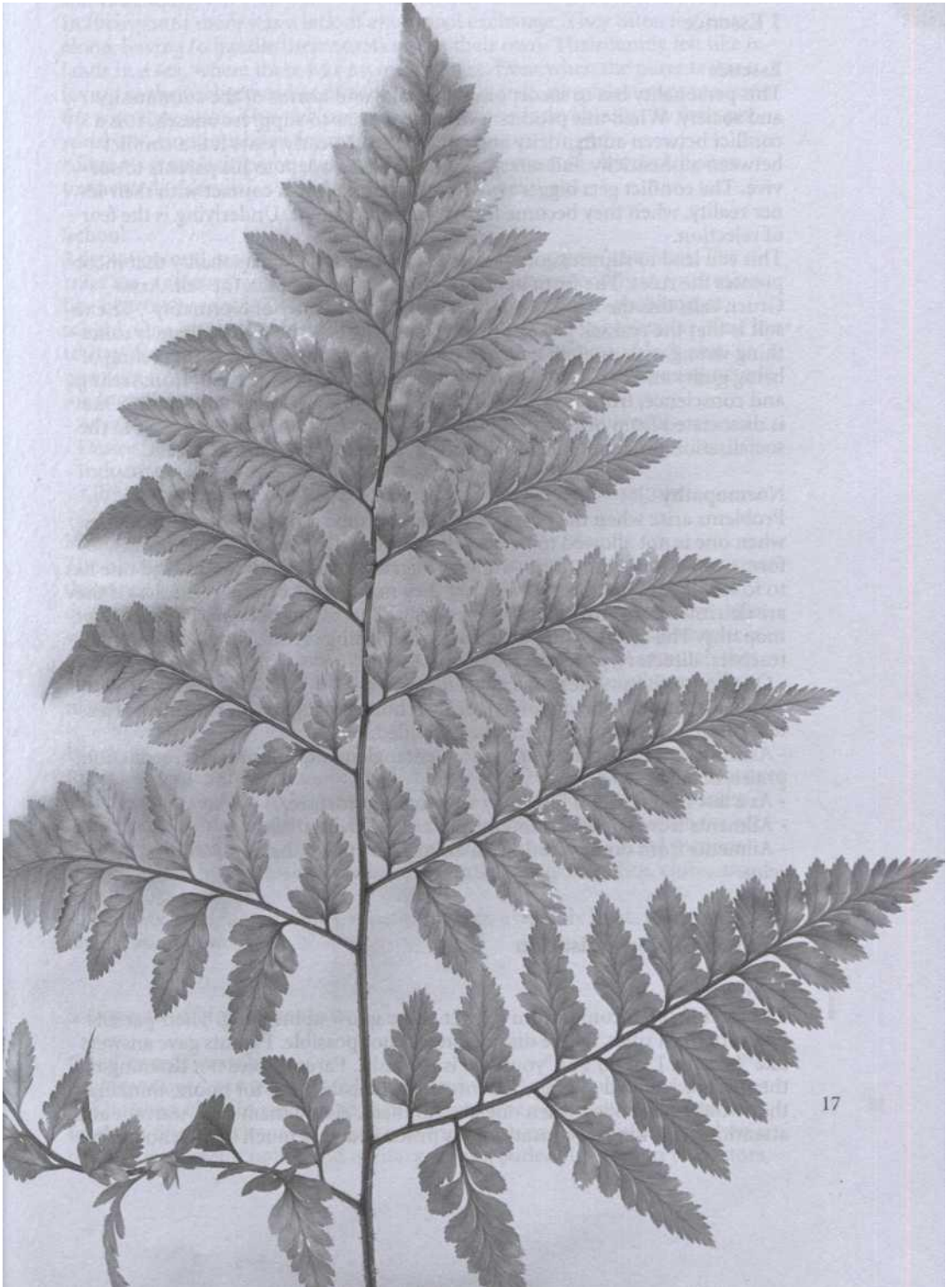
Part 2: Pictures of Pteridophyta.

Part 3: Cases.

Part 4: Provings.

Part 1

Pteridophyta



1 Pteridophyta

1 Essence

Essence

This personality has to incorporate the rules and norms of the community and society. When this process is forced, one has to suppress oneself. It is a conflict between authenticity and conformity. In early years it is a conflict between authenticity and safety, as a child has to adapt to his parents to survive. The conflict gets bigger when the norms have lost contact with their inner reality, when they become forms without content. Underlying is the fear of rejection. This can lead to suppression of oneself and taking on a personality that incorporates the rules. The form becomes more important than the self. Arno Gruen calls this the Basic Lie in his book "The Insanity of Normality". The result is that the real self gets suppressed and one gets the feeling there is something wrong with oneself, that one is not good enough. It gives the feeling of being guilty and bad. One gets disconnected from the inner self, from feelings and conscience, from responsibility and love. It is a strong dissociation. One is dissociated from one's own being, one's own core. One loses oneself in the socialisation process. One gets distorted in the normalisation process.

Normopathy

Problems arise when the norms and rules become more important than life, when one is not allowed to be oneself anymore. One has to follow norms, forms, codes, rules, routines, duties, obligations, and commands. And one has to follow them regardless of whether they make sense or not, regardless if they are detrimental for one's well being or not. The norms become a disease: Normopathy. The Normopathy originates from being forced, forced by parents, teachers, directors, generals, kings, and so on.

- One has to fit into the pattern, grid, harness.
- Indoctrination by being forced, drilled, bullied, laughed at, ridiculed, rejected, ostracised, humiliated, mocked, derided.
- Assimilation of norms by imitation, entanglement, soft pressure, seduction, praise, being bought.
- As a last resort, one is forced by violence and torture.
- Ailments from socialisation, normalisation, civilisation.
- Ailments from domestication, in animals, by yokes, harness, saddles, grids, reins.

2 Forces of Normalisation

Family

The forcing often comes from a strict and narrow upbringing. Their parents had very fixed rules, where discussion was not possible. Parents gave answers like "because I say so", or "your will is rubbish". Parents were not listening to them. They just had to obey. Parents could let babies cry for hours, thinking they would get spoiled when one goes to them, giving them care, warmth and attention. This kind of education was promoted very much by psychologists

like Spock. One step further and this kind of education is enforced with physical violence.

In their youth there was a lack of emotional exchange. They often felt very alone, having to handle their emotions on their own. Their family felt like islands in a sea, where there was no real contact. Even when the parents were loving in the background and caring physically well, they felt no appreciation for who they were. They felt unsupported in their individuality, in their personal and emotional development.

Ailments from being a burden for the parents, unwanted, rejected, beaten, tormented, ridiculed, abused by their parents or siblings.

School

Adaptation and incorporation of norms and rules happens at school. The rules are, and even more were, very strict and harsh, especially in institutions like boarding school. There often is no room for emotional problems at school. One just had to learn the rules, the rules of correct behaviour. One has to stay silent, just sitting, even when the lessons are boring and lack any meaning for life. Originally schools were established to prepare young people for factories with their strict rules and time schedules.

- Aversion to school, their boring and senseless rules and subjects.
- Desire for school, fitting in very well.
- Indoctrinated by teachers, classmates, boarding school.
- Ailments from cold institutions, boarding school, hospitalisations.

Military

The ultimate form of fitting into patterns is the military. The most important thing one has to learn as a soldier is to obey. That means obeying without questioning, without even thinking about alternatives. One has no say about what has to be done. One just has to do what is commanded, also when it is in grave contradiction with one's own conscience. One is drilled so much that any own will and thinking has been suppressed. One is reduced to a killing machine.

Work

Rules and order are even more needed for work. One has to obey the manager and director, one has to keep the time. Their parents often had good intentions in their strict education. They wanted to prepare their children for society, the community, in order to have a good life later with a good income.

Indoctrinated by profession, media, directors, managers, police, clubs, associations.

- Ailments from monotonous, repetitive work, assembly lines, machine, robot, or zombie work.

3 Aspects of Normalisation

Obedience Hierarchy

An important, core aspect is that this personality feels small and weak. They can be like a child in relation to their parents, like a pupil in relation to their teachers, like a workman in relation to their boss, or like a citizen in relation to the government, police and military, or as a patient in relation to doctors.

They feel that they lack the power to be themselves. They think they have to obey in order to be accepted, to be part of the community, to belong to the group. There is a strong aspect of hierarchy. The circumstance and other people are so powerful than there is no other option than to obey. Suppressing one's thoughts, emotions and goals, oneself.

- Obedience, adapting, accepting, docile, collaboration, succumbing.
- Following the leader, parents, relatives, teachers, doctors, priests, police, military, government.
- Meek, not questioning the system, culture, or hierarchy.
- Silent majority.
- Becoming a subject, subordinate, impersonal.
- Pathology of adaptation to avoid the pain of inner chaos.
- Reality politics, with lack of empathy, totalitarianism.
- Fan of the royal family.
- Racial dominance.

Denial of the self

They have to suppress their own feelings and goals in order not to be rejected. Especially when they are young, they have to suppress their feeling when they are forced. As a child one has to suppress one's anger when beaten by one's father. Behind that is the fear of being rejected and sent away and so losing their safety. It is the clash between authenticity and adaptation, as Gabor Mate describes it. Arno Gruen describes it as the betrayal of the self, the Basic Lie. Basic lie: cut off from the inner self.

- Self-denial, self-contempt, self-hate, self-amputation, self-betrayal.
- Suppressing oneself from fear of being judged, criticised, punished, rejected.

Destruction

The denial of the self can become so strong that it turns into self-hate. The self-hate is unbearable and has to be suppressed, but then comes out in destructive thoughts and action projected onto the world.

A clear example of this is honour killing, where a member of a group has to be murdered because she did not follow the rules and norms of the clan.

Dissociation Hidden

The denial of the self leads to a suppression of the inner world. This makes that the problem gets hidden, the patient himself does not know the source of this problems anymore. That makes it difficult for therapists to see the real problem. The example of the a case of Lepisorus macrosphaerus can clarify this. The patient had a struggle with his wife about sexuality. He had the opinion that she had to be sexually receptive for him as she was his possession after being married. Here we see the rigidity of ideas. But what is behind, is not seen. He felt unloved due to an unloving childhood. He tries to feel loved and uses sex for that.

- Disconnected, dissociation, estrangement.
- Locked inside themselves.

4 Consequences of Normalisation

Lifeless empty

Because of the suppression of the self they become empty. The suppression of their own emotions and feelings, their own goals and desires, their own thoughts and life visions makes life to become lifeless, without emotions. Life becomes grey and flat. One becomes dissociated from oneself.

- Feeling lifeless, numb, empty, flat, grey, apathetic, disinterested.
- Lack of life, emotions, creativity, vision, reflection.
- Lack of happiness, joy, liveliness, pleasure, playfulness, spontaneity, empathy.
- Lack of individuality, aspirations, ambitions, curiosity, regret, consciousness, guilt.
- Colourless, grey; dreams colourless.
- Living vegetatively, feeling amputated.
- Seeing people, animals and plants as lifeless, machines, robots.
- Treating people and machines as machines, slaves, who do the dirty work.
- Inner chaos, from loss of contact with one's core, one's self.
- Split identity, emptiness that must be filled with a pseudo-identity.
- Lethargic, loathing life.
- Denying: authenticity, spirituality, self.

Facade or normal

The suppression of the self leads to a life according to the norms. They live with a facade. Their inner world is hidden, consciously or unconsciously. They give the impression of being impersonal, unreal, fake, false. There is just form, no content. There is only outside, no inside. The more this happened from early childhood traumas the more it is suppressed and has become unconscious and the more one behaves as wanted, but unwittingly, unknowingly. They behave as is expected from them, or as they think is expected from them.

This facade of being normal is very well expressed by Jorg Wichmann where he notes the expressions of the Lycopodium personality. Within four minutes the patient says nine times "naturally" and five times "that is obvious". Other expressions used are: "this is the only way", "I am obliged to", "embarrassing to show this in public, isn't it", "this is very often the case", "this was often the case", "all men have this kind of problem", "everyone suffers from this".

These utterances and many others all express the need to be as normal as possible, better said to present oneself as normal as possible.

There is no real contact, only small talk. They want to be normal, to be seen as normal. They don't want to be outstanding, to be distinguished from the environment. But they can be very good in gossiping where they confirm the norms, by judging and condemning abnormalities and deviations, anomalies and discrepancies. They control their ideas by being closed and silent. They prefer to be normal as everyone else in order to avoid criticism and being shamed.

A typical expression is uniforms. One is recognised and acknowledged by the outside and not by the inside. The outside has gained predominance. The form is more important than the content.

- Secretive, hiding, from shame, guilt, fear of criticism, rejection, punishment.
- Silent, taciturn, unable to express oneself.

- Conventional, conformism.
- Locked in oneself, as defence.
- Fear of being judged when others will see what they feel and think inside.
- Irresponsible, unaccountable.
- Ignoring pain, hurt, depression, sadness, to be able not to show them.
- Blackmail, intrigues, gossip.
- Hypocrisy, fake, false, unreal feelings, self-pity.
- Difficulty in letting things go out, in mind, stool, bladder.

5 Expressions of Normalisation

Contact

A consequence of the loss of the inner self is that they do not know how to make contact. They do not know anymore what is good or bad, what is healthy or disease. And they fear they will be criticised when saying something strange, incorrect or woke. That makes them often clumsy and awkward in contact with others. As they don't understand their own emotions, they don't understand those of others. This leads to autistic character traits. So they prefer the contact with close ones like parents and friends above strangers. In extreme cases children stop speaking at all, sometimes even when they understand what their parents are saying.

Marriage can be difficult, because they don't know how to make contact. Arranged marriage is an option then. So marrying a simple person is the best option.

- They retire into their own space.
- Lack of speech, reaction, eye-contact.
- Lack of contact and play with others, other children.
- Aversion or desire for cuddling, hugging, kissing.
- Lack of empathy, sympathy with others and oneself.

Strict rigid

There are several ways to handle the self denial. One way is to adopt the rules fully. The norms and rules are seen as definite and absolute, ordered by the king, sanctioned by the pope, or God given. Then one becomes very strict and rigid, ideally suited to transfer the pattern of self-denial to the next generation. Also the others have to follow the norms, forms, codes, rules, routines, duties, obligations, and commands. One is not free anymore to act differently. One has to obey.

This is evident from the two meanings of order: one is that things are in an order, the second is that it is commanded. When rules and norms get too strict, deviations from the rule get less acceptable. Even discussions about the rules are not allowed anymore, one just has to listen.

Norms are ideas, strategies, gestures, ways of handling, patterns that have become fixed, they have become a rule. They can be good, but can also be rigid, too stringent. This is good in formal situations, like with machines. There is always also a voice that casts doubt about normalisations. But that doubt must be controlled, which is done by over shouting the doubt. One becomes super sure.

Order can be very efficient, because you don't have to think about all kinds of details. It is thinking in advance: where do I put my keys, so that I can find

them easily later. But in relationships norms are mostly detrimental, blocking the flow of emotions.

- Ideas and views: fixed, rigid, dogmatic, orthodox, traditional, old-fashioned, limited, to their own family.
- Feeling: honour, by obeying orders, by being loyal.
- Anger, when things don't go the way they have in mind.
- Anger, when they don't get something they want or it is forbidden.
- Anger, when a ritual or order is changed, broken.
- Honour crime, honour killing.

Control

Another consequence can be that one becomes very controlling. The control is needed to follow the rules. It goes wrong when there is an imbalance between the strictness of the rules and the ability to control things. One cannot trust the inner feelings anymore, one's natural intuition. One is cut off from the inner core. So one needs to control more and more, as one cannot trust life, the universe or God. One becomes very orderly.

Children can become ritualistic, everything has to go according to plan and agreements. They can develop the need to place their toys always in exactly the same order.

As adults they can develop rigid, compulsive traits. An extreme form is obsessive compulsive disorder, OCD. They need strong control to get the feeling they have themselves under control. Or the opposite, that they cannot control themselves as in anorexia or bulimia.

Monomania is another form of getting things under control. Limiting oneself to one thing can make one good at it, for instance in computer games or doodling.

To overcome chaos in their mind they can also become very rigid and develop fixed ideas. In extreme forms it can lead to political fanaticism like fascism, nazism and communism.

Distraction, addiction

Another way to handle the self denial is to go to extremes, in order to feel alive again. This can lead to all kinds of addictions, to drugs like alcohol, tobacco, cocaine, heroin and so on. These drugs are emotional painkillers, giving the feeling of being alive and happy. But it does not last, so one needs them again and again, more and more.

- Hyperactivity, constantly on the move, restless.
- Addiction to computers, internet, games.
- Addiction to television, Youtube, cartoons, movies.
- Autistic, retarded children like to watch cartoon with their exaggerated emotions, as they cannot deal with normal emotions.
- Addiction: gambling.
- Addiction: sex, kinky, perversion, pedophilia.
- Addictions: drugs, alcohol, tobacco, cocaine, heroin.
- Violence: irritability, anger, rage, < trifles, maliciousness, destruction, killing.

Autism

Another reaction is to go into resistance. One can escape the rules by getting out of contact: autism. One retires in one's own world, not showing what

really goes on inside. One retires in one's own cocoon, their own safe base, where they cannot be attacked, where they lock everyone out. In extreme cases one stops even talking, like in retarded autistic children. Even eye contact is often avoided. Sharing emotions and ideas becomes difficult or impossible. As they don't understand their own emotions, they don't understand them of others. They lack empathy and sympathy and have only operational contact. They prefer the contact with close ones like parents and friends above strangers.

- Suppression of the real self, authenticity, autonomy.
- Retardation: speech, motion, toilet training, understanding, physical, growth, sexual.
- Lack of contact with parents, other children, talking, playing.
- Anger, < disorder, unkept promises, forbiddings.

Chaos hectic

The self-denial can also lead to chaos in their mind, the opposite of order. They lack an inner core, as it is suppressed. Emotions and impulses come and go suddenly. They feel out of control of themselves. This can also express outwardly by restless motion, often seemingly purposeless. They can run around, in circles, up and down, cradling and jumping. Their concentration is difficult. They can get the diagnosis of ADD, Attention deficit disorder or or ADHD, when they are also hyperactive.

Weak immature

The self-denial can lead to feeling immature, shy and uncertain. They lack control over their emotions and impulses and cannot verbalise them very well. They are very sensitive to criticism which makes them shrink. It can also provoke sudden outbursts of anger.

Cultures and leaders can have a tendency to denigrate and belittle people. The Catholic church made people into sinners, born with an inherited sin. Science depicts people as less than a grain of sand in the universe.

They feel simple and thus prefer simple surroundings. They have an aversion to new and complicated things and situations. They want to stay small and do not want to grow and become an adult with all their responsibilities. The immaturity can also express as physical and growth retardation or sexual immaturity.

When handicapped they feel better in institutions where things are orderly structured and disciplined.

They can look like slaves, coolies, serfs, servants, untouchables, workers, machines, robots, zombies, who just function and do not think. They are forced to do simple, repetitive, monotonous tasks. It is like the drum in the music, giving the rhythm, but lacking melody.

- Immaturity, mental retardation, autism, Asperger.
- Feeling weak, small, incapable, inferior, wrong, bad, guilty, original sin.
- Feeling worthless, being not good enough, a failure, at school.
- Conspicuously inconspicuous, like a grain of sand in the universe.
- I-weakness, being cut off from inner world.
- Immature, small, inconspicuous, childish, naive.
- Timid, shy, in the background; uncertain, insecurity.
- Desire: being normal, unspectacular, invisible, unimportant.
- Retardation in speech, emotional and mental development, sexuality.

Impulsive Naive Not thinking

The self-denial can give rise to an impulsive quality. They just do things, without thinking about it. It is a kind of naivety, as if they are like children, or a teenager. It is as if there is no past, only a future. There is usually they do not think about problems, just accepting things as they are. It seems as if the thinking quality is not well developed.

- It is as if there no past, only a future.
- Lack of vision, lack of reflection.
- No planning for the future, no savings.

Village community

This personality feels small and incapable in a modern and technical world. They prefer a village over a city, being at home over school. They prefer hand work over head work. They feel more at place in an old-fashioned village, where everyone knows each other. They prefer to retire in remote areas where things are as they have been forever. They hope things will stay that way forever. They feel cast from paradise, where everything was easy and happy. Rules and the community have a strong relationship. When people start living together in bigger groups, like tribes and villages, rules are needed to give order in the community. As one does not have contact with all the people of the community all the time, one needs agreements, rules of how to do things. The division of tasks all needs rules. The forms of the rules makes cooperation more easy, needing less time.

On the other hand all kinds of alliances and bonds are there. And there are feuds, mostly having arisen from minor things, like stealing a meter of the neighbour's land, or his cow. Or coming from jealousy. Typical is that those feuds last for years, even lifetimes, as nothing is talked about. So nothing gets resolved. The norms, rules and traditions have to be followed, rigidly, even when they are useless.

They do well in familiar surroundings with family and neighbours. They like being part of clubs of sports and Carnival where they can help by doing hand work.

- Desire: known people, family, relatives, friends, neighbours, villagers.
- Aversion: strangers; new things.

5 Remedy Picture

Mind

Autism; Asperger.

Ailments from not being allowed to be oneself, have one's own ideas, thought, emotion, will.

Ailments from traumatic youth, violent parents, war trauma, vaccinations, cross-generational imprints, cultural imprints.

Feeling insecure, worthless, a failure, being not good enough, at school, at work.

Feeling small, inconspicuous, insignificant, not seen.

Hyperactivity, constantly on the move, jumping, running, in circles, head banging.

Lack of contact with own feelings. feelings of others: lack of empathy.

Being cut off from their spirit, their humanity, emotions, empathy.
 Uniforms, lacking identity, authenticity.
 Retention suppression holding back, weak depression.
 Lack of personal expression.
 Anger, powerless anger, but difficult to defend oneself with speech.
 Ideas and views are fixed, rigid, orthodox, traditional, old-fashioned, orthodox,
 traditional, old-fashioned, limited, to their own family.
 Desire: to be normal, simple, like everyone, natural, unspectacular, invisible,
 unimportant.
 Desire: belonging to the community, the collective, tribe, ancestors.
 Desire: control, order; computer games, being at least good in one thing.
 Desire: routine; predictability; simple life, at home, with family, in own vil-
 lage; adapting to norms.
 Desire: simple music, folk music, tear-jerkers, sing along, polonaise.
 Aversion: to be special, abnormal, stand out, diversity; being adult, responsib-
 ility; blame, criticism; strangers; changes; unpredictability; culture, big cities;
 learning; exertion; change.
 Submit to power, the organisation.
 Vicarious agents, human beings without true self, without autonomy.
 Male, feels superior; pride, thinking themselves to be very good, indispensable.
 Expressions: everyone does, knows; just; obvious, naturally, normal.
 Active reaction: violent outburst, bloated or arrogant; outburst, in mind, urine,
 stool, glands.
 Passive reaction: conformity, suppression, being silent, timid, dry, retaining,
 depressed.
 Fear: alcoholism; parents quarrelling, divorcing; making mistakes, being
 blamed, criticised, embarrassed.
 Thinking slow, difficult.
 Concentration problems; memory loss; disorientation.
 Absent-minded, confused, foggy, like a zombie.

General

Sensation: burning, sharp; stuck; motionless; stuck.
 Weather: desire shade, damp, humid, wet conditions; aversion sun, heat, dry.
 Aversion: food, anorexia.
 Food: < alcohol.

Body

General: ! beri-beri, thiamine deficiency; weight loss; ! growth retardation; en-
 ergy low, fatigue, burn-out.
 Action: anthelmintic; purgative; antibacterial, antimicrobial; diuretic; anti-
 inflammatory; analgesic; antioxidant; anti-cancer, antidiabetic, antiviral.
 Nervous: encephalopathy, Wernicke; ataxia; Korsakoff; dementia, Alzheimer;
 walking tiptoe.
 Head: headache.
 Eyes: mydriasis; nystagmus; hemianopsia; amblyopia; retinopathy; retina and
 macula degeneration; vision less, yellow, blind; diplopia, < looking sideways.
 Throat: hoarse.
 Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.
 Heart: mvocarditis: dilatation.

Stomach: nausea; vomiting; painless hiccough; infection; stomachache; indigestion.

Abdomen: aches; bloated; colic; worms, tapeworm.

Rectum: incontinence; constipation.

Urinary: enuresis; urination copious, frequent, involuntary, < stress, hurry; stress incontinence; retention, painful; renal infection.

Female: dysmenorrhoea; endometriosis; infertility.

Back: backache; spinal column problems; scoliosis, kyphosis.

Limbs: tingling, numbness; cramps, calves, < night; gout; arthritis.

Skin: wounds, cuts; sores; boils; burns; abscesses; acne, eczema; psoriasis; hair thinning; scurf.

2 Pteridophyta Differential Diagnosis between Ferns

Introduction

The differential diagnosis between ferns can be quite difficult, especially when they are autistic. They speak little or not at all, even more so when they are children. Parents can talk about their behaviour, but little about the emotions and thoughts. So one has to deduce their inner state from their behaviour, which is not an easy task. Adult patients also speak little, as they often don't know what is going on inside them. They lack an observing and reflecting quality. They just do things.

Hidden

A complicating factor is that fern personalities are often have an old background of trauma, either their own or that of their ancestors. Parents can feel ashamed about their own traumas and problems and won't talk about them. It is as if fern personalities are in the shadow of the soul. Often they are compensated by more grown-up personalities that overshadow the fern personalities. This problem is absent in autistic and retarded children, so that explains why we could learn much about ferns from these children.

My impression is that ferns are very much needed for adults too, for their hidden personalities. This became obvious in the corona times, where many people were following the rules very strictly and wanted to impose them on others. It even led to real conflicts and separations between family members, friends, colleagues and so on.

This inability to express their state comes from the limitations of the Iron series. The Iron series has similar qualities as Phase 4: they suppress their problems, as they identify with being perfect. They don't have aspects of the Silver series, so they cannot really think, and they miss creativity. They don't have aspects of the Gold series and Lanthanides, so they cannot reflect on themselves, but have to project their problems onto the world, the others.

Traumas

When one thinks about the traumas from wars in the past, with the transgenerational inheritance and the resurfacing of issues from previous incarnations, it is obvious that Pteridophyta must be present very often. The wars had strong rules and orders that had to be obeyed without questioning.

Differential diagnosis between subclasses, orders of Pteridophyta

I came to a set of essences for each order, in the form of basic delusions, as expressed in the table below. The delusions are based on the series. The first series is always series 4, the Iron series. It means that in ferns there is always the theme of socialisation, adapting to the community. It is the process of incorporating the norms and rules, becoming "normal" in order to be accepted by the community. The second series can be Series 1 to Series 4. This indicates who is applying the norms, who is forcing them onto one. For instance when the family is forcing the norms, it indicates Series 3, the Silicon series. The third series is where the force is effected, on what level of life it is forced. For instance, when it has the main effect on the person himself, it indicates Series 2, the Carbon series.

After finding the basic delusion, one has to differentiate the families by the Phases and then within the family, the Stage.

Basic delusions

- 411 Isoetales: Delusion: "I don't understand rules."
421 Salviniaceae: Delusion: "I don't understand my own rules."
422 Lycopodiales:
 "Delusion: "I will not survive if I don't follow my own rules."
 "Delusion: "I will not survive if I follow my own rules."
431 Azollaceae: Delusion "I don't understand the family rules."
432 Equisetales
 "Delusion: "I will not survive if I don't follow the family rules."
 "Delusion: "I will not survive if I follow the family."
433 Cyatheales
 "Delusion: "I will lose my family if I don't follow the family rules."
 "Delusion: "I will lose my family if I follow the family rules."
44 Marsileaceae: "Delusion I don't understand the community rules."
442 Pteridales
 "Delusion: "I will not survive if I don't follow the community rules."
 "Delusion: "I will not survive if I follow the community rules."
443 Aspleniales
 "Delusion: "I will lose my family if I don't follow the community rules."
 "Delusion: "I will lose my family if I follow the community rules."
444 Polypodiales
 "Delusion "I will lose the community if I don't follow their rules."
 "Delusion: "I will lose the community if I follow their rules."

Differential diagnosis of Pteridophyta with Series

Hydrogen series

Absent, absent-minded.
Very little or no contact.
Aversion to cooperate with the world.

Carbon series

Difficult toilet training, incontinence for urine and stool.
Desire touch, contact, cuddling, hugging.
Sleepless, < without parents.
Very withdrawn.
Retardation, of speech, communication, intellect, fine motion, toilet training.
Sensitive to noise, especially crying children and babies.
Aversion to cooperate with people, to communicate.
Aversion to have hair or nails being cut, something of them, their body is taken away.

Silicon series

Speech retardation.
Aversion to cooperate in work, jobs, responsibility.
Relation problems parents, siblings, friends.

Iron series

Very normal.
Feeling normal, hiding behind a facade.

Differential diagnosis between Phases of Pteridophyta

Phase 1

Hectic, restless, constant moving, jumping, running, rolling, head banging, without aim or purpose.

Impulsive, unexpected, unpredictable.

Chaos, lack of centre.

Lack of control,

The inner and outer world feels chaotic, hectic, incomprehensible, baffling.

Immature, simple, naivety.

Fearless, seeing no danger.

Hyperactive, ADD, ADHD.

Phase 2

Will-less, obedient.

Small, immature, weak, inconspicuous, hiding.

Irresponsible, denial of responsibility.

Submission.

Adapting, conformist.

Shy, uncertain, obedient.

Denied self-worth.

Command is command, Eichmann.

Self-diminishing, self-belittling.

Phase 3

Pleasing.

Cuddling, hugging, extremely.

Confusion.

Collaborator.

Pleasing, cuddling, confusion.

Parents denying the pregnancy, for themselves, their husband, family or society.

Phase 4

Self-denial.

Control, rigid, ritualistic, obsessive, OCD.

Rigid, stiff, one-sided, tight, uptight, strict.

Mechanical, machine-like.

Realism, materialism.

Being controlled.

Cuddling, hugging.

Loyalty, to oppressors, without knowing it.

False emotions: self-pity, honour.

Ritualistic; things need to be in the right place, the right order.

Anger: < things don't go the way they thought they want, rules are broken, things are forbidden.

Self-denial.

Phase 5

Self-expansion, self-enhancement, to cover up feelings of inferiority.

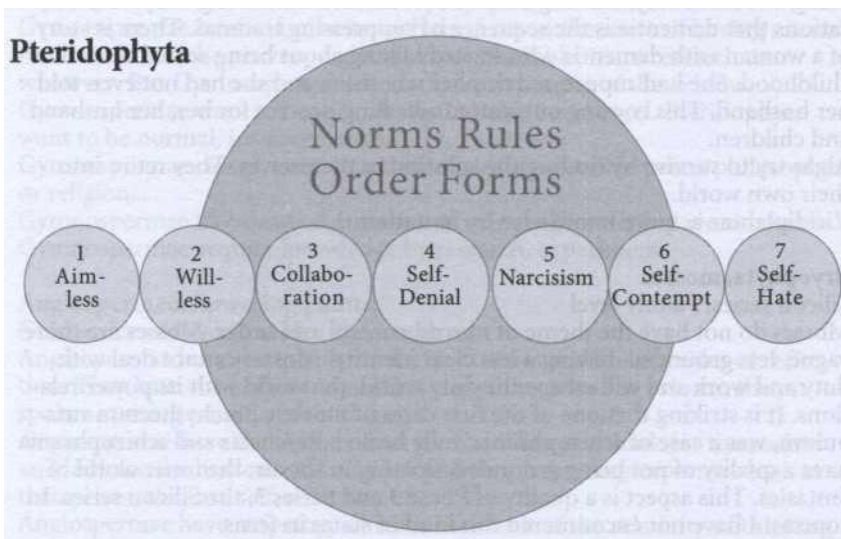
Ambitious, bossy.
Narcissistic.

Phase 6

Self-contempt, self-despise, self-disdain.
Distant, bored, aggressive.
Cynical, mistrustful, conspiracy theorist.
Aggrieved, indignation, resentful, < not having got enough back.
Hooligans.

Phase 7

Self-betrayal, self-hatred.
Hatred projected onto the outer world.
Feeling bad, wrong, condemned.
Aggressive, denied pregnancy, no right to live.
Violent, rage, tantrums; destructive, terror, horror.
Malicious, hurting others, themselves; to see how it is to feel pain.
Critical, vicious, malicious, violent, destructive.
Fascism, communism, totalitarianism, racism, tyranny, dictatorship.
Psychopath, sociopath; projection of the inner bad feeling onto others.
Epilepsy, psychosis.



3 Pteridophyta Differential diagnosis other groups

Introduction

Pteridophyta, the ferns, is one of the seven Phyla or Divisions of the Plant kingdom. The seven Phyla coincide with the seven Series of the Periodic table. Each series stands for a certain level of experience in life. The ferns have the expression of the Iron series, the level of the community.

Seven levels

Nr	Remedy code	Phylum	Series	Life level
1	3-100.00.00	Archaeoplastidae	Hydrogen	Existence
2	3-200.00.00	Viridiplantae	Carbon	Personal
3	3-300.00.00	Bryophyta	Silicon	Family, friends
4	3-400.00.00	Pteridophyta	Iron	Community
5	3-500.00.00	Gymnospermae	Silver	Culture
6	3-600.00.00	Angiospermae	Gold	Political
7	3-700.00.00	Fungi	Uranium	Spiritual

Archaeoplastidae, Algae

Hydrogen series, Existence level

Algae, brown and red algae without chlorophyll, have more foetal traumas, traumas in pregnancies, I think. The case of Azolla in this book shows a trans-gender theme, a theme from the foetal development.

Archaeoplastidae acquire knowledge by absorption.

Viridiplantae, green algae

Carbon series, Personal level

Green algae have more baby and child traumas. I have the impression that dementia is typical for Green algae. In older times people with dementia and Alzheimer were named child-like. And that is a nice description of the state of being of dementia, just being with a lack of rational thinking. There are indications that dementia is the sequence of suppressing traumas. There is story of a woman with dementia who started talking about being sexual abused in childhood. She had suppressed this her whole life and she had not even told her husband. This coming out started a healing process for her, her husband and children.

Algae try to survive by finding the solution in themselves. They retire into their own world.

Viridiplantae acquire knowledge by imitation.

Bryophyta, mosses

Silicon series, Family level

Mosses do not have the theme of norms, control and order. Mosses are more vague, less grounded, having a less clear identity. Mosses cannot deal with duty and work and will escape the duty world, the world with its power relations. It is striking that one of the first cases of mosses, *Brachythecium rutabulum*, was a case of schizophrenia, fully healed. Psychosis and schizophrenia have a quality of not being grounded, floating in the air, the inner world of fantasies. This aspect is a quality of Phase 3 and Series 3, the Silicon series. In contrast I have not encountered this kind of states in ferns.

Mosses try to survive by belonging to a family, peers. Family and friends are

important to rely on.
Bryophyta acquire knowledge by learning.

Pteridophyta, Ferns

Iron series, community level.

Ferns try to survive by belonging to a community. There the relations are more distant, not direct anymore like in the mosses. Then one needs agreements, arrangements. They tend to become fixed, rigid, which are themes of the Iron series, the level of community. The Iron series is the most material, the most grounded of all the series. This makes it understandable that the psychological pathology is more directed to OCD, anorexia and autism. But there is no psychosis, it is more neurosis.

Typical of ferns is also that they take on ideas from authorities, priests, scientists, kings, directors and so on. They cannot really think for themselves, in contrast to Gymnosperms. Ferns lack logic, rationality. They need fixed norms to feel safe.

Pteridophyta are just convinced of their opinions, acquired from authorities.

Pteridophyta are obedient, lacking autonomy.

Gymnospermae can give rise to a class of possessions, wars about land, resources and money.

Ferns like simple music, folk music, tear-jerkers, sing-along and polonaise.

Pteridophyta acquire knowledge by tradition.

Gymnospermae, pines

Silver series, Culture level

Gymnospermae are more intellectual, theoretical. They read books like the Bible and Koran, or science to find answers to problems. Gymnospermae can think and discuss, but are still very attached to their conclusions. Pteridophyta are just convinced of their opinions and don't want to discuss them.

Gymnospermae have the capacity for thinking and logic, but often miss the capacity to question the fundamental principles, the axioms.

Gymnospermae have a similarity with the ferns in the sense of having norms, but they have to be proven, deduced, from the Bible, from research or whatever. But Gymnospermae also lack a questioning of the axioms.

Gymnospermae want to be special, want to shine and excel. Pteridophyta want to be normal, inconspicuous.

Gymnospermae can give rise to a class of cultures, wars between philosophies or religions.

Gymnospermae like classical, intellectual music like Bach and church music.

Gymnospermae acquire knowledge by research, experiment.

Angiospermae, flowering plants

Gold series and Lanthanides, Political level

Angiospermae have the quality of the Gold series and Lanthanides of reflection. They have the ability to question everything, also the axioms, the unspoken starting points of thinking.

Angiospermae have the theme of autonomy. They can think for themselves and look for the nucleus of situations and problems. Angiospermae look at themselves, they are self-reflective.

Angiospermae have empathy, which is the result of the relativity of thinking and the ability to place themselves in the position of others. This leads to a

humanitarian view, seeing every human being as valuable and precious.
Angiospermae like free music with improvisation, expressing emotions, with duets and exchange of interpretations.
Gymnospermae acquire knowledge by imagination, wisdom.

Fungi

Uranium series, Spiritual level

Fungi are very different from Pteridophyta. They are busy with the end of life, they go inside instead of into the outside world. Fungi try to find the essence of life in the inside world as they see that physical life is ending at some moment.

Fungi acquire knowledge by intuition.

Magnolianae

Magnolianae have similar child traumas, adverse childhood experiences. But they are more conscious of themselves, their traumas and problems. In Pteridophyta, ferns, the problems are more unconscious, they go deeper. Magnolianae can talk about their traumas, whereas Pteridophyta are often unable to talk about the original traumas. Magnolianae have a Lanthanide quality and often see the connection with their traumas as coming from their youth, war or whatever. Pteridophyta often have no clue about the origin of their diseases and problems. Pteridophyta have suppressed their traumas, as acknowledging them would lead to problems of disloyalty to their parents or government.

Animals

Animals have the theme of fighting and hierarchy.

Insects, spiders

Insects and spiders are very much like Pteridophyta. They have the same predominance of themes of the Iron series. But insects and spiders are more aggressive and have more the theme of hierarchy.

4 Pteridophyta Psychology

Introduction

The themes of the ferns can be found in the recent works of several psychotherapists. Synchronicity showed me the studies of several psychologists. The first was Gabor Mate writing his book of "The myth of normal". He describes the connection between early childhood traumas and problems later in life like ADHD, addictions and diseases. A second I was pointed to, was Arno Gruen. He titled one of his books "The insanity of normality". The theme of "normal" becomes prominent. This is peculiar, because "normal" tries to divert the attention away from what is happening. Normal is not interesting, it is dull and harmless, so it seems. But these authors place it in the centre of the problem. This is because to become normal means that one cannot be oneself.

Mate: Authenticity versus Attachment

Gabor Mate describes this conflict between being oneself and having to be normal as the conflict between Authenticity and Attachment. A child is dependent on his parents and thus has to adapt if his parents wish so, otherwise he could lose their contact and support and thus his survival. The child is not allowed to be himself, authentic.

Mate writes: "No conceivable condition exists under which a human being has less agency or fewer options than in infancy and early childhood. The imperative to survive overrides everything, and that survival depends on the maintenance of attachment, at whatever cost to authenticity. This is why so many childhoods, particularly in a culture that both breeds stress and feeds on it, are marked by a tense stand-off between the two, where the outcome is predictable and the consequences are lifelong."

Education, Socialisation, Normalisation

Parents tend to raise their children to adapt to society, to be normal, common. That means they will be more accepted, and thus will obtain better positions in society, with a better income. Maybe with the result that they will be better suited to take care of them, the parents, later in life. In this we see the essence as Gabor Mate describes it: the clash between authenticity and attachment. It is a clash between allowing oneself to be oneself and adapting to society and being accepted, recognised and loved.

Arno Gruen describes the socialisation process this way: "Insofar as the socialisation process blocks autonomy, however, this process engenders the evil it attempts to prevent. If parental love is so distorted that it demands submission and dependence for its self-confirmation, social adjustment turns into a test of obedience and the child's efforts to comply bring with them the loss of genuine feelings."

The white ribbon

A very expressive example of a dictatorial and unloving education is the movie "The White Ribbon". A pastor in a small German village before the second World War is very dictatorial. His education is done by silencing his children, who are not allowed to say anything back. They are not allowed to have their own will, they are only allowed to be silent, submissive and obedient. As a reaction they become mischievous and malicious. They bully other

children, create accidents and kill people and animals.

Trauma, ACE, Adverse Childhood Experiences

For children, traumas are not only the obvious events like emotional, physical and sexual abuse. They are also a lack of love, encouragement and recognition. They include a lack of breast feeding, touch, contact with parents, and being left alone while crying because the parents are convinced that taking the baby up will spoil it.

Research shows that traumas have negative effects later in life. They are named more neutrally Adverse Childhood Experiences, ACE. Research shows that the more Adverse Childhood Experiences a child experiences the more there will be addictions, hyperactivity and criminality later in life.

Typical of early childhood traumas is that they are hidden. Psychologists have overlooked them for centuries. They are hidden for the patients themselves, as they have occurred in early childhood. The traumas have been forgotten and suppressed. The feeling is still present, but cannot be verbalised as they were pre-verbal experiences. But they exert their influence all the more, in a hidden way.

Normal

Essential is the concept of normal. Gabor Mate explained very well that "normal" is used in two different, very opposite ways. The first is what is common in most situations: normal is what most people have or do. The second is that normal means healthy. For example, obesity is very normal in the first sense because it is very common, but it abnormal because it is not healthy. The same is true for hypertension, allergies, obedience, gossip and war.

Community level, Iron series

A prominent part of life takes place at the community level, which is the theme of the Iron series. A big issue there is to be normal, to be like the others, not to be deviant, extravagant or extraordinary. It is the theme of socialisation and normalisation. Strong concepts are togetherness, community, collectivity, solidarity, belonging and fellowship.

Gruen: Betrayal of the Self

Arno Gruen describes the same process of self-denial and self-hate. It is a betrayal of oneself. It arises from the same conflict as Mate describes. Gruen uses words like Autonomy versus Adaptation. He discovered that the lack of early love is usually experienced as a flaw, as a disgrace, as one's own fault. The child thinks that there is something wrong with him and starts blaming himself for the traumas. This makes self-love very difficult and enhances selfdenial, and in the extreme forms, self-hate. The consequence of addictions and criminality are then self-evident.

Gruen writes: "Yet it is the paradox of our nature that the failure to attain autonomy can go underground and hide beneath subjection and submissive-ness, beneath a surrender of self to the will of others."

Maaz: Narcissistic Society

Joachim Maaz addresses the same theme of adapting to the norms and how that devaluates oneself. He coined the word Normopathy. This is the disease of following the norms, the rules. Adapting to the norms leads to the devalu-

ation of oneself. To overcome the devaluation of oneself one can start showing off. One can overcompensate the feeling of being worthless with narcissism, showing one's greatness. Society, and especially the political scene, is full of those personalities, leading to a narcissistic society.

Maaz describes the devaluation as follows: "The lack of early love is usually experienced as a flaw, as a disgrace, as self-inflicted" and "Inferiority and self-doubt are the consequences of experiencing devaluation, rejection or a lack of recognition. Parents who do not take the time to recognise and understand their children and to affirm them in their specific way make it more difficult, distort it and prevent the development of a healthy self."

Violence Hate Destruction War

As a psychiatrist, Gruen was fascinated by the events of the second World War. How could people behave as they did, killing as a physician and so on. How could people like Hitler, Goebbels and Goring behave the way they did? He came to the conclusion that they were forced to be "normal", but thereby lost contact with their inner world. They denied their own inner core in order to be accepted. But then they lost their humanity, their empathy, like psychopaths. Like Eichmann explaining that he did nothing wrong, that he just followed orders, that he even rescued a lot of Jewish people. It is the insanity of normality. The human being then becomes the true source of evil.

Hannah Arendt has studied totalitarianism, WWII, and especially the case of Eichmann. Eichmann defended himself by saying that he had done nothing wrong, he had only obeyed orders. He used obedience to deny responsibility. Hannah Arendt came to the conclusion that evil has a banal quality: the "banality of evil". But Gruen shows very convincingly that in the case of Eichmann there is an underlying self-hate. And this self-hate is projected, unconsciously, onto the outside world. The explanation "banality of evil" hides the source of self-hate.

Freud proposed the desire for destruction as a death instinct, Thanatos. For Gruen this is a similar tactic of denying the true source of destruction. There is no independent, elementary death instinct. There is only a projection of violent, destructive qualities of the self onto the outside world. The basic lie of "being someone bad" is suppressed and comes out as a destructive force into the world. Hitler was fascinated by looking at big cities ruined by bombs and fire and could watch those movies for hours.

Patriarchalism

Both Gruen and Maaz connect the above inferiority feelings with patriarchalism. Men become narcissistic in order to overcome their feelings of worthlessness. Women submit to men because of their feelings of worthlessness. This leads to the dehumanisation of men and the oppression of women. Gruen writes: "Our tendency to abstraction masks and smothers the natural drive for autonomy; it lies at the heart of the male's tendency to oppress women, but also of his own dehumanisation."

Obedience versus autonomy

Central to the whole problem is who decides over one's life, others or oneself. It is obvious that the decider should be oneself, with the limitation that that does not hinder others in their freedom. It is about autonomy versus slavery. The fear of autonomy and freedom is strong in many men and women, ori-

ginating from the fear of being punished.

Obedience is the easiest solution, especially when one is still a weak child. The down side is that one loses one's self, one's vitality, spontaneity and liveliness. One becomes more like a machine, a robot. Gruen writes: "All this reduces people's access to their own past, thereby making them more and more dependent on external stimulation, they thus become stimulus-bound and robot-like."

But one has to come back, struggle back to autonomy, authenticity, being one's Self.

This dichotomy of adapting versus autonomy is more common and general. The typical thing of the ferns is that it is connected to becoming like the community, the tribe. Following the norms of the community will give one security but leaves one empty, without empathy and love for oneself and the world.

5 Pteridophyta Culture

Introduction

Human beings have personalities. But one can see them just as easily in cultures and political systems. There is an equivalence between the two levels. The cultural level and the personal level have things in common, they have similar personalities. This is logical, as human beings form the systems of culture and politics. Human beings are part of, and form the culture just as cells are part of and form the human body. So it is interesting to look at the fern quality in our culture, our political and belief systems, our ideologies.

Norms

Norms and rules have positive aspects for society. For example, traffic rules are neutral but beneficial. The rule of driving in the right lane minimises accidents. In some countries the rule is to drive at the left lane. Both are okay, as long as everyone does it. Such rules make life more predictable and easier. Other rules are beneficial for society. For example saying hello to fellow citizens gives a friendly atmosphere. Norms are good when they are healthy and make people happy.

But there are other rules which can be very detrimental. For instance the rule that one has to follow the doctor's advice. This can lead to the situation that iatrogenic death is the third cause of death in our culture.

The problem of norms and rules arises when the people exist for the rules instead of the rules existing for the people. Then the norms are forced onto people even when they are unhealthy or nonsensical.

Community

A prominent part of life takes place at the community level, the Iron series level. It is the theme to be normal, being like the others, not to be deviant, extravagant, or extraordinary. It is the theme of socialisation and normalisation. Strong concepts are togetherness, community, collectivity, solidarity, belonging, and fellowship.

Uniform

The use of uniforms is still quite ubiquitous. They are used in schools, especially boarding schools, and monasteries. Uniforms are very common in the medical profession, for nurses and doctors, especially in hospitals. They are mandatory for police and in the military. The word uniform is typical and a very good expression of the normative quality of the Iron series. There is a norm, which is expressed in a unique form, the uniform. It is a way of qualifying people on the outside, without knowing them, without knowing anything of their inside. This is what autistic personalities do.

In the past we had traditional costumes in villages. The next village had a different costume to show to which village one belongs. Women had to wear black clothes for a few months after their husband had died so that everyone could see that.

Another example is the work on assembly lines. The order of work has become strict, rigid and uniform.

One could say: the form is the norm, the uniform is the uninorm.

Codes

Modern forms of recognising people are by codes, passports, fiscal numbers, social identification numbers, passes for jobs, passwords for websites and the internet. Animals in the bio-industry need more and more codes, numbers attached to their ears, like concentration camp prisoners being tattooed with a number. There are plans for implanting chips into people. People are transformed into numbers and codes.

Form Formalities Formalism

An important duality is form versus content, form versus information. The Iron series is the series that is the most oriented to form. It is the most external, the most oriented towards the outside world of forms. That is why form, formalities and formalisms become so important, and in the extreme the only important thing in the world.

Computers are also producing forms. They can do fantastic things and are very handy, but in the end they are just handling codes. A calculator is just a machine. AI can produce very sophisticated answers, but in the end it is just a machine producing something that can be valuable, but it is not intelligent. The intelligence is built-in by humans, not by the machine.

Obedience

Obedience is at the heart of the fern pathology. The need for attachment, safety and survival makes it obligatory to follow the demands of the parents, teachers and so on. Obedience becomes a survival mechanism. Normalisation becomes a way to be accepted, whatever that might mean. Socialisation becomes a way to be loved, even when that means denying oneself. Parents talk happily about their "good girl". They love their children to adapt, surrender, be obedient, submissive, docile, and meek.

Children learn that obedience is the best way, that that is the way to do things well. It is a way to avoid responsibility. It is a way to avoid mistakes or doing things wrong. That is way Eichmann said he had done nothing wrong, he just followed orders.

Epidemics

A stunning example of Pteridophyta state is the attitude of many people during the corona crisis. Many people just obeyed the rules of the governments, irrespective of whether the rules made sense or not. Even discussions about the rules were impossible. Later, even publications about alternatives were forbidden and doctors who found other ways of treatment were persecuted. Seeing how many people were obeying and refusing to think and discuss the measures one comes to the conclusion that many people have fern personalities.

Servants

In Dutch and German there is the word "knecht", meaning a workman. Etymologically it comes from the word "Knab", a young man. Attached to it is the meaning of a young man being employed for various, physically demanding, and thus socially disrespected tasks. It is a servant and subordinate, a slave and feudal man, a soldier and mercenary. It is someone who is unfree, dependent on someone, having to obey instructions, submitting to the will of others by pressure and coercion, and refraining from independent and free

decisions. The derived word "geknecht" is more specifically expressing that last part of being unfree. It gets translated as: enslaved, bruised, clubbed, snubbed, baton, bunted. The coercion is obvious.

The quality of obedience of many people in our society is expressed by Maaz very well: "I am also talking about the large number of people who, well-adapted to the circumstances and expectations of their environment, live relatively unremarkably, actually normally and quite decently, and, measured against the spirit of the age, can also consider themselves successful, although they live estranged from themselves with a weak and fragile self."

Suppression

In the last expression of Maaz we see the next step, people living estranged from themselves. Obedience leads to self-denial. Arno Gruen calls it the Basic Lie. The suppression of the self leads to self-denial, self-contempt and in the most extreme cases to self-hate.

Worthlessness

When one cannot be authentic and autonomous or when one thinks so, one can easily conclude there is something wrong with oneself. It is a self-devaluation, it feels like being a sinner, a wrong doer.

This delusion has been promoted for a long time by the Catholic church in the form of the original sin: we as humans are born with a sin, even before we have done anything.

In the new form of religion of Materialism this devaluation gets the form of being less than a grain of sand in the universe.

Slaves

Looking back at the history of humanity we see a strong theme of slavery. Slaves are the ultimate form of being worthless. They were only worth of some money. There were many names for them such as serf or servant. They had just to follow orders, they had to obey. When we think of slavery, we think of Africans working on plantations in the Americas. The use of black people as slaves was sanctioned by the pope. But slavery is much more common and old. Rome needed galley slaves for their fleet. In its glory time, Rome needed 350.000 new slaves each year. In the mediaeval ages the slaves were called serf, or they were part of the land and could be bought together with the land. A serf means a servant, serving his master.

Autism

Autism is a fairly new diagnosis. But autistic traits were normal in previous generations. People never telling about themselves and their emotions. It was normal to take one's secrets to the grave. "Normally", soldiers from World War 2 never talked about their real experiences. Incest happened often, but no one dared to talk about it. There was a strong split between the inside and outside world.

Autism is a defence mechanism, against the normalisation forced by society. By hiding in oneself one cannot be judged anymore.

Outside world

The suppression of the inside world leads to a life in the outside world. The world of emotions and feelings is exchanged for the world of possessions and

power to claim possessions. It is living in the outside world because the inside world is worthless.

Split

The theme of being split from nature is the most prominent in the Iron series. It is the struggle between life and nature, how to conquer the problems of survival and how to make tools and machines in order to make life more comfortable. Things have to be or become practical, rational, and functional. One should be able to calculate and control the environment. There is a fear of the future, arising from the idea of deficit, of shortage. Nature has to be conquered instead of lived with.

Materialism

Being split from the inside world leads to the desire to be something in the outside world. It is living in "materialism", in thinking of matter and possessions. It is a compensation: then at least I represent something. It leads to a life of gathering possessions and money, to be admired and "loved" for one's wealth. In the extreme form it leads to narcissism, the desire for richness, fashion, glamour, and glitter. In politics we see this as a drive to become the leader, the most powerful one. This is described by Maaz in his book "The Narcissistic Society". Gruen expresses this desire for power as: "The frustration of autonomy leads to psychological pathology and simultaneously blinds us to the madness of this struggle for power".

Good or bad

A basic question is if people are good or bad in nature. Bregman concludes in his book "Humanity" that the majority of people are good and virtuous. Fern personalities have a low self-worth, imagining there is something terribly wrong with them. Then it becomes very difficult to see the good in others and to trust people. Extreme cases of self-hate project their hate onto others, seeing everyone as bad and dangerous, everyone becomes an enemy. The amount of gossip talk and gossip magazines is an expression of it. It can lead to the statement "People are aggressive beasts".

The idea that people are bad is often backed by the science of the evolution theory, where everyone is fighting against others to survive. Gruen describes that as: "We shift morality to the plane of intellectual concepts while seeing evil as emanating directly from human nature".

In politics we see the distrust in people and treating everyone as an enemy, the huge expansion of secret services, with their checking the telephone and email traffic of everyone.

Destructiveness

Obedience leads to destruction. That is what Mate, Gruen and Maaz are showing us. Obedience leads to self-denial and self-hate projected onto the outside world. Obedience helps the kings and dictators to start wars, with all the killing associated with it, no matter what rationalisations they invent and whatever celebrations they institutionalise afterwards, it ends in people killing each other. The self-hate leads to psychopathy and the desire to express it in violence to others, without knowing why they want to hurt and kill. Maaz expresses this as follows: "These distortions encourage the flight into the image and pseudo-feelings and lead to the lack of an autonomous self, thereby pro-

ducing human beings who destroy life".

Obvious examples of destruction are World War 1 and World War 2. But all wars are madness. War is an expression of Phase 7, where everything is out of order. It arises from feeling rejected, being excluded from civil rights, family, society, and a right to survival.

Military

The military is an example par excellence of the fern state of being. The most important thing imprinted in a soldier is to obey, obey without questioning or thinking. This is prominent in marching in columns, all in precise order. Soldiers are trained to become machines, robots that follow orders. These aspects are well shown in the movie "A Few Good Men". In the beginning soldiers march and move in precise coordination with other soldiers, with tight faces, as if they are all machines without emotions. The plot is that two soldiers had to punish a fellow soldier, who died as a result. They were accused, but the colonel who ordered them to do so, denied that he had given the order.

The enormous amount of money and energy that goes into the military is a sign. The most important thing to learn as a soldier is to obey, much more important than learning how to fight. In the military orders are just orders that have to be followed without questioning.

The most extreme form to force obedience is killing deserters. The soldier has the choice of being shot by the enemy or by his fellow soldiers.

The number of wars would be greatly reduced if the people that decide for war have to go to the front line.

Culture Ideologies

Norms and rules are embedded in the ideologies and philosophies of a culture. They express the values of the culture, the guiding lines one has to adhere to. And just as norms can be unhealthy, so can cultural values and ideologies be unhealthy. But often people do not see that anymore as the majority is thinking the same. It is only after disasters that people are open to questioning the guiding principles, though many people do not even question them then. This arises from the identification with personalities with their inherent ideologies. Letting go of ideologies feels like losing oneself.

Pragmatism

A prominent philosophy of our culture is pragmatism, the philosophy that it is best to handle problems in a pragmatic, rational way. The problem is that pragmatism denies that there are values, goals to achieve. Pragmatism is like logic without starting points, axioms. In a way pragmatism denies that there are goals anyhow. It is like traveling, but not knowing where to.

Materialism

The philosophy that coincides with pragmatism is materialism. Materialism has become the most prominent philosophy of our western culture, where there is no emotional world, no free will, no God. The only thing that exists is matter, and living beings are just machines. The only important aspects are usefulness, utility and function. In the economy this is expressed in businesses that have only one goal: making as much money as one can. Life is reduced to money. Money is security against future dangers.

The negativity of materialism is that only function exists, life is pointless, meaningless, dead. People and other living beings are reduced to machines and slaves, who cannot and should not think. The bio-industry is a good example. Materialism can be attractive for people as the lack of a free will makes that there is no responsibility.

The weird contradiction of materialism is that making money is a goal, but goals don't exist in the philosophy of materialism.

Ubiquity of fern states

Pteridophyta states are not seldom, but ubiquitous as we can conclude from the above events. In my experience in the course of a few years many patients also have Pteridophyta personalities, but they are often hidden and difficult to see. They are hidden in the background, compensated by more educated and civilised personalities.

The Pteridophyta personalities come more to the foreground in stressful situations like war, famine and pandemics. They express themselves in peaceful times in beliefs and convictions, in worldviews and life philosophies. Examples can be found in the cases in part 3 of this book.

6 Case taking

Variable

I have been asked to tell a bit more about how I do consultations, case takings. This has always been difficult to tell, because it's always variable. Every case and thus every consultation is different, because every patient is different. Every situation of the case taking is different. And every case is different because every therapist or doctor is different. Each doctor has his own style of doing consultations, and has his own strengths and weaknesses. All this makes every consultation so different that is difficult to set up strict rules.

Presence Curiosity Compassion

Having said the above, it doesn't mean that there are no general guidelines. There are three prerequisites for good case taking. The first is presence, just being there for the patient and not being distracted by other things. The second is curiosity, having a real interest in the patient and his problems. It is desire to understand him in his pain. The third one is compassion, feeling with the patient. It is empathy, trying to feel the patient, as if one is the patient. It is the same as love, but that word has been hollowed out in our culture (which is weird, because that is what people need the most).

See, feel, understand the patient.

For me, it is important to see, feel and understand the patient. It is a kind of going into his atmosphere, a kind of resonating with the patient. This goes together with guiding the patient to his pain, the centre of it. It is a good sign when a patient starts weeping, as one then knows one is very near the source, the essence. Then the patient can explain his pain, describe the qualities and circumstances better. It is a sensing of the patient. One could say doing a proving of him.

The opposite of pain is regularly present too, in the form of laughing together about the strangeness of situations en emotions. Laughing has a healing quality, a quality of letting go.

Hidden

The main objective of case taking is to find out what the problem is, and more precisely to find out what the essence, the core of the problem is. That is not always easy. The real essence of a problem is unknown to the patient himself. If he would know the essence he would have no problem solving it in a short while. A disease is like labyrinth, in which the patient cannot find the exit. So the therapist has to deduce the essence of it from the symptoms.

Problem

In general, I start with asking about the problem. What is the pain, what is the trouble, what is going wrong, what is the obstacle? Next is to ask more about what is connected to the problem, what makes the problem better or worse, what is connected to the problem, how does it feel? It is asking as much details of the problem as one can?

Discussing the problems will give the patient the feeling of being heard and seen. This can give him also more awareness of what is going on. Awareness can already have a healing effect.

Cause

The next question is what is the cause of the problem. What happened in the life of the patient before the problem started? What triggered it? What were his sorrows, worries, irritations, discords in life? In my experience, most patients are aware of those kind of events, in about 75%.

What the real cause is, is disputable, because there is often already a sensitivity beforehand. When there wouldn't be a sensitivity, how can some event cause the changes? But for practical purposes that is not a big problem.

There is always some kind of trauma, a traumatic experience. One can see all diseases as post traumatic stress syndromes, PTSS. But it is not the event as such that is traumatic, rather how the patients experiences and handles it.

Essence

The above describes the process of finding the essence of the problem. It is going from the symptoms to the source of the symptoms. It is following the threads. It is like fishing, where the fish, the essence, gradually becomes visible.

Personalities

For me, it is a big help to see diseases and remedies as personalities. A personality is a state of being, with its special ways of thinking, looking at the world, its own judgments and prejudices, its own fears and emotions, and its own action and reactions to the world. A personality is a consistent way of being to prevent traumas, most often a special kind of trauma. They have probably been developed after traumas, in this life, in pregnancy and childhood, in adult life, in the life of ancestors, or in past lives. That is why they are hidden, at least partly. In this way, one can see all personalities, and thus all remedies, as post traumatic stress syndromes. This way of thinking is obvious in for instance post war traumas, where even second and third generation issues come up after some time, mostly in older age when the defence mechanism has less energy left. But the principle is general: a personality that has not been relieved, needs some form of expression and healing.

Thinking in personalities makes it also clear that the problem is always in the now, at this moment. A personality is a reaction to a trauma, not the trauma itself. The search for the trauma though is important to understand the personality, to find out what he is defending against.

Another advantage of thinking in personalities is that people are not their personalities, but have them. Personalities are actors, roles, we have taken on. It that sense they are fake, unreal, they are not what we really are. They can come and go. We can free ourselves of them, at least in the sense that we are not a victim of them anymore, but can give them their place. Then they are not a painful wound anymore, but a scar.

Blockage

Case taking can be difficult for the patient. This is because there is always blockage in disease. It is like a knot that has to be entangled. It makes the patient unfee, it limits him in going everywhere in the world. Some parts are hidden in his subconsciousness. What can help is to ask why is something bad? For instance, sleeplessness can be experienced as bad. But the question remains why that is bad, because most people are sleepless in the daytime anyhow. So there is always some thought that makes sleeplessness feel bad.

But that judgement is so obvious for the patient, that he doesn't realise it easily.

Sometimes the patient can get annoyed by the questions asked. There can be an aversion to go to the pain. But in the pain the cause is hidden, the essence. It can be helpful to tell the patient that he doesn't have to answer, but that he only has to try. It will give him a kind of freedom and relaxation which can be helpful to direct his awareness to the problem instead of his resistance.

Events

It can be very clarifying to go through the details of problematic life events, for instance a divorce. And then ask the patient to tell in such a way that it becomes like a movie with all the details in it. How did it start, who started it, what was the reaction of the other, what was the reaction of the patient, how did he feel about it, what happened next, and how did it end?

In principle, one can find all the essential elements of a disease in the causative event. Where the problem is, is an expression of which series of the Periodic table is indicated. How one feels and reacts in that event, gives indications for the Phases and the Stages.

Events are very revealing. They show the personality in action. One can see personalities in stories, novels and movies. It is like a theatre play where the personalities are the actors. The Self is the director.

Sensations, Emotions, Judgements

Very important are the emotions and sensations of the patient in difficult situations. Often they are not so easily described, and the patient has to search for the right words. Often they are expressed as emotions of sadness and anger. But sadness and anger are more expressions of how they handle emotions.

Underneath are the real emotions, for instance like feeling rejected. Important are connected judgements. They can be difficult to find out, as the patient is often so identified with them that he doesn't express them regularly. When one asks about it, they can say that that is normal for everyone. This is an indication that it's really important for the case.

It is often helpful to ask about other events in the patient's life where there were similar emotions and sensations. This can clarify and confirm the essence and diagnosis.

Search process

Case taking has a lot of similarities with other search processes. It looks like the process of identifying plants. It can be like working as a detective or journalist. The search process is done by doctor and patient together.

This search process is not limited to a single consultation. In many cases it continues over several consultations to find the essence, where each consultation can give a kind of deepening of the understanding and more awareness about it in the patient and the doctor.

Incorrect prescriptions can bring about reactions that give a clue about the real problem, the essence. This can be in the form of clarifying dreams. Symptoms can arise that shed another light on the disease. They mostly show which aspect of the disease was missing in the prescribed remedy. Then I search for a similar remedy, for instance out of the same family, with similar Phases or Stages, that also has the new symptom.

Analysis

Case taking and analysis have become more and more intertwined. In the past the analysis started after the case taking. The analysis mostly took the form of a repertorisation. It is like a detective who not only notes facts, but directly asks himself what it means, where it is coming from and what one can conclude from it. It leads to the important question of why.

In the past there was the notion of not asking “why” in homeopathy. My experience though is that the why question is very important, especially about the choices the patient made in his life. Choices show the character of the patient, his personality.

Classification

Great guiding principles for me are the classifications, as has been found in the Mineral kingdom: Series, Stages and Phases.

The series express the level of life: from the personal level to the cultural level, from the existence level to the spiritual level. They express the need of the personality, their goal, what it wants. Here the question of why shows its importance. Why someone does something shows what he tries to reach, what level of his life is important for him. For example, a girl is sleepless, because she fears to be sleepy next day at school, which is problematic because then she fears to fail in examinations, and then to fail the school year, and then the final school examination and that is bad because then she will not be allowed to go the ballet school. All these steps came up from the why question. The need to enter the ballet school is an expression of the Silver series, the cultural level of life.

The desires and aversions of a patient are very important, as they can indicate the goal they want to reach, showing the Series. The favourites are telling much, with the example that some people know their remedy in the form of their favourite plant or animal.

The Stages and Phases are quite similar and express how far the personality is in reaching his goal. They show life stages of everything, from start to finish. Here the question of how sure the patient is can be very revealing. The beginning Stages on the left are insecure, hesitating and shrinking from criticism. The later Stages on the right are more sure, decisive and angry from criticism. These classifications are worked out in the Element theory for the Mineral kingdom and Plant theory for the Plant kingdom. They find their concentration in the Remedy code, which is a short compressed Materia medica, a picture of the state of being of a personality. The Remedy code describes the Series, the levels of being, and the Stages and Phases in one code.

Many entrances

There are also many other entrances in case taking.

When all of the above have not resulted in the correct diagnosis, correct in the homeopathic sciences, then the search process can be extended to other fields to find a solution. Important are the life stories of the patient, stories about how they were as a child, how the relationship with their parents was, the relationships with relatives and friends, the attitude and kind of job they have. Clues can be found in desires and aversions to all kinds of aspects in life, like food, weather, hobbies, plants, nature etcetera.

Dreams can be very clarifying, especially dreams that the patient had the night before the consultation.

We can also ask the patient about things that touched him very much, for instance novels, documentaries movies and the like. It will be very clarifying to ask about which part was the most touching.

When this doesn't help, we can ask the patient about family constellations. Further, we can ask about regression therapy, in this life or in past lives. It does not matter if one believes in those phenomena or not. When they are important for the patient, then it's part of the case.

Intuition Synchronicity

I also use intuition and synchronicity. But that cannot be taught, only appreciated.

Summary

- 1 Start with the complaints.
- 2 Complete the picture: sensations, emotions, thoughts, aggravations, ameliorations, connections.
- 3 Find cause: triggers, problems, worries, fights.
- 4 Find the essence.
- 5 Handle blockages.
- 6 Events: what, why, actions, reactions, feelings, sensations, outcome.
- 7 Emotions and sensations.
Reactions to stories, novels, books, movies, news, documentaries.
Reactions to emotions, anger, commands, prohibitions; of oneself or others.
- 8 Life stories: pregnancy, birth, childhood, work, colleagues, life philosophy, religion, politics.
Relations with parents, siblings, relatives, family, partners, friends, colleagues.
- 9 Desires and aversions: weather, food, hobbies, travel, nature, plants, animals.
- 10 Dreams.
- 11 Family: history, traumas, wars, violence, poverty, losses, famine, divorce, murder. These themes can also arise in family constellations.
- 12 Regression therapy, karma, reincarnation.

Ferns

In principle the case taking is the same for Ferns as for other remedies. But they have aspects that ask for a special treatment.

Autistic ferns

It is difficult to find the cause in case of retarded autistic children. They cannot tell much about their feelings and experiences. Expressions can be found in the physical, emotional, social, and mental development. Causes can be found in pregnancies, labour and vaccinations. I have regularly found the right Fern in the family stories, events of ancestors in war situations.

Adults

In adults, fern personalities are more hidden. They can easily be compensated and overshadowed by Lanthanide or Silver series personalities. I come to think of ferns when I have given many remedies but there is still a lack of joy, a flatness. It feels like a kind of low self-worth. There is no curiosity. It feels grey, but is not even an overt depression. In those cases the Fern personality can often be found in their upbringing, by parents and later by school.

7 Pteridophyta Taxonomy

Introduction

English: Ferns; Pteridophytes.
Synonym: Pteridopsida; Cryptogamae.
Content: thiaminase; tannins; flavonoids.
Members: Ferns, Horsetails, Lycophytes, Clubmosses, Spikemosses, Quillworts.

Plant theory

Pteridophyta is a phylum in the Plant kingdom, including the Ferns, Horsetails and Clubmosses. It is the first clade in the Tracheophyta, the vascular plants. Pteridophyta are placed in the Phylum 4, having the connection with the Iron series.
The classification of the ferns has been difficult. Firstly, there was hardly any information in homeopathy about them. *Lycopodium clavatum* was the exception, but it was so overused and has such a vast Materia medica that it is hard to find the essence in it.

Classification

There are four classes in the Pteridophyta and ten subclasses. The 10 subclasses have each one order, there is only Phase 1.
This expresses that all ferns have an impulsive quality. They just do things, without thinking about it, only following the rules. It is a kind of naivety. It is also an expression of their being young in evolution. They are more children and teenager remedies, even when much needed in adults, for their child and teenager personalities. It is as if there is no past, only a future.
The opposite is the case for Fungi, where there are 7 orders, each in one of the 7 Phases in a subclass, but each order has only 1 family and thus 1 Subphase. This expresses that Fungi has much past, but little future.

Table Subclasses & Orders

Nr	Series	Remedy code	Classes	Subclasses	Order
411	Hydrogen	3-411.10.00	Isoetanae	Isoetidae	Isoetales
421	Carbon	3-421.10.00	Lycopodiana	Salviniidae	Salviniales
422	Carbon	3-422.10.00	Lycopodiana	Lycopodiidae	Lycopodiales
431	Silicon	3-431.10.00	Equisetanae	Azollidae	Azollales
432	Silicon	3-432.10.00	Equisetanae	Equisetidae	Equisetales
433	Silicon	3-433.10.00	Equisetanae	Cyatheidae	Cyatheaales
441	Iron	3-441.10.00	Polypodiana	Marsileidae	Marsileaales
442	Iron	3-442.10.10	Polypodiana	Pterididae	Pteridales
443	Iron	3-443.10.00	Polypodiana	Aspleniidae	Aspleniales
444	Iron	3-444.10.00	Polypodiana	Polypodiidae	Polypodiales

Taxonomy

Pteridophyta are not monophyletic because the Monilophyta, ferns and horsetails, are more closely related to seed plants than to Lycophyta.

Pteridophyta is thus not widely accepted as a taxon anymore, but remains in common parlance, as do pteridology and pteridologist. This is so as Pteridophyta share a life cycle and are collectively treated or studied, for example by the International Association of Pteridologists and the Pteridophyte Phylogeny Group. A nice example is the Pteridophyta itself: it is not monophyletic as the Spermatophyta are arising in them, in between the clubmosses and the real fern, the Euphyllophyta. But the PPG group itself is treating them both. This problem arises from using the criterion of monophyletic too strictly. The botanical classification of ferns was not very developed. This changed very much with the publication on ferns by the Pteridophyte Phylogeny Group, PPG 1, in 2016. This made the homeopathic classification much easier. The table below shows the relationships between the orders as in the Plant theory with the families of the PPG1 classification.

Nr Order	Families
411 Isoetales	Isoetaceae.
421 Salviniiales	Salviniaceae.
422	Lycopodiaceae, Huperziaceae, Selaginellaceae.
431 Azollales	Azollaceae.
432 Equisetales	Psilotaceae, Ophioglossaceae, Equisetaceae, Marratiaceae, Osmundaceae, Schizaeaceae, Lygodiaceae.
433 Cyatheales	Hymenophyllaceae, Gleicheniaceae, Matoniaceae, Dipteridaceae, Cyatheaceae, Cibotiaceae, Culcitaceae, Dicksoniaceae, Anemiaceae.
441 Marsileales	Marsileaceae.
442 Pteridales	Lindsaeaceae +, Pteridaceae, Dennstaedtiaceae.
443 Aspleniiales	Blechnaceae, Onocleaceae, Woodsiaceae, Athyriaceae, Thelypteridaceae, Cystopteridaceae +, Aspleniaceae.
444 Polypodiales	Hypodematiaeeae, Didymochlaenaceae, Dryopteridaceae, Polypodiaceae, Tectariaceae, Davalliaceae, Oleandraceae, Lomariopsidaceae, Nephrolepidaceae.

Discussion differences

In general the botanical and the Plant theory classification are very similar. Phase 3 families with their theme of confusion.

Fusion of clades

Some clades are fused in the Plant theory, which is in contradiction with the monophyletic in the PPG classification: Equisetidae, Cyatheidae, Pterididae. Some Families have absorbed smaller neighbours, without losing their monophyly: Gleicheniaceae, Culcitaceae, Dicksoniaceae, Lindsaeaceae, Thelypteridaceae, Dryopteridaceae and Polypodiaceae.

In several cases the "outsider" Phases, Phase 1 and Phase 7, got included in the main clade. For instance, Lindsaeaceae and Dennstaedtiaceae got included in Pteridales. As outsiders they are more different in their character, morphology and DNA than the central families.

Splitting of clades

In some cases clades have been split, mostly in such a way that the secludes are also monophyletic: Lycopodiaceae, Huperziaceae, Pteridaceae, Dryopteridaceae, Polypodiaceae.

The biggest change is the split of Salviniales in 3 quite separate subclasses.

Differences Plant theory and PPGclassification

Nr Order	Families
411 Isoetales	Isoetaceae, without Selaginellaceae.
421 Salviniales	Salviniaceae, shifted to Lycopodianaes, without Azollaceae and Marsileaceae.
422 Lycopodiales	Lycopodiaceae split in 3, Huperziaceae split in 3. with Selaginellaceae.
431 Azollales	Azollaceae separated from Salviniales.
432 Equisetales	Paraphyletic due to the fusion of the families. Ophioglossaceae split in 2. Schizaeaceae without Anemiaceae.
433 Cyatheaes	Paraphyletic due to the fusion of the families. Gleicheniaceae including Matoniaceae, Dipteridaceae, Culcitaceae + Plagiogyriaceae, Loxsomataceae, Thyrsopteridaceae. Dicksoniaceae including Metaxyaceae. Anemiaceae split off from Schizaeales.
441 Marsileales	Marsileaceae separated from Salviniales.
442 Pteridales	Paraphyletic, including Lindsaeaceae, Dennstaedtiaceae. Lindsaeaceae including Cystodiaceae, Lonchitidaceae, Saccolomataceae. Pteridaceae split in 5.
443 Aspleniales	Aspleniidae = PPG1 Aspleniineae, = Eupolypods 2. Onocleaceae including Woodsiaceae. Thelypteridaceae split in 2. Cystopteridaceae + Desmophlebiaceae, Dplaziopsidaceae, Hemidictyaceae, Rhachidosoraceae.
444 Polypodiales	Polypodiidae = PPG1 Polypodiineae, =Eupolypods 1. Elaphoglossoideae + Hypodematiaceae, Didymochlaenaceae,. Dryopteridaceae, split in 2 Polypodiaceae, split in 4. Tectariaceae + Davalliaceae, Oleandraceae, Lomariopsidaceae, Nephrolepidaceae

Nomenclature

In the Plant theory somewhat different names are given to classes and subclasses. In the PPG classification classes and subclasses are not exactly recognised, as is done in the Plant theory. In accordance with the endings of clades classes are given the ending "-anae" and subclasses "-idae". In the PPG classification subclasses are ending in "ineae". Classes are difficult to recognise and if so get the ending "-opsida". This last ending can be confusing as some families have a similar ending, like Berberidopsis.

The inconsistency is obvious for derivations of Polypodium. Polypodiopsida is a kind of superclass for all Pteridophyta without the clubmosses. Polypo- diidae is a kind of superclass for all Polypodiopsida without the Equisetidae. The biggest subgroup of Polypodiopsida is Polypodiales, which has the ending of an order, but contains 3 subclasses. One of them is the subclass Polypo- diineae.

Botany

Ferns, Horsetails and Clubmosses have vessels for the first time in the evolution of plants. They are vascular plants together with later evolutionary clades: the Spermatophyta. Hence the name Tracheophyta, vessel plants. The vessels make transport possible and with that specialisation in the form of roots, leaves, stems and reproduction systems. It can make them bigger than for instance mosses. This aspect of transport and specialisation is an aspect of the Iron series.

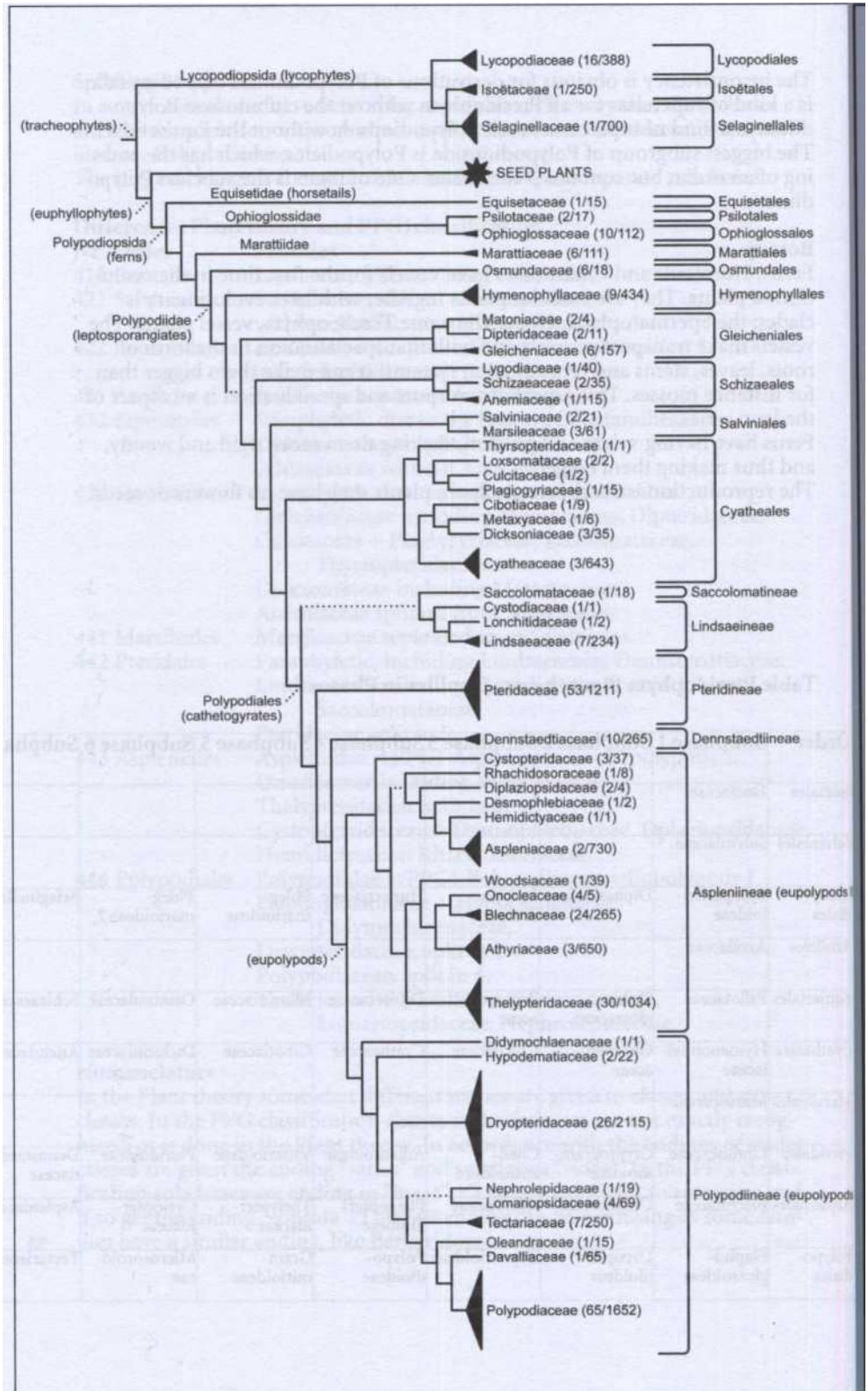
Ferns have having xylem and phloem, making them more rigid and woody, and thus making them bigger.

The reproduction is via spores. As spore plants they have no flowers or seeds.

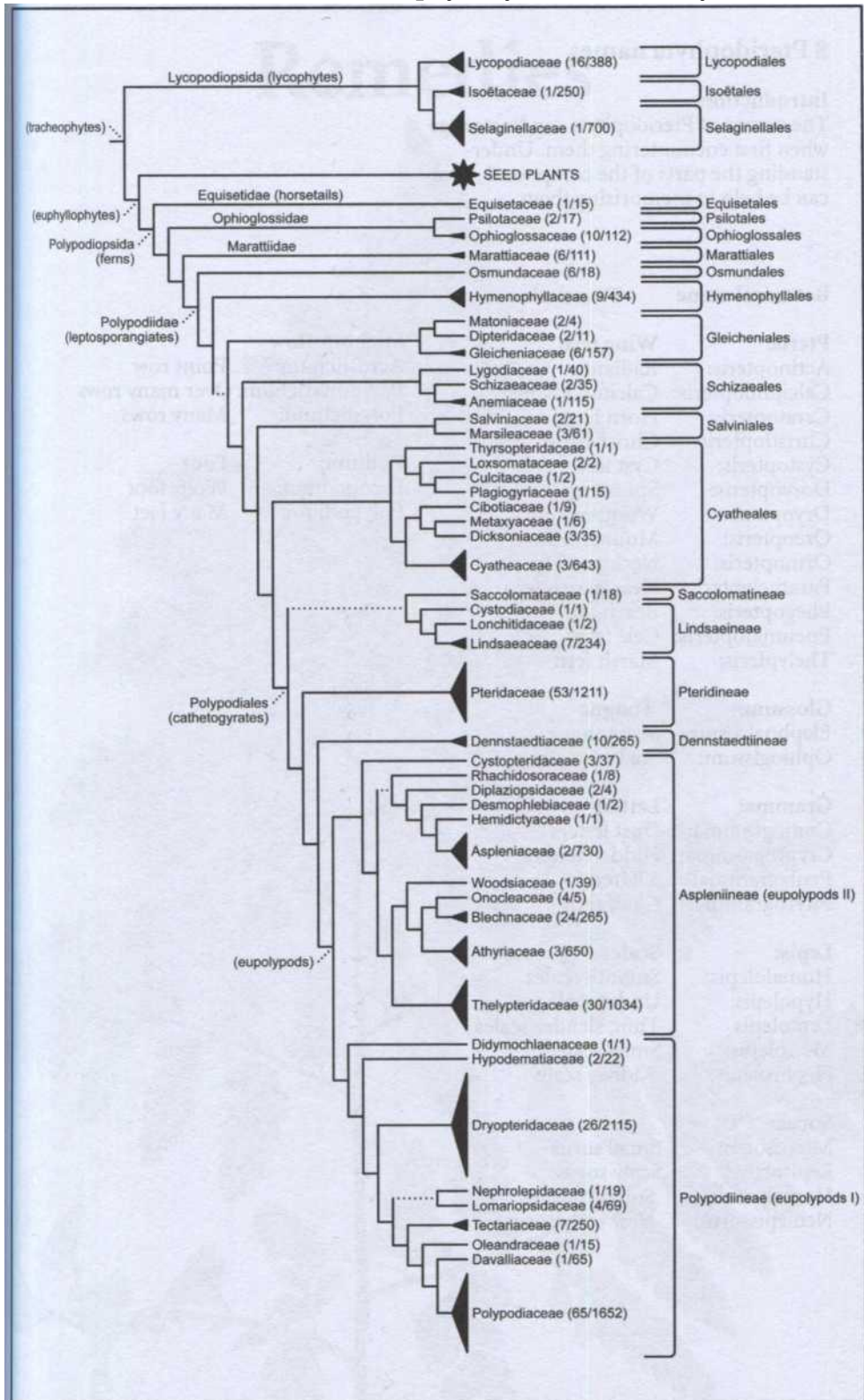
Table Pteridophyta Plant theory: Families in Phases

Remedy code	Order	Subphase 1	Subphase 2	Subphase 3	Subphase 4	Subphase 5	Subphase 6	Subphase 7
.1411.10.00	Isoetales	Isoetaceae						
.1421.10.00	Salviniales	Salviniaceae						
.1422.10.0	Lycopodiales	Lycopodielloideae	Diphasioideae	Lycopodioideae	Huperziaceae	Phlegmarioideae	Phlegmarioideae 2	Selaginellaceae
.1431.10.0	Azollales	Azollaceae						
.1432.10.0	Equisetales	Psilotaceae	Ophioglossaceae	Bothrychiaceae	Equisetaceae	Marratiaceae	Osmundaceae	Schizaeaceae
.3.433.10.0	Cyatheaales	Hymenophyllaceae	Gleicheniaceae	Culcitaceae	Cyatheaceae	Cibotiaceae	Dicksoniaceae	Anemiaceae
.3.441.10.0	Marsileales	Marsileaceae						
.3.442.10.0	Pteridales	Lindsaeaceae	Cryptogrammoideae	Cheilanthesaceae	Adiantoidaeae	Vittarioideae	Pteridoideae	Dennstaedtiaceae
.3.443.10.00	Aspleniales	Blechnaceae	Onocleaceae	Athyriaceae	Phegopteridoideae	Thelypteridaceae	Cystopteridaceae	Aspleniaceae
.3.444.10.0«	Polypodiales	Elaphoglossoidaeae	Dryopteridoideae	Drynarioideae	Polypodioideae	Grammitioideae	Microsoroid-eae	lectariaceae

Classification of Pteridophyta by the PPG1



Classification of Pteridophyta by the Plant theory



8 Pteridophyta names

Introduction

The names of Pteridophyta can be strange when first encountering them. Understanding the parts of the compound name can be help in memorising them.

Botanical name Translation

Pteris:

Actinopteris: **Wing fern** Radiant
 Calciphlopteris:
 Ceratopteris: Calcium loving Horn
 Christiopteris: fern Christ Fern Cyst
 Cystopteris: fern Spear fern Wood
 Doryopteris: nymph Mountain fern
 Dryopteris: Necklace fern Near
 Oreopteris: marsh fern Beach fern
 Ormopteris: Cele fern Marsh fern
 Parathelypteris:
 Phegopteris:
 Pneumatopteris:
 Thelypteris:

Glossum:

Elaphoglossum: **Tongue**
 Stag tongue
 Ophioglossum: Snake tongue

Gramma:

Coniogramma: **Letters**
 Dust letters Hidden
 Cryptogramma: letters 5 letters Chaff
 Pentagramma: fern
 Pityrogramma:

Lepis:

Homalolepis: **Scales**
 Smooth scales
 Hypolepis: Under scale
 Leptolepis Thin, slender scales
 Microlepis: Small scale
 Nephrolepis: Kidney scale

Sorus:

Microsorus:
 Lepisorus: Small sorus Scaly sorus
 Homalosorus: Smooth scales New
 Neolepisorus: scaly sorus

Stichum Row

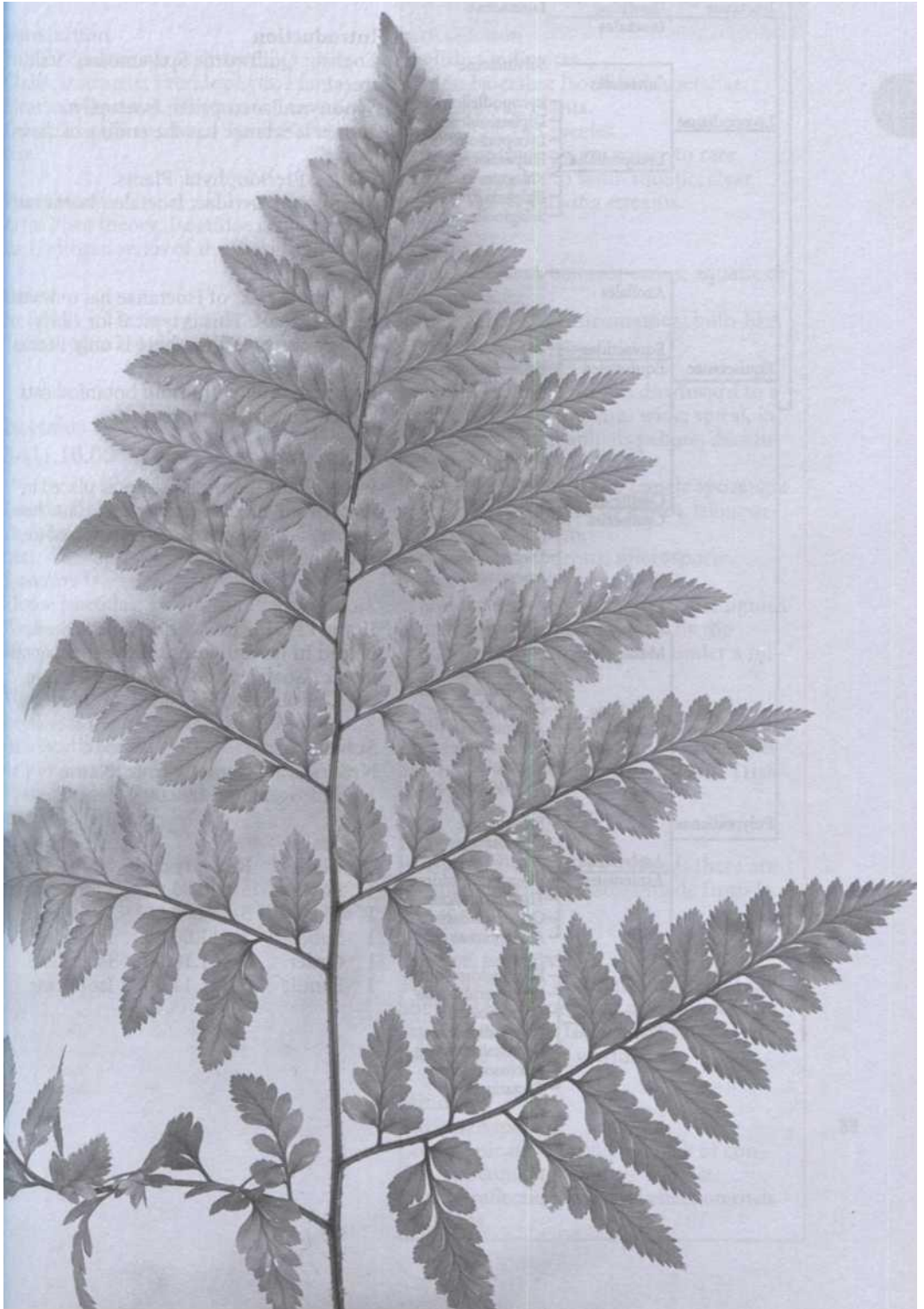
Acrostichum: Point row
 Parapolystichum: Over many rows
 Polystichum: Many rows

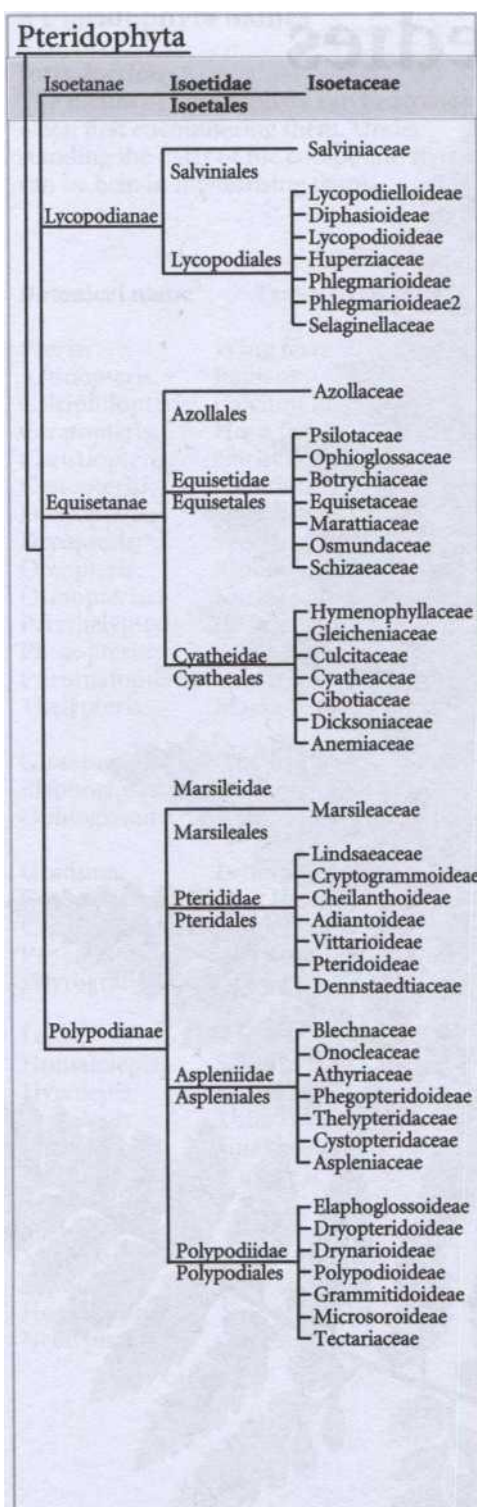
Podium:

Foot
 Lycopodium: Wolfs foot
 Polypodium: Many feet

Part 2

Remedies





Isoetanae

3-410.00.00

Introduction

English: Quillworts; Spikemosses; Scale trees.

Synonym: Isoetopsida; Isoetophyta.
Name: Isoetanae has the ending of classes I « »

anae .

Clades: Pteridophyta; Plants.

Members: Isoetidae; Isoetales; Isoetaceae; I Isoetes.

Introduction

The whole class of Isoetanae has only one] genus Isoetes. This is typical for all Hydrogen series clades: there is only 1 Series] and 1 Phase.

For the homeopathic and botanical data I see the family Isoetaceae.

Plant theory

In the Plant theory Isoetales is placed in I its own subclass, Isoetidae and class, Iso- I etanae. Selaginellaceae is transferred to Lycopodiales.

Taxonomy

In the PPG1 classification Isoetaceae is placed in Isoetales together with Selaginellaceae. Isoetales and Lycopodiales form I the Class Lycopodiopsida.

Subclasses

NrSeries Remedy code Name

1 Hydrogen 3-421.00.00 Isoetidae

Clades

Nr	Clade	Remedy code	Name
4	Phylum	3-400.00.00	Pteridophytal
1	Class	3-410.00.00	Isoetanae
1	Subclass	3-411.00.00	Isoetidae
1	Order	3-411.10.00	Isoetales
1	Family	3-411.11.00	Isoetaceae

Isoetidae **3-411.00.00**

Introduction

English: Quillworts; Scale trees.
Clades: Isoetanae; Pteridophyta; Plants.
Members: Isoetales, Isoetaceae, Isoetes
Genus: 1; $\pm$ 145 species, 1 family Isoetaceae.

Plant theory

In the Plant theory, Isoetidae is placed in the Hydrogen series of the Pteridophyta.

Orders

I Nr Series Remedy code Name
1 Hydrogen 3-411.10.00 Isoetales

Isoetales **3-411.10.00**

Introduction

English: Quillworts; Spikemosses; Scale trees.
Synonym: Isoetales.
Clades: Isoetidae; Isoetanae; Pteridophyta; Plants.
Members: 1 family Isoetaceae.

Plant theory

Isoetales is the only member of the Sub-class Isoetidae and class Isoetanae. It has only one member Isoetaceae, placed in Phase 1. This is the common situation in the Hydrogen series.

Families

Nr Series Remedy code Name
1 Hydrogen 3-411.11.00 Isoetaceae

Isoetaceae **3-411.11.00**

Introduction

English: Quillworts.
Clades: Isoetales; Isoetidae; Isoetanae; Pteridophyta; Plants.
Genus: 1; $\pm$ 145 species.
Region: cosmopolitan; scarce to rare.
Habitat: aquatic to semi-aquatic; clear ponds, slowly moving streams.

Botany

Fern; primitive; heterosporous; aquatic or semi-aquatic.
Root: cormose to rhizomatous; bulb-like, underground corm.
Stem: fertile shoots sessile.
Leaves: slender, broadens downward to a swollen base; up to 5 mm wide; spiral, in basal rosette; sporophylls peltate, deciduous; sporangial stalk present.
Reproduction: male and female sporangia at the base; protected by a thin, transparent covering, velum.
Spores: heterosporous; microspores, monolete; megaspores 50-300.
Identification: very difficult to distinguish by general appearance, better by the velum or the the megaspores under a microscope.

Evolution

There are many extinct and fossil species of Isoetes, from Carboniferous and Triassic era.

Introduction

Isoetanae is difficult describe as there are no homeopathic remedies made from Isoetes so far.

Essence, tentative

This personality is not grounded and cannot fulfil the norms and rules that others expect from him. He has an aversion to cooperate with the world.

Mind

Autism, Asperger.
Communication problems, lack of contact, eye contact, language contact.
Lack of reflection, cannot reflect on own emotions.

Delusion: not understanding rules.
 Can only experience events, but cannot act or digest them.
 Can only absorb emotions.
 Autism.
 Absent, absent-minded.
 Zombie like.
 Vegetative life.

Stages Remedies

- 1 Isoetes histrix
- 1 Isoetes lacustris

Isoetes histrix

3-411.11.01

Mind

Ailments from trauma as a foetus.
 Autism.
 Retardation.
 Absent-minded, like zombie, vegetative, foetal like.
 Vegetative states.

Body

Action: styptic; anthelmintic.
 Lungs: bronchitis; tuberculosis.
 Abdomen: worms.
 Female: gynaecological disorders.
 Eye: stroke, in children below five year.
 Sldn: snake bites

Isoetes lacustris

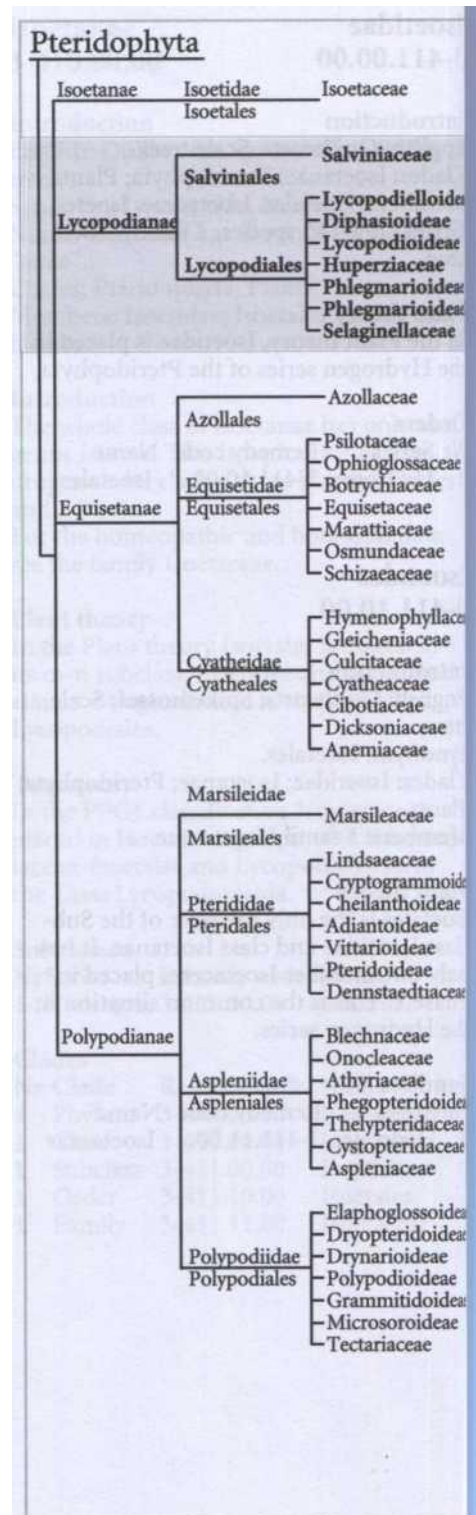
3-411.11.01

Mind

Avoiding evil spirits.

Body

General: tuberculosis.
 Action: styptic; anthelmintic.
 Eyes: stroke of children.
 Lungs: bronchitis.
 Female: gynaecological disorders.



Lycopodianae

3-420.00.00

Introduction

English: Clubmosses, Firmosses, Spike-mosses, Quillworts; Lycophytes.

Synonym: Lycopodiopsida; Lycopodiophyta; Lycophyta.

Clades: Pteridophyta; Plants.

Members: Salviniidae, Lycopodiidae.

Taxonomy

Lycopodianae are part of the Tracheophyta, the vascular plants. The other group are the Euphyllophytes: Ferns, Gymnospermae and Angiospermae, the flowering plants. The position in classifications, such as the the PPG1 classification is a bit strange. On the one hand they are not treated as ferns, on the other hand they are included in the Pteridophyta.

Plant theory

In the Plant theory Lycopodianae is placed as a class in the Carbon series of the Ferns, Pteridophyta. Lycopodianae has 2 Subclasses.

To conform to the naming system of the Plant theory as a class the name Lycopodianae would fit better.

Botany

Fern.

Root: dichotomous.

Leaves: microphylls, with a single vascular trace or vein.

Reproduction: by spores; alternate generations; homosporous, or heterosporous. Sori: lacking.

Sporangia: lateral; often kidney-shaped or reniform; exarch protosteles, in which the protoxylem is outside the metaxylem rather than vice versa; dorsiventral and

Introduction

This personality has a problem with rules and norms. This originates often in a strict upbringing with punishments, emotionally and/or physically. He has the tendency to adapt to the norms and rules of the family to become part of the system.

Mind

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact. Inferiority complex.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Retardation, physically, emotionally, in speech.

Repetitive behaviour.

Lack of reflection, cannot reflect on own emotions.

General

Sleep: sleepless; difficulty falling asleep, < being alone.

Body

General: lack of vitality.

Neural: neurodegenerative diseases; dementia, Alzheimer; Parkinson; Huntington; encephalitis; coma.

Head: headache

Rectum: encopresis.

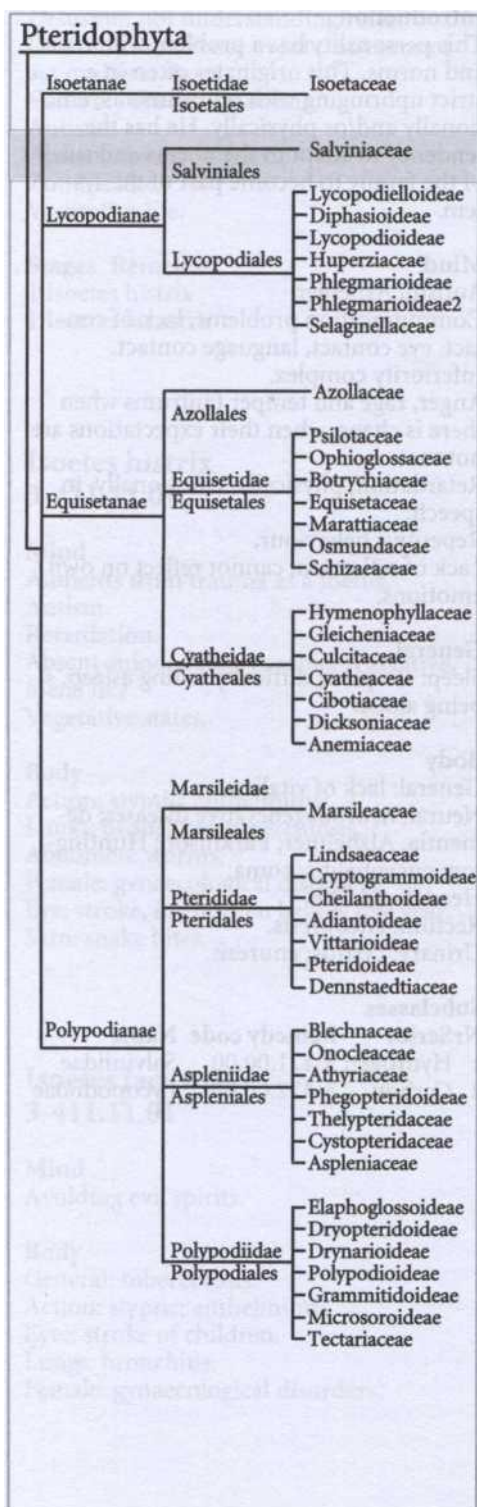
Urinary: cystitis; enuresis.

Subclasses

NrSeries Remedy code Name

1 Hydrogen 3-421.00.00 Salviniidae 2

Carbon 3-422.00.00 Lycopodiidae



Salviniidae

3-421.00.00

Introduction

Clades: Lycopodianaes; Pteridophyta; Plants.

Members: Salviniales, Salviniaceae, Salvinia.

Taxonomy

In the PPG1 classification Salviniaceae is a family in the order Salviniales, in the clade leptosporangiate ferns.

Plant theory

In the Plant theory Salviniales is split in 3 clades. Taxonomic explanation can be found in Salviniales and botanical description in Salviniaceae.

Orders

1 Salviniales

Aquatic ferns

Introduction

Aquatic plants have been difficult to classify, due to their reduced forms and thus lack of differentiating qualities and due to their reduced DNA. In the case of the aquatic ferns, a family was erected to include all Hydropteridaceae, which means water ferns. From the point of view of the Plant theory aquatic plants have a connection to the Hydrogen series, where only 1 possibility is available.

Plant theory

In the Plant theory Salviniales is split in Azollaceae, Salviniaceae and Marsileaceae. They are all having their own order and subclass, which are placed respectively in the classes Equisetanae, Lycopodianaes and Polypodianae.

Orders

Nr	Series	Remedy code	Order
1	Hydrogen	3-411.10.00	Isoetales
2	Carbon	3-421.10.00	Salviniales
3	Silicon	3-431.10.00	Azollales
4	Iron	3-441.10.00	Marsileales

Salviniales
3-421.10.00

Introduction

Clades: Salviniidae; Lycopodiana; Pteridophyta; Plants.
Members: Salviniaceae
Habitat: aquatics, floating.

Plant theory

Salviniales is the only member of the Sub-class Salviniidae and class Lycopodiana. It has only one member Salviniaceae, placed in Phase 1. This is the common situation in the Hydrogen series. In the Plant theory Salviniales is split in Azollaceae, Salviniaceae and Marsileaceae. They are all having their own order and subclass, which are placed respectively in the classes Equisetanae, Lycopodiana and Polypodiana.

Taxonomy

In the PPG1 classification Salviniales included the families Salviniaceae,, with as members Salvinia, Azolla and Marsileaceae. Formerly, Salvinia was included in the Hydropteridales (Rothwell and Stockey, 1994) or Salviniales (A. Smith, 2006). Azolla was formerly also placed in its own family Azollaceae, leaving Salvinia as the only member of Salviniaceae.

Mind

Delusion: I don't understand my own rules.
Can only experience events, but cannot act or digest them.
Can only absorb emotions.
Absent, absent-minded.
Very little contact.
Aversion to cooperate with the world.

Families

Phase	Remedy code	Name
1	3-421 00 00	Salviniaceae

Salviniaceae
3-421.11.00

Introduction

English: Watermoss.
Clades: Salviniales; Salviniidae; Lycopodi-
anae; Pteridophyta; Plants.
Members: 1 genus, Salvinia; 14 species.
Region: North America, Mexico, West In-
dies, Central America, South America,
Eurasia, Africa, Madagascar, South
Borneo, Asia.
Habitat: aquatic; mostly tropical.
Ecology: invasive weed in warm climates,
South America; forming dense mats over
still waters.
Use: mopping up oil spills; trichomes as a
model for a similarly hydrophobic syn-
thetic polycarbonate.

Botany

Fem; floating; small. Root: rhizophorous.
Stem: creeping; branched; non-pro-
tostelic; bearing hairs on the leaf surface
papillae; trimerous whorls, 2 green, sessile
or short-petioled, flat, entire, floating, 1
finely dissected, petiolate, rootlike and
pendent; submerged leaves bearing sori
that are surrounded by basifixed mem-
branous indusia (sporocarps).
Leaves: ligulate; floating; upper side ap-
pears to face the stem axis, is morpholo-
gically abaxial.
Sporocarps: two types; either megaspor-
angia that are few in number (approxim-
ately 10), each with single megaspore, or
many microsporangia, each with 64 mi-
crospores.
Spores: globose, trilete; heterosporous, two
kinds and sizes; megagametophytes and
microgametophytes protruding through
sporangium wall; megagametophytes
floating on water surface with archegonia
directed downward; microgametophytes
remaining fixed to sporangium wall.
The small, hairlike growths, known as
trichomes or microgametical follicles, are
not known to have any productive func-
tion, and are currently a biological mys-
tery.

Essence

They feel insecure, as if in a new situation where they do not know how to behave. They feel blocked, not knowing how to communicate. When they are in a secure, known situation they feel much better, feeling peace, tranquility and rest. They feel that life is not flowing, as if things are separate, that their body is separate, that abdomen, chest and head are separated from each other, like in insects. The energy is not flowing.

Mind

Delusion: I don't understand my own rules. Neutral about everything. Can only experience events, but cannot act or digest them. Lack of identity. Ask permission for everything, trifles: Can I do this?". Hiding. Can only absorb emotions. Dementia, forgets everything, himself. Fear: new places; other persons; not knowing how to behave. Absent-minded; foggy; spaced out. Lack of boundaries, foggy, disappearing into nothingness. Duality: conscious and unconscious; inferior and superior; inside and outside. Delusion: being imprisoned, limited, arrested; surrounded by glass. Delusion: being separated from grace; overthrown by the strength of the earth. Sleepy, relaxing, yawning.

Body

Nervous: dementia, Alzheimer. Vertigo: dizzy. Head: full forehead. Nose: full; obstructed; sinusitis. Mouth: salivation. Chest: as if full of water. Stomach: full water; indigestion. Abdomen: full of gas and water, rumbling. Limbs: formication, energy goes up, to abdomen and then stops.

Stages Remedies

1 *Salvinia auriculata*

Salvinia auriculata

3-421.11.01

Introduction

They feel insecure, as if in a new situation where they do not know how to behave. They feel blocked, not knowing how to communicate. When they are in a secure, known situation they feel much better, feeling peace, tranquility and rest. They feel that life is not flowing, as if things are separate, that their body is separate, that abdomen, chest and head are separated from each other, like in insects. The energy is not flowing.

Mind

Fear: new places; other persons; not knowing how to behave. Absent-minded; foggy. Lack of boundaries, foggy, disappearing into nothingness. Delusion: being imprisoned, limited, arrested; surrounded by glass. Duality: conscious and unconscious; inferior and superior; inside and outside. Colours: green, blue, yellow and then pink. Delusion: being separated from grace; overthrown by the strength of the earth. Sleepy, relaxing, yawning.

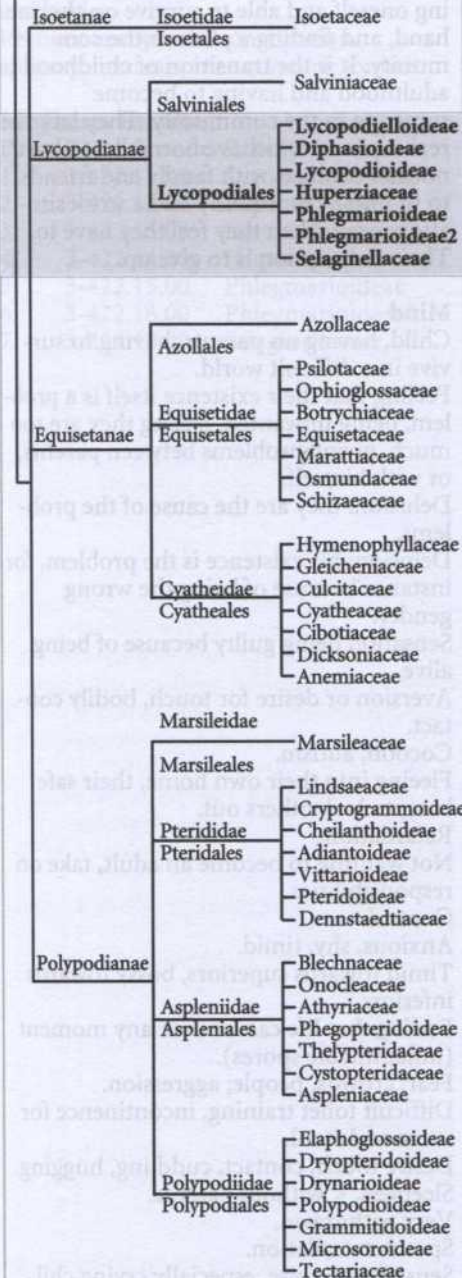
General

DD: Stage 4, Phase 6.

Body

Nervous: dementia, Alzheimer. Vertigo: dizzy. Head: full forehead. Nose: full; obstructed; sinusitis. Mouth: salivation. Chest: as if full of water. Stomach: full water; indigestion. Abdomen: full of gas and water, rumbling. Limbs: formication, energy going up, to abdomen and then stops.

Pteridophyta



Lycopodiidae

3-422.00.00

Introduction

English: Clubmosses; Lycopods; Fern allies.

Clades: Lycopodianaes; Pteridophyta; Plants.

Members: Lycopodiales

Taxonomy

Lycopodiales is an Order in the Phylum Pteridophyta or classified as a Phylum at the beginning of the tracheophyta.

Plant theory

In the Plant theory, Lycopodiales is the only Order in the Class Lycopodiidae. Lycopodiidae is placed in the Carbon series of the Pteridophyta.

Botany

Clubmosses; vascular plant; ±410 million years old.

Leaves: with a single vein.

Reproduction: by shedding spores; bear a protostele; having microphylls.

Orders

1 Lycopodiales

Lycopodiales

3-422.10.00

Introduction

English: Clubmosses; Lycopods; Fern allies.

Clades: Lycopodiidae; Lycopodiales; Pteridophyta; Plants.

Members:

Ecology: the remains of Lycopodiidae account for our major coal deposits.

Use: spores for flashes of light in photography; spores as cover of pharmaceutical pills.

Taxonomy

In the PPG 1 classification Lycopodiales is an order in the class Lycopodiopsida, containing only the family Lycopodiaceae.

Other classifications split off the family Huperziaceae from Lycopodiaceae. Field has shone more light on the Lycopodiales. He splits the Huperziaceae in two: Huperzioideae and Phlegmarioideae. Lycopodiaceae is split in 3 subfamilies: Lycopodielloideae, Lycopodioidae and Diphasioideae.

Plant theory

In the Plant theory Lycopodiales is the only order in the subclass Lycopodiidae. The Plant theory was much helped by the study of Field. The Lycopodiaceae can be split further in 3 subfamilies: Lycopodielloideae, Diphasioideae and Lycopodioidae. Huperziaceae can be split further in 3 subfamilies: Huperzioideae, Phlegmarioideae and Phlegmarioideae2. It makes more sense for the Plant theory, but the classification is tentative. The placement in subphases is only confirmed for Lycopodioidae Huperzioideae, and Selaginellaceae.

Botany

Clubmosses; vascular plant; ±410 million years old.

Leaves: with a single vein.

Spores: homosporous; inflammable.

Sporangia: sometimes clustered in terminal strobili; eligate.

Reproduction: by shedding spores; bear a protostele; having microphylls

Essence

This personality has a conflict between being oneself and able to survive on the one hand, and finding a place in the community. It is the transition of childhood to adulthood and having to become someone in the community. They lack the real capacity to behave normally, to have normal contacts with family and friends, to fit into a community and a work situation, even when they feel they have to. Their only option is to give up.

Mind

Child, having no parents, having to survive in a difficult world.

Feeling that their existence itself is a problem, being unwanted, feeling they are too much, giving problems between parents, or with himself.

Delusion: they are the cause of the problems.

Delusion: his existence is the problem, for instance because of being the wrong gender.

Sensation being guilty because of being alive.

Aversion or desire for touch, bodily contact.

Cocoon, autism.

Fleeing into their own home, their safe base, to lock others out.

Retardation.

Not wanting to become an adult, take on responsibilities.

Control.

Anxious, shy, timid.

Timid towards superiors, bossy towards inferiors.

Feeling that life can be over any moment (inflammable spores).

Fear: crowds, people; aggression.

Difficult toilet training, incontinence for urine and stool.

Desire touch, contact, cuddling, hugging.

Sleepless, < without parents.

Very withdrawn.

Speech retardation.

Sensitive to noise, especially crying children and babies.

Aversion to cooperate with people, to communicate

Body

Abdomen: indigestion; cramps, in infants and babies.

Rectum: encopresis; constipation.

Urinary: enuresis; incontinence; cystitis.

Subphases Families

Phase	Remedy	Family
1.	3-422.11.00	Lycopodielloideae
2.	3-422.12.00	Diphasioideae
3.	3-422.13.00	Lycopodioideae
4.	3-422.14.00	Huperzioideae
5.	3-422.15.00	Phlegmarioideae
6.	3-422.16.00	Phlegmarioideae2
7.	3-422.17.00	Selaginellaceae

Lycopodielloideae 3-422.11.00

Introduction

Clades: Lycopodiales; Lycopodiidae; Lycopodiana; Pteridophyta; Plants.
Members: Lateristachys, Lycopodiella, Palhinhaea, Pseudolycopodiella.

Plant theory

Lycopodielloideae is split off from Lycopodiaceae in the new version of the Plant theory. This all needs confirmation as the remedies in it are not yet available in homeopathy. Lycopodielloideae is tentatively placed in Subphase 1.

Botany

Fern; clubmoss; terrestrial; growing vertical.

Root: adventitious; emergence non-cortical.

Stem: protostelic; shoots flabellate, anisotomous, with dorsal strobiliferous branches; growth axis vertical, radial; stele > stem diameter; shoots anisotomous, arising vertically.

Leaves: elugulate; sporophylls paleate, evergreen; sporangial stalk absent; sporophylls peltate, deciduous; mucilage duct in sporophyll; fertile shoots sessile.

Reproduction: gametophyte surface dwelling, germinate in the light, without paraphyses.

Sporangia: wall thick, lignified; non-sinuate; spore-bearing structures in terminal club-like structure.

Spore: homosporous.

Chromosome count: n3, 34 Spore: margins convex.

Bulbils absent.

Essence, tentative

The conflict is between being oneself and able to survive on the one hand and finding a place in the community on the other hand. It is the transition of childhood to adulthood and having to become someone in the community.

The situation is that of a child, alone in the world, without a home, having to survive among adults.

Mind

Impulsive.

Anxious, shy, timid.

Timid towards superiors.

Fear: crowds, people; aggression.

Stages Remedies

1 *Lycopodiella inundata*

2 *Pseudolycopodiella caroliniana*

3 *Lateristachys lateralis*

16 *Palhinhaea cernua*

17 *Brownseya serpentina*

Palhinhaea cernua

3-422.11.16

Body

General: polyp.

Action: tonic; anodyne; carminative.

Nervous: spasms; numbness.

Lungs: asthma; cough.

Rectum: cholera.

Limbs: rheumatism.

Skin: sore; dermatosis; abscess

Diphasioideae

3-422.12.00

Introduction

Clades: Lycopodiales; Lycopodiidae;

Lycopodianaee; Pteridophyta; Plants.

Members: 6 genera: *Austrolycopodium*, *Dendrolycopodium*, *Diphasium*, *Lycopodium*, *Pseudodiphasium*, *Pseudolycopodium*.

Plant theory

Diphasioideae is split off from Lycopodiaceae and the subfamily Lycopodiodeae in the new version of the Plant theory. This all needs confirmation as the remedies in it are not yet available in homeopathy.

Diphasioideae is tentatively placed in Subphase 2.

Botany

Fern; terrestrial.

Leaves: eligulate.

Root: adventitious; emergence non-cortical.

Stem: protostelic; growth axis horizontal, dorsiventral; shoots inclinate, anisotomous; fertile shoots on leafy peduncle; shoots anisotomous, arising vertically; stele > stem diameter.

Leaves: sporophylls paleate, evergreen; sporangial stalk absent; sporophylls peltate, deciduous; mucilage duct in sporophyll.

Sporangia: sporangial wall cells thin, non-lignified, sinuate.

Reproduction: gametophyte without paraphyses, subterranean, germinate in the dark.

Spore: homosporous; margins convex.

Bulbils absent.

Introduction

This text is tentative as we do not have homeopathic information about them.

Essence, tentative

The conflict is between being oneself and able to survive on the one hand and finding a place in the community on the other hand. It is the transition of childhood to adulthood and having to become someone in the community.

The situation is that of a child, alone in

the world, without a home, having to survive among adults. This makes them timid and shy towards stronger and bigger adults. But on the other hand they can be domineering and aggressive to weaker persons in order to get what they need to survive.

Mind

Anxious, shy, timid.

Timid and pleasing towards superiors.

Fear: crowds, people; aggression.

Stages Remedies

1 *Austrolycopodium magellanicum*

2 *Pseudodiphasium voluble*

3 *Pseudolycopodium densum*

10 *Dendrolycopodium dendroideum*

15 *Lycopodiastrum casuarinoides*

17 *Diphasium scariosum*

Lycopodioideae

3-422.13.00

Introduction

English: Clubmosses.

Clades: Lycopodiales; Lycopodiidae;

Lycopodiales; Pteridophyta; Plants..

Members: 3 genera: Lycopodium,

Diphasiastrum, Spinulum.

Plant theory

Lycopodiodeae is split off from Lycopodiaceae in the new version of the Plant theory. It is further reduced by splitting off Diphasioideae.

Lycopodiodeae is placed in Subphase 3.

Botany

Fern: clubmoss; terrestrial; growing horizontal.

Root: adventitious; emergence non-cortical.

Stem: protostelic; shoots inclinate, anisotomous, growth axis horizontal, dorsiventral; shoots anisotomous, arising vertically; stele > stem diameter; fertile shoots on leafy peduncle.

Leaves: eligulate; sporophylls paleate, evergreen; sporangial stalk absent; sporophylls peltate, deciduous; mucilage duct in sporophyll.

Reproduction: gametophyte subterranean, germinate in the dark, without paraphyses.

Sporangia: sporangial wall cells thin, non-lignified, sinuate.

Spore: homosporous; margins convex.

Bulbils absent.

Stages Remedies

6 *Lycopodium clavatum*

6 *Lycopodium selago*

x *Diphasiastrum alpinum*

x *Diphasiastrum complanatum*

x *Spinulum annotinum*

Introduction

This text is tentative as we do not have homeopathic information about them.

Essence

This personality feels like a child who has to behave and handle as an adult in order to survive. The conflict is between being oneself and able to survive on the one hand and finding a place in the community on the other hand. It is the transition of childhood to adulthood and having to become someone in the community.

The situation is that of a child, alone in the world, without a home, having to survive among adults. This makes them timid and shy towards stronger and bigger adults. But on the other hand they can be domineering and aggressive to weaker persons in order to get what they need to survive.

Mind

Delusion: I will not survive if I don't follow my own rules.

Delusion: I will not survive if I follow my own rules.

Pleasing.

Anxious, shy, timid.

Timid towards superiors, bossy towards inferiors.

Orphans, homeless people.

Fear: crowds, people; aggression.

Body

Stomach: indigestion, in babies. Abdomen: cramps, in babies.

Lycopodium clavatum 3-422.13.06

Introduction

The situation is that of a child, alone in the world, without a home, having to survive between adults. This makes them timid and shy towards stronger and bigger adults. But on the other hand they can be domineering and aggressive to weaker persons in order to get what they need to survive.

Mind

Haughty, domineering, fault-finding; love of power.

Mistrustful, suspicious.

Hiding behind everyone, normality.

Irritable, nervous, cross, unmanageable

when sick, < sleep, cross, pushing everyone away angrily.

Old women and children.

Scrupulous in trivial matters.

Indecision; loss of self confidence; timid, poor self esteem.

Sensitive, weeps when thanked or meeting a friend.

Melancholy, afraid to be alone.

Misanthropic, flies even from his children.

Awakes, irritable, angry, sad and anxious.

Mental weakness, weak memory, confused thoughts; dyslexia; low comprehension; mistakes, writes wrong words and syllables.

Keen intellect, precocious; big head, weak body.

Sexuality diminished or lacking.

Nervousness.

Concentration difficult, befogged.

Primitive autocratic societies.

Power, hierarchy.

Fear: men; new persons, things; anticipation; stage fright; public speaking; new things; examinations.

Ailments from fear, fright, chagrin, anger, anxiety, fevers, over-lifting, masturbation, riding in a carriage.

Expressions: naturally; obvious; this is the only way; obliged; different from what I am used to; plan everything in detail; embarrassing to show this in public; isn't it; this is very often the case; normal ones; the same; this was often the case; all men have this; everyone suffers from this; that

is exactly the right thing; how shall I describe this; what else can I say; everybody knows that.

Colour preference: 15-16E.

General

Region: right.

Type: carbo-nitrogenoid constitutions; dark.

Weather: > cold, wind; < wet, stormy weather; > uncovered, cold applications; < heat, warm room, hot air, bed, warm applications.

Time: < 4 until 8 pm.

Desire: sweets; warm drinks and food.

Aversion: cold drinks.

Food: < overeating; < oysters; < milk, vegetables, cabbages, beans, bread, pastry.

Physical: > motion; > belching, urinating; < pressure of clothes.

Body

General: fever; emaciation, undernourished, malnutrition, sallow, debility, < loss of fluids; atrophy; haemorrhages, dark blood; erectile tumours.

Action: aperative; aphrodisiac; diuretic; sedative; laxative; lithotriptic; carminative.

Nervous: brain fag, < influenza; paralysis of brain; spasms.

Eyes: burning, sharp pain.

Throat: pain, > warm drinks, inflammation.

Nose: dry; catarrh; itching, > pressure.

Mouth: dry.

Lungs: bronchitis.

Heart: arteriosclerosis.

Stomach: indigestion; dyspepsia; nausea; vomiting; acidity, sour taste, belching, > warm drinks; cancer.

Abdomen: gas and bloating; liver disturbed; ascites in liver diseases.

Rectum: diarrhoea, cholera; constipation.

Urinary: urine copious or scanty; dysuria; urine with lithic acid, transparent, red sediment, stones, gall stones, gravel; dropsy.

Female: inflammation ovary.

Back: backache in kidney region, > urination.

Limbs: cold; rheumatism.

Skin: intertrigo; plica polonica; yellowish spots; boils; herpes; cancer.

History

Lycopodium is historically one of the greatest remedies in homeopathy, a real polychrest. Its *Materia Medica* is so vast that it is impossible to memorise. The Swiss homeopath Kiinzli prescribed Lycopodium very frequently. I got the impression that he gave it to almost anyone. But I did not have such good results with Lycopodium when I tried to do the same. In studying the Pteridophyta, the ferns, I left Lycopodium in the first period. Comparing and studying Lycopodium with other ferns would have overwhelmed all other information. The second reason was that there was no clear essence of Lycopodium, as if that was hidden in a mountain of information.

After a year, the theme of the ferns began to become clearer. At that moment the picture of Lycopodium also became clearer, an essence emerged in correspondence with the other ferns.

A colleague, I have forgotten who it was, has told me his picture of Lycopodium. I didn't write it down at that time, but what I remember is something as following. It is for a child who has to survive on his own in a world of adults, traveling from place to place. This fits very well with the picture in this book. And it is a good expression of the remedy code 3-422.13.06. 4 means Iron series: he lives in a village. 2 means he is child and that is there two times, so he is really feeling like a child, powerless to stand up against adults. But he has to, Stage 6: he has to prove he is able to do so. Meanwhile he feels weak, the Phase 3; he feels he does not really belong to a group, although he is tolerated.

Huperziaceae **3-422.14.00**

Introduction

English: Firmosses; Fir clubmosses.
Clades: Lycopodiales; Lycopodiidae;
Lycopodianaes; Pterodophya; Plants.
Members: 2 genera, Huperzia and Phylloglossum; 30 species.

Plant theory

Huperziaceae is split in the new version of the Plant theory. Phlegmarius is placed in its own family Phlegmarioideae. Huperziaceae is placed in Subphase 4. This is confirmed by provings and cases, where the suppressing quality of Phase 4 was central.

Botany

Fern; terrestrial.
Root: adventitious; emergence cortical.
Stem: protostelic; growth axis horizontal, dorsiventral; shoots isotomous, arising in a turf; fertile shoots sessile; stele < stem diameter.
Leaves: eligulate; sporophylls peltarthritisate, deciduous; sporangial stalk present; sporophylls paleate, evergreen; mucilage duct in sporophyll absent.
Reproduction: gametophyte subterrenean, germinate in the dark; gametophyte with paraphyses.
Sporangia: sporangial wall cells thin, non-lignified, sinuate.
Spore: homosporous; with concave lateral margins and truncated corners.
Bulbils present.

Essence

This personality has a strong need for the support of a parent, relative or teacher. He cannot stand the loss of such a person and when that happens, he behaves as if nothing has happened.

Stages Remedies

Huperzia serrata
Huperzia selago

Huperzia serrata **3-422.14._**

Essence

This personality has lost his connection, with parents, relatives or friends. But he maintains the illusion of complete connectedness by denying the loss, forgetting or suppressing the pain of it. He avoids the greatest pain of separation by denial and not talking about it. However, in doing so, the connectedness that remains in the depths is also forgotten.
As a compensation one searches for a new unity, an institution, group, public or a life task.

Mind

Ailments from separation, from losing their best friend or lover.
Denying, suppressing, forgetting problems, pains, emotions, feelings, traumas, losses.
Losing oneself in daily routines, superficiality, sex instead of contact, children instead of marriage.
Keep the connection through children.
Ailments from disappointed love. Lonely child, shy, no friends.
Loves his mother.
Mother is emotionally cool, weak.
Father is very strong.
Silent relationships is the real brutality, wordless aggression.
Speechless, about conflicts.
Illusion of the deep natural connection.
Double life, living in his own world.
Hiding weakness.
Hanging onto the past.
Memory and learning enhancement, in old age.
Memory impairment.
Lack of alertness and energy.
Schizophrenia.

Body

General: fever, inflammation, blood disorders.
Skin: arthritis psoriatica.

Phlegmarioideae 3-422.15.00

Introduction

English: Clubmosses.

Clades: Lycopodiales; Lycopodiidae;

Lycopodianaes; Pterodophya; Plants.

Members: 1 genus, Phlegmarius; 300 species.

Region: pantropical.

Habitat: tropical forest; epiphytic.

Plant theory

Phlegmarioideae is new family in the Plant theory. It is split off from Huperziaceae as Field has shown. Phlegmarius is a big genus and is mostly tropical. This fits with Subphase 5. In analysis it is shown to consist of two subgroups. This can indicate that it has to be further split, for instance in Phlegmarioideae and Phleg- marioideae2.

Botany

Fern; epiphytic.

Root: adventitious; emergence cortical.

Stem: protostelic; shoots isotomous, arising in a tuft; growth axis horizontal, dorsiventral; fertile shoots sessile; stele < stem diameter.

Leaves: eligulate; sporophylls pelate, deciduous; sporangial stalk present; sporophylls paleate, evergreen; mucilage duct in sporophyll absent.

Sporangia: sporangial wall cells thin, non-lignified, sinuate.

Reproduction: gametophyte subterrenean, germinate in the dark; gametophyte with paraphyses.

Spore: homosporous.

Spore: margins convex.

Bulbils absent.

Essence, tentative

The conflict is between being oneself and able to survive on the one hand and finding a place in the community on the other hand. It is the transition of childhood to adulthood and having to become someone in the community.

The situation is that of a child, alone in the world, without a home, having to survive among adults. This makes them timid and shy towards stronger and bigger

adults. But on the other hand they can be domineering and aggressive to weaker persons in order to get what they need to survive.

Mind

Anxious, shy, timid.

Timid towards superiors, bossy towards inferiors.

Fear: crowds, people; aggression.

Stages Remedies

x Phlegmariusus phlegmaria

Phlegmarioideae! 3-422.16.00

Introduction

This subfamily is at the moment just a hypothesis. This is done because Phlegmarioideae is a very big group with more than 300 species and is shown to consist of 2 monophyletic clades. Subphase 6 is lacking a clade.

Clades: Lycopodiales; Lycopodiidae; Lycopodiana; Pteridophyta; Plants.

Introduction

This text is tentative as we do not have homeopathic information about them.

Essence

The conflict is between being oneself and able to survive on the one hand and finding a place in the community on the other hand. It is the transition of childhood to adulthood and having to become someone in the community.

The situation is that of a child, alone in the world, without a home, having to survive between adults. This makes them timid and shy towards stronger and bigger adults.

Mind

Anxious, shy, timid.

Timid towards superiors, bossy towards inferiors.

Lazy, feeling that action is useless. Bored.

Bitter, sad, indignant, humiliation.

Unloved, not appreciated.

Fear: crowds, people; aggression.

Selaginellaceae 3-422.17.00

Introduction

English: Spikemosses; Spikemoss family; Lesser clubmosses.

Clades: Lycopodiales; Lycopodiidae;

Lycopodiana; Pteridophyta; Plants.

Members: 1 genus, Selaginella; 750 species.

Taxonomy

The PG1 classification places Selaginellaceae and Selaginellales in the subclass

Isoetidae, in the Class Lycopodiopsida.

Selaginella is split into 6 subgenera and has 750 species.

Plant theory

In the Plant theory Selaginellaceae is placed in Lycopodiales, in Subphase 7, which is well confirmed by cases.

Botany

Herb; fern; creeping or ascendant; under dry conditions, some species of Selaginella roll into brown balls.

Stem: fertile shoots sessile.

Leaves: simple, scale-like; heterosporous; ligules, scale-like outgrowths near the base of the upper surface of each microphyll and sporophyll.

Sporangia: on 4-sided strobili; ligulate, ligules, scale-like outgrowths near the base of the upper surface of each microphyll and sporophyll; under dry conditions.

Spores: heterosporous; 4-ranked microspores trilete megaspores.

Stages Remedies

- 1 Selaginella apus
- 2 Selaginella selaginoides
- 3 Selaginella kraussiana
- 4 Selaginella plana
- 10 Selaginella vogelii
- 11 Selaginella exaltata
- 15 Selaginella moellendorffii
- 16 Selaginella stauntoniana
- 17 Selaginella lepidophylla

Introduction

This family is indicated first in cases of autism with retardation. It is the theme of the rejected, unwanted, threatened child.

Essence

This personality feels totally left alone as a young child. They can be an unwanted child. Their mother can have had an affair with a man she doesn't really love, or can be seduced or raped. Or the circumstance of life of his parents were so terrible that they didn't dare to get a child. They may have considered or tried an abortion. The feelings of being deserted can also arise from terrible situations like war, where there is no real protection and the danger of being killed is imminent. These kind of feelings can also originate from ancestry, transgenerational problems.

As a defence they can behave like the masses, hiding in the masses, that is the only security. Individuality, speaking one's mind, is dangerous. Just don't stand out, deal with the vagaries of the world in a flexible and tenacious way. They feel they can only rely on themselves, that there is no support or help available.

Mind

Autism with retardation.

Delusion: I will not survive if I don't follow my own rules.

Fear: being killed, at any moment, for a tiny reason, or no reason at all. Anger, rage, temper tantrums, maliciousness, auto-mutilation.

A young girl, refined and naive, dancing for the king, who later roughly abuses her. Head down.

Mass psychosis.

Small flexible, tough, gets through everywhere.

Make themselves small.

Insignificant, tasteless.

An inconspicuous facade.

Show nothing and stay in hiding, there I am safe.

Melt into the masses.

Just don't stand out, just stay covered, make myself invisible in the masses. Fine, small, mossy, but tough, a survivor.

Concentration camp survivors.

Body

Lungs: infarction.

Heart: vascular disease; embolism; apoplexy.

Selaginella apus

3-422.17.01

General

Physical: «< bites of snakes and spiders.

Selaginella kraussiana 3-422.17.02**Essence**

This personality feels easily overwhelmed and abandoned. This can happen from losing parents through disease, accidents or divorce. He is oversensitive to all kind of impressions. He can become hysterical from them, and sometimes also aggressive. But in general he is too timid and overwhelmed and thus behaves nice and friendly.

This personality can arise from sexual abuse and rape, where they feel paralysed, frozen, unable to act, fearing that any action can lead to more horror.

Mind

Autism.

Feeling alone in the world, abandoned by parents and caretakers.

Retarded development, in crawling, walking, fine motor skills.

Speech diminished to lacking.

Hyperactive, loud.

Anxious and nervous in contact with others, retiring.

Toilet training is difficult, for stool and urination.

Hypersensitive, to noises, especially of children.

Friendly, nice.

General

Desire: blended food; milk.

Aversion: milk.

Sleep: disturbed, > contact and cuddling of parents, < alone, < dark.

Body

Nervous: epilepsy, seizures.

Heart: hypertension; palpitations.

Abdomen: inguinal hernia, umbilical hernia.

Genital: phimosis.

Selaginella plana
3-422.17.03

Body

Head: headache.

Face: facial stroke.

Selaginella vogelii 3-422.17.10

Essence

This personality feels very threatened on the one hand, and feeling a support coming to him on the other hand. This can arise from a situation where they have lost everything, yet getting support to restore it all. Their father can have left them totally, whereas their mother is fully loving them. They behave like the masses, trying to look normal, that is the only security.

Individuality, speaking one's mind, is dangerous. Just don't stand out, deal with the vagaries of the world in a flexible and tenacious way.

Mind

Hyperactive, agitated.

Hypersensitive to noise, of running water, vacuum cleaners, > covering ears.

Sneaky and cheeky, playing the joker, like jumping unexpectedly on others.

Very connected to mother, needs cuddles.

Being used, as a child, as cheap workers on farms.

Life is hard, without compassion, with much jealousy and frustration.

Naughty, running away from his parents.

Anger, hysteric, temper tantrums.

Impatient and becoming annoyed when having to wait.

Speech and understanding diminished.

Small, flexible, tough, gets through everywhere.

Holds his head down. Insignificant, tasteless. An inconspicuous facade. Show nothing and stay in hiding, there I am safe. Meld into the masses.

Just don't stand out, just stay covered, make myself invisible in the masses. Fine, small, mossy, but tough as a survivor.

Damp and cool. Mass psychosis.

General

Weather: desire to be outside. Desire: sweets, juices.

Body

Nervous: apoplexy.

Nose: smell like a damp cellar.

Mouth: taste like cardboard, like nothing, dusty, sandy.

Lungs: bronchitis with copious mucus: pulmonary infarction.

Heart: vascular disease; embolism.

Rectum: diarrhoea, greenish stools.

Selaginella exaltata

3-422.17.10

Body

Lungs: colds and

Selaginella moellendorffii 3-422.17.15

Essence

This personality is like a woman identifying herself totally with motherhood. She thinks that a woman can only be good when she has children and fears to be rejected by society and left by her husband when she won't get children. Reproduction is the main goal in life. Infertility is a big problem and a threat to her selfworth. She will try everything to overcome it, going through many treatment and IVF's.

Mind

Women trying hard to have children, by way of IVF.

Women divorced by their husband due to not begetting children.

Monomania about pregnancies.

Mothers who want to be pregnant, but not caring for their children, who don't know boundaries.

They want to have a lot of children, infertility means nothingness, nakedness.

Praying, hoping, all the time, for good things to happen.

They need hope, > little enticements, but is is false hope.

Desire distraction, diversion.

Frozen eggs, as an insurance policy.

People fighting in law suits over eggs and sperm.

Rights to have children, so it is subsidised.

Children having no boundaries, because they do not get boundaries.

Women being expelled and despised because of their infertility.

Single mothers.

Lack of reflection.

Women who are domineering, bullying from despair of infertility.

Women in a relationship where the husband does not want to have children. Prove oneself.

Ailments from having uterus removed, feeling not a woman anymore.

Adopted children.

Children having a bad stepmother.

Surrogate mothers, sisters as surrogate mothers.

Selaginella stauntoniana 3-422.17.16

Essence

This personality is like a person in a situation where she cannot get children or does not want to go through pregnancies. This can be due to infertility, gay or lesbian couples, transgender people. Or they fear problems or diseases during or pregnancies, or losing elegance or getting bodily malformations after pregnancies. They look for solutions in the form of adoption, or surrogate mothers.

Another situation is that of transgender people, who feel they are in a body of the opposite sex.

Mind

Fertile people, protecting each other.
Barren people, infertile.

Women being pregnant for others: surrogate mothers.

Looking after all children, other people's children.

Having a child by a surrogate mother, in order not to lose her good looks.

Lesbian women, wanting to have children.

Gay couples trying to become parents.

Parents getting into court over ownership of children.

Transgender.

People getting fired when refusing to say "it" to transgenders.

Men going into war.

Selaginella lepidophylla 3-422.17.17

Essence

This personality feels totally alone in the world.

He feels lost and does not get help, not from his parents or others. It is even worse, he feels a threat to his life, from people or nature. He has used all kinds of rules and strategies, but gradually they failed. He even starts thinking that these strategies can be the cause of the problems. So he can feel guilty.

These aspects can be found in a man, severely disabled, restless, bustling and paralysed, unable to show his talents. He feels like an idiot, a cripple, a nuisance, sinking down, unable to write, paint, sing, or shout. Others don't see him or his talents. He feels worthless and ugly, not seen, overlooked or understood, being treated as a machine. He is put away somewhere, disposed of, waiting for care. When the care-givers come, they treat him like a thing, machine, a piece of living meat.

Another situation is like a little girl, who can't read, sits all alone in a dark corner of dark poor day-laborer's hut; her parents are poor charcoal burners and have no time for her. She doesn't need much, very frugal. She speaks very little, only one-word sentences. Life is just work, eat and get tired, survival, no time to think.

Or the situation of mountaineers who can't see or hear each other in the fog, the only connection to their comrades is a rope; everyone is completely on their own, disoriented, fear of perishing in the cold and ice. Help from outside is not possible. Or the situation of prisoners like in the Middle Ages, locked up in some cellar dungeon, heard by nobody. They feel locked up, locked away, forgotten, rotting in a dark cellar hole, remaining behind bars.

A more recent situation is concentration-camp survivors.

Mind

Conserved liveliness.

Feeling lost, alone.

Liveliness is forbidden.

Concentration camp survivors.

Feeling tightly bound, as in armour, in a cave, protected.
 Sensitive to criticism, shrinks from it.
 Closed, cannot express emotion, doesn't want it, as a protection, camouflage.
 Inside, refined, joyful, light, carefree, unburdened, secure, warm, in motions.
 Lethargy.
 Restless.
 Isolation, dormancy, isolated, disconnected, embodying.
 Feeling of being overlooked, forgotten, unnoticed.
 Trapped in a vegetative or comatose state.
 Feeling of being stuck in a repetitive loop, without progress or change.
 Resilience and survival.
 Survival in harsh conditions, enduring extreme conditions and adversity.
 Emotional detachment as a survival mechanism.
 Protecting one's inner self, one's vulnerable inner core from external challenges.
 Desire to shield oneself, to protect oneself with dense spheres, and leathery, shielding outer layers.
 Moments of awakening, release, and renewal.
 A shift from isolation to reconnection.
 Breaking free of rigid structures or dormancy.
 Visions of expansive landscapes, liberation, new perspectives.
 Feelings of heaviness, dullness, resistance.
 Imagery includes knots, spheres, compacted forms, representing stagnation and containment.
 Themes of neglect, scarcity, frugality, poverty, minimal resources.
 Feelings of loneliness, disconnection, with a yearning for reconnection.
 Isolated in snowy or foggy landscapes, unable to communicate or find their way.
 Survival and perseverance, climbing mountains.
 Themes of trust, surrender, letting go.
 Children alone with unfulfilled potential and longing for connection.
 Images of forests, animals, elemental forces.
 Feeling stuck, lifeless, disconnected, comatose.
 Need for revival, reawakening, recovery, transformation, release, liberation, renewal.

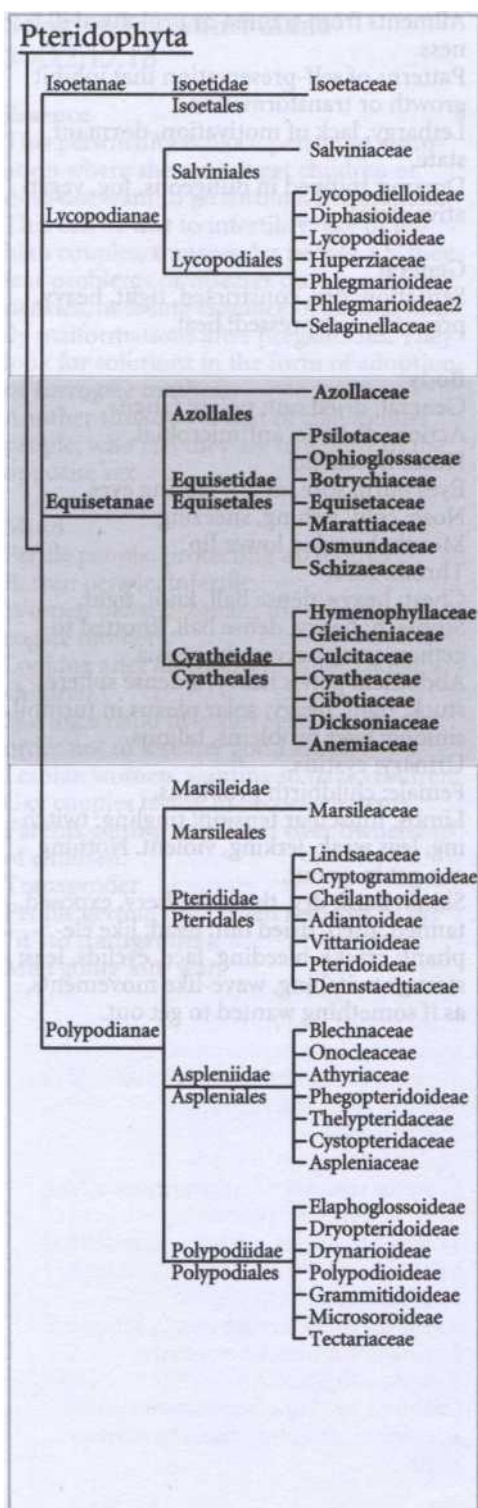
Ailments from trauma or prolonged illness.
 Patterns of self-preservation that inhibit growth or transformation.
 Lethargy, lack of motivation, dormant state.
 Dreams: trapped in dungeons, fog, vegetative states.

General

Sensation: dry, constricted, tight, heavy, pressure, compressed; heat.

Body

General: dried out; polyp; fatigue.
 Action: diuretic; antimicrobial.
 Head: headache.
 Eyes burn, sore, dry, = closing eyes.
 Nose: cold; itching, sneezing.
 Mouth: burning lower lip.
 Throat: sore.
 Chest: heavy, dense ball, knot, tight.
 Stomach: heavy, dense ball, knotted together; crazy nerves; dyspepsia.
 Abdomen: pelvis heavy, a dense sphere, stuck; tight, heavy; solar plexus in turmoil, sinking; liver problems, bilious.
 Urinary: cystitis.
 Female: childbirth problems.
 Limbs: muscular tension; tingling, twitching; legs weak, jerking, violent. Nothing can get in or out.
 Skin!: hard, dry, thick, leathery, exposed, tanned, used, dried out, dead, like elephant; cracks, bleeding, face, eyelids, legs; strange twitching, wave-like movements, as if something wanted to get out.



Equisetanae 3-430.00.00

Introduction

Synonym: Equisetopsida; Equisetophyta.

Clades: Pteridophyta; Plants.

Remedy code: 3-430.00.00.

Taxonomy

In the PPG I classification Equisetanae is not a monophyletic clade. Part of Equisetanae form together with the Polypodianae the Leptosporangiate Ferns.

Plant theory

In the Plant theory Equisetanae is treated as a class in the Pteridophyta. It is not monophyletic. The name Equisetanae conforms to the ending "anae" for classes in the Plant theory, instead of Equisetopsida.

Equisetanae is the third class, connected to the Silicon series.

Equisetanae is the most problematic part of the Plant theory classification of ferns, when looked at from the point of monophyly. In the PPG1 classification Equisetanae looks like a tree, with every new branch being a totally individual group. It is the problem of differentiating a sequence of evolution with a new generation of evolution. It is similar to a sequence of children who belong to one generation, compared with that of persons of another generation.

Botany

Stem: siphonostele protoxylem mesarch.

Sporangia: in sori; primarily multilayered;

eusporangial tapetum plasmodial

pseudoendospore.

Essence

This personality has a problem with rules and norms. This often originates from a strict upbringing with punishments, emotionally and/or physically. He has the tendency to adapt to the norms and rites of the family to become part of the system.

Mind

Autism.
Communication problems, lack of contact, eye contact, language contact. Anger, rage and temper tantrums when there is chaos, when their expectations are not met.
Retardation, physically, emotionally, in speech.
Repetitive behaviour.
Restless, jumping, running, in circles, head banging.
Lack of reflection, cannot reflect on own emotions.
Conformism, to parents, teachers and authorities.

General

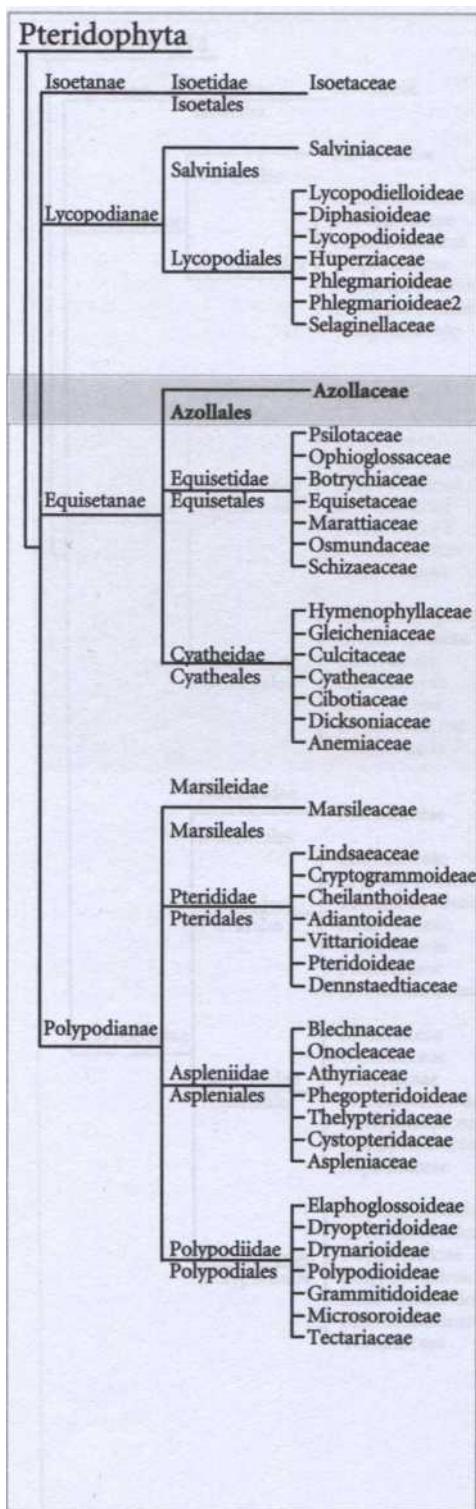
Sleep: sleepless; falling asleep difficult, < being alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations.
Rectum: encopresis.
Urinary: cystitis; enuresis.

Subclasses

Nr	Series	Remedy code	Name
1.	Hydrogen	3-431.00.00	Azollidae
2.	Carbon	3-432.00.00	Equisetidae
3.	Silicon	3-433.00.00	Cyatheidae



Azollidae

3-431.00.00

Introduction

English: Spikemosses; Spikemoss subclass; Lesser clubmosses.
Members: 1 Order: Azollales; 1 Family: Azollaceae; 1 Genus: Azolla

Taxonomy

In the PPG1 classification Azolla is member of the order Salviniales, in the clade leptosporangiate ferns. Salviniales has three aquatic families: Azollaceae, Salviniaceae and Marsileaceae.

Plant theory

In the Plant theory Azollidae is the first subclass in the class Equisetanae, in the Pteridophyta.
Equisetidae has 1 Order Equisetales in Phase 1.

Equisetales has 4 Families.

In the Plant theory Salviniales is split in three subclasses: Salviniiidae, Azollidae, and Marsileidae. Taxonomic explanation can be found in Azollales and botanical description in Azollaceae.

Members

1 Azollales

Azollales

3-431.10.00

Introduction

Clades: Azollidae; Equisetanae; Pteridophyta; Plants.
Members: 1 Family Azollaceae; 1 Genus: Azolla.

Taxonomy

Aquatic plants have been difficult to classify, due to their reduced form and reduced DNA. They lack differentiating qualities. In the past, aquatic ferns were placed in a family Hydropteridaceae, which means water ferns.

In the PPG1 classification Azolla is included in the family Salviniaceae, in the order Salviniiales.

Formerly Azolla was included in the Azolla was formerly also placed in its own family Azollaceae, leaving Salvinia as the only member of Salviniaceae.

Plant theory

From the point of view of the Plant theory aquatic plants have a connection to the Hydrogen series, where only one possibility is available. Splitting the Salviniiales fits the structure and the homeopathic picture fit better.

Azollales is the only member of the Subclass Azollidae and class Equisetanae. It has only one member Azollaceae, placed in Phase 1. This is the common situation in the Hydrogen series.

Mind

Delusion: I don't understand the family rules.

Can only experience events, but cannot act or digest them.

Can only absorb emotions.

Families

Phase Remedy code Family

1 3-431.11.00 Azollaceae

Azollaceae

3-431.11.00

Introduction

English: Mosquito fern.

Clades: Azollales; Azollidae; Equisetanae; Pteridophyta; Plants.

Members: 1 genus, Azolla; 6 species.

Botany

Herbs; aquatic.

Root: rhizophorous/ rhizomorphous.

Stem: non-protostelic.

Leaves: ligulate.

Spore: heterosporous.

Essence

They feel insecure, as if in a new situation where they do not know how to behave.

They feel blocked, not knowing how to communicate. When they are in a secure, known situation they feel much better, feeling peace, tranquility and rest.

They feel that life is not flowing, as if things are separate, that their body is separate, that abdomen, chest and head are separated from each other, like in insects. The energy is not flowing.

Mind

Delusion: I don't understand my own rules.

Delusion: being imprisoned, limited, arrested; surrounded by glass.

Delusion: being separated from grace; overthrown by the strength of the earth.

Can only experience events, but cannot act or digest them.

Can only absorb emotions.

Dementia, forgets names of relatives.

Fear: new places; other persons; not knowing how to behave.

Absent-minded; foggy.

Lack of boundaries, foggy, disappearing into nothingness.

Duality: conscious and unconscious; inferior and superior; inside and outside.

Sleepy, relaxing, yawning.

Stages Remedies

1 Azolla caroliniana

1 Azolla filiculoides

Azolla filiculoides **3-431.11.01**

Essence

This personality feels isolated in himself. It can be an old person at the end of her life. Life feels as useless due to a hard life in simple circumstances. It can result in dementia.

Or it can be the situation of a child that lives a bit like a zombie, completely withdrawn in his own world.

Mind

Autism.

Delayed speech, not talking at all.

Not interested in other people or surroundings.

He interacts only with his own family, with no one else.

Likes to cuddle and hug his mother.

He doesn't use the toilet; he still needs diapers.

Calm, nice, caring.

Hobby: puzzles, farm animals.

Outsider.

Aggressive only if other children take his toys, or hit him.

Completely closed off in his own world - a hydrogen quality.

Loves water.

Quiet, calm, peaceful, slow, benumbed.

Light, delicate, fragile.

Desire to talk about nice, agreeable subjects.

Struggle of being hurt, offended.

Claustrophobia, feeling locked in, being crumbled up, having no space.

Old, avoiding danger.

Lethargy.

Aversion to eat, desire to be fed with a spoon.

Sorrowful by being betrayed, not treated sincerely, offended verbally, eliminated, by treason, being cheated.

Feeling like a child with lack of space.

Claustrophobia.

Need to be admired; narcissistic.

Theme: balance; horse walking in circles.

Body

Vertigo: feeling light, dizzy.

Nervous: Alzheimer, dementia.

Head: headache

Eyes; dry, burning like fire.

Ears: pulsating.

Mouth: dry; salivation; taste salty; tongue feels growing, expanding, pulsating.

Throat: dry, burning, as from dust.

Stomach: nausea, vomiting.

Abdomen: liver problems.

Rectum: constipation, severe.

Urinary: peeing everywhere, in children.

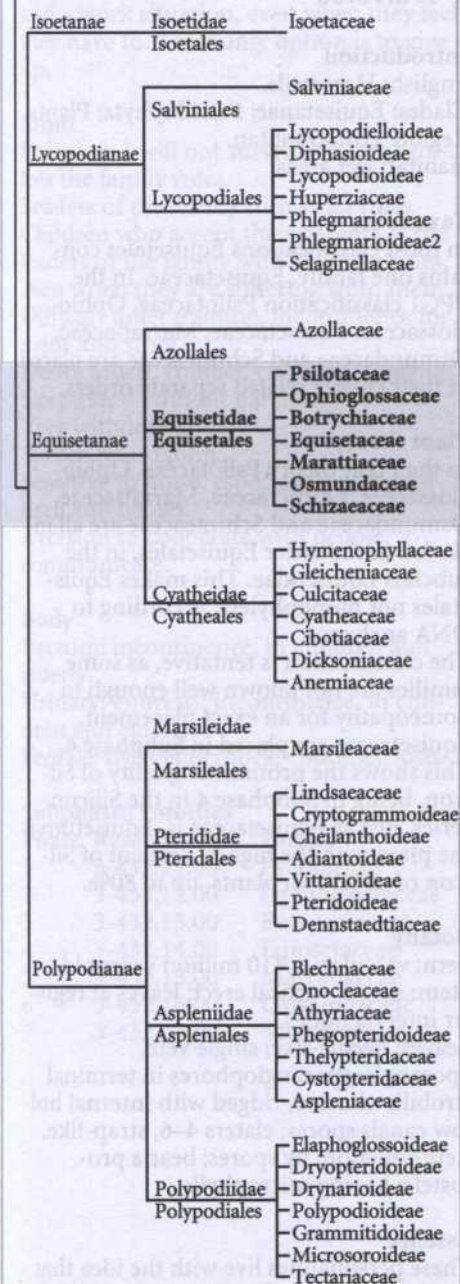
General

Weather: desire for sun.

Desire: water; salt.

DD: Stage 17, Phase 7, Carbon series.

Pteridophyta



Equisetidae

3-432.00.00

Introduction

English: Eusporangiate ferns; Horsetails and primitive ferns.

Synonym: Arthrophyta; Calamophyta; Sphenophyta; Sphenopsida.

Clades: Equisetanae; Pteridophyta; Plants.

Members: 1 order Equisetales.

Habitat: wet areas.

Equisetidae has only one order Equisetales in Phase 1. They are identical.

Taxonomy

In the PPG1 classification Equisetidae is a subclass in the Euphyllophytes or Pteridopsida, the ferns in a narrow sense without the Lycopodiana.

In older classifications Equisetidae was seen as a separate division of spore plants.

Plant theory

In the Plant theory Equisetidae is the second subclass in the class Equisetanae, in the Pteridophyta. Equisetidae has 1 Order Equisetales in Phase 1.

Botany

Herbs; vascular; ±410 million years old.

Reproduction: by shedding spores; bear a protostele; having microphylls.

Stem: single, vertical.

Leaves: needle-like, radiating at regular intervals from the stem; have only a single vein.

Orders

1 Equisetales

Essence

These personalities live with the idea that one has to follow the rules of the family.

They think that their father, or the leader of the family knows best and that one has to follow those rules and obey, otherwise things will go wrong. Their father is the source for survival, bringing in the money and food.

This personality has a feeling of immaturity and not being grown up enough for the needs of modern society. This is enhanced by having a father who knows everything very well and blocks any dis-

cussion as he knows better, at least that is what he likes to show. His authority is not challenged and that gives security. At least that is how it is for a while until the children have grown up and have to find their own way in society. They realise that they have never learned to know that they have an own way and what that is.

Mind

Delusion: I will not survive if I don't follow the family rules.

Conflicts with parents who do not acknowledge their way of being.

Homeless children in a big city, caring for their younger sibling.

Body

Urinary: enuresis; incontinence.

Equisetales 3-432.10.00

Introduction

English: Horsetails.

Clades: Equisetanae; Pteridophyta; Plants.

Region: cosmopolitan.

Habitat: wet areas.

Taxonomy

In most classifications Equisetales contains one family, Equisetaceae. In the PPG1 classification Psilotaceae, Ophioglossaceae, Equisetaceae, Marattiaceae, Osmundaceae and Schizaeaceae are placed in their closely related separate orders.

Plant theory

In the Plant theory Psilotaceae, Ophioglossaceae, Equisetaceae, Marattiaceae, Osmundaceae and Schizaeaceae are all included in the order Equisetales, in the subclass Equisetidae. This makes Equisetales not monophyletic according to DNA analyses.

The classification is tentative, as some families are not known well enough in homeopathy for an exact placement.

Equisetaceae are placed in Subphase 4.

This shows the prominent quality of Silicon, being in Subphase 4 in the Silicon series, just as Equisetaceae is. Equisetum is the plant with the highest content of Silicon of all known plants, up to 80%.

Botany

Fern; vascular; ±410 million years old.

Stem: single; vertical erect; leaves at regular interval nodes.

Leaves: needle-like; single vein.

Sporangia: sporangiophores in terminal strobili; whorled, ridged with internal hollow canals spores; elaters 4—6, strap-like.

Reproduction: by spores; bear a protostele; having microphylls,

Essence

These personalities live with the idea that one has to follow the rules of the family.

They think that their father, or the leader of the family knows best and that one has to follow those rules and obey, otherwise things will go wrong. Their father is the source for survival, bringing in the money

and food. They lack the real capacity to behave normally, to fit into a community and a work situation, even when they feel they have to. Their only option is to give up.

Mind

Delusion: I will not survive if I don't follow the family rules.
Leaders of the family with strict rules.
Children who accept their parents as the leaders of the family with his strict rules, even when they are suffering from them.
Difficult toilet training, incontinence for urine and stool.
Desire touch, contact, cuddling, hugging.
Sleepless, < without parents.
Very withdrawn.
Speech retardation.
Sensitive to noise, especially crying children and babies.
Aversion to cooperate with people, to communicate.

Body

Rectum: incontinence, in children and elderly.
Urinary: enuresis; incontinence, in children and elderly.
Female: dysmenorrhoea; endometriosis.

Subphases Families

Phase	Remedy code	Family
1	3-432.11.00	Psilotaceae
2	3-432.12.00	Ophioglossaceae
3	3-432.13.00	Botrychiaceae
4	3-432.14.00	Equisetaceae
5	3-432.15.00	Marratiaceae
6	3-432.16.00	Osmundaceae
7	3-432.17.00	Schizaeaceae

Psilotaceae
3-432.11.00

Introduction

English: Whisk ferns.
Clades: Equisetales; Equisetidae; Equisetanae; Pteridophyta; Plants.
Members: 2 genera: Psilotum; Tmesipteris; ±12 species.

Taxonomy

In the PG1 classification Psilotaceae is its own order Psilotales, in the subclass Ophioglossidae, order Ophioglossales.

Botany

Root: unbranched; hairs absent.
Leaves: collateral vascular bundles.
Gametophyte: non-photosynthetic, often subterranean, mycorrhizal; root absent; reduced, veins 1 or 0 sporangia 2-3, fused synangium.

Essence

This personality feels lost in the world. He feels lonely, but makes the best of it by doing his own thing and going his own way.

Mind

Autism, with retardation.
Speech is delayed, echolalia.
Communication is lacking, makes no eye contact, lives in his own world.
Naively happy.
Little aggression, no need to fight, or win.
Nice, comforting and hugging.
Very restless, hyperactive, moving and running all the time, without purpose. Likes being outdoors, on playing grounds.
Laughing strangely, like a donkey.
Fearless, doesn't see danger, climbs the highest trees, swims in deepest water.
Aversion haircuts; desire to be naked.
Impulsive; chaotic; impatient; hyperactive, uncontrollable.

General

Sleep: sleepless; falling asleep is difficult.
Desire: meat; nibbling; fussy eater.
Aversion: meat; warm meals.

Stages Remedies

1	Psilotum nudum
x	Tmesipteris tannensis

Psilotum nudum 3-432.11.01

Essence

This personality is distorting himself to survive, to adapt and fit in. It is like a young boy, hyperactive and uncontrollable for the parents. He is jumpy and naive, but has to be compressed into the rules and norms of society. As long as he is free to do what he wants he is happy and friendly. When he gets under control he gets depressed. When he has made a terrible or fatal mistake in his naivety he does not understand life anymore, what life is, where things come from. He thinks that that situation is normal and life is stupid. He is so much in his own world that he denies the the authority of his parents.

Mind

Autism, retardation.
Speech delayed, echolalia.
Absent, lives in his own world, making no contact, no eye contact.
Deep connections with family, parents and grandparents.
Happy, smiles a lot, adorable child, nice, comforting, cuddling and hugging, liked by everyone.
Playing, having fun, laughing. Never aggressive or violent. Impulsive, chaotic, impatient. Hyperactive, very restless, jumping and running around, in circles.
Sees no danger, fearless, climbs in the highest trees and swims to middle of water.
Disobedient, uncontrollable, just goes his own way.
Naive, simple, rudimentary. Old is dull and depressed. Blurry.
Tense and rigid.
Very open, has no barriers. Generous, easily sharing toys. Aversion haircuts, being touched on his head.
Sensitive to sounds of ambulances and fire brigades, then covers his ears.
Likes water, bathing, rivers. Likes to be naked.
Not understanding board games.

Ailments after vaccinations.

General

Sensation: sand, torsion.
Sleep: falling asleep is difficult, better from company of mother, better sleeping with parents in their bed.
Desire: meat; nibbling; fussy eater.
Aversion: meat; warm meals.

Body

Action: antimicrobial, bactericide.
Mouth: thrush; feeling of sandpaper.
Throat: feeling of sandpaper.
Lungs: respiratory ailments.
Rectum: diarrhoea.
Female: infertility.
Skin: dermatitis, wounds.

Ophioglossaceae

3-432.12.00

Introduction

English: Snake-tongue-plants; Adder's-tongue family; Grape ferns; Eusporangiate ferns.

Clades: Equisetales; Equisetidae; Equisetanae; Pteridophyta; Plants.

Members: 8 genera: Cheiroglossa, Goswamia, Hakia, Helminthostachys, Ophioderma, Ophioglossum, Mankyua, Whitleria.

Habitat: temperate and tropical.

Taxonomy

In the PG1 classification Ophioglossaceae is its own order Ophioglossales, in the subclass Ophioglossidae, together with the Psilotales, in the Leptosporangiate ferns. Botrychiaceae is included in Ophioglossaceae.

Older classifications placed Ophioglossaceae in a separate division, Ophioglossophyta. Molecular phylogenetic studies have shown the Ophioglossales to be closely related to the Psilotales, and both are placed in the class Ophioglossidae or Psilotopsida.

Older treatments recognised segregate families within the Ophioglossales, such as Botrychiaceae for the moonworts and grape ferns and Helminthostachyaceae for Helminthostachys. Modern treatments combine all members of the order into the single family Ophioglossaceae.

Plant theory

Ophioglossaceae is treated as a family, with Botrychiaceae split off. Ophioglossaceae is tentatively placed in Subphase 2.

Botany

Ferns; terrestrial.

Roots: fleshy; unbranched; hairs absent.

Leaves: usually fleshy; turn brownish or reddish during colder months; collateral leaf vascular bundles; each leaf with fertile (sporophore) and sterile (trophophore) parts (latter inclined relative to former) can live some two decades without forming a sporophyte.

Spores: short-lived; not germinating if exposed to sunlight.

Sporangia: lacking an annulus; borne on a stalk that splits from the leaf blade.

Reproduction: gametophyte non-photosynthetic, often subterranean, mycorrhizal; each leaf with fertile (sporophore) & sterile (trophophore) parts (latter inclined relative to former).

Typical

- mostly only a single fleshy leaf at a time.
- gametophytes are subterranean; rely on fungi for energy.
- eusporangia, larger, contain more spores, and have thicker walls than Instead of the leptosporangia typical of most ferns.
- sporophylls, spore-bearing leaves, are divided into two distinct, the sporophore, which produces sporangia and has a greatly reduced and modified blade, and the rest of the leaf, the trophophore.

Introduction

There is no homeopathic information about the members of Ophioglossaceae. The text is tentative.

Essence

This personality feels that his parents are the authority and that he has to obey. But their harshness is overwhelming and he cannot do anything against it.

Mind

Autism, with retardation.

Speech is delayed, echolalia.

Communication is lacking, makes no eye contact, lives in his own world.

Little aggression, not fighting. Nice, comforting and hugging. Alone, lonely.

Stages Remedies

8 Helminthostachys zeylanica

16 Ophioglossum vulgatum

x Cheiroglossa palmata x Mankyua

chejuense x Ophioderma pendulum

Helminthostachys zeylanica 3-432.12.08

Mind

Increased sexual drive.

Body

General: fever; flu; malaria; tuberculosis.

Action: anodyne; tonic.

Nose: catarrh.

Lungs: whooping cough, pertussis; tuberculosis.

Rectum: cholera; diarrhoea; dysentery.

Genital: syphilis; venereal diseases.

Limbs: sciatica.

Ophioglossum vulgatum 3-432.12.16:

Body

General: scrofula; inflammation; polyp; sepsis; tumour; internal wounds, bruises, bleeding.

Action: poultice; vulnerary.

Eyes: sore eyes.

Nose: bleeding.

Mouth: bleeding.

Chest: wounds in breasts.

Stomach: hiccough; nausea, vomiting.

Abdomen: wounds in bowels.

Rectum: dysentery.

Urinary: dropsy; Bright's disease.

Skin: hard; old, inveterate, scrofulous, ulcers; wounds; inflammations, < hurts, < wounds; sores; boils.

Ophioderma pendulum 3-432.12._

Body

Lungs: cough.

Botrychiaceae 3-432.13.00

Introduction

English: Moonwort family.

Clades: Equisetales; Equisetidae; Equisetanae; Pteridophyta; Plants.

Members: 3 genera: Botrychium, Botrypus, Sceptridium.

Taxonomy

In the PG1 classification Botrychiaceae is part of Ophioglossaceae, in the order Ophioglossales, in the subclass Ophioglossidae. Botrychiaceae is included in Ophioglossaceae.

Older fern classifications took a broad circumscription of Botrychium and included the genus in family Ophioglossaceae.

Smith subsumes Botrychiaceae into the Ophioglossaceae.

Some botanists include Botrypus and Sceptridium within Botrychium, while others treat them as distinct.

Plant theory

Botrychiaceae is treated as a family, split off from Ophioglossaceae. Botrychiaceae is tentatively placed in subphase 3.

Botany

Ferns; small; some stay underground, nourished from an association with mycorrhizal fungi.

Roots: fleshy.

Leaves: trophophore is sterile and fernlike; the sporophore is fertile and carries the clusters of sporangia or spore cases.

Reproduction: by spores, shed into the air.

Essence, tentative

This personality feels that his parents are the authority and that he has to obey. By pleasing them he tries to become loved and avoid their harshness.

Mind

Autism, with retardation.

Speech is delayed, echolalia.

Communication is lacking, makes no eye contact, lives in his own world.

Little aggression, not fighting.

Nice, comforting and hugging. Alone, lonely.

Stages Remedies

12 Botrypus virginianum
15 Botrychium lunaria
x Japanobotrychum lanuginosum x
Sceptridium multifidum

Botrypus virginianum

3-432.13.12

Body

Rectum: dysentery.
General: polyp.
Skin: wounds.

Botrychium lunaria

3-432.13.15

Body

General: polyp; tuberculosis.
Action: vulnerary.
Chest: cancer breast.
Rectum: diarrhoea; dysentery.
Skin: wounds.

Equisetaceae

3-432.14.00

Introduction

English: Horsetails; Horsetail family;
Marestail; Puzzle grass; Snake grass;
Scouring-rush; Candock for branching
species.

Name: from Latin equus meaning horse and
seta meaning bristle.

German: Zinnkraut.

Spanish: Cola de caballo.

Dutch: Paardestaart familie.

Clades: Equisetales; Equisetidae; Equis-
etanae; Pteridophyta; Plants.

Members: 1 genus, Equisetum; 20 species.

Content: silicates; mixed-linkage glucan:
xyloglucan endotransglucosylase.

Use: for scouring, cleaning, polishing
metals, tin, wood, cooking pots, drinking
mugs, tin.

Taxonomy

In the PG1 classification Equisetaceae is the
only family in Equisetales.

Plant theory

In the Plant theory Equisetaceae is a family
in the order Equisetales. Equisetaceae is
placed in Subphase 4. They have a very
high content of Silicon.

Botany

Ferns; grass-like.

Stems: green; photosynthetic; hollow;
jointed; ridged 3 to 6— to 40 ridges; whorls
of branches at the nodes. [9] Unusually, the
branches often emerge below the leaves in
an internode, and grow from buds between
their bases; with small white protuberances
of abrasive silicates.

Leaves: arranged in whorls; fused into nodal
sheaths; non-photosynthetic. Spores: under
sporangiophores in strobili, cone-like
structures at the tips of some of the stems;
homosporous.

Reproduction: by spores.

Dispersion: by four elaters that act as
moisture-sensitive springs.

Essence

These personalities live with the idea that
father's will is law. But that is not a problem
or a question. They think that their

father knows best and has the best intention, as the leader of the family. This is obvious and they don't even think of it as a problem. Of course the father can also be replaced by the mother, when she is the central figure in the family. As a family they have strict rules and order. They are old-fashioned, living according to principles; not warm, not violent. Father is often domineering, strict, stubborn, from a strict upbringing. Father's will is so normal, obvious, imprinted in their belief system that it is not expressed or discussed. Discussions are impossible; agitation and emotions should be avoided. They have an aversion to conflicts in the family. Conflicts are impossible; the harmony must be kept by following the rules.

16 Equisetum palustre

Mind

Delusion: I will not survive if I don't follow the family rules.

Desire: travel, buy things, cooking, music, dancing, laugh, rejoice.

Restless, whining, shrieking, screaming, shouting.

Fear: water; left by husband; burglars, thieves.

Endogenous depression, manic-depressive; dementia, apathy.

Deep, digging deep, penetration. Food, nutrition, productivity.

Shy, insecure or, lacking confidence, timid, anticipation.

Domineering, dictatorial. Anger, abrasive, resentful. Ancient, prehistoric.

Misunderstood, always. Misunderstanding his own disease, confusing doctors.

Fragile, cannot defend himself. Lack of honesty.

Feels treated unequally.

Body

Urinary: urge; bladder infection; enuresis, incontinence; pain cutting, burning, pricking; urinary stones.

Stages Remedies

10 Equisetum hyemale

12 Equisetum arvense 13 Equisetum

palustre 13 Equisetum telmateia

Equisetum hyemale **3-432.14.10**

Essence

This personality feels small and inconspicuous. He lacks self-confidence. He feels ashamed and disappointed in himself, with his lack of success in society, with his body, mental and physical capabilities. This can come from a youth where the father was the central and authoritative figure in the family. His will was the law, and no-one questioned it, the more so as he was benevolent too. It is like a child (Row 2) who sees the father (Row 3) as the authority without questioning (P4) that.

As parents they can be disappointed in their children, having given up hope that their children become extraordinary.

Mind

Complaining, lamenting, all the time.

Feeling narrow.

Keeping quiet; distracting oneself.

Sensitive to criticism, shrinks from it.

Shy, monotone voice.

Duty of care.

Shy, timid, lack of self-confidence.

Lonely, empty, cut off from life.

Suppresses emotions, pain.

OCD, anorexia, bulimia.

Immature, childish, young.

Follows the traditions of the village. Shy uncertain.

Want of self-confidence.

Pride, defiant.

Behaves as if under control.

Dictatorial, domineering, dogmatic, despotic, in children.

Aggression.

Restlessness, making sounds when eating.

Misanthropy, aversion company.

Obstinate, irritable, whining, egotistical, tearful.

Obsessive compulsive disorder, OCD.

Fear: darkness; dark spirits; deep water; fights and quarrels; criticism; crowds; snakes; exams; marriage.

Marriage, desires it and fears it.

Dreams: crowds, unconnected people; ghosts; being too late; failure at exams.

Desire: travel, shopping, cooking, music, dancing.

Illusion: falling.

Colour preference: 19AB: turquoise.

General

Desire: chestnuts.

Physical: < movement, pressure, touch, sitting down; > afternoon, > lying down; << vaccination.

Body

General: fever; flu, influenza; fistula; tuberculosis; polyp, cancer.

Action: astringent; bactericide; diuretic; haemostat.

Head: pain, < before menses, menses, temples, right; hair falling, alopecia, puerperal, after parturition; in spots; alopecia areata.

Vertigo.

Eye: conjunctivitis. Nose: smell diminished. Face: red, flushes, with excitement. Throat: hypothyroidism.

Lung: problems.

Abdomen: pain dragging, bearing down, < ovulation; liver problems.

Rectum: involuntary stools; dysentery; piles; prolapse.

Urinary!/: urge frequent, constant, intolerable; cystitis, bladder infection, < newly married women; urethra painful, cutting, burning, pricking, severe, dull, < close of urination, < pregnancy, < delivery; enuresis, bedwetting in children, night and day; incontinence, in old women; deep pain in region of right kidney, extending to lower abdomen; urethra pain, sharp, burning, cutting, < urinating; paralysis of bladder, in old women; bladder pain, severe, dull, aching, full, tender as from distension; urination painful, dysuria, dribbling urine, < during pregnancy, < after delivery; urine copious, clear, watery, with mucus, albumen, stones; retention.

Genital: venereal disease.

Female: menses profuse; metrorrhagia, after ovulation; menorrhagia; pain ovaries left; during ovulation; tumours, cysts, ovaries; leucorrhea; prolapse.

Genital: venereal diseases, left, uterus, fibroid, fibroid.

Back: stiff, tension, contraction cervical muscles, < headache; right lumbar region painful.

Skin: wounds; sore.

Equisetum arvense 3-432.14.12

Essence

This personality has the idea that the father is the central figure in the family and that his ideas have to be followed. This often originates from families with strict rules and order, old-fashioned families living according to principles and lacking warmth. Their father is often domineering, strict, stubborn, from a strict upbringing. He has an aversion to conflicts in the family, the harmony must be kept by following the rules. When there are discords or quarrels, it must be solved by adaptation from both sides, and by following the rules of authorities like priests or doctors. Discussions are impossible; agitation and emotions should be avoided.

Mind

Work as a labourer.

Follows all the recommendations of authorities, doctors, priests.

Gets along with everyone, having no problems with children or wife. Mild, avoiding any arguments. Religious, very, regularly going to church for mass, praying for forgiveness for his mistakes.

Trying to be an example for his children.

Marriage problems can arise, but one needs to adapt.

Desire: travel, buying things, cooking, music, dancing, laughing, rejoice. Delicate fragility.

Simplicity.

Not violent.

Old patterns which are not changeable.

Ailments from criticism by friends or family.

Ashamed, feeling embarrassed, uneasy, from inadequacy, making mistakes.

Ashamed from being disliked by husband.

Restless, whining, shrieking, screaming, shouting.

Fear: water; left by husband; burglars, thieves.

Endogenous depression, manic-depressive; like dementia, apathy.

Colour preference: 19AB, 18AB.

General

Type: very nice, lean, tall, attractive. Time: <11 am, < 5 pm.

Desire: thirst, cold drinks, ravenous hunger.

Physical: < movement, motion, < pressure, < sitting down; > lying.

Sleep: sleepless, < itch.

Body

General: diabetes; cancer; polyp; tumour; dropsy; tuberculosis; poisoning.

Action: anodyne; astringent; carminative; diuretic; sepsis, haemostat.

Head: headache.

Eyes: glaucoma; cataract.

Face: acne rosacea.

Nose: coryza, runny nose, sneezing;

phantom odours; sensitive to odours.

Throat: thyroid cancer.

Lungs: coughs; tuberculosis.

Heart: palpitations, felt in solar plexus, very uncomfortable, can last for hours, anxious, fear of fainting.

Chest: breast cancer.

Stomach: dyspepsia; haemorrhage; fullness after meals.

Abdomen: gall stones.

Rectum: diarrhoea; dysentery; piles.

Urinary: pain bladder, dull, raw, tender, distension, < motion, < pressure, < sitting down, > lying; urethra pain, violent, burning, acrid cutting, < urination; urine scanty, small quantity, high coloured, mucus, gravel, stones, retention, urination painful, dribbling, < pregnancy, < parturition; cystitis, pyelitis; enuresis; urge constant; albuminuria; incontinence in elderly people.

Male: inflammations; gonorrhoea. Female: fibroids; inflammations; gonorrhoea; venereal diseases.

Back: lumbago, pain in coccyx and lower back.

Limbs: restless leg; hip pain; thrombophlebitis; gout; cancer bones.

Skin: eruptions, herpes circinatus, tonsurans; pustules; eczema, < cold, < winter; acne rosacea; gangrenous ulcers; wounds, slow healing; sores; hair falling.

Equisetum telmateia 3-432.14.13

Essence

This personality struggles with letting go of control or authority, particularly those who were once powerful and now feel irrelevant. He has strong confidence and dominance but feels trapped in outdated ways of thinking. He feels stagnated, blocked, stuck, unable to move forward from past patterns.

Mind

Theme: authority, responsibility, leadership.

Authority figures, old leaders, basking in past glory, struggling for power, unwilling to let go of power.

Sense of enormous internal power, as if growing beyond limits, followed by a realisation that their power was tied to the past.

Self-confidence, domineering, as if they were at the top of a hierarchy.

Feelings of dominance, confidence, superiority, but also a fear of being left behind.

Symbol of survival and strength, endurance.

Stuck in repetitive patterns, resisting inevitable transformation.

Thoughts of old age, loss of relevance, existential despair.

Suicidal thoughts, feeling that their time had passed.

Existential crises related to aging, change, and loss of identity.

Moments of clarity and wisdom, mixed with stubborn resistance to change.

Sadness and nostalgia for past power and relevance.

Fluctuations between confidence and existential doubt.

Feelings of navigating a labyrinth, seeking an exit.

Dreams and visions: prehistoric imagery, dinosaurs, and ancient landscapes, symbolising survival and adaptation.

General

Sensation: growing, expanding, inflating like a balloon.

Body

General: polyp.

Action: diuretic.

Head: headache, pressure, around the right side and eyes.

Face: burning, itching, tingling, especially around the mouth; itching eyebrows.

Mouth: dry lips and

Throat: dry, with an urge to drink more water.

Chest: heavy, tight, from suppressed emotions.

Urinary: urination frequent, copious.

Back: itching neck.

Skin: itching; eczema; sore; wounds.

Equisetum myriochaetum 3-432.14._

Body

General: type 2 diabetes.

Action: diuretic.

Urinary: kidney disease.

Equisetum ramosissimum 3-432.14._

Body

General: polyp.

Action: astringent; diuretic; refrigerant.

Rectum: diarrhoea.

Genital: gonorrhoea.

Limbs: arthritis.

Marratiaceae **3-432.15.00**

Introduction

Clades: Equisetales; Equisetidae; Equisetanae; Pteridophyta; Plants.

Members: 6 genera: Angiopteris, Christensenia, Danaea, Marratia, Eupodium, Ptisana; 110 species.

Habitat: tropical.

Taxonomy

In the PG1 classification Marratiaceae is part of Marratiales, in the subclass Marattiidae, in the Leptosporangiate ferns.

Plant theory

In the Plant theory Marratiaceae is a family in the order Equisetales. Marratiaceae is placed in Subphase 5, fitting their tropical habitat, which is confirmed by cases.

Botany

Ferns.

Root: fleshy rootstocks.

Leaves: large fronds, largest known fronds of any fern; stipules.

Reproduction: polycyclic siphonostele of ten synangia, annulus sporangia open by longitudinal slit or pores.

Essence

This personality feels that his parents are the authority and that he has to obey. He tries to achieve very well and expects to become loved with that.

Mind

Autism, with retardation.

Speech is delayed, echolalia.

Communicates with everyone.

Little aggression, not fighting.

Nice, comforting and hugging.

Alone, lonely.

Stages Remedies

1 Ptisana salicina

12 Ptisana smithii

13 Angiopteris evecta

15 Angiopteris fokiensis

16 Angiopteris madagascariensis

x Christensenia aesculifolia

x Danaea kalevala

x Eupodium cicutifolium

Ptisana smithii **3-432.15.12**

Body

Rectum: dysentery.

Angiopteris evecta 3-432.15.13

Essence

This personality is extraverted and friendly. But she gets bullied by siblings or schoolmates, lacking the protection of her parents. This gives the feeling of being misunderstood and lonely, powerless and treated unfairly. Then she retires.

Mind

Restless thinking.

General

Sleep: sleepless, < backache.

Body

General: pain; fever; ptomaine poisoning; cancer; ailments from starvation.

Action: hemostatic.

Nervous: cauda syndrome.

Head: headaches.

Lungs: cough.

Abdomen: paralysis of colon.

Rectum: incontinence; constipation alternating diarrhoea.

Urinary: Bright's; cystitis; frequent urination; incontinence; urine smells like ammonia.

Back: backache.

Limbs: fractures.

Skin: scabies; blisters; boils.

Angiopteris fokiensis 3-432.15.15

Body

General: tuberculosis.

Action: carminative; refrigerant.

Lungs: cough; tuberculosis.

Urinary: Bright's disease. Genital: venereal diseases. Skin: boils; sores.

Angiopteris madagascariensis 3-432.15.15

Essence

This personality feels left alone by a parent, a close relative. He stays friendly to make contact, but does not want to develop and become responsible.

Mind

Autism.

Retardation, in play, speech, uses only three-word sentences, very bad pronunciation, only his mother understands him. Contact only with the family members. Lives in his own world, plays alone, next to children, without interaction. Lack of play, contact with other children. Averse conversations, eye contact.

Big shiny eyes, friendly, always smiling, wants to be among children.

Simple, in play.

Hyperactive, cannot sit still, wanting to run away, constantly on the move.

Concentration and focus are poor, better being pushed by the teacher.

Impulsive, crosses the street without checking for cars.

Obsessions: cleaning the bathroom, ringing bells, tearing off stickers from everything, from boxes and books, watching episode of a fairy tale a thousand times.

Inquisitive, knows maps of the streets, exactly which house everyone lives in.

Sensitive to sound, of a hair dryer.

Likes to play hide and seek.

Never aggressive; he does not hit anyone.

Fears: dark; spiders, mosquitoes, flies.

Angry if things don't go his way.

Father lost interest in mother and divorced.

Mother takes it very hard, is irritated.

Likes puzzles, stringing beads.

Cannot play roles like firemen.

Likes music.

Sensitive to light and noise, > covering his eyes, > cuddling with his mother.

Pregnancy with nausea.

Labour: resuscitation needed.

General

Sleep: falling asleep is difficult, > light on, > company.

Osmundaceae 3-432.16.00

Introduction

English: Royal fern family; Flowering ferns.

Clades: Equisetales; Equisetidae; Equisetanae; Pteridophyta; Plants.

Members: Claytoscunda, Leptopteris, Osmunda, Osmundastrum, Plenasium, Todea; 18-25 known species.

Taxonomy

In the PPG1 classification Osmundaceae is part of Osmundales, in the Leptosporangiate ferns. Leptopteris and Todea can be seen as tree ferns with short trunks under 1 meter tall.

Plant theory

In the Plant theory Osmundaceae is a family in the order Equisetales. Osmundaceae is placed in subphase 6.

Botany

Fern; large; ancient, fairly isolated clade.

Sporangia: single-layered with annulus: leptosporangia; annulus lateral on sporangium, opening apically; borne naked on non-laminar pinnules.

Essence

This personality feels that his parents are the authority and that he has to obey. But he feels treated too harshly, feels abused and indignant by the injustice.

Mind

Autism, with retardation.

Speech is delayed, echolalia.

Communicates with everyone. Little aggression, not fighting. Nice, comforting and hugging.

Alone, lonely.

Stages Remedies

1 Leptopteris fraseri

3 Osmunda banksiifolia

7 Todea barbara

10 Osmunda regalis

15 Claytoscunda claytoniana

16 Osmundastrum cinnamomeum

x Osmorhiza longistylis x Osmunda claytoniana

Todea barbara

3-432.16.07

Essence

This personality holds loyalty to the family in high esteem. They prefer that several generations keep living together, like on a farm. They prefer to work together as a clan. It is difficult to talk about problems, as that feels like betrayal. They keep the shit inside, don't hang the dirty linen outside. It is difficult to step out of the clan. They feel locked in, by rules and laws, contracts and marriages.

The problem can start by being blamed for everything, when they are unfairly criticised for the fault of others, for instance siblings. They feel the whole world is accusing them wrongly, unfairly, when they are made fun of at school. It can happen when they feel homosexual, but cannot talk about it, as that will not be accepted by the family.

They have a low self-esteem and thus have problems making contact. They cannot imagine someone would be friends with them. They easily feel criticised and insulted and then can suddenly get outbursts of anger with the desire to hit others. Or they fear to embarrass themselves by saying something wrong.

Mind

Mental breakdown, from failing at school or work.

Problems with mother-in-law.

Feeling used by the in-laws.

Overprotective mothers.

Difficult to get out, for children, husband, parents-in-law.

Difficult to talk about problems, emotions, because it is so normal.

Nervousness, extreme, visible for others, worse when in contact with friends.

Fear being taken advantage of, to be handled as second-hand friend.

I expect a lot from people. I also try to do as much as possible for them.

But then I feel that the other person is not trying at all.

I have stress from the dormitory, from school. I can't relax there.

Fear for my health, with sweating, dizziness, and panic in contacts.

Feeling guilty if they want to break out, one has to be loyal.

Old-fashioned.

Likes computer work.

Sad, suicidal thoughts, < looking at knives.

Low self-esteem, < in public.

Fear: the world.

Desire: escape from something.

Worried, tension, about health, the future.

Sexual obsession.

Chaotic thinking, > make charts, diagrams, tables, and timetables.

Out of balance from lack of structure, or fixed procedures.

General

Sleep: cannot fall asleep.

Body

Nervous: dizziness.

Head: headache, < stress at work.

Lungs: trouble breathing, shallow, < night.

Stomach: heartburn, pain, cramping, < morning, nauseous.

Rectum: frequent bowel movements.

Osmunda regalis 3-432.16.10

Introduction

This personality feels he is more than others, but pretends he is ordinary, normal like the others. He pretends he is doing a lot for others, but in reality is lazy. He has to hide these aspects, so that people cannot know who he really is and will not attack him.

Mind

Haughtiness and vulnerability.

Hiding haughtiness and vulnerability behind a mask, sunglasses.

Just behaving as if one is ordinary, normal.

Lazy, wanting to do nothing, but still wanting to be appreciated for doing a lot for others.

Pretending one is doing a lot for others, in order to be appreciated.

Tense, as one wants to keep up appearances, but fears others will look through the image.

Feels as though he is too much. Woman in burka.

Tyrannical, wants to rule and dominate.

Orthodox, old-fashioned.

Aversion to change.

Timid, shy, in the background.

Concentration, focus is diminished, it is too hard.

Need for diversion, go to a dark club, for booze and women.

Lots of power, but little direction, wild.

Life feels incomprehensible, so don't worry and seize the day.

Strength, instinct to survive, better by not saying anything, not moving, not feeling anything.

Control and rigidity to escape the blow of fate.

ADHD.

Deep vulnerability and sadness.

Simple, rural people.

Fear: being anonymous; being attacked, < hiding, covering oneself, a burka; something bad will happen.

Dreams: heights, falling, failure, jewels, mountains, responsibility, blessed by a saint, saving people who are threatened by floods, being busy, painful and important

events, fire.

Ailments from sudden disaster, bomb attacks, sudden death of parents.

Refugees.

Grief.

General

Weather: < sun; > shade, damp.

Body

General: tumour; inflammation; debility; polyp; swelling; rickets.

Action: tonic.

Head: as if covered with a helmet.

Nose: itching, hay fever, better by rubbing the nose.

Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath; painless hiccough.

Stomach: nausea; vomiting; tension, twisted, distorted.

Abdomen: bloated; colic; worm, tapeworm; colic; splenic diseases; jaundice, obstructions of viscera.

Female: menstrual problems.

Back: lumbago!

Limbs: bruises; bones broken; dislocations, luxation; rheumatism; joint pain. Skin: hair thinning; scurf; wounds, bruises, cuts, rupture, from falls from high places; ruptures; bursting.

Osmundastrum cinnamomeum
3-432.16.16

English: Cinnamon Fern.

Body

General: malaise.

Chest: caked breasts.

Female: women's troubles.

Osmunda claytoniana 3-432.16._

English: Interrupted fern.

Body

Heart: weak blood.

Genital: gonorrhoea.

Schizaeaceae
3-432.17.00

Introduction

Schizaeaceae : Comb ferns; Curlygrass fern.

Lygodiaceae: Climbing ferns.

Clades: Equisetales; Equisetidae; Equisetanae; Pteridophyta; Plants.

Members: 3 genera: Actinostachys, Schizaea, Lygodium; ± 65 species.

Regions: Old and New World, Eastern USA, Chile, Falkland Islands, Pacific islands, New Caledonia, Australia, New Zealand, Africa, South Africa.

Habitat: tropics, several in temperate regions.

Taxonomy

In the PPG1 classification Schizaeaceae is placed in the order Schizaeales, together with Anemiaceae and Lygodiaceae.

Smith placed Schizaeales in the leptosporangiate ferns, class Polypodiales, with three families, Anemiaceae, Lygodiaceae, and Schizaeaceae, in 2006. In 2011 Christenhusz placed Schizaeales in subclass Polypodiidae, with the same three families. In 2014 Christenhusz and Chase placed all members of the Schizaeales in a more broadly defined Schizaeaceae, reducing the three existing families to subfamilies as Anemioideae, Lygodioideae, and Schizaeoideae, as has been done in the past.

Plant theory

In the Plant theory Schizaeaceae is included with Lygodiaceae and placed as a family in the order Equisetales, in subphase 7. Anemiaceae is placed in subphase 7 in Cyatheaales.

Botany

Identification: non-fern-like appearance. Ferns; small.

Leaves: forking; dimorphic, fertile and sterile fronds; lack well-defined sori.

Sporangia: single-layered with annulus: leptosporangia; annulus horizontal, transverse, lying below and completely encircles the top of the sporangium; subapical opening by longitudinal slit.

Sporangia: with a horizontal annulus that

lies below and completely encircles the top of the sporangium, sporangia are borne on specialised pinnae, distinct from ordinary vegetative pinnae; pinnae form small comb-like, pinnate structures on which the sporangia are formed.

Botany Lygodiaceae

Ferns; climbing; vines; ferny look.

Leaves: dimorphic, fertile and sterile fronds; lack well-defined sori; with indeterminate growth; rachis is long, thin, flexible, twining around supports; 3 to 12 m long.

Sporangia: with a horizontal annulus that lies below and completely encircles the top of the sporangium.

Essence

This personality feels lost in the world. He feels lonely, but makes the best of it by retreating from the world. This can arise from being unwanted as a child by their parents. They can be given away as an orphan. Or their parents were absent due to disease, addictions and so on.

Mind

Aggression, temper tantrums.

Auto-aggression, biting, cutting or hitting oneself.

Body

Nervous: epilepsy, tics.

Stages Remedies

Schizaeaceae: Actinostachys, Schizaea.

Lygodiaceae: Lygodium; 40 species.

1 Lygodium japonicum

15 Actinostachys pennula

16 Schizaea bifida

17 Schizaea fistulosa x Schizaea dichotoma

Schizaea dichotoma

3-432.17.____

Body

Throat: pharyngitis.

Lungs: cough.

Female: parturition problems.

Lygodium japonicum 3-432.17.01

Essence

This personality feels like the family scapegoat. He feels locked in, punished, imprisoned in a cellar because of misbehaviour, as if he committed a crime against the family. He is a child who is blamed for everything that goes wrong, who draws resentment upon himself. He feels pushed back and left alone. He becomes angry, pushing others away, wanting to be left alone. This state can arise from being betrayed and fired by a friend who one was working for, giving him more than agreed, but not getting paid for it. Then they feel used and betrayed.

Mind

Autism, limited contacts; speech impaired; repetitive behaviour.

Speech impaired, delayed, very limited, uttering only sounds like a cat. Understands language quite well. Blocked, being inaccessible, like surrounded by a wall, impenetrable.

Contact very connected to her mother, desire to be carried by her mother all the time.

Contacts are poor, little eye contact, not reacting to her name.

Hiding when there are many people, in crowds, > known children.

Not interested in other children, does not play with them.

Anger, sometimes very angry, sudden, unexpected outbursts, explosive, temper tantrums when overwhelmed.

Malicious, sometimes, throwing down things, and breaking other children's towers.

Nervous, pushy.

Repetitive behaviour like washing her hands and picking up toys.

Obsessive, toys have to be in a special place and order.

Concentration is low, easily distracted.

Working hard, at school, for their family and friends, and still think they are bad.

Sad, cries a lot, difficult to calm down, better being carried by mother for half an hour; suicidal.

Anxious and starts crying from noises,

Cyatheidace
3-433.00.00

Introduction

Clades: Equisetanae; Pteridophyta; Plants.
Members: one order, Cyatheaales.

Taxonomy

In the PPG1 classification Cyatheaales is an order in the clade leptosporangiate ferns.

Plant theory

In the Plant theory Cyatheidace is the third subclass in the class Equisetanae, in the Pteridophyta. It has one order Cyatheaales.

Botany

Ferns; many of them are tree ferns.

Essence

These personalities have strict rules, especially about how a family has to be managed. They can handle situations differently, but still are convinced that the rules should be followed by everyone.

Orders

1 Cyatheaales

Cyatheaales
3-433.10.00

Introduction

English: Tree ferns.
Clades: Cyatheidace; Equisetanae; Pteridophyta; Plants.
Genera: ± 1000 species.
Habitat: tropical and subtropical; temperate rainforests.
Region: South Africa, Australia, Spain, Portugal, New Zealand, Pacific islands; tend to be very local.
Ecology: threatened by feral pigs.

Subphases Families

Phase	Remedy code	Family
1	3-433.11.00	Hymenophyllaceae
2	3-433.12.00	Gleicheniaceae
3	3-433.13.00	Culcitaceae
4	3-433.14.00	Cyatheaceae
5	3-433.15.00	Cibotiaceae
6	3-433.16.00	Dicksoniaceae
7	3-433.17.00	Anemiaceae

Plant theory

In the Plant theory Cyatheaales is extended with Hymenophyllaceae, Gleicheniales, and Anemiaceae. Cyatheaales is placed in the subclass Equisetidae. Anemiaceae is split off from the order Schizaeales, both having a Phase 7 quality.
This makes Cyatheaales polyphyletic according to DNA analyses.
The classification is tentative, as some families, Hymenophyllaceae and the small families in Gleicheniales, are not known well enough in homeopathy for an exact placement.

Taxonomy

Cyatheaales is a monophyletic order, by indication of DNA sequence data. But they have no clear morphological features.
In 2006 Smith placed the Cyatheaales in the leptosporangiate ferns, class Polypodiaceae, with families: Thyrsopteridaceae, Loxsomataceae, Culcitaceae, Plagiogyriaceae, Cibotiaceae, Cyatheaceae, Dicksoniaceae, and Metaxyaceae.
In 2011 Christenhusz placed all land plants in Equisetanae, reclassified Smith's Polypodiaceae as subclass Polypodiidae and placed Cyatheaales there. The classific-

ation of Christenhusz and Chase in 2014 placed all members of the Cyatheaales in a more broadly defined Cyatheaaceae, reducing the eight existing families to subfamilies as Thyrsopteridoideae, Loxsomatoideae, Culcitoideae, Plagiogyrioideae, Cibotoideae, Cyatheoideae, Dicksonioideae, and Metaxyoideae. The PPG I classification of 2016 returned to the eight-family definition of the order. Historically, the Plagiogyriaceae were considered the single member of order Plagiogyriales, thought to be more closely related to Osmundales than to the tree ferns, but this hypothesis has been disproven by molecular phylogenetics. Leptopteris and Todea in the family Osmundaceae can be seen as tree ferns with short trunks under one meter tall. A few species in the genera Blechnum and Sadleria could also be considered tree ferns in a liberal interpretation of the term.

Botany

Ferns; tree ferns; up to 10 m tall. Root: rhizomes woody, massive, vertical or horizontal expanding; some with scales on the stems and leaves, some have hairs; rerooting when fallen. Stem: trunk-like stems up to 10 meters tall; no new woody tissue is formed, but supported by a fibrous mass of roots that expands as the tree fern grows. Leaves: on the crown; very large; mostly multiple-pinnated; circinate vernation, meaning the young fronds emerge in coils that uncurl as they grow. Sporangia: on the undersides of fronds.

Essence

These personalities have strict rules, especially about how a family has to be managed. They can handle situations differently, but still are convinced that the rules should be followed by everyone.

Mind

Delusion: losing the family if I don't follow the family rules.
Leaders of the family with strict rules.
Family members are suffering from the leaders of the family with their strict rules.
Speech retardation.
Aversion to cooperate in work, jobs, responsibility.

Hymenophyllaceae 3-433.11.00

Introduction

English: Filmy ferns; Bristle ferns.
Clades: Cyatheaales; Cyatheidae; Equisetanae; Pteridophyta; Plants.
Members: 9 genera: Abrodictyum, Callistopteris, Cephalomanes, Crepidomanes, Didymoglossum, Hymenophyllum, Polyphelebium, Trichomanes, Vandenboschia; ± 650 species.
Region: subcosmopolitan.
Habitat: very damp places, wetted by spray from waterfalls or springs; tropical rainforests, temperate rainforests.

Plant theory

In the Plant theory Hymenophyllaceae is placed in the order Cyatheaales. It is placed in Subphase 1.

Taxonomy

The PPG I classification of 2016 placed Hymenophyllaceae in its own order Hymenophyllales.
Smith placed Hymenophyllales, containing the single family Hymenophyllaceae, in class Polypodiinae, the leptosporangiate ferns. Christenhusz placed all land plants, including Hymenophyllales, in Equisetanae, reclassified Smith's Polypodiinae as subclass Polypodiidae.
Traditionally, only two genera of Hymenophyllaceae have been recognised: Hymenophyllum and Trichomanes. Subsequent proposals have created more genera, Copeland proposed 34 genera, Morton 6 genera, Sermolli 47 genera and Iwatsuki 8 genera. These classifications all had only limited regional acceptance.
Recent molecular phylogenetic studies do show two distinct monophyletic clades, Hymenophylloideae and Trichomanoideae.

Botany

Ferns; often appearing as very dark green or even black clumps, easily mistaken for a robust moss or liverwort; persist for many years.
Root: rhizome; thin and wiry.
Leaves: thin, film like, only a single cell thick; variously pinnate; with a single

strand, vein or nerve; young fronds have circinate veneration; without stomata; cuticle is also greatly reduced or absent; occasionally with hairs; without scales. Sori: at the leaf margins; at the end of the nerve; protected by conical, bivalvate, or tubular indusia. Sporangia: mature at the apex of the sorus and progressing to the base; with a continuous, oblique annulus. Spores: round; green; trilete; grow into thread or ribbon-like gametophytes; gametophyte mostly has an extended, independent lifespan and can reproduce asexually by fragmenting or releasing gemmae.

Essence, tentative

This personality feels forced into norms and regulations by family and friends. He avoids the contact in order to feel free from all obligations.

Mind

Autism, retardation, < vaccinations. Obsessive, compulsive, repetitive. Parents are very strict. Hyperactive, restless. Fearless. Impulsive. Naive.

Stages Remedies

1 *Cardiomanes reniforme*
1 *Hymenophyllum plumosum*
1 *Hymenophyllum tunbrigense* 17
Vandenboschia speciosa

***Hymenophyllum plumosum* 3-433.11.01**

Body

General: polyp; cancer.
Action: diuretic; sudorific.
Chest: problems. Rectum: cholera.

Gleicheniaceae 3-433.12.00

Introduction

English: Forked ferns.
Clades: Cyatheales; Cyatheidae; Equisetanae; Pteridophyta; Plants.
Region: widespread; Asia, Pacific. Habitat: tropical.

Taxonomy

In the PPG1 classification Gleicheniaceae forms a monophyletic group with Dipteridaceae, and Matoniaceae in the order Gleicheniales.

Smith in 2006 placed Gleicheniales in the class Polypodiinae, with three families, Dipteridaceae, Gleicheniaceae, and Matoniaceae.

Christenhusz in 2011 placed Gleicheniales in the subclass Polypodiidae, with the same families. PPG I in 2016 used the same placement.

In historical treatments, the order has sometimes been treated as a subclass Gleicheniatae of the Pteridopsida, with the taxa treated as families here unranked to orders, so that a distinct subclass can be established for the leptosporangiate ferns. In other treatments, Gleicheniales were expanded to include Hymenophyllales, treated as class Gleichenopsida alongside the Pteridopsida. Irrespective of their modern taxonomic treatment, the Gleicheniales were formerly included in the order Polypodiales.

The formerly independent families Dicranopteridaceae and Stromatopteridaceae are generally included in the Gleicheniaceae. Dipteridaceae and Matoniaceae are considered separate families by most authors.

Plant theory

In the Plant theory Gleicheniaceae is included with the small families Dipteridaceae and Matoniaceae. It is placed in the order Cyatheales, in subphase 2.

Genera

Dipteridaceae: Cheiropleuria, Dipteris.
Gleicheniaceae: Dicranopteris, Diplopterygium, Gleichenella, Gleichenia, Sticherus, Stromatopteris.

Matoniaceae: Matonia, Phanerosorus.

Botany

Identification: root steles with 3 to 5 protoxylem poles; antheridia with 6 to 12 narrow, twisted or curved cells in their walls.

Ferns.

Root: rhizomes, with vitalised protosteles or a solenostele.

Leaves: indeterminate; with pseudodichotomously forked leaves except in *Stromatopteris*; free veins; typical fern fronds to resembling leaves of palm trees, to undivided leaves.

Sori: abaxial; not marginal; carry 5 to 15 exindusiate round sporangia each.

Sporangia: single-layered with annulus: leptosporangia; veins anastomosing maturation simultaneous; have a transverse-oblique annulus; contain 128 to 800 bilateral or globose-tetrahedral spores; mature at the same time as the sori.

Spores: grow into surface-dwelling green prothalli beset with club-shaped hairs.

Essence

This personality feels left alone by family or friends. He feels forced by them and sees no way to avoid becoming dominated and overwhelmed. He can only adapt to feel at least a bit at peace.

Mind

Autism, retardation, < vaccinations.

Obsessive, compulsive, repeating questions.

Parents are very strict. Daydreaming, staring. Cannot say no.

Stages Remedies

1 *Gleichenia microphylla*

13 *Sticherus truncatus*

15 *Sticherus bifidus*

16 *Dicranopteris linearis* x *Dipteris conjugata*

Sticherus truncatus 3-433.12.13

Essence

This personality feels unsure, thinking he is no good because of being left alone by a parent. His father could have felt the commitment and responsibility of a child as too heavy to carry, because he was unsure himself. The state can be inherited from his father. They can have the same depressed feelings and obsessive and compulsive attitude towards germs, dirty things, having to wash their hands all the time, They can also feel special and noble, but encapsulated in rules, etiquette, duties and norms. He is very sensitive and feels easily attacked. He has the tendency to retreat in his own world and say nothing anymore. He lacks individuality.

Mind

Autism, retardation, < vaccinations.

Not approachable; retreating into one's own world; aversion to be close. Punishing by parents saying nothing. Unsure, > reassurances from his mother, > everything being planned and organised; lack of individuality.

Discarded, due to lack of identity.

Feeling easily attacked if he cannot be himself.

Pulling himself together to be himself against all odds, which feels better by rubbing his face.

Obsessive, repetitive behaviour, for instance twisting, spinning and turning objects around, building towers and cycling. Stubborn, does his own thing and in his own way.

Compulsive, repeating questions.

Held back by rigidity consisting of morals and rules.

Parents are very strict, imposing etiquette, royal behaviour and morals.

Needs to be free, but held back by rules.

Intellectual difficulties.

Lack of focus and concentration.

Unable to understand rules of more complicated games like football.

Short-term memory is low. Daydreaming, switching off and staring out the window; easily distracted.

Speech is superficial not going deeper, not about abstract things.

Misbehaving, taking toys from other children, pushing them.

Hyperactive, jumping on the couch and constantly on the move.

Likes the interaction with children.

Aversion to play alone, > company of his father or mother.

Aversion competition, board games from fear of losing.

Angry when losing, slamming the doors, throwing the board game in the air, > at school.

Very close to mother. Fear: insects, dogs.

Angry, bored and irritated when others try to change them or get in their way.

Standing up to the world, is tough, especially if you are not considered frill. Aloof, from coming from a royal lineage.

Actually wants to party and be merry. Very sensitive, like princess on the pea.

Oversensitive to touch on his head, hands and feet.

Aversion nails and hair being cut, face being washed.

Dream: his mother is taken away by the rubbish collectors.

General

Food: lost appetite.

Aversion: unknown food.

Sleep: falling asleep is difficult, his mother needs to be with him.

Body

General: heat wave from bottom to top.

Lungs: breathing is heavy, deep and fast; sighing.

Stomach: indigestion.

Abdomen: hard; colic < milk, > stool; distension when lean.

Rectum: constipation; small stools.

Back: cervical spine sensitive and painful; pain in thoracic spine due to injury to thoracic spine.

Limbs: tense, arms crossed in front of the belly, pressing against it, as if everything has to be pulled together.

Dicranopteris linearis 3-433.12.16

Body

General: fever; polyp.

Action: antibacterial.

Lungs: asthma.

Abdomen: piles; worms.

Female: sterility.

Skin: wounds, cuts, boils, ulcers, sores.

Dipteris conjugata 3-433.12._

Body

Male: reproductive ailments.

Culcitaceae

3-433.13.00

Introduction

Clades: Cyatheaales; Cyatheidae; Equisetanae; Pteridophyta; Plants.

Region: Southern Hemisphere, Andes in South America, Canary Islands, Southeast Asia, Australia.

Habitat: tropical and subtropical; high-altitude, cool, moist environment; montane forests, cloud forests; shaded, humid areas; well-drained, nutrient-rich soils; rocky or moss-covered locations.

Taxonomy

Culcitaceae forms a monophyletic group together with Plagiogyriaceae, Loxsomataceae, and Thyrsopteridaceae in the order Cyatheaales, according to the PPG 1 classification.

In older classifications they were placed in a broader Cyatheaceae.

Plant theory

The small families Plagiogyriaceae, Loxsomataceae, Thyrsopteridaceae and Culcitaceae form a monophyletic clade. In the plant theory they are combined in the family Culcitaceae. They are placed in Subphase 3.

Botany

Fern; small to medium-sized; terrestrial or epiphytic; forming compact clumps; spreading or creeping habit.

Roots: fibrous.

Rhizome: short, creeping, or erect rhizomes; covered with dense, golden-brown scales.

Leaves: pinnate to bipinnate; finely dissected, feathery appearance; leathery or papery; medium to dark green; 20 to 50 cm long.

Sori: on the underside of fertile fronds; in clusters along the veins; protected by an indusium, kidney-shaped or absent.

Ecology: stabilising soil in montane environments; contributes to biodiversity.

108 Use: ornamental, for its attractive, feathery fronds and compact growth habit.

Essence, tentative

This personality feels forced into norms and regulations by family and friends.

They try to get better relationships by adapting and pleasing.

Mind

Autism, retardation, < vaccinations.

Obsessive, compulsive, repetitive.

Parents are very strict.

Cannot say no.

Stages Remedies

Culcitaceae: Culcita

Loxsomataceae: Loxsoma, Loxsomopsis.

Plagiogyriaceae: Plagiogyria.

Thyrsopteridaceae: Thyrsopteris.

Stages Remedies

2 Loxsoma cunninghamii

3 Loxsomopsis pearcei

3 Plagiogyria assurgens

3 Plagiogyria euphlexia

10 Culcita macrocarpa

17 Thyrsopteris elegans

Cyatheaceae

3-433.14.00

Introduction

Clades: Cyatheaales; Cyatheidae; Equisetanae; Pteridophyta; Plants.

Members: Alsophila, Cyathea, Gymnosphaera, Sphaeropteris.

Taxonomy

In the PPG 1 classification Cyatheaceae is a monophyletic family in the order Cyatheaales.

Plant theory

In the Plant theory Cyatheaceae is placed in the order Cyatheaales. It are placed in Subphase 4, tentatively.

Botany

Fern; treelike; hairs.

Sporangia: single-layered with annulus: leptosporangia; endospore 2-layered. Sori: often terminal on veins.

Essence

These personalities have strict rules, especially about how a family has to be managed. They can handle situations differently, but still are convinced that the rules should be followed by everyone. This situation is obvious for them, it is as it is. They are loyal to their family.

Mind

Delusion: losing the family if I don't follow the family rules.

Leaders of the family with strict rules.

Family members who are suffering from the head of the family with his strict rules.

Stages Remedies

6 *Cyathea tomentosissima*

10 *Sphaeropteris cooperi*

x *Cyathea australis* x *Cyathea dealbata* x

Cyathea felina x *Sphaeropteris medullaris*

Cyathea tomentosissima 3-433.14.06

Sense proving, 7-07-2022, Munchen, Martin Jakob.

Essence

A personality of a young man of a craftsman's apprentice who grinds one window after another all day long. A stupidity that makes him depressive. This personality submits to tradition for lack of developing his own perspectives. It lacks faith in itself, faith in its own ideas, in shaping its own life itself. It is the recipient of orders. Children who were deprived in kindergarten or school of the belief in their own creativity and their power to shape their lives.

Mind

Dullness of the senses.

Lack of imagination, monotony. Without dreams.

Alcoholism.

Hypnotised.

Depression.

Transgenerational impact of slavery.

Sphaeropteris cooperi 3-433.14.10

Culture: Napoleon and Desiree.

Essence

This personality feels like he is from a noble family. He has the feeling he carries the responsibility of this background, being loyal, stable, compact and controlled. It feels important to surrender to the situation and follow the rules and ceremonies of this heritage.

Mind

Ceremonies, rules.
Royal rules; bowing to the nobility, the aristocratic attitude; holy dignity.
Feeling important, in rank and name.
Tension.
Heartache, I want to feel something.
Precious, important, fragile, like a novel.
Guardian.
Just rebuild what is destroyed, put my shoulders under it.
I am solid, not tall, small in stance, but compact.
Inwardly I am tearing, apart.
Keep up appearances, keep oneself together.
Symbol of surrender, but he kept up appearances.
Haughty.

Body

Limbs: tendons, fascia and connective tissue are dried out, around the spine that keeps the spine upright; tension in muscles; injuries, Achilles tendon.

Cibotiaceae 3-433.15.00

Introduction

English: Man fern.
Name: from Greek, kibotion meaning little chest or box.
Clades: Cyatheaales; Cyatheidace; Equisetanae; Pteridophyta; Plants.
Members: 1 genus; 11 species.

Taxonomy

In the PPG 1 classification Cibotiaceae is a monophyletic family in the order Cyatheaales.
Larger tree ferns in the genus Cibotium were formerly included in Dicksoniaceae, but are now segregated as the family Cibotiaceae.

Plant theory

In the Plant theory Cibotiaceae is placed in the order Cyatheaales. It are placed in Subphase 5, with confirmation from cases.

Botany

Fern; tree; tropical.

Essence

These personalities have strict rules, especially about how a family has to be managed. They can handle situations differently, but still are convinced that the rules should be followed by everyone. And they feel they have to achieve a lot for their family.

Mind

Delusion: losing the family if I don't follow the family rules.
Leaders of the family with strict rules.
Family members who are suffering from the head of the family with his strict rules.

Stages Remedies

- 10 Cibotium barometz
- 11 Cibotium cumingii

Cibotium barometz **3-433.15.10**

Mind

Tyrannical, wants to rule, dominate.
Orthodox, old-fashioned.
Hyperactive.
Aversion to change.
Timid, shy, in the background.
Simple, rural people.
Dreams: heights, falling, failure, jewels, mountains, responsibility, blessed by a saint, saving people who are threatened by floods, being busy, painful and important events, fire.

General

Weather: < sun; > shade, damp.

Body

General: inflammation; polyp, cancer; bleeding, haemorrhages, from capillaries; typhoid; neuralgia; osteoporosis.
Action: tonic; antioxidant; hemostatic; anti-inflammatory; antibacterial; antiviral; anodyne; vermifuge; astringent; styptic; long, silky, yellowish hairs at the base of the fronds cause rapid coagulation of the blood.
Mouth: taste bitter; tongue dry; haemorrhage, < tooth extraction.
Lungs: coughs; asthma, bronchitis; painless hiccough; severe acute respiratory syndrome associated coronavirus.
Stomach: nausea; vomiting; ulcers.
Abdomen: rumbling, flatulence; liver problems; worms.
Urinary: polyuria in the aged; prostatitis; cystitis; dysuria; kidney pain; micturition problems; enuresis.
Genital: gonad dysfunction.
Male: impotence.
Female: infertility; leucorrhoea; body-ache in pregnant women.
Back: lumbago.
Limbs: bruises; arthritis, rheumatism; sciatica; osteoporosis!.
Skin: dermatitis; wounds: numbness.

Dicksoniaceae **3-433.16.00**

Introduction

Clades: Cyatheaales; Cyatheidae; Equisetanae; Pteridophyta; Plants.
Region: Southern Hemisphere, southern New Zealand.
Habitat: tropical, subtropical, warm temperate.
Content: carcinogens; thiaminase, robbing vitamin B complex.
Members: Dicksonia, Calochlaena, Lophosoria.

Taxonomy

In the PPG1 classification Dicksoniaceae is a member of the order Cyatheaales. Larger tree ferns in the genus Cibotium were formerly included in Dicksoniaceae, but are now segregated as the family Cibotiaceae.

Plant theory

In the Plant theory Dicksoniaceae is a member of the order Cyatheaales. It is placed tentatively in Subphase 6. This fits the inner decay of their trunk while alive.

Botany

Ferns; terrestrial, some epiphytes; with long, tapering hairs composed of cells arranged end to end, unlike Cyatheaceae.
Stem: very short trunks, some can reach several metres in height.
Leaves: large pinnate fronds, 1 to 4 m long; leaf margin does not form part of an indusium.

Essence

This personality has obsessive thoughts, especially of being evil, not being good, while blowing his nose. He fears to be a sinner and will end up in hell instead of heaven.

Mind

Obsessive Compulsive Disorder, OCD, after neuroborreliosis.
Problems with even the smallest decisions.
Borderline psychotic.
Visions of evil faces.
Fear not going to heaven, ending up in hell.

Fear to be bad and end up like Judas or Hitler.

Apathy, just sitting still all the time.

Praying frequently.

Interested in transport, trains, bus timetables, technology.

Profession: priest.

Lack of favourites, favourite books, movies, colour.

Introverted, shy, yielding.

Aversion to be admired, the centre of attention.

Stiff, not relaxed.

Avoids conflicts.

Likes routine, fixed rules.

Stages Remedies

1 Metaxya rostrata

2 Dicksonia youngiae

3 Calochlaena dubia

10 Dicksonia antarctica

15 Lophosoria quadripinnata

17 Dicksonia squarrosa

x Dicksonia blumei

Dicksonia squarrosa 3-433.16.17

Essence

This personality has obsessive thoughts, especially of being evil, not being good while blowing his nose. He fears to be a sinner and will end up in hell, instead of heaven.

Mind

Obsessive Compulsive Disorder, OCD, after neuroborreliosis.

Problems with even the smallest decisions.

Borderline psychotic.

Visions of evil faces.

Fear not going to heaven, ending up in hell.

Fear to be bad and end up like Judas or Hitler.

Apathy, just sitting still all the time.

Praying frequently.

Interested in transport, trains, bus timetables, technology.

Profession: priest.

Lack of favourites, favourite favourite books, movies, colour.

Introverted, shy, yielding.

Aversion to be admired, the centre of attention.

Stiff, not relaxed.

Avoids conflicts.

Likes routine, fixed rules.

Dicksonia blumei

3-433.16._

Body

General: bleeding; cancer.

Anemiaceae

3-433.17.00

Introduction

English: Flowering fern.

Clades: Cyatheaales; Cyatheidae; Equisetanae; Pteridophyta; Plants.

Members: 1 genus: Anemia; ±150 species.

Region: Mexico.

Taxonomy

In the PPG1 classification Schizaeaceae, Anemiaceae and Lygodiaceae are placed in a monophyletic order Schizaeales. They are placed in the evolving tree of the Leptosporangiate ferns.

Plant theory

Anemiaceae is a family with only one genus, but many species. In the Plant theory Anemiaceae is split off from Schizaeaceae. Anemiaceae is also placed in Subphase 7, but in Cyatheaales instead of Equisetales.

Botany

Fern; very fern-like; terrestrial or epipetric.

Leaves: dimorphic, fertile and sterile fronds; lack well-defined sori; in fertile fronds, the two lowermost pinnae are highly modified to bear the sporangia.

Sporangia: with a horizontal annulus that lies below and completely encircles the top of the sporangium.

Chromosome numbers: $x=38$, $n=38$, 76, 114.

Essence

This personality feels rejected and excluded from his family. He can be beaten or just neglected. But the feeling is of being very alone in the world. His parents can have a very difficult relationship with a lot of fighting, resulting in divorce. This can happen later in life too, with their own relationship and marriage. They have a big need for support and love. Sometimes they can get it, but often they feel the same rejection and loneliness as in their youth.

Mind

Anxiety, for people.

Depression, endogenous depression, despair easily.

Ailments from being abused, sexual abuse.

Ailments from being rejected, unwanted, by family, by parents, with rigid rules.

Auto-mutilation.

Confused, mixed up.

Fear of leaving her home, prefers to stay safe at home.

Aversion talking talks to strangers.

Clinging to support.

Addictions, for alcohol, tobacco, marijuana.

Body

Eyes: dark rings under eyes.

Abdomen: lots of gas.

Skin: numbness.

Stages Remedies

1 Anemia mexicana

6 Anemia phyllitidis

15 Anemia rotundifolia

x Anemia mandioccana

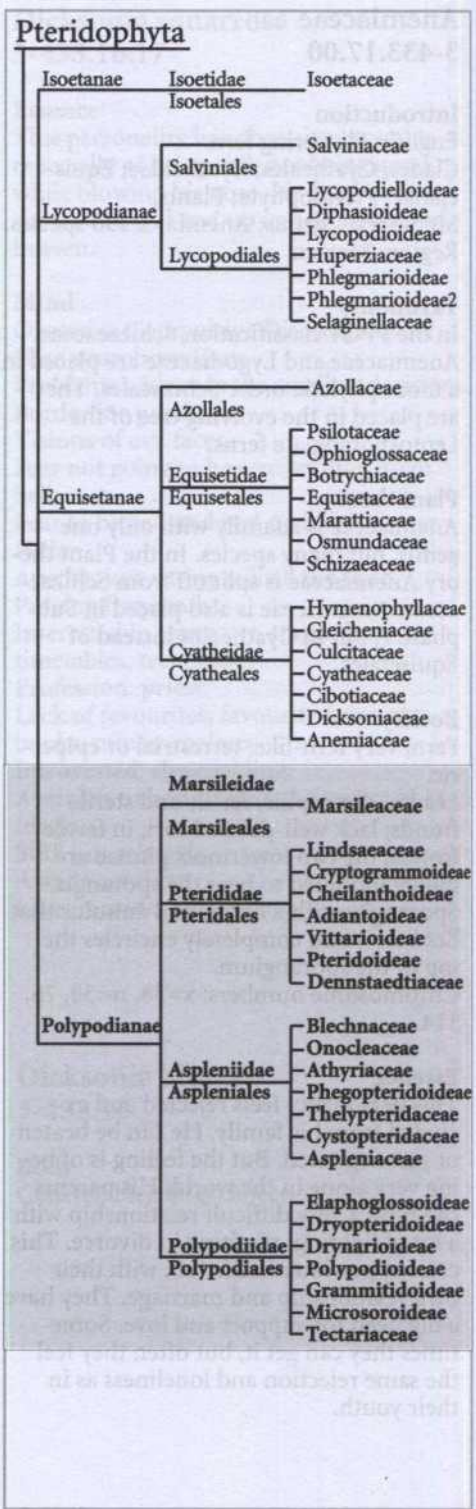
Anemia phyllitidis 3-433.17.06

Essence

This personality feels like a refugee, hoping for a better life, crossing borders, rivers and deserts with great danger for their life. They flee from poverty, violence and war.

Mind

Refugees treated very bad.
Mexican refugees.
Mediterranean sea refugees.



Polypodiana 3-440.00.00

Introduction

Synonym: Polypodiaceae; Polypodiopsida;
Polypodiales; Cathartogyrates.
Clades: Pteridophyta; Plants.

Taxonomy

Polypodiaceae is the main class of Ferns,
including about 11.000 of the 14.000
ferns.
In the PPG1 classification Polypodiaceae is
monophyletic.
Together with part of the Equisetaceae they
form the Leptosporangiate Ferns.

Plant theory

In the Plant theory Polypodiaceae is treated
the same way as the PPG1 classification.
It is the last class, connected to Iron series.
It has as Remedy code 3- 440.00.00.

Botany

Fern; hairs.
Stem: siphonostele, protoxylem mesarch.
Sporangia: in sori; sporangia primarily
multi-layered; eusporangial tapetum plas-
modia! pseudoendospore; endospore 2-
layered; sporangial maturation mixed an-
nulus vertical on sporangium interrupted
by stalk and stomium.

Essence

This personality has a problem with rules
and norms. This originates often in a strict
upbringing with punishments, emotionally
and/or physically. He has the feeling that
he cannot be himself and that he will be
only accepted and appreciated when he
adheres to the norms.

Mind

Autism, Asperger.
Obsessive compulsive syndromes, OCD.
Communication problems, lack of contact,
eye contact, language contact. Anger, rage
and temper tantrums when there is chaos,
when their expectations are not met.
Retardation, physically, emotionally, in
speech.
Addictions, alcoholism.
Repetitive behaviour.
Restless, jumping, running, in circles, head
banging.
Lack of reflection, cannot reflect on own
emotions.

General

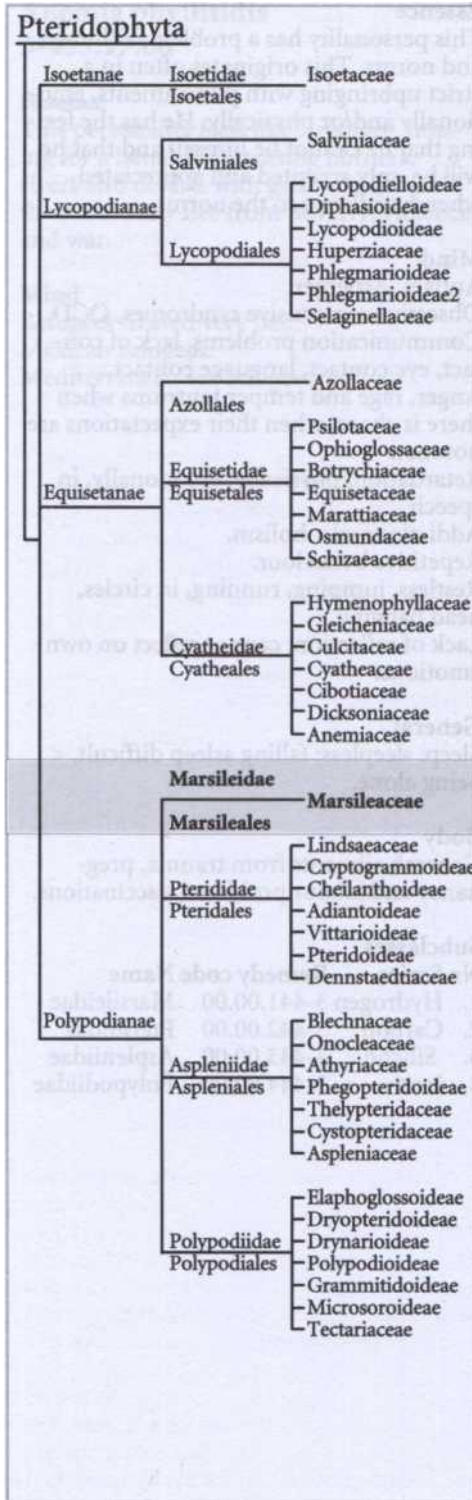
Sleep: sleepless; falling asleep difficult, <
being alone.

Body

General: ailments from trauma, pregnancy
and labour problems, vaccinations.

Subclasses

Nr	Series	Remedy code	Name
1.	Hydrogen	3-441.00.00	Marsileidae
2.	Carbon	3-442.00.00	Pterididae
3.	Silicon	3-443.00.00	Aspleniidae
4.	Iron	3-444.00.00	Polypodiidae



Marsileidae

3-441.00.00

Introduction

Clades: Polypodianaes; Pteridophyta; Plants.

Members: Marsileales, Marsileaceae, Marsilea.

Taxonomy

In the PPG1 classification Marsileaceae is member of the order Salviniales, in the clade leptosporangiate ferns.

Plant theory

In the Plant theory Salviniales is split in three clades. Marsileaceae is placed in the order Marsileales, in the subclass Marsileidae, in the class Polypodianaes.

Aquatic ferns classification

Remedy Family Order Subclass Class 3-

411.00 Isoetaceae Isoetales Isoetidae

Isoetanaes

3-421.00 Salviniaceae Salviniales Lycopodiidae Lycopodianaes

3-431.00 Azollaceae Azollales Equisetidae

Equisetanaes

3-441.00 Marsileaceae Marsileales

Polypodiidae Polypodianaes

Marsileales

3-441.10.00

Introduction

Clades: Marsileidae; Polypodiana; Pteridophyta; Plants.

Members: 1 family, Marsileaceae.

Taxonomy

In the PPG1 classification Marsileaceae were included in the order Salviniiales. Formerly Marsilea was included in the Hydropteridales (Rothwell and Stockey, 1994) or Salviniiales (A. Smith et al., 2006).

Plant theory

Marsileales is the only member of the Subclass Marsileidae and class Polypodi-
anae. It has only one member
Marsileaceae, placed in Phase 1. This is
the common situation in the Hydrogen
series.

Salviniiales is split in Salviniaceae, Azol-
laceae, and Marsileaceae, in their own or-
der and subclass, which are placed re-
spectively in the classes Lycopodiaceae,
Equisetaceae, and Polypodiaceae.

Aquatic plants have been difficult to clas-
sify, due to their reduced forms and thus
lack of differentiating qualities and due to
their reduced DNA. In the case of the
aquatic ferns, a family was erected to in-
clude all Hydropteridaceae, which means
water ferns. From the point of view of the
Plant theory, aquatic plants have a con-
nection to the Hydrogen series, where
only one possibility is available. Splitting
the Salviniiales fits the structure better and
the homeopathic pictures fit better.

Mind

Delusion: I don't understand the com-
munity rules.

Absent, absent-minded, zombie like. Can
only experience events, but cannot act or
digest them.

Can only absorb emotions. Very little
contact.

Aversion to cooperate with the world.

Subphases Families

Phase Remedy code Family

1. 3-441.11.00 Marsileaceae

Marsileaceae

3-441.11.00

Introduction

English: Pepperwort family; Water-clover
family.

Clades: Marsileales; Marsileidae; Polypo-
diana; Pteridophyta; Plants.

Genera: Marsilea, ± 55 species; Pilularia, 6
species, Regnellidium, 1 species.

Region: worldwide; warm-temperate and
tropical.

Habitat: aquatic or semi-aquatic; in mud,
along the shores of ponds or streams, sub-
merged in shallow water; seasonally wet
habitats; survive the winter or dry season
by losing their leaves and producing hard,
desiccation-resistant reproductive struc-
tures.

Use: pools, aquaria; porridge of pulverised
sporocarps.

Plant theory

In the Plant theory Marsileaceae is split off
from Salviniiales and placed in the class
Polypodiaceae. It is as an aquatic placed in
the Hydrogen class and in subphase 1.

Botany

Fern; heterosporous; aquatic and semi-
aquatic.

Root: long, slender rhizomes, creeping
along or beneath the ground.

Leaves: in distinct clusters; at nodes along
the rhizome, with wide spacing between
leaf clusters; stalk long slender, ending in
four leaflets; deciduous, in winter, or the
dry season; vegetative, sterile leaflets, and
fertile, spore-producing, leaflets.

Roots: grow from the rhizome.

Stem: vessels in the rhizome Sorophore:
sorus-bearing structure, unique to the
Marsileaceae, able to extend ten times the
length of the sporocarp, carrying the
numerous spore-producing sori. Sori:
heterosporous; consists of several
sporangia; covered by a thin hood, the in-
dusium; two types of sporangium, each
producing only one kind of spores.

Spores: hairy, short-stalked, bean-shaped; 3
to 8 mm in diameter; with hard covering,
tough, resistant to drying out; sporocarps,
modified leaflets, open readily in fa-
vourable conditions, fertile after more

than 130 years.

Essence

This personality is retreating in himself, having hardly any contact with others or himself. It is living like a zombie. This can come from hard circumstances, for themselves or for their parents.

Mind

Delusion: I don't understand the community rules.
Absent, absent-minded, zombie-like.
Dementia, forgets places.
Forgetful, names, places.
Orientation problems.
Can only experience events, but cannot act or digest them.
Can only absorb emotions.
Fern symptoms.
Autism, Asperger, lack of empathy and contact.
Development retarded, in speech, communication.
Restless, frantic motion.

Body

General: inflammation.
Action: refrigerant; resolvent; diuretic; anti-inflammatory, diuretic, depurative, febrifuge.
Rectum: diarrhoea; constipation!. Urinary: Bright's.
Female: menorrhagia.

Stages Remedies

1 *Marsilea drummondii*
1 *Marsilea quadrifolia*
1 *Regnellidium diphyllum*
x *Pilularia globulifera*

Marsilea quadrifolia 3-441.11.01

Essence

This personality is retreating in himself, having hardly any contact with others or himself. It is living like a zombie. This can come from hard circumstances, for themselves or for their parents.

Mind

Fern symptoms.
Autism, Asperger, lack of empathy and contact.
Development retarded, in speech, communication.
Restless, frantic motion.

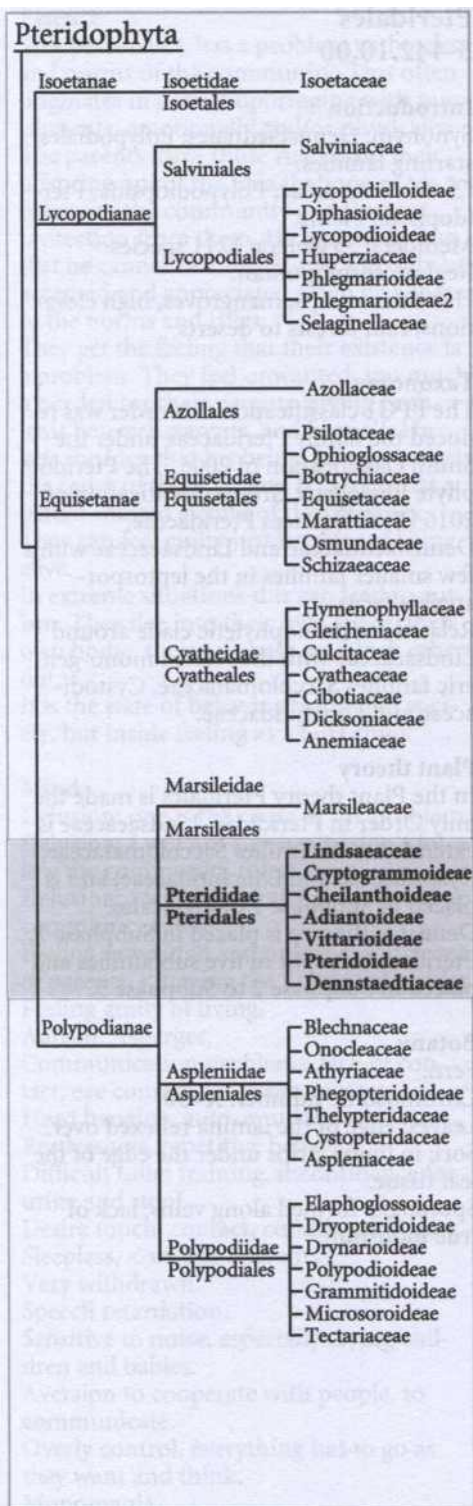
Body

General: inflammation.
Action: refrigerant; resolvent; diuretic; anti-inflammatory, diuretic, depurative, febrifuge.
Rectum: diarrhoea; constipation!.
Urinary: Bright's.
Female: menorrhagia.
Limbs: fracture.
Skin: abscess; boils; sore; snakebite.

Marsilea drummondii 3-441.11.01

Body

General: beriberi.



Pterididae

3-442.00.00

Introduction

Clades: Polypodianaes; Pteridophyta; Plants.

Members: 53 genera; 1211 species.

Taxonomy

The PPG1 classification places Pteridales and the identical Pteridineae are placed in the leptosporangiate ferns, also named Polypodiales. Related to Pteridales are Dennstaedtiaceae and a monophyletic clade around Lindsaeaceae, with mono generic families Saccolomataceae, Cystodiaceae and Lonchitidaceae.

Plant theory

In the Plant theory Pteridales is made the only Order in Pterididae. Lindsaeaceae is included with the small families Saccolomataceae, Cystodiaceae and Lonchitidaceae, and is placed in Subphase 1 of Pteridales.

Dennstaedtiaceae is placed in Subphase 7. Pteridaceae is split in five subfamilies and placed in Subphase 2 to Subphase 5.

Essence

This personality has a problem with rules and norms. This often originates in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact. Retardation, in motor development, speech, toilet training.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Retardation, physically, emotionally, in speech.

Addictions; alcoholism.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Fear: darkness, alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations.

Growth retardation.

Genital: retardation.

Rectum: encopresis.

Urinary: enuresis.

Orders

1 Pteridales

Pteridales

3-442.10.00

Introduction

Synonym: Dennstaedtiales; Polypodiales, starting families.

Clades: Pterididae; Polypodiopsida; Pteridophyta; Plants.

Members: 53 genera; 1211 species.

Region: cosmopolitan.

Habitat: swamps, mangroves, high elevations, rain forests to deserts.

Taxonomy

The PPG 1 classification this order was reduced the family Pteridaceae under the Smith classification of 2006. The Pteridophyte Phylogeny Group classification of 2016 (PPG I) places Pteridaceae, Dennstaedtiaceae and Lindsaeaceae with a few smaller families in the leptosporangiate ferns.

Related is a monophyletic clade around Lindsaeaceae with the related monogeneric families Saccolomataceae, Cystodiaceae and Lonchitidaceae.

Plant theory

In the Plant theory Pteridales is made the only Order in Pterididae. Lindsaeaceae is extended with families Saccolomataceae, Cystodiaceae and Lonchitidaceae, and is placed in Subphase 1 of Pteridales. Dennstaedtiaceae is placed in Subphase 7. Pteridaceae is split in five subfamilies and placed in Subphase 2 to Subphase 5.

Botany

Fern.

Chromosome number: $X=30$.

Leaves: edge of the lamina reflexed over.

Sori: in linear strips under the edge of the leaf tissue.

Sporangia: formed along veins; lack of true indusium.

Essence

This personality has a problem with rules and norms of the community. This often originates in a strict upbringing with punishments, emotionally and/or physically. The parents force those rules onto their offspring out of the idea that one needs to belong to the community and thus get protection from them. He has the feeling that he cannot be himself and will only be accepted and appreciated when he adheres to the norms and rules.

They get the feeling that their existence is a problem. They feel unwanted, too much a burden for their parents, giving problems between parents, and himself. He gets the idea that his being, his existence is the cause of the problem. It can be that a parent wanted a child of the other sex.

They can feel guilty just because of being alive.

In extreme situations this can lead to autism. They flee into their own space, their own home, their safe base, and lock others out.

It is the state of behaving normal in society, but inside feeling as a hurt child.

Mind

Delusion: one is the cause of the problem.

Delusion: I will not survive if I don't follow the community rules.

Delusion: I will not survive if I follow the community rules.

Feeling unwanted and unloved, < divorce of parents, < having the unwanted gender.

Feeling guilty of living.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact. Head

banging, auto-mutilation. Restlessness, repetitive behaviour. Difficult toilet

training, incontinence for urine and stool.

Desire touch, contact, cuddling, hugging.

Sleepless, < without parents.

Very withdrawn.

Speech retardation.

Sensitive to noise, especially crying children and babies.

Aversion to cooperate with people, to communicate.

Overly control, everything has to go as they want and think.

Monomania.

Lack of control, physical, bodily, incontinence, toilet training.

!! Retardation, in motor development, speech, toilet training.

Aversion to become adult, and take on responsibilities.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Retardation, physically, emotionally, in speech.

Problems with toilet training.

Addictions, alcoholism.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Fear: darkness, alone.

Body

General: growth retardation.

Nervous: cerebral palsy, < labour injury.

Genital: retardation.

Rectum: encopresis.

Urinary: enuresis.

Subphases Families

Phase Remedy code Family

1.	3-442.11.00	Lindsaeaceae
2.	3-442.00.00	Cryptogrammoideae
3.	3-443.00.00	Cheilanthesideae
4.	3-444.00.00	Adiantoidae
5.	3-441.00.00	Vittarioidae
6.	3-442.00.00	Pteridoideae
7.	3-443.00.00	Dennstaedtiaceae

Lindsaeaceae **3-442.11.00**

Introduction

Clades: Pteridales; Pterididae; Polypodi-
anae; Pteridophyta; Plants.

Genera: 6 or 7; $\pm$ 220 species.

Region: pantropical; eastern Asia, New
Zealand, South America.

Plant theory

The families Cystodiaceae, Lonchitidaceae
and Saccolomataceae are small and have
each have only one genus. These families
are included in the family Lindsaeaceae.
This extended Lindsaeaceae is still mono-
phyletic. It is placed in Subphase 1.

Taxonomy

For more than a century, Lindsaeaceae
were considered part of the Davalliaceae.
Then Lindsaeaceae began to be transferred
to the Dennstaedtiaceae. Molecular data
supported the separation of Lindsaeaceae
into its own family, among the most basic
of the families in the order Polypodiales.
Lindsaeaceae forms a monophyletic clade
with the small families Cystodiaceae and
Lonchitidaceae, named Lindsaeineae.
When the small family Saccolomataceae is
added the clade is still monophyletic.

Botany

Root: rhizomes, short to long creeping,
with nonclathrate scales or uniseriate hairs.
Leaves: blades pinnate, tripinnate or more
divided; veins usually free.

Sori: marginal or submarginal; indusia
open towards margin, sometimes attached
at sides, or covered by the reflexed seg-
ment margin.

Ferns, terrestrial; rhizomes short-creeping
to erect and trunk-like; petioles each with
an omega-shaped vascular strand; blades
pinnate to decompound and lacking artic-
ulate hairs; veins free; sori terminal on the
veins; indusia pouch- or cup-shaped.
Cystodiaceae: 1 species, *Cystodium sorbi-
folium*.

122 Lonchitidaceae: 1 genus, *Lonchitis*; 2 spe-
cies.

Lindsaeaceae: 7 genera: $\pm$ 234 species.

Essence

This personality has a problem with rules
and norms. This often originates in a strict
upbringing with punishments, emotionally
and/or physically. He has the feeling that
he cannot be himself and he has no right to
exist. He will be only accepted and
appreciated when he adheres to the norms.
But they are too impulsive and chaotic to
be able to follow strict rules.

Mind

Delusion: I will not survive if I don't fol-
low the community rules.

Delusion: I will not survive if I follow the
community rules.

Autism, Asperger.

Communication problems, lack of contact,
eye contact, language contact. Retardation,
in motor development, speech, toilet
training.

Anger, rage and temper tantrums when
there is chaos, when their expectations are
not met.

Retardation, physically, emotionally, in
speech.

Addictions, alcoholism.

Repetitive behaviour.

Restless, jumping, running, in circles, head
banging.

Fear: darkness, alone.

Impulsive, doing unexpected things.

Restless, constantly on the move. ADD,
ADHD, attention deficit syndrome with or
without hyperactivity.

Body

Growth retardation.

Genital: retardation.

Rectum: encopresis.

Urinary: enuresis.

Stages Remedies

2 *Odontosoria chinensis*

15 *Saccoloma elegans*

16 *Cystodium sorbifolium*

17 *Lonchitis hirsuta*

Odontosoria chusana

Sphenomeris biflora

Odontosoria chinensis **3-442.11.02**

Body

General: fever; inflammation; polyp.
Action: demulcent; laxative; refrigerant;
hemostatic.
Mouth: toothache.
Lungs: bronchitis; pneumonia.
Rectum: dysentery.
Skin: burns; sores; wounds.

Cryptogrammoideae 3-442.12.00

Introduction

Clades: Pteridales; Pterididae; Polypodi-
anae; Pteridophyta; Plants.
Members: 3 genera, Coniogramme, Cryp-
togramma, Llavea; 23 species.

Plant theory

Cryptogrammoideae is a subfamily in
Pteridaceae. In the Plant theory it is placed
in Subphase 2 of the Pteridales, with
confirmation from cases.

Taxonomy

In the Pteridophyte Phylogeny Group
classification of 2016 Cryptogrammoideae
is one of the five subfamilies of the family
Pteridaceae. Cryptogrammoideae is similar
to the family Cryptogrammaceae proposed
by Pichi Sermolli in 1963, except for the
similar genus Onychium. The less
morphologically similar genus Conio-
gramme is added.

In 2006, Smith included Cryptogram-
maceae as part of the family Pteridaceae.
In 2011 Christenhusz listed its three genera
in Cryptogrammoideae, one of five
subfamilies of Pteridaceae.

Essence

This personality has a problem with rules
and norms. This often originates in a strict
upbringing with punishments, emotionally
and/or physically. He has the feeling that
he cannot be himself and he has no right to
exist. He tries to be accepted and
appreciated by adapting and becoming
passive.

Mind

Shy.
Feeling unsure from having had not
enough back-up from parents.
Fear: darkness, alone.
Impulsive.
Restless, impatient, doing unexpected
things.

Stages Remedies

- 1 *Ceratopteris thalictroides*
- 2 *Acrostichum speciosum*
- 4 *Coniogramme emeiensis*
- 5 *Cryptogramma japonica*
- 10 *Acrostichum aureum*
- 12 *Coniogramme japonica*
- 17 *Llavea cordifolia*

- x *Coniogramme fraxinea*
- x *Cryptogramma crispa*

Ceratopteris thalictroides 3-442.12.01

Body

Action: laxative; poultice; tonic.
Skin: dermatosis; carbuncle.

Coniogramme emeiensis 3- 442.12.04

Essence

This personality feels weak, like a child, too weak to handle as an adult. They avoid acting, but then feel guilty that they haven't done something. They fear they will do something stupid or wrong and that it will lead to disasters, catastrophes. But afterwards they think that the catastrophes were the result of them not acting. They have a desire to act correctly, but are not able or daring enough to do so. They want to be someone special, intellectual, but don't know who they really are. So they do what they think others expect them to do. It is like a child who has to keep silent about the whereabouts of people in war times to prevent to be caught and killed, to help people to survive, but it is outside their capacity. They still feel guilty that they haven't done anything. At the end of their life they can live with a lot of regrets, for what they have not done.

Mind

Autism, Pandas.
Speech is delayed, single word sentences, repetitive, strange sounds.
Ailments from parents being disappointed in one's gender.
Desires contact by touch, cuddling with mother, pressing himself against stomach of mother, holding hands of children, being tickled.
Not much contact with other children, better with adults.
Oversensitive to noise, especially crying children, < allergic, < hunger, < lack of order, of his books.
Aversion to have his hair cut, or his toenails cut.
Phlegmatic, not aggressive.
Obsessive with books and i-pads.
Loves to watch videos of himself, laughs when he sees himself crying.
Nervous, agitated.
He frequently touches his penis. Smooth, artificial, plastic like. Hollow, empty, little substance. Unreal, behaving as expected.
Desire to be someone.

Desire to be an intellectual, but he does not have the capacity for it.
Desire to prove himself.
Chaotic.
Fear: staircases.

General

Food: < pork, eggs.
Desires: salt.
Aversion: soup, vegetables.
Sleep: restless, moving around.

Body

General: mumps; fever; polyp; abscess; allergies, anaphylactic shock.
Action: carminative; anti-coagulant; refrigerant.
Eye: problems, swollen eyelids.
Lungs: cough, choking.
Swollen lips and eyelids.
Face: cramp, lower jaw, parotids.
Nose: smell musty.
Mouth: swollen lips; taste sour.
Chest: mastitis.
Stomach; itching, < cholestasis.
Abdomen: jaundice.
Female; menorrhagia.
Limbs: itching hands.
Skin: wounds; bruises; rashes.

Cryptogramma japonica 3-442.12.05

Body

General: mumps; fever; polyp.
Abdomen: jaundice Female; menorrhagia.
Skin: wounds.

Acrostichum aureum 3-442.12.10

Essence

This personality has a fear to stand up for herself. They fear that when they will do so, they will be abandoned. As a child that will mean they will be totally lost and helpless. They will stay friendly in all circumstances, unable to say no out of fear to be rejected. Saying no to others will make them feel guilty.

Mind

Ailments from being set up by one parent against the other parent.
Fear to lose my mind.
Feeling helpless, totally isolated, extradited, without orientation.
Loss of control.
Confusion; total lack of orientation.
Memory lost.
Having to explain everything every minute.
Lost all control.
Fear to hurt others, a friend, even when they are too demanding and too self-centred.
Fear: rejecting others; being abandoned.
Adapting; empathising with everyone.
Never getting angry.
Feeling helpless, lost, isolated, completely at the mercy of others.
Mediator.
Bad conscience.
Cannot set boundaries, towards family and friends.

Body

General: polyp.
Action: emollient; vulnerary.
Urinary: Bright's.
Skin: boils; wounds.

Coniogramme japonica 3-442.12.12 Cheilanthroideae 3-442.13.00

Fairy tale: Red riding hood. Movie: Painkiller, about Oxycontin.

Essence

This personality is seduced, lured into something terrible. It can be by a salesman selling something great which turns out to be rubbish. It can be a boy putting drugs in one's drink to have an easy sex evening. Or a doctor luring one into use of drugs or operations that are not beneficial and even detrimental for health. As one is too pleasing, one can easily become a victim of people without empathy, psychopaths. One is too naive and has suppressed one's own gut feelings and is lured by something elegant and attractive into being abused.

Mind

Getting trapped, which is very painful, like mating cats; entrapment.
Being lured into operations by doctors, like breast enlargement.

Salesmen lured into a life of money. Boys luring girls into drugs to abuse them. Being lured into corona vaccination. Naive, impulsive, gullible.

Idea that one is rude, when one does not trust the other.

Not recognising one's inner feeling, one's intuition.

Not knowing one's own place, one's own life and direction in life.

Paying a huge price for one's naivety. Desperate.

Opportunist.

Power, lack of power.

Beautiful and harsh, destructive.

Afterwards one cannot trust oneself.

Terrified.

Total lack of empathy.

Body

Action: carminative; anti-coagulant; refrigerant.

Neural: tics.

Eye: problems.

Nose: sneezing.

Chest: mastitis.

Skin: abscess; bruise.

Introduction

English: Cheilanthoid ferns.

Clades: Pteridaceae; Pteridales; Pterididae; Polypodiales; Pteridophyta; Plants.

Members: 6 genera: Anogramma, Cryptogramma, Eriosorus, Hemionitis, Jamesonia, Pityrogramma.

Habitat: primarily epipetric; semiarid.

Plant theory

Cheilanthroideae is a subfamily of the Pteridaceae. In the Plant theory it is placed in Subphase 3 of the Pteridales, with confirmation from cases.

Botany

Ferns.

Leaves: mostly with well-developed scales or trichomes; often bipinnate or otherwise highly compound.

Sporangia: mostly borne in marginal sori with false indusia that are +/- continuous around the leaf margins.

Tribes

Doryopteris ludens: calciphlopteris

Bommeriids: Baja, Bommeri Skinneriids: Cheilanthes skinneri and relatives.

Myriopterids: Mildella, Myriopteris.

Pellaeids: Argyrochosma, Astrolepis, Paragymnopteris, Pellaea.

Notholaenids: Cheilanthes leucopoda, Cheiloplecton, Notholaena

Hemionitids: Adiantopsis, Aleuritopteris, Aspidotis, Cheilanthes, Doryopteris, Gaga,

Hemionitis, Lytoneuron, Mickelopteris,

Oeosporangium, Ormopteris, Penta-gramma, Trachypteris

Included

Hemionitidoid ferns; terrestrial, epipetric or epiphytic in moist or semiarid habitats; leaves simple, pinnate, or more compound; sporangia born in linear non-marginal, exindusiate sori or sometimes in marginal sori.

Essence

This personality has a problem with rules and norms. This often originates in a

strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He tries to be accepted and appreciated by pleasing others. But he does it in a shy, invisible way. That makes that he is mostly not seen or heard.

- x Hemionitis arifolia
- x Oeosporangium szovitsii
- x Paragymnopteris marantae
- x Pellaea ovata
- x Trachypteris pinnata

Mind

Delusion: I will not survive if I don't follow the community rules.

Delusion: I will not survive if follow the community rules.

Autism, Asperger.

Multiple personalities.

Communication problems, lack of contact, eye contact, language contact.

!! Retardation, in motor development, speech, toilet training.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Retardation, physically, emotionally, in speech.

Addictions, alcoholism.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Cheilanthes lanosa 3-442.13.03

Body

Action: cyanogenetic.

Body

Growth retardation.

Genital: retardation.

Rectum: encopresis.

Urinary: enuresis.

Stages Remedies

- 1 Bommeria elegans
- 2 Calciphilopteris ludens
- 3 Cheilanthes lanosa
- 3 Myriopteris marsupianthes
- 5 Hemionitis palmata
- 6 Mickelopteris cordata
- 8 Doryopteris pedata
- 9 Myriopteris alabamensis
- 10 Cheiloplecton rigidum
- 11 Cheilanthes argentea
- 12 Cheilanthes hirta
- 13 Pellaea falcata
- 14 Astrolepis sinuata
- 14 Doryopteris cordifolia
- 15 Pellaea rotundifolia
- 17 Lytoneuron lomariaceum
- x Adiantopsis pedata
- x Baja brandegeei
- x Doryopteris palmata

Hemionitis palmata 3-442.13.05

Essence

This personality feels he has no right to exist, as if there is no place for him in the world. This can arise from early childhood or pregnancy problems like a mother being overwhelmed by the pregnancy, her child and her work. There can be family problems like parents fighting and divorcing, alcoholism, violence, screaming, sexual abuse, war traumas. They start many things, but lack the strength and persistence to continue.

Mind

Autism, retarded development, speech. Problems making contact, not playing with peers or schoolmates. Dreamy. Stubborn, only does what he wants. Refuses to do things on demand. Poor understanding. Unwanted child, abortion considered. Labour complicated, asphyxia. Slow motor development, turn around, crawling, sitting. Late development in speech and understanding. Lack of understanding emotions. Concentration difficult, poor attention span. Timid in kindergarten, withdrawing when kids are running and screaming. Few or no friends. Oversensitive to noise, concerts. Acting strange, like a dog, barking, walking on all fours, sticking out his tongue. Loves water, bathing, swimming, with his head under water. Angry, < something goes wrong, being unable to do what he wants, people talking next to him, mother asking him something. Prefers to stay home, aversion to go out. Desire to dance on the tables and chairs. If he has friends then he only jokes. He is only interested in his own subjects and talks about them constantly. Depressed, dislikes life, < fights of parents. Asks his mother to beat him. Head banging, feels better from pain; bounced with his butt on the floor, with

his back against the wall.

He knows what he is doing but he is easily upset.

He hates riding a bicycle.

Creative, makes three-dimensional masks; great imagination.

Good memory.

Need for attention from his mother and father, embracing them.

Hobbies: Lego.

Harassing, upsetting younger siblings.

General

Time: > evening person, tired < morning.

Dreams: flying away through the open window.

Eating: drinks only water.

Preferences: sweets; meat, potatoes, bread.

Aversions: soup and broth; vegetables, tomatoes.

Sleep: sleepless, short naps, waking often, waking early in the morning.

Body

General: Pandas, paediatric autistic spectrum disorder associated with streptococcus.

Nervous: hypotonia.

Nose: rhinitis.

Ear: infections, otitis, painless, discharging pus.

Throat: tonsillitis.

Lungs: bronchitis.

Skin: burns; itchy back of hands, legs, belly, scars from scratching and pinching.

Mickelopteris cordata 3-442.13.06

Essence

This personality is like a child who on the one hand feels small and vulnerable, but on the other hand manages to go her own way by being funny and joking. It can be a man who was very open as a child; because he was so different from others he was bullied in class and as a result later shut down completely and no longer wants contacts.

Mind

Joking, as if one is joking when he is serious.

Hearty and cheerful, but underneath sometimes sad; suppresses his trauma with liveliness.

Going out of body, dissociation.

Calimero saying "I'm small and you're big and that's not fair".

Fragile.

Trembling.

A sweet little girl.

Wants to be among equals.

Hurt.

Sensitive, absorbing emotions and moods of others.

Wants to be left alone.

General

Weather: cold.

Body

Face: sinusitis, maxillary; pain in the jaws.

Nose: pain in nasal septum.

Back: neck pain at the first cervical vertebra.

Doryopteris pedata 3-442.13.08

Essence

A personality who, through a traumatic experience, e.g. attending a cadet school, relies only on his personal strengths. Like a savant who exercises his talent with tunnel vision, functioning like an automaton. It feels like being enclosed, in a tunnel-like state, not open, like a sleepwalker or autopilot, reduced to its functioning, without emotion or reflection, doing what one is told, receiver of orders. It looks like being in a cadet school, learning to march, being aligned, like apprentices who have to be polished. It is like working routinely, like in an assembly line, with robots every day, in synchronisation. It is a conformist, doing things step by step.

Mind

Autism, retardation.

Rorschach test.

Balanced.

Self-evident.

Savant-syndrome.

Speech retarded, repeating questions.

Understands what he has read, but cannot talk well.

Fascinated with numbers. He goes to a private nursery and is eager to learn. He mastered letters and numbers.

He is eager to learn, but it gives him also stress and then he starts biting his hand.

Likes cartoons, fairy tales, repeating parts of the cartoons, a kind of echolalia.

Very good contact with his mother, kissing, cuddling and hugging her frequently. Likes riding a tractor or a motorbike, helping his father on the farm.

Likes to become a firefighter like his father.

Likes company, new people, Seldom angry, < mother takes his phone away, when he wants something that he doesn't get, or when he is interrupted.

When he is angry he says "I will hit you", or "The police will come and get you". He likes to play with his younger brother. He gets nervous and annoyed by his younger sister.

Apologising a thousand times when his mother is angry with him.

Hypersensitive to music.
Good orientation.
Annoyed by the demanding and impatient behaviour of her mother-in-law.
Shameless, walking naked.
Pleasing, hugging, kissing, cuddling.
Functioning like an automaton.
Fear: dogs; ghosts; being kidnapped, < open windows in the night.

General

Weather; a desire to be outside; from strong winds.
Food: < gluten, dairy products, sugar.
Desires: dried bread, dry cornflakes; very picky.
Aversions: potatoes, soup, cake, muffins, new things.
Sleep: good; sometimes waking from nightmares, storms, or fire alarms; somnambulism.

Body

General: < hypoxia during labor.
Nervous: Parkinson; moves like an automaton; weak muscles, lifts his head with difficulty; imbalance, easily falling over; late crawling and walking; fine motor skills like drawing and writing are difficult; ticks, vocal, shaking his head, squinting his eyes, looking upwards, opening his mouth; slight convulsions, eyes wide open, arm stretched out to parents, < morning, < sleep.
Eye: tunnel vision.
Nose: blocked, worse at night. Throat: low thyroid function. Mouth: taste burning.
Lung: bronchitis, with lack of air; asthma, with wheezing, difficulty breathing, coughing until vomiting, worse from strong winds, better from a diet without gluten, dairy products and sugar.
Male: scrotal hernia.
Limbs: frozen shoulder.

Myriopteris alabamensis 3-442.13.09

Essence

This personality is like a child or teenager who does something very daring to prove himself to the group. They feel easily overlooked, not seen and not heard as they are shy and lack courage. Then they do something to prove they also have something to show. But they overdo it naively, lack real consideration and knowledge, like taking drugs in overdoses. They can leave their family in devastation. But the parents were also naive, thinking their child would never do such a thing, would never try drugs at all.

Mind

Ailments from overdose of drugs, glue sniffing, coma drinking.
Feeling overlooked, being not special at all.
Teenage girls, talking all the time, a bit hysterical, not knowing what they are talking about.
Devastation in families from losses of children.
As if being in another world. Bored, neglected.

General

Physical: desire to lie down.

Body

Action: cyanogenetic.
Head: headache.

Cheilanthes argentea
3-442.13.11

Essence

Little woman with spunk, dominant, very direct, with a high-pitched voice. She knows what she wants and won't let herself be cheated; she is fierce, ardent. A secretary who leaves to find a better job that pays better, but after a while she would like to go back because of missing the good atmosphere and freedom.

Mind

A little girl with spunk.
Does not live to old age, is quickly burnt out.

Cheilanthes hirta
3-442.13.12

Body

General: scurvy; polyp; cancer.
Action: diuretic; sudorific; cyanogenetic.
Chest: problems.
Rectum: cholera.

Pellaea falcata
3-442.13.12

Essence

This personality feels suppressed and too weak to oppose his oppressors, but internally he is firm, strong and unbreakable. He cannot be broken and conquered, no matter how strong, rigid and domineering his oppressors are.

Mind

Aboriginals, or Indians, being removed from their land, being shot.
Catholics in Northern Ireland, oppressed by the like Protestants.
Convicts being sent to Australia, a hard life.
Successful people and unsuccessful people in the same family.
Cannot be broken or crushed, never giving in.
Feeling being in an in-between state, cannot follow anything, unable to express oneself.
Hiding, feeling paralysed, unable to speak.
Feeling not seen, from being overwhelmed.
Fear losing power, losing position.
Rigid views, harsh, dogmatic, strict.
Provocative, fighting, no surrender.
Disturbing, a pest.
Annoying, exhausting, using the mantra of the rules.
Success, strength, tough, survival.

Body

General: tired, desire to lie down.
Eyes: heavy.
Lungs: yawning.
Stomach: eructations.

Astrolepis sinuata 3-442.13.14

Essence

This personality feels like an outsider in the family, like an ugly duckling or black sheep. They feel discarded, not seen for who they are by their parents, husband or children. But they feel they have no right to stand up for themselves, that they are not allowed to divorce. They are taught the idea that love of yourself is selfish, egotistical. They feel dried up, wrinkled. To have something for themselves, they will join a group of people in similar situations, a sport or golf club or reading club. But won't talk about their problems, only about superficial things.

Mind

Feeling superior, coming from wealthy families.
Always nice and adapting, never having been wild or part of the feminist rebellion. Husband going for a younger wife because his wife had dried up from menopause. Husband who has left for good, without having said anything.
Cheating.
Unnatural upbringing, thinking that that is natural and okay.
Distorting children, not straight. Cabin fever.
Feeling unattractive, discarded, wanted by nobody.
Lack of love, worse when the children have left home or emigrated.
Dry, filthy, dirty, fungal, rotten, ugly, nasty.
Starting out, nice, innocent, pure, trusting, then soon comes child abuse, rape of small children, children given away and sold for sex.
Children abducted and abused, tortured to produce adrenochrome.
Decay, degeneration. Chaos.
Turning upside down, inside out.

Body

General: poisoning.

Doryopteris cordifolia 3-442.13.14

Essence

This personality is like a young child that has great ideas for life, but is held back by parents and teachers to keep the norms of the community. He wants to go into a relationship, not quite knowing how to deal with it, including sexuality. She wants to become an artist but is married out and has to do the housekeeping and child care.

Mind

Breaking out, curiosity, wanting to get out of the system.
Wanting to be different from parents, with clothes and cosmetics.
Quirky, opinionated, cheerful.
Arrogant.
Two sides; contradictory.
No room for expansion, for art.
Power is held in, does not come out, kept under blanket.
Fixated, no freedom.
Elite above the rabble.
Above fine and agile, below primal power.
Fine, fragile, soft, delicate.
Impossible, unable to feel one's own self.
Bored.
A long family history, with unknown traumas.
Wanting to get out, out of the family system, but can't.
Family that is run down, individualism is absent.
Not really authentic.
Ideals too high to realise.
Being withdrawn into oneself.
Not getting ahead, there is too much heaviness.
The first impression is not nice, the second impression is heavy.
A girl who wants to do and achieve a lot, but is married off and stuck in childcare and housekeeping.
Dizziness overhead, with uncertainty.
Nausea, with an empty stomach.
Development held back, but would like to but can't.
You can have beautiful fantasies but all within the norms.
Back in your cubicle.
Terribly tired, poor, infinitely burdened.

A parent holds the neck of a child with his hands, like in a vice.

It's the habit, and there's nothing you can do about it.

Procrastinating and rejecting.

Things are just the way they are.

A disabled man who just watches TV and eats and has no idea that there can be some more to life.

Body

Head: lightheaded.

Throat: pressure on thyroid.

Lungs: breathing centre is blocked, breathing is shallow, depressed; oppression lungs.

Heart: oppression.

Chest: oppression.

Limbs: neck pain at the seventh cervical vertebra, as if held in a vice.

Pellaea rotundifolia

3-442.13.15

Body

General: polyp.

Lungs: asthma; pneumonia.

Abdomen: colic.

Adiantoideae

3-442.14.00

Introduction

English: Maidenhair ferns; Adiantoid ferns.

Name: Adiantum comes from Greek, meaning not wetted.

Clades: Pteridaceae; Pteridales; Pterididae; Polypodiales; Pteridophyta; Plants.

Members: 1 genus, Adiantum; 250 species.

Region: south America, Andes, eastern Asia, China.

Habitat: prefers humus-rich, moist, well-drained sites; bottom land soils to vertical rock walls; epipetric, terrestrial or epiphytic in moist habitats.

Use: ornamental, on rock walls around waterfalls and water seepage areas.

Plant theory

Adiantoideae is a subfamily in Pteridaceae. It is placed in Subphase 4. This needs confirmation.

Taxonomy

Adiantoideae is a subfamily in Pteridaceae.

Adiantum is paraphyletic, monophyletic when Adiantum raddianum, and possibly a few other species, are removed.

Botany

Keys: rachis often dichotomously branching; sori relatively small and discrete with sporangia borne on the false indusium rather than the leaf blade proper.

Fern.

Stem: dark, brown to black!!

Leaves: bright green, often delicately cut leaf tissue; rachis dark, often black, often dichotomously branching; slender, shining black stipes.

Sori: submarginally; covered by reflexed flaps of leaf tissue which resemble indusia; dimorphism is subtle; relatively small and discrete with sporangia borne on the false indusium rather than the leaf blade proper.

Essence

This personality has a problem with rules and norms. This often originates in a strict upbringing with punishments, emo-

tionally and/or physically. But he sees that as normal and that one has to be loyal to family and parents. He wants to be close to parents, for instance by hugging, cuddling and kissing.

Mind

Delusion: I will not survive if I don't follow the community rules.

Delusion: I will not survive if I follow the community rules.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact, >hug- ging, cuddling and kissing.

!! Retardation, in motor development, speech, toilet training.

Retardation, physically, emotionally, in speech.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Body

Growth retardation.

Heart: problems.

Rectum: encopresis.

Urinary: enuresis.

Limbs: rheumatism.

Stages Remedies

7	Adiantum venustum
9	Adiantum raddianum
10	Adiantum macrophyllum
10	Adiantum trapeziforme
13	Adiantum auriculatum
13	Adiantum capillus-veneris
17	Adiantum caudatum
x	Adiantum lunulatum
x	Adiantum pedatum
x	Adiantum peruvianum
x	Adiantum tenerum

Adiantum venustum

3-442.14.07

Introduction

This personality is in a situation of a woman who is not taken by her husband to meetings and parties, she is not seen in what she does for her husband and the community, she is restricted and put away in their stuffy house.

Mind

Woman caring, cooking, slowly, naturally, for the family.

Soft, feminine.

Nervous, chaotic due to having to think about everything, what has to be done and who to take care for.

Adapting: goes with all the winds. Man-woman collaboration.

Girl abandoned by her boyfriend, stone in her heart, death blow, broken heart.

Hobbies: gardening, vegetable garden.

Wisely tolerating.

Bitter, embittered.

Fragility.

Hydrophobia.

Body

General: fistula; tumour, cancer; diabetes.

Action: demulcent; expectorant; tonic; diuretic; sedative; hypnosis; antiviral; antibacterial.

Nervous: jerking, tension, shuddering.

Head: headache.

Nose: colds.

Mouth: taste bitter.

Lungs: respiration wheezing; pseudocroup, with fear, > steaming, > comfort, > worry.

Heart: trembling, vibrating, 3 Hz.

Chest: trembling, vibrating, 3 Hz; inflammation.

Abdomen: liver problems.

Limbs: muscles tense.

Adiantum raddianum
3-442.14.09

Introduction

This personality feels in a situation after a disaster, a meteorite impact or a civil war. It is the theme of refugees, who had to leave everything behind to find a place to start a new life. He feels it is best not to think or talk anymore about the past, the future is already difficult enough.

Mind

Confusion, < obstacles, < mistakes, good preparation does not help.
Nothing fits, we do all things differently.
Unclear, what is it all about.
New time for beginnings.
One cannot stay in the old things.
No worries, all problems are repetitions, we will recover.
Saying "leave me alone, in peace"; aversion being touched.
Good life, there is no problem, we don't talk about problems, we just dance.
Heavy, resistance.
On stage, others pass by, they do not see us.
Sacred time, ballet dance, little girl had to dance till her death.
Violated, rape, shocking. Untouchable.
Child was totally resolved, she got her form back slowly.
Ethereal, refined, the slaves after civil war, but that does not matter, it is suppressed. Clarity.
Working slow, working fast.
Stage performance, child of 7 to 10, light, looks like a ballerina, little motion, no text; kind of allegory.
Shaken, comedian, mobbing, the sacred things have to be destroyed.
Everything was too little.
People moving, Mongols, Huns.
Lean.
Bad times.
Starvation.
Idea of enduring.

Body

Heart: dancing.
Limbs: arms pain, numb.

Adiantum trapeziforme 3-442.14.10

Essence

This personality feels he is coming from a noble family. It feels both as a responsibility and a gift for creativity, inspiration, concentration and fertility.

Body

Heart: infarction.
Genital: condyloma.

Adiantum auriculatum 3-442.14.13

General

Weather: < sun; > shade, damp.

Adiantum capillus-veneris 3-442.14.13

Culture: Sacre du Printemps, sacrificing of a young girl every spring.

Essence

This personality is like a teenage girl of twelve or thirteen, who is very open and naive, but is afraid that people will take advantage of her. She doesn't know if boys can be trusted, if they are not just flatterers. She fears being stained and marked, and that everyone can see that.

Mind

Using discord and seduction to dominate and conquer.

Soft, fragile, flexible, adapting.

Fresh.

Warts, herpes on the lips.

Fear of contamination, losing one's virginity and purity.

Insecure.

Need to shower, clean and wash.

Need for purity.

General

Type: lymphatic, nervous.

Weather: < sun; > shade, damp.

Sleep: soporific condition.

Body

General: torpid inflammations of lymphatic glands; bleeding.

Action: antidandruff, antitussive, astringent, demulcent, depurative, emetic, weak emmenagogue, emollient, weak expectorant, febrifuge, galactagogue, laxative, pectoral, refrigerant, stimulant, sudorific, tonic; hair tonic.

Head: headaches; dandruff; hair falling.

Eyes: blindness, monocular amblyopia.

Nose: itching; colds congestion, catarrh.

Face: pale; blue rings around eyes.

Mouth: taste, sweetish and a little astringent; odour, weak.

Throat: afflictions; hoarse.

Lungs: coughs, bronchitis; whooping cough; asthma, pleurisy, shortness of breath, influenza; catarrh; tuberculosis, no fever, with limited, ulcerated lesions; scrofula; pulmonary catarrhs.

Heart: problems; stitches in region of

heart; pericarditis.

Chest: pains; congestion.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; pain, gnawing, < sweets; worm colic, tapeworm; liver problems, jaundice.

Rectum: constipation; ineffectual urging to stool; diarrhoea.

Urinary: urine scanty, gravel; cystitis.

Limbs: arthritis

Female: menses scanty or heavy with cramps; metrorrhagia.

Skin: hair thinning, loss; scurf; snake bites, bee stings.

Adiantum reniforme **3-442.14.14**

Song "Stitched on my heart". Movie
"Triangle of Sadness". Avadhuta Gita;
"Song of the free soul".

Essence

This personality lives in phantasies, in his head. He is very rational, with a lack of emotions or contact to his emotions. He looks very stable and content, but lacks a base. He is loyal to the family and copies the profession of his father, taking over his company. His parents want him to do so and try to shine through their children. He has an impeccable, almost flawless behaviour. Everyone looks up to him as a respected authority. But in reality, he lacks depth. He has no emotional connection with the people around him. Outwardly, there is nothing to criticise, he is polite and professional. Yet inside, he is empty. He feels different, not related to others.

Mind

Autistic, limited vocabulary.
Desire to be perceived as a member of his family, to stay in my one's own happy world.
Aversion to be different.
Desire security, feeling safe.
Working simply, monotonous, without thinking, not recognising values, exploited, hoping for a better life. Childish, happy, naive, cute.
Restless, hurry, motion, spinning around.
Aversion being disturbed.
Pushing people away when they want something from him or when in pain.
Angry, bitter.
Have to fight one's own family, invisible enemies.
Strong forgetting, not remembering, not reflecting, amnesia.
Borders with gaps so that water, migrants, smugglers can get through illegally.
Secrets that are betrayed, whistle-blowers.
Nothing is made to last forever, there are always damaged areas, dissolutions.
Insecure, fear of being thrown out, excluded, by being a bastard.
Parents with many children.
Deep deep grief.
Battlefield, Avadhuta Gita.

Feeling lost.
Money changers.
Thinking they are quite something.
Flash commercials of less than a second.
Desire to lay down and be helped.
People still connected to their mother, as with the umbilical cord.

General

Weather: craving for fresh air, coolness, cold bath.

Body

Head: headache, right side, squeezed; hydrocephalus.
Nervous: stumbling, insecure gait.
Eyes: irritated; heavy eyelids; lachrymation; vision flickering.
Ears: problem, ear pain, right ear; hearing acute.
Stomach: nausea, seasick.
Urinary: kidney problems.
Female: complicated labour.
Limbs: right arm hurts.

DD: Placenta.

Adiantum caudatum

3-442.14.17

Essence

This personality feels trapped and abused, having a miserable existence. It is as living in a cold prison. It is like a black girl, offered a beautiful job under false pretence, and ending in a brothel, being used as a whore.

Mind

Brian Epstein.

People working as slaves.

Men putting women down, because they put down themselves.

Aggressive, male dominating sex.

Young girl captivated, starved, but adapting to her hostages; Stockholm syndrome.

Count Dracula, overpowering women. The donkey that poops golden coins. Miserable existence, sad and abused.

Body

General: fistula.

Action: demulcent; expectorant; tonic.

Lung: bronchitis.

Abdomen: pain; jaundice.

Rectum: cholera; constipation. Skin: scabies.

Adiantum pedatum

3-442.14._

Body

General: fistula.

Action: demulcent; emollient; expectorant; tonic.

Nose: catarrh.

Throat: hoarse.

Lungs: cough.

Rectum: cholera.

Limbs: rheumatism.

Adiantum lunulatum

3-442.14._

Body

General: fevers, in children; swelling, dropsy; stone; fistula; tumour, polyp; chill; syphilis; elephantiasis.

Action: tonic; stringent; demulcent; depurative; diuretic; emollient; expectorant; laxative; sudorific; bronchus dilator.

Head: alopecia.

Nose: catarrh.

Throat: affections.

Lungs: cough; asthma.

Stomach: hyperacidity.

Abdomen: liver problems, hepatitis; spleen sclerosis, inflammation, splenitis; colic.

Rectum: diarrhoea; dysentery; cholera.

Limbs: sprain; elephantiasis.

Skin: sore.

Vittarioideae **3-442.15.00**

Introduction

English: Vittarioid ferns.
Clades: Pteridaceae; Pteridales; Pterididae;
Polypodiana; Pteridophyta; Plants.
Members: 13 genera: Ananthacorus, Antrophyopsis, Antrophyum, Haplopteris, Hecistopteris, Polytaenium, Radiovittaria, Rheopteris, Scoliosorus, Vaginularia, Vittaria; Anetium, Monogramma.
Region: tropical.

Plant theory

Vittarioideae is a subfamily in Pteridaceae.
It is tropical and placed in Subphase 5.
This needs confirmation. Only one species is available in homeopathy.

Botany

Fern; primarily epiphytic.
Leaves: simple leaves; sori follow the veins and lack true indusia.

Introduction

This picture is very tentative as there is only one remedy from Vittarioideae potentised yet.

Essence

This personality has a problem with rules and norms. This often originates in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. They will try to compensate for their inferiority feelings by trying to be the best, to win in sports and games.

Mind

Delusion: I will not survive if I don't follow the community rules.
Delusion: I will not survive if I follow the community rules.
Autism, Asperger.
Communication problems, lack of contact, eye contact, language contact.

Stages Remedies

- 1 Vittaria lineata
- 17 Anetium citrifolium

Vittaria lineata **3-442.15.01**

Essence

This personality feels very lonely, in search of company. But he does not know how to make contact.

Mind

One-sided, simple.
Restless, confused.
Sad, depressed.

Anetium citrifolium

3-442.15.17

Essence

This personality feel helpless and powerless, unable to do anything to improve his situation. At the same time he can feel totally deserted and left alone. This can arise from a very rough upbringing and being totally ignored and beaten by their mother as a child. It can come from sexual abuse by grandparents or other relatives. It can arise from being a war prisoner, spending years in prison after a war.

Mind

Aversion to live, to tackle life, to having to fight against terrible circumstances.
Lovely, soft, sweet, always smiling, pleasing her parents.
Speech, lacking, non-verbal.
Ignored, beaten by parents; imprisoned; abuse.

General

Sleep: sleepless.

Body

Nervous: cerebral palsy, < labour trauma, meconium aspiration syndrome, on a wheelchair; epilepsy, with arching, opisthotonus; absences.
Stomach: reflux: vomiting easily.

Pteridoideae

3-442.16.00

Introduction

English: Pteridoid ferns.
Clades: Pteridaceae; Pteridales; Pterididae; Polypodiales; Pteridophyta; Plants.
Members: 14 genera: Actiniopteris, Anogramma, Austrogramme, Cerosora, Cosentinia, Gastoniella, Jamesonia, Onychium, Pityrogramma, Pteris, Pterozonium, Syngamma, Taenitis, Tryonia.
Habitat: moist.

Plant theory

Pteridoideae is a subfamily in the family Pteridaceae. In the plant theory Pteridoideae is placed in Subphase 6, with good homeopathic confirmation.

Botany

Ferns; terrestrial and epipetric.
Leaves: mostly without prominent scales or trichomes; mostly pinnate, sometimes more compound.
Sporangia: born in marginal sori with false indusia; mostly continuous around the leaf margins.

Essence

This personality has a problem with rules and norms. This often originates in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He has given up to be accepted and appreciated and will only adhere adheres to the norms and rules when forced to do so. He feels bitter, victimised and treated unfairly.

Mind

Delusion: I will not survive if I don't follow the community rules.
Delusion: I will not survive if I follow the community rules.
Autism, Asperger.
Communication problems, lack of contact, eye contact, language contact.
!! Retardation, in motor development, speech, toilet training.
Bored easily. Discontented. Anger, rage and temper tantrums when

there is chaos, when their expectations are not met.

Retardation, physically, emotionally, in speech.

Addictions, alcoholism.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Aversion dirt.

Making things dirty.

Body

General: growth retardation.

Nervous: cerebral palsy, < birth injury.

Genital: retardation.

Rectum: encopresis.

Urinary: enuresis.

Stages Remedies

1	Actiniopteris radiata
2	Pteris dentata
3	Onychium japonicum
4	Pteris vittata
8	Pteris tremula
12	Pteris multifida
13	Pteris cretica
14	Pteris umbrosa
15	Pityrogramma calomelanos
17	Anogramma leptophylla
x	Actiniopteris australis
x	Austrogramme marginata
x	Cerosora chrysosora
x	Cosentinia vellea
x	Gastoniella chaerophylla
x	Jamesonia canescens
x	Onychium siliculosum
x	Pteris ensiformis
x	Pteris tripartita
x	Pterozonium reniforme
x	Syngramma alismifolia
x	Taenitis pteroides
x	Trichiogramme marginata
x	Tryonia myriophylla

Actiniopteris radiata 3-442.16.01

Essence

This personality feels like he is living in a village which is totally segregated from the surrounding villages. They live their own lives and communication is difficult as the other villages even have a different language. They don't talk about traumas. They just live with their parents and their children.

Mind

Evil spirit.

Easily offended.

Aversion being pitied.

Easily distracted, difficult concentration.

Body

General: malarial fevers; haemorrhages; tuberculosis.

Action: alterative; astringent; styptic, anthelmintic.

Head: turning feeling in head; too full, closed.

Eyes: stroke, in children.

Lungs: bronchitis.

Stomach: nausea.

Female: gynaecological disorders.

Onychium japonicum 3-442.16.06

Essence

This personality has a need for friends, having a good time together and feeling safe and enjoyable. That gives them a good feeling, more self-esteem. Then he can be himself, instead of being pulled in many directions.

Mind

Refined yet firm.

Refined yet tenaciously stubborn.

Chaotic, seems structured but is different every time.

Feeling incapable, unable to tackle problems and dangers.

Longing to retreat in the dark and not be seen.

Jester.

Fear: chaos, violence, war, destruction.

Fear: darkness, being swallowed up by dark forces; long corridors, dungeons, prisons.

Shock, with trembling, thrilling, shuddering.

Body

General: physical shudder, pulling through in waves, from top to bottom. Head: feels dented, flattened.

Lungs: yawning.

Stomach: undulating feeling, as of waves, moving with breathing; shuddering.

Pteris tremula 3-442.16.08

Essence

This personality feels helpless in a violent situation. The family can be violent, where the children or mother are beaten. The children have great fear and try to hide from the situation. They feel they cannot oppose. They behave as if nothing is happening and nothing is going wrong, for fear it will become worse.

Mind

Ailments from violence, beatings, in the family or society.

Trembling easily, from slight motions.

Constricted; contracted.

Great fear, shock, fear, fear to breathe, desperate.

Desire to hide, disappear, to go back in mother's womb.

Worse from strict rules, punishment.

Ailments from imprisonment, concentration camps.

Feeling extradited.

Problems arising from everywhere, it is too much.

Body

General: very tired.

Mouth: taste is bitter, offensive, increasingly burning.

Lungs: yawning; hiccough.

Stomach: heartburn; desire to vomit; eructations

Pteris umbrosa**3-442.16.09**

Movie: The Back Swan.

Essence

This personality feels under stress from having to achieve all the time, fearing she will be replaced by a new, younger and better one. They do not feel strong enough to oppose their parents, teachers or bosses. They think others know better what is good for them. Even as adults they feel like children that have to obey.

Mind

Women in institutions.

Nuns in convents.

Mother in maternity homes, where their babies are taken away.

Child-mothers.

Women in a ballet dance group, working hard, dieting.

Feeling shattered, exhausted, from a harsh life, constant pain from injuries like broken toes.

Being in the light, spotlight.

Dancers, keeping on dancing; dancing or dying.

Single focus, thinking one has no choice, only succeed or fail.

High expectations, over-extending expectations.

Young girls at the gym, working out, working on their body image, to keep their elegance.

Women fearing their husband will divorce them for a younger woman.

They are very sure about what they want, but doubt if they ever get it, ever reach it.

General

Sleep: sleepy, falling asleep.

Body

General: burnout.

Back: backache, lower back, sacroiliac joints, < hard work.

Pteris multifida**3-442.16.12****Body**

General: cancer digestive; polyp.

Action: anodyne; haemostat; refrigerant.

Stomach: hyperacidity.

Abdomen: cancer digestive; hepatitis; jaundice; worms.

Rectum: diarrhoea; dysentery.

Skin: dermatitis.

Pteris cretica **3-442.16.13**

Essence

This personality has the feeling of being bound and abused as a child, physically, emotionally or sexually by both her parents, which they later denied. There is no way out of the situation, as she feels entangled by her family, unable to go and report to it to the police. She just feels offended, abused in a hidden, ritualistic way. She can be abused by others, other family members like a stepfather when her mother is gone. But she cannot tell her mother as he has threatened to kill her when she will tell her mother. She feels like a prostitute. She feels unwanted, worsened by discords between parents.

Mind

Injustice, a child raped orally by her father. Escaping into one's own world, a fantasy world.

Multiple personalities.

Autism, retardation.

Speech limited, in single words.

Understands language, taught himself the alphabet and reading.

Recognition of people diminished, fearing everything and everyone.

Fear: lights, doors, being touched. Pushing mother and grandmother away. Cutting oneself or others into pieces, if one would have the strength.

Closed, unable to open up.

Aversion to be touched, come too close to others, to open up and speak.

Tender, very nice.

Keep people away, making oneself unattractive, by means of clothes, make-up, making nasty and offensive remarks.

Snappy, like a machine that pulls screws out of the wall.

Nasty, angry, bitchy. Attack is the best defence. The first blow is worth a dime.

144 Very busy, very active, hyperactive, loud, jumps like a kangaroo.

Auto-aggression, pinching his cheeks until they bleed.

Likes: music, remember songs and artists;

fascinated with video, YouTube; making dough for bread; travel, by bus, by walking; maps with roads and cities on them. Monomania, constantly playing with sticks, crushing berries with his feet, stripping the bark from trees.

Solitary, makes very little contact, only with parents; ignores other children.

Ailments from discords between parents. Easily bored.

Physically he is very fit, climbs ladders and has taught himself to ride a bicycle and a scooter.

General

Weather: aversion to the sun, prefers being inside.

Desires: tea, green tea, water; peppermint.

Sleep: sleepless, constantly crying and screaming like a wild animal; falling asleep only with one of his parents; waking frequently and going to his parents' bed; sleepy when it is dusk, then he covers his ears and falters together like a ball.

Body

General: ailments from vaccinations; regularly fever, inflammations; influenza; polyp.

Nervous: weak, difficult standing or walking properly; amyotrophic lateral sclerosis.

Ear: infections.

Throat: tonsillitis.

Mouth: taste is nasty, foul, dry.

Heart: stitching pain.

Stomach: indigestion; nausea, desire to vomit.

Rectum: diarrhoea, severe, infection with *Escherichia coli*.

Limbs: hip infection, > legs pulled up.

Pityrogramma calomelanos 3-442.16.15

Body

General: fever, flu, influenza.

Lungs: cough; tuberculosis.

Heart: hypertension.

Genital: venereal diseases.

Female: menorrhagia.

Pteris vittata **3-442.16.15**

Essence

This personality feels like a child that is not loved or accepted by its parents and thus is given to a nanny for upbringing and care. Or they retreated inside because they were left alone by their mother when they were crying. Or they are sent to boarding schools, where they felt isolated and left alone. But to the outside world the family looks perfect. Later in life they can marry a spouse without real connection, living in the illusion it can work out well. Parents have no communication with the child, thinking they do the child a favour by not talking about issues, but they do that for themselves, they have an aversion to have the burden of a child.

Mind

Orphans, bastards.
Ailments from dirty secrets in the family, like the father having an affair with the nanny or the friend of the mother and begetting a child from the affair.
Parents who do not accept the child as he is, do not love him.
Parents are tough and cold, harsh and strict, restless and absorbed in own problems, < sexual abuse.
Neglected by parents as a child, left alone when crying.
Lack of emotional bond, emotional contact with parents.
Parents are very normative, talking about how people should be.
Father is very strict, looks perfect, thinking he shows responsibility for the family that way.
Ailments from fights and violence at home.
Family looks perfect.
Everyone goes on as if nothing happened.
Deep loneliness, isolated, because everyone goes their own way.
Hypersensitive, to touch, criticism, excitement; injustice, political injustice.
Continuous state of anxiety as a child.
Sucking his thumb.
Bullied, at school, felt like a shock.
Desire to be normal, to have a normal body

Difficulty to express rejection, take a contrary stance.

Prefers to give positive vibrations, which often annoys him afterwards.

No communication.

Few friends.

Aversion hypocrisy, < by authorities, priests.

Suppressed emotions.

Fear: dark; diseases, doctors; people; losing his job; Stasi.

Dream: trying to get out of a situation, without success.

Dreams: getting stuck in narrow tunnels.

Melancholy, < evening.

General

Time: > morning; < evening, 7 pm; < night.

Aversion: sweets.

Sleep: light, restless; waking at 4 am.

Plants: are very important; he often buys flowers.

Animals: likes cats very much, they are free.

Body

General: waves of shuddering through the body; cancer.

Ear: tinnitus, which comes and goes.

Mouth: herpes on lips.

Heart: hypertension; stitches, with lack of breath, « exertion.

Stomach: pain, contracting, as a ball.

Limbs: trembling hands.

Skin: itch, without eruption, < alcohol, < coffee, < tea, < evening, < night, < uncovering, < bathing, > daytime, with maniacal scratching, which alleviates in the beginning and afterwards often leads

Pteris dentata
3-442.16.16

Essence

This personality had a youth where the parents did not really care for their children. They were too busy with their work and providing for food. There was no soul connection.

Body

Nervous: apoplexy.

Face: trigeminal pain, drooping corners of mouth.

Anogramma leptophylla
3-442.16.17

Essence

This personality feels weak and powerless, with the feeling that things are unfair. They try to overcome their limitation as much as they can, have an aversion to being limited and stopped. They force themselves to do what they want, even when they don't have the qualities and talents to do so.

Mind

Autism, retardation.

Speech retarded, unclear; small vocabulary.

Oversensitive, to everything, wind, noise.

Cheeky, stubborn.

Hyperactive, restless, commando crawling, jumping on tables.

Loves routines.

Angry, biting, screaming, scratching, < other say no.

Learning problems,

Awareness is poor, for her body, for details; not noticing obstacles.

Fearless.

Fighting, quarrelling with siblings.

General

Type: thin.

Sleep: difficult sleeping.

Body

Nervous: absences; paralysis, unable to walking, crawls with fists; awkward with hands, like in taking off shoes and socks; imbalance, lack of coordination; falling easily.

Ears: deafness.

Urinary: incontinence, needing a diaper.

Onychium siliculosum
3-442.16._

Body

Rectum: dysentery.

Jamesonia canescens
3-442.16._

Body

Medicine

Actiniopteris australis
3-442.16._

Body

General: polyp.

Abdomen: worms.

Dennstaedtiaceae
3-442.17.00

Introduction

Clades: Pteridales; Pterididae; Polypodi-
anae; Pteridophyta; Plants.

Members: 12 genera: Blotiella, Coptodip-
teris, Dennstaedtia, Histiopteris, Hiya,
Hypolepis, Leptolepia, Microlepia, Mon-
achosorum, Oenotrichia, Paesia, Pter-
idium; ± 240 species.

Taxonomy

The PPG1 classification places Dennstaed-
tiaceae in the class Polypodiana, but in a
position between the Pteridales and As-
pleniidae.

Plant theory

In the Plant theory Dennstaedtiaceae is
placed in the Order Pteridales in Pter-
ididae. It is placed in Subphase 7 of Pter-
idales, with confirmation from cases.

Botany

Ferns; terrestrial or scrambling (scandent)
over rocks or stones (epilithic) or occa-
sionally epiphytic.

Root: rhizomes long-creeping, occasion-
ally short-creeping; bearing jointed hairs,
or peltate, non-clathrate, entire scales, or
both, with transitions; often solenostelic
or protostelic with internal phloem, or
rarely short and dyctiostelic.

Leaves: large; highly divided, bipinnate,
tribipinnate to decompound, can be 1-4
pinnate or more divided, mostly distinctly
anadromous; glabrous often at maturity,
or bearing hairs, not scaly; hairs often per-
sistent on leaf axespetioles close or more
often remote, non-articulate, usually with
one or two, less often several vascular
bundles, with epipetiolar buds, usually
with gutter-shaped vascular strand, either
pubescent or glabrous; veins free, or
forked, or pinnate, ending with more or
less thickened ends behind the margin,
rarely vanishing, free included veinlets
none.

Stomata anomocytic and/or polocytic.
Sori: either small, round intramarginal
with cup-shaped indusia or linear mar-
ginal sori with a false indusium formed
from the reflexed leaf margin; near the

margin, or submarginal, sometimes fused with the blade to form a cup or pouch or obscured in a recurved portion of the blade margin joining 2 to very many vein ends; mostly linear, may be discrete Indusia: linear or cup shaped at blade margin, or reflexed over sori Indusia sometimes wanting and replaced by the reflexed, more or less modified leaf margin; sometimes such a "false" indusium present beside a "true" one Sporangium: stalk with 1-3 rows of cells; sterile appendages among sporangia none or if present not or little differentiated from epidermal appendages. Capsule usually with well-differentiated stomium. Spore tetrahedral and trilete, or reniform and monolete, variously sculptured. Gametophyte: green, hairless, cordate, and the plate stage is reached soon after germination.

Introduction

This personality has a problem with rules and norms. This often originates in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he is totally excluded from family and society. This can lead to aggression, violence in words and actions. When he cannot be himself, others will be shown what the results are.

Mind

Delusion: I will not survive if I don't follow the community rules.

Delusion: I will not survive if I follow the community rules.

Autism, Asperger.

Malicious, cruelty, psychopathy. Auto-mutilation!., Auto-aggression. Addictions, alcoholism.

Obsessive compulsive syndromes, OCD.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Communication problems, lack of contact, eye contact, language contact. Retardation, physically, emotionally, in speech.

Restless, jumping, running, in circles, head banging; repetitive behaviour. Lack of reflection, cannot reflect on own emotions.

Body

Nervous: epilepsy, tics; cerebral palsy, birth injury.

Stages Remedies

- 1 Monachosorum davallioides
- 2 Hypolepis millefolium
- 3 Hypolepis punctata
- 4 Hiya distans
- 6 Paesia scaberula
- 10 Histiopteris incisa
- 12 Pteridium aquilinum
- 16 Dennstaedtia davallioides
- 16 Dennstaedtia penctilobula
- 17 Microlepidia platyphylla
- 17 Microlepidia speluncae
- x Blotiella natalensis
- x Microlepidia firma

Hypolepis punctata
3-442.17.02

Body

Urinary: Bright's.
Skin: boils.

Hypolepis millefolium 3-442.17.02

Essence

This personality feels left alone, rejected as a child by his parents. This can be because they were given away for adoption, or because one or both parents are drug addicts or psychotic. They feel like an unwanted child, as if there is something wrong with them.

Mind

Loves routines.
Loves being entertained.
Severe disability, feeling powerless.
Not toilet trained.
Ailments from having an abusive father, being given away, being locked in, as in a prison.
Sensitive, friendly.

Body

Nervous: cerebral palsy, quadriplegia, < traumatic labour with lack of oxygen; spasms; epilepsy, seizures.
Stomach: vomiting, < laughing, < seeing fights.
Urinary: cystitis.
Skin: dermatitis.

Paesia scaberula
3-442.17.06

Essence

This personality feels like an unwanted child. This can arise from parent rejecting and leaving them, or parents divorcing even before birth because her father did not want children. It can arise from being abused or beaten by parents or caregivers. But they are tough, fighting their way through life.

Mind

Autism.
Contact diminished, less eye contact, > adults, < other children.
Speech slow, not developing further.
Walking tiptoe, uncoordinated, bumping into objects.
Outbursts, with hysterical screaming.
Cheerful, playful, interested in the world.
Easily over-stimulated.
Hypersensitive, to noise, > covering ears with hands.
Sensitive to the emotions of others, mother.
Likes: drawing, painting, music. Fascinated by fire, thunderstorms, water. Obsessive behaviour: turning lights on and off, taking off and putting on clothes. Angry, < mother telling her what to do, < speech therapy exercises.

General

Weather: > sun; fascinated by storm and thunder, rain and wind, then becomes much calmer.
Food: red spots on her face after acid, yoghurt, cucumber.
Desires: soup, pasta, rice; solid food; carbohydrates.
Aversion: fruit.
Sleep: very difficult to fall asleep; sleepless, < full moon.

Body

Ailments after difficult conception and pregnancy, in vitro fertilisation, caesarean section.
General: ailments after vaccinations; Pandas; Lyme disease; fungal infections; high fevers.
Nervous: tics.

Lungs; upper respiratory tract infections, recurring; coughing.
 Nose: nasal running; allergic to pollen and grass.
 Eyes: dry, red eyes, < pollen and grass.
 Stomach: cramps; indigestion.

Pteridium aquilinum

3-442.17.12

Essence

This personality does not want to show himself; he is very closed and silent. He is easily ashamed and embarrassed from the least criticism. To avoid criticism they want to behave and be as normal as they can and adapt to the group to morals of the village. This is all worsened because they lack contact with their own emotions; they cannot express their feelings. This arises from a youth where they felt unwanted and rejected due to being left by one or both parents and being raised by stepparents or in an orphanage. They feel very angry inside, but often don't express it.

Mind

Closed, silent, not showing, constricted.
 Tendency to stay in one's own world, being locked in.
 Staying in one's own world, almost psychedelic; unable to see another way; shielding off outside influences.
 Desire to connect, but it is impossible, it is difficult to express their limitation.
 Addiction to regularity, rhythm of one's own habitual life.
 Overwhelmed, < daily things, children, by refinement.
 Weeps, < everything is too much.
 Ailments from being criticised.
 Shame, hiding, not expressing, taciturn, < being criticised.
 Feels isolated, inferior, inconspicuous.
 Using discord to dominate and conquer, to get power.
 Feeling of having to get away or hide from something or someone and not being able to.
 Claustrophobia.
 Sudden outbreaks of violence.
 Avoiding conflicts, > being silent.
 Detachment; distant.
 Intolerance of others.
 Irritability, anger.
 Delicate, so fragile, tender.
 Psychic sensitivity blocked.
 Rational, logical, fears intuition.
 Sexual desire manifested as vaginal ache.
 Irritability, < before menses.

Nervousness.

Delusion: being a failure, powerless, old, haggard.

Dreams: travelling; busy; hysterical; group of sophisticated young people; driving a car, the high square buildings; protest, a feeling of urgency.

Dreams: travel; violence, heads blown off, sliced off; death by murder; death from starvation; criminality, theft; capture, rescue, escape.

General

Type: lymphatic, nervous.

Weather: cold!!; < sun; > shade, damp; hot flush, < alcohol, < hot drink or food; > fresh air, > outside; chilly, alternating hot.

Sweat:

Time: < 4 am.

Desire: hot drinks.

Aversion: food.

Sleep: soporific condition; sleepless after sex; restless, < coughing.

Physical: - » exertion.

Body

General: fever; inflammation; polyp; weakness; infections.

Action: astringent; bactericide; cyanogenetic; diuretic; sedative; tonic.

Nervous: spasms; constriction; paralysis; multiple sclerosis.

Head: headache, as if full of cotton; constricted; heavy, dull, as if caught by a hood over the head.

Face: jaw pain, TMJ; sinusitis maxillary.

Nose: itching; colds congestion, catarrh.

Mouth: dry, cancer.

Throat: lump; pain, sore, larynx, < swallowing, < yawning, > cold drinks, > eating dry food, dry fish; cancer oesophagus; ticklish from mucus; choking pressure, < swallowing, < talking.

Lungs: cough, asthma; sighing; tuberculosis.

Heart: hypertension; complaints; palpitations, pulse fast, flat; pulsating, weak blood.

Chest: tight; infections; pain; caked breast.

Stomach: nausea, < drinking, < tobacco, < headache; vomiting; painless hiccough; cramps; cancer.

Abdomen: bloated; worm colic, tapeworm; liver problems, jaundice; spleen

swelling, hardness, sclerosis.

Rectum: diarrhoea.

Male: balanitis.

Female: pain in left fallopian tube, ovaries, alternating sides; menses, early, light, shorter, intermittent; cystic growth on the labia; abortion; uterine prolapse; suffering after birth.

Limbs: joints pain, stiff, hip, hands, feet, right, wandering, deep, oppressive, burning, piercing; arthritis; sacrum tilted; leg shortened; pain, muscles around joints; rheumatism; gout; soles glowing.

Skin: hair thinning; foul ulcers, wounds.

Dennstaedtia pentilobula 3-442.17.16

Body

General: chills; haemorrhages.

Lung: haemorrhages.

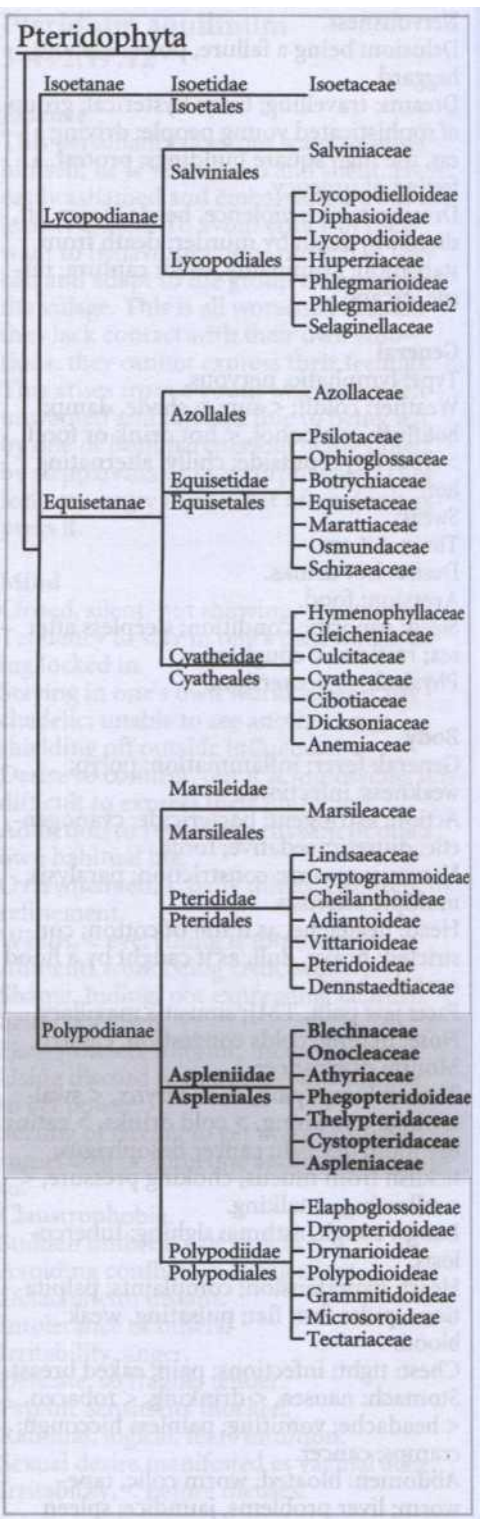
Dennstaedtia davallioides 3-442.17.16

Essence

This personality feels like with a group of people living together, like in extended families, like in Morocco; or monks and nuns in monasteries, with the only aim to praise God; children and wives living in a closed environment. They perceive the outside world as threat; the leader is a prince who deals with western countries, in drugs and weapons.

Mind

Precise, delicate.
Allowed to be different.
Vested ordered, versus extremely disordered.
No questions wanted or accepted.
Information is limited, filtered, so the world view is filtered.
If you obey it is okay.
But don't ask questions.
Do you follow your difference.
How do you hide your individuality.
Golden cage.
Basic, soft.
Desire for harmony.
Fear going out of the cage.
Lock down, with increased domestic violence and child abuse.
Fear: agoraphobia, crowds.
Bill Gates, making money out of destruction, making a Golden palace.



Aspleniidae 3-443.00.00

Introduction

Synonym: Aspleniineae; Eupolypods 2; Leptosporangiate Ferns.

Clades: Polypodiales; Pteridophyta; Plants.

Members: 1 order Aspleniales; 10 families: Aspleniaceae, Athyriaceae, Blechnaceae, Cystopteridaceae, Diplaziodaceae, Hemidictyaceae, Onocleaceae, Rhachidosoraceae, Thelypteridaceae, Woodsiaceae.

Habitat: terrestrial, epiphytic, and lithophytic.

Taxonomy

In the classification of the PPG Aspleniidae is a monophyletic clade, in the Eupolypods.

Plant theory

In the Plant theory the Aspleniidae are treated similarly to PPG1.

Aspleniales is the only order in the subclass Aspleniidae.

Botany

Ferns; great ecological adaptability and morphological diversity.

Leaves: petioles with 2 vascular bundles, blechnoid ferns generally have at least 3.

Essence

This personality has a problem with rules and norms. This often originates in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Autism.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations.

Growth retardation.

Genital: retardation.

Abdomen: liver problems; worms, parasites.

Rectum: encopresis.

Urinary: enuresis.

Orders

1 Aspleniales

Aspleniales 3-443.10.00

Taxonomy

Aspleniineae is a monophyletic clade in the PPG1 classification.

Christenhusz has the tendency to treat the whole clade as one extended family Aspleniaceae.

The rank can be seen as a subclass. Two subgroups can be seen. One with Aspleniaceae and the clade around Cystopteridaceae, the other with Blechnaceae, Onocleaceae, Athyriaceae, Woodsiaceae, and Thelypteridaceae.

Plant theory

In the Plant theory Aspleniales is the only order in the subclass Aspleniidae. The tentative division in Subphases is as below. The small families Desmophlebiaceae, Diplaziopsidaceae, Hemidictyaceae, and Rhachidosoraceae are included in Cystopteridaceae. Woodsiaceae is included in Onocleaceae. Phlegopteridaceae is separated from Thelypteridaceae and placed in Subphase 4, tentatively. This is at the moment the most problematic aspect of the classification of the Aspleniales.

Essence

This personality has a problem with rules and norms of the family and community. This originates often in a strict upbringing with punishments, emotionally and/or physically. The parents force those rules onto their offspring from the idea that that is needed to belong to the community and thus get protection from them. He has the feeling that he cannot be himself and will only be accepted and appreciated when he adheres to the norms and rules. In Aspleniales the focus of the control is more in the family. Also the breaking of rules with all of their consequences is more in the family, with parents, siblings, and family-in-law. The problem can also come from events in the ancestry, as can be revealed in family constellations. A way of escaping the rules is going into autism, Asperger and retardation.

A recent form are clashes and fights in families about following the rules around

the Corona disease.

They miss a real, warm, accepting family. As a solution they can search for another form, such a clubs. They become member of a sport club or Carnival club. They have their club in the local pub. A special form is finding a family in religious groups, especially rigid ones, like Jehovah's witnesses. It is like a husband who has little contact with his wife and flees into a hobby with friends.

Mind

Delusion: I will lose my family if I don't follow the community rules.

Delusion: I will lose my family if I follow the community rules.

Feeling unappreciated in his family.

Missing family, so trying to fit it somewhere else, in churches, clubs.

Ailments from discords in the family, between parents or between siblings, later between friends.

Ailments from being rejected by family and friends.

Speech retardation.

Aversion to cooperate in work, jobs, responsibility.

Unappreciated, unloved in his family, one only has to follow the rules.

Autism.

Communication problems, lack of contact, eye contact, language contact. Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations. Growth retardation.

Genital: retardation.

Abdomen: liver problems; worms, parasites.

Rectum: diarrhoea; constipation; encopresis, averse toilets, in children.

Urinary: enuresis.

Subphases Families

Phas Remedy code Family

1. 3-443.11.00 Blechnaceae
2. 3-443.12.00 Cryptogrammoideae
3. 3-443.13.00 Onocleaceae
4. 3-443.14.00 Phegopteridaceae
5. 3-443.15.00 Thelypteridaceae
6. 3-443.16.00 Cystopteridaceae
7. 3-443.17.00 Asplenaceae

Blechnaceae

3-443.11.00

Introduction

Synonym: Blechnoideae.

Clades: Aspleniales; Aspleniineae; Polypodiaceae; Pteridophyta; Plants.

Region: cosmopolitan.

Taxonomy

Blechnaceae was created by Newman in 1844 and has included a variable amount of genera. The Pteridophyte Phylogeny Group classification of 2016 included 24 genera in Blechnaceae. Some genera were placed in the separate family Onocleaceae. The family is divided into three subfamilies. Alternatively, Blechnaceae may be treated as the subfamily Blechnoideae of a very broadly defined family Aspleniaceae, as Christenhusz and Chase propose.

Plant theory

Blechnaceae is treated as a family in the order Aspleniales and Subclass Aspleniidae. It is placed in subphase 1.

Genera

Anchistea, Austroblechnum, Blechnidium, Blechnopsis, Blechnum, Brainea, Cleistoblechnum, Cranfillia, Diploblechnum, Doodia, Icarus, Lomaria, Lomariidum, Lomariocycas, Lorinseria, Neoblechnum, Oceaniopteris, Parablechnum, Sadleria, Salpichlaena, Spicantopsis, Stenochlaena, Struthiopteris, Telmatoblechnum, Woodwardia.

Botany

Identification: young opening fronds are usually tinged with red.

Ferns; ground dwelling, some climbers.

Essence

This personality has the feeling that he is alone in life, that he has no real contact with family. He does not understand how one can fit in, with all those rules. It seems that everyone around him holds onto the the norms, but behind the scenes go their own way. He tries to get contact but it remains superficial. He is impulsive and has sudden bouts of laughter and weeping.

Mind

Delusion: I will lose my family if I don't follow the community rules.

Delusion: I will lose my family if I follow the community rules.

Autism.

Impulsive.

Hyperactive, restless.

Hilarious, laughing.

Big ups and downs.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations. Growth retardation.

Genital: retardation.

Abdomen: liver problems; worms, parasites.

Rectum: encopresis.

Urinary: enuresis.

Stages Remedies

3 *Blechnum spicant*

4 *Stenochlaena tenuifolia*

5 *Neoblechnum brasiliense*

x *Austroblechnum divergens*

x *Blechnum occidentale*

x *Blechnum penna-marina*

x *Doodia aspera*

x *Doodia caudata*

x *Sadleria cvathenoides*

Blechnum spicant 3-443.11.03

Introduction

This personality has an inability to make normal emotional contact or to maintain a relationship. He feels insecure about real contact. This arises from feeling unprotected, especially among big groups of people. His solution is to just do things, impulsively, like boasting teenagers. He will find his way, struggle through the crowd, but can easily be provoked into a fight.

Mind

Nerds, isolated, worse from lock-downs.

Autism, Asperger.

Feels like kissing a man who has not shaven himself.

Sticking one's nose in other peoples affairs.

Busy body, being busy with armament to defend oneself, attack and defence.

Showing male dominance.

A big boy on his mother's lap. Sharp.

Millions of children without responsibility for them.

Perfect scenery, ritualistic.

Looking for a culprit, like in a thriller.

Monomania, wiggling from left to right, as if in a trance.

Suddenly pulling out to hit somebody, to hit or shoot.

Attack is the best defence.

Unbelievably clear in its nature.

Clearly structured, uncomplicated, not ambitious, male.

Power, to defend oneself.

Goal oriented.

Knows only one set of goals.

Inaccessible.

Desire to be left in peace.

Not easily accessible. Works purposefully.

Sexual disturbances: easy, primitive, impulsive, no contact; internet dating; dark rooms; baboons, willies circulating, swinging, swingers, monkey pox, ugly sex stories, gay sex meetings on parking lots; flashers, exhibitionism; fucking chicken.

Impotence, softer on stroking, it has to be treated softly.

Body

Mouth: taste of Granny Smith, bitter.

Stomach: pulling feeling.

Rectum: diarrhoea.

Stenochlaena tenuifolia 3-443.11.04**Essence**

This personality feels like starting a complete new life in a unknown situation. It is like refugees, traveling to another continent. The journey is dangerous, but they remain optimistic. They are naive, thinking they will make it. They hope for a new life, which is peaceful and wealthy. But they will be seen as intruders taking the place of the original inhabitants. So they have to be careful, pleasing, and pleading for help.

Mind

Desire for a life without violence and poverty.

Refugees, pleasing, begging.

Refugee woman, trying to find her daughter, who turns out to have become a prostitute and refuses contact with her mother out of shame.

Distrust.

Hard, no solid ground, focused solely on one's own survival.

Heartless, everyone for themselves.

Everything is black and white.

There is no certainty.

Confusion of one belongs to.

Body

Vertigo: seasick, vertigo.

Woodwardia orientalis
3-443.12.14

Essence

This personality is deeply frustrated with itself and the world, but knows nothing about it. This seems normal and one sits in the corner of a bar every night and drinks one beer after another, smokes and stares most of the time. There is confusion, as the male and female world seems to be split and have no contact with each other. The male world is self-determined, upright, poised, rugged, masculine, tasteless, hard and unchanging. The female world looks very different, energising, soothing, protective, like an embrace from the mother.

Mind

Quite enthusiastic.
Desire to be fanned.
Hobbies: painting, art, seeing love affairs, fortune telling.
Feeling like a princess, with a boring life depression; fan heals my sore heart.
Erotic.
Feeling old, ancient, have seen so much come and go.
Desire to stay unaffected, keeping to oneself, not getting involved with people, staying out of their way.
Desire to stay in the shadow, being unseen.
Involvement leads to worry and frustration.

Body

Vertigo: slight dizziness.
Heart: heartbeat elevated.
Abdomen: liver complaints.
Urinary: difficulty urination, > standing for a long time.

Sadleria cyatheoides
3-443.11._

Body

General: polyp.
Lungs: asthma.
Urinary: Bright's.
Skin: boils; wounds.

Austroblechnum divergens
3-443.11._

Body

General: smallpox.
Lungs: cough.
Rectum: constipation.
Genital: gonorrhoea.
Skin: dermatosis; itch.

Parablechnum chilense
3-443.11._

Body

General: inflammations.
Skin: minor cuts, wounds; bruises.

Onocleaceae

3-443.12.00

Introduction

Woodsiaceae: Cliff ferns.

Clades: Aspleniales; Aspleniineae;

Polypodianaes; Pteridophyta; Plants.

Genera: Matteuccia, Onoclea, Onocleopsis, Pentarhizidium.

Region: north temperate.

Culture: Woodsia gave rise to pteridomania, obsessive fern collecting Use: ornamental, for their delicate, feathery leaves, in shaded gardens.

Plant theory

Onocleaceae is treated as a family in the order Aspleniales. It is placed in subphase 2. Woodsiaceae is included in Onocleaceae.

Taxonomy

In the Pteridophyte Phylogeny Group classification of 2016 Onocleaceae is closely allied to Blechnaceae and Athyriaceae, sometimes placed in their order Blechnales.

Matteuccia struthiopteris was previously classified under the Dryopteridaceae.

Woodsiaceae included the members of the families Athyriaceae and Diplaziopsidaceae.

Botany

Fern; terrestrial.

Rhizomes: long- to short-creeping to ascending, and sometimes stoloniferous (Matteuccia and Onocleopsis).

Leaves: pinnatifid or pinnate-pinnatifid; strongly dimorphic, fertile fronds different from the sterile fronds; petioles have two vascular bundles uniting distally into a gutter-shape; veins are free or anastomosing, lacking included veinlets.

Spores: reniform; brownish to green.

Sori: enclosed by reflexed laminar margins; with membranous, often fugacious, true indusia.

Woodsiaceae are lithophytic ferns, living on limestone rock, in crevices, in temperate and alpine and circumpolar regions, like America, Europe, Asia.

Essence

This personality feels weak and unsupported by her family. Her parents seem to be not really present and she has to adapt to all kinds of rules. Her upbringing is very strict and she tries to adapt to that fully, but it is very complicated and difficult. Her parents and family often try to force her into adapting by belittling and ridiculing her. She feels vulnerable and powerless and thus closes herself off from the environment. She has the feeling that she can only be herself in her own world. Outwardly she behaves as if being normal.

Mind

Autism.

Delusion: I will lose my family if I don't follow the community rules.

Delusion: I will lose my family if I follow the community rules.

Communication problems, lack of contact, eye contact, language contact. Retardation: physically in motor development, emotionally, in speech.

Adapting.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour; restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations. Genital: retardation.

Abdomen: hepatitis; worms, parasites.

Rectum: encopresis.

Urinary: enuresis.

Stages Remedies

2 Woodsia obtusa

5 Diplazium esculentum

6 Diplazium wichurae

7 Onoclea sensibilis

8 Diplazium australe

10 Diplazium maximum

12 Matteuccia struthiopteris

13 Onocleopsis hintonii

15 Deparia lobato-crenata

17 Deparia conilii

x Pentarhizidium orientale

Woodsia obtusa
3-443.12.02

Essence

This personality feels like a vulnerable child. This can arise in a violent family, where a violent father just yells and lashes out and one can't run away from it as a child. She can only rely on herself and trust only herself.

Mind

Strong inner conviction.
Strong will to survive, fighting back with all her might.
Desire to box, to fight back, not violent per se, but for self-protection.
Defensive, desire to be left alone.
Physical trauma.
No thinking, can't estimate consequences.
Broken will in childhood.
Likes to be alone.
I am a kamikaze pilot, the aim is more important than life.
Lumberjack who lives alone in the deep forest.
Feels like scum.

Body

Ear: tinnitus, noises in the ear.

Diplazium esculentum 3-443.13.05

Body

General: fever.

Female: parturition problems.

Diplazium wichurae 3-443.13.06

Essence

This personality feels as though being in a very dictatorial family or culture. One has to obey, but that does not feel right. So one behaves as if adapting and being friendly, but in essence goes one's own way, sabotaging the system, but without open opposition. The situation is that of soldiers in a war, civilians in dictatorial regimes.

Mind

Sabotaging.
Weak, small, lacking the courage and power for open opposition.
Shows good intentions, but still follows one's own pacifism, as it is not right to kill people.
Hiding one's real feelings.
Dictatorial regimes trying to make people into robots, zombies that will fight without thinking, just obeying orders. Situations with no way out, so one sabotages in a silent way.
Opportunistic.
Hide and seek, partly hiding behind others; not expressing oneself clearly so one can always say that something is not what they meant. This is safer as one doesn't know which one will be the winning party.
Postponing choice. Fear of choosing the wrong party, as one doesn't know what is good.
Perjurer, follower.
Avoiding the problem.

Body

Mouth: taste dry.

Onoclea sensibilis **3-443.12.07**

Essence

This personality feels very sensitive, delicate and unprotected. She feels very alone, not belonging to people, even in groups. She wants to belong to a group of friends or family, but fears to be hurt or rejected.

Mind

Ambivalence: wanting to belong to a group versus wanting to be alone and not being hurt or rejected anymore.

Desire to be caressed.

Delicate.

Disturbed by noise.

Fears contact with the outside; it's all too much.

Desire to retire in one's own world.

Angry child, stamping his feet, < one's needs are not seen.

Repelstiltskin, not to destroy, but to protect herself.

Acting out of emotion, not on the basis of reasoning.

Misunderstood and alone.

Does not feel a sense of belonging.

In groups, a feeling of being alone.

I don't make contact on my own because I don't know how to do it.

The others are playing, I am watching because no one asks me whether I want to play with them.

Aversion to grow up.

Body

General: poison; infection.

Heart: blood disorders, blood deficiency, cold in the blood.

Female: problems after childbirth.

Limbs: rheumatism; arthritis.

Skin: sores.

Diplazium australe 3-443.13.08

Essence

Child with anorexia, from being so tense that she cannot eat; this comes from her mother having an affair, but she cannot tell her father; she is torn by loyalty to both her parents and fears to lose them when they will really fight.

Pregnancy was unplanned, parents thought of an abortion as the other children were already a big burden. Parents thought that it was a finished family, so doubted about keeping her, thinking "Oh, my God, another one".

Child, six years, confused by bombardments, standing in the way of her older brothers when going to the shelters; panic, holding on to her mother in the threats of the war.

Mind

Small, shy, modest.

Feeling superfluous.

Not getting enough attention, the others are already waiting.

Pushed around by siblings.

Fragility.

Aversion being touched.

Being soft and nice, more so because the parents have already trouble with the older siblings.

An afterthought.

But in reality wanted as a child.

Where am I, where is my place.

Displaced person.

Help, sorry I am here, don't feel offended.

Asking permission for simple things, to go to the toilet or eat something.

Puzzled, astonished.

Body

Lungs: problems.

Heart: arteriosclerosis.

Diplazium grandifolium 3-443.12.11

Song, from Reinhard Mey "Sei wachsam".

Essence

This personality is like a mother protecting her family, her children, by taking care that others know nothing or very little about them. She hides private information behind the screens, so that her family cannot be criticised for having done something wrong or inappropriate. It is her family against the world. Her house is her castle.

People living in a village struck by disaster, a natural calamity, a devastating storm; strong winds have destroyed crops and several homes; chaos is everywhere, and people are afraid; the priest takes advantage of childish trust and the people's mental passivity, telling them to repent, that all of this is happening because of their sins, because they are not moderate enough.

Mind

Autism.

Issues and illnesses passed on from generation to generation without a cure or solution.

Fear to be criticised, for having done something wrong or inappropriate. Tired from taking everyone onto account, what they need, what others think of them.

Desire for motion, rhythmic, continuous, for no understandable reason.

Alone; going on automatically, endless, without fears or other impulses.

Doing work in vain as it collapses every time.

Breakable.

Not many friends.

Obstinate.

Desire to go their own way, to shine and have their own place in the sun. Lovely, cuddly; desire touch and hugging.

Confusion, a lack of understanding; poor comprehension.

Not understanding what is being asked of them.

Difficulty concentrating and staying on task.

Office employee, large business with a small area of responsibility.

Life is fine and simple, a home, a wife, playing cards once a week.

No feelings, no goals, no joy, no interests.

Empty and dead.

Shy, fragile, wary, listening attentively for possible dangers.

Feeling misjudged.

Patterns, perfect labyrinths, going forward and backwards.

Ability to do? Ability to understand?

Body

General: heat, sudden fever.

Head: headache, dull, < focusing; feeling a bar through my head, between my ears; banging; brain damage.

Face: intense heat.

Nose: coryza, colds, recurrent, in children, from school.

Throat: tight, constriction.

Heart: pain, prodding, pressing.

Stomach: vomiting, < eating too much.

Rectum: constipation; hard stool.

Female: pregnancy and labour problems.

Matteuccia struthiopteris 3-443.12.12

Essence

This personality has the feeling that he has to keep a low profile, otherwise he is lost. He has to stay small to make sure he can stay in the group. He feels that they have to stick together, so that they can manage. He loves the group a lot, that feels pure.

Mind

Need to be quiet and silent, otherwise I would be lost.
I have to make myself big, to protect myself.
Desire to cover, to protect.
Desire to caress, feeling of a child on my lap, I can caress her.
Very dark, heavy.
Relaxed, not so tense.
Two-dimensional, simple-minded, flat.
Danger when not being quiet, silent. Very dark, heavy, sadness.

Body

Head: pressure, right side.
Limbs: tension in legs.
Lungs: difficulty breathing.
Female: afterbirth delayed.
Back: pain.

Deparia tomitaroana 3-443.13.14

Essence

This personality is very controlled and orderly. It is like Japanese woman, very tidy, not showing any emotion, not speaking. They fear that one's own emotions will be a burden for others, or that they will be rejected when others see what is going on in their mind.

Mind

Fear of being seen, judged, condemned, convicted and rejected.
Very pleasing, polite.
Aligning, no expression, robot-like.
Do not shit one's emotions on others.
Very orderly.
Suicide when disturbing the order of the family.
A man putting his wife in a psychiatric hospital after he thought she had a child by his friend.
Fear of getting a black baby in a white family.

Deparia japonica 3-443.13.16

Essence

This personality feels being in a situation where he is powerless and has to adapt to survive and be taken care off. It is like old people in old-folk's homes, wanting to die. They are too weak to take of themselves and become dirty and offensive, as the nurses have no time to change their nappy. They talk about their complaints, but no one listens to their stories, no one remembers who they were. They want to escape, but are paralysed. Relatives are waiting for them to die, to take their money and jewellery.

Mind

Feeling like a burden to society, a pariah. Chaotic, easily distracted. Easily overlooked, just another one, who cares. Very soft. Fragile. Heart-breaking situations. Being put into a good place, a good old-folk's home. Lost identity.

Body

Neural; apoplexy, stroke, cannot move left side. Face: pain sinuses, maxillary, temples. Ear: noise; tinnitus, high pitch as from television. Heart: pain, extending to left jaw.

Athyriaceae 3-443.13.00

Introduction

English: Lady ferns.
Clades: Aspleniales; Aspleniineae; Polypodiaceae; Pteridophyta; Plants.
Genera: Athyrium; Deparia; Diplazium; Anisocampium; Cornopteris; Pseudathyrium.
Region: worldwide, cosmopolitan; temperate and tropical areas.
Habitat: pantropical, few temperate areas; understory, below trees and shrubs; prefer moist, shaded habitats, forests, woodlands, stream banks.

Plant theory

Athyriaceae is treated as a family in the order Aspleniales and Subclass Apleniiidae. It is placed in subphase 3, which is confirmed by practice.

Taxonomy

In the Pteridophyte Phylogeny Group classification of 2016 Athyriaceae is placed in the suborder Aspleniineae, also named Eupolypods II clade. Christenhusz and Chase treated Athyriaceae as the subfamily Athyrioideae of a very broadly defined family Aspleniaceae.
In the past Athyriaceae included Cystopteris and Gymnocarpium, which are now in Dennstaedtiaceae. Athyriaceae has been subsumed in the family Woodsiaceae, but a Woodsiaceae defined in this way may be paraphyletic.

Botany

Identification: few constant features.
Ferns: terrestrial or lithophytic, less commonly aquatic; medium-sized.
Roots: rhizome: short or long, creeping or erect, underground, branched or not; scaly.
Stem: green; deeply grooved from above; scaly or glabrous; with two lunate vascular bundles; blades singular or in sets of two; entirely pinnate; oblong-lanceolate to deitate; herbaceous to papery; with linear basal sori, paired back-to-back on the same vein; indusium is linear and persistent.
Leaves: deciduous or evergreen; tropho-

podic; monomorphic or weakly dimorphic; sites.
pinnate; leaflets lance-shaped, oblong, or Rectum: encopresis.
linear, with serrated or lobed margins. Urinary: enuresis.

Sori: round; covered by indusia; on undersides of the leaflets.

Sporangia: brownish; with stalks two or three cells wide in the middle, and contain brown monoete spores.

Stages Remedies

5 *Athyrium filix-femina*

9 *Athyrium otophorum*

x *Cornopteris crenulato-serrulata*

x *Anisocampium niponicum*

x *Athyrium distentifolium*

Essence

This personality has the feeling that he is not seen or heard in the family. There is no real place for him in the family. Parents and siblings have no space or time for him. He tries to get attention and help by adapting and pleasing others and by following the rules very well.

This originates from a strict upbringing. He can feel that he was not wanted as they parents has wanted a child of the other sex. He feels not good enough the way he is. He has the feeling that he cannot be himself and has no right to exist.

Mind

Delusion: I will lose my family if I don't follow the community rules.

Delusion: I will lose my family if I follow the community rules.

Autism.

Impulsive.

Hyperactive, restless.

Hilarious, laughing.

Big ups and downs.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations. Growth retardation.

Genital: retardation.

Abdomen: liver problems; worms, para

Athyrium filix-femina 3-443.13.05

Essence

This personality has to adapt to the group, but has an aversion to it. She feels on the one hand like an outsider, excluded and isolated from the group. On the other hand she wants to be part of the group. It gives a feeling of being on the edge, alternating between two positions. To belong to the group, she has to do things that she does not want, like work and sex. She feels isolated, alone, despised, hurt inside, treated unfairly, like a self-sacrificing woman. This leads to alternating, changeable moods, emotions and opinions: cheerful and sad, weak and strong, restless and peaceful, light and heavy, mild and irritated, patience and impatience, serenity and restlessness, soft and firm, heavy and light; harmony and disharmony.

Mind

Feels alone, isolated, an outsider, at the edge of the group.
Feeling of being unfairly treated and hurt.
Feels floating, not grounded, having no contact to the ground.
Cheerful; pleasant basic mood, calm, peaceful, equanimity, resting in myself, balanced, detached, lightness, light thoughts, silly.
Dreamy, daydreaming.
Mildness, gentleness, devotion. Feels defiled, disturbing sexuality. Clinging and defilement.
Time: sense of time altered, incoherent, confused, lost; time passes extremely slowly; being out of time.
Hurry, not being able to finish.
Need and feeling for harmony and aesthetics.
Need for order and cleanliness; inner compulsion to get something clean. There is a willingness to do something connected on the one hand with ease and lightness, on the other hand with effort. Works easily or with effort, in cooking, perceived as too slow and too much effort. Mistakes, light-headed, not annoying, in filling out forms.
Impatience, disturbed, annoyed, irritated by trifles, by laughter in the group.

Restlessness, inner, anxious restlessness.
Feeling of not being able to finish.
Sensitivity and vulnerability.
Emotional vulnerability, feeling ashamed like a silly little girl.
Passive, gentle, devotion, mildness.
Compassion.
Dreams: people, naked, parasites, infant, childhood.

General

Region: left side.
Weather: aversion wind; feeling of warmth.
Time: >< morning.
Desire: sweets.
Aversion: coffee.

Body

General: infections; pains.
Action: astringent; prevents water breaking in pregnancy; anthelmintic; diuretic.
Head: headache, anterior, forehead, temples.
Eyes: tired.
Ear: sensitivity or insensitivity to noise; tinnitus.
Nose: itching; smell fragrant.
Mouth: dry.
Throat: dry; voice hoarse.
Lung: cough; feeling of having to breathe deeply.
Chest: feeling of warmth.
Stomach: pain; indigestion; vomiting blood; nausea and discomfort.
Abdomen: pressing pain in the upper abdomen, more on the left side; intestinal fevers; worms.
Rectum: constipation without urge to stool; stool dry, greasy, sticky.
Urinary: pain in the kidney area on the left side.
Female: labor problems, pains; breast feeding problems; uterus cancer.
Back: backache; vertebral column.
Skin: dermatitis; burns; fleas; sores.

Athyrium otophorum 3-443.13.09

Essence

This personality is like a lovely delicate girl, tender and sweet. She is very sensitive to too many impressions and tasks and gets out of balance when too much is asked from her, like school. She feels like in a carousel, a chaos from too many impressions, actions, plans, and people. Then she starts shielding herself off, flees into a corner. She feels overwhelmed easily, raped, exacerbated by going to school too early.

Emptiness when I want to make contact, like a wall between me and another world; I can try as hard as I want, my head remains empty: I could not learn in that state.

Mind

Very soft.

Bending and adapting easily to outside conditions, without any problems.

Needs quite a lot of protection; child-like, wants to be held by the hand.

Changeable and chaotic if there are too many impressions and events.

Worse from being dragged to kindergarten and school when not yet ready. Needs to stay at home at least one more year.

Slower than other children at school.

Emptiness, in feelings and in thinking.

Impossible to learn anything, difficult to understand numbers.

Likes to show off.

Frivolous.

Lack of resistance.

Body

Mouth: taste absent, burning; tongue pricks, annoying.

Skin: acne, pimples.

Phegopteridoideae 3-443.14.00

Introduction

English: Beech ferns.

Clades: Aspleniales; Aspleniineae; Polypodiaceae; Pteridophyta; Plants.

Members: 3 genera: Macrothelypteris, Phegopteris, Pseudophegopteris.

Region: Asia, North America and Europe.

Plant theory

Phegopteridoideae is treated as a family in the order Aspleniales and Subclass Aspleniidae. It is placed in subphase 4. This needs confirmation.

Taxonomy

Phegopteris was first described in 1852 within the genus Polypodium.

The Pteridophyte Phylogeny Group classification of 2016 recognises three genera in the subfamily Phegopteridoideae: Macrothelypteris, Phegopteris and Pseudophegopteris. Later the Checklist of Ferns and Lycophytes of the World and Plants of the World Online regarded Pseudophegopteris as a synonym of Phegopteris.

Essence

This personality has the tendency to impose the rules of the family and community on all his relatives. He is very convinced how things should be done and how relations should be good. But he forces others with his opinions and can drive them away. But he does not see this very well from himself, and thinks the others are the problem.

He is often the loved one of the parents, the prince of the family. But to maintain that position he incorporates all the norms of the family and so suppresses his own drives that do not fit in. He has the feeling he is being himself in adhering to the norms of the family and community.

Mind

Autism.

Communication problems, lack of contact, eye contact, language contact. Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Body

Growth retardation.

Genital: retardation.

Abdomen: liver problems; worms, parasites.

Rectum: encopresis.

Urinary: enuresis.

Stages Remedies

7 Phegopteris connectilis

8 Macrothelypteris torresiana x
Phegopteris decursive-pinnata

Macrothelypteris torresiana 3-443.14.08

Essence

This personality fits the situation of someone in a community who has become handicapped, by accidents or disease. The accident can come from being too enthusiastic and adventuresome as in young men or teenagers. They tend to overestimate their talents, like driving a big tractor on a farm. The other side is that the family and community are working together to help the handicapped one, as they see him as a hero.

Mind

Man, quadriplegic from a car, tractor or diving accident.

A crippled child.

Many young farmer people in wheelchairs.

Mother having to work hard to take care of her handicapped children.

Children not moving out. Community is the family. Gossip, miscommunication.

Charity.

Struggle.

Pushing through.

Body

General: haematochezia.

Action: antipyretic, analgesic, anti-inflammatory; liver protective.

Neural: paralyses, quadriplegic. Rectum: dysentery.

Back: backache.

Thelypteridaceae 3-443.15.00

Introduction

English: Marsh ferns; Female ferns; Maiden ferns.

German: Sumpf fam.

Clades: Aspleniales; Aspleniineae; Polypodianaes; Pteridophyta; Plants.

Genera: ± 900 species.

Plant theory

Thelypteridaceae is treated as a family in the order Aspleniales and Subclass Aspleniidae. It is placed in subphase 3, which is confirmed by cases.

Taxonomy

In the Pteridophyte Phylogeny Group classification of 2016 Thelypteridaceae is placed in the subclass Aspleniineae. Alternatively, the family may be submerged in a very broadly defined family Aspleniaceae as the subfamily Thelypteridoideae. Formerly all thelypteroid ferns were included in the genus *Dryopteris* because of the sorus shape. Some researchers include the entire family Thelypteridaceae in the genus *Thelypteris*. An intermediate position is to place the bulk in *Thelypteris* and divided that into subgenera and separate out *Phegopteris* and *Macrothelypteris*. The Pteridophyte Phylogeny Group classification of 2016 divides the family into many genera.

Botany

Ferns; terrestrial, few are lithophytes.

Region: tropical, some temperate. Root: creeping rhizomes.

Leaves: simply pinnate to pinnate-pinnatifid; no dimorphism or only mild dimorphism; open venation or very simple anastomosing.

Sori: mostly reniform; with indusia, except for the *Phegopteris* group; characteristic located along the edges of the leaflets or veins.

Essence

This personality has the feeling that he has to achieve a lot in order to be accepted by family and the village. He has to follow the rules and norms in the community

even better than others. This originates from a strict upbringing with punishments, emotionally or physically. He has the feeling that he cannot be himself and he has no right to exist.

Mind

Delusion: I will lose my family if I don't follow the community rules.

Delusion: I will lose my family if I follow the community rules.

Autism.

Ambitious.

Wants to be the best, wants to win.

Anger and sadness from losing, in games, competition.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations. Growth retardation.

Genital: retardation.

Abdomen: liver problems; worms, parasites.

Urinary: enuresis.

Stages Remedies

2 *Parathelypteris beddomei*

3 *Oreopteris limbosperma*

9 *Thelypteris palustris*

13 *Christella normalis*

15 *Christella dentata*

15 *Christella normalis*

15 *Christella subpubescens*

16 *Amblovenatum opulentum*

16 *Thelypteris thelypteroides*

x *Ampelopteris prolifera*

x *Pneumatopteris pennigera*

x *Pronephrium simplex* x *Thelypteris griffithii*

Thelypteris palustris 3-443.15.09

Culture: song Fade to Grey; song A Hard Rain's A-Gonna Fall", by Bob Dylan; song Under control, by Calvin Harris & Alesso.

Essence

This personality lives in a family where she has to meet all aspirations and expectations of the family. She has to play along with parents, going out to meet people at parties, creating parties as her reality. She cannot express her desires, her parents call the tune as she goes along. Her desires still come through, but she can't disappoint her parents. Parents want her to marry, but she is lesbian and can't tell that to her parents. She sacrifices her own life by fulfilling the expectations of her family and community. She doubts if she can be her true self and follow her heart. When she tries to do something she wants herself, she doesn't succeed. Then she can complain that she is always having bad luck and misfortune on her road.

It is like a family where all the members are falling over each other; number one is the father, the boss, a boss without being questioned; the mother is standing beside the father, executing his commands; the children are standing at the edge.

Mind

A small child, lying in a hospital or an orphanage, no-one is looking after him, there is no warmth or care.

Child in an oppressive atmosphere at home.

Child who does not know where the next meal is coming from.

Anxious child, afraid of his angry, screaming mother.

Abuse of children in the family.

Children exploring nature in a forest kindergarten, parents are earning money in a noisy town.

Very fine, childish, jumping.

Desire to break free from his mother's influence.

Living on top of each other, where no one else wants to live.

Squats of people and ruined houses, people using drugs and having no future.

Overloaded by work, school, home work, washing the dishes, shopping, caring for sisters.

Annoyed, feeling unlucky, from adverse circumstances, falling into a pit.

Ailments from being replaced by one's lover for a better one.

Life feels unfair.

Survival is hard.

Full of misfortune, attracting mishaps.

Desperate, out of proportion, from minor things like slipping and falling.

Desire to hold things together, things have to be under control.

Feeling: nothing feels right, nothing is natural; all is twisted, people, emotions, nature; this will not end well, neither for nature nor for people.

Problems are denied, one has to find out for oneself what the problem is.

Depressive emotions are dangerous.

Lack of individuality.

Dawdling, delaying, unable to go on, one has to be pushed.

Delicate, giving in, give way.

Lack of interests and enthusiasm.

Nothing, emptiness vegetating.

No connection to anybody, to myself.

Distant, polite.

Tight. A wrapped up Christmas tree, very tight.

Brusk, there is some love but it is buried.

There is some warmth and caring in the world.

Some beauty and colours, light is coming.

Body

Head: headache, pulsating, as from a band around the head, sound is strange.

Lungs: yawning.

Chest: oppression.

Back: spina bifida.

Limbs: feet crippled, twisted inside; bruised pain in wrist.

Cyclogramma auriculata 3-443.15.10

Body

General: inflammatory.

Action: cooling.

Christella normalis

3-443.15.13

Essence

This personality is trapped in his own sur-realistic, perfect world. He feels the outside world as too hectic and chaotic and is unable to control that. He tries to control the world and is adamant that things have to go his way. He does not want to follow the rules and ideas of others, but others have to follow his rules. He always wants to be the best and win. He absolutely cannot stand losing, then he gets incredibly angry.

Mind

Autism, Asperger.

Contact diminished, little eye and speech contact; little communication.

Aversion to group activities, parties. No friends.

Wants to be the best and win; angry when losing.

Interest in objects, machines, computers, phones, watches.

Aggressive, hitting children, teachers.

Restless, cannot sit still, runs around.

Concentrate low.

Desire regular things, things going one's way; hates changes.

He dislikes school and the rules there.

Development slow, late.

Fear: clouds.

Hypersensitive, to sounds, music, crying children.

Dislikes drawing and painting. Colour preference: black.

General

Sleep: cannot sleep alone; falling asleep only with parents.

Preferences: sweet, apple, banana.

Aversion: fruit.

Body

General: polyp; < vaccinations.

Ear: earache.

Rectum: diarrhoea, recurrent. Skin: wounds.

Christella dentata

3-443.15.15

Movie: My sister's keeper.

Essence

This personality is strong and can overcome big problems and disasters. Together with their family and friends they can overcome losses and solve difficult problems.

A situation is someone with Down syndrome, heart failure or cancer. They need special care or an organ or bone marrow transplant. Parents and siblings take care of them. But it can arrest the development of the others.

Another situation is where someone has lost his family, for instance in a war. He can find a second family, a family-in-law, or a student association. It is a second family, where they will feel very attached to, very loyal.

Mind

Tight community, with religious aspect: working towards their salvation. Life turns around what's good for their souls. Purity, benevolence.

Cannot cope with the outside world.

Bubble of protection in order to save themselves and survive.

Isolated community, with all needs being met, good food, water, very innocent, heavenly. Song "In the Arms of an Angel".

Innocence, can't understand the real world. No understanding of why anyone would want to hurt them.

Down Syndrome child. Parent's issue: how can I protect you in this crazy world. Best intentions.

Children with special needs. Parents' whole world revolves around it.

Parents trying to protect one, the other children imposed upon because the purpose is mainly for the survival of the handicapped sibling.

Claustrophobic aspect, focus on needy child's stunts.

Family group has to be self-sufficient, can't depend on others.

Insulated and isolated world.

Wealthy family that has lost everything.

Memories of the golden past, past glory.
Beautiful dancing hall, huge, like in Vienna, but not as beautiful as it once was.
People losing friends or relatives due to corona measures.

Fallen in a trap at the bottom of a staircase, covered by plants, ferns.

Light.

Beautiful young people.

Taking things for granted, thinking it will always go on.

Women feeling separated, just being a wife.

Desire to belong.

Drinking, celebrating, singing in the association as blood brothers.

Student associations, conservative, backwards, which has become their second family and home.

Second family, biker groups, Freemasons.

Comrades, soldiers, brotherhood.

Ailments from losing friends.

Closed groups, treated people outside of group as strangers; it is forbidden to tell outsiders about the inside events in the group.

Don't question things inside a group.

Loyalty is more important than the truth.

Decaying quality.

Important people, ministers who deny their fraud publicly and are given nice jobs in high positions.

Networking, in-crowding.

Kill the messenger.

Whistle-blower; fallen from grace.

Ritualistic.

Body

General: cancer, chronic myelogenous leukaemia.

Action: bactericide, astringent.

Lungs: respiratory ailments.

Stomach: indigestion, stomach feeling uneasy.

Nausea, desire to vomit, from tickling in the throat.

Numb tip of tongue, pricking.

Skin: wounds, rashes, irritations

Christella normalis

3-443.15.15

Essence

This personality has the tendency to justify wrong actions, especially of their family members and children. They always find excuses for their actions. They always look at the bright side of life. They also want to give hope, like doctors promising good success, even when the patient is on the verge of dying from cancer. Or they are dying patients wanting to give hope to their relatives and doctors by accepting detrimental treatments like chemotherapy.

Mind

A person in hospital with leukaemia, bald, pale, thin, from anaemia, worse from chemotherapy.

Being too big for his strength, unable to hold himself up.

Relaxed, peaceful.

Parents of addicted or criminal children.

Gone through a lot of trouble. No despair, and no hope.

People who have been experimented on.

Doing things for the family, like accepting chemotherapy.

Too sick to care about things.

Staying cheerful even when in misery.

Body

General: polyp, cancer.

Neural: ascending paralysis.

Head: headache, occiput; brain moves when moving the head.

Ear: earache.

Mouth: salivation; bitter taste.

Skin: wounds.

DD: Conium.

Thelypteris thelypteroides 3-443.15.16

Essence

This personality feels offended by the pigeonholing and judgements of his fellow human beings. He longs for a simple life in pure nature. He longs for silence and solitude.

Mind

Desire to have a simple life, in the forest, in a clearing, in a small wooden house, where insects are buzzing, the kettle of water is whistling on the fire.
Hermitism, away from people, from their ideas and their pigeonholing.
Desire to retreat from the confines of the small town.
Desire to retreat from prejudices, from judgements and being categorised.

Amblovenatum opulentum 3-443.15.16

Essence

This personality feels unwanted and left abandoned. It is like a young child taken by his teenager sister to the end of the street and told that he could not come home anymore because they could not feed him anymore. He is desperate, feels molested and does not know what to do.

Mind

Feeling not wanted, as an afterthought, as youngest of seven children.
People being forced, adapting to stay in the group.
Isolated, broken when you are not adapting, not vaccinated.
Fear of death when not vaccinated.
You only have company when you are vaccinated.
Molested.
The only one, the lonely one.
Bitter.
Broken off.

Body

Stomach: nausea.

**Ampelopteris prolifera
3-443.15._**

Body

Action: antiviral against cucumber mosaic virus in *Chenopodium amaranticolor*.
Neural: meningitis, encephalitis.

Cystopteridaceae 3-443.16.00

Introduction

English: Oak ferns.

Clades: Aspleniales; Aspleniineae; Polypodiales; Pteridophyta; Plants.

Region: worldwide.

Habitat: forests and crevices.

Plant theory

In the **Plant theory** the small families Desmophlebiaceae, Diplaziopsidaceae, Hemidictyaceae, and Rhachidosoraceae are included Cystopteridaceae. This clade is polyphyletic without Aspleniaceae, according to DNA analyses.

They are placed in Subphase 6, which has some confirmation.

Taxonomy

The Pteridophyte Phylogeny Group classification of 2016 placed Cystopteridaceae in the subclass Aspleniineae. Alternatively, it may be treated as the subfamily Cystopteridoideae of a very broadly defined family Aspleniaceae.

Cystopteridaceae forms a closely related, but not monophyletic group with Desmophlebiaceae, Diplaziopsidaceae, Hemidictyaceae, and Rhachidosoraceae. *Cystopteris chinensis* has been placed in a separate genus, which is in doubt.

Botany

Fern, small or medium-sized ferns. Leaves: thin laminae; small, round. Sori: naked.

Essence

This personality feels excluded and unloved. He retires into own own world, making very little contact. He is easily bored. He has a problem with rules and norms. This originates from a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms. The state can also arise in children were the parents have split up. The child has lost the family home and feels split between two households. They are not do

ing well, have school problems, and the school results are going down. They can have eating disorders, bulimia and anorexia. Everyone tries to help them, but often in vain. It can also be that the parents are too busy with their own problems, and that they are not listening to the children. When there are problems with their children, they bring them to a doctor, projecting their problems onto their children. They feel neglected as a child.

It can also be that the parents are overprotecting, from fear and not from love. Parents who do everything for their children, except what they need. They are always busy with their own thing, job, household, fight.

Later in life the state can arise from losses, like a man who has lost his land. He retreats in his own home, becomes filthy, does not clean himself or his house, and is abusing alcohol and tobacco. He goes to pubs, telling stories.

Mind

Delusion: I will be lose my family if I don't follow the community rules.

Delusion: I will be lose my family if I follow the community rules.

Ailments from loss of a parent at an early age.

Trying to find a family somewhere else, in clubs and churches.

Feeling unwanted, unappreciated, unloved, alone in the world.

He tries to do his best to become loved, but has the feeling that it is in vain. Autism.

Communication problems, lack of contact, eye contact, language contact. Contact minimal; lack of eye contact, lack of smiling, reacting to calls, one's name; indifferent to other children.

Speech delayed, using only some single words like "Mom".

Retardation: physically in motor development, emotionally, in speech.

Ailments from stress, poverty, been in an incubator, horrible circumstances.

Fear: poverty, disease, death; getting a handicapped child, stillborn child.

Aversion: dirt, dirty hands or clothes, washing hair or face, cutting of hair and nails.

Anxiety attacks, crying uncontrollably, vi

olently, agitated.

Anger, furious, < others don't act as wanted.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Agitated, waving and moving hands up and down, uncontrollably, violently.

Sticking to fixed, repetitive routines, same paths and routes.

Smart; understanding much more than showing.

Likes being hugged, strong, firm touch, being giggled with.

Hobbies: computers, techno-like sounds; repetitive beats.

Cheerful.

Bored, sad, moody, crying often.

Indignant, outraged.

Ugly-

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

General

Food: < milk; < eggs, egg white.

Sleep: sleepless; waking frequently; falling asleep difficult.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations.

Growth retardation.

Stomach: nausea, vomiting; pain.

Abdomen: liver problems; cholestasis; jaundice; worms, parasites.

Rectum: diarrhoea; constipation; encopresis, averse toilets, in children.

Urinary: enuresis, day and night.

Genital: retardation.

Stages Remedies

1 Rhachidosorus consimilis

10 Gymnocarpium dryopteris

10 Gymnocarpium robertianum

13 Cystopteris tennesseensis

16 Cystopteris bulbifera

17 Acystopteris japonica

2 Diplaziopsis flavoviridis

5 Hemidictyum marginatum

x Cystopteris fragilis x Homalosorus pycnocarpus

Hemidictyum marginatum 3-443.16.05

Body

Action: antimicrobial; antibacterial; anti-viral.

Gymnocarpium dryopteris 3-443.16.10

Essence

This personality has very rigid ideas and conditions. He is convinced of his own rightness, in a forced way, but underneath he is insecure. He clings to his faith, his rules. This can arise from being a member of strict groups, member of the Pentecostal church. The church gives him affirmation. He is proud of his children, his offspring and derives his status from them. His wife, as a mother of 10 children, identifies with holy Mary. They live for the children, that's the only foothold in life. They are harsh in judging others who think differently. He derives his right for sex from the religious rules.

Mind

Children drilled by parents and teachers. The children are passive, they have no resistance, no personality and no other experiences.

Parents who see their actions as very loving, but it is one of formal love, it is living by the rules, to follow instinct without guilt.

Spock upbringing.

Teachers punishing pupils with a stick, from afar.

Teachers punishing children by beating, with a trembling stick.

Feeling of having no place. Soldiers drilled in the army. The idea that children should be protected with set rules.

Pastors preaching the rules and if you follow the rules then you are good.

Family group, clan.

Orthodox religions: Mormons, Jehovah's Witnesses, Amish, Orthodox jews.

Perishing in a group.

Unbending and rigid.

Male and female at the same time. Unclear gender.

Personality is not clear, not noticeable, hidden.

Quite unsure, does not know what is right and wrong.

Fluctuating feeling in the head. Early life trauma.

A weak personality hiding in the group.

Going outside the rules is not accepted at all.

Body

Action: anti-inflammatory, anthelmintic, antiseptic, pain-relieving; anti-parasitic.

Head: shaky.

Abdomen: liver diseases, injuries, necrosis; worms; diseases of the spleen.

Urinary: diseases, cystitis; nephritis.

Limbs: arthritis, chronic; rheumatic pain, arthrosis; gout.

Skin: dermatitis; wounds, bruises and ulcers.

Cystopteris tennesseensis 3-443.16.13

Essence

This personality feels unwanted, alone in the world. He may have family, but he feels not really appreciated and loved. He tries to do his best to become loved, but has the feeling that it is in vain.

Mind

Autism.

Speech delayed, using only some single words like "Mom".

Contact minimal; lack of eye contact, lack of smiling, reacting to calls, one's name.

Very little contact.

Ailments from stress, poverty, being in an incubator, horrible circumstances.

Fear: poverty, disease, death; getting a handicapped child, stillborn child. Sad, moody, crying often.

He preferred sitting to being active. He couldn't jump.

Indifferent, to other children.

Aversion to washing hair or face, cutting of hair and nails.

Aversion: dirt, dirty hands or clothes.

Anxiety attacks, crying uncontrollably, violently, agitated.

Anger, furious, < others don't act as wanted.

Impatient.

Agitated, waving and moving hands up and down, uncontrollably, violently.

Sticking to fixed routines, same paths and routes.

Repetitive.

Smart, understanding much more than showing.

Cheerful.

Enjoying: traveling by car, bus, train or tram.

Likes being hugged, strong, firm touch, being giggled with.

Likes: smiling and laughing.

Likes: jumping, running on the bed, climbing the cupboards, long walks, playground, slides more than swings.

Desire: iPads, mobile phones; watching and listening to songs on You Tube, cartoons, electronic, techno-like sounds, with repetitive beats.

General

Food: < milk; < breast milk, < artificial milk.

Food: < eggs, especially egg white; < soy, beef, milk.

Desire: food!; meat, fruit; cucumbers, red peppers, buckwheat cakes.

Sleep: major problems sleeping, falling asleep; waking frequently, anxious.

Body

Nervous: apoplexy, cerebral haemorrhage; encephalitis.

Lungs: pneumonia, from pneumococcus; breathing difficult.

Stomach: nausea, vomiting; stomachache.

Abdomen: cholestasis.

Rectum: diarrhoea; constipation; encopresis, aversion to toilets, in children.

Urinary: enuresis, day and night.

Female: infertility; pregnancy, difficult, diabetes, ectopic, oligo-hydramnion; labour difficult, Caesarian section.

Birth: premature.

Baby: neonatal jaundice.

Cystopteris bulbifera 3-443.16.16

Essence

Children where the parents are split up; they lost their family home; they are split between two households; not doing well; school problems, school results are going down; disordered eating, bulimia and anorexia. Everyone tries to help them, in vain; they are victim of the circumstances; parents are too busy with their own problems, are not listening to them and bring them to a therapist, projecting their problems on their children; neglected child. Overprotected children, coming from fear and not from love.

Parents who do everything for their children, except what they need; they are always busy with their own thing, job, household, fight.

A man who has lost his land, retreats in his own home, become filthy, does not clean himself or his house, is abusing alcohol, smoking tobacco; telling stories in the pubs; got tuberculosis, corona, lost his father at an early age.

Mind

Vanishing civilisation.

A handicapped child, locked away.

Children who dissociate, retire in their room, playing computer games; wanting to be normal, like other children.

Not taken care of.

He has been taken care of, but did not thrive, so it was given up and placed at the back.

Having extraordinary needs, impossible to take care of.

Ugly.

Communication is diminished, due to fear of looking at oneself, from fear of having different view-points and getting into fights, woke topics; not really listening to one another.

Sorry for the people being manipulated.

Movie: Nanny MacFee.

Body

General: lumps, cysts, granuloma, benign tumours.

Action: cyanogenetic.

Vertigo: vertigo.

Chest: cysts, benign tumours, in breasts.

Stomach: seasick, carsick, nausea, vomiting.

Female: lumps, cysts, granuloma, benign tumours, ovaries.

Aspleniaceae 3-443.17.00

Introduction

English: Spleenworts.

German: Streifenfarngewachse; Tiipfel-farnartige.

Clades: Aspleniales; Aspleniineae; Polypodianaes; Pteridophyta; Plants.

Genera: 2: Asplenium, over 700 species; Hymenasplenium, ± 35 species. Region: worldwide.

Habitat: temperate and tropical.

Plant theory

Aspleniaceae is treated as a family in the order Aspleniales and Subclass Apleniidae. It is placed in subphase 7.

Taxonomy

Aspleniaceae have been subject to considerable changes. The narrow circumscription of Aspleniaceae contains only two genera. A very broad Aspleniaceae includes ten other families, which can be named Aspleniales.

Aspleniaceae was first described by Edward Newman in 1840, with three genera: Athyrium, Asplenium and Scolopendrium. Athyrium is now placed in a different family, Athyriaceae, not considered very strongly related to the Aspleniaceae, and Scolopendrium is regarded as synonym of Asplenium. Asplenium has previously been split into a dozen or so genera. Modern consensus of molecular phylogenetic studies is that all are nested within Asplenium. Christenhusz and Chase had proposed a much broader circumscription of Aspleniaceae, in which it consisted of all the separate families that PPG I places in the suborder Aspleniineae (eight at the time), with the families reduced to subfamilies. Thus the Aspleniaceae of PPG I became the subfamily Aspleniioideae.

Botany

Identification: elongated; unpaired sori. Ferns.

Root: rhizomes, creeping or somewhat erect, usually unbranched; with clathrate scales, a lattice-like structure; with dictyostelic, radial or dorsiventral steles, two

vascular bundles C-shaped to elliptic or X-shaped.

Leaves: undivided or divided, with up to four-fold pinnation; petioles have two vascular bundles, uniting to form an X-shape in cross-section towards the tip of the leaf; stalks of the sporangia are one cell wide in the middle.

Sori: elongated, linear; unpaired per vein, rarely in pairs; never curving over the vein; indusium flap-like, along one edge of a sorus.

Sporangia: stalks that are uniseriate in the middle

Essence

This personality feels betrayed or rejected by some relative or relatives. And that should not be done. One has to protect each other as a family and community, that is how it should be.

He has the feeling that one cannot trust family. This can arise from a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Delusion: I will lose my family if I don't follow the community rules.

Delusion: I will lose my family if I follow the community rules.

Autism.

Communication problems, lack of contact, eye contact, language contact.

Malicious, cruelty.

Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Fear: darkness, alone.

Sad, suicidal, desire to drown.

Dream: drowning, arising above water, gasping for air.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations.

Nervous: epilepsy, tics.

Abdomen: spleen problems; liver problems; worms, parasites.

Rectum: encopresis.

Urinary: enuresis.

Genital: retardation.

Female: infertility.

Clades

1 *Asplenium erosum* clade

2 *Phyllitis* clade

3 *Neottopteris* clade

4 *Tarachia* clade

5 *Schaffneria* clade

6 *Asplenium trichomanes* clade

7 *Asplenium dareoides* clade

8 *Asplenium* clade

9 *Asplenium aegyptium* clade

10 *Asplenium bulbosum* clade

11 *Pleurozium* clade

Asplenium ruta-muraria* 3-443.17.02*Essence**

This personality feels like a child in the group, village, in everyday life. One needs help and support to be a full member of this group and to have a secure place. One needs evaluation and feedback from outside to be able to fit into the system. One wants to be normal, but doesn't know how. One has to do it right and be able to make himself understood to be an accepted member of the system. He does not know what is good yet, he cannot rely on his own experience and needs help from outside to decide what is good and what is not.

Later, one believes that every decision is about survival, and adaptation to the group is needed in order to survive. One does not decide reflectively but out of survival instinct. Therefore one believes that one has no choice and must do or allow things, even if they are not good for one, to prevent feelings of guilt and shame. One feels unable to cope with confrontation and competition and flees into one's own inner world. One splits off the problem or trauma, escaping into the ideal world of childhood. One wants to lead a normal everyday life in the small, manageable community or village and to have one's duty, work and routine. This gives a secure place in this community, which one does not have to defend or reflect upon.

Mind

Imbalance between individual uniqueness and the social desire for conformity.

Parental thinking that expressing disappointment or lack of acknowledgment toward a child is normal.

Autism: flees into own world, split off the problems or traumas; mentally and emotionally split off.

Dissociation: split of inside and outside. Feeling invisible, unnoticed, not special, nothing.

Feeling incapable, not knowing what one can do: big plans or visions.

Feeling neglected, disregard, overlooked, unseen, undervalued, not recognised,

laughed at.
 Feeling insecure, unsafe, irresolute, neither appreciated, nor criticised.
 Feeling constricted, threatened, cramped, confined, locked in the world of competition and confrontation.
 Feeling unsafe, > at home, > with parents, > belonging to the community.
 Feeling guilt, shame, embarrassment, failure.
 Feeling nothing, indifferent, empty, without emotions and thoughts; absent-minded.
 Feeling alone, lonely, abandoned, isolation; working in solitude, contacts are difficult.
 Desire: to be normal, like everyone else, part of the group.
 Desire: safety, stability, a place in the group, attention, daily bread, food, survival.
 Desire: to stay in the background, in a simple, pleasant, everyday, normal, routine life in a small village, in their own little world, where they feel safe, but also lonely.
 Desire: fairy tales, myths, cartoons.
 Delusion: having no choice.
 Delusion: every decision is about survival, life and death.
 Nostalgic, remembers the old good times.
 Remaining quiet, adapting, humble, shy, reserved.
 Navigating normalcy and societal expectations.
 Aversion to change, specialness; confrontations, conflicts, competition.
 Contacts and communication difficult, few friends.
 Lack of self-esteem, self-worth, self-appreciation.
 Lack of feedback, orientation, support.
 Self-devaluation, self-doubt.
 Unable to judge; easily manipulated.
 Unable to act, speak, cannot express oneself, taciturn.
 Need for external feedback for identity formation, especially in childhood.
 Confusion from chaos, lack of feedback, orientation, and support.
 Learning difficulties, needing feedback, like a naive child.
 The will is weak, which makes it easier to adapt at almost any price.
 Beginner's problems, starting difficulties.

Modest, frugal.
 Coquetry.
 Fulfilling duty.

Dreams
 Struggles with self-worth and seeking validation.
 Navigating normalcy and societal expectations.
 Symbolic imagery of forests, childhood and isolation.

Body

General: swelling; fistula; rickets, ruptures in children.
 Action: astringent, desobstructing, emmenagogue, expectorant, ophthalmic.
 Head: headache, pressing, temples, forehead; hair thinning, discolouring, falling.
 Eye: pain, burning.
 Mouth: tingling lips.
 Lungs: coughs; shortness of breath.
 Chest: heart pain.
 Abdomen: pain; jaundice; spleen problems.
 Rectum: diarrhoea, explosive, watery, with flatulence; constipation.
 Urinary: kidney stones.
 Male: ejaculation praecox.
 Limbs: tingling, sole of feet, tips of the toes.
 Skin: small, bleeding wounds; moist ulcers; scurf; dry and running sores.

Asplenium onopteris **3-443.17.06**

Essence

This personality feels like he is living in a ghetto, in poverty and a violent situation, without having a possibility to get away. They feel left out of the wealth that others have, who protect themselves with walls and fences, to keep the poor out. It is like the Apartheid.

The opposite is wealthy people that fear to get into the situation of the poor, so they defend themselves with walls as in gated communities. But it does not make them happy, as life becomes artificial, plastic like.

Mind

People, immigrants living in ghettos, slums, refugee camps, prisons, concentration camps, in poverty, dirt and violence. Drug addicts, addicted to alcohol and drugs, living in cellars, ruins. Accepting horrible situation, as it has been for generations.

Lonely, one can only rely on oneself for survival; relations with family and friends are chaotic.

One cannot leave, get out of the situation.

Hatred, built up inside.

No resources, no real help from friends as they also have nothing.

Body

General: numbness.

Nose: smell fresh.

Throat: pain, raw, dry; feeling as if things have been pushed, forced down one's throat; one needs to cry but cannot. Skin: itching legs, with need to scratch, worse from cold

Asplenium ebenoides 3-443.17.06

Essence

This personality looks delicate and confused, but is it just his defence mechanism. It arises from a hard, cold youth. But he does not want to look at his traumas, thinking that that is too difficult and does not solve anything. He lives in a limited, small world. But to the outside world he presents himself as if he knows everything. He has a regular table mentality, chummy. So he repeats the milieu he comes from, without reflecting on it. Internally he is tense and agitated.

Mind

Closed, doesn't let others in, keep the others away.

Make it really hard to gain access to them.

Camouflage: looks confused and disordered for others, as their protection.

Appear delicate, but they are defensive.

Their protection is also a protection from their own shadow, their gnomes.

We are excluded.

Hard, destructive.

When attacked he strikes back violently.

Insensitivity.

Masculine, a man who wants to pick up women.

Rodeo rider who flaunts his manhood.

I do not let anyone look inside me. Child-like, simple.

Low intelligence.

Does not want to grow up.

Asplenium castaneoviride 3-443.17.06

Essence

This personality lives like a gypsy, traveling around the world with their close family in caravans. They have strict rules inside the group, such as who one can date and marry with. But they have no rules with the outside world, easily stealing things and living like outlaws.

Mind

Dull, not shiny.
Big, happy family.
Self-contained.
Bit dirty, bed bugs.
Young mother with a young child, her brother castrated the father of the child.
Lots of kids.
Filthy, cheerful, jolly, happy family.
Vigorous.
Separate tribe, group, only belonging to themselves.
Wealthy, from dealing in drugs.
Religious, loyal.
Beating their wives up.
Dressing fancily, for weddings, communion, baptising.
Abusing animals, using them as machines, organising dog fights.
Body building. tattoos.

Asplenium trichomanes 3-443.17.07

Essence

They are the perfect butler in the old style, serving, loyal, discreet. They can be relied on, completely identified with the one who trusts them "like a piece of important inventory in their house". They are the perfect servant, invisible on the outside and important on the inside.

Mind

Content with having no life of their own, living their life in their role, not living their own life.
Never thinking about a different life.
Doing their job as well as possible, services are important, that is enough.
Desire that people are satisfied with them, being secure in their role.
Loyal to the death.
Doing everything for their boss, always in the background, invisible.
The mischievous dwarf sitting on the house wall in front of his garden fence and singing to himself: "that's just the way I am", modestly and contentedly in front of his little house with garden, "in the crack of my wall, it may not be a special place, but I'm fine here, I'm safe here".

Body

General: polyp.
Action: contraceptive; laxative; anthelmintic; mucilaginous; expectorant; emmenagogue, contraceptive..
Head: alopecia, dandruff; hair thinning, discolouring, falling.
Lungs: cough; bronchitis.
Chest: problems.
Abdomen: sclerosis spleen; worms.
Urinary: kidney stones.
Female: emmenagogue; menstrual late, lacking.

Asplenium scolopendrium 3-443.17.09

Fairy tale: Hansel and Gretel.

Essence

Getting trapped, not getting away, sucked in. Interwoven network, conditional, manipulating, not in a mean way, but for survival in the community. If you want to be part of it, go along. Not straight in connection.

This personality has feelings of polarities and contradiction, between wanting to rise and feeling restricted, between wanting to become bigger and staying small.

Mind

Contradiction between how it is and how it looks.

Felling restricted, limited, imprisoned in oneself, caught by handicaps, a wheelchair. Psychedelic.

Addictions, trying to find solutions in drugs.

Anger, deep, cannot come out, Schizophrenia.

Pedantic; makes sharp, condemning judgements.

Clairvoyant.

Clumsy, sensation.

Concentration, diminished, < reading.

Confusion, as if forgotten something, being surprised and irritated; with indifference; confusing sides.

Forgetful.

Grief, suppressed grief and offence, rises from the stomach to the throat, > work, consolation.

Heaviness.

Isolation, forsaken, desperate, isolated, no contact with the outside world.

Sadness, sighing, melancholy. Sensitive, to noise, tiny noises. Spontaneously, unexpected. Unfeeling, without any emotion. Delusion: having no body, only head and mind.

Delusion: distance, to the floor, as if something in between.

General

Weather: chilly, < cold

Food: appetite, diminished; thirst-less.

Body

General: polyp; diabetes.

Action: diuretic; laxative; astringent; refrigerant; sudorific; spleen tonic; cholagogue, diaphoretic, expectorant, vulnerary.

Vertigo: dizzy, as if drunken, as if benumbed, as if the floor is moving, with nausea, < bending forwards.

Head: feels enlarged, big, bigger than the rest of the body; pain, forehead, like a tension, hammering, sore, pressing, stinging temple right, vertex, comes and goes; fullness, pressure in the upper third of the head; brain feels viscous making it difficult to think; scalp itching, perspiration; feels light.

Eyes: dry, with strong lachrymation, < outdoor, > indoor, warm room; heavy in eyes, on both sides, very tired and sleepy; itching; pain, stitching, right eye; twitching, lids, left upper lid; visual illusions, light less intense in one direction, normal intensity in another direction; visual illusions, air moving a lot between my eyes and the floor; lines shiver briefly; sharp vision.

Ear: itching, right.

Nose: discharge, watery; as if a foreign body; as if something is falling out, fly out of the nose, < exhaling; sneezing; sinusitis.

Face: Itching; lips dry, fluttering, burning; jaws formication, tension; sweat, perspiration; trembling, lower lips.

Mouth: falling palate; bleeding gums; cancer of hard palate.

Throat: scraping, clearing larynx.

Lungs: catching breath, forgets it once in a while, followed by a deep breath, sighing; bronchitis; hiccough.

Heart: heart, capillary problems.

Stomach: eructation; nausea, with vertigo, hiccough; heat.

Abdomen: liver hard, obstructed; spleen weak, obstructed, sclerosis; worms; distension, with urging for stool and cutting, stitching pain; spleen problems..

Rectum: flatus, explosive, without diarrhoea, dysentery, odourless; explosive stool and flatus, < morning; constipation; diarrhoea, dysentery; piles.

Urinary: urine scanty, gravel deposits in the bladder; urge to urinate; Bright's disease.

Back: chilly; itching; pain, burning, under

scapulae, ameliorated by pressing the muscles with the hands; burning down the back.

Skin: biting of serpents; wounds; burns and scalds.

Asplenium dimorphum

3-443.17.09

Essence

Young boy is threatened; he does not show anything anymore, avoids conflicts and discussions, lying about things, what has happened and what he has done. He behaves as though everything is okay, that there is nothing malicious in him or his circumstances.

A more adult form is found in the story of Dr. Jekyll and Mr. Hyde, where Dr. Jekyll discovers a drug that creates the separate personality of Mr. Hyde, into which Jekyll's evil impulses are channeled.

Mind

As if you don't know who you are.

Multiple personality.

Doctor Jekell and Mister Hyde.

Sticking everywhere, spreading like a disease, an epidemic, avoiding any cleaning process, contaminating everything. People who don't see their evil side. Politicians who don't see what they do wrong, out of ideology.

It is like plastic, is it artificial or not.

Plastic surgery, plastic injected into lips, face and breasts.

Transgender.

Transhumanism, people attached to machines, computers, computer parts in your body.

Asplenium bulbiferum 3-443.17.10

Essence

This personality has difficulties with contacts. He prefers solitude, needs peace and stillness. He needs healing after difficult experiences, inner and outer struggles, having heard so many cries, fights and seen so much violence. He has to regenerate, to heal the old pains and traumas of himself or his family. The traumas can be very old, in past generations, like war traumas, betrayal, murder, theft. But the traumas are mostly hidden.

They can separate from their family, break off all contacts, especially when the other person has too many issues. Withdrawal is an important step in order to heal. They need silence, want to be free and unattached in order to see the traumas as they are. They can be alone very well. They need to go their own way.

Mind

Aversion: daycare, being very difficult, just lying on the floor.

Angry, < getting what she wants, = being comforted.

Angry, pinching and scratching others, mother, pushing mother away; saying 'no' to everything.

Bullying parents, < not agreeing with her. Offended, suddenly, sitting in a corner, not telling what is wrong, pushing parents away.

Complaining, < being bored, < not in the centre of attention.

Throwing away what she liked right before being angry.

Aversion to be spoken to, to be touched or comforted, proximity, freezing from being approached.

Taciturn, < spoken to, to be touched.

Feels ashamed as if he has done something wrong.

Fear: other children; separation from her mother.

Fear: strangers, especially in the elevator.

Very attached to her mother.

Aversion to father, grandparents, their pressure on her.

Very jealous of her sister, < the contact with her mother.

Ancient, old times, iron age, dinosaurs, ice age.

Loyal to the people I serve, to the employer.

She prefers to be treated like an older child.

Sees other children as little ones.

Likes: jewellery, rings, nice clothes, long dresses, looking like a princess.

Likes: watching trains; animals.

Desires: chatting like a little child, to be carried around.

Aversion to grow up.

Desire: life in nature, peace and quiet.

Simple people, very social but distant< experienced too much.

Profession: woodcutter, forest workers.

Loyal to the employer.

Clarity.

Seems tough on the outside, sensitive on the inside.

Can tease.

Lives alone, no family, serving.

Closed, gives little or no insight into his life.

Does not want to be seen.

Rubbish collector.

Street cleaning.

Lumberjack.

Calming, soothing, comforting, serving.

Contemplation, coming in inner peace.

Sensual.

Loving.

Mindful.

Survived much, suffers loneliness.

Sensitive, wise, great understanding of nature and heaven.

Giving wise advice.

Conflict between doctors and nurses about vaccination on the job.

General

Weather: has no influence.

Food: intolerance to lactose, cow's milk, will vomit; when breast feeding, she would vomit if her mother drank cow's milk.

Desires: very picky; chicken soup, pasta, macaroni, fat, butter and fat from meat.

Aversion: vegetables 2; sweets.

Physical: < touch.

Sleep: sleepless; difficult falling asleep; very restless; waking from her own crying; goes to bed late.

Body

General: infections with fever, recurring, tiring, < before full moon.
Head: skull contusion, back of the head.
Eyes: discharge, pus; sore.
Nose: runny nose, sneezing.
Mouth: bitter taste; heavy salivation.
Lungs: coughing, persistent; breathing difficult; bronchitis with burning pain.
Chest: closed.
Stomach: problems.
Abdomen: pain, colic, around umbilicus, < full moon; dysbiosis; infection with bacteria and candida; intestinal, biliary, liver problems.
Rectum: haemorrhoids.
Back: bend, shoulders bend forward.
Limbs: cramps muscle, < exert; weak muscles.
Skin: dermatitis; wounds, open wounds; bruises; feeling of fine drops of water.

Asplenium nidus 3-443.17.11

Culture: movie The White Ribbon.

Essence

This personality has lost his innocence due to accidents, violence or war. Parents and teachers have been very strict and demanding, making them obedient and in the end prepared for war.

Mind

A group of pure, innocent children playing and having fun.
Something strange, threatening the innocence.
Sudden disturbance, flabbergasted.
Spock education.
Not knowing what I do.
In a haze, fog, mist.
Emptiness.
Split mind, almost schizophrenic.
Split between commanders and performers, split in their minds.
Behaving well, according to orders, showing to be brave and good.
Shoot oneself in the foot to escape the battlefield.
Demonstrations, walking in a circle.
Pacifist clash with pro-war demonstrators.
Trying to avoid death penalty by deserting.
Smooth.

Body

General: fever; debility; polyp.
Action: contraceptive, depurative and sedative.
Lungs: asthma.
Chest: pains.
Female: labor problems.
Skin: sores; stings and bites.

Asplenium macrophyllum 3-443.17.12

Mind

Confusion.

General

Food: loss of appetite; < alcohol, < white rice.

Body

General: beri-beri.

Action: diuretic!

Nervous: numb hands and feet; paralysis legs-

Lungs: shortness of breath.

Heart: pulse fast; enlargement.

Stomach: vomiting, lactic acidosis.

Rectum: constipation; diarrhoea.

Urinary: urine scanty, < beriberi. Limbs: leg swelling; pain legs.

Asplenium ceterach 3-443.17.16

Body

General: polyp.

Action: astringent; pectoral; aperient; diuretic; antitussive; bitter.

Throat: cancer.

Lungs: cough; bronchitis.

Abdomen: spleen, enlarged, inflamed, obstructed; megalosplen, splenitis; liver obstruction, jaundice.

Rectum: worms.

Urinary: gravel in urine.

Female: infertility.

Limbs: sprain.

3Asplenium adiantum 3-443.17._

Clades: Pleurosoroideae; Aspleniaceae; Aspleniidae; Pteridophyta; Plants.

Body

Action: astringent; diuretic; emollient.

Chest: problems.

Abdomen: spleen problems.

Asplenium adiantum-nigrum 3-443.17._

Body

Action: bitter, diuretic, laxative, ophthalmic; emmenagogue, expectorant, pectoral.

Eye: ophthalmia.

Lung: coughs.

Abdomen: spleen problems; jaundice.

Female: sterility.

Asplenium rhizophyllum 3-443.17. _

English: Walking Fern.

Clades: Schaffnerioideae; Aspleniaceae; Aspleniidae; Pteridophyta; Plants.

Body

Action: emetic.

Chest: swollen breasts.

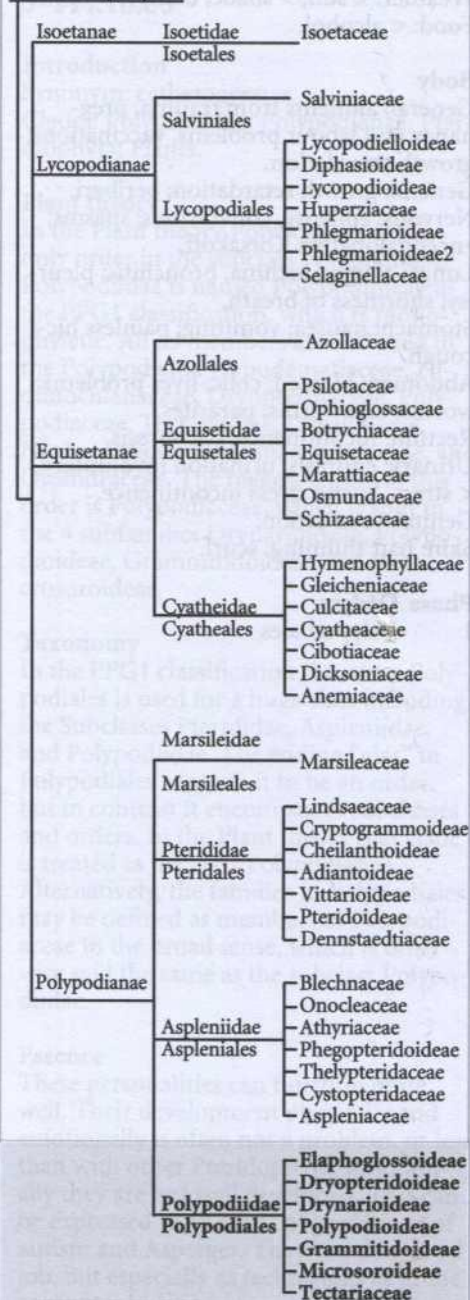
Asplenium boltonii 3-443.17._

Mind

Irritable, < in traffic, in everything.

Fighting against injustice, in court.

Pteridophyta



Polypodiidae 3-444.00.00

Introduction

English: Ferns; Leptosporangiate ferns. Synonym: Polypodiineae; Eupolypods 1; Pteridophyta in the strict sense; Monilophyta; Polypodiana; Filicopsida; Pteridopsida; Leptosporangiate ferns, Polypodiana; Ferns; Polypodiaceae in the broad sense.

Clades: Polypodiana; Pteridophyta; Plants.

Members: 7 Orders; 30 Families; 9000 species.

Culture: mythology; medicine; art.

Use: no economic importance; food; ornamental; remediating contaminated soils.

Taxonomy

In the PPG1 classification, the Pteridophyte Phylogeny Group classification, Polypodiidae is a subclass of ferns in the class Polypodiana. It is equivalent to the clade eupolypods I and to the very broadly defined family Polypodiaceae in the classification of Christenhusz & Chase.

It probably diverged from the suborder Aspleniineae (eupolypods II) during the mid-Cretaceous. The divergence is supported by both molecular data and an often overlooked morphological characteristic which lies in the vasculature of the petiole.

Most species that make up the suborder have three vascular bundles. The only exceptions are the grammitid ferns which have one, and the genus Hypodematum which has two.

Plant theory

Polypodiidae is a subclass in the class

Polypodiana, in the phylum Pteridophyta.

Polypodiales is the only order in the Polypodiidae.

Essence

This personality has a problem with rules and norms. This often originates from a 189 strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted

and appreciated when he adheres to the norms.

This personality is very old-fashioned. He hate changes. He has had to adapt to norms so often that he has identified with them. Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it on their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will remain that way forever. They want to stay small and do not want to grow and become an adult with all their responsibilities.

Mind

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact. Retardation: physically in motor development, emotionally, in speech.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds. Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned.

Sensitive, oversensitive to criticism. Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.

Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

General

Weather: < sun; > shade, damp.

Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth retardation.

General: growth retardation; beriberi.

Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.

Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.

Rectum: incontinence; encopresis.

Urinary: enuresis; urination involuntary, < stress, hurry; stress incontinence.

Genital: retardation.

Skin: hair thinning; scurf.

Phase Orders

1. Polypodiales

Polypodiales

3-444.10.00

Introduction

Synonym: cathetogyrates.

Clades: Polypodiidae; Polypodiana; Pteridophyta; Plants.

Plant theory

In the Plant theory Polypodiales is the only order in the subclass Polypodiidae.

Polypodiidae is named Polypodiineae in the PPG1 classification, which is monophyletic. All its members are included in the Polypodiales: Hypodematiaceae, Didymochlanaceae, Dryopteridaceae, Polypodiaceae, Tectariaceae, Davalliaceae, Nephrolepidaceae, Lomariopsidaceae, and Oleandraceae. The biggest family in this order is Polypodiaceae, which is split in the 4 subfamilies Drynarioideae, Polypodioideae, Grammitidoideae and Microsoroideae.

Taxonomy

In the PPG1 classification the name Polypodiales is used for a huge class including the Subclasses Pterididae, Aspleniidae, and Polypodiidae. The ending “ales” in Polypodiales suggests it to be an order, but in contrast it encompasses subclasses and orders. In the Plant theory that clade is treated as the class Polypodiana.

Alternatively, the families in Polypodiales may be defined as members of Polypodiaceae in the broad sense, which is otherwise said the same as the subclass Polypodiidae.

Essence

These personalities can function quite well. Their development physically and emotionally is often not a problem, or less than with other Pteridophyta. Emotionally they are not well developed. This can be expressed in all kinds of gradations of autism and Asperger. They can do a good job, but especially as technicians as in the computer business.

This personality fits with that of a soldier. He does what he is ordered. He is drilled so much that he doesn't think about what he is doing, he is just following orders. It is a rules-based order.

Or it can go the other way around, that the soldier develops a Polypodiales personality.

Mind

Delusion: I will lose the community if I don't follow the community rules.

Delusion: I will lose the community if I follow the community rules.

Very normal.

Looking normal, hiding behind a facade.

Subphases Families

Phase	Remedy	Family
1.	3-443.11.00	Elaphoglossoideae
2.	3-443.12.00	Dryopterioideae
3.	3-443.13.00	Drynarioideae
4.	3-443.14.00	Polypodioideae
5.	3-443.15.00	Grammitidoideae
6.	3-443.16.00	Microsoroideae
7.	3-443.17.00	Tectariaceae

Elaphoglossoideae 3-444.11.00

v

Clades: Polypodiales; Polypodiidae; Polypodiana; Pteridophyta; Plants.

Members: Arthrobotrya, Bolbitis, Elaphoglossum, Lastreopsis, Lomagramma, Megalastrum, Mickelia, Parapolystichum, Pleocnemia, Rumohra, Teratophyllum; Hypodematium, Leucostegia; Didymochlaena.

Plant theory

In the Plant theory Elaphoglossoideae is split off from Dryopteridaceae and placed in Subphase 1. Included are Hypodematiaceae and Didymochlaenaceae, which together have three genera. This is confirmed for Didymochlaenaceae from provings.

Taxonomy

In the PPG1 classification Elaphoglossoideae is a subfamily in Dryopteridaceae, in the Subclass Polypodiineae. The small families Hypodematiaceae and Didymochlaenaceae are close to Dryopteridaceae and also placed in the subclass Polypodiineae.

Hypodematiaceae was erected by Ren-Chang Ching in 1975. Mostly the genera Hypodematium, Leucostegia and Didymochlaena were provisionally assigned to Dryopteridaceae.

Essence

This personality is very old-fashioned. He hates changes. He had to adapt to norms so much that he has identified with them.

Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it on their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will stay that way forever.

They want to stay small and do not want 192 to grow and become an adult with all their responsibilities.

This often originates from a strict upbringing with punishments, emotionally and/or physically. He has the feeling that

he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Keynotes: autism, stranger, lonely, ADHD, OCD.

Delusion: I will lose the community if I don't follow the community rules.

Delusion: I will lose the community if I follow the community rules.

Autism, Asperger.

Restless, jumping, running, in circles, head banging.

ADHD.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Soldier, scout, explorer.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour; OCD.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds. Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned. Sensitive, oversensitive to criticism.

Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.

Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

General

Weather: < sun; > shade, damp.

Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth

General: growth retardation; beriberi.
 Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.
 Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.
 Stomach: nausea; vomiting; painless hic-cough.
 Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.
 Rectum: incontinence; encopresis.
 Urinary: enuresis; urination involuntary, < stress, hurry; stress incontinence.
 Genital: retardation.
 Skin: hair thinning; scurf.

Stages Remedies

- 1 Didymochlaenaceae
- 1 Hypodematiaceae
- 1 Hypodematium crenatum
- 2 Elaphoglossum obovatum
- 2 Elaphoglossum plumosum
- 2 Leucostegia immersa
- 3 Lomagramma pteroides
- 4 Arthrobotrya articulata
- 5 Mickelia nicotianifolia
- 6 Elaphoglossum crinitum
- 7 Bolbitis heteroclita
- 8 Pleocnemia irregularis
- 10 Megalastrum villosum
- 13 Lastreopsis decomposita
- 14 Rumohra adiantiformis
- 15 Didymochlaena truncatula
- 17 Parapolystichum microsorumx
- Lastreopsis effusa
- x Lastreopsis microsora
- x Parapolystichum effusum

Bolbitis heteroclita **3-444.11.07**

Essence

This personality suffers from having seen bad traumas, like in a war. It has nothing to do with their youth. But they cannot talk about it, others are not allowed to see their pain.

Mind

A deep grief, heavy, going deep to the bones, better by doing something good for others.

Helping.

Trying to find joy.

Not being seen.

Friendly, despite the heavy trauma.

Easily distracted.

Money theme.

Body

Face: tension jaws.

Nose: suffocating, it is felt in the nose extending to the occiput.

Throat, heavy, male.

Lungs: asthma, spastic, the air cannot be expired; feels suffocating.

Chest: heaviness.

Abdomen: liver problems.

Pleocnemia irregularis 3-444.11.08

Body

General: malaria.

Action: hemostat.

Rectum: diarrhoea.

Skin: itch.

Rumohra adiantiformis 3-444.11.14

Essence

This personality feels left alone, which give overwhelming sadness. It feels like an innocent, curious, joyful, little girl desiring to fully experience life and then getting betrayed. It can lead to feeling stuck in a "shadow" state where transformation is difficult.

This personality is like a child that is sent by his parents to a youth camp where he feels lost. When he goes back and sees his parents he runs away. He keeps blaming his mother, but still takes care of her.

Children who are beaten by their parents, and are often in hospital for such traumas and diseases, often maltreated, but they keep smiling for their parents; they permit things, are honest.

A woman beaten by her husband; she is lonely but goes on, has a great resilience, sustained by small positive events. Family, together and separate, where one member cannot develop himself due to others being too rigid.

A soft vulnerable child, standing at a crossroads, left alone by his parents, standing still, astonished, not crying.

Parents who keep on beating their children. A child who is traumatised and closed in himself, hiding behind his arms; he doesn't want to be seen; he feels not understood by adults; he cannot tell what is the problem.

Mind

Refined, resistant.

Anxious, sad, pushed aside, unfeeling.

Wants to prove himself in this world.

Strong, powerful, rigid.

Red-hot, white-hot spirit. Distant and close.

Emptiness, loneliness.

Childish, vulnerable.

Unbelievable will to live.

Behaving as if soft and refined.

Overwhelmed.

One has to be rigid to suppress one's vulnerability.

Silent, not talking about traumas.

Numbness in forehead, not unpleasant,

no further thoughts, just not feeling. Tired, forgetful.

Behaving as if being invulnerable.

Little reflection, floating, hovering.

Spinal cord problems, left side.

Feels small, is unaware of one's size.

Feels weak despite his strength.

Careful.

Spina bifida.

Stays hidden.

Elves, small forest people.

PTSS, numb, stunned.

A family where everyone is shouting, trying to get the attention of others.

A parents who has forgotten her child and is in shock.

Unaware of things.

Aversion being touched, irritated from it.

Not understood, feels different from others, thus does not open himself.

Absolute about what is right or wrong.

Closed.

Abused.

Rigid.

Leave me alone.

Resignation, not the power of cynicism.

Just being, that is enough.

Separation of each other.

Dreams: beautiful situations.

Overwhelming sadness, suppressed grief, emotional isolation.

Resistance to confront pain they did not want to revisit.

Feeling completely void and disconnected.

Struggling against emotions, suppressing them.

Theme: life, death, rebirth, near-death experiences, incarnation, deep existential reflections.

Theme: structured creativity, art, beauty, creative mastery, architectural wonders, intricate designs, exhibitions of art, s.

Theme: I-ness; awareness surviving personal destruction; guides helping the transformation process.

Vision: being creator of all the art in dreams, with deep joy and inspiration.

Duality: love versus betrayal, youth versus old, clarity versus confusion.

Deep sadness, grief, and emotional numbness.

Resistance to confronting past trauma. A sense of rebirth, as if shedding an old self. Encounters with spiritual guides, child-

hood innocence, and subconscious fears.
Desire to dig into the mud with hands and feet.

Desire for grounding and connection to the earth.

Need for clarity and truth, with feelings of deceit and hidden layers surfacing.

General

Desire: tomatoes.

Body

General: stasis, stagnation; leukaemia; metabolism problems; haemoglobin problems.

Head: throbbing pain in left temple and forehead.

Nose blocked, yellow crusts.

Throat: tonsil enlarged, touching each other.

Lungs: cough, asthma, COPD.

Abdomen: liver and gal, problems; intoxication, not detoxified by the liver.

Rectum: constipation, alternating with diarrhoea; stool hard, copious; haemorrhoids, painful, bleeding.

Back: sensation of walking with a knife in the back.

Didymochlaena truncatula 3-444.11.15

Essence

This personality feels very alone, like a stranger in society. He tries to be part of the community by adhering to the norms, but in vain.

They give up and retire in their own world. It can be a mentally handicapped person, naive, trying to shield himself off from the world and having control in his own small world; he doesn't understand the world. He is very restless, constantly on the move.

Mind

A mentally retarded mother with a gifted child.

Sensitive, soft, not intellectual.

A mother, over-worried, in panic, what can happen to her children?

Panic, what is going to happen?

A cloud of dust expanding enormously.

Dryopteridoideae

3-444.12.00:

Introduction

Clades: Dryopteridaceae; Polypodiales; Polypodiidae; Polypodiana; Pteridophyta; Plants.

Plant theory

Dryopteridaceae has 4 Subfamilies: Elaphoglossoideae, Polybotryoideae, Dryopteridoideae and Polystichoideae. Elaphoglossoideae is split off from Dryopteridaceae and placed in Subphase 1. Polybotryoideae is included in Dryopteridoideae and placed in subphase 2. This combination is monophyletic.

Genera

Polybotryoideae: Cyclodium, Maxonia, Olfersia, Polybotrya, Polystichopsis, Stigmatopteris, Trichoneuron.

Dryopteridoideae: Arachniodes, Ctenitis, Dryopteris.

Polystichoideae: Cyrtomium, Phanerophlebia, Polystichum.

Botany

Key: sori protected by kidney-shaped indusia!

Ferns; leptosporangiate.

Root: rhizomes are often stout, creeping, ascending, or erect, sometimes scandent or climbing; with nonclathrate scales at apices.

Leaves: usually monomorphic, sometimes dimorphic; sometimes scaly or glandular, less commonly hairy; petioles have numerous round, vascular bundles arranged in a ring, rarely three; adaxial bundles are largest; veins are pinnate or forking, free to variously anastomosing; areoles occur with or without included veinlets.

Sori: usually round; acrostichoid, = covering the entire abaxial surface of the lamina, in a few lineages; usually indusiate, sometimes exindusiate; indusia round-reniform or peltate; sporangia have three-rowed, short to long stalks.

Spores: reniform, monolete, perine or winged.

Essence

This personality is very old-fashioned. He hate changes. Ele has had to adapt to norms so often that he has identified with them. Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it on their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will stay that way forever. They want to stay small and do not want to grow and become an adult with all their responsibilities.

This originates often in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Delusion: I will lose the community if I don't follow the community rules.

Delusion: I will lose the community if I follow the community rules.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact. Retardation: physically in motor development, emotionally, in speech.

Peace soldier.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds. Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned.

Sensitive, oversensitive to criticism.

Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.
Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

x *Dryopteris oligodonta*
x *Dryopteris wallichiana*
x *Phanerophlebia caryotidea*
x *Phanerophlebia juglandifolia* x
Polystichum braunii
x *Polystichum munitum*

General

Weather: < sun; > shade, damp.

Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth retardation.

General: growth retardation; beriberi.

Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.

Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.

Rectum: incontinence; encopresis.

Urinary: enuresis; urination involuntary, < stress, hurry, stress incontinence.

Genital: retardation.

Skin: hair thinning; scurf.

Stages Remedies

- 10 *Arachniodes aristata*
- 11 *Polystichum setiferum*
- 12 *Arachniodes simplicior*
- 13 *Dryopteris dilatata*
- 14 *Polystichum polyblepharum*
- 15 *Cyrtomium falcatum*
- 16 *Cyrtomium fortunei*
- 17 *Polystichum acrostichoides*
- 18 *Polystichum aculeatum*
- 19 *Polystichum luctuosum*
- 20 *Cyrtomidictyum lepidocaulon*
- 2 *Dryopteris sieboldii*
- 5 *Dryopteris oreades*
- 6 *Dryopteris affinis*
- x *Arachniodes standishii*
- x *Dryopteris aemula*
- x *Dryopteris athamantica*
- x *Dryopteris campyloptera*
- x *Dryopteris carthusiana*
- x *Dryopteris concolor*
- x *Dryopteris cristata*
- x *Dryopteris inaequalis*
- x *Dryopteris marginalis*

Dryopteris sieboldii 3-444.12.02

Essence

This personality thinks that standing out brings risks and danger, especially with strangers. They feel more secure among one's own people, one's own community, especially at carnival, when one is allowed to deviate and go crazy.

Mind

Fear: things go wrong; losses.

Fear of strangers, elitists for fear of being punished.

Fear of your own people, that you are out of line and rejected.

Rough, burly, coarse.

Chaotic.

Crawling away, not standing out.

Big jokes are allowed, but you always have to check whether you are going too far. Wants to conform to the norms, the community.

Feeling that everything happens to them.

Dryopteris oreades 3-444.12.05

Introduction

This personality is feeling unsafe, unable to cope with the world. He has difficulty to become adult and independent, being too dependent on parents, living with them even when adult. He does want to change his life, feels stiff and inflexible.

Mind

Autism, < MMR vaccination.

Speech retarded, non-verbal, echolalia. The mother feels that he understands speech, but does not use it.

Ailments from parents fighting, divorcing. Feeling completely left alone, from being an unwanted child.

Fear, excessive, for new things.

Closed, in his own world, hiding for strangers, visitors; lost interest in his surroundings.

Angry, pinching, when overlooked by parents, when toys are taken away.

Always apart from other children.

Excluded, in an old folk's home. Plays mostly alone, > teachers involving him.

Aversion to touch and watch dangerous things.

Sometimes interacting with people, sits on their laps, cuddles, gives a hug and plays.

Emotional, sensitive, empathetic, to the crying of his sister.

Need to be noticed, praised, acknowledged.

Likes to be seen, to have eye contact.

Jealous of his sister, her attention from mother.

Aversion to criticism.

Fear: people, visitors, strangers, running and hiding, > being hold very tight.

Likes company, cuddles, hugging, kissing, being touched, tickled, carried piggy-back.

Oversensitive to sounds; covers his ears, starts screaming.

Curious but lacks courage.

Overactive, hyperactive, running, jumping, waves with sticks, never resting, constantly on the move.

Nervous anxiety, excited, flapping hand, powerless to control it.

Hypersensitive to sound, of discussions,

an ambulance or fire engine.
 Obsessive, setting up letters in a row, putting the toys in the rows.
 Floating, not grounded.
 Lost in details, no overview.
 Nervous excitement, everything must be done, interferes with everything.
 Playful and smiley; playing with sand, stones.
 Likes: jigsaw puzzles; watching books; counting.
 Physically strong, sportive.
 Obedient.
 Clumsy, hypotonic, stiff, inflexible, lifeless.
 Walks on tiptoes, strange body movements, twitching, wrenching.
 Profession: computer specialist.
 Marriage problems due to being too rational, lack of emotion.
 Postnatal depression.
 Dream: huge, grey, hairy spiders.
 Dream: an unconscious horse with head and front legs locked in a pillory, his back end was sitting on the ground.

General

Food: allergy for gluten, dairy, carrots, coconut, onion, garlic, eggs, almonds.
 Desire: sweet; fussy eater; soups, pancakes, crumpets with apples, potato rosti, courgette rosti, meat and side salads.
 Aversion: raw vegetables like tomato, cucumber, radishes; milk.
 Sleep: shallow, restless, < alone; difficulty to fall asleep after waking; speaks in sleep.

Body

General: inflammation.
 Head: cyst in septum pellucidum.
 Nervous: epileptic; hypotonic, walking tiptoes; travel sickness.
 Eye: widened pupils.
 Nose: runny; inflammation, allergy.
 Lungs: cough; respiration superficial; hyperventilation; breathing shallow, fast.
 Heart: bradycardia.
 Abdomen: bloated; intestinal parasites.
 Rectum: stool muddy, mushy.
 Female: vaginitis, fungal, yeast; pregnancy bleeding, threatened miscarriage; labour difficult, lack of contractions and dilatation of the cervix.
 Limbs: rheumatism.

Dryopteris filix-mas 3-444.12.06

Taxonomy

This personality feels ignored, not perceived, not accepted. This is often strongly connected to his father. He feels as if his father is not present for him, as if he does not respect him. He fears being completely abandoned. He feels small and invisible, not worthy. He feels like a defenceless child or foetus and seeks protection from his mother.

They do not want to become grown up, prefer to stay a child. They think that adults have no joy because they have too many responsibilities. They want things to stay as they are and never change.

Mind

Lack of individuality, interwoven with others.
 Fear of being lost when alone, when not connected to fellow humans.
 Feeling small like a little child, invisible, unworthy, not respected.
 Feeling defenceless, helpless, hopeless, unprotected, like an embryo.
 Speechless, no answer.
 Theme: loyalty to mother, mother earth.
 Theme: abandonment of development out of loyalty to the mother.
 Longing for the unknown father, but suppresses that feeling.
 Separation, of parents, of man and woman, of spirit and earth.
 Denial of separation.
 Ancient, times of ferns, producing coal, oil, and gas.
 Lack of reverence for the world. Separation versus unity.
 Does not see anymore that all beings are inextricably interwoven and connected, that they need each other.
 Sensitive, oversensitive to criticism.
 Lethargic, loathing life.
 Strongly male, feels superior.
 Childish.
 Secrecy.
 Lost innocence, lost paradise. Connecting to the origin, to earth. Longing for light, for weightlessness, upwards.
 Infinite patience.

Feeling empty, dull, hopeless.

Speechless.

Drama: separation of man and woman: hermaphroditism.

Ailments from separation from nature, bio-industry, unloving treatment of your body, artificial food, leading to diabetes, BSE, from abusing nature, extracting too much from the earth, like coals, oil and gas.

Aversion: change; become adult; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

Body

General: polyp; tumour; poisoning, vitamin B12 deficiency, rickets; growth retardation; soporific; torpid inflammations of lymphatic glands, lymphadenitis.

Action: abortifacient; astringent; cyanogenetic.

Vertigo: dizzy.

Head: headache.

Eyes: pain, deep, < looking sideways; pupils dilated; blind, monocular amblyopia; blue rings around eyes; vision blurred, lost, yellow; blind; atrophy optic nerve.

Face: pale; blue circles under the eyes.

Nose: epistaxis; itching.

Lungs: asthma; tuberculosis, no fever, limited lesions, scrofula.

Heart: failure.

Chest: problems.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; distension, inflated; gnawing-pain, < sweets; worm colic; infection by parasites; worms; tapeworm!!.

Rectum: worm, tapeworm; constipation; diarrhoea.

Urinary: bladder cramps; enuresis. Genital: gonorrhoea.

Female: menses copious, frequent; menorrhagia; puerperium problems; miscarriage, sterility.

Back: spina bifida.

Limbs: rheumatoid arthritis.

Skin: sores; wounds.

Dryopteris expansa 3-444.12.08

Body

Skin: wounds; inflammation.

Dryopteris erythrosora 3-444.12.09

Essence

This personality feels okay with himself and close relatives, but has difficulty to contact strangers. People feel too strange for him so he retires in his own world, studying and trying to understand the world and the people in it. That would make life easier.

Mind

Autism, autism spectrum disorder.

Contact diminished, little eye contact, not very social, few friends.

Playing only on his own, not with other children.

Very close to his mother, and also to his father.

Intelligent, taught himself how to read and write.

Likes mathematics, science, biology, astronomy, dinosaurs, cars.

Desire to learn different emotions.

Photographic memory.

Positive, happy-go-lucky.

Stubborn, cannot accept 'no'. Persevering.

Likes football, golf, swimming, water, bicycle, scooter.

General

Weather: he likes to be outside.

Desire: chicken, chicken nuggets, rice, pasta, baked beans, dry food; he drinks only water.

Aversion: milk.

Sleep: sleepless, long wide awake; not well since the first year; waking often at four till 6 am.

Body

Lungs: bronchitis.

Polystichum setiferum 3-444.12.11

Essence

This personality feels like a princess, very young, naive and innocent. She got pregnant from her lover, a Robin Hood figure, who is fighting her father, the king. She feels paralysed, frozen, desperate, embarrassed and suicidal, as her lover is a jester, cold and warm, carefree, not realising the situation, wanting to marry her though. She does not want an abortion and cannot decide for marriage with him, as a marriage is already arranged for her. She fears being exiled and isolated.

She can also feel like an old woman, being sad, as she never got children after she had an abortion, out of the feeling of having a bad marriage. She regrets the abortion.

Mind

A woman, old and sad, as she never got children after she had an abortion; She had a bad marriage and regrets the abortion.

Tiny forest, little people, goblins, hobbits. Intrigues, gossip, manipulation.

Not reflecting, not knowing what to do.

Others decide for you as you are under threat, so there is no other option. Problem of having to fulfil one's duty, destiny, for the greater good. Responsibility, duty, tied, unable to act differently.

Protect the traditions of family and community, the position of the leader, the crown.

Lack of awareness of consequences.

Manipulating for selfish reasons. Fear: exile, if pregnancy was found out. Happily died from syphilis.

Body painting, tattoos.

Small ghetto, busy, not much space.

Desperate; suicidal.

Arachniodes simplicior 3-444.12.12

Essence

This personality wants to be the leader in a family or group of friends. They can be dictatorial, cannot accept contradictions. This comes from a youth that was hard and often violent. They had to learn to control themselves and others and never show emotions or weaknesses.

The opposite is obeying to such a dictatorial personality, living in a situation where the leaders are very strict and harsh when someone does not obey. So they obey and follow the order and rules. Everything looks very nice, perfect, but there is a big suppression, submissiveness.

Mind

The beginning is nice, idealistic, naive, but later one realises that life is hard and difficult and that one has to fight and become hard.

In the beginning it is show, later fake.

Strong.

Someone who has learned not to show emotions and weaknesses, as they had a youth in a rough environment and had to become hard with a show of being funny, happy, joking.

Immigrants, living in suburbs in hard conditions, but with much dancing and fun, but underneath there is sadness and violence.

Not letting people come emotionally near.

Underdog behaviour.

Difficult to have a real relationship.

Wounded, hurt in pride, and thus becoming hard and tough.

People in fighting sports, kick-boxing, street fighting.

Leader of a gang, big, strong.

Sex hard, short, masculine, pornography.

Simplistic dualistic thinking: black or

white, you or me.

Gentle unless being attacked, "don't fuck »

me".

Perfect to have as a friend and protector,

but terrible to have as an enemy.

Can only feel threats, no emotions.

General

Sleep: falling asleep difficult; waking oftei

Body

General: obesity; oedema.

Head: headache, frontal, pressing, hot, > cold applications.

Rectum: constipation; stool hard, like

Polystichum polyblepharum 3-444.12.13**Introduction**

This personality is in a situation where he sees and hears misbehaviour. For instance seeing one of your parents commit adultery, or seeing a fellow student cheat at exams. Or the opposite, everyone in the village knows the situation but you, for example that your father is not your real father. But one keeps silent for fear of destroying more than healing. One retires and has less and less contact with people for fear of slips of the tongue.

Mind

Hectic, angular, sudden changes. Texture stiff, sturdy.

Hearing, seeing, remain silent.

Don't interfere, it's none of your business.

Transparency destroys more than it heals.

You have to be constantly aware of what you have said, to whom.

Retreating to your room or to the woods, going for a walk.

Body

Head: headache full, frontal, pressing.

Face: irritation, itch, > rubbing. Limbs: rheumatism.

Dryopteris dilatata 3-444.12.13

Essence

This personality has the drive for righteousness, but is in a situation where the powers are too strong to fight against. He lacks the support of family and friends who have the tendency to adapt to the powers instead of fighting for what is right. Or he has fled from tyranny and lacks the support in the new situation to do the right thing. He is very ambitious and perfectionistic, but lacks the power to achieve his goals. He feels soft and loving, but is shattered by the hardness of people, the inhumanity of rules, cruelties of leaders. This can make him hard, like a robot. Or it made people around him hard, which makes his task more difficult.

Mind

Autism, closed, fearing society.
Hyperactivity.
Ailments from violence and oppression, like IRA: PTSS.
Robin Hood figure, fighting for the poor, protecting them.
Feeling overwhelmed by the cruelty of society.
Becoming hard, cruel, like a wounded animal.
Partisan fighter, avoiding open fights, merciless.
Naive person, getting disappointed by the terrors of elite, destroyed inside, only cruelty is left.
Depression from being unable to help his relatives, wife and children from disasters like a plague.
Hiding: secret schools, hidden gatherings.
Desire to keep one's own culture, language, religion.
Passive resistance.
Suspicious of people, cynicism.
Brave.
Wanting protection, a shield.
Helplessness.
Communities in poverty, having no centre, being destroyed by the elite; in the end rising up.
Chaotic.
Communities dancing on the squares to

music, coming together in pubs on the crossroads.
Dispersal.
Emigrants to the USA.
Bribery.
Ambitious, perfectionism.
Fear, insecure, < examinations, < talking in public, meetings.
Energetic, multitasking, meditating is very helpful.
Needs lot of change and variety during her work,
Wants to prove herself.
Nervous: relaxed, calm, meetings are better.
Dream: forgetting to change shoes before entering a dance studio.

General

Desire: salt chocolate, eggs, cheese, butter, coffee.
Weather: < air draft.
Physical: < noises; need for physical exertion.
Sleep: sleepless < noise.

Body

Eyes: sensation of being pushed in the eyes, > cucumber applications.
Ear: tinnitus from stress.
Limbs: ankle fracture, < lack of attention; long-lasting oedema of the bone.

Cyrtomium falcatum **3-444.12.14**

Introduction

Culture: Robert Redford; The Great Gatsby; song: 'T love the sound of breaking glass'.

Essence

This personality feels like a gentleman, serving people drinks in a bar with and making everyone feel good. He is resilient, charming, friendly, with good manners. His behaviour makes you feel good: a rich, generous person in society.

Mind

Superficial, no worries, lack of depth, happy-go-lucky.
Full, present, dancing.
Lush, abundant, voluptuous.
Generous in its abundance; champagne for everyone!
I have still enough, give freely, no worries.
Light, superficial, harmless.
Communicative, open.
No resistance.
Nothing behind the facade. Pleasantly patronising.
Enjoy the beauty of order, pleasant environment.

General

Sensation: dry; breaking glass.

Body

General: tired.
T. muscles: yawning

Cyrtomium fortunei 3-444.12.15

Essence

This personality feels unsure, which they compensate by feeling part of a family, a group of friends or sports team. Then they feel okay and successful. But the contacts are superficial and problems are not talked about. When things go wrong they feel isolated, thinking it is their own problem and that they will be rejected when talking about it. In the extreme they can commit suicide. Then the family and friends are taken by surprise, not understanding why and how that could happen.

Mind

Ailments from being different, gay, lesbian or whatever.
Problems when friend or relatives are pansy or gay.
Shocked by unexpected acts of others, like suicide.
When one commits suicide because of feeling an outsider, the others are in difficulties due to lack of emotional maturity and inability to talk about it.
Male.
Desire to be successful, high testosterone, even in females.
Desire to play team sports, hockey, rugby.
Privileged, born into an entitled world.
Feeling okay when in a team.
It is fine when everything is okay, but problems cannot be digested or transformed.
Bragging, drinking, bravado in the group, but no real connection, contact or foundation.
Unable to tell friends and family how lonely and isolated one feels.
Family, parents, friends had no idea as he had everything and no reason to complain.

Polystichum aculeatum 3-444.12.16

Essence

Worried about family members, that they will get sick or lose their jobs or have other problems; how will they go on, without a father or mother, who will take care of me. They easily give up, let things run their course.

Mind

Feeling of difficulties, in life, the situation, with the need to give up and let everything run its course.

Need to close my eyes to the problems, out of helplessness.

Rather go to sleep.

Need to expand but let it go because of a lack of strength, let it all hang out.

Need to expand, make a stab at the outside world.

Depressed, worrying.

Body

Head: pain in the forehead, oppressive.

Mouth: taste vegetable-like, slightly bitter.

Abdomen: stitches in the upper abdomen and stomach area.

Rectum: burning sharp pain in the anus, pressing.

Polystichum luctuosum 3-444.12.16

Essence

Pretending on the outside to be straight, otherwise you get caught; you have to have a very proper image; at home you do things not allowed, like on Carnival, with a mask.

A banker who is liberal during the day, but has sadomasochistic experiences in the evening and night.

Mind

Seeing the good in others or not, sympathy for others, but realising that not everyone has good intentions.

Sister.

Plastic.

Uncontrolled, messy.

Rigid texture.

Ship of emigrants.

I feel sorry, want to apologise for my deeds; I was too strict, killed a lot of people, but I was forced to do so.

Hitler story, but why should I be sorry for him?

People incarcerated, very tight.

I am the perpetrator, cruel, like in war, raping woman, forcing things on people.

Dictatorship.

It is not proper with alcohol, food.

No choice, because no reflection.

Jews deported by Jews.

Brutality, reckless, detached, split off, dissociated.

Touched, crying about cries, faults.

Forgive them, for they know not what they do.

Dutiful, but pretending.

Dictator, ruthless, working for power; covers up something; strict rules on the outside, but different underneath; pretending.

Torture, how to relieve myself.

Split in personality; off from own centre.

Body

Head: headache.

General: fatigue syndrome, sleepy, numb, sad.

Limbs: arthritis, finger, feet.

Skin: acne rosacea, nose.

Cyrtomidictyum lepidocaulon 3-444.12.17

Movie: Bowling for Columbine.

Essence

Man, soldier, with PTSS, keeping all emotions inside and then suddenly killing his whole family and committing suicide. Child soldiers, forced to killed their own parents.

Mind

Dictator.

Spider in a web, that wants to control everything; like in the Lord of the Rings.

Goblin; leprechaun, gnome.

Cornered animal.

Drone attacks, not being in danger yourself, but killing for others.

Teenagers killing schoolmates, like Bowling for Columbine.

Lost confidence, in the universe, in God, totally nihilistic; having only one little point of religion that one could not get rid of.

Police like robots.

Plastic. revlon. bull.

Polystichum munitum 3-444.12._

Body

Urinary: Bright's.

Limbs: rheumatism.

Skin: boils; sores.

Phanerophlebia caryotidea 3-444.12._

Body

General: debility; polyp.

Stomach: pain; indigestion.

Dryopteris marginalis 3-444.12._

English: Marginal Wood Fern.

Body

General: poison; polyp.

Abdomen: worms.

Limbs: rheumatism.

Dryopteris carthusiana 3-444.12._

Body

General: polyp.

Action: astringent.

Chest: problems.

Abdomen: worms.

Dryopteris athamantica 3-444.12._

Body

Action: anthelmintic.

Abdomen: tapeworms.

Dryopteris cristata 3-444.12._

Body

General: fever; fistula; polyp.

Action: expectorant; sudorific.

Stomach: trouble.

Abdomen: worms.

Drynarioideae **3-444.13.00**

Introduction

Synonym: Crypsinoideae.

Clades: Polypodiaceae; Polypodiales; Polypodiidae; Polypodiana; Pteridophyta; Plants.

Members: 10 genera: Aglaomorpha, Arthromeris, Christiopteris, Drynaria, Gymnogrammitis, Paraselliguea, Phymatopteris, Polypodiopteris, Selliguela, Synnamia.

Plant theory

Drynarioideae is a subfamily of Polypodiaceae. It is treated as a family of the Polypodiales and placed in subphase 3. Drynarioideae has several subgroups. The inclusion of Platycerioideae and Loxogrammoideae is tentative.

Taxonomy

In the PPG1 classification Drynarioideae is a monophyletic subfamily of Polypodiaceae. Platycerioideae and Loxogrammoideae are small monophyletic clades, which in some studies are close to Microsorioideae and in others to Drynarioideae.

Essence

This personality is very old-fashioned. He hates changes. He has had to adapt to norms so often that he has identified with them. Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it on their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will stay that way forever. They want to stay small and do not want to grow and become an adult with all their responsibilities.

This originates often in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Delusion: I will lose the community if I don't follow the community rules.

Delusion: I will lose the community if I follow the community rules.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Soldier in service.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds.

Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned.

Sensitive, oversensitive to criticism.

Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.

Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

General

Weather: < sun; > shade, damp.

Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth retardation.

General: growth retardation; beriberi.

Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.

Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.
 Rectum: incontinence; encopresis.
 Urinary: enuresis; urination involuntary, < stress, hurry; stress incontinence.
 Genital: retardation.
 Skin: hair thinning; scurf.

Genera

Synnamioideae: Synnamia.
 Platycerioideae: Platycerium, Pyrrosia (incl. Drymoglossum, Saxiglossum).
 Loxogrammoideae: Dictymia, Loxogramme.

Stages Remedies

- 11 Platycerium bifurcatum
- 12 Pseudodrynaria coronans
- 13 Pyrrosia lingua
- 14 Pyrrosia porosa
- 15 Pyrrosia nummulariifolia
- 16 Platycerium coronarium
- 17 Arthromeris wallichiana
- 18 Selligaea feei
- 6 Drynaria rigidula
- 8 Drynaria sinica
- x Aglaomorpha coronans
- x Drynaria quercifolia
- x Drynaria roosii
- x Drynaria speciosa
- x Drynaria willdenowii
- x Pyrrosia lanceolata
- x Pyrrosia longifolia

Drynaria sinica

3-444.13.08

Essence

This personality feels that he has to do a lot for others and that he cannot be himself. He does not know who he is, does not understand himself. This gives the feeling of wringing, of being contorted and twisted.

Mind

Hard.
 Neglected.
 Hard-working.
 Wriggling in all sorts of corners.
 Alone.
 Difficult contact.
 Trying to make something of it.
 Poverty.
 Very sensitive.

Doesn't understand himself.
 Still makes something of it, of his work.
 Can be twisted, also cheerful.
 Whimsical.
 Truncated.
 Pathetic.
 Twisted cheerful.

Body

General: cholesterol, lipid and triglycerides high; low calcium and phosphorus levels.
 Tcm: bitter in flavour, warm in properties; meridians of liver and kidney; fire excess from yin deficiency and blood deficiency and wind-dry.
 Action: sedative; analgesic; tonic.
 Ear: deafness.
 Mouth: toothache.
 Heart: atherosclerosis, plaques.
 Stomach: stomachache.
 Rectum: chronic diarrhoea.
 Urinary: enuresis; weak, deficient kidneys.
 Back: lumbago; flaccid feet and knees.
 Limbs: fractures; cartilage degeneration; arthrosis.
 Skin: alopecia areata; wounds, incised; injury of soft tissues.

Platycerium bifurcatum 3-444.13.11

Essence

This personality sticks to the rules, a fixed daily routine, otherwise it sinks into the chaos of its feelings. A hierarchy, obedience, a simple structure, beyond which lurks chaos, the danger of death. It must adhere to this structure, otherwise danger threatens. The structure is like a small island or a raft in a stormy sea. There is only a little ground and support, the rest is chaos. It is similar to the cave, a fixed point in the wilderness.

Image

A cave with Stone Age people around a fire. Only a small group of men, women and children. There are only simple rules, but they have to be followed, which ensures survival. A strict hierarchy, e.g. who eats first, who looks after the fire etc.

This personality has as a main concern to belong to the community, to be part of the group. It has to be warm, together, cozy and nice like a group of hobby cyclists or a choir. They are just chatting, doing their thing without thinking about it. They just want to be normal like the rest.

Mind

Ailments from discord in the community. Feeling good when one belongs. Warm together.

Laughing, loudly, about breaking rules, about nothing.

Old-fashioned.

Firm, stable, simple.

Workers, simple, blown up, whistling at women.

Growing slowly, but becoming very big.

Feeling small, and the world is so big.

Being good to each other, then you don't need rules.

A village that goes its own way, that doesn't care about rules and laws from above.

Just act normal, then you will still be crazy enough.

Covering problems with the cloak of love, covering things up.

Protective.

Naive, simple, chaotic.

Wise, but in an unconscious way, like a child.

Child still having contact with the other world.

Fear: pointed, sharp things.

Obsessive-compulsive disorder.

Despair.

Fear of wild animals.

Fear of ghosts, demons.

Body

General: fever; swelling.

Head: heavy, as if covered with a wig; full; covered by a cape.

Face: clenching jaws.

Throat: squeezed, tense.

Heart: weak, tense, unstable; atrial fibrillation; pulse hard, fast.

Female: tumour uterus.

Back: tension neck.

Limbs: tension arms, > relaxation, > laughing.

Skin: smooth; burning eczema.

Pyrrosia lingua
3-444.13.12

Body

General: fever; cancer, polyp; herpes infections.

Action: astringent; refrigerant; hemostat; diuretic; stone.

Urinary: cystitis; dysuria.

Genital: gonorrhoea; syphilis.

Female: menorrhagia.

Skin: sore; wounds; carbuncle.

Pseudodrynaria coronans 3-444.13.12

Essence

This personality feels like a refugee, nowhere welcome and everywhere chased away. If he wants to stay he always has to adapt. He feels so unprotected, as he has moved from place to place. He was at home nowhere. He is searching for his roots. He wants to belong to a group, but which group? There is a pain from moving and leaving things behind; the more he has to move, the more protective he becomes. Inside he is kind and warm, and he wants to be held and loved, but he looks aggressive.

He wants to go his own way. When he feels limited or unable to go his way, he just leaves the region. He even emigrates when needed and leaves the country. In every new location he has to build up a new life, a new company. It is like Syrian immigrants moving to Europe.

Mind

Man betrayed by his spouse, as a kind of revenge that he has let her down in the past.

No roots.

Cheerful.

Active.

Not complaining.

Just avoiding problems.

Hard versus soft. Anger, attacking.

Feeling attacked. Gypsies, everywhere being chased away. Refugees, nowhere welcome, always having to adjust.

Hard to protect the roots.

Drynaria rigidula 3-444.13.14

Essence

This personality is like one of Cain and Abel, two brothers in competition. One brother is held in high esteem by the parents and grandparents and they give him all their possessions. He accepts their gifts but uses them for gambling, alcohol and failing companies. He is arrogant, unfeeling, a bit psychopathic, nobody else matters. He behaves as if he is great for taking care of his younger brother, but it is just pretence as his brother is working for him for free in his company. The brother feels like half a person, with no confidence and shaky hands; a secret drinker, putting whisky in the coffee. He feels unworthy for instance because he is gay.

Mind

Unable to move, wants to move but has to stay.
Empty form, leaves dry, brown, like mummies.
Fixed in the past.
Quicksand, every motion makes the situation worse.
Desire for nice flashy things, suits and cars.
Cannot escape; stuck, cannot move away.
Indifference.
Dizzy, brain fog.
Spiky, hard, cruel, vindictive to others; everyone shivers.
Fake success.
Abuse stated as exploration. Family abuse by priests. Parents who look up to their son. Cover things up, fear things are found out by others.
Keep it in the family.
Rigid.
Looking straight, on the surface.
Facade of civility, being above approach.
Worrying, constant, of being exposed.
Paralysed.
Caring for someone out of fear of being exposed.
Idea that masturbation is a sin, self-pollution.
Expression: Jesus masturbated for Christ's sake.

Codependency.
Brutal crime in the end.

General

Sensation: shivering; something alive in the body.

Body

Action: antioxidant.
Head: feels separated from the body.
Eyes: stinging pain, burning, allergic.
Nose: running.
Stomach: nausea from anxiety.
Rectum: diarrhoea.
Genital: gonorrhoea.
Back: shiver in the spine.

DD: Thuja.

Drynaria roosii
3-444.13._

Body

General: marasmus; polyp.
Action: anodyne; carminative.
Mouth: toothache.
Back: lumbago.
Limbs: arthritis, rheumatism; fracture.
Skin: sore; wounds; alopecia.

Pyrrosia nummulariifolia 3-444.13.15

Body

Lungs: cough.
Abdomen: colic.

Selliguea feei
3-444.13.17

Body

General: diabetes.
Action: diuretic; aphrodisiac; analgesic, anti-inflammatory, anti-oxidant. Limbs: rheumatism.
Heart: hypertension; coronary heart disease.

Polypodioideae
3-444.14.00

Introduction

Clades: Polypodiales; Polypodiidae; Polypodianaes; Pteridophyta; Plants.
Members: 11 genera: Microgramma, Neurodium, Pecluma, Phlebodium, Pleopeltis, Pleurosoriopsis, Polypodium, Synammia, Xiphopteris.
Habitat: wet climates, rain forests.

Plant theory

Polypodioideae is a subfamily in Polypodiaceae. It is treated as a family in the order Polypodiales and placed in subphase 4. There is homeopathic confirmation for this placement. Included are the groups around Pleopeltis, Pecluma and Phlebodium. Together they form a monophyletic clade. In some other analyses Campyloneuron, Serpocaulon and Niphidium are found to be more close to Polypodioideae than to Grammitoideae.

Botany

Ferns; epiphytes, some terrestrial, or epipetric in temperate zones.
Rhizome: scaly; creeping in nature. Stem: erect to long-creeping.
Leaves: entire, pinnatifid, or variously forked or pinnate; petioles lack stipules.

Essence

This personality is very old-fashioned. He hates changes. He had to adapt to norms so often that he has identified with them. Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it on their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will stay that way forever.
They want to stay small and do not want to grow and become an adult with all their responsibilities.
This originates often in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist.

He will be only accepted and appreciated when he adheres to the norms.

Mind

Delusion: I will lose the community if I don't follow the community rules.

Delusion: I will lose the community if I follow the community rules.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Leader soldier.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds.

Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned.

Sensitive, oversensitive to criticism.

Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.

Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

General

Weather: < sun; > shade, damp.

Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth retardation.

General: growth retardation; beriberi.

Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.

Lungs: coughs; asthma, bronchitis; pleur

isy; shortness of breath.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.

Rectum: incontinence; encopresis.

Urinary: enuresis; urination involuntary, < stress, hurry; stress incontinence.

Genital: retardation.

Skin: hair thinning; scurf.

Stages Remedies

1	Polypodium cambricum
8	Polypodium vulgare
9	Colysis wrightii
11	Phlebodium aureum
11	Polypodium thunbergianum
14	Polypodium interjectum
15	Polyopdium virginianum
17	Polypodium scolieri
x	Pecluma dulcis
x	Pleopeltis angusta
x	Pleurosoriopsis makinoi
x	Polypodium virginianum

Polypodium vulgare 3-444.14.08

Introduction

This personality is like a person working together with their spouse, man or wife, for their many children.

Pentecostal church, community, its is good and nice, but on the other hand closed and excluding; when one is not a member anymore all contact is avoided and forbidden.

Mind

Harmony and cooperation between opposites, left, right, Yin, Yang.

Anthroposophy.

Pentecostal church.

Just doing things, not thinking about it.

Wants to be seen, shine; averse to anonymity.

Sees himself as important for himself and society.

Madness, frenzy, raging.

Melancholy.

General

Aversion: food, loss of appetite.

Body

General: cancer; polyp; fistula; dropsy; scurvy; ague.

Action: aperative; astringent; demulcent; alterative, tonic, pectoral, expectorant; laxative; tonic.

Nervous: liquor problems.

Mouth: taste, very sweet, faintly acrid; odour, none.

Lungs: weak; bronchitis; coughs, dry; expectoration difficult; consumption; whooping-cough in children.

Heart: anaemia, rickets in children.

Chest: diseases.

Stomach: dyspepsia; vomiting.

Abdomen: gall problems; worms, tape worms; jaundice; hardness of the spleen; stitches in the side; colic; liver complaints.

Rectum: cholera.

Limbs: luxation, of fingers; arthritis; joint ache, rheumatic swelling.

Skin: dermatitis; rash of red spots; tinea; chaps between the fingers.

Colysis wrightii 3-444.14.09

Novel: The Unbearable Lightness of Being.

Essence

This personality feels part of a family with a close bond, but each goes their own way, it is as loose sand. It can be like a gypsy family or stage actor's family or fair customers: everyone goes through life as in a carousel. They hold onto norms and rules, but from time to time they experience them as too strict and go their own way. They can have affairs, mistresses, but no one talks about it, no one asks about it. In the end the official marriage is the base, his spouse is the shelter. It is like a sailor with a mistress in every port.

Servant, protecting the pharaoh with a parasol; a butler who lives a cloister-like life and is never allowed to show his own feelings.

A waiter, pub owner, always cheerful, having a chat with everyone, but never showing anything of himself.

Parents who are absent because they are too busy with their business and their own problems.

Who actually are these parents? Bastard, unaware that they are not his own parents.

Mind

Much living in the mind.

No changes; today is like yesterday, nothing new under the sun.

It is as it is.

No questions, no doubts.

Is what I am thinking correct?

On the one hand consumed and neglected, on the other fresh.

If one knows the roots one can understand, see the unity; in the expressions one is spanned by great differences. Underlying discontent.

Spiritual emptiness.

Disabled, supported by others in the family.

Multiple personality. Dissociation.

The Merry Widow.

A mother who will not see that her child is doing badly; she cares for her child but is

not there emotionally for the child.
 Cannot accept gifts.
 Cheerful.
 Fiery energy, warming.
 Not knowing where to go with your energy.
 Together and letting go.
 Loose sand family.
 Elusive.
 A man who always acts cheerful, doesn't show his pain, he is the great unknown.
 Who is he anyway?

Body

Nervous: brain haemorrhage; neuropathy.
 Head: headache, half circle around my head; a warm sphere over the top half.

Phlebodium aureum **3-444.14.11**

Essence

This personality feels the need to perform well in society. Even when they have to do that completely on their own, they do it out of loyalty to their family and the family ethics. It is a moral obligation. But inside they feel alone, even when they have enough talents. They tend to be very rigid. He wants and needs to be perfect and clean. This can result in endless washing himself.

Mind

Obsessive compulsive, OCD, compulsive need to wash himself.
 Generous family man, trying to do good to everyone, family, clients, colleagues. Fear what the community will think of him.
 Fear sex is dirty.
 Hates dictatorships, nazism, neo-nazism or communism.
 Profession: firefighter, policeman, investigator of organised crime.
 Desire to help people.
 The boy has strong moral principles.
 Delusion being divided in two, one side being very good, the other side being a psychopath.
 Aversion new things, new schools, foods.

Body

General: fever; cancer, tumour, polyp.
 Action: sudorific.
 Nervous: dementia, Alzheimer.
 Lungs: coughs; asthma, bronchitis.
 Urinary: cystitis.
 Genital: venereal diseases.
 Female: infertility.
 Back: lumbago.
 Skin: psoriasis; dermatitis.

Polypodium thunbergianum 3-444.14.11

Body

General: inflammation.
 Action: diuretic.
 Lungs: bronchitis.
 Rectum: dysentery.
 Limbs: rheumatism.

Polypodium interjectum 3-444.14.14

Essence

Factory workers, working class, when the hooter goes off everybody goes to work and home.

Simple people working hard for a bowl of soup, having no regrets, no aspirations, no competition.

Pub at night, playing darts. Soccer games, soccer fans.

Farmers, have-nots, working hard for a bowl of soup. Workers working together, with comrades, like miners. Slaves, sometimes even treated worse by slaves; cheap labor. Immigrants low on the social ladder, lured into it. They work all day and get paid; in the evening they go to the bar with friends, drink a lot, have fun and make jokes.

Mind

No consciousness of problem. Connected, primordial soup. Full acceptance.

Same clothes, hair.

Interconnected, all one; no individuality.

Life is harsh enough as it is, no reflection.

Wrong, wrong sides, mistakes.

Hard work.

Delusion of having a choice.

Keeping the dead with you. Staircase to heaven, a spiral. Yawning, tired.

Uncomfortable, but not allowed to speak about it.

Together, but not coming together. Curling up.

Chaotic, confusing.

No ability to leave the rigid path.

Rejuvenation.

Fresh.

Rigidity; frigidity.

Hiding behind jokes, fun, to feel comfortable, appreciated.

The truth is too heavy to bear.

Cannot separate, cannot combine.

Top of motion.

There is no such a thing as a free lunch.

You have to follow the straight road; it looks like you can have sidesteps, but only a little, for a short time.

A stable marriage with a fling from time

to time, but nothing serious.

It is hard to have distinctive rules.

Over-tasked, over-asked, overburdened.

Monty Python: always look at the bright side of life.

Body

Heart: problems.

Polypodium polypodiodes 3-444.14.15

Body

General: polyp.

Abdomen: liver problems.

Polypodium virginianum 3-444.14.15

Body

General: colds, measles, tuberculosis.

Throat: sore.

Lungs: cough; congestion.

Polypodium scolieri 3-444.14.17

Essence

This personality behaves as if everything is under control and that he cannot be blamed for anything. He suppresses his emotions, secrets, family secrets and family stories.

Mind

Closed, leather-sealed people.
Harmonious, rounded, flourishing.
Very healthy, very strong.
Underneath soft, a soft side.
Sacrificing everything for the group.
Connection in the underground, blood brothers.
Outdoor labourers.
Motherly.
Feeling rejected.
Polite.
Waiter, offering everything.
Gentleman, sacrificing.
Dogs barking, as guard dogs.
Not playing the stupid games.
Nice cover, nice cover up.
Shit undercover.
Like Chromium, Kalium bichromicum.
Appeasement, to avoid the underneath currents.
Nausea, if what is underground comes up.
Show, justification, illicit money.
The youngest child finding a weak part in the will of the parents.
One man's death is another man's bread.
Suppress it, don't be so negative.

Polypodium virginianum 3-444.14._

Body

Stomach: aches.
Rectum: cholera.

Grammitioideae 3-444.15.00

Introduction

Synonym: Grammitidaceae; Grammitids.
Clades: Polypodiaceae; Polypodoideae; Polypodophyta; Pteridophyta, Plants.
Genera: 36; Acrosorus, Adenophorus, Alansmia, Archigrammitis, Ascogrammitis, Calymmodon, Campyloneurum, Ceradenia, Chrysogrammitis, Cochlidium, Ctenopterella, Dasygrammitis, Enterosora, Galactodenia, Grammitis, Lellingeria, Leucotrichum, Lomaphlebia, Luisma, Melpomene, Micropolypodium, Moranopteris, Mycopteris, Niphidium, Notogrammitis, Oreogrammitis, Prosaptia, Radiogrammitis, Scleroglossum, Serpocaulon, Stenogrammitis, Terpsichore, Themelium, Tomophyllum, Xiphopterella, Zygothlebia.
Region: tropical, worldwide.
Habitat: mid to upper elevations.

Taxonomy

Grammitioideae is a monophyletic subfamily of Polypodiaceae. The monophyly has been supported by morphological and DNA data sets. It is placed in subphase 5. The members are mostly tropical. The smaller clades around Microgramma, Serpocalon, Campyloneuron, and Niphidium are included in Grammitioideae. Together they form a monophyletic clade.
Grammitioideae needs further confirmation, as there are not many remedies known in homeopathy.

Botany

Ferns; epiphytic.

Essence

This personality is very old-fashioned. He hate changes. He had to adapt to norms so often that he has identified with them. Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it on their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will stay that

way forever.

They want to stay small and do not want to grow and become an adult with all their responsibilities.

This originates often in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Delusion: I will lose the community if I don't follow the community rules.

Delusion: I will lose the community if I follow the community rules.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact. Retardation: physically in motor development, emotionally, in speech.

Daring soldier.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds.

Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned.

Sensitive, oversensitive to criticism. Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.

Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

General

Weather: < sun; > shade, damp. Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth retardation.

General: growth retardation; beriberi.

Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.

Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.

Rectum: incontinence; encopresis.

Urinary: enuresis; urination involuntary, < stress, hurry; stress incontinence.

Genital: retardation.

Skin: hair thinning; scurf.

Stages Remedies

4 Microgramma vacciniifolia

5 Campyloneurum xalapense

17 Campyloneurum angustifolium

17 Campyloneurum phyllitidis

17 Niphidium crassifolium

x Grammitis diminuta

x Lellingeria suspensa

x Serpocaulon triseriale

Microgramma vacciniifolia 3-444.15.04

Essence

This personality lives in a family where they have to work hard for the parents. There is a deep connection of having to survive together, but there is only superficial emotional contact. They see no other options than to stay in the family, feeling insecure outside.

Mind

Wolf family, with alfa wolves having offspring, the other wolves not.

Family with children and grandchildren, but they are living together, mixed and also not mixed, not communicating.

Reproduction.

Children not allowed to leave the family.

Stick to your roots.

Don't give in to your own desires.

Parents distant, not really making contact, authoritarian.

Big farm, many children.

Parents busy, children have to help, keep the farm running.

Two sided, connected and distant. Clumsy, dirty, not in order, filthy. They do their best to keep it in order. The family is in debt, poverty, having to pay for the debt. Children are looking up to their parents, not understanding things, just going on, not understanding why.

Poor land, mountain or marsh land.

Children ask if they are doing things right.

Feeling small.

Not questioning their parents, because they get answers like "It is so because I say so", "This is how it is", "I know better how it is".

Children fearing to lose their roots because then they will not survive.

Campyloneurum xalapense 3-444.15.05

Essence

This personality feels lost in his work, duties and all the details of them. He is angry but cannot express it. He has to clench his teeth to suppress his anger.

Mind

Lost in details, large amounts of data.

Not knowing where one is, what one is actually doing.

Bitter.

Biting through the bitter pill, the bitter apple.

Biting on one's lips, clenching teeth.

Angry, lips pulled in.

Angry as a result of feeling thwarted.

A pursed mouth.

Locked in on himself.

Totally cringed from anger and sadness, being unable to write it out and burst out in powerlessness and pain; the elbows against the sides and the fists in front of the stomach, the head forward.

Campyloneurum angustifolium 3-444.15.17

Essence

This personality feels he is mistreated, for instance by a surgeon who does not know how to operate and just does something, for instance amputating the wrong leg, or leaving the patient conscious during an operation where the anaesthetic did not work. Or from a builder leaving the job only half done. The mistakes have far-reaching consequences and come suddenly and unexpectedly, leaving him with a grudge.

Mind

Ailments from being treated badly, but being unable to rectify.

Ailments from being fooled, betrayed and left with the misery.

Ailments from being exposed, and therapies like blood letting; phishing, being left penniless after a scam.

Naïve and thus betrayed, duped; stepped in with open eyes.

Anger, dismissive, repudiant, beating.

Anger, scolding and screaming, beating with his fists on the table.

Anger, helpless, caught in anger, powerless rage.

Raving, cursing inside about what has happened, but you cannot express that.

Revenge, but does not know how, with restlessness inside.

Repulsive, almost toxic, mentally toxic.

Mean, hard, narcissistic from being hurt, damaged.

Resilient.

An adopted child, being told so very late in life.

Rigidity, immovable. Primal cries, screams. Being stuck in the past. Going all directions, not knowing where to go.

Unordered, chaotic.

Body

General: dropsy; fever; fistula; syphilis; tumour.

Action: expectorant.

Head: brain haemorrhage, aphasia.

Face: pain cheeks, left side, pressing, hot,

> cold applications.

Mouth: taste salty, bitter, fresh, sour, disgusting, repellent.

Chest: problems.

Stomach: eructations.

Abdomen: pain.

Rectum: dysentery.

Limbs: bruises.

Niphidium crassifolium 3-444.15.17

Introduction

Culture: music The Unfinished Symphony, by Franz Schubert; song Should I stay or should I go.

Essence

This personality feels blocked in their idea of developing further. The new is held back by the old. Children can be held back by a rigid upbringing, with too strong rules of education. Children are being kept small, by being beaten for minor mistakes. Strict rules in institutions, political and religious like the Catholic Church put on norms and orders that block changes and renewal. Lively developments are blocked by rivalry and competition. At the end of life one looks back with disappointment, feeling it as unfinished, having not achieved anything. It gives the feeling of lost talents. Or the opposite, looking back with peace and contentment.

Mind

Changes are difficult, painful and lack beauty and love.
Nature has its own rules, waves and cycles that have to happen.
Established, unable to change.
Desire to say goodbye, farewell to the old.
Too early ending, childhood ending too early.
Aversion to end childhood, desire to stay young forever.
Thankful and peaceful at the end of life.
Desire for the warming love of a mother or sister.
Life is bitter and hard; there is no room for love, warmth and softness.
Desire for shelter and food.
Nasty, trying to trick others. More about rules than talents. Repetitive behaviour, rubbing the body, the temples.
Sons of God and women, half Gods, tall, brutal and very big.
Not being honest, gambling and betraying.
Imbalance between active people and lazy people doing nothing, sucking out others.
Playful side is oppressed.

Feeling empty and foggy; nothingness.
Upright, sturdy, strong.
Blankness, spaced out.
Unable to think, to write, swapping letters of words.
Unable to understand others, as if they speak a strange language.
Feeling of having no roots and feet.
A child stumbling, learning to walk.
Aversion to go to school.
Anger and rage, from feeling awful.
Crying like the rain.

General

Sensation: stiff, hard, smooth, thready.

Body

General: body feels twisted to the right; heavy, difficult to move; tired, desire to lie down; syphilis; deformation.
Head: dull pain; pressing pain in the temples.
Mouth: taste is awful, bitter, sharp.
Lungs: yawning.
Heart: thoracic aortic aneurysm, inoperable, signs of dissection.
Male: spots on my testicle.
Back: needs to be cracked or moved; scoliosis.
Limbs: legs are cold, as if amputated; arm feels held down, lame, unable to make a strong fist; deep pain in my elbow.
Head: dull pain; pressing pain in the temples.

Campyloneurum phyllitidis 3-444.15.17

Body

General: syphilis.

Lellingeria suspensa 3-444.15._

Body

Male: tumour scrotum.

Microsorioideae

3-444.16.00

Introduction

Synonym: Microsoraceae

Clades: Polypodiaceae; Polypodiales;
Polypodiidae; Polypodiales; Pteridophyta;
Plants.

Plant theory

Microsorioideae is a subfamily of the Polypodiaceae. It is placed in subphase 6, which has been confirmed by cases.

Taxonomy

Microsorioideae is also treated as the tribe Microsoreae within a very broadly defined family Polypodiaceae in the broad sense. It includes the previously separated tribe Lepisoreae.

Lepisorus was first described by John Smith as section Lepisorus of the genus Drynaria. Ren-Chang Ching raised Lepisorus to a genus. A phylogenetic study in 2019 suggested that Lepisorus was member of the subfamily Microsorioideae also termed Lepisorus in the broad sense with genera Lemmaphyllum, Lepidomicrosorium, Neocheiropteris, Neolepisorus, Tricholepidium, Paragramma. The study of Schneider shows that Microsorioideae can be further split in Lacanopterioideae, Lepisoreae, Microsorioideae strict, and Goniopleboideae.

Essence

This personality is very old-fashioned. He hates changes. He had to adapt to norms so much that he has identified with them. Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it on their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will stay that way forever.

They want to stay small and do not want to grow and become an adult with all their responsibilities.

This originates often in a strict upbringing with punishments, emotionally and/or physically. He has the feeling that he can

not be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

They have often a problem finding a relationship. They would like to, but are too withdrawn and silent to be successful.

Mind

Delusion: I will lose the community if I don't follow the community rules.

DelusionL: I will lose the community if I follow the community rules.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact.

Retardation: physically in motor development, emotionally, in speech.

Soldier, destroyer.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds. Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned.

Sensitive, oversensitive to criticism.

Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.

Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

General

Weather: < sun; > shade, damp.

Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth retardation.

General: growth retardation; beriberi.
 Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.
 Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.
 Stomach: nausea; vomiting; painless hic-cough.
 Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.
 Rectum: incontinence; encopresis.
 Urinary: enuresis; urination involuntary, < stress, hurry; stress incontinence.
 Genital: retardation.
 Skin: hair thinning; scurf.

Stages Remedies

- 1 Leptochilus pteropus
- 2 Microsorium musifolium
- 2 Microsorium punctatum
- 3 Microsorium scolopendria
- 4 Phymatosorus membranifolium
- 5 Lepidogrammitis drymoglossoides
- 6 Lemnaphyllum microphyllum
- 7 Neolepisorus lancifolius
- 8 Neolepisorus laricifolius
- 9 Lepidomicrosorium subhastatum
- 10 Neocheiropteris fortunei
- 11 Neocheiropteris palmatopedata
- 12 Lepisorus macrosphaerus
- 13 Paragramma longifolia
- 14 Tricholepidium normale
- 15 Lepisorus platyrhynchos
- 16 Bosmania membranacea
- 17 Lecanopteris pustulata
- 18 Lecanopteris mirabilis
- 13 Dendroconche scandens
- 14 Zealandia pustulata
- 15 Polypodiodes formosana
- 16 Goniophlebium formosanum
- 17 Goniophlebium subauriculatum
- 18 Thylacopteris papillosa

Microsorium punctatum

3-444.16.02

Introduction

English cottage, with trees and fresh air, desire to stay there, alone, no desire for the group.

Mind

Robust, standing straight, firm.
 I have to caress very slowly.
 Tense.
 Strong feelings.
 Playful.

General

Weather: cold, freezing.

Body

General: fever.
 Dizzy.
 Lung: stiff, like iron.
 Back: strong cramp, buttocks, < desire to keep things together.
 Limbs: hand warm, trembling; rheumatism.

Microsorium scolopendria
3-444.16.03

Body

General: stones; polyp.
Nose: catarrh.
Stomach: stomachache.
Rectum: diarrhoea; cholera.
Urinary: Bright's.
Female: labor problems.
Skin: abscess; boils; sore;

Lemmaphyllum microphyllum
3-444.16.05

Essence

This personality comes from a big family, where the children were not seen, were submerged by the multitude of siblings. He feels awkward and snowed under, not special, not distinguished, very ordinary, as many people are similar. On the other hand he wants to be very ordinary, very normal because he feels very unsure. He adapts to the norm, trying to look like the others. He is very docile and compliant. He listens and follows the leader, the masses. He cannot make a choice for himself. This comes from the fear of being excluded. It is better to stay normal and be accepted in the community.

Mind

Irresolution, cannot make choices, does not know what he wants or thinks; has no own opinion.
Aversion being questioned.
Very restless, uncomfortable, running away < having to choose.
Need for a leader, as support and refuge.
Aversion to speak, to raise objections; not a storyteller.
Apologising, repeatedly saying sorry.
Very ordinary, aversion to extremes.
Oversensitive to noise and light, concerts, with trembling.
Not very intelligent.
Down syndrome.
Likes others getting to know me; someone to care of things for me.
Lack of own individuality, own character.
Desire to flee, retreat in own safe place.
Fear: new things; ground disappears under my feet.
Fear: to get strange looks.

Body

General: cancer.
Nervous: trembling, < evening.
Eyes: vision diminished, > spectacles, plus glasses.
Limbs: perspiration feet; fungi toe nails.
Skin: eczema, severe, whole body; psoriasis.

Lemmaphyllum carnosum 3-444.16.05

Body

General: polyp; swelling.
Action: astringent; diuretic; poultice.
Nose: epistaxis.
Lungs: haematemesis.
Chest problems.

Lepidogrammitis drymoglossoides 3-444.16.05

Body

General: fever.
Lungs: cough.
Abdomen: jaundice.

Neolepisorus lancifolius 3-444.16.06

Essence

This personality tries to stay normal and in control, and has to suppress his emotions of being neglected and unwanted in order to survive. He has the feeling of having to do this completely on his own, without any support from parents and friends. He has to stay tough and in control of himself, but that takes so much energy that he has not enough left to live his own life and establish a job.

Mind

Autism, PDD nos, ADHD; Gilles de la Tourette; PTSD.
Stress from contact with narcissistic mother.
Father very controlling and suppressive.
Ailments from parents divorced.
Hyperactive; restless.
Emotions intense, overwhelming, unbalanced, alternating cheerful and depressive moods.
Feeling trapped and restricted.
Feeling nothing, numb, shit is just happening, suppressing emotions; never cried, when young.
Agitated, angry, with tense muscles and swollen veins.
Unhappy, without knowing it; not experiencing and processing emotions.
Easily stressed, especially around people.
Thoughts of death, suicidal.
Work, very meticulous; everything has to have a designated place.
Automatic self-protection.
Exhausted, burn-out from constantly working.
Lack of energy and endurance.
Keeping myself busy with work and distractions in order not to feel.
Mind not functioning well.
Plants: likes the colours of plants very much.
Dreams: control; entertainment; amusement; being trapped in a labyrinth, unable to open eyes, needing to flee.

Generals

Weather: depressed from bad weather; < cold; < full moon.

Desire: sushi, pasta, fruit.
Aversion: pancakes; capers.

Body

General: exhausted, burn-out, desire to lie down.
Head: headache, intense, sharp, cutting, knife like, < stress, back of his head, extending to forehead and eyes, with stiff and tense jaws and shortness of breath, > showering and relaxation; < morning, with nausea.
Nose: lack of smell.

Neolepisorus laricifolis 3-444.16.06

Mind

Desire to slump.
Indifferent, not caring. Why should I?
Takes too much effort.

General

Weather: cold!!

Body

Head: dull, pressure on my head.
Limbs: dull, pressure on shoulders.
Back: difficulty keeping back straight.

Lepisorus macrosphaerus 3-444.16.09

Essence

This personality feels alone, left alone, pushed aside and unappreciated. He tries to make contact via norms, how it should be, how it is ordained by society or religion. This can go to the extreme in partner relationships, where they feel they have a right to love and sex. They can feel they have done their part of the deal of living together and the partner has to fulfil their part of it. They try to find arguments for their position in science, religion or whatever, without looking at their pain, which can arise from an upbringing with lots of norms and rules but no real love.

Mind

Relationship problems.
Lack of friends; unable to make contact. Lonely, feeling an outsider, as if he was missing something.
Alone, disrupted from contacts; contact is there in essence, but not in reality.
Clinging, asks for an embrace.
Unable to live up to it in reality, cannot resolve the lost contact.
Friends twist themselves in many corners. Disrupted unity even as a child.
Twists and turns and tries to turn away from problems.
Already disrupted as a child, although there is attachment.
There are three siblings, one curls up, the other moves aside.
There is not much focus on beauty, it is very austere.
Everyone hangs together, you fight with each other and you don't know why. It feels unsafe.
They don't come out of it, don't take care of themselves, stay stuck and can't develop.
Running away, turning away.
They can't resolve it.
Very sensitive.
Reserved, on his own, not expressive, unemotional.
Culturally rigid ideas, norms; emotionally flat; lack of empathy.
Anger, held in.

Lecanopteris pustulata 3-444.16.11

Essence

This personality feels like an alien, totally different from others. He feels ugly, handicapped, as if a part is missing, as if he is amputated. Emotions can be very painful, so he does not want to feel anymore, as feelings are too painful.

He wants to have a relationship. When he loves someone, he will do that fully, so much so that it becomes suffocating for the other. When the other retires, he can become very angry from feeling unloved. Then he retires in his own world. In his cocoon he finds safety, in his alien home, his own world, his own bubble. That is his safe base, where he is closed off, cut off from the outside world, where he cannot be reached then, as the door is locked.

Mind

Feeling like an alien, being strange, not normal, not understood, not rooted on earth, as if speaking Chinese.

Anger seldom, then destructive, < not being appreciated and understood after so much love.

Loving intimately, but also being intimately angry.

Aversion anger, losing control. Feeling double, ambivalent. Live in excesses, extremes, joining the wildest parties and having fun, or being incredibly lonely.

General

Food: very picky, selective.

Aversion: earthy food.

Sleep: very restless; waking up screaming; position upside down.

Body

Head: heavy, there is a short circuit, I want it to be lighter > banging my head. Eyes: amblyopia; vision unclear, distorted. Nose: hay fever.

Lungs: asthma, < allergen.

Heart: rhythm disorder, beats missing.

Stomach cramps.

Rectum: constipation.

Limbs: walking awkward; many accidents, fractures.

Bosmania membranacea 3-444.16.12

Novel: Miss Bouquet.

Essence

This personality is member of a disconnected family, where all kinds of quarrels are going on. All family members are separate, like islands in the family. They cannot trust each other, but on the other hand they are totally dependent on each other. They are very suspicious to the outside world, and keep up their appearance. Families that are outsiders in the village, have hardly any contact with the neighbours due to being suspicious, jealous, obnoxious and rude.

They are unable to socialise.

Mind

Fragile, rigid parents.

Disconnected family, quarrels going on in the family, competing, rebelling.

Family members isolated from each other, very divided and individual, like islands in the family.

Relatives harsh to each other, but helping when needed.

Family having to live together because they cannot afford their own house. Talking non-stop, not saying anything. Working class family marrying into a wealthy family.

Keeping up appearances.

Father has Alzheimer's.

Blended families, patchwork families.

Fighting over the will.

Fighting after the parents died, then the gloves are off.

Family still collecting pension for a deceased grandparent.

Family unable to contact others, foreigners, so the family members stay together.

Angry, indignant, from not being informed about events of other villagers. Thinking that when people are nice they want something from you.

Enforcing rules.

Feeling entitled to enforce.

Thinking they own their therapist or priest.

Strong undercurrent.

Weak mother.

Not grounded.

Dirty.

General

Desire: beer, alcohol.

Body

Neurology: Alzheimer's.

Back: scoliosis.

Polypodiodes formosana 3-444.16.15

Essence

This personality feels under pressure to perform a difficult task. And the task is not nice, not ethical, using humans in a negative way. But they have to do it otherwise they will be destroyed themselves.

Mind

Alien baby.

Convoluting, separate, but together. People with deformations, too many limbs, grown in an incubator, too many toes, webbed fingers.

All humans are infertile because of new world order.

Group of genetic engineers who were not good at their job. Last chance to prove themselves. Faking it, winging it.

A baby, underdeveloped physically, no legs, mentally developed; others, scientists, consider to experiment on it, or just to kill it, talking about it, not truly communicating with it.

Feeling in a cocoon, unable to stand up, feeling helpless, threatened to be killed. I am an infant, fearful.

Sperm from dark net, pumped her up with hormones, trying to create a perfect human form in cocktail shaker, incubator.

Possibly turned out into a weapon of mass destruction.

Helpless people being disrespected, disabilities, people in wheelchairs not being seen.

Scientist under pressure, had 40 days, Russians coming to see the result, otherwise they would kill us.

We need to forget about ourselves, being more inclusive, otherwise we'll all die. We are all in this together, unity, have to pull together.

Could be after nuclear war; France, plutonium.

Goniophlebium subauriculatum **3-444.16.16**

Essence

This personality maintains his gentleman attitude in all circumstances, even when his image, power and possessions have gone. It is like people of aristocratic background having become poor. They have massive houses, lot of antiques, books with their ancestry and the like. But their castles and everything fall apart because they lack money for maintenance. They have the delusion of living in the old days, speaking very properly. They are not integrating in the community. They live in the fantasy of being respected by the farmers and lay people, which is not the case. He is like a young man, with a combination of inferiority feelings and arrogance; he shows as if he is in control, has strength; he is very lean and tall, and very intelligent; but he has never worked and is addicted to alcohol and marihuana. This personality is like a middle-aged man, very cheerful and charming, especially after alcohol, telling many interesting stories; he is very beautiful and a real womaniser, a big storyteller, making people laugh; he is a gifted stonecutter; after many years of alcohol and marihuana abuse, his beauty is gone, he has a big belly and a red nose. He lost his job and is divorced, his life is a big mess but he still puts up a show.

Mind

Stranded gentry.
Landed gentry, West Britain people, living in country estates in Ireland.
Lawn very neatly mowed.
Airy quality.
Interest in genealogy.
Terrified.
Very eccentric, beautiful. Caricatures of themselves. Velvet house coats, of Harris tweed treated with urine, offensive.
Boarding schools.
Conservator in their own museum. Looks very orderly and controlled. Problems with speech and learning. Lazy.
Behaving as if one has everything under

control.

Talented, intelligent, artistic.

Trying to hide things, the weird things: addictions, handicaps of children, It is weird, things are weird, and it shines through.

Trying to hide that a child is handicapped or addicted, out of shame.

But hiding is impossible, everyone knows it, but no one talks about it.

Ideology of being normal, looking nice.

Keeping up appearances.

The scales are falling from your eyes.

Tectariaceae

3-444.17.00

Introduction

Clades: Polypodiales; Polypodiidae; Polypodiana; Pteridophyta; Plants.

Taxonomy

In the PPG1 classification placed Tectariaceae in the suborder Polypodiineae. Tectariaceae forms a closely related, but not monophyletic group with Davalliaceae, Lomariopsidaceae, Nephrolepidaceae and Oleandraceae in the Polypodiineae. In 1990, Karl Kramer included Pleocnemia the genera of current Tectariaceae in Dryopteridaceae.

Kramer included Arthropteris, Psammiosorus and Oleandra in Oleandraceae. In 2006 Tectariaceae was an accepted family. In 2007 Pleocnemia was shown to belong to Dryopteridaceae.

In 2007 Dracoglossum was named as a new genus and moved to Lomariopsidaceae.

Plant theory

In the Plant theory the small, closely related families Davalliaceae, Lomariopsidaceae, Nephrolepidaceae and Oleandraceae are included in Tectariaceae. They are placed in Subphase 7. These families do not form a monophyletic clade though, when Polypodiaceae is not included.

Essence

This personality is very old-fashioned. He hates changes. He had to adapt to norms and has to do so much that he has identified with them. Everything should stay the same forever as far as they are concerned. But they do not have the power to enforce it to their surroundings. The only thing they can do is retire in their own space and keep things the way they are. They prefer to retire in remote areas where things are as they have been forever and they hope it will stay that way forever. They want to stay small and do not want to grow and become an adult with all their responsibilities.

This originates often in a strict upbringing

with punishments, emotionally and/or physically. He has the feeling that he cannot be himself and he has no right to exist. He will be only accepted and appreciated when he adheres to the norms.

Mind

Delusion: 1 will lose the community if I don't follow the community rules.

Delusion: I will lose the community if I follow the community rules.

Autism, Asperger.

Communication problems, lack of contact, eye contact, language contact. Retardation: physically in motor development, emotionally, in speech.

Soldier, destroyer.

Anger, rage and temper tantrums when there is chaos, when their expectations are not met.

Repetitive behaviour.

Restless, jumping, running, in circles, head banging.

Prefers to stay at home, aversion to go to school.

Addictions, alcoholism.

Monomania, computer freaks, nerds. Fear: darkness, alone.

Pride, thinking themselves to be very good, indispensable.

Orthodox, traditional, old-fashioned.

Sensitive, oversensitive to criticism.

Timid, shy, in the background; difficulties in communicating.

Simple, rural people.

Their view of the world is limited, limited to that of their own family.

Lethargic, loathing life.

Strongly male, feels superior.

Childish.

Aversion: change; become adult, to participate in culture and big cities; responsibilities; learning; exertion.

Fear: becoming an alcoholic; parents quarrelling, divorcing.

General

Weather: < sun; > shade, damp.

Food: < alcohol.

Body

General: ailments from trauma, pregnancy and labour problems, vaccinations; growth retardation.

General: growth retardation; beriberi.

Nervous: epilepsy, convulsions; spasms; encephalopathy; Korsakoff.

Lungs: coughs; asthma, bronchitis; pleurisy; shortness of breath.

Stomach: nausea; vomiting; painless hic-cough.

Abdomen: bloated; colic; liver problems; worms, tapeworms, parasites.

Rectum: incontinence; encopresis.

Urinary: enuresis; urination involuntary, < stress, hurry; stress incontinence.

Genital: retardation.

Skin: hair thinning; scurf.

Families

Tectariaceae: 7 genera, Aenigmopteris, Hypoderris, Psomiocarpa, Pteridrys, Tectaria, Triplophyllum, Wagneriopteris; 25C species.

Davalliaceae: 1 genus, 65 species.

Lomariopsidaceae: 4 genera: Cyclopeltis, Dracoglossum, Lomariopsis,

Thysanensoria; 69 species.

Nephrolepidaceae: 1 genus: Nephrolepis; 19 species.

Oleandraceae: 1 genus: Oleandra; 15 species.

Botany

Fern; leptosporangiate.

Stages Remedies

1 Nephrolepis biserrata

1 Nephrolepis cordifolia

5 Davallia mariesii

7 Davallia teyermannii

9 Davallia fejeensis

14 Oleandra pilosa

15 Tectaria dissecta

17 Tectaria decurrens

Nephrolepis exaltata Nephrolepis
falcata Tectaria hilocarpa

Nephrolepis biserrata 3-444.17.01

Essence

This personality easily feels attacked and annoyed. He can easily become aggressive, shouting, scolding, kicking, and slamming doors. This can arise from parents being absent, divorced or aggressive.

Mind

Ailments from parents divorced, aggression from them.

Masturbation.

Hates school, teacher, rules.

Contact difficult, avoids it; little eye contact.

Angry, < noise, laughs, yelling, became aggressive where she would hit and bite her mother.

She thinks she doesn't look good. She dislikes her younger half sister, who annoys her by calling her stupid, idiotic.

Hyperactive, running, climbing, like a monkey.

Oversensitive to sounds, > covering ears.

General

Type: lean, pale.

Food: hyperactive from sugar and chocolate.

Preferences: spaghetti, sweet, sugar, chocolate, ice cream.

Dislikes: onions, mushrooms.

Sleep: teeth grinding.

Body

General: chicken pox.

Nervous: tics, in shoulders, chin, scraping throat, voice, picking nose; walking difficult, odd.

Eyes: large pupils as if she is under drugs; dark circles under eyes.

Throat: laryngitis.

Lungs: bronchitis.

Rectum: constipation.

Urinary: enuresis, incontinence.

Limbs: bone pains.

Nephrolepis cordifolia 3-444.17.01

Body

Lungs: cough.

Davallia mariesii 3-444.17.05

Essence

A man who felt ugly and became attractive after a transgender operation, with high heels and lipstick; he was giving ad- vaita sessions; his audience felt betrayed and did not come anymore; he became poor and started begging his audience for money, even using his Down syndrome brother for the begging; he became homeless and died.

Mind

Skiping.

Being seduced, into the forest.

Two very different sides: it needs you to survive, it is seductive and eats you. No-one loves you.

Vampire.

Italian, Berlusconi.

A black widow spider, gripping you by the balls.

Feeling not accepted, unacceptable, so you transform to become attractive.

Feeling pity for the transformed person.

Feeling disgusted by the story of transgender transformation.

Seduced by an idea, by the devil.

Feeling betrayed.

Bizarre.

Completely out of order. Fall from grace, Dracula. Ghosts.

Davallia teyermannii 3-444.17.07

Introduction

This personality feels like the scapegoat of the community because he or his family has done something totally inappropriate. He feels astonished that this could have happened and has the feeling he can do nothing about it. This is the more so because the misbehaviour has nothing bad in it at all, it is just a strange norm which is violated. He fears to be punished if he does something completely normal, like putting on socks. He is indecisive from the fear of making wrong decisions, without knowing what is wrong.

All this makes him very sensitive. He sees and hears misbehaviour, cheating and betrayal in the community from slight aberrations. He tries to mediate and help, but gets attacked by everyone for raising a sensitive issue. He even becomes harassed from raising an issue that he himself was scapegoated for.

Mind

Whistle-blower.

Benevolent.

Distant, does not want to get involved in the troubles.

Very cautious, prepared for an attack; I kept on going; suffering from a blow in life; afterwards no resistance to fight back; thus retiring, postural protection. Painful retirement.

Aggrieved, damaged, finally withdrawing.

Clamp tightly.

Deep grief.

Not knowing where it is going. Generous, inviting, with a great heart. Differentiated, one can be a bit different. As if there was suddenly more than just one point of view. Doesn't want to be flattened.

Defensive, rigid, very heavy, sad, headache.

Resists because of past misfortune, doesn't want to experience it again.

Dizziness, makes tired.

General

Weather: chilly.

Body

Vertigo.

Head: stitching pain, behind ears, right more than left, whole head.

Eyes: pain from eye to occiput to spinal column.

Mouth: grinding teeth.

Throat: unprotected, cold, tickling, scraping.

Lung: cough, < tickling throat.

Davallia fejeensis

3-444.17.09

Essence

This personality feels as though in danger by authorities. He has to be very careful and closed off to prevent being punished, excluded or killed, like in a war situation. Or he feels guilty of not having helped people who were in the above situation of threat.

He meets the challenges of life with the "weapons of a woman". Women who deal with insane men in dangerous times. Or girls with a violent father whom they have to flatter and have to pretend nicely, in order not to be abused. They are skilled, know what to say at what time, can stand up for themselves, but never show who they really are. Beauty and grace as protection, dazzling chic creatures who always somehow manage to cope even in the harshest of circumstances.

Mind

Autism; Pandas.

Speech delayed, only single word sentences, repeating words, making squeaky and barking sounds.

Likes contact and cuddling with his parents, grandmother.

Contact more with adults than children.

Desire to be tickled in his neck and tummy.

Obsessive with books and iPads being in perfect order.

Oversensitive to noise, of falling books, crying of other children, > covering his ears with his hands.

Nervous and agitated, running around, when hungry.

Making gestures, as if grabbing imaginary things.

Loves to watch video of himself and must laugh when he sees himself crying.

Whines a lot.

Neat, cosy, flattering, enwrapping.

Leni Riefenstahl.

Alcoholism.

Fear: staircases.

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General

Weather: aversion outdoor.

Food: allergies;

Desires: salt; craving for alcohol, cocaine, sedatives, narcotics, morphine.
Aversion: soup, vegetables.
Sleep: restless, moving around.

Body

General: infection with Bartonella; allergies; anaphylactic shocks, with cough, choking, swollen lips and eyelids, agitation, making strange sounds, running around.

Action: cyanogenetic.

Nervous: epilepsy, freezing states, fainting, staring, pale, sweaty, flabby, worse in sunlight and in the morning, better being touched.

Ear: copious wax.

Throat: Hashimoto's disease, hypothyroidy.

Lungs: bronchitis, asthma; shortness of breath, < pork.

Stomach: vomiting during pregnancy.

Abdomen: itch; cholestasis.

Limbs: itching hands.

Skin: rashes, < eggs.

Oleandra pilosa 3-444.17.14

Essence

A personality that thinks if only everything is in order, the work, the house, the children, then you have protection. He builds a fortress against the threats of life.

Image:

A house with a swimming pool, all rectangular or square, with an opaque hedge around it. Everything is sterile and low maintenance, short cut lawn. A family lives there, everything is neat, clean, functional, correct. Horror creeps up on me.

Mind

An orderly life.

Order is half the life.

Your job must provide you and your family with financial security.

All under one roof.

The rules of the landlord apply.

Tidy, not a twig should stick out.

Bureaucracy, Eichmann.

The Holocaust could only be carried out so "efficiently" by bureaucrats like Eichmann. House, family, dog as fortress against life, the incalculable; in the background it feels threatening.

Sterile, with the oleander in the tub on the terrace, by the swimming pool.

Body

Smell: a little pungent.

Taste: numbing.

Tectaria dissecta 3-444.17.15

Body

General: fever.

Genital: gonorrhoea.

Female: parturition problem.

Nephrolepis exaltata 3-444.17._

English: Sword fern; Boston sword fern; wild Boston fern; Boston Blue Bell Fern; tuber ladder fern.

Mind

Anxiety.

Depression.

Body

General: sick building syndrome.

Action: air-purifying from formaldehyde, xylene from smoke, cosmetics, resin paints, perfumes, air fresheners, adhesives, industrial, automobile cleaners, aerosol paint, pesticides, paint thinners, nail polish, inks, glues, stain removers.

Nervous: depression of the central nervous system.

Head: headache, dizziness.

Eyes: dilated pupil, irritation.

Nose: dry; irritation.

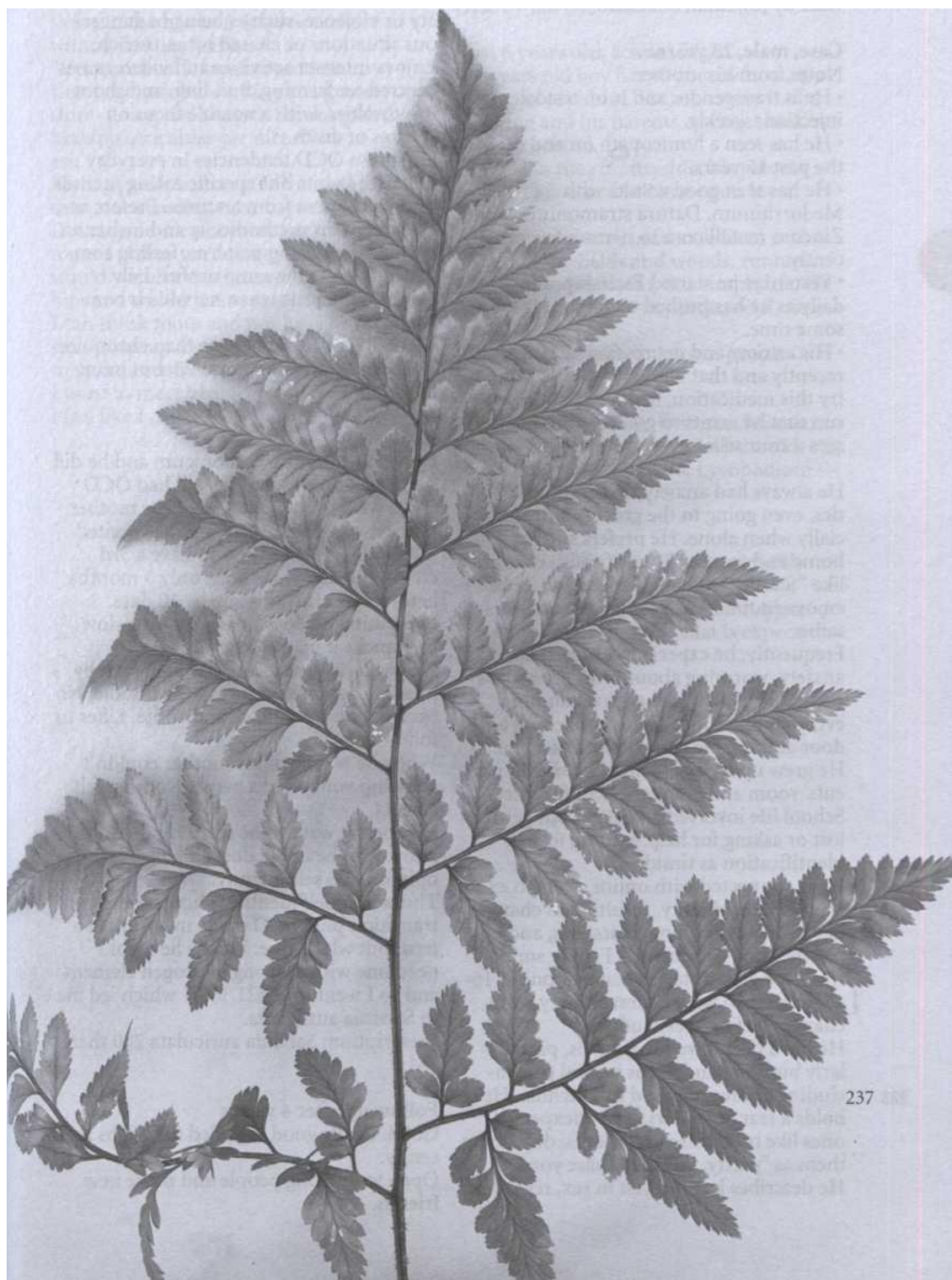
Throat: sore; irritation.

Lungs: breathing problems; irritation. Stomach: nausea, vomiting.

Skin: dry; irritation.

Part 3

Cases



Salvinia auriculata

3-421.11.01

Case by Jonathan Stallick.

Case, male, 23 years.

Notes from his mother.

- He is transgender and is on testosterone injections weekly.
- He has seen a homeopath on and off for the past 15 years,
- He has seen good results with Medorrhinum, Datura stramonium, and Zincum metallicum to name a few recently.
- Yesterday he started Escitalopram 10mg daily as he has pushed to go on this for some time.
- His anxiety and depression has increased recently and that has led to his decision to try this medication, he knows in the long run that he wants to go off of it; he also sees a counsellor every two weeks.

He always had anxiety that restricts activities, even going to the grocery store, especially when alone. He prefers staying home and worries intensify with changes, like "Starbucks changing location." He enjoys routine and keeping plans the same.

Frequently, he experiences anticipatory anxiety, worrying about future scenarios such as driving in the city or handling everyday situations like approaching a door at the same time as someone else. He grew up feeling secure sleeping in parents' room and clung to them for safety. School life involved anxiety about getting lost or asking for help, leading to self-identification as timid.

He is connected with online peers to explore sexual identity, resulting in changes like different clothing, hairstyles, and experimenting with names. Family support was strong, and started testosterone at 16-17, leading to upper chest surgery, with changes feeling "very sudden." He has a deep love for animals, particularly bunnies, and keeps several pets including guinea pigs and a chinchilla. He holds a fear of spiders, and unexpected ones like

butterflies and moths, describing them as "pretty, but they chase you." He describes low interest in sex, regarding

it as "not that important." At bedtime, the mind is active with inner conversations. His dreams are vivid with themes of anxiety or violence, such as being in dangerous situations or chased by an ostrich. Enjoys internet activities and video games centred on farming, building, and shooting zombies, with a notable focus on themes of death.

He shows OCD tendencies in everyday life, with habits like specific eating utensils or disturbances from textures. Prefers arranging items methodically and insists on particular clothing patterns, feeling compelled to wear the same outfits daily.

Counting objects when nervous is common.

Mentally, he feels younger than chronological age, expressing "I am 23, but in my head, I am 17."

Analysis

I gave him Barium carbonicum and he did quite well on this, but he still had OCD and a wish to retire at home. His mother said: he was unplanned- she was excited but OVERWHELMED- to have a 3rd child- 2nd child was born only 5 months before. His birth was late by 10 days. Everything he does he is slow slow slow then picks it up quickly.

He has lack of reaction, not being happy or sad, griefs always just in the middle. No excitement. Very black and white. Likes to follow rules.

When he was born his mother couldn't come up with a girl's name. Nothing felt correct.

He doesn't want to be seen. He doesn't know who he is. He doesn't have his own opinion. No self identity.

The lack of self identity, plus gender transition plus OCD made me think of a fern. But which one. I knew he would need one with a strong hydrogen element and so I went to 3-421.11.01 which led me to Salvinia auriculata.

Prescription: Salvinia auriculata 200 then IM.

Follow up after 4 weeks

Good. Really good. Applied for 2 jobs recently.

Open to meeting people and make new friends.

Went into town and got an ear piercing without asking family (normally he has to ask his parents to do anything).

Went to the horse tack store alone without asking family.

“Very unusual”, says his mother.

Good- got a job- working at a grocery store- going really good. Stocking shelves. Making sure aisles are nice. Nice co-workers.

Feeling good, better; going out on my own, not standing next to parents.

Doing good if customers ask -1 asked customers if they needed help. Before he would wait for customers to approach him and would feel very self-conscious.

I can think more and not have to respond straight away. Before I was always hurried to make a reply.

I want to meet people, make more friends.

I feel like I can.

Lycopodium clavatum 3-422.13.06

Case by Jan Scholten

Boy, 6 years old, school fright.

A 6 years old boy has to go to school, it's impossible for him. He runs away in the morning and his parents can't get him in time for school.

He lives in the countryside, his parents have beehives and sell honey on local markets.

Since he was born, he always lived and played in the fields and woods, running bare feet and enjoying this simple life. He has no siblings and very little social contacts.

He is very shy with unknown people.

Analysis

Pteridophyta: autism, living on his own.

Carbon series: living as a playful child.

Prescription: 3-422.12.06, *Lycopodium clavatum*.

Follow up

With *Lycopodium 9CH* he completely changed. He was able to go to school, make contact with his schoolmates and integrate the normal life that is expected for a little boy.

Lycopodium clavatum 3-422.13.06

Case by Catherine Bozon.

Boy, 6 ½ years old, enuresis.

He goes to bed at 20:00, then his mother gets him up to pee at 22:00, otherwise he wets his bed.

He is allergic to eggs and milk, even sheep's milk. This gives him breathing difficulties and an itchy back. He has dry skin on his hands.

He likes to be at home. He adapts elsewhere, but... He cries when brought to kindergarten, clings to his mother and makes a scene. He can be very kind, but also nasty and difficult, saying things like "you're really stupid!" to his mother. At home he plays the tough guy, he raises his fist and pretends to hit his mother. He wants to play football but is too timid to play with strangers.

He loves to fish with his father, he can even kill and gut the fish himself.

He loves to play with his little cars, and to play fireman.

He especially loves gardening. He has his own veggie patch which he spades himself, where he digs holes, carries stones and grows vegetables. He goes into the forest and finds herbs, which he transplants to his garden and then waters them, looking after his plants by himself.

His favourite shop is the hardware shop, not the toy store. He has his own saw, he cuts wood in the forest.

His mother says that when he wants to do something, he does it well. He has good ideas, he likes to cook with her.

He gets angry when he is not allowed to do something he wants to do. Then he slams doors, throws things, pulls the sofa apart, shouts "I'll kill you", then goes into his room; it takes an hour for him to calm down. All this is worse when he is tired or hungry. He has extremes: either very nice or very aggressive.

Three wishes: all the Lego toys. Trees for my garden.

A piece of land for myself, to make a garden.

He would like to play the trumpet, but does not have the discipline; he doesn't like obligations, only playing.

He forgets the names of family members. He has a fear of houses with ghosts.

Analysis

He is not mature. He still wets his bed, only wants to play, does not look forward to going to the primary school. He also looks young for his age.

He is a hard worker, gardening, spading, digging holes, sawing wood, carrying stones, fishing and gutting fish.

Desire for land to have a farm.

He is not an ordinary boy in today's society.

All this leads to the Iron series and the ferns.

Prescription: one dose, then repeated one week later.

Follow-up

Eight weeks later his mother says: Suddenly everything was fine. I felt there was a sudden change, so after 3 days I stopped putting him on the potty. No problem at all. His mood is better. He sometimes grumbles when he's hungry or tired, but it doesn't last.

He is now happy to go to the kindergarten, he no longer cries when I leave, he just says goodbye, Mum. He doesn't make a scene anymore.

He is now happy to be starting school in September. It's an incredible change.

Selaginella kraussiana 3-422.17.02

Case by Jan Scholten.

Case, girl, 3, autism.

She is autistic and lacks speech. She only utters sounds. It started after the MMR vaccination with diminished contact with and eye contact. The toilet training also diminished and she started bedwetting again.

She is one of twins. Her pregnancy was very good. She was very wanted and her mother was happy with the pregnancy, feeling whole. The labour was early because of the twin pregnancy. The Apgar score was 9 and 10. She had to stay in the incubator for a week. The first day after labor her mother was very stressed as she could not be in contact with her child. She is attending a special preschool. She likes it, but has lack of concentration and focus. She hardly makes contact with other children.

She has very good contact with her mother. She loves her father even more, who plays with the twins.

She is soft and slow. She is more sociable than her twin-sister, she easily gives her toys away. She feels heavier, not so energetic. She bites herself when she is angry. She can laugh hysterically to herself. She likes music and guitars. She understands more than she shows.

Her sleep is disturbed, she often wakes at 2 am and 5 am and then she runs around in her room. The sleeplessness is worse at full moon.

Analysis

The autism points to ferns. The retardation with lack of speech is a sign of Carbon series; 3-422.00.00.

The aversion to make contact indicates Phase 7.

Together this leads to Selaginellaceae: 3-422.17.00.

She is unsure, giving away toys, giving in, aspects of Stage 2.

Prescription: *Selaginella kraussiana*, 3-422.17.02.

Follow up

After 6 weeks and 3 doses of *Selaginella*

kraussiana 1MK she makes more contact and is more present. She started using a few words. She is more cheerful and her sleep is improving. She started pointing to things she wants and things that were mentioned, whereas in the past she used her mother's finger to point. She likes to walk barefoot. Her toilet training has not changed. She is doing better at the preschool and started relating to other children. She is more sociable and makes more contact. She has a better concentration and makes more drawings. She draws what she sees.

Her Quality of life went from 50 to 80.

One month later her mother writes that the teachers at the preschool are saying her concentration is improving her activities. Her twin sister did very well on *Selaginella moellendorffii*.

Selaginella kraussiana 3-422.17.02

Case by Jan Scholten.

Woman, 50 years old, depressed

She has a depressions since she was 14. She is easily anxious and then gets a king of tingling over her whole body and cannot concentrate anymore. She feels mixed up, scrambled, as if something has broken in her head. A few times she attempted suicide. She needs much support from therapists and her husband. She regularly phones her therapist in despair. She does some household work and other days she goes to day therapy with creative therapy and Chi gong. She had a traumatic youth. Her father was abusing her sexually since the age of 6. It was a shock for her, she felt frozen and could not move as if she was paralysed. At 18e she was raped by a friend. She could only let it happen, was totally passive. She did not go to the police. She suppressed these experiences for many years. These experience gave her the feeling of being overthrown, numb. Later in life she got flashbacks, a kind of shock state, which made her very anxious. It feels as a black part in her, which she can handle better by smoking tobacco.

Analysis

Pteridophyta: suppressed experiences; childhood traumas.
Carbon series: child traumas; simple work.
Phase 7: rape; being overthrown.
Stage 2: overthrown; frozen, passive, paralysed; numb.
Prescription: 3-422.17.02, *Selaginella kraussiana* MK.

Follow up

After some weeks she phones and tells that her depression has diminished enormously. She realised that she felt unworthy and guilty due to the sexual abuse. But that is not necessary anymore. Her self-denial is shrinking and she feels the depression is not needed anymore.
After six weeks she tells that the remedy has got her out of hell. She feels much more free and happy.

Selaginella vogelii 3-422.17.10

Case by Jan Scholten.

Boy, 7 years old, autism.

The autism started when he was one and a half years old. He became very active, agitated and didn't react to his name anymore. He became naughty and was running away from his parents. His speech and understanding regressed. He could be hysterical, having tantrums when he had to do something he didn't want. He became impatient and annoyed when he had to wait somewhere. He also had many infections, bronchitis with a lot of mucus and diarrhoea with greenish stools.

His pregnancy went very well, but it was a bit difficult for the mother to become pregnant. The labour was very quick, the first phase was in four hours and the second phase in five minutes. As a baby he was bluish for while, but very calm. Breastfeeding went very well. He mostly didn't have any special or severe reactions to vaccinations. But once, at one and a half, he was crying on the way home after vaccination. After that his father started noticing that he was regressing, that he got closed, as if in a bubble.

Mind

He has a very little contact with other children. He likes to be surrounded by them, but does not respond to them. He does not know how to react and interact. His speech consists of single words or short commands like "give me" or "come on". He often points with his finger to things he wants. His communication is simple, about food, home and toilet. He likes cuddling very much, with his mother and father. He likes trains and cars very much. He is building bridges for trains. He's playing in his own world. He only goes to his parents when he needs something. He is joyful, smiling, charming, cute and sweet. Others easily assume that he is normal. He is hyperactive, all over the place and his concentration is low. He is never aggressive to anyone else, but he can hit

himself on his head when he has tantrums. The tantrums are not very frequent, but then he's hysterical, running around and doing what he wants. He can play with his genitals. He is hypersensitive to noise, especially of running water and vacuum cleaners. Then he covers his ears. He likes closing doors. He is a bit sneaky and cheeky, playing the joker, like jumping unexpectedly on his grandmother. He is more obedient when others are strict with him. He doesn't talk to his neighbours. He doesn't like to write and draw and refuses to take on a pen.

Family

He is very connected to his mother. They are very nice together and he needs many cuddles from her. He has very good contact with his father and can be very happy when he comes home. His father can be strict, which gives him balance. His older sister engages with him, and he starts to listen to her. In World War II his grandfather had to rebuild their house and farm when he was young, after they had been burned down. His grandfather disappeared in the war. There are stories in the family of children being given away at an early age. There are also stories of children being used as cheap workers at farms. Life could be hard, without compassion, with much jealousy and frustration.

Generals

Weather: desire to be outside.
Desire: sweet, juices, crunchy, chips, meat.
Aversion: creamy soups, which can lead to vomiting.
Sleep: never a problem. Animals: likes dogs very much.

Analysis

Pteridophyta: autism, retardation; lack of speech; family traumas.
Carbon series, Lycopodiidae, 3-422.00.00: retardation; lack of speech.
Phase 7, Selaginellaceae, 3-422.17.00: no contact with other children.
Stage 10: close to mother, parents (like Phase 4).
Prescription: *Selaginella vogelii*, 3-422.17.10.

Follow up

After six weeks and three doses of *Selaginella vogelii* C30 his mother is amazed. He has turned 180°, he is a completely new child. He is more mild and aware, more understanding and calm. He has more empathy, saying to his mother that he loves her when she is upset.

His speech therapist is amazed about his speech development. His pronunciation is clearer and his sentences are more complex and complete. He unexpectedly asked his mother for a pen and started drawing, holding the pen in the proper way. His mother does not fear anymore that he will damage things. He is caring, helping his mother with shopping. He thinks more logically and cleans things up. He's more independent.

Friends and relatives are amazed how he is developing.

His Quality of life went from 15 up to 55. After 7 months his Quality of life has risen to 70.

Drynaria sinica, *Lanthanum fluoratum*, *Thelypteris patens*, *Christella dentata* and *Diplazium australe* had some positive effect, but not deep or lasting. *Rumohra adiantiformis* had no effect.

Selaginella moellendorffii 3-422.17.15

Case by Jan Scholten.

Case, girl, 3, autism.

She is autistic and lacks speech. It started with reduced eye contact after the MMR vaccination. Then the toilet training also regressed; she started bedwetting again and refused to sit on the potty. She can be aggressive when she does not get what she wants or is not allowed to do what she wants. Then she can scratch, bite and hit others or bang her head and throw things around. She can also bite in a playful way, but that can develop in aggression.

Her pregnancy was very good. She was very desired and her mother was happy with the pregnancy, feeling whole. The labour was early because of the twin pregnancy. The Apgar score was 9 and 10. She had to stay in the incubator for a week. The first day after labor her mother was very stressed as she could not be in contact with her child.

Her hearing was impaired for a while due to swollen adenoid, but her inner hearing is good. She had bronchitis a few times with a lot of coughing. Her sleep was disturbed, she woke up easily.

She attends a special preschool. She likes it and likes to hug her teacher. But she hardly makes contact with other children, even bites them when they come too close.

She has very good contact with her mother, who feels like a safe place for her. She loves to hug her mother. She also loves her father, who plays with the twins and read stories for them.

She is more active, faster and more clever than her sister. She is stubborn and domineering, knows what she wants. When she likes something, she can do it repeatedly many times, like climbing up and gliding down a slide.

She likes climbing and playing with water. She likes drawing. She is good with technology and mobile phones. She is not easily scared.

bon series; 3-422.00.00.

The aggression and aversion to make contact indicates Phase 7.

Together this leads to Selaginellaceae: 3-422.17.00.

She is sure, stubborn and domineering, aspects of a Stage at the right side, Stage 15.

Prescription: 3-422.17.15, *Selaginella moellendorffii*.

Follow up

After six weeks and three doses of *Selaginella moellendorffii* C30 she makes more contact and started using some 10 to 15 words. At the preschool she is progressing. But she can be aggressive more often. As a reaction she had a bronchitis with coughing and no fever. But she recovered faster than before, her immune system worked better. She started playing with dolls. She is more happy and laughs more.

Her Quality of life went from 50 to 70. One month later the mother writes that the preschool teachers are saying that her concentration is improving during their activities. She also has learned to go on the potty by herself without any difficulties. She cannot communicate yet properly with words but she is progressing.

Her twin sister did very well on

Analysis

The autism points to ferns. The retardation with lack of speech is a sign of Car

Selaginella stauntoniana 3-422.17.16

Case by Jan Scholten.

Boy, 10, autism.

He is autistic and his speech is limited to words like 'mummy' and 'no'. He is mentally retarded. He has no interest in drawing, writing and paper. He likes to be physical like running, jumping and wrestling and he likes to be tickled. He tends to pinch and scratch his mother, but has no idea that this hurts her. He is aggressive when frustrated or forced into things. He can also vent his anger on himself by banging his head against his bed or the wall, biting his hands, or scratching his head.

He is the third of three boys. His pregnancy was good, with no unusual events. But his mother had problems with his father being depressed because of worries about his work and finances. His mother thought this was excessive and they had many fights with each other. After his birth, they fought a lot over their child's health condition. His delivery became a caesarean section because the brother before him also had a caesarean section. In childbirth, his mother had severe headaches because of the lumbar anaesthesia. She was disappointed that he was a boy instead of a girl.

He was breastfed until the sixth month. He often had scratch marks on his hands that were difficult to heal. He regularly felt bad when he was constipated. His toilet training has always been very difficult and he still needs a nappy at night. He tends to defecate anywhere just like that, for instance in the playground. He has also had a period of seizures where he was unconscious and stopped breathing. It usually occurred with a fever. An EEG yielded no peculiarities.

He is in a school, but he hates therapy. He only wants to do what he wants to do himself. He dislikes learning, which can sometimes be improved with promises and coercion. He does not make contact with other children, he merely observes them. But he can bite them if they take away his toys. His cousins are scared of him and not interested in him because he

no longer plays them. He is very restless and is jumping around a lot, for jumping on the trampoline. He shouts loudly but cannot stand noise from others and he then covers his ears. He is very chaotic. But he likes to sculpt things that need to be balanced and then he is very organised. He is very fond of his blue trucks. His comprehension is limited, and he hates to clarify himself using a book of pictures. He dislikes having his nails and hair cut. He likes to be naked when he is at home and stressed. His moods are highly variable and unpredictable, sometimes ending and aggression attacks. He can be mischievous and laugh wickedly. He feels easily abandoned. He likes affection and hugs, but in doing so he is very fierce and intense and not gentle. He likes to travel in a car but sometimes he is scared then. He likes to take a bath to play with water but does not want his head washed. His mother can sometimes force him to stop his head-bobbing, for instance, but then he tends to bite and scratch her. His father is very disappointed in him. He feels helpless with him, and does not play with him at all. He is very orderly and cannot stand his son's chaos. He sees him as a curse. His mother is stressed and disappointed in his father because she has to bear the burden and weight of their son and his illness alone. He is very attached to his grandparents and there he feels loved.

There are serious problems in the family and grandparents such as depression, schizophrenia, dementia and suicidal tendencies. In World War II, there were problems with hunger and poverty. One grandmother wanted to hang herself when she was unmarried and pregnant.

He had several alternative treatments that diagnosed intestinal dysbiosis. A hair test showed elevated levels of lead, mercury, and aluminium. Regular and alternative treatments have had no effect so far.

General

Sleep: light, alternating with deep; he wants to be totally bedded in total darkness, because he feels bad.

Preferences: fried and deep-fried foods such as chips.

Analysis

The autism with retardation points or ferns: 3-400.00.00. It is confirmed with his lack of contact, he has no contact with other children and cousins.

There are many symptoms of Carbon series: toilet training very difficult; dislike nails and hair being cut.

Stage 7 is evident by: mother disappointed in boy; rejected by his father; aggressive; lack of empathy; resentful; feeling abandoned.

He goes his own way without real contact with others, such as defecating in the playground. This indicates Stage 16.

Prescription: *Selaginella stauntoniana*, 3-422.17.16.

Follow up

After *Selaginella stauntoniana* C200, he progresses significantly. His tantrums are rare. His sleep is better and he falls asleep more easily. He no longer wets his bed and has much more control over his bladder. He now does his defecation on the toilet and is happy with that. He is much more patient and easier with traveling. At school the teacher says he has made huge progress, he is more social and calm and he is happy to go to school and also makes better contact with other children and now holds their hands from time to time. He is more inclined to participate with shared games. His speech is not great but he is using more words. He does have his hand nails cut now. It is the best summer they have had with him. He is much more emotionally stable and more present and has more interest in other children.

Paesia scaberula and *Anemia rotundifolia* had no effect. *Anemia mandiocana* and *Selaginella vogelii* had given temporary amelioration. *Lygodium japonicum* gave a temporary exacerbation.

Selaginella lepidophylla 3-422.17.17

Case by Jan Scholten.

A boy, 12 years, autism.

He was diagnosed with autism and later with pandas. He had already autistic symptoms since birth but regressed very much when he was two after a chickenpox infection. At 4 he was vaccinated and regressed further, losing speech. He developed febrile seizures, which lasted till he was seven and had a mononucleosis. Then he regressed further and stopped making drawings, and became stubborn with therapy. At eight he developed an inflammation of his left temporal artery and developed auto-aggression. The auto-aggression flared up suddenly, from nowhere, biting his hands. His hearing is very sensitive. He has a high muscle tension, which is worse when there are many loud people, and better when he retires in himself. This tension comes from a high need for control.

He needed diapers till he was three, but then his toilet training went quite easily. At 8 he had a short period of bedwetting after a mononucleosis infection.

His pregnancy was fine, but there was a troublesome situation of the family losing their apartment. Their home and comfort got lost.

His labour was fine and lasted only three hours. His Apgar score was good. After labour he developed symptoms of fungal infection with itching and irritation.

He is oversensitive to noise and uses headphones to cancel noise. When he was 10 he had a fall on his head and afterwards he couldn't sleep alone anymore. He is diagnosed with infections of *Bartonella*, *Epstein-Barr* and *Staphylococcus*.

His speech is retarded. He only uses single word sentences, and often repeats words. His understanding is much better. He can be angry when he doesn't get what he wants, which expresses itself as auto-aggression. He has a strong desire to control things, to control his food, to watch cartoons like *Shrek*. He feels better with pressure and better with his family. He cannot stand when his mother tells him that things have to come later. He prefers to

watch videos about cooking, of pancakes, muffins, past. He does all those kinds of cooking except things in the oven. He is very good in drawing and makes amazing pictures. He likes puzzles even when they're very big like jigsaw puzzles of 60 to 100 pieces. He cannot stand the noise of weeping children. He is very affectionate and open, likes to have contact with everyone. He is slowly getting out of his isolation. He has a very good contact with this mother and father. He likes to be tickled and cuddled. He has a very good contact with his sister. When he was 3 he fractured his left lower leg from running around in the house.

Analysis

Pteridophyta 3-400.00.00: autism; retardation, lost speech.

Carbon series, 3-422.00.00: cannot stand the noise of weeping children; auto-aggression; loss of home.

Phase 7, Selaginellaceae, 3-422.17.00: epilepsy; auto-aggression.

Stadium 17: epilepsy.

Prescription: *Selaginella lepidophylla*, 3-422.17.17.

Follow up

After 6 weeks en 3 doses van *Selaginella lepidophylla* MK he's doing much better. He is more flexible and follows his parents. He wants to learn from textbooks and out of himself. He is also writing by himself. He likes to show things he has done. He likes to learn at home. He is making more contact with his sister. His auto-aggression and hypersensitivity have diminished very much. His muscle tension is the same.

Christella normalis had no effect. *Adiantum capellis-veneris* helped temporarily, but did not lead to a cure. *Selaginella kraussiana* MK gave a palliation.

***Selaginella lepidophylla* 3-422.17.17**

Case by Tomas Vyboch

Boy, 8 years old, autism.

He has many behavioural problems at school. There are also issues with speech. He can repeat words but only forms one-word sentences. He has poor eye contact. The mother had multiple miscarriages and struggled to conceive. Pregnancy was achieved through IVF. Throughout the pregnancy, she was afraid something would go wrong. She was nervous about losing the baby. Even after birth, she couldn't believe he was healthy.

At a certain point, he became unresponsive to his surroundings, didn't want to play with other children, and wouldn't respond when called by his parents. He would just undress and run back and forth. At home, he wants to eat only the same food and refuses to try new things. He coughs a lot. His aggressiveness is expressed by pushing other children. It seems like he enjoys hurting others. He laughs when he sees other children cry. He once pushed a child out of a stroller because he wanted to sit in it. It's impossible to take him to a store because he has meltdowns if he can't buy all the toy cars he grabs. He often headbutts his mother in the face or pulls her hair.

He needs to take the same route to school every day, or he becomes violent.

He doesn't sleep alone; he must be in bed with his mother and touch her.

He constantly repeats the same phrases.

Analysis

Pteridophyta, 3-400.00.00: autism, speech delay, obsessions, routine behaviour.

Carbon series 3-422.00.00, Lycopodiidae: mother was afraid something would happen during pregnancy; doesn't sleep alone; fear of being alone; significant developmental delay.

Phase 7, 3-422.17.00, Selaginellaceae: no contact with other children; fear of losing the child.

Stage 17, 3-422.17.17, *Selaginella lepidophylla*: headbutts mother, enjoys hurting others, laughs when children cry, pushed

child from stroller.

Follow up

After one month, he was less aggressive. After three months, there was improved comprehension. He managed a plane flight without problems, which would have been impossible before. He can go shopping without needing to buy everything. He can repeat more words, is more flexible and able to adapt. He no longer insists on taking the same route to school. Eye contact improved slightly. He's less impulsive, and his persistent cough disappeared. He no longer hurts other children.

After 4 months he started eating new foods. He began asking questions and his understanding improved. He is more independent. He started interacting with other children and participating in activities. Teachers are asking what the mother did, because he seems like a completely different child.

The boy improves month by month. He can now use more words in full sentences. His mother estimates a 70% improvement.

Azolla filiculoides

3-431.11.01

Case by Tomas Vyboch.

Boy, 4 years old, autism.

The biggest problem is undeveloped speech. He doesn't talk at all, he can't say a single word. He does not respond to other people at all, he is not interested in them. He doesn't use the toilet; he still needs diapers.

The pregnancy was fine, as was the birth. He was breastfed until 8 months. From the 3rd month, he started screaming a lot at night before going to sleep, crying until he was exhausted. His whole body was tense. In the first year, his mother began to observe that something was wrong. He did not play like other children.

He is very calm and nice. He likes to cuddle and hug his mother. He is very caring. He does not have an attention deficit disorder; he can sit at a table for an hour and work with a therapist. He likes to play with puzzles and farm animals. He loves to jump on the bed.

In a group, he is an outsider. He only interacts with his own family, with no one else. He does not perceive the surroundings. He is not afraid of sounds. He doesn't even have a problem with food. He loves water. He is usually not aggressive, only if another child takes a toy from him, he hits him.

Analysis

3-400.00.00, Pteridophyta: autism, speech problems.

3-431.00.00; Hydrogen series, Azolloideae: distinctly dysfunctional, not saying a word, completely closed off in his own world.

3-431.11.00, Azollaceae: he interacts only with his parents and a little bit with his sister.

3-431.11.01, Azolla filliculoides: completely closed off in his own world; outsider; water lover.

Prescription: Azolla filiculoides.

Follow up

After 6 weeks, he started asking for the toilet. He has improved significantly in his social skills. He is very open with his sis-

ter. He started playing with other children for the first time, running after them on the playground.

After 12 weeks, the boy is doing very well. He starts repeating more voices. Sometimes he can say simple words. He started calling his father "Daddy". His game has improved, it is more functional. He started playing with soft toys. In the past he only line them up.

After 3 months he says new words, and his parents observe improvement after each administration of the remedy. He uses the word "Mom". He can already repeat every word his parents say to him. He can say about 15 words. Parents are very satisfied with the medicine.

After 7 months, his condition is still improving.

A few months later he is doing so well that the teachers suggested his parents to put him in a normal school rather than a special school for autistic children.

Psilotum nudum

3-432.11.01

Case by Jan Scholten.

Case: little boy, 7, autism.

His speech is delayed, and he has echolalia. He understands some, but not all questions, but he does not react to them. He can write the letters of the alphabet and can count to 10. He knows the names of colours, animals and fruits. He does not understand board games.

The autism started after the vaccinations of BCG and DKTP. It pulled the trigger, took the life out of him and he became absent, tense and rigid. A big, red boil arose on the spot of the injection and discharged pus.

He is at a pre-school, which he likes. He is liked by his classmates, but he does not really make contact and does not answer their questions. He is not easily accepted, only by some boys. He lives in his own world and makes no eye contact. On the other hand he is very open, has no barriers. He looks happy all the time, smiling a lot. He is an adorable child, very generous, caring, and nice. Everyone likes him because he is never aggressive or violent. He only screams and cries when his parents forbid him what he wants. But that is quickly over and afterwards he is nice, comforting and hugging. He has no need to fight, or to win. He is easy with sharing toys and other things.

He has deep connections to his family, his parents and grandparents. He likes to cuddle them and to kiss his mother. He has a great contact with his father. His older sister does not like him, as she is jealous of the attention he gets. He is disobedient, just goes his own way.

He is very restless, hyperactive, moving all the time. He is just running around in circles. He likes being outdoors, at the playground. He is always playing, having fun and laughing. He can laugh strangely, like a donkey. His mother says he has an animal energy.

When he wants to play with something he doesn't ask, just takes it. He doesn't see danger, climbs in the highest trees and swims to the middle of the water. He likes to be chased. He hates haircuts, and being

touched on his head.

He has an aversion to the sound of ambulances and fire brigades, then covers his ears. He is chaotic, impatient, and impulsive. He likes to build a pile of pillows and sit under them like a beaver. He likes water, bathing, rivers. He likes to be naked. His pregnancy was normal. His birth was a Caesarian section. He cried a lot as a baby. In the past he had runny stools.

Sleep: falling asleep is difficult, his mother has to be with him. At night he gets out of bed to sleep with his parents.

Desire: meat; nibbling; fussy eater.

Aversion: meat; warm meals.

He has an aversion to animals, but he is obsessed with beavers.

Analysis

Pteridophyta: autism.

Carbon series: speech delayed; aversion haircuts; desire to be naked.

Silicon series: lovable, everyone likes him; deep connections to people.

Phase 1: impulsive; chaotic; impatient; hyperactive, uncontrollable, just running around; desire to be naked.

Stage 1: impulsive; chaotic; impatient; hyperactive; sees no danger, fearless.

Prescription: 3-432.11.01 Psilotum nudum.

Follow up

After Psilotum nudum he becomes much calmer. His speech develops, becomes more abstract, talking small-talk. He makes more contact and gets some friends. He is more creative, making tiny, colourful figures. He is much less distracted, can focus better. He is quieter and less impulsive, chaotic and hyperactive. He can sleep without his mother. His Quality of life went from 50 to 65.

Later Cibotium cumingii was effective. Platycerium had some effect. Blechnum did little. Azolla filiculoides, Aranea ixobola, Phlebodium aureum, Lac rhesus, Lac humanum, Cerium phosphoricum, Brunfelsia uniflora, Hyoscyamus niger, Castoreum canadense, Morgan Bach, Didymochlaena truncatula, and Heroin did nothing. Ammoniacum dorema and Okoubaka had a little effect.

Psilotum nudum

3-432.11.01

Case by Stephanie von Frankenberg.

Woman, 45, traumatic youth.

A patient who received psychotherapy over a long period of time.

Today she is 45 years old. Very slim, very athletic. She teaches sports and religion at the secondary school. She is very popular with her students. Her love belongs to children, to encourage them and to support them. It is important to her to give children a sense of their bodies.

She went through extreme life situations.

She was abused by her father for many years. She married a man who came from the red light district, which she did not immediately recognise. She merely thought that she was a little too modest and sexually underdeveloped. After some time, a child emerged from this marriage.

She was raised with a lot of love by her mother. She received many offers for a free and nature-led life. However, the child was never really open. She always had problems with other children. Hidden injuries - it was always unclear whether the child was groped or attacked. Finally, the mother had to recognise that on weekends - the marriage had since divorced - when the child was with the father, it was abused. The child was regularly drugged. This was a commercially exploited abuse. The mother fought for a long time to have the father convicted, but lost in court. The child was taken away from her by official order and at the age of about 9 showed no interest in seeing her mother again.

The pain the mother experienced was immense. On top of that, she experienced bullying at the school where she worked, so that she had NOTHING left. High debts, sick leave, termination of the lease, which she herself forced, the futile search for the only right partner, frequently changing relationships - she lost all ground under her feet. She lost herself more and more in fantastic ideas of what love was waiting for her. The birds in nature spoke to her, cars became symbols. She used every free moment to take long trips in the car (in which she

also slept). She made contact with other people at every campsite and hoped that she could build social ties there.

Finally, she remembered that 25 years ago she loved a man she now loved again, although she only re-established telephone contact with him. She was sure that he would come to her again. However, the man now lives in a committed relationship with children.

Her life became more and more constricted by her focus on this one man, and it came to a head due to further terrible breakdowns. Constant travel over hundreds of kilometres through the country. She was hardly accessible anymore. There were men everywhere she loved, but who did not want to commit to her.

When she finally came to the consultation in this state, my concerns about her mental well-being increased and I saw the complete hopelessness in her life.

Analysis

Actually, I should have committed her to the clinic, but she would never go to such a 'prison'. She is still very self-determined. So far, I had only treated her with supportive homeopathy so that she could endure all the lawsuits and the grief of losing her child. But now more had to be done because she had long since been unable to listen when I said something to her about what to do.

Pteridophyta: early childhood trauma; bullied at school.

Silicon series: relationship problems.

Carbon series: child.

Phase 1: impulsive.

I gave her *Psilotum nudum* 200, which I had on hand.

Follow up

She writes: 'Globules: Yesterday I felt a strong tree trunk in my centre. Then the branches, then the leaves. I had an insight while watching a TV series. At the end, it was about dealing with a violent childhood. One shot himself in pain. The strongest and most loving found a family with trust. I survived a war. I didn't jump out of a window and wasn't shot. And through the war, faith in love carried me. With their image in my hands, I survived. You may not always be able to return to

love.'

Then she started talking to me again to ask how she should deal with the 'great love'.

A week later she wrote:

'I'm sinking into grief right now... even at the market. Am I now reliving the grief from back then?

Not sure how I'm supposed to go to a party like this. Everything is very quiet right now.'

A week later she wrote: 'I have descended deeply... Now I know that I had to leave my love for a man, in order to find myself. Because I love myself most and have become the woman I am.'

Two days later: (16/2/25) 'Everything is changing. The owl announced it to me. Guilt and forgiveness. I did everything to save my child. Even myself, I would have given my life.

But that would have been too much...

I could cry. And I trembled.'

....an enormous development that no longer worries me- she can see it that way herself. It was a spontaneous decision, but your reference to phase 2 guided me in the process. Otherwise I don't know anything yet about this fern.

The remedy was intended for the small child... that is yet to come.

Thank you!!

Equisetum hyemale 3-432.14.10

Case by Franz Swoboda.

Woman, 76, hyperthyroidy.

She is familiar with homeopathy since her thirties or forties.

She comes for palpitations, irregular and fast pulse, which did not subside after the 7 year-overdose of thyroid hormones, prescribed after the operation of a thyroid carcinoma 13 years ago. For years, some homeopathic complex remedy had helped her through the night. For some time now, it has not been helping anymore. She is rather lean and tall, her clothes well selected, showing a personal style, yet unpretentious. Nice lady, attractive, good contact from the beginning. A Silica-like remedy could very well come into consideration.

She avoids the elevator, takes the stairs to the fourth store.

She feels the pulse in the solar plexus, it can get really wild, she says. Lately, she even felt anxious with it, especially when it wakes her at night. She takes a small dose of a beta-blocker, on demand. She would prefer a homeopathic remedy. The attacks of tachycardia with complete arrhythmia come suddenly, without trigger, can last for hours, she feels she could faint. She is taking an anticoagulant on a daily basis.

Further complaints?

"I had a breast operation, long ago, without further treatment". Asking about it, I hear that it was also cancer.

Minor complaints in the past were now shrinking fibroids; some hip pain when she rises from a seat, x-ray showing slight coxarthrosis; one restless leg when she goes to bed; oral lichen in the past; Raynaud syndrome, cured by Vitamin B12; recent successful operation of bilateral cataract.

So nothing extraordinary. Until I asked about her sleep.

After reading, she falls asleep after mid-252 night, then wakes up after 90 to 120 minutes. Then falls asleep again for another similar period or lies awake for hours.

Anything else about sleep?

"I have unpleasant dreams. (Pause) When I dream of my late husband, he seems to look distant, like turning his face away from me. (Gets emotional.) When he died, our friends told me things which were not nice; but we had a good marriage; no need that I start to cry now; maybe they were just jealous; they were mean; we were all good friends, and spent holidays together, and now they are saying things about him and us."

I do not understand the husband's reaction in the dream, so I ask: "He turns away from you?"

"As if he was ashamed of me; I didn't find words to stop our friends from saying those things; I didn't do right, like a coward. As if he dislikes having contact with me; that makes me feel uneasy; it is about my inadequacy; as if he was embarrassed."

Your friends?

"When they need me, I must be there for them anytime. I help immediately. It's not easy to find new friends."

Here she finishes the story, saying she does not like to go any further.

"Now I have complained way too much, haven't I? It's embarrassing, lamenting all time long."

Analysis

At this point, the trituration proving of *Equisetum hyemale* comes to my mind, which we had done in Vienna only weeks prior to the first encounter with this lady. Words from the essence of the proving were: Parents have given up hope that their children become extraordinary. Parents are disappointed. So the child is disappointed about himself. The child becomes ashamed of himself, even of his body and its physical functions. As a reaction, the child chooses to keep quiet, to lay low.

Prescription: 3-432.14.10, *Equisetum hyemale* LM 6, one sip of some globules, shaken in water.

Follow up

Two weeks later she calls; she notices more energy, her heart beat is still strong in the morning, but less wild. Sleep not

Two months later, she comes again, telling about a new pain and numbness in a foot. That was fine after new insoles. Hip pain is less, only when rising. Her sleep is much better, yet not optimal. No unpleasant dreams. Thyroid checks are ok. About the friends? It's a bit boring, they have not much time, so I do things on my own.

Two more telephone calls: she is fine, sleeps well, no unpleasant dreams, the husband-shame-friends-are-mean topic is gone. She wants to continue with LM6 daily. She has changed to the morning intake, that improves her sleep even more.

Discussion

Another confirmation for *Equisetum hyemale* was that the repertory (Complete Dynamics) has three entries under "cancer".

A general thought about the importance of shame in this remedy: the well known indication in enuresis of *Equisetum hyemale*: an intensely shameful complaint. While Sigrid Lindemann does not mention "shame" in her convincing *Equisetum hyemale* case in *Spectrum* 3/2020, I'd rather keep it in mind. Signs for Silicon plus shame makes me at least think of *Equisetum*.

***Equisetum hyemale* 3-432.14.10**

Case by Jan Scholten.

Woman 40, eczema.

She has had eczema between her fingers for 10 years. She also has it on her face, chin and sternum. It is worse in winter, and it gets worse every year. It is aggravated by water, detergents and soap. They are dark spots that itch tremendously. It bothers her that she just can't get it under control. It affects her life. Her mother had the same kind of eczema.

She has endometriosis with symptoms of a swollen abdomen and back pain in her tailbone that radiates to her back and her kidney region. She has a desire to have children, but is unable to conceive. She also has a fibroid, one at the front and one at the back of her uterus. She has a cyst in her ovary. She sometimes has vaginal inflammation with discharge, especially before menstruation. She feels too rigid because of the feeling that they thought they could plan everything. It gives a feeling of emptiness.

She has suffered from bladder infections for a year in the past, due to *Escherichia coli*. She has to urinate often which is worse when she drinks a lot.

She has cold fingers and regular hay fever with watery eyes, runny nose and itchy throat.

She sometimes has headaches especially when she is stressed at work.

She feels there is something wrong with her because she cannot have children. That feels painful. She feels stupid. She feels like she has to control everything. She feels like she never has enough time. She is ashamed of her emotions and crying, ashamed that she is not intelligent. She sleeps badly. She cannot fall asleep well and wakes up frequently. She dreams about houses of all shapes with stairs she goes up and down.

She feels that her whole life is built around her husband, who is supposed to ensure her safety, love and a home and future. She is afraid that something could go wrong, for instance with her husband.

She is tall, skinny and chilly.

Analysis

The first prescription was *Argentum silicatum*. She did quite well on that, but it did not persevere. At some point, I came across *Equisetum hyemale* at a symptom. That fitted well with past cystitis.

Pteridophyta: follows the norms of the family, her father.

Silicon series: father as centre of the family; security through her husband.

Carbon series: father; eczema; childless; need for safety, security; endometriosis; cystitis.

Stage 4: good with her father; following father without questioning it.

Stage 10: it is as it is.

Prescription: *Equisetum hyemale*, 3-432.14.10.

Follow up

Equisetum hyemale gives tremendous energy, it's a rush. After a week, she felt much better. She rearranged everything in her house so that she has more harmony. The eczema and hay fever have all disappeared. Her relationship has also softened because she is less concerned with having to have children.

She has realised that her father was very domineering. He is still strict, but that has weakened. When she was 18, her father's dominance had a negative impact on her. His impact was too great, even though his reasoning was often correct. She says she herself and her sister lived by her father's principles. Strictly raising girls in particular was part of the upbringing. She has now realised that there is no need for that at all and she has started having a substantive dialogue, which used to be impossible. She feels she has had to earn her authority. Her father is unimaginably stubborn. She has a much better perspective of how her parents are. She can engage in a dialogue with them.

Her relationship with her father totally changed, from subordinate to equal.

Discussion

This prescription was done only on some physical symptoms. The effect was quite amazing, especially how her relationship with her father changed. The remarkable thing was that before, I was under the impression that she had a very good relation

ship with her father. She apparently did not realise herself that her father's dominance and the effect of it on her was unhealthy. It's a great example of how ferns' problems are often unconscious. This prescription also taught me a lot about the position of *Equisetum hyemale* in the Plant theory. The central position of the father and family corresponds to that of silicon. *Equisetums* contain large amounts of silicon. The father has both a connection with the Carbon series as biological father and with the Silicon series as the central figure in the family. We see Phase 4 in the theme of being central and finding things so normal that they are no longer questioned.

Equisetum arvense 3-432.14.12

Case by Susanne Diez.

Woman, 40 years old, panic attacks.

She describes her state:

For years, I have been plagued by paralyzing, generalised anxieties that control me. I am restless. I cannot focus on things that have to be done, control and organise myself and others. I exceed my own limits, almost maniacally, sleep badly; I am exhausted, paralysed, blocked, can't find peace. I am not a happy mum.

My eating behaviour becomes uncontrolled or is extremely controlled, it is the same with sports. I compensate problems by eating, and then have anger towards myself. I am overprotective, overanxious and have the feeling that I am stuck, trapped, completely overloaded and often react aggressively or tearfully. I am then overcome by extreme insecurity. I am firmly convinced that I have to give 200%, to achieve 50%, and will still fail because I am not good enough. This affects almost all situations in the areas of family (partnership and raising children), friends, job and also my demands on myself.

I generally try to please everyone, to make everything as perfect as possible and ultimately fail because I set unrealistic standards. I suffer from an extreme weakness in decision-making. I neither know what I want, nor who I am, nor what I am doing here. My aspiration is to be loved, not to be a burden for others, so to manage everything on my own, and to justify my existence.

I can't get out of it, I'm struggling. Professionally and financially it's getting tight, I'm highly educated, but I can't get a job, I'm controlled by others. One day they'll realise that I can't do all that. I'm ashamed of my unemployment, of all this failure... I can't live up to an expectation that isn't mine - but at the same time I don't have an idea of what I really want... I'm not grown up, I want to please the family even though they're all toxic... I don't want to banish them from my life altogether, but push them further away from me so that they don't define me (crying). Me and my siblings always had to function, love

(money) was only given for academic achievement if at all... We always had to be the best, had to fulfil ideal images - but I always felt that I was wrong and asked myself: what do my parents want from me?... I was never right... Later my husband was also a "no-go" for them (he is a psychotherapist).

I can't believe that other people can be like me (maybe because I can't do it myself) and voluntarily want to spend their precious time with me. When they tell me what they like about me, or, when I am made to see what I have achieved, I wait for the people around me to find out that I am an impostor and they have fallen for me because I can't actually do anything. Successes mean nothing to me as soon as they happen. These feelings have been with me latently for as long as I can remember. ... I feel so incredibly exhausted, drained, anxious and powerless that I don't know how things can ever get better. In crises, the situation gets worse. This was when my mother died, it worsened after the birth of my daughter and has become much worse due to my re-entry into the job market, and now the Corona crisis. The existential fear and threat of poverty has arisen. I realise that all these aspects prevent me from living a life that I consider beautiful and worth living - I no longer like to struggle. A few weeks ago I was asked what makes me happy or if there was an event or moment where I felt particularly fulfilled. I couldn't think of anything until now. ... I want to offer my daughter the best conditions to grow up in a loving family where she can develop freely... I'm afraid I can't be the mother I'd like to be if I don't get my problems under control.

Father is a senior civil servant without graduation, mother an executive secretary: both parents always felt unworthy and wanted to acquire status. "There was always a discrepancy between being and appearing". The parents then wanted to set me up with a doctor, because "then you are somebody grand". The parents "always bragged about me, they had their status because I was always the best in school" - "but I'm not the daughter to

brag about".

They demand that I should behave towards them as if the relationship is wonderful, I have to keep up so they don't have to be embarrassed for me. They want it to look like an ideal family.

The father lives in a "complete parallel world", already 1 week after the death of the mother he had a new girlfriend. I have done everything for my parents... but I am alone, have no home anymore, basic trust is missing... there is so much pressure of expectations. ... A lot has died with my mother, the utopia of a family is dead with her - nothing comes from my father.

Now I just withdraw, isolate myself - everything is too much for me, I don't want to be a burden on anyone... it's a shambles... everyone is pulling at me... I feel overrun, I just want to lie down, eat something, digest.

Headache and neck pain. Clenching of the jaw at night in stressful situations.

Dry, itchy eyes. Tinnitus.

Since I started working as a teacher, I often have a sore throat (dry) and voice problems; heart palpitations; Long lasting bronchitis, lots of mucus production. In psychologically demanding situations often latent nausea, loss of appetite. Then "hunger", probably emotional.

Frequent urinary tract infections in the past. Menstruation very heavy, irregular cycles, pain in abdomen and back.

Inflammation of uterus and both fallopian tubes; since then frequent leucorrhoea, Pap III 2015.

Insulin-dependent gestational diabetes.

Breastfeeding problems (not enough milk).

Skin rashes since childhood. Redness, pimples, also large wheals, itching. Allergies as a child. Occasional warts.

Grandfather (paternal): pancreas carcinoma.

Grandmother (paternal): severe dementia, diabetes.

Mother: gallstones, gestational diabetes, pancreas carcinoma.

Father: type 2 diabetes, narcissistic personality disorder.

Sister: Empty Sella Syndrome, severe accident with craniocerebral trauma.

Maternal: suicides in the family, breast and stomach cancers.

Problem

I know that I am well-educated and that I can do many things very good, but I think it is only a pretence, it destroys me, at some point they will realise that I can't really do all that (she can't fulfil the parents' expectations)...

I am ashamed of it, of my unemployment, of all this failure... it is very difficult to admit that it is like that... I cannot fulfil an expectation that is not mine (the idealised and unfulfillable expectations of the parents that help the parents to have a high social status) - but at the same time I have no picture of what my own aim is...

I don't think I am grown up, I want to please the family, even though they are all toxic (there is a bond of dependence on the parents) or dead... I don't want to banish them completely from my life, but push them so far away from me that they don't define me any longer...

Analysis

Extreme uncertainty.

Tries to please everyone, adapting, to make everything as perfect as possible and ultimately fail because setting unrealistic standards.

Extreme weakness in decision-making, externally determined.

"neither know what I want, nor who I am, nor what I am doing here".

She does everything (adapts totally) to be loved and to be recognised by her family - and to justify her existence through her actions (performing perfect), not to be a target for criticism or bullying, controlling everything.

Has to give 200% to achieve 50%... never good enough, small, weak ...

I pick apart every situation for "mistakes" ... ANCIENT PLANT.

I can't get out of it - professionally and financially it's getting tight.

I'm hard on myself... Equisetum.

WAY OF FINDING THE REMEDY: We just had triturated Equisetum and the

issues were fresh in my mind. Recurrent urinary tract infections. Genital inflammations.
Stage post Pap III.

Family history of several carcinomas. Since I knew from the trituration that "shame" is a big topic of Equisetum, I asked her at the end of the case taking: "what's about shame?"
She looked down: "I am always ashamed of everything in my life. I am ashamed of myself because I am not the way I should be...
This confirmed Equisetum. It also fits to the symptom of shame that she did not express it spontaneously - she was also much ashamed of it.

Follow up after 4 weeks

2 days after medication short panic attack with shortness of breath and having to run around, but was able to calm herself down. The trigger was that she had to apply for unemployment benefit and mistakenly wrote a wrong date on the application.... Then the restlessness subsided, also the digestion improved.
There were 3 dreams: *A close friend killed himself*.

Mother watching her father living with his girlfriend.

*She walks through a building at night where she sees people, but she can walk through them as if they were ghosts (she associated: The people in my family are "dead" or at least not "themselves", they are ghosts who only exist in the past) - this dream is her first lucid dream in her life. She tells that she had out-of-body experiences as a child. As she has just a more severe urinary tract infection and severe back pain: repetition of Equisetum hyemale IM.

Telephone 2 weeks later: Everything better. Period pains, old sensations in the pelvis are remembered, in the past there was often inflammation in the genital area. More energy; she is starting a new training, hopes to get a job day carer would like to deal with early language development!
Equisetum hyemale Im lx/month.

Follow up after 6 months

Doing well! New symptoms are a prolonged menses and headaches (upward pressure in the back of the head, no modalities, head feels "like it's swollen"), which she is unfamiliar with and which now often last all day. Warts (she used to have many, quite a few have been removed) - a large old wart that was scraped out a long time ago has not come back. Some other old symptoms have also started to reappear: cracked cuticles, metallic taste in the mouth, increased salivation.

During the summer, she was able to distance herself very well from her abusive father: "For the first time, I took care of my boundaries".

She was feeling much better, but on the other hand a completely new symptom had appeared with the rather intense headaches.

Equisetum arvense IM

Follow up after 7 months

Shortly after Equisetum arvense IM the headache disappeared and after a very short initial reaction (tiredness) she felt "excellent" "I feel completely normal".

Follow up after 11 months

She repeated the remedy 2x when she noticed old patterns coming back. She is doing really well, she feels good. Since the

Equisetum arvense 3-432.14.12

Case by Tomas Vyboch.

Man, 85 years old, urinary incontinence.

He has a urinary incontinence. Due to that he got a permanent catheter. His skin itches, especially during sleep. He applied some ointment, but it does not really help. During the consultation he mentions that he follows all the recommendations of the doctors. He drinks two litre of fluids daily. He says: "I am honest, I make a list how many hours a day I am walking. If a person moves, he lives".

When I ask him if something happened when the problem started, he says: "No, I do not have any problem with my children, nor with my wife (Silica series, Phase 4). My credo is to get along with everyone (Phase 4)".

He used to work as a manual labourer. He says he is mild tempered and very religious. He regularly goes to church for mass.

Several times he said he does not have any arguments with family members (Silica series, Phase 4). In his house, they do not have any arguments, everything can be solved. If the other family members are right about some topic, he will admit it. Religion is very important for him. He knows that there is an afterlife. By his faith, he tries to be an example for his children (Phase 4). He is not happy that he has three children but only one is married. He says:

"In marriage, problems can arise, but one needs to adapt. It just cannot always be the same one who adapts". When I asked him what the biggest issue in his life was, he said, that it was maybe his relationships with women. He broke up a few times with them. Then he regretted not behaving properly. He said he had a girl that he dated. Then he had to go to war and when he came back, he did not marry her, as he had promised. He wanted her to forgive him, so he attended 30 masses. Each mass costs 150 crowns (old currency in Slovakia).

When I asked him why he needed to attend 30 masses he says, that he read it in

Catholic newspaper (Iron series). He says, that even now, in the bus, when he came

to me, he was praying for his friends.

Analysis

Pteridophyta, 3-400.00.00: His religion is very old-fashioned. He follows the rules of the church, but there is lack of reflection.

When it was mentioned in the newspapers that there is need to serve 30 masses, he follows that without asking why. There is a combination of Iron series without basic Lanthanide quality.

He directly mentioned that he does not really have a problem with his family. It seems that his life is about maintaining harmony in the family. This is a combination of Silica series as well as Phase 4.

Prescription: Equisetum, 3-432.14.00.

Follow up

After one month he feels much better. He goes to the toilet much less.

After 3 months he visits his skin is no longer itching. He says that gallstones (Phase 4) he had in the past are gone.

Angiopteris evecta **3-432.15.13**

Case by Jan Scholten

Woman, 50, cystitis.

She has an infection of her bladder with *Escherichia coli*. Her urine smells like ammonia. Her bladder feels raw and she has frequent urination. She feels that she cannot expel her urine fully.

She had a cauda syndrome 5 years before. This gave all kinds of functional problems with her lower body, her bladder, colon, and legs. She had frequent cystitis and incontinence for urine. She also had incontinence for stool and alternating constipation and diarrhoea. The symptoms have ameliorated over the years. But she has frequent stool, in small bits, about ten times a day. Then suddenly she has copious stool. She regularly has abdominal pain, especially after copious stool. Peppermint and warmth ameliorate the abdominal pain. She has frequent eructations, worse when she lies on her left side and when she eats peppermint.

In her youth she has been bullied a lot by her elder brothers. She felt that her parents were not protecting her. She was also bullied at school. She felt misunderstood and lonely, powerless and treated unfairly. She easily felt attacked and retired then. Her mother was also strict and beat her regularly.

Analysis

Pteridophyta: bullied by brother.

Carbon series: cystitis; stool problems; cauda syndrome.

Silicon series: bullied by her brother.

Phase 5: very extravert; open in contacts, very communicative.

Stage 13: retiring.

Follow up

Six weeks later, after three doses of *Angiopteris evecta*, she feels better. Her cystitis is gone and she has much less problems with her stool and abdominal pains. She feels happier and has more energy.

Angiopteris madagascariensis **3-432.15.15**

Case by Tomas Vyboch.

Boy, 4 years old, autism.

When the boy was one year old, his mother noticed that he was hyperactive. Every time she took him out of the stroller he wanted to run away. At the age of two, the mother noticed that he was not developing like other children. He did not play, had no contact with other children, and did not talk.

Over time, eye contact improved and he was more present. He could say three-word sentences. However, he has very bad pronunciation, only his mother understands him. He is very hyperactive. If he is at home he is calm, but outside he cannot walk calmly, he is always running. He cannot sit still. When the speech therapist wanted to work with him, he just ran around the room.

He can play only in a simple way. He likes puzzles and string beads, but he doesn't know how to play some roles, for example firemen. He learned the alphabet very early, already in his second year. He does not play with other children. He is very friendly and smiling. He has no problem with sleeping or eating.

He likes music very much. When he was younger, the sound of the hair dryer bothered him. He can get angry if things don't go his way.

His mother had severe nausea and hyperfunction of the LV during pregnancy. She was very worried about the child because she had never been sick before. Doctors told her it could harm the baby. Her husband lost interest in his wife during the pregnancy and after the birth of the boy told her he wanted a divorce. His mother took it very hard and was very irritated. The birth was natural, but the waters did not break, it the amniotic sac had to be ruptured. The boy had to be resuscitated after birth. He was breastfed for only 2 weeks.

Analysis

3-400.00.00, Pteridophyta: autism, ADHD, speech problem.

3-432.00.00, Equisetidae: he smiles on the

other children, but his only real contact is with his parents; broken game; can't function well in the world.

Phase 5, 3-432.15.00, Marratiaceae:

friendly, smiling.

Prescription: *Angiopteris madagascariensis*; 3-432.15.15.

Follow up

Reaction after 6 weeks: his mother reported that this remedy had the greatest effect on him. He tries to talk more and says more meaningful things. He is a little more patient. He runs less and can go for a walk. The kindergarten teachers noticed the change. He started playing in the sandbox, which he hadn't done before.

At 2 months: He started using the demonstrative pronoun for the first time. He said "He took my toy car". He still expresses himself grammatically incorrectly or answers nonsensically, and gets the genders wrong. He tries to communicate more, he is more curious, asking questions, whereas he didn't ask anything before.

After 3 months his mother says, that he is calmer. In kindergarten he is much more social, he plays with the children.

He has been making slight progress every month since taking the remedy.

Unsuccessful prescriptions: *Amnii liquor*, *Placenta*, *Tuberculinum*, *Iodum*, *Pteridium aquillinum*, *Arachnoides aristata*, *Aranea ixobola*, *Atropa belladonna*, *Datura stramonium*.

After the *Tarantula* he was calmer, and the hyperactivity improved, but there was a relapse.

***Angiopteris madagascariensis* 3-432.15.15**

Case by Tomas Vyboch.

Boy, 8 years old, autism.

The main problem is his speech. He doesn't talk, or he only talks when he wants to. He usually only answers "yes" and "no" to questions. He only asks questions if he wants something. He does not initiate a conversation; maintaining a conversation is also a problem. He lives in his own world. He has a problem with socialisation. He does not reject children, he plays next to them, but not with them. He does not interact with them, preferring to play alone.

Pregnancy

The mother had a good pregnancy. He had a natural birth, on time, with good bonding. Mother was under stress because she was going to various speech therapies for her older son, and she was afraid that she would have to do the same with the younger one. The boy was breastfed for 6 months.

His parents noticed that something was wrong when he was 3.5 years old. He did not play like other children. He was playing alone and didn't make good eye contact. They think it is related to vaccination. His speech was very weak. It's better now, but he can't converse or act properly. The only child he talks to is his older brother. His teacher says he must push him to finish things at school. He has a poor attention span. He is constantly moving, running up and down the stairs for no reason. He does not perceive danger. If he sees something on the other side of the street, he runs there without looking to see if a car is coming. Sometimes he becomes obsessive. Once, for example, he puts all the cleaning products all over the bathroom, and the family couldn't go in there for a month. Now he is obsessed with ringing doorbells. When he leaves the house, he rings every doorbell on the street. There are 60 houses around there. He knows exactly which house everyone lives in. He constantly draws a map of the streets in his sur-

roundings. Another obsession is tearing stickers off everything, from boxes, books. Wherever there is a sticker, he will take it off. He can watch one episode of a fairy tale a thousand times. If he is angry, he repeats certain phrases over and over. He has a hard time falling asleep. He needs to have the light on and someone with him. He is sensitive to light and noise. The light in the supermarket is too strong for him, he covers his eyes there and clings to his mother.

His mother thinks that he concentrates better at school because there are rules. Apart from his family, he has no contact at all. He tried to play with other children, but he couldn't.

He likes to play hide and seek, and to climb to high places. He is constantly on the move, that's why he can't concentrate. He is never aggressive; he does not hit anyone. He has a very good relationship with his father.

Compared to other autistic children, mother says that he does not avoid being touched. He does not isolate himself. He does not reject other children, he is among them, but he has no contact with them.

He used to be afraid of spiders. He is afraid of mosquitoes and flies.

Analysis

Pteridophyta, 3-400.00.00: Autism, speech problems, obsessions.

Equisetopsida, 3-430.00.00: Contact only with the family members.

Equisetidae, 3-432.00.00: Afraid of the dark, he needs someone to sleep with.

Marratiaceae, 3-432.15.00: Child looks very phosphoric, big shiny eyes and always smiling, wants to be among children.

Prescription: 3-432.15.15, *Angiopteris madagascariensis*.

Follow up

After three months his mother says: "He is starting to talk a lot more, he listens to us, his concentration and eye contact have improved. He started asking questions and using more complex sentences. He started playing with the children on the playground and talking to them. Previously he didn't want to work and cooperate at school, now there is no problem. In the

past he didn't answer questions at all if he didn't want to, but he always answers now. In the past he never talked about his feelings, but now he started to. He says he is tired, hungry, or cold. He uses more words. In the past he used sentences without a verb, now he speaks with a verb. He talks about what he did at school. He has already started to open the conversation himself. His hyperactivity has improved slightly, and his obsessions also diminished. When I tell him not to ring the doorbells, he can control himself. The speech therapist was surprised by his progress.

He still needs to sleep with someone. The mother is very satisfied with the remedy.

Lygodium japonicum 3-432.17.01

Case by Jan Scholten.

Girl, 3, autism.

She was diagnosed with autism when she was one. She did not talk, uttered only sounds like a cat, and walked on the tips of her toes. All her toys have to be in a special place and order.

She has digestive problems. She cries after drinking milk, which improves when she is carried. She vomits a few hours later.

Medical history

Her pregnancy was 3 months after another pregnancy where the baby died at eight weeks. Her mother had brown, bloody discharges from week six to fourteen. Halfway through the pregnancy, her mother had a coryza for two months. She was sleepless and had headaches and vomiting after drinking. Later her mother did not feel baby movements, but the doctors said there was no problem. The placenta was blocking the cervix.

Her mother was very stressed from her work. She had worked hard for her boss, who also was a good friend. She was his right hand and worked long hours for him, as a friend. He mobbed and offended her for the pregnancy. He tried to provoke her into arguments so that he could get rid of her. She felt betrayed, was crying and nervous, and had nervous pains and contractions in her stomach and chest with a desire to vomit. Her labor was twelve days too early. In the hospital, they gave the mother epidural anaesthesia, which made her feel numb. In the end, she was born after fifteen minutes of pressing contractions.

She was breastfed only for 4 days because her mother did not have enough milk.

Development

Her motor development is reasonable. She can walk and likes to dance on her bed. She does not speak much, but understands language quite well.

Her concentration is low, she is easily distracted. Her speech is very limited. She lacks concentration when she is with her speech therapist.

Contacts

She has almost no eye contact. She does not react to her name. Sometimes she stares and loses all contact with her surroundings. She has no spontaneous speech to people, no dialogue. She only has interaction with her parents in things she is interested in. She only feels very good with her mother. The contact with her father is okay, but her mother has to bring her to bed. She doesn't like to go to the home of her paternal grandmother, but has good contact with her maternal grandmother. A friend of her mother had a dream that in such a house someone had committed suicide, it turned out that that was true. Her mother never had good relations with her mother-in-law. At the nursery, she only feels good with known children. She does not like crowds. When there is a party of ten people she hides in her room. She is not interested in other children and does not play with them.

Mind

She is stubborn, does not accept a 'no' from her parents, and starts crying, for instance when she cannot stay on the playground. She can be very angry, nervous, pushy and explosive. She is emotionally unstable and can have temper tantrums, which build up when she is overwhelmed. She cries a lot, it is difficult to calm her down, except when her mother has carried her for half an hour.

She is very sensitive to noises, especially raised voices and agitated conversations. Then she becomes anxious and starts crying. She cannot stand the sound of a toilet flushing, the washing machine, blenders or mixers. She puts her hand on the mouth of her mother when she is humming, laughing, or singing.

She is very delicate and weak in the morning.

She can be very lively and agitated.

She loves dogs and is obsessed with them, with real dogs, cuddly dogs, and images of dogs.

She only wants to go on a swing on the lap of her mother.

She has a fear of new places and new houses and starts crying when entering such places

She loves cartoons, but can also be afraid of figures in them, like dwarfs with red hats.

She loves water and runs to it.

She can have periods of aversion to getting dressed or undressing, to go to the toilet to pee.

She can be malicious, throwing down things, and breaking other children's towers on purpose. She can get angry with words, for a period from the word "Papa".

Body

She has constipation, from holding her stool in too long.

She has many tics: sudden motions of her arms, shoulders, head, and legs, swallowing saliva, bending of her right hand as if after a stroke, smelling and sniffing, tapping her fingers on her head and on tables. She has repetitive behaviour like washing her hands and picking up toys.

General

Food: she is on a gluten free and sugar free diet.

Desires: rice, pasta, milk, soup, chips; she is very picky with food; inedible things.

Aversion: new things, potatoes.

Sleep: she can only sleep lying on her mother's chest; she needs to be carried all the time.

Analysis

Fern: autism, limited contacts; speech impaired; repetitive behaviour.

Carbon series: speech limited; desire to be carried by her mother all the time; desire inedible things: < milk.

Silicon series: very connected to her mother.

Subphase 7: malicious; easily angry; suicide.

The stage is uncertain. Stage 1 fits with her sudden, unexpected outbursts.

Prescription: *Lygodium japonicum*, 3-432.17.01.

Follow up

After *Lygodium japonicum* C30 she has much improved. She has 70% fewer tics, less smelling and sniffing, less tapping with her fingers, and less swallowing of saliva. She makes more contact and is not

malicious anymore. Her speech is improving. She hardly eats inedible things anymore. Her behaviour at the nursery is much better, she is calmer and has better concentration. Her hyperactivity has diminished, and her sensitivity to noise is diminished greatly, she is only still sensitive to the sound of crying children. Her Quality of life went from 0 to 65 and then to 80.

Before she had a good reaction to *Christella normalis*, being 20% better in speech and sleep. *Adiantum capillus-veneris*, *Polystichum polyblepharum*, and *Cerium muriaticum* also gave partial ameliorations, but not fully or lasting. She did not react well to *Anemia rotundifolia*, *Doodia caudata*, *Elaphoglossum crinitum* and *Psilotum nudum*. *Placenta humana* and *Lac maternum* gave strong aggravations.

Sticherus truncatus

3-433.12.13

Case by Jan Scholten.

Boy, 9 years old, autism.

He was diagnosed with autism when he was six. But his speech stopped already developing at the age of two. The problem were aggravated by vaccinations, especially the MMR. After that vaccination he got stomach problems and lost his appetite. His abdomen became hard and his speech diminished. He started having constipation with small stools. Then he used only words like "mamma" and "dada". He started twisting objects, spinning and turning them around. He was very thin and losing weight but had a big belly like children with hunger oedema. Later his speech developed and he got a large vocabulary. Now he talks a lot and asks a lot of questions. But they are superficial, not going deeper. They are about everything except abstract things. As a baby, he frequently had colics from formula milk. He got that because the breastfeeding was not enough. The colics came and disappeared suddenly, lasting for 2 to 3 minutes. They were better after defecation.

At five he was sad and grieving because his father left. He started misbehaving at the nursery, by taking toys from other children and pushing them. He couldn't accept the split of his parents.

His pregnancy was pretty much okay. His mother was working till the eighth month of pregnancy. The labour was one week too late and it became a Caesarean section because the mother had lack of contractions. As a baby he was okay. His development was within the norm. He had some problems with learning to bicycle. He was oversensitive to being touched on his head, hands and feet. He was hyperactive, jumping on the couch and constantly on the move. The toilet training went reasonably well using the potty and the toilet when he was three years old.

At school he's doing reasonably well. He has a lack of focus and concentration, and his short-term memory is low. Intellectually he is normal. He likes the interaction with children, but is unable to understand

rules of more complicated games like football. He has difficulties to understand the unwritten rules and the teacher has to explain them especially to him. He can be daydreaming, switching off and staring for five minutes out the window. Then he is unable to see where he was. He's easily distracted, without any clear reason. He likes to build towers and to cycle. But he doesn't like to play by himself, he wants to have the company of his father or mother. He needs reassurances from his mother, for instance by her holding his hand or wrist. He is compulsive, asking things over and over. He keeps on asking about holidays, what attractions will be there? Everything has to be planned and organised and he feels more at ease when his mother writes down all their plans. He has an aversion to have his nails cut and his hair and face washed.

He doesn't like board games. He has a fear of competition because he has a fear of losing. When he loses he becomes angry, slams with the doors and throws the board of the game in the air. He only shows his fear of competition at home, not at school. He is very close to his mother, who raised him mostly alone. But he does not like to kiss her. His mother was very much relieved when his father went away because it was so difficult to handle his depressions and compulsive behaviour. His father was obsessed about germs and dirty things and had to wash his hands all the time. He needed to have everything cleaned. The burden of the father started already during the pregnancy. He was very absent, and had very irregular days, due to his depression and obsessive compulsive disorder. He couldn't handle the commitment and responsibility of a child. They have regular contact after the divorce, regulated by the court.

Mind

He is afraid of insects and especially dogs. He then hides behind his mother. He is closed-minded.

General

Sleep: He falls asleep only when his mother is with him. When he wakes up he goes to his mother. He once had a dream

that his mother is taken away by the rubbish collectors.
Dislike: he does not like to eat new things.

Analysis

Pteridophyta: autism; retardation; contact problems; obsessive, compulsive father; lack of concentration, contact and abstract thinking.

Silicon series: there are aspects of the Carbon series like aversion to hair and nails being cut, hair and face being washed, and aversion being touched. But his toilet training went easy and his speech recuperated quite well. And he is doing quite well at school. The biggest problem is his contact with other children. That fits better with Silicon series. The grief of the loss of his father fits with that. That brings us to Cyatheidæ 3-433.00.00.

Phase 2: unsure, needs reassurances; father is weak, unable to handle responsibility: Gleicheniaceæ 3-433.12.00.

The rebellious behaviour after being abandoned by his father may fit with Stage 13. Prescription: *Sticherus truncatus*, 3-433.12.13

Follow up

After three doses of *Sticherus truncatus* C30 and 6 weeks he is doing very well. He enjoyed a holiday trip with the school. He's more assertive. He's talking more and his speech has shifted. He is more present, showing his emotions. He cuddles, hugs and kisses his mother more. He opened up to children at school in the class and he tells more at home what he has done at school. He's very much busy with numbers, fixing the order of the days of the week and the numbers from one to hundred. His oversensitivity to touch is diminished. He is less hyperactive and sensitive to noise. He sleeps better, the whole night through. His Quality of life went from 50 to 70.

Cibotium barometz 3-433.15.10

Case by Tomas Vyboch.

Boy, 4 years old, autism

When the boy was two and a half a years old, he suddenly stopped talking. His mother feels that it could have been after a vaccination. He was just crying; he was furious and nervous. Before he knew the alphabet, suddenly he didn't speak at all. At seven months he could say "mama", now not anymore. He didn't want to play with the children, he just kept running around.

The main problem is with communication. He cannot answer the questions correctly. He usually repeats the last word of the question, or is silent, or says something garbled. Because he does not communicate at all at kindergarten, children do not want to play with him, so he is alone there. Sometimes he cries hysterically because of that. He cannot communicate, but he likes contact with strangers. He does not avoid them, nor is he afraid of them.

The pregnancy was a planned Caesarian section. In the seventh month of pregnancy he stopped growing, his mother had to take medication. He was born three weeks early. During the pregnancy, his mother had a stressful job, she worked until birth. She worked in the office, there was so much to do that she took her work home to catch up with everything. After the birth they forgot to bring the boy to his mother, so she didn't see him until the next day. He has eye contact with his parents, but eye contact with teachers is relatively weak.

He is friendly. He likes people, he has no problem hugging them. He has a very good relationship with his father and wants to be with him. He is cheerful. He likes his grandfather very much. Sometimes, if his mother requires him to do something, he starts getting angry, kicking, or hitting his head on something. But he will never hurt anyone else. When he is happy, he shakes his hands. He has no problem with change. He has an excellent memory.

He likes to play with cars and trains. He likes to do the tasks assigned to him by the psychologist and speech therapist. He is happy if he receives praise, he also tends to praise himself. He likes to draw, but he is not patient.

He is still on the move. Mother feels like he can't even register her when she talks to him because he is always running. He likes to open doors on everything.

He is afraid of having his hair cut, so his mother must cut it in his sleep. He is not afraid of noise or darkness. He adores animals, likes horses and dogs.

Analysis

Pteridophyta, 4-400.00.00: Autism, problem with communication.

Cyatheidae 3-433.00.00: Functional autism, he has no problem with contact with other people, he reacts to teachers, psychologists. Cibotiaceae, 3-433.15.00: He is friendly, he likes people, likes to hug them.

Prescription: Cibotium barometz, 3-633.15.10.

Follow up

The first week after the medicine he was more lively, more hyperactive. Then he calmed down a lot. He doesn't run like before. Before his mother could not even go to the store with him. She just chased him around the store. Now he is holding her hand.

His speech improved. When mother used to ask him what he did in kindergarten, he said nothing. Now he tells his mother that he is playing with cars or that he saw his friends. He understands the questions better. If his mother asks him something, he answers her. In the past he just repeated the questions over and over.

His hyperactivity improved by 60 percent.

Follow up after 3 months

From month to month his speech improved very much. He started talking more, reciting poems. The teachers noticed the change. He started calling the children by name. He became aware of himself and started to say "I". He says: "I want it, it's mine". Until then, he only spoke in the third person. He started reading short words in books. He can read

long and difficult words. He started to enjoy board games. He can use more words when creating sentences.

Follow up after 8 months

He learned the letter r. He became more interested in his surroundings. He can already answer questions. He can say complete sentences. Understanding has improved. He can hold a pencil nicely. He no longer avoids other people or children. He can do activities with them at the table. He speaks to them, even to strangers. He calls the children on the playground by their name. He is involved in several activities. He calls his mother "mom" and father "daddy". He also addresses other family members, whereas previously he could not. He has better eye contact with therapists.

His hyperactivity and attention has improved. He taught himself to read. He knows numbers up to 100.

He has completely stopped throwing things on the ground, kicking and punching.

Doctors are considering changing the diagnosis, they say it's not autism.

The mother is very satisfied with the remedy.

Cibotium cumingii 3-433.15.11

Case by Kasja Madej.

Boy, 8 years old, autism.

The autism started after the vaccinations of BCG and DKTP. It pulled the trigger, got the life out of him and he became not present, tense and rigid.

At school he is doing well. He is very open, has no barriers. He looks happy all the time, smiles a lot. He is an adorable child, everyone likes him because he is never aggressive or violent. He only screams and cries when his parents forbid him what he wants. He actually is very submissive, but he pretends to be a drama queen. His attacks are short and afterwards he becomes nice, comforting and hugging. He has no need to fight, or to win. He is easy with sharing toys and other things. He is very generous, is caring and nice. He has deep connections to his family, his parents and grandparents. He likes to cuddle them and to kiss his mother. He has a great contact with his father. His older sister does not like him, as she is jealous of the attention he gets. But in fact, she gets more attention than he does.

There is a story that the grandfather of his mother gave away a secret about Jewish families hiding in their village and that the family was shot by the Germans. He did it on purpose. The villagers were shocked by this and were judging him. He became very closed, reserved, showing no emotions, keeping up his face and appearance, like a mask.

His pregnancy was normal. His birth was a Caesarian section. He cried a lot as a baby. In the past, he had runny stools.

Sleep: falling asleep is difficult, his mother has to be with him. In the night he comes to the bed off his parents and sleeps with them.

Desire: meat; nibbling; fussy eater.

Aversion: meat; warm meals.

He has an aversion to animals, except guinea pigs.

Analysis

The prescription was based on the story of the grandfather. He had the delusion he will lose his family and status if he will not follow the orders and rules of the Germans. He instead did something immoral and followed the rules. Rules need to be followed, which indicated the Iron series, and Pteridophyta. It fits with the autism. But he feared that he could lose his family and status, an indication for Silicon series. That leads to Cyatheidaceae, 3-433.00.00. This fits with the child's social behaviour: lovable, everyone likes him; deep connections to people.

In Pteridophyta, the Phase is always 1, which can be seen in this case in: impulsive, autism, hyperactive, naive, childish, outsider.

Subphase 5: his position in the group was sure as he was respected, but he felt the pressure that he could lose it any moment if his secret would come out. Subphase 5 leads to 3-433.15.00, Cibotiaceae. He easily makes contact with people.

Stage 11: trying to keep one's status, feeling the pressure behind his back, protecting the secret, for his own profit. He became rigid, on the surface he was smiling and likeable, but it was just the mask.

Prescription: 3-433.15.11, *Cibotium cumingii*.

Follow up

After *Cibotium cumingii* his cognitive skills become much better. His memory is better and he tells more about what has happened, for instance at school. He is able to do more complex and abstract tasks. He is more in contact with his emotions and can express them much better. He no longer needs to sleep with his mother. He started sleeping with his grandmother after his grandfather died. He has a very deep connection with his grandmother. His Quality of life went from 65 to 70. Previously *Psilotum nudum* had a very good effect.

Dicksonia squarrosa 3-433.16.17

Case by Tomas Vyboch.

Boy, 20 years old, Obsessive Compulsive Disorder

The OCD arose after neuroborreliosis, where he used antibiotics for one and a half years. He has a big problem with even the smallest decisions. The psychiatrist diagnosed OCD with borderline psychotic traits and prescribed olanzapine. He had visions of seeing evil faces.

If he goes to do something, he feels that it is a wrong choice. It occurs also in trivial decisions, for example when he wants to blow his nose. He fears that is it bad from the point of view of his religion, that it could be a sin. If the thought occurs to him that he should look to the right, he does not know if he can do it. He is afraid that he might be bad in the future. He is also scared when he leaves the school. He does not know if he can go by bus or by foot. His thoughts are: "What if I am bad and end up like Judas or Hitler?" His biggest fear is that he will not go to heaven. He is afraid that he will end up in hell.

He does not want to do anything anymore. He just sits all the time. He does not even want to go to the toilet or throw out the garbage.

I asked him what his day looks like. He says that in the morning he dresses and goes to eat. Then he prays fifteen times and just sits. He is very much interested in transport, trains, and bus timetables. He is interested in technology.

He would like to become a priest. His personality is not really developed. He does not have a favourite book or movie. He does not have a favourite colour and does not feel close to nature.

His mother says he is introverted. He is very stiff, not relaxed. He does not like to be the centre of attention or be admired. He is yielding and avoids conflicts. He likes routine, fixed rules.

they are not followed, one is punished. Silicon series: not functional in working, good contact with parents.

Phase 6: guilty, sinful.

Stage 17: Hitler, Judas.

Prescription: *Dicksonia squarrosa*; 3-433.16.17.

Follow up

In a month there was a significant improvement. He is more independent; he can already do some things. He still has obsessive thoughts, but he doesn't let them control him. His mood improved. He started going to college. If he has obsessive thoughts he gets angry and can overcome them. He rates an improvement of 70 percent.

Every month there is a slight improvement.

Prescriptions without effect or with slight effect:

Kalium bromatum, *Thuja occidentalis*, Borax, *Davallia teyermannii*, *Arsenicum bromatum*, *Mancinella*.

Analysis

- 268 Pteridophyta: strong OCD, stiff, likes routine, fixed rules; very unreflective religiousness, where there are rules, and if

Anemia phyllitidis 3-433.17.06

Case by Jan Scholten.

Woman, 55 years old, anxiety and depression.

She was diagnosed with endogenous depression. Her anxiety and depression started at 14, when a charming gentlemen took her to his apartment and sexually abused her. Her father abused her too later in life. She developed auto-mutilation, cutting pieces out of her hand. When she is anxious, she feels tingling and pinching over whole body. She is confused, mixed up. She has a fear of doing things, fear of leaving her home. She never talks to strangers, as they will never understand her. She has the feeling of an end time, due to corona and inflation. She is clingy and needs support. Her husband was a big support and when he died she became very sad and more depressed. She was struggling and fighting even more. She got backaches with instability when walking, as if walking on eggs.

She is in despair easily. She has consulted homeopaths for fifteen years. If it does not work straight away, she phones "I'm so terrible, can you give me another remedy please!"

She takes a lot of psychotropic drugs, which give her a zombie-like face.

Family

Her mother was distant, anxious, and depressed. She became pregnant at 18 already. She was distant with her and hardly held her hand, as she was too busy with her four children. The father of her mother was very strict, beating her on her buttocks with a belt, even during her pregnancy. It was never spoken about. Later in his life he apologised.

Her parents had a difficult relationship. Her father was rigid, strict, a lot was forbidden. He was quiet, could hit her with a slipper. He told her "You are wrong, you are empty, you cannot do anything right." He didn't allow her to learn to play the piano, she had to learn that at school. She felt rejected, helpless, alone, with no ground under her feet. She has very few nice memories. There were no holidays.

In her youth, she was always depressed, looking out the window. In puberty she became rebellious, secretly climbing out the window and going out. At 19 she went living in a therapeutic community.

Marriage

With her husband she managed to overcome all sorts of crises. It was a romantic relationship. He had many feelings, but also depressions and fears, which had to do with his Christian education. She had a new relationship 6 weeks after the death of her husband. The first years of the new relationship after the death of her husband were good. But he is silent, quieter and does not console or comfort her. She has a daughter. She was in a panic when her daughter had a psychotic breakdown. She also has a son; he was contented and easy to care for, as a baby content with artificial feeding.

Mind

She sees no meaning in things. She talks more easily than listening. She asks for help: "Is there anyone who can help me?" Chi Gong helps her.

Physical

She has lots of rumbling in her abdomen and flatulence.

She has long blond hair and dark rings under the eyes.

She has numbness of her skin.

Analysis

Ferns: rigid, strict rules; childhood trauma, beaten during pregnancy. Silicon series: support from husband; sad < death of husband; started in puberty. Phase 7: beaten; sexual abuse; daughter psychosis, auto-mutilation; rejected; alone.

Stage 6: tough; going on.

Prescription: 3-433.17.06, Anemia phyllitidis.

DD Carbon series: child-like; needs support; unable to live on her own; helpless. There are many indications for this series. DD Lycopodiidae: 3-422.00.00: she is not retarded.

DD Equisetidae, 3-432.00.00: the most difficult DD, with Schizaeaceae

(432.17.00)

DD Pterididae, 3-442.00.00: she is not really working, not part of society.

DD Animals: abuse.

DD Gems: deep issues.

DD Phase 3: no ground under her feet; adapting, helpless,

DD Phase 2: adapting; helpless.

Follow up

She phoned only after 2 months. She is doing much better, now has emotions and is not so depressed. She makes more contact with people.

Her Quality of life went from 45 to 75.

She had been given many remedies in the past.

Marsilea quadrifolia 3-441.11.01

Case by Jan Scholten.

Case, girl, 3, autism.

She has autism and barely makes contact. She lives like a zombie. She doesn't talk at all, and only makes sounds like "mmmmmm". The parents think she understands more than she shows. She is generally happy and sweet. She loves her mother very much and kisses and embraces her often. She is unhappy when her mother is in the hospital. She only makes contact with people when she wants to, but most of the time she ignores them. She has trouble concentrating and focusing on things, except when she is watching television. She is rarely angry, only when she does not get what she wants, for example, food or going on the seesaw. For example, she gets angry when the seesaw is occupied by others. She can be obsessive with numbers, pointing to numbers from 1 to 10 and back. Her body gets stiff when she gets excited and then she raises her fingers. For example, she can get excited when she sees a waterfall or ducks in a pond. She likes bathing very much.

The problems started with aggression after she was vaccinated and her mother had pneumonia. She is constantly running around, frantic, like a maniac. This is worse when she is constipated and the environment is harsh.

The biggest physical problem is chronic constipation, arising simultaneously with the autism. Sometimes this alternates with diarrhoea for a few days. Her stool is very hard and she doesn't have the strength to push it out. The constipation also alternates with insomnia.

She almost always suffers from ear problems and points to it constantly. The diagnosis is middle ear infection with effusion. She suffers from redness in her face and frequent blinking of her eyes. She has been treated with homeopathy, bowel nosodes, vitamin and mineral supplements, but all to no avail.

Her mother was very nauseous during pregnancy after the 20th week. She was a very wanted child. Her mother had yellow fever the month before pregnancy. The

delivery was by cesarean section because her mother was so nauseated. In the process, she swallowed a lot of her mother's blood.

Her sleep is highly disturbed. She cannot fall asleep without violently moving her body and head up and down. She wakes up frequently. The insomnia makes her mother exhausted. She has very good contact with her father whom she also loves to embrace. She is not so fond of her younger brother, who, on the contrary, is very keen on contact with her. Her mother can get anxious easily and thinks she has passed that on to her children. Her mother can also be obsessive about illness. Her father had a difficult childhood because his father was hard on his mother. Her father's family is very closed and cannot express feelings.

General

Weather: has no influence. Sleep: bad, falling asleep bad. Preferences: carbohydrates; meat; grilled food, chicken. Dislikes: bananas and apples; oranges; ice cream.

Analysis

Pteridophyta: autism with retardation; no talking; angry, if she doesn't get what she wants; obsessive; sleep poor; preferences carbohydrates.

Hydrogen series: zombie, absent-minded.

Marsilea: constipation; zombie.

Prescription: Marsilea quadrifolia.

Follow up

After six weeks, her constipation is very much reduced and her stools have become regular. She is happy and more compliant. She is learning many new things, for example doing more with lego and can make connections better. She has more problem solving abilities. Her behaviour is less repetitive. She gets along better with her brother. She is connecting more with her parents with other children. She is starting to babble a little. And she also understands a lot more. Falling asleep is still a problem, but she is sleeping through better. Her Quality of life has gone from 25 to 50.

Coniogramme emeiensis 3-442.12.04

Case by Jan Scholten.

Boy, 5 years old, autism.

He is diagnosed with autism and Pandas, an auto-immune, allergic disease associated with streptococcus.

His speech is delayed, he speaks only single word sentences. He uses some English words, and can count. He repeats words over and over and whines a lot. He is rigid with language, repeating sentences. He makes squeaky and barking sounds. His understanding is better than speech, but not 100%.

He is diagnosed with epilepsy, but has no seizures and his EEG is normal. He has freezing states, which are worse in sunlight and in the morning and better if being touched; with it he faints, is staring, pale, sweaty, and flabby, and has a lack of muscle tension.

He has a strong allergy to food. Pork gives shortness of breath and eggs give skin rashes. A few times he had an almost deadly anaphylactic shock and ended up in hospital. Then he had cough, choking, swollen lips and eyelids, was nervous, agitated, making strange sounds and running around. Due to that risk he does not go to school.

He has Hashimoto's disease, with hypothyroidy. He has an infection with Bartonella, and a lot of ear wax.

His pregnancy was wanted. His mother vomited heavily during pregnancy and had itching hands and stomach, due to cholestasis. She had early contractions. She feared to lose her baby, as her brother's wife had lost a baby during pregnancy. The labour was a Caesarian section due to the cholestasis.

His mother had wanted a girl, so she was disappointed in him as a boy. He wants to be close to father and mother, to be touched and press himself to the abdomen of his mother. He adores his father and is happy to see his father come home. He can be bossy to his parents, commanding them with single words.

His mother's parents got divorced.

The maternal grandfather had a traumatic

experience as a child in WW2. German soldiers came into the village in search for men. He had to be silent about the place where his father was hiding and even when they hit him in the face. He feared to be killed. Later in the day he and his mother heard a shot and his mother asked to go and see what was going on. On the edge of the forest German soldiers were forcing a man to dig a grave for another man they had shot, but was not killed. They wanted to bury him alive. He fled, but later felt guilty that he never got back to see if he could rescue the man. He always kept a strong fear of Germans. This great-grandfather had a very special connection with his great-grandson.

He likes contact and cuddling with his parents, especially with his mother. He cuddles his brother when he cries. He likes to press himself against his mother's belly. He wants to be pressed. He presses his chin into others. He is excited when he sees children, jumping like a frog. He takes the hand of girls, or strokes their hand, but does not speak to them. He wants to be tickled in his neck and tummy. But he has not much contact with other children. He has better contact with adults than children. He is disturbed when his grandmother leaves.

He is oversensitive to noise, for instance of falling books, and especially the crying of other children. Then he covers his ears with his hands.

He is easily nervous and agitated, running around when he is allergic or hungry. He cannot cope with stress, for instance when there is lack of order. His feet are very sensitive. He does not want his hair or his toenails cut.

In general he is not aggressive, but screams when his parents don't give him what he wants. In general he is more phlegmatic. He needs help from his parents to get dressed. He tends to pull up sleeves and trousers.

He makes gestures as if grabbing imaginary things.

He is obsessive with books and i-pads. His books need to be in perfect order. He loves to watch videos of himself and

laughs when he sees himself crying. He is not an outdoor child. Generally he is phlegmatic, lying down, in a frog position. He frequently touches his penis.

Fear: staircases.

Sleep: restless, moving around. Desires: salt.

Aversion: soup, vegetables.

Analysis

Fern: autism; retarded.

Iron series, 3-440.00.00, Polypodiaceae: rules, soldiers; village men.

Carbon series, 3-442.00.00, Pterididae: aversion to have nails cut; unwanted as a boy; sensitive to crying of other children; desire physical contact, touch, cuddling, presses himself against parents.

Phase 2, 3-442.12.00, Cryptogrammoideae: shy, does not dare to go out; not aggressive; cuddling.

Stage 4: just staring, doing nothing.

Prescription: 3-422.12.04, Coniogramme emeiensis.

Follow up

He did quite well on the remedy. His freezing and staring became less. His feet remained very sensitive. He remained sensitive to the crying of other children. The hypersensitivity to sound diminished, but later became stronger. He did not have epileptic attacks and his ear wax diminished. Generally he is going up and down.

Later Davallia fejeensis helped him further.

In the past he was doing better with Ranunculus bulbosus. Bufo rana, Calcium carbonicum, Calcium phosphoricum, Atropa belladonna, and Pulsatilla had little effect.

Coniogramme emeiensis 3-442.12.04

Case by Anton Kramer.

Woman, 80 years old, incontinence for urine.

Her main complaint is urine incontinence. Her speech is slurred, as though drunk. It is slow, almost impossible to understand. The movements of mouth musculature are difficult. She is also not clear in what she wants to express: beating around the bush and hesitant. She often changes subjects. In the past she had a CVA with paresis and speech problems. These improved almost completely; in recent months the problems returned a little.

She is chaotic, not organised. She wants to keep notes of her problems and improvements, but does not succeed: "That is a weak point of mine. It is my negligence". She is afraid to offend someone: "I am a coward, I do not dare to make my point in discussions".

She says: "I do not open myself to people, do not tell about my complaints or emotions. I make a joke instead. I am somewhat superficial; the good thing is that that keeps me out of discussions and fights. I can enjoy meeting all sorts of people." Uncertainty. "Emotionally I feel rickety, wobbly".

In her forties she finally finished High school, then studied two languages. When she finished she was a rather good teacher. But she did not dare to work, unless she was invited to. Then she was happy for a moment.

"So I did not do much with my life, did not accomplish anything. And now I am in the end phase of my life." In a way she was capable; she seemed to function well. She raised two children, assisted her husband in his company. But she kept feeling very insecure in everything. "How can it be that my children are happy?!". But when the children accompanied her in consultations I understood that their upbringing was not easy all the time.

"I am full of contradictions. In several respects I am very capable and conscien-

tious. And I can enjoy life intensely. But emotionally I feel wobbly and uncertain and incapable and shy. In my life I started many things, never continued nor finished them. And I did not dare to take responsibilities. I do not like parties. I hate small talk, I want to hide".

One of her children says she is strange.

"She does not say what she wants, she agrees with everything, everybody and she says she understands everyone's position!". She herself says: "It probably has to do with my youth; I did not escape the system. I fitted myself in in the structures and I functioned quite well most of my life."

She is, on the other hand, optimistic, refined, takes things easy, enjoys life very much. She often reacts laconically in matters. She loves to read, already as a child. She was born during World War II in Germany. Her mother was very tense and afraid. She knows there must have been many bombardments but she does not remember them. There was famine during and after the war. During the French occupation her mother was raped several times by soldiers. She herself realised later that she must have made herself very small, keeping quiet and not demanding anything from her mother. But her nature was more lively, outgoing, stubborn. She must have wobbled back and forth.

She missed her father very much in her life. He was in the German army in World War 2. Her parents did not see each other for four years. When he finally came home for a short period (because of a funeral in the family) she was conceived. Her father came home after the war and had his internment when she was three years old. He was great; our patient was deeply connected to him. But he died a year later due to an injury.

Her parents wrote each other letters every day during the war. Both were in essence lively and joyful people with slightly eccentric friends. Her father was very warm and, in the short time they lived together, gave much love.

Her mother had a shop during and after the war, doing rather well considering the circumstances. She was a good business woman, the shop grew steadily. "She was very focused on her work, so I had much

freedom". At the age of thirteen her mother took her from school to work in the shop. Her mother was domineering, did not allow her to choose a study; she had to do the study that was needed for the business of her mother.

Analysis

Ferns: blocked child development, and recently old age retrograde development: losing speech and mobility; slight incontinence for stool, but intense for urine.

Blocked child development caused by war situation. Intense shyness. Many qualities, but not able to really engage in society.

Iron series: Polypodiana, 3-440.00.00: not escaping the system, just fitting in in the structures; 'functioned' quite well. Carbon series: Polypodiana, 3-442.00.00: strong incontinence for urine; loss of speech, loss of father.

Subphase 2, Cryptogrammoidea, 3-442.12.00: deeply insecure behind her functioning; did not dare to act in life; coward; uncertainty; hide; agrees with everything; on the sideline.

Stage 4: Coniogramma emeiensis 3-442-12-04; coward; uncertainty; hide.

Prescription: Coniogramma emeiensis C30.

Follow up

After six weeks there is a clear improvement. Her incontinence is much less. Her speech is clearer both in pronunciation, as in the train of her thoughts. She talks a little faster. She is still a bit chaotic in her life, and still very tired. She can sleep again after breakfast, especially when she is alone, and less when there are other people around.

After 10 weeks she calls by telephone and tells that she seems to go backwards, though not as badly as before.

Prescription: Coniogramma emeiensis C200.

After 5 months she is much better. She is more lively, active, has better speech, and her incontinence improved. She is much fitter, more in contact with friends and family. And in this contact she is much more self-aware and self-assured than ever before.

What adds to the situation is that her

daughter got a closer look at her lifestyle. That helped to improve her daily rhythm and also made some improvements in the toilet. This saved patient many hours per day and in doing so also much energy. But before this help a big shift was noticed already. And she could 'receive' help and tips better than before.

All in all: she and her children are happy, as she is emotionally much more present and aware. And she is, more than ever, able to express her desires, and her opinion. This makes it easier for people to relate to her. Her daughter was irritated with her whole life, because the patient never was open nor direct, so is now happy because she can relate to her mother for the first time.

She has been in treatment since one year. Before Coniogramma emeiensis she was doing quite well for half a year, on Cannabis sativa. Cannabis sativa was indicated because of incontinence, confusion, happy, joyful, nothing troubles, loquacity, slowness of speech, speech wavering, incoherent. Later Barium aceticum was combined: shyness, blocked in her child development. But she did not improve further, and her speech did not improve, nor her tiredness.

More than 20 years earlier I saw her for a while. She then reacted quite well on Aluminium muriaticum and later on Aluminium silicatum.

Acrostichum aureum

3-442.12.10

Case by Jan Scholten.

Woman, 60 years old, confusion.

She feels confused after a visit by a friend. She had a moment when she lost her mind and couldn't remember anything. It felt helpless and lost, with the total lack of orientation. She felt like she was losing her mind and felt totally isolated. She wondered what was actually going on and could not remember anything. She felt like she had to explain everything every minute. She felt like she had lost all control and was completely at the mercy of the situation.

The situation with her friend was difficult because she had to be very careful not to hurt her friend. Her friend was very self-centred, strict and reproachful towards her. It was actually too much for her, but she could not abandon her friend either. This was very similar to the situation with her parents. They had grown apart and separated and were trying to set her up against the other parent. She was the mediator conveying messages.

She is a type who can empathise with others and is very adaptive. She is afraid of rejecting the other and thereby being abandoned herself.

Analysis

Pteridophyta: fixed patterns.

Carbon series: parent-child problem; fear of abandonment.

Phase 2: adapting; never getting angry; helpless and lost; completely at the mercy of; very adaptive; fear being abandoned.

Stage 10: mediator.

Prescription: 3-442.12.10: *Acrostichum aureum* C30.

Follow up

After 6 weeks and 3 doses of *Acrostichum aureum* C30 she feels much better. She suffers much less from bad conscience. She can set boundaries much better towards family and friends.

Hemionitis palmata 3-442.13.05

Case by Tomas Vyboch.

Boy, 6 years old, retarded development.

He was born with hypotonia. At the age of two, he was still not walking. He is very dreamy. He basically only does what he wants. It is difficult to work with him. The mother feels that he can do more than he shows, he is just stubborn. Doctors cannot determine what level of intelligence he has because he refuses to do things on demand. The biggest problem is poor understanding, as if he does not understand his mother's questions or does not want to perceive them. Sometimes he can answer without problems, other times he doesn't seem to understand them.

His mother considered an abortion because she no longer wanted a second child. The birth was complicated. The mother felt that the boy was already in the birth canal, but the doctors did not believe her. He was born very quickly. He had asphyxia.

He was not breastfed because he could not latch. At 7 months, he still couldn't turn around. He couldn't sit down. At that age he was 10 kg. He cried a lot. At 11 months he sat up and at 14 months he started to crawl on all fours. He started talking only after 3 years. Mother feels like he doesn't want to grow up. He is timid, afraid to try new things. It was as if he lived in his own world, as if he was not interested in the outside world. He didn't respond to anything, was not interested in anything, as if he wasn't here. It's different now, but it's still hard with him. He didn't understand emotions.

He has a poor attention span. Even if the game is very simple, he only pushes the train back and forth. He can't sustain attention for more than 5-10 minutes. He plays at the level of a 2-year-old child. He is timid in kindergarten. If the kids are running and screaming, he withdraws. He has just one friend.

He loves water. His favourite activity is being in the water. In the garden, he takes a hose with water and can sit there for three hours pouring water on himself. He is sensitive to noise. He can't go to

children's concerts. He loves jumping on the trampoline. He participates in activities in kindergarten, the children like him. Sometimes he acts like a dog. He barks, walks on all fours and sticks out his tongue. He wants his mother to call him a dog.

After Lycopodium he stopped playing a dog. He was happier and his speech improved. He started answering questions and started going to the toilet. Before that, he only wore diapers. The game has become more functional. After three months, the condition began to deteriorate again.

Analysis

3-400.00.00, Pteridophyta: Delayed development, boy doesn't want to grow up, speech problem, ADD, doesn't understand emotions, afraid to try new things. 3-440.00.00, Iron series. Polypodiales: he follows all the rules at kindergarten. 3-442.00.00, Carbon series, Pteridales: he doesn't follow the rules at home; he has a problem with potty training. 3-442.13.00, Phase 3, Cheilanthes: he constantly needs reassurance, when trying new things. 3-442.13.05, Stage 5, Hemionitis palmata: he is unsure, sometimes he can answer certain questions, sometimes he can't. Prescription: Hemionitis palmata, 3-442.13.05.

Follow up

After each administration of the remedy, the symptoms worsened for one week. Subsequently, there was a significant improvement. Both speech and comprehension improved significantly. He can form sentences, he listens to what his mother tells him. If he doesn't understand something, he asks. Hyperactivity diminished and speech improved significantly. After two months he started to use the toilet, whereas previously he used diapers. After a few months, he was examined, and it turned out that his coeliac disease was cured. Inflammatory values of the small intestine normalised. He answers questions correctly, his understanding improves every month. He learned to distinguish colours. His communication and comprehension have improved significantly and his memory improved. Memorising a word takes much less time than before. He can tell what happened in kindergarten. He learned to count. He became interested in writing and drawing. Observation period: 10 months. After the remedy was administered, his condition improved every month.

Hemionitis palmata 3-442.13.05

Case by Magdalena Jakubaszek.

Girl 10 years old, autism.

After 1 dose of the MMR vaccination, she regressed to autism and lost her speech. She sat behind a window, with no contact with the environment. She did not look at people. She is purring and is in constant motion. She wakes up between 1 to 4 am and then at 6 am she falls back to sleep. At night she is howling loud and playing. Mum reports that at some point she has stopped sleeping. She just has a nap of 15 minutes at noon.

She hits herself hard on the head with a toy many times, repeatedly hits herself hard on the face. She speaks to the toy not unintelligibly, echolalia. She calls out "This is that", and quietly hums some sounds. She makes various noises all the time, some correct words emerge from these.

She speaks to interactive toys, arranges them in rows, but does not answer mum's questions. She places interactive toys to her ear, records herself according to mum on her phone and then listens and watches herself. She takes a patch of hair into her mouth and bites it.

She expects to be scratched, stroked and petted by mum. She purrs softly when mum strokes her legs. Her mother says that she comes many times a day to be touched for a moment. She gets up, claps her hands loudly, walks over to the wall and bangs her head against it. She turns to a toy, and shouts something to it. She runs back and forth across the room, goes into the wardrobe. She runs from toy to toy and all the time, communicating something to the world in her own way. She plays with her toys and then makes sounds like her silent singing. She only becomes quiet when her mother strokes her. She speaks in her own language to the toys, like a conversation. In her voice you can hear her trying to replicate emotions, she lowers and raises the sounds.

She has a strong auto-aggression when the toys do not make voices, she changes them to cartoons on the TV or songs. She is capable of recreating a whole sentence

from cartoons.

She does not drink from a glass, she can only drink from a spoon. She only drinks water by herself from the shower or from the garden hose. She has high food selectivity, she often sneaks food in the kitchen, including sweets, and unhealthy snacks. She drinks a lot of fruit juice. Her mother says her daughter starts to do things but lacks persistence. She starts new games eagerly but doesn't seem to know what is expected of her. I asked her for crayons and she eagerly took them out, looked at them, drew a line and then went to another game shouting "No no no no". This is how she reacts during various activities and therapies.

Analysis

Fern: autism; speech retardation. Carbon series: speech retardation strong. Phase 3: very cuddly.

Stage 5: starting to do things but lacks persistence.

Hemionitis palmata: 3-442.13.05 I advised mum to give Hemionitis palmata 12C in water solution, during the consultation. The girl stops running around the room, walks over to the wall to bang her head against it, you can see her making a swing towards the wall but not hitting it. She picks up a toy to hit her head and does not complete this action. She stops clapping, squeaking, she does not hit her head, she does not hit her face (She used to do this very strongly before). She has slowed down with walking and sounds seem slower.

Prescription: Hemionitis palmata 12C, 2 times a day, reduced to 1 dose a day if there will be amelioration in her behaviour.

Follow up

Message from her mother after a few days: "I said to her today will you help me with dinner' and she quickly came over with a smile. And she was happy to cut the vegetables. She also made pancake batter for her dad, and I could see she was enjoying it. When she started to mess around and my husband pointed out to her, she didn't get angry or hit him on the head or jump around. She accepted." After a few weeks she is definitely calmer.

She sleeps through the whole night. She became calm during the day and often comes to give me kisses, which she never did before. Her mother says: "On Monday I gave one dose of the remedy at night because she was squeaking. On Tuesday I saw no need for another dose, as there was no squealing, jumping, clapping or any aggression or screaming. Thursday I gave the remedy only once and the clapping went away. Overall it is better than it was. The jumping on the knees is gone, there is still some clapping and squeaking. She sleeps all night from 21-22 as she falls asleep. When I call her she comes straight away the first time".

One month later she started to communicate with logic sentences, a big improvement in a speech.

Previously, several other homeopathic remedies gave no results.

Hemionitis palmata

3-442.13.05

Case by Jonathan Stallick.

Man, 23 years.

This was a patient who had transitioned from female to male. Originally he was so timid he couldn't even go to the local shop alone. He had obsessive compulsive thoughts and an internal voice that was bothering him.

He did very well on Barium carbonicum and then *Salvinia auriculata* (421.11.01) After *Salvinia* he was much better. He was able to hold down a job and talk to customers and staff freely. He was much more independent and would have his ear pierced, for example, without asking his parents, which had done before.

However after *Salvinia*, the OCD thoughts, the compulsive thoughts couldn't stop it, stronger- stayed like that for a couple of days.

He talks to himself, full conversations. It bothers him, he can't control it. "It distracts me from having a proper conversation with someone. Or when I am alone, like a camera following me around and talking to the camera".

Analysis

I felt he had moved on from the strong hydrogen energy and was just more in his head and cautious. I went to 3-442.13.05 (wanting to work but still feeling childish, the gender confusion and lack of confidence to really go for something). The fern is *Hemionitis palmata*. This is a hermaphrodite fern which seemed to fit my patient well. *Hemionitis* comes from the Greek meaning 'Ass's ear'. His mother would describe how he would walk a few steps behind them when out. This reminded me of a donkey reluctantly being led.

Follow up

He went to a work Christmas party, was great fun. His brother came too, before he wouldn't have gone, he chatted with everyone. Felt confident.

Went to Christmas market- went off alone and would never have gone off alone in past. Parents were amazed. Also he walked

with his parents, not a few steps behind. Feeling better talking to people at work, he now will approach customers instead of waiting for them to approach him. Before the Hemionitis he still had some confidence issues about work and was going to reduce his hours, but after the remedy he took on extra hours at work.

Before the ferns the idea of working would have been impossible.

Doryopteris pedata

3-442.13.08

Case by Jan Scholten.

Boy, 13, autism.

He has problems with understanding things. He does not understand what he has read, he cannot talk well. He tends to repeat questions to his mother like how many days has September. He is fascinated with numbers. He goes to a private nursery and is eager to learn. He mastered letters and numbers. He is eager to learn, but it gives him also stress and then he starts biting his hand. He likes cartoons and fairy tales, and repeats them very often; he talks to himself parts of the cartoons, a kind of echolalia. He has no shame and likes to undress when he is at home.

Motion

At seven months he had colic and weak muscles so that he could not lift his head very easily. His balance is not very good, he can easily fall over. He did not crawl and started walking at 13 months. His motor development is okay, except for fine manipulations like drawing and writing. He has tics, like vocal tics, shaking his head, squinting his eyes, looking upwards, and opening his mouth. He has a kind of slight convulsions, myoclonic, in the morning during sleep, with his eyes wide open and stretching out his arms to his parents. It was diagnosed as the consequence of hypoxia during labor.

Contacts

He has very good contact with his mother and likes to kiss cuddle and hug her very frequently. He also has very good contact with his father and likes to work with him on the farm. He likes to help his father on the farm, riding a tractor or a motorbike. He likes to become a firefighter like his father.

He has two good friends, plays with them, run and catch especially.

He likes company and new people, and likes to hug aunts and uncles saying "I love you, auntie".

He is very seldom angry, only when his mother takes his phone away, when he

wants something that he doesn't get, or when he is interrupted. When he is angry he says "I will hit you", or "The police will come and get you". He likes to play with his younger brother. He gets nervous and annoyed by his younger sister. He is apologising a thousand times when his mother is angry with him.

Mind

He has a fear of dogs since he has been bitten in his calf.
He has a fear of ghosts and open windows in the night, out of fear of being kidnapped. He is hypersensitive to music.
He likes to travel by car or drive himself.
He is good with Google Maps and has a good orientation.

Medical history

During the pregnancy his mother had heartburn, coming from stress with her mother-in-law. His mother felt annoyed by the demanding and impatient behaviour of her mother-in-law. The distress was worse from the shouting of his father at his mother.
The labor was on time but lasted long because there was no dilatation and very few contractions. In the end, the doctors decided on a Caesarean section because of the lack of progress.
At six months he had bronchitis with lack of air, blocked nose, no fever, and worse at night.
He was operated on a scrotal hernia, at 6.
He had asthma for several years, with wheezing, difficulty breathing, and coughing until vomiting. The asthma was worse from strong winds and better from a diet without gluten, dairy products, and sugar.
He was diagnosed with low thyroid function.

General

Weather: a desire to be outside.
Desires: dried bread and dry cornflakes especially, he is very picky.
Aversions: potatoes, soup, cake, muffins, or new things.
Sleep: good; sometimes waking from nightmares, storms, or fire alarms.

Analysis

The autism and retardation are strong indications for Pteridophyta.

The retardation also points to Carbon series, with a lack of speech and understanding. The shamelessness and walking naked fits with the Carbon series.

That brings one to Pteridales: 3-442.00.00. He has a very pleasing quality as expressed in his hugging, kissing, and cuddling. This brings one to Cheilanthoideae: 3- 442.13.00.

In the proving of *Doryopteris pedata* there is somnambulism, tunnel vision, and functioning like an automaton.

Prescription: *Doryopteris pedata*, 3-442.13.08.

Follow up

As a reaction he got a headache for 11 days and an open mouth, after that it was okay. With the second and third dose of the remedy he got similar symptoms but shorter. He is more emotionally stable and less angry when his teacher changes routines. He can read notes logically and is writing nicer, especially when he writes slowly. He likes to go to school, where he is more happy and makes more contact. He makes great progress, and he is more polite, helpful, and conflict-free. His Quality of life went from 85 to 95.

Adiantum venustum 3-442.14.07

Case by Jan Scholten.

Boy, 4 years old, autism.

From the age of two, he makes difficult contact and does not look at people. He talks little and also asks little. His speech is variable, at times better and then not good at all. He doesn't use many words, but he understands almost everything. He usually points to what he wants.

The pregnancy went well until the last two months. Then the gynaecologist recorded a lack of oxygen in the umbilical cord. His mother was stressed and sad because of her father's illness and the death of an uncle. In childbirth, she received epidural anaesthesia but was still in a lot of pain. Labour was difficult and he had a purple head after birth. As a baby, he hardly cried or talked. Potty training went quite normally.

He has very good contact with his mother and accepts only her. He has little with his father and does not make eye contact with him. His older brother tends to bully him, especially when he gets attention. He attends a normal school. Sometimes he feels like school, but sometimes not. His concentration is very poor and does not feel like doing anything at school. He has a good memory.

He gets along very well with other children. He is also invited to other children's parties and he likes going to them. He likes to play with other children. He likes to go to football, but he does not participate. He stands there clapping and laughing at what is happening. He often sits separately and then plays alone. He tends to huddle together in a foetal position. He likes to help his parents in the kitchen, making pasta for example.

He is quick to get angry, over trifles, but that also goes away quickly. He gets angry if he doesn't get his way or when his parents take a different route than usual.

When he is angry he can bang his head on the floor or against the door. He has a sense of humour and is easily cheerful, but sometimes quickly gloomy.

He regularly has ear infections. Then he is a bit sick, with asthmatic symptoms. He

has frequent colds with coughs, especially in autumn.

Analysis

Pteridophyta: autism; retardation, speech moderate.

Iron series, 3-440.00.00, Polypdianae: inflexible, < other route.

Carbon series, 3-442.00.00, Pterididae: illness of father; death of uncle;

Phase 4, 3-442.14.00, Adiantoideae: very good contact with mother.

Stage 7: making pasta together; likes to be with other children.

Prescription: 3-442.14.07, *Adiantum venustum*.

Follow up

After 6 weeks and 3 doses of *Adiantum venustum* MK he has gradually improved. He is less often angry and sad. His speech is improving significantly. His teacher is very satisfied and says that if things continue like this, he can go to a normal school later. The speech therapist says he is making great strides. He is a different child, he does much more instead of just sitting quietly in a corner. Also his aggression is much less and he no longer bangs his head on the floor or against the door. His concentration at school is much better. His Quality of life has gone from 30 to 70.

Anetium citrifolium 3-442.15.17

Case by Joelle Smaniotto-Gorton.

Girl, 5 years old, severe cerebral palsy.

Winnie's birth was fast and intense, She was blue, floppy, with a 0 Apgar. She had to have CPR and oxygen and started to breathe on her own 45 minutes later. Afterwards she underwent cooling therapy, she developed seizures. She also had meconium aspiration syndrome.

Winnie was first brought to me because she was arching and doing a lot of extensions. She is a very lovely, soft, sweet girl, always smiling and pleasing her mum and dad.

After a severe choking episode she refuses to eat by mouth and has been fed via a MIC-key bottom since. The doctors suspect silent reflux. Aconitum does not help. She vomits easily, has repetitive urinary tract infections, daily absence seizures, and frequent generalised onset seizures. She is non-verbal.

Both great grandfathers were war prisoners of war and spent years in prison in Russia. There were sexual abuses on her maternal grandparents side.

Her dad had a very rough upbringing and was totally ignored and beaten by his mother as a child. His dad ignored him.

Analysis

Pteridophyta: autistic, retarded.

Carbon series, 3-442.00.00: severe disability; in a wheelchair.

Phase 5, 3-442.15.00, Vittarioideae: very sweet, always smiling, even when she is in pain.

Stage 17: epilepsy; wheelchair; ignored, beaten by parents; imprisoned; abuse.

Prescription: Anetium citrifolium 3-442.13.17

Follow up

After Anetium citrifolium as paper remedy her seizures decreased significantly, and her immune system is now the strongest of the whole family. She is now so healthy that she can attend school and loves it. She also has just started to eat small quantities by mouth.

First prescriptions

She did well on Amniotic fluid, Lac humanum, Arnica montana, Natrium sulphuricum. She sleeps better, puts on weight, and is arching her back less.

Pteris tremula

3-442.16.08

Case by Martin Jakob.

Woman, 84 year old, cough.

She has a chronic, loud barking cough for 30 years. Problems with walking due to pain in her lower left leg, originally caused by a comminuted fracture from a fall 10 years ago. This was stabilised with metal plates and screws and after this operation she had recurrent inflammation in the area where the metal plates and screws were located. Her leg sometimes just gives way and the orthopedist diagnosed osteoarthritis in the affected leg.

Her childhood was marked by war, which she is now afraid of again due to the media coverage. Her father died at the front in Russia when she was two years old. She therefore grew up without a father. Her mother was strict with her children, there were no excuses with her, things had to happen the way she wanted them. Her mother had to get herself and the children through this difficult time without her partner. She found the war and post-war years terrible, the bombs, the fear, nothing good to eat, etc. She married a man 10 years her senior and had a symbiotic relationship with him until his death 30 years ago. She feels unappreciated by their son and complains about these and other life circumstances. She is afraid of poverty and of being alone. She is very strict with herself, trains regularly at the sports club and does not want to give in to herself under any circumstances. Move, move, move is her motto. She has worked hard all her life in her own business, building and running it alone with her husband.

Analysis

3-400.00.00 Pteridophyta: war trauma; strict rules without excuses.

Iron series, 3-440.00.00 Polypodiales: very strict with herself, does not want to give in.

Carbon series, 3-442.00.00, Pterididae: fear of poverty, being alone; childhood without a father, during the war and in the post-war period; a much older partner.

Subphase 6, 3-442.16.00, Pteridoideae: she

feels unappreciated; complains about her living conditions; osteoarthritis.

3-442.16.08 Pteris tremula: Worked hard all life, built a business, perseveres with exercise.

Follow up

After 3,5 months her cough, which she developed 30 years ago after the death of her spouse, has disappeared. She no longer has any pain when walking. She feels well and is happy that her leg is doing so well now.

Pteris cretica

3-442.16.13

Case by Jan Scholten.

Boy, 12 years old, autism.

His speech is very limited, he only repeats words. He understands a lot and has taught himself the alphabet and reading. The autism started when he was one and a half years old after a DTP vaccination. He then had a fever, could not sleep and was constantly crying and screaming like a wild animal. He also got diarrhoea due to an infection with *Escherichia coli*, which was treated with antibiotics in a hospital. When he came home, he did not recognise anyone and was afraid of everything and everyone. He became afraid of lights, doors, being touched, and pushed his mother and grandmother away.

He regularly had inflammations such as influenza, ear infection, tonsillitis. This made him very weak and he could not stand or walk properly. This was because he also had a hip infection, whereby he lay down with his legs pulled up.

He is always very busy, very active, hyperactive. Then he is loud and jumps like a kangaroo. He is not aggressive towards others but he is aggressive towards himself, for example by pinching his cheeks until they bleed.

He likes music very much and can remember songs and artists. Recently he has also become fascinated with video, and watches on YouTube how they make dough for bread. He likes to travel, for example by bus but also by walking. He likes maps with roads and cities on them. He is often monomaniacal, for example in the park he is constantly playing with sticks, crushing berries with his feet or stripping the bark from trees.

He is very solitary and makes little contact. He makes contact mainly with his parents and a little with his teachers. He ignores all attempts by other children to make contact with him. At school, he is very popular with the teachers.

He has reasonable contact with his parents. His parents would probably have divorced if he had not been born. He has a

two-year younger sister who constantly wants to play with him. But he is not a big fan of his sister and constantly tries to get rid of her. He is jealous of her, of the attention she gets and cannot stand her crying.

He is easily bored, more so once he knows how to do something.

Physically he is very fit, climbs ladders and has taught himself to ride a bicycle and a scooter.

During his pregnancy, his parents often argued about money. His father had problems finding a job. They also had different views on life. His mother was more of a home person and his father more of a party person. He had a natural birth at 39 weeks. The umbilical cord was around his neck twice and he spent a day in the incubator with light because of high bilirubin.

General

Weather: he has an aversion to the sun, then he prefers to go inside; when it is dusk he wants to go to sleep, then he covers his ears and folds himself together like a ball.

Preferences: tea, green tea, water; peppermint.

Sleep: he can only fall asleep when one of his parents is present; during the night he often comes to his parents.

Analysis

Fern: autism, limited contacts; speech impaired; monomania.

Carbon series: parents fighting during pregnancy.

Phase 6: easily bored; abandoned by mother and grandmother in hospital. Stage 13: parents fighting.

Prescription: 3-442.16.13, *Pteris cretica* C30.

Follow up

After the first dose of *Pteris cretica* C30 he became a bit hyperactive, often clapping his hands or smashing his fist to his other hand palm. After the second dose he started staring at buildings again. He did not want to be called by his name. He was just running. He was also anxious again. All these symptoms were familiar from be-

fore. After the third dose, he became less hyperactive and less afraid. Gradually, he started making more contact with his mother, holding her hand gently, embracing or kissing her. He suddenly started to ride his bike and his scooter again. He had fewer outbursts of anger, and when he did he could be calmed down more quickly. He went to sleep later but his sleep was much more pleasant, deeper and less restless. He slept through the night. His speech increased and he began to say short phrases. Microsorium punctatum did well, but did not hold after a few repetitions.

Pteris vittata

3-442.16.15

Case by Jan Scholten.

Man, 60 years old, hypertension.

He has hypertension, about 160 over 100, and a lack of force. He also has stitches in his heart region which goes together with lack of breath especially on exertion. He also has herpes on his lips. He had trembling hands like his father and grandfather. He has tinnitus, which comes and goes. He sleeps light and restless, often waking at 4 am.

Mind

He is hypersensitive, to touch, to criticism, to excitement and especially the moves of other people. This has increased over the years.

He is very disturbed by injustice. This has been increased due to the political situation of eastern Germany and the Stasi.

Family

His mother was very tough and cold. She organised her household very well and worked well as a nurse for mentally handicapped children. But with her own children she was always harsh and strict. She couldn't stand weeping children and as a baby he was put outside in the cold in the winter when he was crying too much. At other times she put him in the cellar when he was crying. His mother was very restless, being too busy with her own problems. As a child, his mother was not there for him. Later he understood his mother more, but there is no emotional bond. He tried to make emotional contact, but nothing came back to him. His mother only talked about what was allowed and what was not allowed, expressing the opinion of the village. She cannot listen, only talk. She is very normative, talking about how people should be in profession and with money. Everything should be normal. His mother was sexually abused by her own father, so he understands her behaviour. That grandfather was a vicar in a small village. He had many affairs and sexual abuses. The whole village knew it, but no-one spoke about it.

His father was oversensitive and easily had

trembling hands. He was not a very strong person, couldn't handle very much. His father could be very impatient with him, especially when he could not understand directly with his father wanted. There was verbal violence in the house, less physical. There was always a bad atmosphere at home. His parents didn't like one particular friend, because he was not intellectual enough for them. They probably found him too emotional. But he had him as a friend for many years.

Mind

As a child had a big fear of the dark. But he had, and still has many fears: for diseases and doctors, for people, for the Stasi. He feels them as packages of fear, but they are unopened, he does not know what is in it. As a child, he felt a deep loneliness. There was violence in the house and he retreated in himself, sucking his thumb. Lately he feels restless and fearful because he has a fear that he will lose his job. It feels like the anxiety he had as a child, overwhelming him. On looking back, it feels like a continuous state of anxiety and loneliness as a child.

At school, he was frequently bullied, about thin legs. It hurt him very much, felt like a shock. He wanted to be normal, to have a body with normal proportions and not as thin as a student, who still weighed around 55 kg at the age of 20. He has no difficulty expressing himself, but finds it difficult to express rejection or take a contrary stance because he resonates with others in conversation. He prefers to give out positive vibrations, which often annoys him afterwards.

Dreams

As a child he had frequent nightmares. A recurring dream goes back to a science fiction film that he 'accidentally' saw when he was 10 or 11 years old. It was about unsuccessfully trying to get out of a situation. As an adult he dreams about narrow tunnels where he gets stuck.

Body

He has hypertension, about 160 over 100. He feels melancholic in the evening. He is a morning person.

Generals

Time: > morning; < evening, 7 pm; < night.

Aversion: sweets.

Plants: are very important; he often buys flowers.

Animals: likes cats very much, they are free.

Analysis

Plants: hypersensitive.

Iron series, Pteridophyta, 3-400.00: village silent; normative mother, desire to be normal.

Carbon series, Pterididae, 3-442.00.00: left alone in the cold, many fears, lonely.

Phase 6, Pteridoideae, 3-442.16.00: fighting injustice; pushed aside by his mother.

Stage 15: amortised his mother;

Prescription: 3-442.16.15, *Pteris vittata*.

Follow up

After five months he is doing much better. He can have sudden moments of loneliness, but gradually the attacks get shorter and less severe. They are like the loneliness from his childhood. His constant anxiety is much less. He got dreams of totally being alone, standing outside in the icy coldness with bright light. They feel like the real experience, which he didn't have in his memory, but was told by family members.

He has already opened and looked at the 'packages of fear'. They accompany him, but since he knows what is in them, he doesn't have to open them every time.

They come and he can let them pass. The trembling hands and the tinnitus have disappeared.

His Quality of life went from 45 to 85.

Christella dentata induced attacks of anxiety, constant and overwhelming, as he had as a child. That happened 3 times, but did not resolve anything.

Anogramma leptophylla 3-442.16.17

Case by Joelle Smaniotto-Gorton.

Girl, Malie, 5 years old, cerebral palsy.

She was home birthed at week 41. The labour lasted 2 hours, a fast and easy birth.

At 20 weeks Malie's mum got sick with the flu which took a while to clear.

Malie can say "Mama" and is sensitive to everything, to wind and noise. She crawls with closed hands and can feed herself.

Malie is very active, restless, cheeky, stubborn, loves her routine and has behavioural issues (bites, screams, scratches). She has auditory and learning problems, her body awareness is poor, she is very thin and has absences.

When I first met Malie, she was almost 2.

Although she was not walking yet, she was the most restless, active cerebral palsy child I have ever seen. With her hands closed, she was commando crawling on my carpet and trying to jump on my coffee table!

Malie's aunt had polio as a child.

Malie's mother believes that her grandparents have been in the war.

Prescription: *Tarentula hispanica*.

Follow up

A month later Malie was standing and walking around my coffee table, far less restless. She could use her cup better, her body awareness and coordination had improved. We continued with *Tarentula hispanica* for a few more months.

Medorrhinum helped the behavioural issues and the biting reduced a lot.

A year later Malie had learned to balance scooter. She was running, falling less and noticing obstacles more.

Her mother complained then that she was challenging her brother and sister and would not take "no" for an answer. She was fearless and would jump on her scooter determined to go wherever she wanted to.

Prescription: *Neodymium phosphoricum*.

Follow up

Neodymium phosphoricum calmed her down, her hand coordination improved. She started to learn to ride on a balance

bike, became more independent and the biting and pinching diminished a lot. We kept on alternating between *Tarentula* and *Neodymium phosphoricum* and Malie was improving well.

Analysis

Pteridophyta: she loves routine. Series 442: cerebral palsy.

Phase 6: Malie fights and quarrels with her siblings.

Stage 17: cerebral palsy; absences.

Prescription: 3-442.16.17; *Anogramma leptophylla*, paper remedy.

Follow up

After the first dose of *Anogramma leptophylla*, Malie's absences disappeared and her vocabulary improved. She can say more words clearly, her hands are better coordinated. She can take off her shoes and socks better, is sleeping better, her attention to detail is improving, her balance continues to improve, she is not wearing a diaper anymore.

After another two doses of *Anogramma leptophylla*, Malie is riding a proper bicycle. She is of course going super fast! Because Malie is now toilet-trained and more and more able, I have just changed her remedy to *Neolepisorus lancifolius* 3-444.16.09.

It has only been 2 months since her last remedy but Malie's eyesight has improved. Her tracking is better, she can now read 2 words together and is saying more words.

Hypolepis millefolium 3-442.17.02

Case by Joelle Smaniotto-Gorton.

Girl, 6 years old girl, cerebral palsy.

Sonia's condition is due to a delay at birth. She is non-verbal, fed through a mic-key feeding tube, quadriplegic and not toilet trained.

She was born two days over full term, with blood aspiration. Sonia spent the first 2 weeks of her life in newborn intensive care unit. Her mother was only allowed to see her two weeks after birth.

She is allergic to milk, has severe vomiting, her arms and legs are very spastic, she can only pass a bowel with the help of Movicol, and has daily seizures exacerbated by constipation and teething.

Sonia is very loving and smiley, very sensitive to people's emotions and gets unwell when the family dynamic gets tense.

Placenta 40, Lac humanum, Causticum, and Turdus merula had a good result on her, but no remedies really touched her daily seizures. Despite her heavy medication, Sonia would often end up in hospital when her seizures could not be controlled. There is a big trauma of ancestors having lost their land. Sonia's maternal grandma lost 3 siblings in their thirties. Sonia's dad lost his sister when he was a child and never got over it.

There is a cancer gene in the family.

Analysis

I decided to try Hypolepis millefolium 200C, 3-442.17.02.

Series 2, Carbon series: issue as a child; severe disability, not toilet trained.

Phase 1: Sonia spends her time alone, in her wheelchair.

Phase 7: pushed away by society; cannot go to school; epilepsy; loss of siblings, loss of land.

Stage 2: very loving, smiley, sensitive, friendly.

Prescription: 3-442.17.02, Hypolepis millefolium 200C, paper remedy.

pital for seizures once. Hypolepis millefolium is keeping the seizures at bay. Her medications have been reduced a lot.

She is now able to attend school and is loving it. Her mother says she is more aware, doing more and can now move her hands left and right.

We are continuing with Hypolepis millefolium.

Follow up

Sonia had about 5 doses of Hypolepis over the course of one year. After Hypolepis, Sonia has only been admitted to the hos

Hypolepis millefolium 3-442.17.02

Case by Joelle Smaniotto-Gorton.

Boy, 10 years old, severe cerebral palsy.

Orian's birth was traumatic: he was born by an emergency Caesarian section. He did not breathe for 10 minutes. He underwent cooling therapy.

Orian is spastic quadriplegic, non-verbal but can now whisper yes and no. He is tube-fed via a Mic-key button, and communicates with a book. He occasionally has seizures.

Orian is a sensitive, handsome little boy who loves being entertained. He loves being with his mother and gets upset and vomits when his father is fighting with his mother. The father is abusive. Laughing can also make him vomit. He likes routine; the curtains have to be opened a certain way.

The grandmother was unwanted by her parents and given away to another family member, who did not really want her either and used to lock her in a closet while they were going to work. She wasn't allowed to go to school and spent years in a closet!

Analysis

Fern: disability, loves routine.

Carbon series, Series 2: severe disability; not toilet trained.

Phase 7: the father is abusive; epilepsy, convulsion; given away; locked in, as in a prison; abuse.

Stage 2: very sensitive, friendly.

Prescription: 3-442.17.02, Hypolepis millefolium, paper remedy.

millefolium Orian is able to hold his head by himself and is more able to control his hands. No more seizures.

Previously Amniotic fluid, Carbo vegetabilis, Natrium sulphuricum, Causticum, Agaricus, and Barium carbonicum all helped.

Follow up

10 months ago, I decided to give him two doses of Hypolepis millefolium alternating with Barium carbonicum. Orian became calmer and could sit cross-legged unattended for 10 minutes. His hands were less spastic and he was able to pull a tissue out of the tissue box more easily. He could hold his head up better by himself. I don't see Orian for 4 months and find that he is having more difficulties holding his head up by himself and he is more spastic. After another dose of Hypolepis

Paesia scaberula

3-442.17.06

Case by Jan Scholten.

Girl, seven years old, autism.

She started having problems after the BMR vaccination at the age of two. She made less contact and less eye contact. Her speech did not develop further. She no longer played much and walked on tiptoe. She often bumped into objects. She often had outbursts with hysterical screaming. She became sleepless. She was diagnosed with autism and Pandalas at the age of two.

She also has digestive problems with cramps in her stomach. She has been diagnosed with Lyme disease and fungal infections.

Her mother had five miscarriages before she became pregnant with her. The pregnancy came about with difficulty and eventually with in vitro fertilisation. In the third month of the pregnancy, her mother experienced bleeding. The delivery was by Caesarean section. Her head was flattened on one side. She was breast fed only briefly because she had no sucking reflex. She has frequent upper respiratory tract infections with coughing and nasal running. Sometimes she also has a high fever. She does not feel well then. It usually lasts for seven days. She is allergic to pollen and grass and gets dry red eyes from them. She has tics.

Being with other children is still difficult. She gets on better with adults. Her motor development, walking and crawling, were all on time, but speech development was slow. She gets therapy for this at the day care centre. She is cheerful and playful and interested in surroundings and the world. But she is easily over-stimulated. She is hypersensitive to noise and she covers her ears when there is a lot of noise. She is very sensitive to the emotions of others, like from her mother. She likes drawing and painting, music. She likes watching fire and thunderstorms.

Her parents divorced before her birth because her father did not want children. Her father visits regularly for a few weeks

and then she has good contact with him. She is fascinated by water, and likes to be in it. She can have obsessive behaviour for example with turning the light on and off, or with her clothes. She can be very angry for example when her mother tells her what to do or having speech therapy exercises.

General

Weather: > sun; fascinated by storm and thunder, rain and wind, then becomes much calmer.

Food: red spots on her face after acid; yoghurt, cucumber.

Preferences: soup, pasta, rice; solid food; carbohydrates.

Dislikes: fruit.

Sleep: very difficult to fall asleep; she is sleepless at full moon.

Analysis

Pteridophyta: autism; communication problems; obsessive behaviour.

Carbon series: unwanted child by her father.

Phase 7: unwanted child; abandoned by her father; fascinated by storms and thunderstorms.

Stage 6: empathetic.

Prescription: 3-442.17.06, Paesia scaberula.

Follow up

6 weeks after Paesia scaberula C30, she is doing much better. She sleeps much better and wakes up at night only once every fortnight instead of five times a week. Her concentration and focus have greatly improved. At school she adapts much better. Interaction with adults and teachers has greatly improved. With children, it has not yet improved much. Her speech is more spontaneous. She now also uses sentences with 2-3 words. She enjoys communicating. Her aggressive behaviour has become much less and she rarely has an anger outburst anymore. She is still sensitive to noise, but less so.

Her Quality of life has gone from 60 to 80.

Pteridium aquilinum 3-442.17.12

Case by Jan Scholten.

Man, 89, cough.

He has cough with copious, foamy, reducing to somewhat yellow expectorating. His respiration is buzzing, especially when he is lying in the evening. His inspiration feels blocked. His voice sounds hoarse. The complaints started after an influenza 10 year previously. The doctors doubted if the complaints had to be diagnosed as bronchitis or asthma.

He has a left inguinal hernia, from lifting suitcases.

He had a terrible youth, dramatic. His father was a strong, big and rich man. He had many women after his divorce. He was raised by those women who did not like him at all. Once he was given to a woman that was an ex of his father. She was angry at his father and thus also angry at him. It gave him the feeling of being raised without feeling and love. After his youth he emigrated, did want to have any contact with his home country.

He is very direct, telling what he dislikes. He likes to live simply. He is very precise, everything has to be in order. He gets irritated when things are chaotic, a mess. In his work as a mechanic he was the same, yelling at the boys what they had to do.

Analysis

Pteridophyte: lack of emotions and love; orderly, precise.

Carbon series: youth without mother or father.

Phase 7: raised by angry stepmothers; emigrated; contact broken.

Stage 12: bossy, yelling at the boys.

Prescription: 3-442.17.12.

Follow up

After 8 weeks and 4 doses of Pteridium aquilinum MK he is gradually doing better. His breathing is going better and seldom with buzzing anymore. He stopped all the other medications, as they did not help him really. His energy has become good. His mood is better, he is laughing more. Bryonia alba had no effect.

Pteridium aquilinum 3-442.17.12

Case by Franz Swoboda.

Mr. K. (I choose this letter because of the literary model of a man who is hard to figure out) came to my office in 1989 because of encephalitis disseminata. The disease had appeared after a flu at the age of 25 and after years of remission now in a therapy-resistant progression, without relapses. The leg-related spasticity was more pronounced on the right side. The dizziness in heat, in upright position and when descending stairs did not worry Mr. K..

The disturbance of depth sensibility as the first symptom of the disease did not leave him. Except for a commotio during a soccer game in youth and the surgery of an umbilical hernia, no previous diseases. But, yes, two warts on finger and palm, in childhood. Laxatives he needed for regular bowel movements, several coffees a day did not help. He wasn't picky about food, weather didn't bother him, sleep was good. As a person working in a health profession, he knew the importance of a complete homeopathic history and made an effort to tell about his life. The upbringing was marked by principles such as "you eat everything on your plate" and "a man does not cry". The mother was experienced as dominant, the father as weak. Mr. K. experienced his university education examinations as anxiety-ridden. It had been a paralysing fear.

Mr. K. had been married for about 20 years and since his early retirement had lived in the home of his wife, who was several years older than he. A certain distance from his wife became apparent when he talked about his marriage. A discrepancy with the telephone conversations with her he occasionally had in my presence. There I heard how well he had adopted her country idiom and exchanged endearments in it. He told me that she had never forgiven him for not telling her about his illness until after the wedding. He had not thought it necessary because he had been in remission. After all, she was not as healthy as she had been in her younger years, he countered.

The woman knew about his homosexual orientation before the marriage, as well as that he met his life person, who lived in another country with his wife and children, during his trips to me in Vienna. I had no idea of this constellation until this friend visibly accompanied Mr. K. to the consultation door. Thus Mr. K. gave me the opportunity to draw conclusions and to suspect his sexual orientation. Nothing was said. He let me know, in his own way. We had known each other for many years. Various medicines had helped him so far, and Mr. K. seemed to be quickly satisfied. Gelsemium, Thuja, Staphysagria, Lycopodium he got for several years and was "happy" with it, although the symptoms of MS slowly but steadily increased. The homeopathic consultations resembled small talk. Symptoms were as difficult to elicit from Mr. K. as his own opinions. Lycopodium had offered itself again and again from the symptoms and the patient was so happy with it, it helped with stomach complaints and some other things. I had doubts about the remedy because I was concerned that he was losing weight, needed laxatives regularly and, most importantly, after ten years of treatment (when asked!) said the MS symptoms had gotten "a little worse." To add immediately that he was content as long as he got along without a wheelchair. He certified the almost 100 year old mother "inflexibility". What was meant by that? I could not find out. In the case of his wife, who was several years older than he, diagnoses and illnesses multiplied. Mr. K.'s walking distance became shorter and shorter. After twelve years of my treatment, he knew more about me and my family than I knew about him and his. He tried to guess my views in order to adapt, for example, he complained about the evil conventional medicine, which would not recognise homeopathy. When I replied that I was not concerned here with good and evil, he immediately agreed with me. Lathyrus, Lycopodium, Pulsatilla, then in my perplexity Lathyrus and Lycopodium alternated - I was treading water. An MR showed no new foci. Motor function limitations increased. "Actually, I'm doing quite well," he said. At one point, when he started to talk

about his marital problems, he burst out the next moment talking about Hahne-mann. A note in my records in the sixteenth year of treatment: "Do not create a remedy. It is not possible to leave the level of diagnosis."

When I do not find a simile in patients in long conversations, it sometimes shows up on the phone in an acute situation. This is also the case with Mr. K.

One day - we are in year seventeen of treatment - he calls and tells us that he almost choked on a morsel of meat. The morsel had to be removed gastroscopically. It later turns out that there had been a similar incident two years ago and that he generally has a problem swallowing dry foods, especially dry fish. The disease has reached a life-threatening stage.

At this point, in May 2006, I recommend *Pteridium aquilinum* C9 to Mr. K. for the first time, to be taken daily.

I found the first reference to the remedy in the local rubrics of the recently examined Eagle Fern: "Strangling pressure (in the larynx), aggravated by swallowing and talking", the dryness in the pharynx, pressure in the stomach area, cannot vomit, all symptoms of our AMSE and almost identical in Marie Geary's examination. There I also read "Lump in throat, not removed by swallowing". The second reason was the proximity to Lycopodium, of which I was never convinced with Mr. K., but which he himself had always praised. To choose a remedy botanically related to Lycopodium seemed obvious to me.

The third reason was the experience of not having learned anything from the subjects in the examination. This is how I felt with Mr. K. for seventeen years. Why C9, once a day? Was probably the easiest to get, I can't say for sure today.

From then on, things changed. Mr. K. calls more often. He was enthusiastic about the new remedy, which made his swallowing problems disappear. For the first time, he talks about feelings, at least about the fact that it has always been difficult for him to show feelings. "I am sometimes quick-tempered and hot-tempered. Is there a medicine for that?" he asks. It takes me a long time to elicit an example

from him. When his wife reproaches him, "You did that on purpose!" it bothers him a lot. "After all, that's not the case. If you did, you'd be a bad person if you deliberately annoyed your wife." I don't want to be ungrateful. Now I have elicited something almost personal from him after all, even if he pushes it into the general as "one." Jorg Wichmann has in "The World of Pteridophytes. Von der Bedeutung des scheinbar Unscheinbaren" (+) about it very nicely.

When Mr. K. feels cornered by his wife again, the sentence escapes him: "It would be best if you weren't there!" What drives him so into a corner? "I've always had trouble expressing my feelings." I have to be content with that. "A certain disappointment in myself for being acted upon." Before I can ask and it now goes too much into the emotional life, he scratches the curve with a little joke: "We accuse each other of paranoia. But in reality, only she has it!"

At least Mr. K. begins to talk about plans for what he still wants to do in life. He has never formulated his wishes before. Is he now becoming aware of feelings and desires for the first time, or is he allowing himself to express them for the first time? After two years of C9 and later C12, the symptoms of MS have hardly increased. "It's almost a panacea," he says. At times, he has bowel movements without a laxative. This amazes him after years of taking it; he attributes it to the remedy. The sour belching (have I probably not heard it so far?) has become less.

He and his wife are looking for a new apartment where they will have less cleaning and fewer stairs. She's hesitant, he says: "I'll have to bang on the table to get us to a new apartment." (My note: well, I'll watch him bang on the table).

Towards the end of 2008, I see Mr. K. for the last time. He lives far away, traveling has become more difficult, he is soon 70. Now and then - for longer distances - he takes the wheelchair, otherwise he walks with a cane. His friend also no longer comes to Vienna. Should I be surprised that I don't find out the reason for this? We stay in contact via emails. Several times a year we exchange greetings and congratulations. In 2012 he suffers a frac-

ture of the neck of the femur and is operated on successfully. I learn this from his wife on the phone, with whom I now speak for the first time. She tells me how terrible it is in the rehab department. Shortly afterwards, I spoke to Mr. K. himself on the phone. He does not complain, not even when asked.

The following year, a piece of carrot got stuck in his throat and had to be removed. We intensify the intake of the remedy (we keep changing the potencies, between C9 and MK). Examinations of the organs in question reveal no reason for intervention. The following year his wife dies. Of what, I do not find out.

We exchange emails until 2016. "Thanks, I'm fine," he replies when asked how he is. Then, as usual, he changes the subject, asks about my family, and the conversation peters out.

In preparation for this paper, I want clarity. What has become of Mr. K.? I call the number of the residential home he gave me a few years ago. I learn from the director that he is not doing very well. He calls back the very next day. I am pleased with the strong voice. How is he doing? "Yes, thank you." When I ask if he has any visitors, I learn that relatives "probably can't visit him at the moment" because of the Corona measures. Immediately, he wants to know how our son is doing, how it is in Vienna, etc. He does not let me get close to him. He has good memories of the medicine. I tell him that the reason for my call is a paper about bracken. He does not respond, changes the subject, makes himself my accomplice. Whether it's the pandemic or homeopathy in the health system, he always agrees with me. How does he manage that?

Can I believe that the medicine has helped him as well as he says? Mr. K. has been suffering from encephalitis disseminata for 55 years, of which 42 years have been spent with the progressive form, known for poor prognosis and early disability. Of these 42 years, he has been under mainly homeopathic treatment for 31 years. When the MS became life-threatening, we started him on bracken fourteen years ago. I'm beginning to think Mr. K has good reason to feel that the bracken is a

"big hit." "And next year I'll be 80." Ad multos annos, dear K.

Mr. K. and the bracken fern.

The oldest known fern lived 400 million years ago. These plants are highly adaptable as living conditions change. The bracken fern is found in almost all areas of the earth. Such a plant must not impose great conditions on the environment, it must be frugal. Fern spores remain germinable for centuries, waiting for enough water to sprout. Such a plant must also be well connected. The rhizomes of the bracken fern grow up to sixty meters long. Mr. K. has also found his way. He learned early on to put his needs aside and not to express them. In the conversation with the doctor he tries to be his opinion in the sense of a complicity, a fraternisation. He does not take his own standpoint, as if renouncing individuality would offer him protection. He does not attach importance to being perceived with personal preferences, ideas, desires. Does he perceive them himself?

In the AMSE, one examiner noted, "It's so hard to express one's own needs." The wishes of the environment are met, the demands of everyday life are managed. Problems occur only when external pressures increase. Emotions are experienced as shameful, in other cases not perceived at all, neither by the examiner nor by the environment.

The sparse communication with Mr. K. is reflected in the AMSE examiners and in the Erreibungsprüfung. To communicate is hardly possible, hardly need and if, then hardly verbally. We have found something similar in erictions of other primordial plants. The bracken does not conquer habitat, does not grow invasively like mushrooms. It colonises fallow land, hence the English term "bracken". It never grows alone, but as a monoculture in huge groups. In testing situations, the protection of the group is missing, Mr. K. is "paralysed with fear". Paralysis can become life-threatening - Mr. K. almost suffocated a few times, in the context of a disease with increasing paralysis. There is not much room for reaction in such a threat.

Our examiners also experienced this. It is only when they can no longer cope with

their daily lives that emotions emerge and make them vulnerable. Again, it is not the big goals that are not achieved. It is experienced as unacceptable when one does not manage what everyone else manages.

Then one stands out, then one is no longer part of the group. In the later test of exorcism, someone allows himself to be segregated without being asked, so as not to endanger the well-being of the group. Communication in this context is either not necessary - because the other person knows what one thinks anyway - or dangerous: others could recognise that I am differently minded and do not belong to the group - then my protection is lost. In a nutshell this means: I enjoy the protection of the group if I renounce individuality. "We have the receipt of fern seed: we walk invisible" - Shakespeare knew it. (++)

Where can a life in the bracken lead? We know enough consequences of such subordination. First speculative, where the sentence "I'm fine" was just as inapplicable as with Mr. K.: The regional exhibition of Lower Austria 2014 in the Schallaburg near Melk on the Danube "Jubel und Elend - Leben mit dem Großen Krieg 1914-1918" offered deep insights into the life of that time. One was the correspondence between front-line soldiers and their families. The 29 billion letters and postcards of the German field post were censored with the knowledge of all. But does that adequately explain what the exhibition's curators highlight?

"It is striking that many soldiers chose a similar way of phrasing. In the letters from the front, there are often phrases like 'I'm fine,' which sound like platitudes. Little was said about the terrible experiences at the front. The soldiers did not want to worry their relatives, often could not even put what they had experienced into words."

Not at all speculative are the dreams and images of the examiners (in AMSE 2005 and Erreibung 2020), in which the bracken led us to areas that one would rather not know in detail.

"Then this terrible dream: I have committed murder. Now I sit at the sewing machine to tailor something for one of my granddaughters from this stranger's dress,

a dark grey loden fabric. The child wants to sew with me, is clumsy, I instruct her. The deed weighs on me, I know the child will never want to wear this dress, it is completely absurd that I sit here and sew. I confer with my accomplice, wanting confirmation that "she was alive when we left her." He responds by saying, "That's not certain, they'll find out." I realise that he's going to dump everything on me. I will never get rid of this act in my life, even though I do everything I can not to be condemned. Deepest fright - how can one dream such a thing?" An excerpt from another examiner's dream: "Me and B. are working somewhere in the forest, secretly and illegally dismembering three people or three large animals (cows?). We don't want anyone to catch us doing this or suspect anything. We put the meat cut from the bones into sacks (to make soup out of it later? Then no one can find the meat anymore). We hide the remains of the bones in a big box. .. We carefully remove all the remains and traces... Why did we do this? In the process I do not experience any emotion, it is like a mechanical rational doing. Only in awakening disgust and surprise at the cruel dream."

I attempt a summary of Erreibung 2020 here, staying close to the texts of the examiners. All words are taken from their texts.

One does not show oneself, one has a dark, a dark secret that is not to be discovered. Hiding, not looking, even oneself. Silence about the shame for something you did because you knew it wasn't right, even if it seemed right in the situation. One does not speak about the shame, as one does not speak at all. One keeps silent.

Through complicity in the group, in the clan, such a shadow becomes an eagle. One comes into power and exercises it. Others should function, they should not come up, one(s) makes them submissive. The affected person feels constricted, encapsulated, inferior. He is unable to move and remains passive in humiliation, silently seeking revenge.

No conquering, no open conflict, but at some point violence erupts, spontaneously. Only the outbreak of violence is

spontaneous in the eagle fern. The immersed find each other, what remains are ashes.

To put it more succinctly, what one should expect with the bracken: Adapt instead of show, create accomplices, stay hidden. Secrecy, shame, silence, the group commands confinement, paralysis.

Spontaneous violence instead of open conflict.

How would it be different? Solutions have also been shown in the friction: Unconditional obedience is not a virtue. The same ones are not right just because there are many of them. Have reverence for the whole, but: "If you draw your strength from the masses, you lose yourselves." ***

** Erreibung: We are familiar with "Verreibung" as the German word for trituration. But "ver-reiben" sounds as if we want to rub something away, grind it, make it go away, get it small. The opposite is the case. We want to open, to make visible and tangible, to prepare. Isn't the word "rubbing" more appropriate? We owe Hans Ziller this inspiring deletion of the "V".

*** Sentence from the trituration examination by Susanne Diez, to whom I (author S.) sincerely thank for the many hours in which we come closer to our remedies together. She shows us her experience and creativity with the deer tongue fern in this booklet.

Dennstaedtia davallioides 3-442.17.16

Case by Jan Scholten.

Man, 73, gastritis.

He has pain in his stomach region. He has reflux, worse from red wine and rich deserts. It got better after stopping with those foods. He has pain in his abdomen every 2 to 3 days.

He has stiff knees after walking for a long time. It is worse in the morning on waking. He is frequently knocking his elbows. He feels his balance is not good, with a tendency to fall to the sides. He also has ear and eye problems, and impotence. He has a good marriage. He has worries about his children and grandchildren. Especially one son is giving worries, as he has severe ulcerative colitis.

There is a history that his father and his parents were threatened in the Kristallnacht in Germany. His father was pushed by his parents to emigrate to South Africa, when he was 16. He had to start from scratch there and build his own company. The parents of his father had to stay in Germany as they did not have permission to leave Germany. After the war it turned out that they had been killed in the concentration camps.

His father never told anything about what had happened. It was an unspoken trauma in the family. When he became sick his wife pressed him to start talking about his past. Later he and his father visited the house where he lived in Germany. It was a very emotional experience.

Analysis

Pteridophyta: trauma of father and grandparents; hidden trauma.

Pterididae, 3-442.00.00: the norms of the society, 4, forced on by society, 4, affected survival, 2.

Phase 7: grandparents made to outsider, criminal; being murdered.

Stage 16: having lost parents.

Prescription: 3-442.17.16, *Dennstaedtia davallioides*.

balance is much better. The digestive and abdominal problems are quite good. His ear problems are much less and his eyes are pretty good. The impotence is not as bad as before.

In general he feels better, is more comfortable with life.

Follow up

After 3 doses of *Dennstaedtia davallioides* C30 the knee problems are much less. His

Stenochlaena tenuifolia 3-443.11.04

Case by Tomas Vyboch

Boy, 9 years old, autistic traits.

He was born in the 42nd week via C-section. He was then transferred to a specialised hospital for genetic disorders due to a genetic issue related to his kidneys. During childbirth, the mother experienced severe bleeding. She had no contact with the child for 5 days after birth.

He has been diagnosed with aphasia. His emotional responses are often inappropriate to the situation. For example, when his parents couldn't find the key to a toy car, he began to behave hysterically—walking around the house, crying, and screaming. He strongly dislikes changes in plans. If his parents say they will go to the playground in the afternoon and the plan changes, he cannot accept it and reacts with a hysterical outburst.

Otherwise, he is very expressive and loud. During consultations, he makes involuntary limb movements but appears very joyful and smiling.

He began speaking at the age of 3. He loves books and learned to read by himself. He pays no attention to other children, only to family members. At school, he is very quiet. His teachers say he is even too polite.

His play is functional—he plays with his sister's dolls. He is currently interested in bees.

His mother wants him to become more independent, to find his own identity, and to express emotions appropriate to the situation. He often needs reassurance that he's doing things correctly. He is never aggressive.

Analysis

3-400.00.00; Pteridophyta: Speech difficulties, trouble make a contact to other children, intolerance of change, inappropriate emotional reactions, 3-443.00.00; Aspleniidae: Relatively functional within his own family, has good contact with family members, 3-443.11.00; Blechnaceae: Reactions are unexpected and inappropriate; no contact with people outside the family, alone right

after the birth, 3-443.11.04; *Stenochlaena tenuifolia*: he has large eyes, like Cerium; he looks around joyfully, as if amazed by the world, but cannot establish real connections.

Follow up

He is more communicative. He expresses his emotions more. His logical thinking and concentration have improved. He has more self-confidence. He interacts more with other children. His teacher said he is more independent in writing and significantly more functional.

In the past, when they had to write something, he didn't care much, but now he raised his hand to say he had finished. He responds in full sentences, whereas before he had frequent echolalia. His behavioural rigidity has softened.

Each time he takes the remedy, his focus noticeably improves.

Teachers at school said he made the biggest progress out of all the children over the past year. He is often the first to volunteer when something needs to be done.

Previously *Psilotum nudum* was prescribed. With that remedy he began to talk about his feelings. When his mother took his phone away, he asked her: "How would you feel if I took your phone without asking?", something he had never done before.

He became much more independent, wanted to dress himself. He was less clumsy, more present, and talked more about his day. He was better able to concentrate, became more creative, started painting, and his play became more imaginative. He was less emotional. However, at a certain point the remedy stopped working.

Previous remedies from other homeopaths: *Phosphorus*, *Vaccine Detox*, *Lycopodium clavatum*, and *Natrium muriaticum*.

Deparia tomitaroana 3-443.12.10

Case by Jan Scholten.

Boy, 12 years old, autism.

At one and a half years old he completely lost his speech and became autistic. He is mentally underdeveloped, and is unable to handle abstract concepts. He started speaking again when he was three and a half, but he tells only what he wants, there are no dialogues. He can say what he sees but there is no real communication. He can name some of his emotions like being sad which was taught him by speech therapy. But he cannot say why he is sad.

His pregnancy was going pretty well till the seventh or eighth month. Then an echo showed a cyst around his kidney which made his mother very upset and stressed. When he was a half year old the cyst around his kidneys was gone. The labour started by itself but his mother didn't have much power to expel the baby. In the end the doctors decided for a Caesarean section because the waters were green.

He is in a special school with small classes. He likes school and his teacher. He functions pretty well in a group but doesn't make much contact, especially not with other children and strangers. He's not bothered about others. He doesn't remember names of people but knows the names of the children in his class. His concentration is low. Learning is better in one-to-one relationships. He doesn't join singing in a group. He doesn't react to others smiling or talking to him. He became very jumpy and hyperactive.

He has a good mood. He's not aggressive. He bites his wrist when he is agitated. He is a very unsure; he says things very quietly. He is oversensitive to noises and closes his ear with his fingers when there are noises. This is worse when he is nervous, agitated or in new places.

He likes his parents very much and likes to cuddle with them. When his parents

are angry at him, he starts crying with big tears rolling out of his eyes. He becomes silent and lies in his bed. When he is sad, he wants to be left alone. He is very caring for his three year younger brother. They have a strong bond.

There is autism in the family. There are stories of people being pushed out of the family. Family members were blaming others for their own misery. A great grandfather was shot as a soldier by the Germans in the second world war. His grandmother has a great fear of war, and of Russians.

He is overweight. He has good physical development. His toilet training was successful at three but previously it was difficult to get him to be continent and without a nappy.

Fears: elevator at school.

General

He likes water and rain very much.

He cannot sleep in the dark and needs a night lamp. He needs the company of his parents to fall asleep.

He has a diet with no gluten and dairy products.

He likes to eat inedible products like burnt food, rubber, bark and leaves. He likes eggs, fat and icy cold things. He has an aversion to meat.

Analysis

Pteridophyta, 3-400.00.00: autism with retardation.

Silicon series, Aspleniidae, 3-443.00.00: likes parents and brother, likes cuddling; family problems of blaming and excluding.

Phase 2, Onocleaceae, very unsure; he says things very quietly; not aggressive; hiding. Stage 10: this is unsure.

Prescription: 3-443.12.10: Deparia tomitaroana.

Follow up

After six weeks and 3 doses of Deparia tomitaroana C30 he is doing very well. His parents see his development as phenomenal. His speech and cognition have improved. He is reading spontaneously. The teachers are very content and say he has made great progress, though gradual. He prepares himself for breakfast and school.

He doesn't need so much encouragement anymore. His desire for inedible things has disappeared. His mood is much more positive. He's much more happy and he is hardly biting nails anymore. He is more sure of himself and he is sharing his emotions more. He's more proud of himself, noticing that he can achieve things. His Quality of life went from 50 to 78. Eight months later his mother writes: "He is doing well. The problem with eating inedible things has decreased considerably although unfortunately it has not gone away completely. Apart from that, there is good contact with him, he is cheerful and does well at school. I am glad that although I do not give him any remedies now, there was no regression."

Christella normalis 3-443.15.13 Case by Jan Scholten.

Boy, 6 years old, Asperger's.

A six-year-old boy has been diagnosed with autism and Asperger's. The problems started after the first vaccination with BCG and hepatitis B: for a month, he screamed at night. He started lifting his head late. In the sixth month, he still did not respond to his name and paid no attention to people. He was more interested in objects like the phone and watches. He is hypersensitive and aggressive to noise, and cannot bear music or the crying of children. He is very picky with food. He is constantly talking. His pregnancy was perfect, by the book. The birth was a few days late, but that was not a problem. The amniotic fluid was clear. His mother did not have much breast milk.

Hair analysis showed poisoning with heavy metals such as aluminium, mercury and lead. Other tests showed strain from the many vaccinations. He had a diet that omitted sugar and vegetables. This made him make more eye contact and notice more people. He also had diarrhoea less often.

Now he is still very stubborn and he cannot concentrate well. He is restless and is always running around. He cannot sit still for even a minute.

He communicates very little. He still makes little contact and has little attention. He is not interested in people nor does he imitate others. He can be very aggressive and can then hit other children and also his teachers. He dislikes school and the rules there. He also does not participate in group activities. In general, he hates birthday parties and the like. He has no friends and does not look forward to them either. His teacher says he is trapped in a surreal, perfect world.

He always wants to be the best and win. He absolutely cannot stand losing, then he gets incredibly angry.

At home, he is more at ease. Lately, he has had more contact with his parents and grandparents, and cuddles with them a

lot.

He speaks reasonably well, but can sometimes mix up words or put verbs in the wrong place. He can read and write well.

He has a very good memory ^specially for data and dates.

Everything has to go according to his rules.

Taking a bath has to be at 8:00 am every day. He hates changes. He can take good care of himself, getting dressed and brushing his teeth.

He is afraid of clouds, then he thinks something will happen; in the morning he always looks for clouds.

He is almost insensitive to pain. He dislikes drawing and painting. His preferred colour is black.

Sleep: he cannot sleep alone; he falls asleep in his parents' bed; at night he often comes to his parents' bed.

Preferences: sweet, apple, banana.

Aversion: fruit.

Analysis

Pteridophyta: autism; Asperger's; contact difficult; aversion changes; bathing and the like must follow rules.

Iron series: bathing and such must follow rules; dislike rules or school.

Phase 5: wanting to be the best, wanting to win, can't stand losing.

Stage 13: bossy, following his rules, withdrawing.

Prescription: 3-443.15.13, *Christella normalis* MK.

Follow up

After *Christella normalis* MK he is much more flexible and agreeable. He listens more to what his parents say. He is also much less aggressive. He is quite scared of noises and crying children but no longer aggressive with them. He is becoming more independent, doing things himself. He is also much less restless and more open to new things and new kinds of food. He has a much better contact with his schoolmates and has even made friends, which does him good. His Quality of life has gone from 25 to 70.

He is still very perfectionist though and still wants to be the best.

Christella dentata

3-443.15.15

Case by Jan Scholten.

Woman, 70 years old, stress.

She has sinusitis, mostly frontal, with pain in her head and the root of her nose, worse when inspiring. Her nose feels full and she wakes regularly early in the morning at 5 am from the complaints. It is chronic, she has it already for 40 years. It is connected with stress, all that she feels she should do, like caring for her mother, her family and her work. Already as a child of 7 she felt very responsible, for her younger brother and her mother. In puberty she was very caring for her grandmother and so on. She feels responsible for the togetherness in the family, for instance by creating parties like Christmas. This attitude is coming from inside, not from her education. She cannot explain it, she is born with it, it is just there. With it she has often the feeling that it is never enough, not good enough. This is expressed in many dreams. For instance, she dreams of climbing up a steep mountain and almost at the top she has to climb into a tree, which she can't do. She was also ambitious, could already read and write before going to school.

Analysis

Central is the stress of her responsibility, already as a child of seven. This can indicate Iron, Silver or Gold series. But the responsibility is for normal things, which more indicates the Iron series. Her responsibility is mostly directed to her family, her brother, mother, grandmother, daughter, indicating Silicon Series. Typical is that she doesn't know where her responsibility originates, it is just there. That is a quality of ferns.

Her ambitiousness is a quality of Phase 5. Prescription: 3-443.15.15, *Christella dentata*.

Follow up

Five months later and after taking *Christella dentata* MK about seven times she feels much better. She seldom has sinusitis. Also the pain in her ilio-sacral joint has diminished greatly.

In general she feels better. She is happier, more easy going, and more balanced. She has a better base feeling, is basically more happy. Things don't stress her so much anymore. Her Quality of life has risen from 50 to 85.

3-443.15.15: Christella dentata

Case by Jan Scholten.

Woman, 50 years old, depressive.

She never discussed problems with her mother. Her mother was hard and strict at home, but the children were free in the nature and woods around the house. Her mother was sexually abused by her father. She learned this family secret later in life from an aunt. Her grandfather was a pastor. He had many affairs and was also sexually intrusive to his grandchildren. When that happened to her, she felt confused, discouraged, and shocked. More in general, she felt not loved, which made her life force becoming diminished. She could only relax at home when her mother was away. She had the feeling there was no place for her at home as a third child, so she had the tendency to flee from home. She wanted to be seen, but felt not seen. She always felt responsible for her mother and the family, was always trying to find out how she could ameliorate their life. As a small baby, she was often left alone by her mother, who couldn't stand crying babies. In the daytime she was left in the bedroom, and at night in the living room, far away from her mother. Later in life, her mother told her that she had done everything wrong in her life. That made her sad and she started retiring and saying nothing anymore to her mother. In family constellations the feeling of being left alone came back, which gave her a powerless feeling, unable to do anything about it. Her mother used to beat her children regularly with a wooden spoon. But she experienced the emotional beatings as much worse. As a child she realised that fighting wouldn't help her, so she started doing good for her parents so that it would go well with them.

Her mother was very closed and never talked about the old traumas. She behaved normally, keeping up appearances.

She had a good contact with her father. He had lost his father when he was ten in the World War 2. It was a very difficult time with a lot of poverty, and he had to work hard for the family.

She had a very good contact with her sister when they were young and they shared

a room.

She could discuss everything with her sister. But in puberty, her sister got closer to her mother and had the tendency to betray her. Later in life she persuaded her parents to give her the whole inheritance and leave her as a younger sister and her brother out of it. When she was ten the family moved, which was a big problem for her as she lost all her friends. That was also the period that she started to become ambitious and have good school marks with the goal to be seen by her mother. It was not successful as her sister was always in between her and her mother.

When she was sixteen she went away from home to boarding school. There she was bothered by homesickness for a long time. At nineteen she started working which gave a lot of stress and resulted in anorexia.

At school she had to achieve very much, in order to gain the appreciation of her parents.

Flushes of heat.

She has burning stomach ache.

Sadness and restlessness.

Fear: alone in the dark.

Sad, heavy, headache from homesickness.

Feeling trapped, blocked, stagnated, imprisoned.

Desire for order, everything in the right place, stiff, rigid.

Feeling: pessimistic, cannot think positive anymore.

Dream: fallen into a deep dark well full of rats and snakes.

Analysis

Many remedies were prescribed for this patient and many of them gave beneficial results. But there was no real, full healing. This kind of situation has turned out to be typical of old, hidden traumas, for instance as a child.

In this case she is abused and neglected by her mother. And this is an old issue, she was an unwanted child. This is a strong indication for ferns, Pteridophyta, 3-400.00.00. Despite the trauma she is very capable, having a job and her own income. This indicates Iron series, 3-440.00.00. It is confirmed by the fact that her mother follows the norms of the com

munity.

The problem arises in her relationship with her mother, which can indicate Carbon series or Silicon series. Her sister plays an important role in this conflict, which indicates more the Silicon series leading to Aspleniidae, 3-443.00.00. It looks like Phase 6. But she still feels very responsible for her mother and the rest of the family. That is more Phase 5: Thelypteridaceae, 3-443.15.00. There is a strong theme of loss, Stage 15. Often there are also transgenerational issues. In this case there is the sexual abuse of her mother by her grandfather. And there is the story of her father, who had lost his father at a young age. He had to work hard, indicating Phase 5.

Analysis

Plant kingdom: sensitive, empathetic.

Pteridophyta: alone; unwanted child. Iron

series: desire for order, stiff, rigid; mother keeping up the appearances; secret.

Silicon series: unloved; sister betraying her, mother problems, relationship problems.

Phase 5: lungs.

One can also think of Phase 3: mediator, carsick; not seen, not heard. But she is outgoing and extravert, which fits more Stage 15: retiring; being left alone by her boyfriend; losses.

Phase 5: homesick.

Prescription: 3-443.15.15, *Christella dentata*.

Follow up

After *Christella dentata* MK there is a big change. She is much easier in delineating herself from others. She does not take on the hurt of other people anymore. She stopped carrying everything for everyone. She has become more religious, spiritual, and finds power there. Her Quality of life went from 50 to 70.

In the past *Hilliardiella aristata* and *Suillus grevillei* were very good remedies for her.

Christella dentata

3-443.15.15

Case by Marie O'Sullivan.

Woman, 56 years old.

Her eldest daughter was born with fragile X syndrome. This was a massive shock for herself and husband as they were both young parents. They had 3 other children, but a lot of family life revolved around the eldest daughter. Her condition was challenging for the family but she was very loved within the family, extended family and broader community. As a teenager she was prone to anxiety. When she was four she was sent to live with her grandmother; she felt she had been sent away because she was naughty. The reality was her mother was struggling to look after siblings, so she was sent to grandmother. She was a wild teenager, but had a very poor self image.

Her husband was a supportive father and they did a lot to help their eldest daughter. She was challenging for all of the family with extreme outbursts which affected the other children. She required surgery and died in the process.

Her mother was very angry at the doctors and hospital staff and felt they did not treat her daughter like a human being. "Losing my child has brought up something primal within me. I want to howl. I don't feel connected to the outside world. I feel connected within my family. I have a very idealistic view of the world, I expect people to be nice all the time. I so much want a happy family, that connection you only have with immediate family. My eldest daughter used to get us together so strongly. Losing her makes me want to curl up on my own and stay away from everybody. I am more isolated. I want to believe in angels and the spiritual path. My daughter had a big heart and a lot of love to give. Some people saw my daughter as less than perfect. I would compensate by saying that she is wiser than the rest. I felt very on the outside, not part of things. I could not be part of normal life scenarios, being left out and separate as a family unit. I have tooth pain from clenching my teeth. My brain is clenched. My whole be

ing is like this. If someone else is hurt I feel it, nothing stops it coming in. I'm afraid of losing control."

Anacardium orientale IM; 2006-2017

"On one level I'm fine, on another I have no life purpose. I can't face anybody, I look horrible, act horrible. I put on a mask. I feel like I am being followed when I'm in the dark and someone will jump out on me and hurt me. These days I can take on fears very easily. So much grief. I found a feather in my pocket; feathers are angels letting you know they are there. I wish I knew how to feel free. I want to grab everything on her grave and smash it."

Datura stramonium IM; 2006-2017

"My dentist phobia became huge after Datura stramonium. Going to the dentist is feeling powerless and having no choice. Your teeth are about your power. Losing your teeth is losing your power. I need to get more vitality and grow up. Having babies kept me busy so I did not have to decide on anything or make life choices. I am very sensitive to noise, bad smell, fiddle music. I can be easily overwhelmed by things, my nervous system cannot cope. It's hard to feel spiritual or feel the presence of my daughter. I need to grow up. Grow up means? Being able to hold your composure and not be knocked by other people.

Prescription: Falco peregrinus 10M.

"I am improved in my head. I let go and let decide. I anchor fear in my body, which has to do with my teeth. I fear losing my teeth. I'm going to get gum disease. Small fears can get very big. I fear a loss of self control. I am very sensitive to negative energy and negative thoughts, that's why I'm struggling. I am irritated by noise, if someone is chewing food I can feel the vibration. I don't have any filters, I feel that I am the people around me. It gets under my skin, I can feel everything. I can feel your thoughts."

Hydrogenium IM; 16-12-2020

"I've always held childhood wounding in the body. I have a need to be loved and reassured. My body posture reiterates this

and even though I have all the awareness I can't switch it off. It's the part of me my husband detaches from and for me that is pure agony as it reiterates that when I need most, I will be abandoned. People manifest pain to not feel painful emotions. I write out the rage at the hospital and doctors who did not look after my daughter sufficiently. When my children were young I felt so overwhelmed with caring for them, I felt I was going to blow, strike out and hurt someone. If I read of someone driving into a lane and killing their children I'd think: my god that could be me. I'm afraid to let go of my anger in case it will do damage. As a young child I had a very hot rage. I used to lash out, crying, biting, fighting. One day when I was in a rage my mother hit me and that stopped me expressing it. In this pandemic, I don't want to go against the doctors advice, but I get very wound up and angry at the doctors who lost my daughter. If I lose the plot and lash out I feel so bad. I feel the impulse to kick and bite. I look to my husband for attachment like I did with my mom. I need him to support me. When things are tense between us, I need his soft gaze and I'm ready to relate. When he's defensive, I just don't want any connection. He can be so there and present but suddenly gone. I need a soulmate, a partner who's company I relax in and then I'm safe. I never really learnt that people were safe."

Chamomilla IM; 1-10-21

"I feel a lot of anger around the vaccine. I'm terrified I will make the wrong decision with my children, they will die and it will be my fault. I feel full of rage towards the system. I feel like I'm fighting for their lives. As if my back is against the wall and someone has me by the throat. It's my normal fear state, I lose all sense of myself I have already lost my daughter. I've never come out of survival mode. My survival mode feels like threat, defence mode. I'm so defensive with people it is the split of my pain. In this dance I'm the bold girl. I'm terrified I will lose my senses and panic."

Datura stramonium IM

She eventually took the vaccine and had a

very bad reaction to it. Her blood thinned as if she was on warfarin. I contacted her after we did a proving to say I had a remedy which might be good for her and asked for her permission to share her story with you. Here is her reply.

"Marie I am happy for you to share any and every detail. This bracing and defensiveness make my good life a struggle and me so irritated and reactive. I recognise early trauma that needs soothing and my husband is a difficult nasty, needy animal that shouldn't be fed. He feels that I am really hard work and this blights our relationship. I know we are both really good people and we love each other, but we battle from our wounded selves. I know I am not easy and I can be mean, but I always see it and try to repair. My teeth clenching and general racing is such a strong state and I can't find the off button. And yes I am not sure if I may unconsciously trigger things in good calm times as I am not sure how to be comfortable in safe relaxed mode. There is health in my system and I do manage to keep going and be a good mom and an ok human being, but I don't have ease. I so appreciate any support to find a healthier way of being.

Christella dentata; 443.11.16

The theme of the retarded child. The other children's needs not being met. The *Christella dentata* fits with all the dental problems; she has visited many many dentists. There is another interesting story behind this. Her parents were young and her mother got pregnant. The local priest refused to marry them and their daughter was adopted. They married soon after and never told the family. When all the children had grown up, the adoptive sister made contact. The mother was always shielded by the father. It is also a story of survival, not belonging, protecting and expelling.

Christella dentata
3-443.15.15

Case Female 63.

Patient was pregnant with first child at 31. She was left a long time in labor and her daughter was born with cerebral palsy. She has had two more children and always felt she overprotected them because of her first born experience. She has suffered from anxiety for years and was very anxious prior to being treated homeopathically. The family is a very close unit and depend very little outside of this to socialise. The daughter goes to daycare but anytime there is an issue about meeting her needs, the mother becomes anxious and needs a lot of support and help within the family to deal with the crisis. She feels guilty (16) about what happened her daughter and plays over in her mind the events of the day she was born. She felt she did not have a voice (1) and can feel unheard by the authorities even now.

Cystopteris tennesseensis 3-
443.16.13

Case by Pieter Kuiper.

Woman, 56 years old, depressions.

She originally came for treatment when she was 51.

At that time she had the feeling that her life was dragging on just automatically and that her responsibilities in her work felt heavy. She has the feeling that her life is at a kind of standstill and that everything happens at random. Nevertheless sometimes she makes conscious choices.

But she is despondent that her confidence has not changed or improved.

She feels that she's holding something back, it becomes easily too tense and exciting. She fears that she might do something wrong and that the responsibility is too much.

She was brought up in a family with hard-working parents. Her father was a horticulturist. He was very domineering and her mother adapted to his standards. They had a difficult relationship. Everything had to be like her father wanted to be. It's never good enough for him.

She has one sister who is two years older and there is some jealousy from the side of her sister with a lot of conflicts in the past, that's still happening from time to time.

The region where she was born is a kind of closed community of horticulturists where everybody works hard and helps in the family.

When she was 21 she married and she was glad that her partner took her out of that region to a complete different environment. They had one daughter when she was 29 and she divorced her partner at the age of 34. Her husband was a military officer and was away for long periods. His work came first.

In the past she worked in psychiatry (administrative) and as a secretary.

Now she is a homeopath and chose consciously for a course in homeopathy.

Analysis

Over the course of years she received rem-

edies of the Silver-series and Iron-series. The remedies which really acted were the different Ferrum salts like Ferrum muriaticum, Ferrum silicatum and Ferrum sulphuricum, mainly for shoulder pains and weekend-headaches. Also Ulmus rubra, Iron-series, 3-644.64.13, acted well for her. So the idea of Iron-series gives a 'hint' for the possibility of a Fern.

Two years previously she kept talking about preferring familiar things and that she feels that issues in the family can't be dealt with and that a real talk with her parents is difficult, even impossible. Very soon it becomes emotional with angry reactions, which stop any communication and she feels left behind with sadness. Also with Christmas she wonders why it happens to be the same for 50 years!! And though she decided not to comply like her mother did with her father, she sees that she's always in the background in pictures. Others are placing themselves in front of her. She feels like a 'grey mouse'. Because of the strong Iron-series picture and the idea that her life is mechanically staying in a mode of familiarity I decided at last for a Fern. Two other Ferns before, Pteridium aquilegium and Pellaea rotundifolia, did nothing for her. These ferns have a Phase 7 and Phase 2 quality. At the time I gave these remedies she felt excluded in a long standing friendship within her work at a pharmacy.

But the long existing pattern in her family made me study the phrases of the basic delusions of the different Fern-families. With Aspleniales I read "Delusion I will lose my family if I don't follow the community rules". In other words, it is an issue of Silica-series within the Ferns, 3-443.00.00. And because she repeatedly makes many efforts to improve and change the communication in the family which is followed by rejection or misunderstanding it seemed that Subphase 6 might fit better than Subphase 7 (previous Ferns).

Her cynical experiences made me decide for Stage 13: she felt part of her birth family but partly not.

Prescription: 3-443.16.13, Cystopteris tenesseensis C200.

Follow up

The striking result was that she made a group-journey to India and experienced herself as strong and natural within the group.

Moreover, her father came to her and apologised about his past choices regarding the favouring he had displayed financially towards her sister. She at last got a fundamental recognition after many years. And on many levels there is a realignment going on in the family which in its roots has been lingering on for a very long time. So a new more harmonious order in the family, also financially was established because of her efforts and the recognition by the father.

The Cystopteris brought about a deep change in her and in the sphere of the family so that she feels she can more easily position herself now towards her parents and her sister.

Asplenium bulbiferum 3-443.17.10

Case by Jan Scholten.

Girl, 3 years old, autism.

She is difficult to control and usually says no to her parents and her sister. She often has abdominal pain, a kind of colic, around her navel. The diagnosis is dysbiosis and infection with bacteria and candida. She especially complains at full moon. She often has infections with fever especially before the full moon. She then has symptoms like nasal runny nose, sneezing, coughing and pus coming out of her eyes. It is all not so acute, but it is tiring. Her pregnancy was good and the delivery normal. She has been breastfed and that went well. Her sleep is not so good, very restless. She cries while sleeping from which she wakes up often. She goes to bed late.

The first day at daycare it was very difficult, she lay flat on the floor and did not want to do anything. The first month she did not want to go there because she was afraid of the other children and afraid of being separated from her mother. Gradually things got better there and she became friendly.

She can get very angry if she doesn't get what she wants, then she puts her teeth together and starts pinching her mother. She can be very vindictive and can also delay it. Then she may start scratching the other person. She is very jealous of her older sister. She prefers to be treated like an older child and sees other children as little ones. She likes jewellery, rings and nice clothes like long dresses. She wants to look like a princess. She has a Barbie doll and lots of clothes for it, especially bridal wear.

She likes to watch trains. She likes to play like a child chatting and wants to be carried around. She does not want to grow up. She can suddenly act very offended and then sit in a corner without telling what is not right. She does not want her parents to approach then. This can be provoked when her sister is in bed with her parents. She is very persistent and can bully her parents if they do not agree with

her. Then there is very unhappy complaining. This is worse when she is bored and not the centre of attention. Then she can also throw away what she liked right before that time. She can then get a very persistent cough. She is afraid of strangers, especially in the elevator. She feels most connected to her mother but on the other hand that is the source of her problems. She is very attached to her mother but pushes her mother away when she is angry or sad. It can take a long time for her mother to comfort her. She says she doesn't love her father. But she can play with him with dolls and build castles out of pillows. She has little contact with her grandparents because they put pressure on her. She often feels shame with them as though she has done something wrong. She is very jealous of her sister especially when she has more contact with her mother.

A grandfather of hers was betrayed in WW2 by a son-in-law and sent to Auschwitz as a political prisoner and killed there by the Germans. There are many stories in the family that are not told, family secrets. Another family member has developed liver problems due to alcohol abuse.

General

Weather: has no influence.

Sleep: bad, falling asleep bad.

Food: very picky about food; she has an intolerance to lactose and cow's milk and will vomit; when breast feeding, she would vomit if her mother drank cow's milk.

Preferences: chicken soup, pasta, macaroni, fat, butter and fat from meat. Dislikes: vegetables 2; sweetness.

Analysis

In this case there seems to be no real cause for the autism. Her pregnancy and delivery were normal. The only outstanding event is a grandfather being betrayed in WW2 by a son-in-law, sent to Auschwitz and killed there by the Germans. The relationship between grandfather and son-in-law point to the Silicon series. The betrayal and being killed is a quality of Phase 7.

Pteridophyta: autism, difficult with con-

tacts; fear of strangers; sleep restless. Phase 7: betrayal; aggressive; jealous; pushes her mother away; pinching; scratching; bullying; vindictive; alcohol abuse.

Silicon series: problems with sister, jealous; grandfather and son-in-law.

Prescription: *Asplenium bulbiferum* C30.

Follow up

After 6 weeks she is 70% better. She is more with herself and can play easier by herself. She is no longer aggressive and angry. She sleeps better. She does more things by herself, thinks more about what her father says and what happened before that. She is more reflective on herself. She radiates more. She is less put out by her sister and plays more with other children. She obeys more instead of being contrary. Her Quality of life has gone from 20 to 65. *Saxifraga cuneata*, *Solanum americanum* and *Microlepis platyphylla* had little or no effect.

Didymochlaena truncatula 3-444.11.15

Case by Jan Scholten.

Boy, 14, ADHD.

He has concentration problems and is easily distracted. It is diagnosed as attention deficit and hyperactivity syndrome.

The contact with other children is very difficult. He is not shy, but is wild and loud and touches other children without their permission.

He frequently has infections of nose, throat and ears. Often his nose is obstructed so that he has to sniff very frequently. His pregnancy was difficult and mother had to lie down for a long time, which was a quite a burden. It was her second pregnancy and it was heavy as she lost her baby in the first pregnancy in the 26th week. The labour was 10 weeks too early. As a baby, he was crying all the time. It was only better by being carried. He could only sleep in a sling carried by his mother. Riding in a pram or car didn't help. His sleep has always been a problem. He was always restless in his sleep, trampling his legs. He could only fall asleep when his mother was with him. He couldn't sleep in his own room till the age of 12. When he was waking he went to his parents room again. He had a fear of the dark. He could also have nightmares that he was confused in his room.

School has been a problem. In the kindergarten, he was wild and rude, started destroying and pushing things. He could be malicious, beating other children. It got worse because he felt excluded. He was always the last one to be chosen. He has difficulty making contact because he is so rude. He only has one friend who has the same hobbies as he. He often feels bullied when others laugh at him and make grimaces.

He is very restless and can sit only when he watches television. He cannot organise himself. He always wants to be right, wants to command others. He seldom admits he is wrong. He is chaotic and never cleans the room.

In the primary school he needed total structure to do what was needed. He needed therapy to learn how to learn. He

always had the idea that he has to learn for the teachers instead of for himself. In high school he often feels bored, as he has a lot of free time and no tasks. He is very intelligent and doing well at school. He has an aversion to mathematics. He's very interested in history. As a profession he would like to become racing driver or constructing cars.

He has a lack of self-worth which is worse by all the negative remarks of his classmates. He likes to read magazines but he doesn't like to read books.

He is an only child and he has a good contact with his mother but also frequently fights with her about school and homework. The contact with his father is good but without fights. They like to do things together like hiking, building hotels, skiing, motor sport and the like.

He is impulsive, and he can weep hysterically when something is failing. He is not very anxious but careful in the traffic. He is not a team player, when he plays soccer he wants to be the one who scores.

Analysis

Pteridophyta: autism, difficult contact with others.

Iron series, Polypodiidae, 3-444.00.00: doing well at school.

Phase 1: impulsive; chaotic, cannot organise himself; restless; ADHD.

Stage right: wants to be right, wants to command.

Stage 15: no friends, excluded; mother lost her child.

Prescription: *Didymochlaena truncatula*, 3-444.11.15.

Follow up

After 8 weeks and 3 doses of *Didymochlaena truncatula* C30 he is more relaxed and less restless. His concentration is much better and he is more happy.

At school things go easier. He leaves others alone. He is more social at school and more co-operative. He is more asked for soccer.

His Quality of life went from 45 to 70.

Dryopteris oreades 3-444.12.05

Case by Jan Scholten.

Case

Computer specialist.

He does want to change his life, but his wife pressures him to become more lively, less stiff and inflexible.

He is irresolute, very cautious.

He lived with his parents till 35 and only then married.

Analysis

Pteridophyta: stiff; inflexible, lifeless.

Iron series, 3-444.00.00, Polypodiidae: works well; computer work.

Phase 2, 3-444.12.00, Dryopteridoideae: passive, lives with parents till 35.

Stage 5: cautious.

Prescription: 3-444.12.05

Follow up

After *Dryopteris oreades* he becomes more flexible and open, less stiff.

Dryopteris oreades 3-444.12.05

Case by Tomas Vyboch.

Boy 4 years old, autism

The boy is non-verbal, and has delayed speech development. He is very fearful, and afraid of new things. It takes him a long time to try something new.

He was hypotonic from birth. His parents started noticing problems when he was two years old. He didn't want to play with his parents. If he played, it was only alone, as if he was closed in his own world.

If he feels overlooked, he gets angry and starts pinching his parents. Sometimes he walks on tiptoes. When he is very happy, he shakes his hands. He accepts if someone plays next to him. In the past, he was more sensitive to sounds. If the teachers involve him in an activity in kindergarten, he will do it, but he doesn't get involved on his own. His mother feels that she has excessive fear. He is curious but lacks courage. If his mother is watching videos from the kindergarten, the boy is always at the side of the other children. If he's listening to a fairy tale and he doesn't like something, he covers his ears and starts screaming. He looks for a place to hide. He is sensitive to sounds. He likes jigsaw puzzles and looking in books. If someone takes a toy from him, he starts biting him, he gives it back to the person. The mother feels that he understands speech, but does not use it.

He is hyperactive, runs, jumps, never rests. He likes to count.

Analysis

3-400.00.00, Pteridophyta: Autism, delayed speech development.

3-444.12.00, Dryopterioideae: he has contact with other children in the kindergarten, but only when the teachers involve him. He feels insecure, he is afraid.

3-444.12.05, Stage 5: curious but lacks courage.

Prescription: 3-444.12.05, Dryopteris oreades.

ive. He shows more emotions, says what he wants and what he doesn't want. After two months, he can repeat more and more words. He reacts if he is addressed, he did not react before. Understanding has improved.

After half a year, the mother reports that after each administration of the remedy, she notices progress: he repeats words better and can say what he wants. He cooperates better.

The hyperactivity did not improve after the remedy.

Follow up

After six weeks he starts to repeat more words. He is more attentive, more recept

Dryopteris filix-mas 3-444.12.06

Case by Jan Scholten.

Boy, 4 years old, autism.

His development was normal until the 13th month. He then got an infection and after that, participation became a lot less. Pregnancy was difficult because his mother felt trapped. She was happy to have a baby but felt alone because she did not have good contact with her husband.

He is fascinated by helicopters and gets excited when he is in them, jumping and throwing his arms up a lot. He always wants to do things fast and then says "faster, faster". This is so with games of running and playing with a helicopter. He talks only in a few words and he meditates a lot. He has some simple questions like "when is mummy coming home". He talks about himself in the second person. But he quickly adopts other languages. He is very curious and has a very good memory. He can already sing a song after he has heard it five times. He sings very well, very accurately. He is hypersensitive, especially to stress around him. He is very emotional and very connected to his environment. At the nursery, he is very talkative and very open and likes to make contact, even with new people. He is not shy at all. He is very friendly and kind. He has a fear of doctors, mainly because of vaccinations. He also used to have tantrums with kicking, hitting, screaming, pinching. These came mostly when he was excited or when he had infections. He could have tantrums if he was corrected, or if his mother in the super makes another tour, or more generally if things did not go the way he wanted. When he was two, he could get very emotional when his father got angry. He can defend his mother if his father gets angry at his mother. Anna her fault. He can get angry if a parents fight or if he cannot go we want to go to.

General

Food: very picky with food.

Analysis

Pteridophyta: communication problems; being small.

Iron series: school problems, concentration problems.

Phase 2: passive, quick to give up if something doesn't work.

Prescription: 3-444.12.06, Dryopteris filix-mas

Follow up

Six weeks after the drug, he is doing better. His mood is much better and he participates much better at the nursery.

Dryopteris filix-mas 3-444.12.06

Case by Jan Scholten.

Boy, 12 years old, concentration disorder.

Things are not going well at school, he is the worst in the class. He is easily distracted and cannot concentrate. He often doesn't understand and then he gives up. He has already doubled a class. He did not want to go to primary school as he prefers to stay in kindergarten. Because of these problems, he has been sent to a private school. He wants to perform and be good, up to his achievements. If he succeeds, he feels super. He wants to be big and not small. He is also physically small. Those are the three biggest problems: being small, not being able to learn well, and his parents being divorced.

His mother had a lot of worries during pregnancy. She felt burdened because her husband had another girlfriend. The pregnancy was an attempt to bond with him. He suffered a heart attack. She herself had diabetes in pregnancy.

His development as a baby was normal in walking and talking, but he grew slowly. A diagnosis of celiac disease could not be confirmed.

He would like to become an architect later. Then he can be creative and build houses. He now often does that in computer games. His hobbies are video games, football and sleeping. For years, he played a lot with Lego.

His parents divorced when he was seven and he suffered a lot because of that. He became gloomy and afraid of death. The divorce was dramatic because his mother was very nervous, cried a lot and turned to alcohol when his father left. He lives with his mother and is with his father on weekends. He dislikes his father's new girlfriend. He likes his father, but not his argumentative and aggressive behaviour. Then he is scared and tries to calm his father by stroking his face and asking him not to shout. Sometimes he pinches his own face when scared, or he tries to calm his parents down by hugging them. He has good contact with his older brother

and sister.

General

Preference: meat, pasta, schnitzel.

Dislikes: vegetables, broccoli, especially spinach and zucchini.

Sleep: he sleeps well but is afraid to sleep alone and prefers to sleep with his mother in bed. Also if he sleeps with a friend or a dog he does better. He can grind his teeth in his sleep.

Dreams: being on a plane; doing things with friends; someone who grabs him.

Analysis

Pteridophyta: communication problems; being small.

Iron series: school problems, concentration problems.

Phase 2: scared by argumentative and aggressive behaviour ; calming parents by stroking, hugging; passive, quick to give up if something doesn't work.

Prescription: 3-444.12.06, *Dryopteris filix-mas*

Follow-up

Six weeks after the remedy, he is doing better. He no longer plays on the computer as much, only one instead of five hours. He doesn't play around with friends. He is also doing much better at school. With learning, he has become more of a go-getter, instead of immediately giving up like in the past. His mood is much better.

Dryopteris filix-mas 3-444.12.06

Case by Jan Scholten.

Boy, 10, growth retardation.

He grows very slowly, only an inch every three months. He is the smallest in the class and therefore has a poor ability to fend for himself. He wants to be very strong and is ambitious in practising things he wants to be able to do. His eyes are very dry and it feels like there are grains of sand in them which is better when outside and worse when inside. His neck and shoulders are easily strained. In the past, he has also had eczema and regular problems with coughing and earaches. He can have abdominal pain which gets better when he is on holiday and eats gluten-free.

He hates getting bigger because then everything becomes more difficult. Then he would have to go to work and have no free time. And he likes to watch movies. He is always very busy, moving and jumping around a lot. He likes action films with super heroes. Later he also wants to do something with sports. He is very orderly and likes to have everything tidy. He has a lot of energy. He is very ambitious and has strong energy. He is stubborn and wants to follow through with what he wants. He has a very good relationship with his father.

Analysis

Pteridophyta: growth retardation; aversion to grow up.

Iron series, Polypodiidae: ambitious; practising; very orderly.

Phase 2, Dryopterioideae, 3-444.12.00: desire free time; > holidays.

Stage 6: stubborn.

Prescription: *Dryopteris filix-mas*.

Follow up

Six weeks after *Dryopteris filix-mas* MK he is doing better. But the most interesting aspect is that he starts growing fast. He is catching up with his classmates in length.

Dryopteris filix-mas 3-444.12.06

Case by Jan Scholten.

Boy, 10, autism, pandas.

He is shy and has many anxieties. His development is quite good and his speech is great. But he is very sensitive to noise, cars and fights. He is sensitive to light and he wants to close the windows and put the blinds down.

His pregnancy was not the best. His mother developed diabetes and she had pain in her left abdomen. She had stress because they were closing the company. The labour ended in a Caesarian section, because his mother had early contractions. The labour was also difficult because his mother was sensitive and delicate and had an aversion to being treated by a male doctor.

As a baby he was very loud. His Apgar score was 10 over 10. He was bottle fed. His toilet training went quite well, although he had a fear of the toilet. At five he was fully continent.

He was born with a hole under the spine. It was diagnosed as a dry fistula. He started walking late, at 17 months. He has a fear of taking risks. He is delicate and very sensitive. He has a selective mutism, being silent in groups of children and speaking very well with family and friends. This comes from a lack of self-confidence. But he is clever and ambitious. He is restless and hyperactive, running around even during meals. He is easily distracted, which is diagnosed as an attention disorder. But he can be very focused when he is busy with letters, books, drawings and puzzles. In his family he can be outgoing, but he doesn't like to be the centre of attention, like in a happy birthday. He has a fear of animals, dogs and toys.

At school he often feels uneasy, especially when the groups are very big. He is doing better in groups with mixed disabilities. He can be obsessive, asking the same questions all the time, or telling what he wants to do on holidays. He likes playing with Lego, building houses with it. He likes swimming and water slides. He likes watching photos of holidays. He is quite artistic, creating buildings, with architec-

ture and drawing. He is not competitive and doesn't like football. He likes to be the best, but he easily gives up.

His mother is very sensitive. She reads books with him. She can also be nervous and depressive due to her stressful life and work. The contact with his father is good, but the father also has an aversion to his echolalia. He is an only child.

Analysis

Plant: very sensitive.

Phanerogama: autism; hyperactive; obsessive talking and questioning.

Iron series: clever; creative; talks a lot with family, speech is great.

Phase 2: shy; lack of self-confidence; mutism, closed.

Dryopterioideae: 3-444.12.

Stage 5: avoiding problems; lack of self-confidence.

Dryopteris filix-mas: 3-444.12.05.

Follow up

Six weeks after *Dryopteris filix-mas* MK he is doing much better. His mutism has gone down very much. He likes to talk to others all the time. He is quite open and can switch languages easily. He is involved in dialogues, instead of just speaking about his things. He likes to sing more and his self-confidence and concentration have gone up. His fears have gone down. He can still ask a lot of questions, even when he knows the answers but they are not so repetitive anymore. His Quality of life went from 45 to 60.

In the past *Peltoboykinia tellimoides* helped him very well.

Dryopteris dilatata 3-444.12.13

Case by Michaela Zorzi.

Woman, 35 years old, ADHS.

She has ADHS since childhood. She is very ambitious, but has big problems with examinations and talking to people in person and on Zoom during her work. This can lead to panic attacks; then she has to leave the meeting.

She is a lawyer, now working as a teacher for political education in order to have more holidays to spend with her little daughter.

She has tinnitus from stress.

Due to not being attentive she has fractured her ankles twice, with long-lasting complaints of oedema of her bone. She has lots of energy and needs physical exertion. She needs a lot of change and variety during her work, likes multitasking. Meditating is very helpful.

She craves salt and chocolate, eggs, cheese, butter, coffee.

Drafts of air and noises aggravate her! She is not able to sleep without Oropax ear plugs.

She is perfectionistic.

She had a difficult childhood. Her mother had to help everybody. She adopted an orphaned cousin when the patient was nine years old, which made her feel totally neglected and not seen by her mother. The family had to emigrate because of war in their homeland.

Her father was emotionally cold. He grew up in an boarding school with strict rules. Only achievements were interesting for him.

Analysis

3-444.00.00: ADHS, father in boarding school, rules from society, war, she is a lawyer, the justice in society is important for her.

Subphase 2: insecure ego, like *Lycopodium* unsure during examinations, talking in public.

Prescription: 3-444.12.13, *Dryopteris dilatata* C30.

Follow up

Much better after a few weeks, her husband notices a remarkable change, she feels more relaxed, calm, meetings are better.

She had a dream where she forgot to change shoes before entering a dance studio, kind of being unfocused, and she felt pain in her ankle, so we decided to raise the potency, Therapy: *Dryopteris dilatata* C200.

***Polypodium vulgare* 3-444.12.08**

Case by Chantal Roux.

Woman, 64 years old, tinnitus.

She is a psychotherapist. She tells: "My tinnitus is driving me insane. It is worse when a particular patient comes and she is just being quiet; she does not talk much so we are in silence a lot.

I have had 3 concussions in life, pretty bad ones.

I am so behind in my notes, my accounting. I feel like a child: 'you are not a good girl because you did not finish your chores'. It is like something is hanging over me.

I feel whiny and fussy and picky. I feel I am being difficult, a burden, a nuisance, not easy for others. I was an only child, with a single parent, my mother. My parents split up some months after I was born. We often lived with my grandmother and an aunt. They would criticise me and shame me.

I used to clean and put things away: clean, organise. I thought it was expected of me. My mother would be gone for 12 hours a day on weekends. She would come home, pass a finger on furniture and tell me: you missed a spot. So I would get it all done before she came home.

When my fish died, I cried. How can I feel more alone without a fish? I need company."

Psychotherapist?

"I thought I would be a writer. Someone found my writings and laughed at them. It upset me. I shredded them all. I wanted to teach, help people to learn in a way that soothed them. I don't want anybody to tell me what to do.

I took a bit of everything the first year at University and I read: 'the most fucked up people I know are in psychology'. I felt fucked up, so I knew that was where I belong.

My mother said: 'I am not going to agree with you just because you are right'. I had friends like that, everyone around me.

My husband was scared to make decisions and I made decisions fast in order not to

be anxious. And then he would criticise me. I wanted to be a good mom, he wanted to let the child cry until she puked. We even fought on our honeymoon! The first night in the hotel, he set the alarm to watch a fight on tv. We fought from there on. I felt rage, anger, loathing, shock, humiliation, demoralised. My competence made him feel incompetent. He was trying to humiliate me.

I remember being sexually abused by an uncle between 5-11 years old. It was my mother's sister's husband. My mother would leave me with them. I remember that he had his arm bent and I pushed my feet with all my might. I said nothing and made no noise to not wake his daughter in the other bed. If he does this to me, at least it is not her. He wrote me a letter once, apologising. I was so shocked, I ripped it up. I was terrified someone would find it and know it happened.

I felt upset, injustice, unfairness. I would complain, plead, ask.

Once I listened to a neighbour talking for an hour; when I started to talk, she just left and went in the house. I was shocked. I went into my house and started to yell. How could she talk for an hour and then, just leave? It is so unfair!

Kigelia africana was helping a lot, but then, after six months, it would bring me forward but not as well as before. Writing notes is difficult again. It had made a huge difference in my procrastinating.

Now, I feel observed. I will wait until the neighbour is done before going outside. I feel seen, compared. I don't want to be seen.

It is hard to be seen trying, struggling.

When running, I am unhappy, I try to get somewhere. When I do my lawn, I have waited too long and things are harder. It is not comfortable outside, people are seeing me.

Maybe I am disconnected from my body. I think I disconnect from my body.

I am going to be blamed, it is going to be my fault. Everyone will be really mad at me. I am bad. A sexual yuck to it. Humiliated.

I anticipate being judged because of all the little things people said in the past.

I am on guard, ready for an attack, ready to defend, to get out if necessary."

Doing all the chores?

"Waiting for the criticism, worked very hard not to get comments. Being shamed, never good enough. At family dinners, I would get up to help clear the table and my mother had the habit of asking me as I was already getting up. She shamed me as a slug. It ruined my desire to help. I spend my life trying to avoid that.

Now, I got a message that I won't be able to use my office anymore, they are making changes and giving me only one week to find something else. And my doctor sent a letter that they are closing; I saw him last week, he could have told me in person! People are so bad about relationships! It shocks me! I grew up in a family that did not respect relationships. I became a therapist to fix that. I felt shocked, stunned, disbelief! I felt outrage, shock, anger. Now the College wants me to write an exam again! My tolerance for hurdles is less. I don't want the hurdles to be there at all. They keep coming, I can keep scaling them but not with the same vigour.

I am seen as less. I have a lot of wealthy friends, people around have money, I am seen as the poor cousin. I don't like working for people, don't like to be parented by an authority, don't like being told what to do. I have always been sensitive to that. Enraged! You have to do as I say! If I could find another job that would pay well, I would go for it!

If you don't conform, they will say: you will have to come to class and learn the things you got wrong and we will test you again. I could lose my licence to practice if I don't comply.

I always fear punishment!; from authority figures, banks, the ones from College, they will get me!! My family does not follow the rules and they get away with it but I will get caught. My ex cheats up and down, he has never been caught!"

Analysis *Kigelia africana* Lanthanides, 3-660.00.00: psychotherapist, looking for solutions.

Silver series, 3-665.00.00, Lamiidae: psychotherapist, helping others.

Phase 6, 3-665.60.00, Verbenales: abuse, resentment, unfairness.

flushes; intense; hypertension.
Stage 5, 3-665.65.05, *Kigelia africana*:
procrastination.
The first prescription was *Kigelia africana*.

Follow up *Kigelia africana*

It helped a great deal, she loved the remedy but it was not acting further after a year.

Then she related what was happening in her life: everything was happening suddenly, out of the blue, unexpectedly, by people she thought she had a good relationship with. She got kicked out of her office space without much notice. She had seen her doctor the week before and he had not mentioned taking his retirement. The College of Psychotherapists asked her to take an exam. Everything was "all of a sudden". She kept repeating the words "shocked, stunned, I can't believe this, I thought we understood each other". I then asked about her childhood, were things happening unexpectedly? Of course! She thought she had a good relationship with her aunt and that aunt would suddenly laugh at her, her mother was nice and then, boom, would say something mean. The words "shocked, stunned, surprised that she was not so well accepted in a group she thought she was doing well in" kept coming back over and over, no matter the situation. At the same time, she knows she is a good psychotherapist, she is very stable in her job, very responsible, she does things very well. Also, she is a bit OCD, she buys clothes compulsively.

Analysis *Polypodium vulgare*

Her perception had shifted with *Kigelia africana*. The traumas of childhood were much clearer.

Pteridophyte: let the child cry; sexually abused; disconnected from my body; being bad; conform; comply; follow the rules; traumas of childhood were much clearer. Iron series: don't want to be seen; blamed, my fault; humiliated.

Phase 4: shocked, stunned, surprised; suddenly, out of the blue, unexpected; from people she thought she had a good relationship with.

Stage: on the left, it is never enough, never

having finished.
Stage 8: struggling.
Prescription: 3-444.14.08, *Polypodium vulgare* C30.

Follow up *Polypodium vulgare*

After 2 months, she tells:

"There is something gone about... my anxiety had come down already, but now, there is a real letting go. It has freed me from the past! If it could have been different, it would! I was not responsible for that! Something has freed up.

I have more hope, more confidence, more capacity in this shit show. I can create and cultivate my protective little bubble. I feel better about me, what I have created.

Money is still an issue but I have the capacity to work for another 20 years. That should work. If I need a home, I will sell my property. It should be fine. The doom and gloom have lifted. Maybe it will still be a shit show but I will figure it out. After the first dose, there was a huge car repair, as my car died, but it was under warranty. I had a license review and passed. I found a dog-sitter so I can go visit my daughter. Good things happened, but I am less scared that things won't work out. I thought they worked out before because I worry. Now, I can't worry although my body and mind expect me to. My body likes being calmer. I have time, not a race anymore.

Now I am dialoguing with myself and it works: good things are happening to me. It is nice not to have constant chattering in my mind telling me I am a bad person. I am back to writing my notes daily, that is great, it now seems easy.

I thought for so long that people were out to get me. This is now so unusual for me. I purged a lot of clothes; now I am looking for natural fibres.

I am visualising things in my mind, have less judgement and less shame, and am less rushed. I trust myself more, and that is HUGE.

My fear of being seen in the world has reduced so much. If I have to go somewhere, like walking to the vet, I used to think what will I look like, who is going to see me?

Now, I don't even think about it! I have recently noticed when I am second

guessing myself, I feel ashamed of a question I asked. Now, it reminds me that I did my job. The remedy has slowed me down and I can perceive my progress from one moment to the next.

I used to have debilitating shame! It is the most debilitating emotion. I am bad because it has happened to me. There must be something wrong with me if they do this to me. That is gone!" She repeated the remedy every other week.

Two months later she tells:

"I joined a gym, started writing my book, my accounting is up to date, ready to file my taxes. I took my clothes to a consignment shop, at least I get money for clothes I don't wear.

I was so afraid to write my book because of other people reading it, that was mine, not yours. I start the book by saying: what I say here is not mine, I mention everyone, not stealing from anyone.

I am bursting out! I saw someone who said: 'how are you' and I answered: 'I am happy!! I don't say this lightly!'

I had 3 workshops in a row, life is good. I joined a book club, joined the ladies, only went once, I bring my point of view. They have read more than me. They read all the new releases, I take my daughter's recommendations and I am ok with that. I don't care of what they think." Prescription: repeat *Polypodium vulgare* as needed.

Discussion

The follow up expresses the Pteridophyta state even better than the intake. She was telling herself that she was a bad person, that there had to be something wrong with her. She had to be bad because something bad had happened to her. It is the magical thinking of a child. That made her sensitive to shame, humiliation, punishment and so on. It was a debilitating shame, producing panic, rushing and racing.

This case is a good example of the hidden quality of the fern, being compensated by a Lanthanide and Silver series remedy, in this case *Kigelia africana*.

Colysis wrightii 3-444.14.09 Case by Magdalena Jakubaszek.

Boy, 7 years old, autism.

A mother came in with a boy 2 years ago for counselling. The boy aged 7 years old, gave the interview to me from under the bed, then he hid under the desk, hid under the duvet leaving only a small hole through which he watched me. I waited for him to get used to me and he finally gave the interview. He was running around the flat, jumping up all the time, throwing his arms out to the sides. According to his mother, he did not play with his toys, he did not interact with his peers and this was what worried his mother the most. He jumped up and covered his ears. During breaks of the classes he sat in the classroom and reacted badly to noise.

The boy's problems started at the age of 3.5 after his mum disappeared from home for 10 days due to a hospital stay with his younger sister. Previously he had slept with mum in the bedroom, now he would run to the door, jump and come back into the room,. There were usually severe echolalia attacks at the bedroom door. Mum said she checked very often to see if he was home. He moved away from the children and from his sister. He was talking senselessly and off topic.

He was vaccinated according to the vaccination calendar. His mother made attempts with homeopaths to remedy the boy's condition earlier. She believes vaccines are to blame for social disorders. She works as a therapist in a special school every day and sees similar behaviour in her pupils.

The boy is a passionate fan of the FC Barcelona football team, monomania in this subject. Each of the conversations with him was about the matches and training. He presented all the gadgets of the team. He would not answer other questions, he would get up, jump, making sounds, screaming and hiding in some part of the room under the blanket. Only his eyes were sticking out. His first of 3 possible wishes is to have a football team. (He repeated this many times without even be

ing asked). The second wish was to score 100 goals. The third is to have 50 dogs and 50 cats. His favourite position on the pitch is goalkeeper. He drew a picture of what he was afraid of: a robot spider. Favourite colours are FC Barcelona red and blue, which are the clothes he chooses and which he draws with crayons. He does lots of exercise and sports, but does not interact during team games. Does not play scenes with toys. He plays Minecraft and builds bases there. He is only able to sit during the game. When he gets up he runs jumps, slides, speaks without making sense. Specific symptoms reported by his mother are echolalia, touching objects repeatedly, perfectionism, kicking objects, food selectivity: he ate bananas and other fruits, raw vegetables and soups every day. He does not walk to school alone, he has to touch handrails, counts flagstones. In the attached videos, the boy stimulates himself by jumping in front of the TV. He has had frequent tonsillitis, which has been managed by a clinical homeopath, he stopped having acute conditions. The boy's fears and anxieties were about the dark and snakes. He came home because the dog was standing on the pavement, he said it was too dangerous for him. He only plays with one friend, and only talks about him, he doesn't notice others.

Analysis

After an exciting training in Levoca on spiders and on the basis of the rubrics from the seminar, Complete dynamics and Massimo Mangialavori's book *Some Arachnids I selected Theridion*.

Follow up

After the remedy there was always a worsening of about a week, then the echolalia disappeared. The boy could concentrate, compulsive behaviour improved. He started to be active in lessons, standing by the group and looking for topics to talk about. He got his friends involved and they played online together. Unfortunately, the symptoms slowly returned after a few months. The boy was again touching objects several times and had intrusions. Arranging his football-related gadgets got worse.

Analysis

After the training in Utrecht I decided to give Colysis wrightii.

Fern: developmental arrest due to trauma of separation from mother at a pre-verbal age. I did not see any problems with bed-wetting or communication, so I did not give it a two. He did not do anything completely on his own. He needed instructions.

Iron series: he went to a school for healthy children, did training, went to church, he learned until his first communion, did the shopping (his sister helped him). If he was scared by a dog or someone who seemed strange, he would return home. He had no connection to inspiration and motivation from the silver series. He did maths tasks automatically, but did not understand the instructions. He did not understand literature, he asked his mum to interpret the tasks of writing stories. He did not understand the test, although he could read it. He needed reassurance about what he was doing. He was at level 4 and no higher.

He went crazy if someone cheated during a game or broke the rules at school and told the teacher.

OCD: he touched fences, counted stones. He had rituals in which he was trapped. They concerned everyday life, food, school, and objects. He did not see his imperfections.

Subphase 4: OCD. Very much looked after by his mother, who is a therapist. It is only thanks to her support that he was not in a special school.

His mother is demanding but supportive of his development.

One friend was not strange to him. He did not see any problems with his peers. He thought that he played computer games and football with his friends. He did not feel excluded, he did not see his deficit. I did not see a problem here.

Stage 9: even if he got a good grade, he would come to you with doubts when doing exercises. When he had written an assignment, he wanted you to explain it to him at the end because he wasn't sure if he had done it correctly. During the lesson, he would ask the teachers if he had done the assignment correctly. Possibly the story about getting lost in the forest. He

passed the exam because he used a GPS and returned to base. A week later, he told his mum about it. He told her that he used a GPS, so he didn't know if he passed the test or not.

Uncertainty even after completing a task. This is the kind of doubt the boy's mum mentioned.

I saw ambition in him, I saw a desire to take on tasks, to develop. I was thinking of the remedy with Stage 5, but I felt Stage 9 better fitting when I realised that he did not consider his achievements to be perfect.

Follow up

There was a very big improvement from administering 1 dose. Improvement in separation anxiety related to school. The echolalia disappeared completely. The new teachers since September praise him very much as a student, he sits in the bench does not get up, is focused, answers questions adequately. He doesn't just talk to everyone about football.

The intrusive touching of objects has completely gone.

He has lots of friends in class and in sports activities. He suggested to his mother that he sign up to play guitar and join the scouts. The mono-thematic conversations ended. There he met friends, they meet, call each other. At home he talks about his relationships with them. He has no social problems. He goes to school and after-school activities on his own and rides the bus. He got lost in the woods and managed without problems, he did not complain to his mother. After a week he only mentioned that it had happened. Super memory and perfectionism, very good grades at school, solves Polish language tasks by himself and understands them. He is great at maths. He is physically weaker than his classmates and has a problem on exercises, but he doesn't give up, works on high self-esteem and doesn't run away from problems.

Empathy and concern for others has emerged, previously when he heard there was a problem he would immediately step into the role of victim. He now tells his father to take care of the temperature in the car for his mother. He asks his mother how she is feeling today, after surgery “do

you need anything, mum?”

Mum thinks she has a healthy child, she describes the improvement after the remedy as 80%.

Her son's activity remains, which she does not want to treat, she thinks it is his inner life force and uses it in sports activities. There is absolutely no hyperactivity at school.

He does not jump up when playing on the computer, he is calm and focused. When playing board games he is focused and does not brawl when he loses.

The condition has not worsened since the remedy was administered in August and September 2024.

Dosage Colysis whrightii C30, 3 globuli every 3 weeks, twice.

His mother thinks the boy is completely healthy. The echolalia and OCD have not returned. He is independent at school. He does not stand out from his peers.

Phlebodium aureum

3-444.14.11

Case by Jan Scholten.

Man, 70, hiatus hernia.

He has pain in his stomach region. It feels full and tight. He has a lot of hiccoughs, worse after eating and in the evening. It feels very uncomfortable. In general he feels tired, which is not much better after a good sleep.

He has a good marriage. He has worries about his children and grandchildren. Especially one son is giving worries, as he has severe ulcerative colitis.

There is a history that his father emigrated to South Africa when he was 18. He had to start there from scratch and build his own company. His parents had to stay in Germany, they did not have permission to leave Germany. He himself has taken over the company of father later in life. He was doing that well, together with a colleague. What helped him in the business is that he is very orderly and precise. He always had very good contact with his clients as he was always very honest and correct, delivering good products.

He always had very good contact with his father and the rest of the family. He is a family man, trying to be the centre of the family, as the oldest child.

Analysis

The trauma of his father was hidden, he kept it for himself, in an autistic way, not showing any weakness.

Pteridophyta: deep old trauma; hidden trauma; very orderly and precise. Iron series: working well; orderly.

Polypodiidae, 3-444.00.00: functioning well in society; the 444 can be seen as the norms, 4, forced on him by society, 4, affected his place in society, 4.

Phase 4: centre of the family; good contact with father and family; very correct.

Stage 11: doing well in business, honest and correct for clients.

Prescription: 3-444.14.11, Phlebodium aureum MK.

coughs and discomfort in his stomach are completely gone, already after the first dose. Also helpful is his avoiding of rich desserts.

In general he feels better, is more comfortable with life. He can deal much easier with the problems in life, and feels they will pass anyway. He is not so upset and worried about problems anymore.

In the past Terbium carbonicum and Holmium phosphoricum have helped him very much.

Terbium carbonicum has the same Stage 11 and Phase 4.

Follow up

After 3 doses of Phlebodium aureum MK the pains are much less. The reflux, hic

Phlebodium aureum

3-444.14.11

Case by Tomas Vyboch.

Boy, 18 years old, obsessive compulsive disorder.

His OCD is manifested by a compulsive need to wash himself. It's been going on for two years. His friends pushed him to have a girlfriend and found him one. However, he discovered that she is not a good person because she likes fascism. He hates all fascists from the bottom of his heart. He hates dictatorships, nazism, neo-nazism or communism. He was shocked that he hadn't noticed that before and allowed himself to be in a relationship with such a person. He later broke up with her.

When this happened, he had to constantly wash himself after masturbating, as well as everything he touched. He had to wash the whole floor and his clothes. If he does not wash himself, he feels that he is dirty. His head realises that this is nonsense, but on the other hand he cannot control it. He says that he knew from childhood that he wanted to be a firefighter and help people. But now he wants to be more of a police officer, an investigator because organised crime is very damaging to our society and disrupts its structure. He says there are a lot of good firefighters in the country, but not too many good police officers. He is also interested in psychology. The boy has strong moral principles. If he found money on the street, he would give it to the police.

He remembers one more important event in his life that triggered the OCD. Years ago, he watched an erotic video where a policeman and a policewoman had sex. Then he felt greatly disturbed because it was not right. He says: "Police officers should never be allowed to do this at work". Sometimes he has strange thoughts while masturbating. He feels divided in two. He suddenly starts to think about Hitler. Or if he talks to someone about domestic violence, he says he would never do such a thing. But his other side disputes that. And then he fears that he might be a psychopath.

His mother says that he always had a problem with new things. In his childhood he was called Little Autist. He didn't want to go to school, he didn't like eating new foods. He can spend four hours in the bathroom. Sometimes he uses 2500 litres of water a day for washing.

Analysis

3-400.00.00, Pteridophyta: "Little Autist", does not like new things, OCD, very strong morals; unreflective; old-fashioned, orthodox.

3-444.10.00, Polypodiales: he is quite functional, he can cope with his life. His OCD first started, after he "broke" moral rules of the community and his own principles. He has a feeling, that if he breaks the moral rule, he is a bad person; he can cope with life, however he is far too rigid. 3-444.14.00, Phase 4, Polypodioideae: he is centred, wants to be a police officer a man who protects the community; too rigid.

Stage 10: he expects himself to be totally perfect.

Prescription: 3-444.14.10, *Phlebodium aureum*.

Follow up

After six weeks he feels much better. He feels more relaxed. He does not feel that he contaminates things with his fluids. In the past, he had the urge to wash everything he touched after masturbation. He feels around 50 percent improvement. After two months: he found a new girlfriend. He does not feel divided in two anymore. He spends just 45 minutes in the shower. His mother says he is way more relaxed. He remembers some bad memories from childhood, that were suppressed before. His relationship with his father significantly improved. In the past he was very critical of his father. After five months he feels gradual improvement. His self-confidence is much better.

Neolepisorus lancifolius 3-444.16.06

Case by Jan Scholten.

Man, 22 years old, autism, PDD nos.

A diagnosis of ADHD was initially considered at age eight, but he became hyper-active on Ritalin. Further examination by a neurologist led to a diagnosis of Gilles de la Tourette. He is Christian, and someone prayed for him at a Christian camp. At age fifteen, he was healed of Gilles de la Tourette by God. At that same age, he was diagnosed with autism and PDD-NOS, which became more evident. At 21, he was diagnosed with burnout and complex PTSD.

From the age of eight, he was treated with 40 different medications, including antidepressants that made him feel like a "zombie," and many other psycho-pharmaca. He now experiences restlessness and flashbacks as his main symptoms. His restlessness has been his main complaint. He gets headaches when stressed, starting at the back of his head and extending to his forehead and eyes, with a sharp, cutting pain, like from a knife. His jaws feel stiff and tense, and he experiences shortness of breath with the headache. Showering and relaxing ease his headaches.

A diagnosis of ADHD was not established.

Mind

His emotions are intense and often overwhelming for others. He experiences alternating cheerful and depressive moods, feeling trapped and restricted. He craves freedom and becomes easily stressed, especially around people. He finds relaxation challenging. He feels drained from antidepressants; he has not taken since the age of 21 and has little trust in psychiatrists because of a lot of bad experience with them. Thoughts of death occasionally arise, especially in connection to his grandparents, with whom he shared a close bond.

He has one good friend, whom he meets mostly via games on the internet. His friend is also introvert and autistic. He has no girlfriend as he cannot find the right one.

Dreams

He dreams of control, entertainment, and amusement but has also had dreams of being trapped in a labyrinth, unable to open his eyes, and needing to flee from something. This last type of dream occurred only when he was still living with his mother.

Family

He is the oldest of two siblings. He has limited contact with his mother, whom he suspects has narcissistic tendencies. Interactions with her cause him significant stress. His father was very controlling and suppressive. His parents divorced when he was six. He was very angry at his mother as she left the family.

Work

He is establishing his own tiny-living company. He trained as a carpenter and is currently on social welfare. The business launch is progressing slowly as he has yet to fully recover from burnout and complex PTSD. He is meticulous in his work, needing everything to have a designated place.

Pregnancy labour

He was conceived via in vitro fertilisation and was born prematurely due to a lack of nutrition in utero. He had to stay in an incubator for a few days.

Body

He feels worse around the full moon, becoming more agitated and angry with tense muscles and swollen veins. He has no sense of smell.

Generals

Weather: depressed from bad weather; < full moon.

Desire: sushi, pasta, fruit.

Aversion: pancakes; capers.

Plants: likes the colours of plants very much.

Animals: likes animals, especially dogs; cats are afraid of him.

Analysis

Plants: sensitive.

Pteridophyta: autism, PDD-nos; restless.

Iron series: very orderly at work; own

company.

Phase 6: little contact with his mother.

Stage 6: going his own way alone.

Prescription: 3-44416.09, Neolepisorus lancifolius C30.

Follow up

After 6 weeks things have gradually improved. His headache is gone. He is more relaxed, less stressed, takes more rest. The strong emotions are much less. He has a lot of memories of the past, even a bit more than before, but they are neutral and not loaded with emotions as before. His business is doing very well.

His Quality of life went from 40 to 60.

Three months later after regular doses of Neolepisorus lancifolius MK he feels much better. The flashbacks are only present sometimes and are not accompanied by heavy emotions anymore. In the past he would have intense grief and weeping, with pain in his chest and a feeling of knives in his body.

His job is developing very well.

His Quality of life went further up to 80.

Later he did also very well on Gelsemium sempervirens. Within a few weeks, he began experiencing deep flashbacks. It was intense and quite daunting. The flashbacks completely took over. He writes: "Some days, I'd wake up at 9:00, go into a flashback, and not come out of it until 4:00 in the afternoon. The rest of the week would feel like a sort of replay, imagining how things might have gone differently. I could genuinely feel the emotions that I hadn't felt when the events were actually happening. At times, it was as if I, as an adult, were comforting my younger self and feeling the pain he had turned off back then. Variations of this, things I hadn't processed at the time, occurred over the year. Most things I didn't even remember. I remember being told, when I was young, that I never cried. But looking back now, I realise that I didn't feel the emotions at the time for what I was experiencing. I felt nothing -numb- when shit was happening. I just let it get over me. Not experiencing it and not processing it. Now that I'm older, I see that this was an automatic self-protection. As I am older now, I had to confront it and really feel

my emotions. I'd been running from it, constantly keeping myself busy with work and distractions. I was exhausted from constantly working, and I simply couldn't go on. The rest of the time was brutal: intense headaches, almost daily morning sickness, and those intense flashbacks that I could no longer distract myself from and simply had to endure. It was incredible tough. But I'm so grateful I went through it. I no longer have flashbacks, and if something does trigger me, I might briefly visualise it but can let it go almost instantly. My emotions are much more balanced, and people around me notice a positive change in how I am now. I had no idea beforehand how happy I'd be that I went through with this. I can better rest now, which I had to practice, and I have much more energy and endurance. I still need to be careful not to push too far, but I'm genuinely happy that my mind is functioning well again, allowing me to sustain things longer."

Lepisorus macrosphaerus 3-444.16.09

Case by Jan Scholten.

Man, 40 years old, relationship problems.

He has difficulties with his wife. He has a strong sexual desire and pushes his wife for sex too much. He feels he owns her, that she is his property as they are married. This comes from his islamic upbringing. He feels lost and on his own when his wife and daughter travel to their home country for some weeks.

He was very successful in studies, high school and university. But he never had many friends. He felt lonely at the university, an outsider, as if he was missing something, unable to make contact. He only had friends in other cities. He wanted to have more friends, especially girlfriends, for having fun. He has had short relationships, but they stopped because he was very jealous and too eager for sex. He felt lonely when they split up.

His mother wants him to come back to his home country.

He had nightmares, as if he had to stay awake.

He is very reserved, on his own. He is not expressive, a bit unemotional.

He got more recognition and good feedback at his work. He is more confident and social and can more easily approach people. He no longer feels stressed at work. He is more content and feels he is belonging, whereas in the past he felt not belonging to a group when he saw them having fun.

His Quality of life went from 65 to 80. In the past Europium oxydatum has helped him very much.

Analysis

Pteridophyta: culturally rigid ideas, norms; emotionally flat; lack of empathy. Iron series: functioning well.

Phase 6: needing much, not getting what he wants.

Stage 13: anger, held in.

Prescription: 3-444.16.13, *Lepisorus macrosphaerus*.

DD: *Gymnospermae*: cultural, religious norms.

Follow up

After six weeks he feels much better. He has been in homeopathic treatment for many years, but this remedy is by far better than all the other ones. It has brought a lot of good. He is more tolerant, to his wife, his daughter and at his work. He is really more positive. He is happy on waking, willing to do something. His sleep is better and refreshing.

Schellolepis subauriculata 3-444.16.11

Case by Tomas Vyboch

Man, 50 years old, cramps.

He has been suffering from severe cramps in his calves for three years. They are worse while walking. The pain during walking is so intense that he must clench his teeth to endure it. Sometimes his legs turn blue.

The problems began when his wife died. After her death, he found out she had accumulated a lot of debt. He had to pay off her debts for seven years. During her lifetime, he had no idea. She told him she was paying all the bills. He later discovered she was a pathological liar.

He tried to do everything he could to take care of the children. To repay all the debts, he had to live on a very small amount of money. He had to sell his house, his car, and learn to commute by public transport. He regrets selling his garden.

In the past, he worked as a Catholic priest—he wanted to help others. Later he decided to teach religion to earn money and support his wife and her children. As a child, he obeyed his parents and helped to take care of the household. He says they worked hard, but it was normal. His goal was to be an honest and just person, a good priest. He left the priesthood when he saw hypocrisy in the church. While he was a priest, he met a widow with four children. She asked him for help. He says: “I wanted to help them like a good shepherd.”

The last few years with his wife were problematic. She often said she wanted a divorce, and he didn’t understand why. She told the children he pushed her down the stairs, even though she actually fell on her own.

Analysis

Iron series: Issues with finances, debts, and taking care of the household. 3-400.00.00; Pteridophyta: Lack of reflection; for years he had no idea his wife was lying to him. He automatically trusted her. 3-444.00.00; Polypodiidae: He is capable

of functioning normally in the world; his aspiration and purpose lie in caring for the family and the home.

3-444.16.00; Microsoroideae: Marital problems, wife falsely accused and deceived him

3-444.16.11: *Schellolepis subauriculata*: Desire to help the family, care taking, “I wanted to be a good shepherd.”

Follow up

The cramps now appear only occasionally, usually when he rushes.

In 6 months the cramps gradually subsided month by month.

Cuprum arsenicosum was prescribed previously and his cramps gradually improved, but at a certain point, the remedy stopped working. He feels this remedy is much better than Cuprum arsenicosum.

Lecanopteris pustulata 3-444.16.13

Case by Doug Brown.

The patient is a 69 years old divorced female, naturopathic doctor with depression her whole life. She says:

My ex-husband is a psychiatrist. The divorce was brutal, unforgiving. Breaking up the family was last thing I wanted. I had wonderful child at 44. She's a joy. But now she needs to break away from me. The empty nest is harder than I anticipated. I loved being a parent. Now I feel I'm done.....My daughter doesn't need me. She has everything she needs to be a viable and successful human being. In fact, has way more skills than I ever did.

I spend a lot of time in my own mind. Nature is my saving grace. I go out for a walk every night. If the stars are out I feel happy and connected. I love being active, being outdoors. Connecting to nature; maybe hear an owl out there.

I find people difficult to get along with. I do have a couple of good friends. I tried to train them to call me more. The social thing is difficult. I feel socially retarded. I've had falling outs with siblings, with good old friends.

I'm all alone. I stop wanting to seek out people that I don't feel good with. I can have a day where nobody calls me, nobody looks out for how I'm doing. Nobody likes me, I guess I'll go eat worms.

It's scary to lose control. I just go into this place of blackness. It feels like I am consumed. There's no light, nothing. Throughout my life I've been trying to find a way to hold myself together. Then I get to places where I totally crash down.

As a child there was nobody I could really go to. I feel that way now. There's no way to have a life I'd want to live. I have an orphan complex. I haven't been able to rise above it. I would love to rise above it.

I also want to stop fighting it. I want that to stop controlling me, but that IS me.

I had a falling out with my sister over my knee replacement surgery May 2021. I was very traumatised by it. When she found out I needed the operation she offered to come and be with me. I appreciated, needed the support. I had to take a lot of drugs. Everything was a challenge. She said on Day 2 that her husband was going to join us with his dog. I said I don't think I can do that. That wasn't part of the agreement. I don't think I can have another person and a dog right now. I needed quiet and care. She was infuriated. She started yelling at me, said she would leave. I said, 'You can't, I need your help.'

My heart was broken. She had no room for me, was disgusted. I had the most major surgery in my life and I was being punished for speaking up for my needs. That relationship has never been restored.

My best friend of the past 30 years is now written off. She said "You need to call me". But you never answer. Then she said "You can't be leaving me these long messages".

I haven't been willing to subject myself to relationships that don't feel supportive. I've written off a couple of brothers and sisters....

I don't have enough Oxygen (in this room).

I was on a bus tour with my daughter. I was feeling lonely. She wanted to wander on her own. The other girls were with their Moms. She wants to have her own experience.

She said "Mom, are you okay?" I said "No, I'm not okay!" When I told her why I wasn't okay she was infuriated with me. She stomped off. The falling out pervaded into the group. Others pretending it didn't happen. We were both in an altered state.

I asked her if she would sit with me. She was disgusted, said "No!" I said maybe we could just sit with each other, hold hands. Again, "No!" It was traumatic. I cried by

myself. When we got back, she was infuriated with me.

I was married to a psychiatrist. He had good persuasive techniques. He was incredibly busy, seeing 35 patients/day, not taking vacations. I tried to get him to work one day less. He would have none of it; wanted to make his money. The system needed to be depressurised. I worked less. I tried to make family meals for all of us. The pressure cooker was untenable. The divorce was egregious. Divorce was the last thing I wanted. It was a battle for my life.

In a group the easiest thing is to disappear. I grew up with a lot of people. Disappearing was the least painful place to be.

At 18 my boyfriend was my first real friend. I thought we'd be together forever. After 4 years he started seeing somebody else. It was a huge heartbreak. I felt unmoored. I had very little connection with parents, siblings. I was always looking for a partner, a love relationship. A sister got involved with two of my boyfriends. I had to put a steel shield around me when aunt and mother visited. They didn't like my hair.

My aunt would tell me to toe the line. She felt she had to protect my mother from my behaviour.

I would sit and watch Walter Cronkite with my arm around my dad. He never expressed emotions. He died of lung cancer at 71. He was of my heart. My Mom was harsh. Toe the line, do chores, keep the house clean! I felt emotionally closer to my dad, although he was not an emotional person. He would never chase me away but would never put his arm around me. He loved his place, where he'd grown up and lived his whole life. Once he was gone, there was nothing I wanted to go back to.

It's very important for me to be connected with nature, the other realms of human life. The spiritual realms. Being metaphysical, esoteric. That's a high interest of

mine. In my family that wasn't valued. People don't understand that in their life; so how would they understand that in mine? So I conform.

For example, becoming an ND. I didn't want to be a doctor. But I needed to make a living, and the license gives me leverage to do meaningful things with other people. I've felt like the village idiot because I expected myself to be like them. But I'm not.

I'm difficult for people to get along with. I find people annoying. If I'm not annoyed, I'm awkward or afraid to express self. I have a handicap with people. I'm managing my mother's care. She was not the mother I would have wanted. I want to make relationship better before she dies. She doesn't want to be alone in life. All her siblings, kids are gone. She won't talk with me about dying. I said, "you know you can always join all of your people."

She's a narcissist, demented, lives in a convent. I'm dutiful with her, visit her when I can. But I'm taking a break from daily calls, visits. I've lost my compassion for her.

She said "I don't know who you are." We all wish she could die. She's never been open-hearted with me. It's hard for me that I can't be open-hearted with her. She's the last person in world I'd want to give a hug to. I always felt repulsed to touch my mother.

I was on the Board of my church, but decided to drop out. It was a hard decision. This was the In Group. I was happy to be in. It's confusing.

Analysis

Pteridophyta: People are difficult to get along with. I tried to train them (people as objects rather than subjects). I spend a lot of time in my own mind (autistic trait). Feel socially retarded. Adapted herself to "depressurise" the family. Passive, acted upon (Ex-husband had good persuasive techniques.) "I conform." Lack of empathy. Lost compassion for mother.

Iron series: Works as naturopathic doctor to pay bills. Feels overwhelmed by demands, colleagues' personalities. Battle for my life. Steel shield around me. Toe the line, do chores! Became a doctor to make a living.

Subphase 6: disgust, repulsed, punished, alone, friends and siblings "written off", insufficient oxygen.

Phase 1: Alone, Orphan complex, unmoored. No friends or connection until 18 years old.

Stage 13: Disappearing. Dropping out.

Annoyed.

Prescription: 444.16.13, *Lecanopteris pustulata*.

Three month follow-up:

I had a breakthrough with my family. I was with 5 siblings for New Years Eve. I fared well. I had one panicky moment, when I felt I could spend my life at one sister's house, but then had to go off to my other sisters at another location. I worked through it, which was quite amazing.

I could talk to a sister I had been out of contact with. We've become better friends. She was very kind with my mother.

Feeding her, taking her to bathroom. We were a really good team. I'm not used to feeling that alignment.

I'm not used to having my internal self exposed without being trampled on. Yet my internal self was fully exposed, and I was cared for.

I'm not used to being cared for in a way that touches my heart in my family. It was huge.

I went off to see a brother. We had hard moments, but I stood in my centre. We went on adventures, saw coyote, deer, hawks. I wasn't expecting this heart-felt connection with him.

I had heart-touching moments also with another sister. I could share some wisdom back and forth with both. It meant so much to me.

I realised I just needed to be there. Somehow it was all okay. I never had that experience in my family.

I had a calm and lovely time with my daughter. It was laid back. I feel good in my relationship with her.

Work remains challenging, but in more

favourable ways. I've been talking with people about death and dying.. that's a new area of growth for me. It's okay to be more of a human being in my work. Now I'm more likely to tell a story. Share a life lesson. That makes me more interested, more present. It's not always a oneway thing. How can I love being there more? One colleague I've always disliked is all of a sudden trying to be very friendly. She's the new owner. I've also felt much more at ease with the other doctor I've worked with for so long. All the dynamics have changed.

I had angst about my 70th birthday. Why can't somebody just do it for me? And then five people came, brought poems and gifts. It was lovely.

I've been trying to come to terms with how I feel about my mother. I long to feel a loving connection with her. When she took my hand there was no palpable joy or love. I don't feel as destroyed now by not having that. I try to do everything I can for her. Tend to her as best I can. I call her every morning.

Dreams: Men who were living in woods, brutal. Fingers being cut off. Dismemberment. Children there.

Dream 1: Baby of my dead sister we were all looking out for. I was pulling paper out of a baby's mouth. It just went on and on. Then there was no baby left. The baby was dead. I was distraught.

Dream 2: I had two weeks left to live. Had to decide if I was going to work, say goodbye to patients. No, I don't want to work. I want my daughter to come and be with me for these two weeks.

Feeling? Quiet acceptance. Surprise, perplexed by my calmness.

Previous remedies included *Tyto alba*, which ameliorated for a short while. The following remedies did not act: *Cygnus bewickii*, *Palladium*, *Aquamarine* (Gemstone), and *Dama dama*.

Davallia teyermannii 3-444.17.07

Case by Jan Scholten.

Case, boy, 11, autism.

He has obsessive thoughts that make him anxious. They are chains of thoughts that make him think something bad could happen. For example, he thinks he could be punished if he puts on his socks or if he pulls a blanket over himself. He feels as if there are two persons inside him, a good one and a bad one. He then thinks: wait until the thought is over or I'm going to stop the thoughts. Thoughts he gets for example are to pound on a car with a hammer. He has childish questions like what will happen if he goes outside. He is indecisive because he is afraid of making the wrong decisions. Then he may start crying because he thinks both are right or both are wrong. He doubts whether he should take a path to the left or right. He tends to name his mother objects such as a piece of clothing or a pig. He may think: "I am the door, I am the pizza". He makes obsessive hand movements. His thoughts tell him that his sister is dead. He smells the odour of a dead body. He does enumerations like: "Three things, two of which fit and one of which doesn't. And the one that doesn't fit turns into the one that does. For example, a flower, a plant, a towel. Or some fairy tale characters, if one doesn't fit, they change into another".

He likes to ride his bike and play soccer, especially in the spring and summer. In the winter he gets bored quickly and then goes to look for food or play a phone to play computer games. He likes computer games with shooting and killing. He is very interested in fire and burning things to ashes.

He is overweight. He often has diarrhoea, especially when he drinks milk. He has had type one diabetes for three years and uses insulin for it. He has to pee a lot even though he drinks normally. During his pregnancy his mother drank beer regularly. She did this because of tensions with her partner as they disagreed about having a child and how to raise it. Her partner abused alcohol and drugs. The delivery was on time, natural and without com

plications.

He is doing well competing in school and has average scores. His memory is good. But he feels out of place, blocked. He feels like his teacher is a ghost. His handwriting is terrible, almost illegible. He dislikes interacting with other children and prefers to play by himself. Gradually, he has gained some friends at school and is beginning to be accepted in the classroom. But after school he wants to be alone and no contact with friends. He has good contact with a cousin. He gets irritated when children repeat questions. In general, he is friendly and not aggressive. He gets anxious when he has to wait, for example, for his cousin.

He has good contact with his mother. His parents divorced when he was a year old because things didn't work out since his mother was pregnant with him. His father kept going out, partying and leaving his son at home alone. He sees his father once a year in the vacation. He does not have good contact with his stepfather, who ignores him.

He is awkward and careless with his half-sister. He presses on her, lies down on her and does not respond to her crying. He does not see that his sister finds this terrible.

General

Weather: cold-hearted; is freezing; he gets depressed in bad weather and rain and then retreats into his thoughts.

Sleep: can hardly fall asleep, which takes two hours because he dwells in his thoughts. He often wakes up anxious, wanting to drink.

Dreams: regularly that his stepfather and a huge metal monster changed.

Eating: not very hungry. Preferences: everything.

Analysis

Pteridophyta: obsessive thoughts; contact disturbed; lack of empathy.

Iron series: parents separated, fight over child; father remains teenager.

Polypodiales: OCD.

Phase 7: shooting and killing; cursing; father drug abuse; abuses sister.

Stage 7:

Prescription: Davallia teyermannii.

Follow up

After six weeks, he feels good. His sleep is much better, sometimes up to 12 hours. His thoughts are calmer, he has had obsessive thoughts only once. He sometimes has headaches and then says he needs to process his thoughts and be left alone for a few seconds, after which he is much better. He names his mother as his mother. He accepts his parents and has gained admiration for them. He does not talk to him about his school friends. His facial expression has become normal. He needs more compliments and supports. After the first and second dose, he has had a headache for one to two days. He has more strength and more energy. His Quality of life has gone from 50 to 70.

Anemia mandioccana and Asplenium scolopendrium had no effect or rather made it worse.

Two days after Anemia mandioccana C30, he began to cough loudly and rasping. He spit out a lot of green mucus. Later he developed a fever, the third in his life.

After Mandragora 1MK, he developed headache that three days after administration. Later, for several days, he woke up dazed and very anxious one hour after falling asleep.

After Arsenicum album C30 he felt better but he was still not completely well, he coughs and spits. He has aphthae in his mouth. He has black and greenish stools. Overall, it seems that his body is cleansing itself.

Davallia teyermannii 3-444.17.07

Case by Jan Scholten.

Girl, 8 years old, autism.

She has seizures of varying strength and duration. They are often short attacks, which her mother calls confusion, attacks where her head gently sinks to her chest. Then she is very tense. Afterwards, she has a kind of fainting spell: she was either limp or very tense. She very often has 'marbled' skin during a seizure. She usually had an aura in which she sought a safe place with her parents, usually with her mother. She is very scared, grabbing them by the head with her hands as if to check if they are still there. Recently, she has started hiding under a blanket during a seizure. With it she has involuntary urination. The seizures usually occur during the day.

She developed well until she was about eight months old. Then she did not sit. At twelve months, she was only kneeling. At sixteen months, she started walking. Around 14 months of age, she was tested by a psychologist, psychologist. The result was very poor compared to children of this age.

At eighteen months, she started losing energy, around three weeks after vaccination with Infanrix Hexa. After some time, her head started falling on her chest every few days. When she was twenty months old, she was given three kinds of anti-epileptic drugs, and a steroid therapy that lasted four months. The medicines had no effect, so the parents dropped them. At that time, the daughter was having up to 100 seizures a day. The ketogen diet, for eight months, gave a slight improvement, but was too stressful for her; it made her constipated for up to five days.

The seizures lasted from the age of eighteen months to four years. Her parents managed to stop the seizures by giving d-ribose. The break lasted for two years. They returned after the family moved from the village to the city. This was probably also due to improper diet.

She started going to the toilet when she was four and a half years old. Earlier, she wore a nappy.

Her pregnancy was unplanned and unwanted. Her mother was embarrassed because most families have only one or two children. Her plan to have only 2 children fell apart. She felt trapped with the children in the house and she could not go to college. She wanted the pregnancy to disappear and she could be free again. She cried the whole pregnancy. They felt the marriage was over to the second child. They felt out of place in the situation, in her family and in life.

Her mother had gestational diabetes. The delivery was a Caesarean section at week 40. The Apgar score was 10 and 10. After delivery, her mother loved her with all her heart, as did her two older sisters.

Mind

She is physically very well-developed, there are no signs of illness. Her intellectual development is at the level of a three-year-old child.

She only speaks a few words and is just starting to use speech.

She has difficulty concentrating.

She is very independent and stubborn, can show anything.

She is always on the move, running, even while eating. She likes to be driven in a car (even a few hours), cycling and even in a cart. At that time, she is calm.

She feels best in the open air, outdoors. She always undresses, feels best naked. At kindergarten, she is dressed, but at home she can take off her clothes at the threshold.

She loves to play in the water, loves to drip in the bath and pool. But even a drop of liquid on her clothes causes her to take off her clothes immediately. Water spilled on her body irritates her.

She is a very happy child. She is not shy at all, goes up to everyone. She likes other children especially her older sister, but she can also totally ignore other children.

There are days when it is very easy to upset her, then she gets mad, hits the cupboards, and throws everything, phones, even chairs. She screams and is unable to calm down when she doesn't get what she wants.

Body

Her belly is swollen like a balloon which is accompanied by bitterness and it is worse at full moon.

General

Diet: no gluten, milk, sugar and highly processed foods; limited meat; mostly organic foods.

Preferences: meat, even frozen or raw; fruit, oranges, bananas, even frozen; pancakes.

Digestions: meat makes her restless, runny and aggressive; gluten and proteins give her a stomach ache; chicken soup with fat makes her sleepless; broth; artificial substances.

Sleep: sleepless; major sleep problem; she does not like to sleep alone, preferring to sleep with her mother or eldest sister.

Blood test shows vitamin and mineral deficiency.

She gets dietary supplements: magnesium, vitamin ADEK, vitamin C, lithium, SOD antioxidant, melatonin to fall asleep.

Treatments: homeopathy; natural remedies; vitamin and other supplements; only one antibiotic in her life; antidotes to vaccinations and anti-epileptics using the Tinus Smits CEASE method; osteopathy. Laboratory tests revealed an autoimmune problem, positive ANA and an antibody against neurones in the cerebellum.

Analysis

Autism with retardation points to ferns: 3-400.00.00.

Phase 7 is evident by: epilepsy; unwanted child.

Stage 7.

Prescription: 3-444.17.07, Davallia teyer-mannii.

Follow up

After Davallia teyermani C30 there is improvement in speech and comprehension. She starts saying 'yes' and 'no' in the right context. She uses new words and says 'hello' and 'thank you' to the cashier in the shop. She understands everything. She is much calmer and listens more. She mumbles much less. She is more stable and thinks more logically. She is much better at solving puzzles and drawing pictures. She has started playing with toys.

The epilepsy has greatly diminished. She is less aggressive. She is starting to look in the mirror. It is a big change. Her Quality of life has gone from 50 to 80.

Two years later she is still doing very well.

Davallia fejeensis 3-444.17.09

Case by Jan Scholten.

Boy, 5 years old, autism.

He has severe auto-immune allergies. His diagnosis is Pandas.

His speech is delayed, speaks only single word sentences. He uses some English words, and he can count. He repeats words over and over and whines a lot. He is rigid with language, repeating sentences. He makes squeaky and barking sounds. His understanding is better than his speech, but not 100%.

He is diagnosed with epilepsy, but has no seizures and his EEG is normal. He has freezing states, which are worse in sunlight and in the morning and better if being touched; with it he faints, is staring, pale, sweaty, and flabby, and has a lack of muscle tension.

He has strong allergies to food. Pork gives shortness of breath and eggs give skin rashes. He had an almost lethal anaphylactic shock, and ended up in hospital. Then he had cough, choking, swollen lips and eyelids, was nervous, agitated, making strange sounds and running around. The risk of that makes that he does not go to school.

He has Hashimoto's disease, with hypothyroidy. He has an infection with Bartonella, and a lot of ear wax.

His pregnancy was wanted. His mother vomited heavily during pregnancy and had itching hands and stomach, pains due to cholestasis. She had early contractions. She feared to lose her baby, as her brother's wife had lost a baby, during pregnancy. The labour was a Caesarian section due to the cholestasis.

His mother wanted to have a girl, so she was disappointed when it was a boy. He wants to be close to father and mother, to be touched and press himself to the abdomen of his mother. He adores his father, is happy to see his father come home. He can be bossy to his parents, commanding them with single words. His mother's parents got divorced.

The grandfather of his mother had a traumatic experience as a child in WW2. Ger-

man soldiers came into the village in search for men. He had to be silent about the place where his father was hiding even they hit him in the face. He feared to be killed. Later in the day he and his mother heard a shot and his mother asked to go and see what was going on. On the edge of the forest German soldiers were forcing a man to dig a grave for another man they had shot, but was not killed. They wanted to bury him alive. He fled away, but later felt guilty that he never got back to see if he could rescue the men. He always remained a strong fear of Germans. This great-grandfather had a very special connection with his great-grandson.

He likes contact and cuddling with his parents and especially his mother. He cuddles his brother when he cries. He likes to press himself against the stomach of his mother. He wants to be pressed. He presses his chin into others. He is excited when he sees children, jumping like a frog. He takes the hand of girls, or strokes their hand but does not speak to them. He wants to be tickled in his neck and tummy. But he has not much contact with other children. He has better contact with adults than children. He is disturbed when his grandmother leaves.

He is oversensitive to noise, for instance of falling books, and especially crying of other children. Then he covers his ears with his hands.

He is easily nervous and agitated, running around when he is allergic or hungry. He cannot cope with stress, for instance when there is lack of order. His feet are very sensitive. He does not want his hair cut, or his toenails cut.

In general he is not aggressive, but screams when his parents don't give him what he wants. In general he is more phlegmatic. He needs help from his parents to get dressed. He tends to pull up sleeves and trousers.

He makes gestures as if grabbing imaginary things.

He is obsessive with books and iPads. His books need to be in perfect order. He loves to watch video of himself and must laugh when he sees himself crying. He is

not an outdoor child. Generally he is phlegmatic, lying down, in a frog position. He frequently touches his penis.

Fear: staircases.

Sleep: restless, moving around.

Desires: salt.

Aversion: soup, vegetables.

Analysis

The trauma of the great-grandfather is special. It is coming from rules (Iron series), forced by soldiers (Iron series), on men from a village (Iron series). The theme of killing indicates Phase 7. Fern: autism; retarded.

Iron series, 3-444.00.00, Polypodiidae: rules, soldiers; village men.

Subphase 7, 3-444.17.00, Tectariaceae: killing; feeling guilty; epilepsy; anaphylaxis; refused, rejected.

Stage 7: help, he wanted to help.

Prescription: 3-444.17.07, Davallia fejeensis.

Follow up

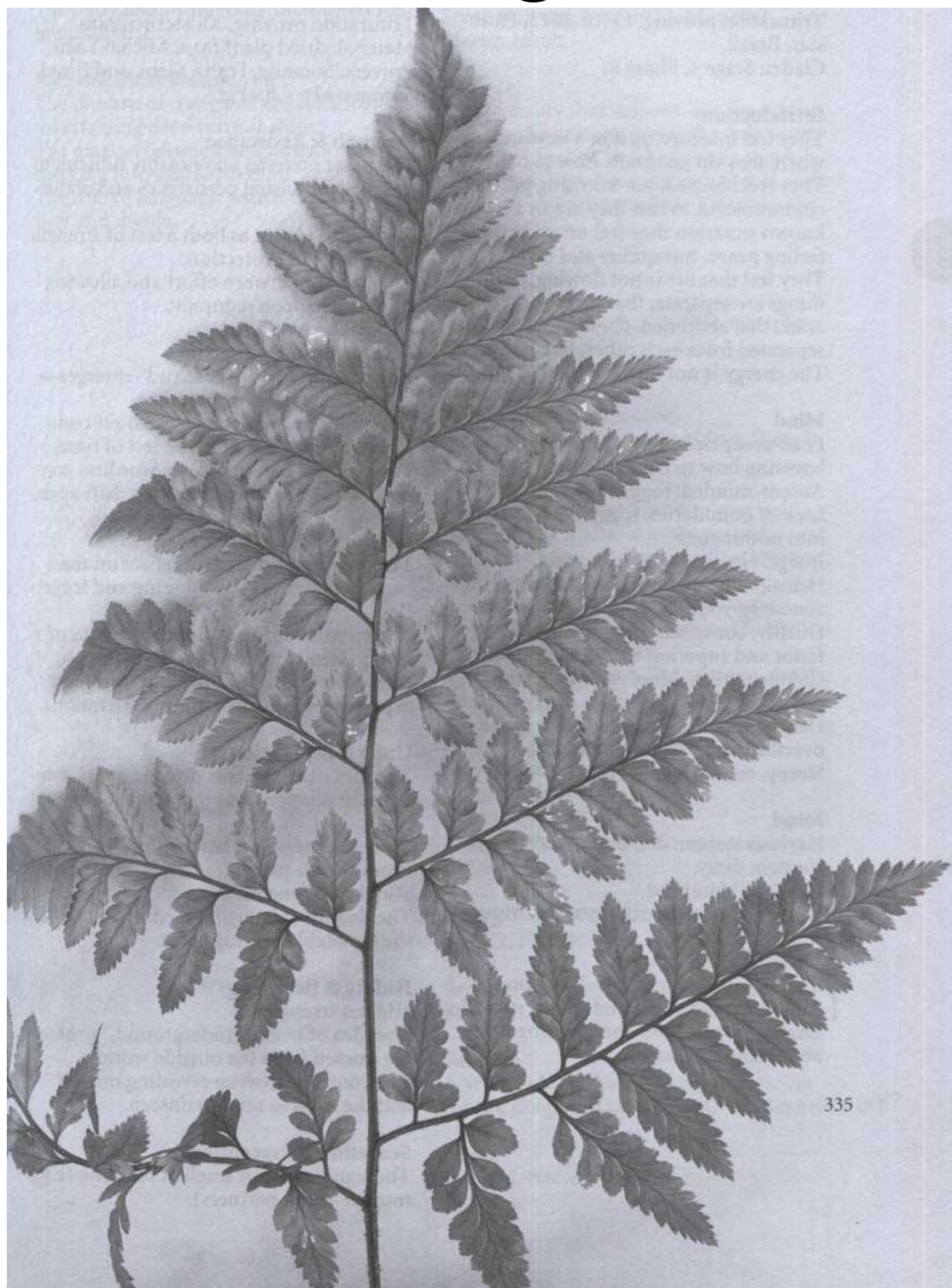
After Davallia fejeensis he did very well. He stopped playing with his genitals. He became brighter, smarter, more independent, more curious, and more present. He started using sentences of 3 words, and singing songs. His freezing and staring became less. The hypersensitivity to sound diminished. He did not have epileptic attacks and his ear wax diminished. Generally he is going up and down. His Quality of life went from 40 to 70.

Previously he did well on Coniogramme emeiensis.

In the past he had improvement with Ranunculus bulbosus. Bufo rana, Calcium carbonicum, Calcium phosphoricum, Atropa belladonna, and Pulsatilla had little

Part 4

Provings



Salvinia auriculata **3-421.11.01**

Trituration proving, 13-10-2013, Florestar, Brazil.

Clades: Stage 4, Phase 6.

Introduction

They feel insecure, as if in a new situation where they do not know how to behave. They feel blocked, not knowing how to communicate. When they are in a secure, known situation they feel much better, feeling peace, tranquility and rest. They feel that life is not flowing, as if things are separate, that their body is separate, that abdomen, chest and head are separated from each other, like in insects. The energy is not flowing.

Mind

Fear: new places; other persons; not knowing how to behave. Absent-minded; foggy.

Lack of boundaries, foggy, disappearing into nothingness.

Image: Northern lights, waving.

Delusion: being imprisoned, limited, arrested; surrounded by glass.

Duality: conscious and unconscious; inferior and superior; inside and outside.

Colours: green, blue, yellow and then pink.

Delusion: being separated from grace; overthrown by the strength of the earth.

Sleepy, relaxing, yawning.

Mind

Nervous system: dementia, Alzheimer.

Vertigo: dizzy.

Head: full forehead.

Nose: full; obstructed; sinusitis.

Mouth: salivation.

Chest: as if full of water.

Stomach: full of water; indigestion.

Abdomen: full of gas and water, rumbling.

Limbs: formication, energy going up to abdomen then stops.

Huperzia serrata **3-422.14._**

Trituration proving, Klosterneuburg,

Material: dried plant from Michal Yakir.

Provers: Susanne, Franz, Gabi, and Bruni.

Summary by ChatPgt.

Strength & Resistance

The plant material was notably difficult to grind, symbolising persistence and endurance.

Resistance is seen as both a test of strength and a form of protection.

The balance between effort and allowing things to happen naturally.

Friendship & Connection

The concept of a "firm friend" emerges—an enduring, reliable presence.

Friendship is not necessarily about comfort but about standing the test of time.

The contrast between deep, wordless connections and relationships that drift apart.

Memory & Forgetting

The proving participants reflect on the balance between remembering and forgetting.

The serenity of forgetting vs. the pain of losing deep connections.

Intergenerational trauma and how past experiences influence future generations.

Unity & Separation

The idea of continents drifting apart, symbolising relationships that change over time.

Speechlessness in relationships; sometimes silence preserves bonds, but it can also destroy them.

The duality of being merged in unity and the inevitable drifting apart.

Hiding & Revealing

Hidden strength.

The idea of living "underground," protecting oneself from the outside world.

The contrast between revealing oneself and the need to remain unseen.

Sensation & Perception

The significance of smell in bonding (e.g., mother-child, partners).

Words vs. non-verbal communication;
gestures and eye contact as deeper forms
of expression.
The body retains memory even when the
mind forgets.

Philosophical Reflections

The illusion of unity and the difficulty of
maintaining deep relationships.
The tension between individuality and
merging into a collective.
The role of language: words can both con-
nect and divide.

Selaginella vogelii **3-422.17.10**

Sense proving, 7-07-2022, Munchen,
Martin Jakob.

Essence

A personality that behaves like the masses,
hides in the masses, that is the only secur-
ity. Individuality, speaking one's mind, is
dangerous. Just don't stand out, deal with
the vagaries of the world in a flexible and
tenacious way.
Head down.

Mind

Small flexible, tough, gets through every-
where.
I make myself small.
Insignificant, tasteless.
An inconspicuous facade.
Show nothing and stay in hiding, there I
am safe.
Meld into the masses.
Just don't stand out, just stay covered,
make myself invisible in the masses.
Fine, small, mossy, but tough a survivor.
Damp and cool.
Leaves like fine roots, or blood vessels.
When damp it smells metallic, like blood.
Smell like a damp cellar.
Taste: like cardboard, like nothing, dusty,
sandy.

Body

Mass psychosis.
Pulmonary infarct.
Vascular disease.
Embolism.
Apoplexy.

Selaginella vogelii **3-422.17.10**

Sense proving, 11-07-2022, Utrecht, Jan
Scholten.

Essence

A young girl, refined and naive, dancing
for the king, who later roughly abuses her.

Mind

Refined. Naive.
Pleasing.

Selaginella moellendorffii 3-422.17.15

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Women trying hard to get children by way of IVF.

They want to have an abundance of children, but it is the other side of nothing, infertility, nakedness.

They pray for the little gift, for the fairy, with hope.

Nuns constantly praying with a rosary, a bead chain, for good things to happen.

Fairy stories are used to evoke hope that something good will come.

It looks like Thuja, or a moss.

Reproduction is the main goal in life.

Women with total identification with motherhood.

IVF consumes all your life.

They need hope, but it is false hope.

Little enticements keep you going, hoping something good will come.

Worry beads.

Distraction, diversion.

Women with five rounds of IVF are caught up in it, when the fifth and last is ineffective, life is over.

Frozen eggs, as an insurance policy; first your career.

People fighting in lawsuits over eggs and sperm.

A compulsion to have children because that is normal.

Rights to have children, so it is subsidised.

Being taken advantage of.

Lula's, hotchobs, like wild animals, almost psychopathic.

Mothers who want to be pregnant, but don't care for their children, who don't know boundaries.

Children have no boundaries because they do not get boundaries.

Women who are expelled and despised because of their infertility.

Monomania about pregnancies.

Women with an aversion to pregnancies and begetting children.

Women who are divorced by their husbands for not having children.

Single mothers.

Lack of reflection.

Women who are domineering, bullying from despair of infertility.

Women who are in a relationship where the husband does not want to have children.

Halfway, struggle, but going on, even when exhausted.

Prove oneself.

Stage 6, Stage 8

Stage 6 to 9.

Ailments from hysterectomy, feeling not a woman anymore.

Adopted children.

Children having a bad stepmother.

Surrogate mothers, sisters as surrogate mothers.

Discussion

Carbon series.

Phase 7.

Stage 8.

Stage 13, Stage 14.

Selaginella stauntoniana 3-422.17.16

Sense proving, 18-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Soft, it is easy to lie on, as if on feathers.
Millions of people in peace demonstrations, holding each other's hands.
Stage 7.
Situations that look better than they are.
Fertile people, protecting each other.
Barren people, infertile.
Women being pregnant for others.
Looking after all children, other people's children.
Naomi Campbell, got a child from a surrogate mother in order not to lose her good looks.
Men going into war.
Lesbian women wanting to have children.
Gay couples trying to become parents.
Parents going to court over custody of children.
Transgender.
A teacher who got fired when he refused to say "it" to a transgender girl.

Discussion

Carbon series.
Phase 7.
Stage 7.

Selaginella lepidophylla 3-422.17.17

Trituration proving.
Provers: Susanne Diez, Franz Swoboda, Gabi, Bruni, Silke, Christa Ari.
Summary by ChatGpt.

Key Themes and Symbolism

The central themes emerging from the proving reflect the plant's resilience, dormancy, and potential for revival, mirroring experiences of isolation, survival, and transformation.

1. Isolation and Dormancy

Participants frequently felt isolated and disconnected, embodying the dormant state of *Selaginella lepidophylla* in its dry, curled form.

Emotional themes included:

A sense of being overlooked, forgotten, or unnoticed, akin to the plant's ability to survive in harsh conditions, unnoticed.

Feelings of being stuck in a repetitive loop, without progress or change.

Imagery of solitude, including a child left alone in a hut and individuals trapped in a vegetative or comatose state.

2. Resilience and Survival

The plant's capacity to endure extreme conditions was mirrored in participants' experiences of survival under adversity. They described:

Emotional detachment as a survival mechanism, protecting their inner selves from external challenges.

Symbolic references to protective shells, dense spheres, and leathery outer layers shielding vulnerable inner cores.

3. Transformation and Revival

The plant's ability to "come back to life" upon hydration was associated with: In moments of awakening, release, and renewal.

A shift from isolation to reconnection, symbolised by breaking free of rigid structures or dormancy.

Visions of expansive landscapes, such as a white horse ascending a newly formed mountain, representing liberation and new perspectives.

Physical Sensations and Symptoms

Dryness: A prominent theme, with descriptions of dry eyes, nasal passages, and mucous membranes, mirroring the plant's dry, dormant state.

Constriction: Sensations of tightness, heaviness, and pressure, particularly in the chest and abdomen, reflecting the compressed form of the dry plant.

Tingling and twitching: Participants *experienced tingling* in extremities, twitching muscles, and restlessness, suggesting underlying energy or life force seeking expression.

Fatigue and Lethargy: A pervasive sense of heaviness and lack of motivation, resonating with the plant's dormant state.

C1: Initial Engagement

In the first round, participants began to connect with the plant's essence: Feelings of heaviness, dullness, and resistance dominated.

Imagery included knots, spheres, and compacted forms, representing stagnation and containment.

Emotional reflections included themes of neglect, scarcity, and frugality, with one participant describing life in a poor, dark hut with minimal resources.

C2: Emerging awareness

Participants reported heightened feelings of loneliness and disconnection, often accompanied by a yearning for reconnection.

Symbolic imagery included individuals isolated in snowy or foggy landscapes, unable to communicate or find their way.

Dreams and visions often involved themes of survival and perseverance, such as climbers navigating treacherous mountains.

C3: Transformation and Tension

The third round introduced themes of transition and awakening:

Participants described moments of profound introspection and connection, alongside resistance to change.

Physical sensations intensified, with reports of heat, restlessness, and twitching.

Symbolic imagery included a white horse overcoming obstacles to reach a higher vantage point, representing liberation and

renewal.

C4: Integration and Resolution

In the final round, participants focused on integrating their experiences: Themes of trust, surrender, and letting go emerged, with participants acknowledging the need for transformation and release. The plant's message of resilience and interconnectedness became clearer, emphasising the importance of embracing life's cycles.

Key Symbolic Visions and Dreams

Participants' dreams and symbolic experiences offered rich insights into the plant's essence:

Childhood and Innocence: Recurrent visions of a child sitting alone in a corner, representing dormancy, unfulfilled potential and a longing for connection.

Nature and Animals: Images of forests, animals, and elemental forces highlighted themes of survival, adaptation, and the cyclical nature of life.

Isolation and Connection: Dreams of individuals trapped in dungeons, fog, or vegetative states reflected struggles with disconnection, while breakthroughs symbolised hope and renewal.

Applications and Potential Uses

Dormancy and Stagnation: feeling stuck, lifeless, disconnected, akin to a vegetative or comatose state.

Situations requiring revival or reawakening, such as recovery from trauma or prolonged illness.

Emotional Isolation and Survival:

Challenges with expressing emotions or connecting with others due to protective detachment.

Patterns of self-preservation that inhibit growth or transformation.

Transformation and Trust:

Support for transitions, particularly when fear or resistance to change is present.

Encouragement to embrace life's cycles and trust in renewal and resilience.

States of fatigue or lethargy, reflecting a need for revitalisation.

Azolla filiculoides 3-

Trituration proving, 13-10-2013, Florestar, Brazil.
Clades: Stage 17, Phase 7, Carbon series.

Introduction

The image is that of an old woman, shrivelled, kyphosis bent to the right, dehydrated, shrunk due to osteoporosis and feeling at the end of her life. Life feels useless due to a hard life in simple circumstances. She feels she can die any moment.

Mind

Quiet, calm, peaceful, slow, benumbed.
Light, delicate, fragile.
Desire to talk about nice, agreeable subjects.
Struggle of being hurt, offended.
Claustrophobia, feeling locked in, being crumpled up, having no space.
Old, avoiding danger.
Theme: balance; horse walking in circles.

Body

Vertigo: feeling light, dizzy.
Head: headache.
Eyes; dry, burning like fire.
Ears: pulsating.
Mouth: dry; salivation; taste salty; tongue feels growing, pulsating.
Throat: dry, burning, as from dust.
Stomach: nausea, vomiting.
Abdomen: liver problems.

Azolla filiculoides 3-

Trituration proving.
Report: Research of Brazilian species of plants - Intuitive Experimentation for medications 13-10-2013.
Location: Atlantic Forest, Florescer da Mata; Caucaia do Alto; Sao Paulo.
Oriented by Dr. Jan Scholten (Holland), Dr. Fernando Bignardi (Brazil) and Dr. Amarylis Toledo Cesar.
Group: Artur, Bernardina Hoga, Teruyasai Hoga, Virginia Cegalla and Sylvia Lakeland.
Report: notes of the experimentation to prepare this report, prepared by Sylvia and T. Hoga.

Botany

Azolla filiculoides (Water Fern) is a species of *Azolla*, native to warm temperate and tropical regions of the Americas as well as most of the old world including Asia and Australia. It is a floating aquatic fern, with very fast growth, capable of spreading over lake surfaces to give complete coverage of the water in only a few months. Each individual plant is 1-2 cm across, green tinged pink, orange or red at the edges. Often changes colour dramatically in autumn or winter, turning from green to a distinctive deep red colour, branching freely and breaking into smaller sections as it grows. It is not tolerant of cold temperatures, and in temperate regions it largely dies back in winter, surviving by means of submerged buds. Like other species of *Azolla*, it can fix nitrogen from the air. Fossil records from the last Interglacial are known from several locations in Europe (Hyde et al. 1978). Unfortunately *Azolla* spreads so rapidly by vegetative propagation that it has become a widespread weed of water bodies in the UK and around the world. Biological control using a species of weevil is an alternative to using herbicides or physically removing the plant.

Comments

1. We used the routine indicated by Jan Scholten of the three phases: A. Expressive manifestations.

- B. Going deeper in these manifestations searching for the problem.
 C. Solution of the problem, analysing the structure of the plant.

Part A

Nausea was the main manifestation in Artur, Bernardina and Virginia, from the five participants. At the same time a certain lethargy took over, a clear peaceful meeting, all relaxed, the voices low, and each one doing his part, smoothly. The atmosphere was calm.

Part B

Artur felt nausea and associated it with a perfume that gave him nausea, related to someone who pretended to be sincere but he knew he was not.

Bernardina continued to have salivation and nausea but could not bring out the problem. Eventually it was treason, she felt she had been betrayed.

Virginia had a lot of nausea, continued all along and it reminded her about the headaches she had when younger.

Virginia had intense nausea during the whole program, because she had bad memories of strong migraines in her youth. No reasons for migraines could be discovered.

Hoga started to feel nausea after Virginia mentioned it and his tongue expanded and pulsed. He explained that nausea is a mechanism to eliminate toxic materials in the body that contaminated the intra-corporal atmosphere and the sensation would be the need to take everything out, for example being offended verbally or to eliminate a sorrow; he also said suddenly he was not afraid to die because he was ready at any moment.

Sylvia was just relating directly to the plant; this practice reminded her of when she was a child, cooking in the garden with hot charcoal, and felt that the plant transmitted to her a sense of lack of space, of claustrophobia.

Sylvia chose this water fern, Azolla. "It seemed to call me while at the lake; the group got together and during the practice, from a light green bluish colour, as it was with us but without water, it became very dark brown and "asked me" for water: I felt the need, got a pot with filtered

water. After some time I felt Azolla was asking for sun, and the pot was placed in the sun. I felt the lack of space and claustrophobia Azolla had felt. At the end of the experience we all prayed for Azolla and went in the sun to observe the plant: as we looked the fern opened completely, spread in out water, surely was reproducing and changed to a blue greenish colour with an aura of light around it. It appreciated being admired, a narcissist."

Part C

We used basic words to express the global feelings that indeed showed to be related to sorrow, offence, treason, being cheated. No fear of death. Lack of space and claustrophobia.

At the end of the session we all had a moment of meditation and prayer.

Discussion

Jan Scholten's comments: he could see a very old woman with a hunchback, all wrinkled up, using a stick to walk. Old age, with no mental activity, like an ancient village with people just surviving, with no sense of expansion. Questioned about the use of this remedy, Jan Scholten and others considered it being an interesting remedy for Alzheimer's disease.

Ferns, as very ancient plants are a vegetative species, with little mental to offer, therefore they match well with persons with Alzheimer's Disease.

Prepared by: Sylvia Lakeland lakeland-sylvia@gmail.com

Teruyasai Hoga t.hoga@ig.com.br.

Our best regards and sincere thanks for your presence and teachings, Artur, Bernardina, Sylvia, Virginia and Teruyasai. Sao Paulo, 15.10.2013.

Methodology

Sample collected in a pond at Florescer da Mata covered completely with this fern; dark green, long false roots, habitat with the other water fern, Salvinia; about 10 am, warm and dry weather, sunny day.

Psilotum nudum **3-432.11.01**

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Diving school, going underwater to the coral.
Carbon series.
Torsion starts at the top.
Jumpy, naive.
Simple, rudimentary.
Three stages: young, adult, and old age.
Old age is dull and depressed.
The idea that life is stupid.
Blurry.
Screwing your way into heaven.
There are only stems, no real leaves.
Sori are in the axillae.
The texture is crisp.
The taste is sour and fresh, a bit like asparagus or fresh peas.
Simplicity, of thinking.
Young boy, hyperactive, uncontrollable.
Distorting oneself to survive, adapt, and fit in.
Torsion.
Innocence, not fitting in, following.
The more older we get, the more we get distorted, in order to adapt.
Sensation of sand, and sandpaper in mouth and throat.
Depressed in the end from not knowing what it is, where things come from, thinking that the situation is normal and life is stupid.

Discussion

Carbon series.
Phase 1.
Stage 1, Stage 6.

Equisetum hyemale 3-432.14.10

Trituration proving; May 2020; 6 Provers, 5 female, 1 male.

Proving

I have lost myself in the ages of earth as if I had lost myself in the times before me (C3).

Narrow-minded environment, family.
Stereotypical image of man and woman. A child who does not live up to demanding parents and does not fit into their narrow world of ideas and expectations.
It cannot develop and grow in this confining environment.
It begins to be ashamed of itself and its body.
Narrow-minded family suppression of self-expression.
One is ashamed of not being the way one is supposed to be, one is "different". Being ashamed of one's own self-expression because the parents do not understand and disapprove of self-expression. The child feels abandoned by the parents, left to his own devices and separated from himself. The parents do not talk to the child because the child does not understand them anyway.
One cannot live one's own life at all or only in one's own inner world.

The bond, the dividing line:

- Dependent.
- Hands that hold me back and don't let g°-
- I need someone to tell me where to go.
- Being connected - being tied.
- The solution? Cut the cord? Wait for it to break on its own? Violence?
- I need the others. What is the bond made of? Fear? Over-responsibility?
- Separated.
- Isolated, alone.
- Fracture line, crack, gap.
- Living in another world, in two separate worlds.

Like in a box

Entrenched structures. Petty bourgeoisie,

narrow-minded. Confined within the family, one cannot decide freely and has no chance to develop something of one's own. Life as an existence like in a box causes a feeling of constriction and tightness. Sensation: diminished, small, weak, ashamed, tight, squeezed, suffocating, overrun, not taken seriously, used, adapting,. withdraw, isolated, classified, wanting to get out, wanting to escape.

Shame

Suddenly my bodily functions become something I am ashamed of. Shame separates me from everything. I have lost something through this separation. Shame is the boundary, the limit of my freedom, which I cannot overcome. I perceive what is shameful, but I can't look behind it. What is forbidden by shame can no longer be experienced freely. Always be ashamed when you are different from what you are supposed to be.

You are ashamed to have such a child, you have left me emotionally. The opinion of others is more important to you than my attempt to explore my own.

I hide behind "shameless" attitudes. But I have lost access to my inclinations, to my attempts to discover the world.

Except in drugs, that's where the shame barrier falls, or rather I no longer perceive it, no longer feel it. I understand now that people don't talk about what has been done to them. It is shame that prevents them. Even death is experienced as shame. The illness = shame. The suffering = shame. The desire to die - shame. (C4/2)

Hardness, violence

It takes force, violence, to get it down - but there is much less resistance than assumed! Break or bend?

Hard and rigid versus bendable, elastic, yielding.

Break open, break out, words of violence. One must show toughness, weakness; yielding prevents survival, only the toughest get through.

Images by Blossfeldt come to mind, very technocratic images, black and white, exceedingly masculine, technical, emotion

less. Pure aesthetics - pure, sharp, hard, cold.

Remain silent, taciturn

Withdrawing silently to avoid conflicts. I have many thoughts running through my head, but I don't say them because I don't want to disturb. I can't express myself, I search for a word for a long time, I don't understand what is being said. It's an energy that can't be talked about, that doesn't need to be talked about. If you talk about it, you talk it to pieces. You can't share it or explain it, you have to feel it. Talking is desecrating - it also doesn't need to be understood.

No aversion to communication, rather no need for communication... even in silence a strong feeling of connection.

The feeling of being left to one's own devices - when parents tell their children, "I can't explain that to you, you don't understand." I would have been glad to spoken to, to get attention. Feeling alone and disconnected when nobody talks to me. Any story would have been better than none at all.

Healing message

A life without constraint from within and from without is therefore far from being boundlessly expansive... the boundary arises coherently from within - just as a plant finds its form through an inner force and through the outer limiting force - these forces stand in opposition to every constraint. Limiting and forming force includes all sub-forces and forms a whole with them.

Forming force, limiting force, erecting force (C4).

Comes from another time-space level.

Comes from being in the "flow".

It is something deep. If you talk about it, you talk it to pieces. You have to feel it. You are connected.

What comes from this other level is "from wholeness", but talking about it can make it appear as nonsense or "gibberish".

"Everything that has wings is true" (C3).

Roger Kalbermatte, Wesen und Signatur der Heilpflanzen:

"Equisetum embodies those forces that

are necessary for a clear structuring of thought and formative processes. Consequently, it is indicated in all those conditions in which the ability to form structure and form is weakened. This manifests itself, for example, in unclear thinking or in a lack of sense of order and organisational talent. However, the deficiency can also manifest itself in the opposite, in dependence on rigid structures, norms and orders. The strengthening effect of Equisetum on the connective tissue and the skeleton (especially the spine), i.e. on those organs that structure our body, should also be emphasised."

Equisetum hyemale 3-432.14.10

German: Winterschachtelhalm English: Scouring Rush.

Characteristics

Principal action on the bladder. A remedy for enuresis and dysuria.

Urinary severe, dull pain and feeling of fullness in bladder, not > urinating. Frequent urging with severe pain at the close of urination. Urine flows only drop by drop. Sharp, burning, cutting pain in urethra while urinating. Incontinence in children, & dreams or nightmares when passing urine. Incontinence in old women, also & involuntary stools. Retention and dysuria during pregnancy and after delivery. Much mucus in urine; after standing a short time. Albuminuria. Involuntary urination. Deep pain in region of right kidney, extending to lower abdomen, & urgent desire to micturate. Right lumbar region painful. Constant desire to urinate and passes large quantities of clear, light-coloured urine without relief. Nocturnal enuresis, without cause except habit. Constant urging & scanty discharge. Pain in the bladder as from distension; tenderness, ext. upward, esp. on the right side. General aggravated immediately after micturition.

Modalities

Worse: At close of urination. Pressure. Motion. Sitting down. Touch. Right side. Better: Afternoon. Lying.

Body

Pain in sacroiliac joints. < Pressure or contact; moving; sitting. Eating > pain in temples; lying on back > pain in back; continued motion > pains in back and knees.

Head: Dull, heavy, constrictive headache with sharp pains and fatigue.

Eyes: sore, pain.

Stomach: Excessive appetite.

Abdomen Distended, frequent urging to stool.

Male: no sexual desire whatever; erections lacking, violent; pain in testes.

Limbs: pain in knees.

Vermeulen - Concordant

There is one old proving by H.Smith, summarised in Allen and basis for the old *Materia medica*, as well as one more comprehensive modern proving: Hesse, Juliane 1999(D)

The provings shows many features that have already been observed in the group. Frequent and strong desire to urinate is prominent, leading even to incontinence. We find a confirmation of the dominance of urological symptoms. Here we only look at those features that extend the common group ones.

- increase of appetite as well as weight (also in Smith's proving)
- phantom odours and very sensitive to odours (just as *Equisetum arvense*)
- coryza with running nose and sneezing (just as *Equisetum arvense*)
- Cystitis with severe pains, > lying and with cold! in the urogenital region.
- menstrual cycle shortened or slightly longer, more painful or less, intermenstrual pain or metrorrhagia.
- loss of hair.

Equisetum hyemale

3-432.14.10

Trituration proving of *Equisetum hyemale*; Grundlsee, Zlaimwiese, Austria; 12-5-2020.

Summary by ChatGpt.

Provers

1. Susanne Cl*, C2*, C3*, C4*
2. Franz C2*, C3*, C4*
3. Gabi C2*, C3*, C4*
4. Bruni C2*> C3*, C4*
5. Ruth Sv. C2*, C3*, C4*
6. Silke C2*, C3*

General Observations and Emotional Themes:

A recurring theme in the proving was tension between rigidity and flexibility, both physically and emotionally. Participants grappled with notions of yielding versus resisting, softness versus hardness, and structural balance.

The plant's essence brought forward themes of adaptation and endurance, reflecting its natural habitat as a resilient plant growing in adverse conditions. The emotional experiences were marked by feelings of isolation, separation, and shame, reflecting inner struggles with self-worth, societal expectations, and individuality.

Symbolic and Archetypal Insights:

Participants often associated *Equisetum hyemale* with themes of gender roles and societal norms, with reflections on stereotypical "male" and "female" qualities. This included the dichotomy of assertiveness versus nurturing, order versus chaos, and simplicity versus complexity.

The plant's energy evoked imagery of balance and interconnectedness, highlighting the importance of maintaining equilibrium in relationships and personal expression.

Physical Symptoms and Sensations

Burning and dryness in mucosal areas, especially the nasal passages and eyes.

Muscular pain and stiffness, particularly in the shoulders and chest.

Tingling sensations in extremities and a

heightened awareness of the body. The physical experiences often mirrored participants' emotional states, with sensations of constriction and pressure symbolising emotional repression or rigidity.

Detailed Experiences per Trituration Level:

C1: Initial Sensory and Emotional Engagement.

Participants began to experience physical sensations and emotional reflections linked to their interaction with the substance:

A sense of resistance emerged, both in handling the substance and in personal introspection. This reflected the dual nature of *Equisetum hyemale* as a plant that thrives in harsh conditions but requires effort to process.

Emotional themes included feelings of not being taken seriously, struggles with assertiveness, and the challenge of integrating diverse perspectives. The plant's essence encouraged participants to explore alternative ways of thinking and expression.

C2: Exploration of Rigidity and Flexibility

The second round deepened participants' engagement with the plant's energy, highlighting:

Physical sensations of dryness, burning, and discomfort, often tied to feelings of frustration or suppression.

Reflections on hierarchies and societal recognition, with participants questioning the value of external validation versus internal fulfilment.

Symbolism of adaptation and survival emerged, with participants noting the importance of flexibility and yielding in overcoming challenges. The tension between softness and strength became a central theme.

C3: Inner Reflection and Connection

This stage introduced profound emotional and spiritual insights: Participants reported a heightened sense of inner silence and depth, often resisting verbal communication to preserve the sacredness of their experiences.

Themes of connectedness and separation

surfaced, with reflections on the balance between individuality and interdependence. The energy of *Equisetum hyemale* was described as grounding and meditative, facilitating a state of introspection and alignment with deeper truths.

C4: Integration and Closure

The final round focused on consolidating the insights gained throughout the proving: Participants reflected on structural balance, both in personal and external contexts. The plant's essence highlighted the importance of integrating inner flexibility with outer resilience.

Some participants experienced a sense of completion and release, while others noted lingering questions about identity and purpose.

Symbolic imagery included visions of scaffolding, thorns, and balance, representing the interplay between vulnerability and strength.

Key Themes

Shame and Separation

A dominant theme across the proving was the experience of shame as a barrier to freedom and self-expression. Participants explored the origins of shame, particularly in childhood or societal conditioning, and its impact on relationships and personal growth.

The notion of separation versus unity was closely tied to shame, with participants reflecting on the difficulty of bridging divides between self and others.

Resilience and Adaptation

Equisetum hyemale was repeatedly associated with the ability to endure and adapt in challenging circumstances. Its energy encouraged participants to explore their own capacity for resilience and flexibility.

Structural Integrity and Balance

The plant's essence emphasised the importance of structure, both physical and metaphorical. Participants noted how rigidity could become a weakness if not balanced by elasticity, and vice versa.

Dreams and Symbolism

Dreams often included scenes of nature, such as forests, rivers, and plants, symbolising growth and transformation.

Participants reported feeling grounded and connected to elemental forces, with recurring motifs of balance, scaffolding, and roots.

The imagery also reflected personal struggles, such as navigating societal expectations or confronting internal conflicts.

Applications and Potential Uses

Based on the proving, *Equisetum hyemale* may be particularly suited for individuals facing:

Challenges with assertiveness and self-confidence, especially those who feel undervalued or overlooked.

Issues of rigidity and flexibility, including physical conditions like joint stiffness or emotional inflexibility.

Feelings of isolation and disconnection, supporting reconnection with self and others.

Situations requiring resilience and adaptation, such as navigating life transitions or overcoming adversity.

Reflections and Conclusions

The proving of *Equisetum hyemale* offered rich insights into the plant's essence, highlighting its dualities and transformative potential. Its energy is both grounding and expansive, encouraging individuals to find balance between rigidity and flexibility, separation and connection, and strength and vulnerability. The participants' experiences underscore the plant's relevance for addressing modern challenges of identity, adaptability, and interdependence.

***Equisetum arvense* 3-432.14.12**

Little classical Materia medica

Urinary Organs: Pain in the bladder, not ameliorated by micturition. Pain in the bladder as from distention; tenderness, extending upward, especially on the right side. Constant desire to urinate, not ameliorated by copious micturition. Constant urging, but only a small quantity is passed. Urine generally scanty and high-coloured, contains much mucus. General aggravation immediately after micturition. (Allen)

General: Internal or external haemorrhages.

Respiratory: Coughs.

Urinary: Diuretic. Ulcers of bladder, stone, strangury, acute inflammation of urinary tract and incontinence. Skin: Fresh wounds, inflammations, pustules, red wheals (local) Eczema, acne.

Female and MRS: Inflammations of genitals. (Culpepper)

Equisetum arvense - Common Horsetail (Equis-a.)

No old, but three new provings: Hesse, Juliane 1999 (D) Zillmer, Peter 2009 (D) Bergink-Vos, Jacqueline 2009 (NL) The provings display the feature that we already know from the Pteridophytes. The urological symptoms are confirmed, but not as strong as in the scouring rush, where they occurred in all provers.

Here we only look at those features that add to the common group ones.

- phantom odours and very sensitive to odours (just as Equis.)
- coryza with running nose and sneezing (just as Equis.)
- thirst for cold drinks.
- ravenous hunger, or fullness after meals.
- Pustules.
- pain in coccyx and lower back.
- headache.

Equisetum arvense 3-432.14.12

Trituration proving

Introduction

I know that I am well educated and that I can do many things very well, but I think it is only a pretence, it destroys me; at some point they will realise that I can't really do all that (she can't fulfil the parents' expectations).

I am ashamed of it, of my unemployment, of all this failure... it is very difficult to admit that it is like that... I cannot fulfil an expectation that is not mine (the idealised and unfulfillable expectations of the parents that help the parents to have a high social status) but at the same time I have no image of what my own aim is.

I don't think I am grown up, I want to please the family, even though they are all toxic (there is a bond of dependence on the parents) or dead... I don't want to banish them completely from my life, but push them so far away from me that they don't define me any longer.

Proving

Parents who want to shape their children by force. They destroy (or at least disturb) the formative power of the child from within. What does not appear to be useful for the intended purpose is eliminated.

Dictatorship of usefulness under a powerful aspect: be useful, be upright, be beautiful, be; you should be as we want you to be... (C4/1)

"No, you won't become a hero", a parental phrase that makes me small, at least makes me not to grow. "Suddenly my bodily functions become something I'm ashamed of." - I am ashamed of mine. (C2 - C4/2)

Am I a child who has to live up to demanding parents or a demanding child who demands everything from the parent. A constricting situation. How to get out? I feel a tension, I can't flourish. Like a bond that is taut between the parties involved. (C4/4).

I demand too much of myself... is about parents who demand too much of their children (C4/1).

Extreme uncertainty

Tries to please everyone, adapting, to make everything as perfect as possible and ultimately fail because setting unrealistic standards, extreme weakness in decision-making, externally determined.

"I neither know what I want, nor who I am, nor what I am doing here." She does everything (adapts totally) to be loved and to be recognised by her family, and to justify her existence through her actions (performing perfectly), to not be a target for criticism or bullying.

Controlling everything.

Has to give 200%, to achieve 50%, never good enough, small, weak... I pick apart every situation for "mistakes".

Ancient plant

I can't get out of it - professionally and financially it's getting tight, I'm hard on myself.

Equisetum telmateia 3-432.14.13

Trituration proving, 10 provers, by Juliane Hesse, 2024.

Summary by ChatGpt.

1. Power, Dominance, and Strength

Equisetum telmateia presented itself as a symbol of survival and strength, describing itself as the largest and most enduring of its kind.

A strong connection to ancient life forms, particularly dinosaurs and prehistoric power, emerged.

Participants experienced feelings of self-confidence, dominance, and control, as if they were at the top of a hierarchy. Some described a feeling of basking in past glory, like an old leader unwilling to let go of power.

2. Stagnation vs. Transformation

A recurring message was the importance of breaking free from old habits and outdated ways of thinking.

The idea of "exiting the loop" and not getting stuck in repetitive patterns emerged strongly.

Images of a retired man clinging to his former status, unwilling to acknowledge change, were described.

The proving highlighted resistance to letting go of control, with a deep struggle between maintaining dominance and accepting inevitable transformation.

3. Existential Reflection and Mortality

Participants reported thoughts of old age, loss of relevance, and existential despair. The passing of time and the fear of becoming obsolete were dominant themes. Some experienced suicidal thoughts, feeling that their time had passed, but later found a way to reframe their perspective and move forward.

4. Expansion and Inflation

Sensations of growing, expanding, and inflating like a balloon were frequently noted.

Participants described a sense of enormous internal power, as if they were growing beyond their limits.

However, this was followed by a realisation that their power was tied to the past, creating an internal conflict.

5. Role of Authority and

Responsibility Equisetum telmateia spoke about the importance of leadership and responsibility. It emphasised that true power is in knowing when to step back and not cling to control.

The remedy seemed relevant for those who have difficulty relinquishing authority or accepting change.

Mind

Feelings of dominance, confidence, and superiority, but also a fear of being left behind.

Moments of clarity and wisdom, mixed with stubborn resistance to change.

Sadness and nostalgia for past power and relevance.

Fluctuations between confidence and existential doubt.

Dreams and Visions:

Prehistoric imagery, dinosaurs, and ancient landscapes, symbolising survival and adaptation.

Authority figures, old leaders, and struggles for power.

Feelings of navigating a labyrinth, seeking an exit—a metaphor for breaking free from old cycles.

Physical Symptoms

Head pressure, particularly around the right side and eyes.

Burning and tingling sensations in the face, especially around the mouth. Itching in various parts of the body, including eyebrows, neck, and face.

Dry lips and throat, with an urge to drink more water.

Heaviness and tightness in the chest, resembling suppressed emotions.

Increased urination and sensations in the bladder and kidneys, possibly indicating an affinity for the urinary system.

Indications

Struggle with letting go of control or authority, particularly those who were once powerful and now feel irrelevant.

Have strong confidence and dominance but feel trapped in outdated ways of

thinking.

Experience existential crises related to aging, change, and loss of identity.

Feel physically or emotionally “stagnant”, unable to move forward from past patterns.

Have a strong internal drive for survival and resilience, yet resist inevitable change.

Suffer from urinary issues, pressure headaches, and skin-related symptoms.

Conclusion

Themes: power, survival, dominance, and the transition from authority to acceptance.

Theme: cycles of stagnation, embrace transformation, and navigate the challenge of letting go of outdated identities. The remedy also has potential physical applications for urinary and skin-related symptoms, reflecting its energetic properties.

Todea barbara

3-432.16.07

Sense proving, 27-1-2023, Utrecht, Laufen.

Provers: Martin Jakob, Jan Scholten.

Proving

People who want their offspring living near to them, a son living one door further, a daughter one street further, or all together on a farm.

Problems with mother-in-law.

Generational conflict, the younger generation has new ideas.

Working hard to keep their estate tidy.

Daughters-in-law feel used.

Sons-in-law also feel used.

Overprotective mothers, like a mother hen.

Phase 4.

All kinds of small jobs.

Taste; grassy, not bitter, a bit sweet, fresh, even after 5 days.

Texture: feathery, smooth.

All sporangia near the base.

Difficult to get out, for children, husband, parents-in-law.

Stage 7.

Stay good for a long time.

Stability of the Iron series.

Not talking about the problems because it is so normal.

Feeling guilty if they want to break out, one has to be loyal.

Old-fashioned.

Difficult to talking about the problems, that is already a betrayal; keep the shit inside, don't hang the dirty laundry out.

Others feel uncomfortable to talk about problems.

Locked by loyalty, by rules and laws, contracts and marriages.

One cannot see.

Osmunda regalis **3-432.16.10**

Sense proving, 23-10-2021, Utrecht, Jan Scholten

Prover 1

Pfhhh, Pfhhh.

It is all too much for me.

I feel like pushing the fern far away from me.

Covering my head with a helmet, so that people cannot see who I am and cannot attack me anymore.

A woman in burka, so that she cannot be seen and attacked.

Haughtiness and vulnerability.

Hiding haughtiness behind a mask, sunglasses.

Phase 5, Phase 6.

Just behaving as if one is normal, ordinary.

Lazy, want to do nothing, but still wanting to be appreciated for doing a lot for others.

Pretending one is doing a lot for others.

Stage 11.

Tense as one wants to keep up appearances but fears others will look through the image.

Nausea, tension in the stomach region, twisted, distorted.

Osmunda regalis 3-432.16.10

Sense proving, 7-7-2023, Bochum.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth- Griihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover 1

Vague in the delineation.

The taste is a little bitter, a little foul.

An elephant, trumpeting.

Wanting to be lazy, lying back.

Itching my nose, hay fever, better by rubbing across the nose.

Disturbed by someone else's talking. No concentration, no focus, it's way too hard.

Need to go to a club where it's dark, with little red lights everywhere and loud music; looking for booze and women.

ADHD.

Lots of power, but little direction, wild.

Why do you live busily anyway, you with your provings, phases and stages and sub-phases, just stay, just take from life what you can, while you can. Life is incomprehensible anyway, so don't worry and seize the day.

Stage 5.

Prover 2

The plant looks like it has already been in a plant press, pressed flat.

Deep vulnerability and sadness.

Presses itself together in order not to show itself, not to be itself.

Great fear that something bad could happen again.

Control and rigidity to escape the blow of fate.

Something happened suddenly: a bomb attack, the sudden death of mother and father (something that completely pulls the rug out from under your feet).

There is a lot of strength to survive, there is a rule: don't say anything, don't move, don't feel anything.

Survive by squeezing yourself¹.

Refugees who want to finally arrive
some-
where in a country where they can find
peace and quiet from terrible things.
Phase 5 Stage 10

Discussion

Compressed, oppressive, to avoid feeling
because something bad might happen.
The rigid role is needed to escape fate,
from, say, a bombing, or the loss of your
father or mother, with the whole ground
being knocked out from under your feet.
Lots of survival instinct.
Says nothing, feels nothing, survival by
keeping self together is the motto.
Refugee who has finally found a country
where he can live in peace, away from all
the horrors.

Survival instinct.
Phase 7.

Lygodium japonicum

3-432.17.01

Sense proving, 8-07-2022, Munchen,
Martin Jakob.

Essence

A personality who is the family scapegoat.
A child who is blamed for everything that
goes wrong, who draws resentment upon
himself.

Image: I stand in front of the fern, it
pushes me back: "leave me alone -1 just
want to grow - fuck off. If you don't leave
now, I'll hit you. Go away, I don't want
anything to do with you."

Mind

Fear of being alone in the dark.
Fear of being criticised.
Fear of doing something wrong.
Fear being wrong.
School failures who do a lot for their fam-
ily and friends and still think they are bad.
Blocked.
Like a wall, impenetrable.
Inaccessible, repellent.
Locked in the cellar because of misbeha-
viour.
Misbehaviour must be punished.
In prison because of a crime he commit-
ted against the family.

Body

Eczema.
Appendicitis.

Fine fern with soft leaves.
Wiry, flexible stem.
Climber, climbs in treetops.
When burnt by fire it grows back quickly.
When chewing, a feeling as if the tongue
swells, with the sensation of falling
deeply

Sticherus truncatus

3-433.12.13

Sense proving, 7-7-2023, Bochum.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Background story

The salesman at Jungle Leaves says the plant has to be handled very carefully, not too cold, not too warm, it just arrived from Borneo; it seems like a special plant to me, like a little princess.

When I show it to Jan, he says: "It is not fully identified, we cannot use it." The plant is put to the side. It is being "discarded". I advocate for her to be identified by a biologist and as a result it is brought back into the group. It feels like I am fighting for the "specialness" of this plant.

Prover 1

A miniature tree.

The trunk is so narrow, it can't really be.

The structure is strong.

The taste is bitter.

Stage 6.

Stubborn, does his own thing and in his own way, others may do it their way, but try to change or get in his way because then he gets angry, bored and irritated. Feeling easily attacked especially if he cannot be himself.

Pulling himself together to be himself against all odds, which feels better by rubbing his face.

Need to break out of rules, duties, and prohibitions.

Retreat into one's own world.

Or adapting the world to one's own.

Breathing is heavy, deep and fast, it's sort of like sighing.

Tense, arms crossed in front of the belly, pressing against it, as if everything has to be pulled together.

Standing up to the world is tough, especially if you are not considered full.

Prover 2

Very sensitive, like the princess on the pea; aloof: I come from a royal lineage and am therefore aloof.

Actually wants to party and be merry, is held back by rigidity consisting of morals and rules; parents are very strict and have to do with etiquette, royal behaviour and morals.

Child from distinguished family who must adhere to etiquette and cannot be free.

Pain in thoracic spine due to injury to thoracic spine.

Cervical spine sensitive and painful.

Wave of heat from bottom to top.

Discussion

No closeness, only label.

Needs to be free, but held back by rules.

Not approachable.

Punished by saying nothing.

No individuality.

Cyathea tomentosissima 3-433.14.06

Sense proving, 7-07-2022, Munchen, Martin Jakob.

Essence

A personality of a young man of a craftsman's apprentice who grinds one window after another all day long. A stupidity that makes him depressive. This personality submits to tradition for lack of developing his own perspectives. It lacks faith in itself, faith in its own ideas, in shaping its own life itself - the recipient of orders. Children who were deprived in kindergarten or school of the belief in their own creativity and their power to shape their lives.

Mind

Dullness of the senses.
Lack of imagination, monotony.
Without dreams.
Alcoholism.
Hypnotised.
Rough surface, like sandpaper.
Laterally the fronds are movable.
From right to left is supple.
From bottom to top rather difficult.
Depression.
Transgenerational impact of slavery.

Sphaeropteris cooperi 3-433.14.10

Sense proving, 7-7-2023, Bochum.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Griehn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Prover 9

Royal rules.
Napoleon and Desiree.
He surrenders to the Swedes and bows to her by handing her his sword in a precisely determined ceremony.
Origin plays a strong role.
I am someone, I count, I am important, of rank and name.
You are not so easily recognised and accepted.
Your origin is an important part of you.
I am a knight, I feel it and I love to belong.
The fern had folded up, not wanting to be recognised, but can be gently moved apart again, brought back to its true shape and size.
Just as Napoleon never really surrendered. In the heart or in the delusion he remained emperor though he lived in banishment.
OK, I take it on my shoulders and go forward: Stage 8 to Stage 10).
I am ready to carry it, it is very stable where I come from.
Solid, compact, inner tension (Tension). I am who I am!
I stand by what I come from, what I have to represent.
But don't ask me how it looks inside.
Heartache, I want to feel something.
Tendons, fascia and connective tissue (tissues) are dried out.
Outwardly I show poise and strength and inwardly I dry up, it tears me apart.
The fern leaf is like a sword: "What is it made for?"
It is a political symbol.
One must do things.
Have to bow to the nobility, the aristocratic attitude.
After the revolution, the new generation

(not the old nobility) was proud of their origins and the new things they could move, install new. Awakening.

Prover 13

Precious, important, fragile, like a novel.
The origin is stony, the meaning is faithful,
it is a set of rules.

The story of Napoleon getting the sword
orsaber but being told exactly how to hold
it.

Guardian.

Nutty taste.

Origin is a big part of me, you don't leave
that behind easily. And I don't want to
leave, I like where I am.

If I am destroyed, I will come back.

Napoleon was still an emperor, in his es-
sence; even though he was exiled, he re-
mained the same.

I feel that when my fortress is destroyed, I
just rebuild it, put my shoulders under it,
with tension in my muscles.

I am solid, not tall, small in stance, but
compact.

I am ready to bear and to endure.

I am who I am.

I love my heritage, its character, the family
I represent, I don't regret that.

But don't ask me how it looks to them.

Connective tissue around the spine that
keeps the spine upright.

If it dries out, there's not enough blood in
that tissue and then it can tear, injuries,
even to the Achilles tendon.

Outwardly I hold myself, inwardly I dry
up.

Inwardly I am tearing, tearing apart. But I
keep up appearances.

Symbol of surrender, but he kept up ap-
pearances. Feels responsible for his up-
bringing, but comes from a poor family, so
is actually a newcomer.

Proud of your heritage, don't let anyone get
us down.

Haughty.

Physical life, no palace life, you just have
to work, do the thing, outdoors.

433.14.11?

bends, but he keeps the situation under
control. He does not really resign. Even
as an abdicated ruler, he will continue to
be a ruler.

Origin is strong.

Noble, strong, rank, height, I am some-
body.

Origin is important. Look where I come
from and what I have accomplished! Like
a knight.

I feel where I belong to.

I like what I am.

I like where I am.

Phase 4.

Surrender, but come back.

Tension.

Keep myself together.

I carry it.

I stand by my origin.

I am who I am and what I represent.

I feel little, when touched I feel some-
thing.

Show attitude to the outside.

Drying up on the outside, tearing apart,
tearing apart.

Feeling and taking great responsibility.

Newcomer, self-made man.

Physically strong.

New nobility.

Discussion

Remedy code: 3-433.14.11.

Prover 15

A meaningful scene, like in a novel.

Napoleon and Desiree.

He surrenders by handing her the sword.

He explains how this ritual works. He

Anemia phyllitidis 3-433.17.06

Sense proving, 18-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Mexican refugees, hoping for a better life in America, crossing the border, going through the Arizonian desert, killing a horse for food, and fleeing from the poverty and violence in Mexico.
Boat refugees on the Mediterranean Sea, in overcrowded boats, having no space to move, with a great risk of drowning.
Refugees are treated very negatively.
Mexican cocktails.

Discussion

Iron series, Silicon series, Carbon series.
Phase 7.
Stage 6.

Coniogramme emeiensis 3-442.12.04

Sense proving, 5-3-2022, Utrecht, Jan Scholten.

Prover 1

Cramp, lower jaw, parotids.
Mumps.
Desire to be very big, but not able or daring enough to do so.
Smell: musty.
Chaotic.
Smooth, artificial, plastic like.
Unreal, behaving as expected to do, But who is he really; but he doesn't know himself, so he behaves and does what he thinks the other will expect him to do.
Phase 2, Phase 3; more Phase 2.
Desire to be an intellectual, he does not have the content for it.
Desire to be someone.
Hollow, empty, little substance.
Taste: a bit sour.
Silicon series.
Stage 6, Stage 9.
Desire to prove himself.

Coniogramme japonica 3-442.12.12

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Smart.

Tics.

Edge, toothed edges.

Like mating cats, penetration is easy, but retraction is very painful due to the hooks; the pain induces ovulation. Get in smoothly, but it is painful to get out.

Entrapment.

Coyote syndrome: bite your leg off to escape when your leg is trapped.

Salesmen who sell you a smooth car, but it breaks down when you are a few miles down the road.

Getting trapped, one cannot get out, it is painful.

Luring someone, with love, like Julian Assange lured in by two Swedish women.

Lured in, seduced, like Arum flowers lure in insects.

Not recognising one's inner feelings, one's intuition.

Not knowing one's own place, one's one life, and direction in life.

Elegance attraction.

Psychopathic.

Desire a rich lifestyle.

Movie "Painkiller", about Oxycontin.

Doctors luring patients who are naive and gullible.

Pain from being screwed.

Nice parties.

Desperate.

Being lured into corona vaccination.

Salesmen are lured into a life of money.

Life is hard, so one needs painkillers.

Sneezing.

Codeine is even more addictive than other derivatives of opium.

Girl, blond, lovely, popular, from a wealthy family, drugged and paralysed by

Ketamine, given by an ugly young man; he raped her on the beach in full sight; afterward, she is in panic for months, gave up college, couldn't leave the house any

more.

Boys lure girls into abuse.

Like a saw.

Opportunist.

Naive, impulsive.

Stage 1, naivety.

Fairy Tale: Red Riding Hood.

Power, lack of power.

Paying a massive price for one's naivety.

Beautiful and harsh, destructive.

Unintended consequences.

Idea of being rude when one does not trust the other.

Afterwards one cannot trust oneself.

Terrified.

Taste: vegetable-like, neutral, edible.

Total lack of empathy.

Being lured into operation by doctors, like breast enlargement.

Discussion

Iron series, Carbon series.

Phase 2.

Stage 12.

Mickelopteris cordata 3-442.13.06

Sense proving, 19-1-2023, Millheim am Ruhr.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Griehn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Proving

Joking, as if one is joking when one is serious.

Mickey Mouse, with big ears.

Calimero saying "I'm small and you're big and that's not fair".

A sweet little girl.

Wants to be left alone.

Hurt.

A little girl who can still get her own way by making jokes.

Contraction.

Stage 1.

Cannot bound off, takes over every movement.

Trembling.

Hearty and cheerful, but underneath sometimes sad; suppresses his trauma with liveliness.

Wants to be left alone.

Going out of body, dissociation.

Fragile.

Sinusitis, maxillary.

Pain in the jaws.

Pain in my nasal septum.

Cold.

The taste is fresh, gives clarity.

The leaf is strong and smooth.

Neck pain at the first cervical vertebra.

Stage 6.

No movement.

Sweet.

Nothing is hidden.

A man who was very open as a child, but because he was so different from others was bullied in class and as a result later shut down completely and no longer wants contacts.

Stage five.

Wants to be among equals.

Doryopteris pedata 3-442.13.08

Sense proving, 7-07-2022, Munchen, Martin Jakob.

Essence

A personality who, through a traumatic experience, e.g. attending a cadet school, relies only on his personal strengths. Like a savant who exercises his talent with tunnel vision, functioning like an automaton.

Mind

Enclosed, in a tunnel-like state, not open, sleepwalker, like an automaton, functioning, autopilot, reduced to its functioning, without emotion or reflection, doing what one is told, receiver of orders. Cadet school, learning to march, being aligned, apprentices who have to be polished, routine, assembly line, working like robots every day, synchronisation, conformist, step by step.

Leaf stalk like wire.

The leaf is almost symmetrical.

Harmony, am as I am. Rorschach test.

Balanced.

Self evident.

Body

Savant syndrome.

Parkinson.

Frozen shoulder.

Moves like an automaton.

Taste: burning.

Myriopteris alabamensis 3-442.13.09

Sense proving, 20-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

Boring, neglected.
Old. It is a weed.
Easily overlooked, from being not special at all.
Therefore busy.
Headache.
Teenage girls, talking all the time, a bit hysterical, not knowing what they are talking about.
Lying.
Dangerous.
Desire to lie down.
A girl on Tiktok, inhaling deodorant fumes, got into a coma; her mother found her and tried to rescue her, brought her to the hospital but in vain, the girl died from organ failure.
Feeling as if half my brain is cut off.
Devastation in families from losses of children.
Lying down, couldn't move.
As if being in another world.
Doing dangerous things in order to be seen, to belong to the group, to prove it to others in the group.
Glue sniffing.
Coma drinking.
A boy died after taking four ecstasy tablets at a music festival.
Stupidity, doing something stupid, to get out of the rigidity of the family, but the parents did not expect that their children would be able to use drugs or the like.
Disconnection. Don't think about it.

Discussion

Carbon series.
Phase 3.
Stage 9.

Cheilanthes argentea 3-442.13.11

Sense proving, 2-10-2022, Utrecht, Jan Scholten

Prover 1

A little girl with spunk.
Little woman with spunk, dominant with a high-pitched voice, very direct, she knows what she wants and won't let herself be cheated; she is fierce, ardent.
A secretary who leaves to find a better job that pays better, but after a while she would like to go back because of the good atmosphere and freedom she missed. Stage 5.
Stage 11.
Does not get old.
Easily has a burn out.

Pellaea falcata 3-442.13.12

Sense proving, 19-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

No bed bugs.
Not so interesting.
Wiry.
Brittle leaves, crispy, breaking.
Yawning, tired, having enough of provings.
Heavy eyes, desire to lie down.
Eructations.
Rigid views, like protestants in Northern Ireland, like Ian Paisley, marching religiously every July, as a remembrance of a battle and defeating William of Orange.
Rigid, harsh, dogmatic, strict. Provocative, fighting, no surrender. Disturbing, never giving in.
Annoying, exhausting, using the mantra of the rules.
A pest.
Hitler.
Dark stalks.
Stiff, unable to break them.
Successful people and unsuccessful people in the same family.
Success, strength.
Tough, survival.
Convicts being sent to Australia, hard life.
Cannot be broken.
Cannot be crushed.
Fear losing power, losing position.
Aboriginals, Indians, were removed from their land, being shot.
Hiding, feeling paralysed.
A feeling of being in an in-between state, cannot follow anything, unable to express oneself.
Aboriginals, dark stains, dark people.
Cannot be broken.
Hiding, from hearing too many mobile phones going off, desire for consolation, to be seen, to be understood.
Paralysed, unable to speak.
Feeling not seen, from being overwhelmed.
You cannot break me, cannot conquer

me.

Anger from not being heard or seen.
A need for a person to see and appreciate me.

Army, how do I survive in such a situation?

An overpowering situation, job, marriage, etcetera, do what you want, but you cannot break me, I survive.

Discussion

Carbon series.

Phase 3.

Stage 12.

Doryopteris cordifolia 3-442.13.14

Sense proving, 19-1-2023, Millheim am Ruhr.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grtihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Proving

Quirky, opinionated.

Elite above the rabble.

Doesn't let itself get put down.

Arrogant.

Covered, lets nothing through.

Above fine and agile, below primal power.

Power is held back, does not come out, is kept under blanket.

Fine, fragile.

Contradictory.

The fern looks like two ferns, as if they have nothing to do with each other. Soft, delicate.

Two sides.

Breaking out, curiosity, wanting to get out of the system.

A young child going into relationship, very sensitive, not knowing quite how to deal with it, including sexuality.

Wanting to be different from parents, with clothes and cosmetics.

Impossible, unable to feel one's own self.

The taste is grey, tasteless, fishy, dry, not cheerful; something earthly repulsive, depressing, but with no reason to be depressed.

Bored.

A long family history, with traumas unknown.

Fixated, no freedom.

Wanting to get out of the family system, but can't.

No room for expansion, for art anyway.

Cheerful.

Stage 9.

Discrepit family, individualism is absent.

Not really authentic.

Breathing centre is blocked, breathing is shallow, depressed, held back with a scary, oppressive feeling in the chest, lungs and

heart.

Ideals too high to realise.

Being withdrawn into oneself.

Not getting ahead, there is too much heaviness.

The first impression is not nice, the second impression is heavy.

A girl who wants to do and achieve a lot, but is married off and stuck in childcare and housekeeping.

Dizziness over head, with uncertainty.

Stage 14.

Nausea, with an empty stomach.

Development held back, but would like to but can't.

Stage 2.

You can have beautiful fantasies but all within the norms.

Back in your cubicle.

Terribly tired, poor, infinitely burdened.

Light-headed.

Pressure on thyroid.

Neck pain at the seventh cervical vertebra, like someone is trying to keep me under. A parent who has the child in his neck with his hands like a vice.

It's the custom and there's nothing you can do about it.

Procrastinating and rejecting.

Things are just the way they are.

A disabled man who just watches TV and eats and has no idea that there can be more to life.

Astrolepis sinuata 3-442.13.14

Sense proving, 18-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Dry, filthy, dirty, fungal, rotten, ugly, nasty.
Starting nice, innocent, pure, and trusting, then soon comes child abuse, rape of small children.
Children given away and sold for sex.
Children abducted and abused, tortured to produce adrenochrome.
Decay, degeneration. Chaos.
Soft nice.
The taste is dry, sandy. The texture is dry.
Turning upside down, inside out.
Cheating, with unnatural upbringing, telling that that is biological and okay.
Distorting children, not straight.
Easy writing.
Cabin fever.
Unattractive; nobody wants it.
It could be pretty.
Metastases from cancer.
Ugly duckling. Black sheep.
Wild swimmers, clubs of women in menopause who go swimming in the sea together; they are dried up, wrinkled, divorced, talking about what their husband did, feeling superior, coming from wealthy families, never having been wild, golf widows, feminist rebellion.
The husband went for a younger wife because their wife had dried up from menopause.
Feeling discarded.
Formal, without reason, not knowing what to do.
Husband who has left for good, without having said anything.
Lack of love, worse when the children have left home, and emigrated to Canada.
Religious saying that love of yourself is selfish and egotistical.

Discussion

Carbon series; Phase 3, Phase 4. Stage 13, Stage 14.

Adiantum venustum 3-442.14.07

Sense proving, 23-10-2021, Utrecht, Jan Scholten

Prover 1

Soft, feminine.
Adapting.
Phase 3.
Smell: friendly, as from cooking in the background.
Woman cooking, slowly, naturally, caring for the family.
Chaotic due to having to think about everything, what has to be done and who to take care of.
Goes with all winds.
Nervous.
Stage 7.
Fragility.
Man-woman collaboration.
Taste: bitter.
Woman who is not taken by her husband to meetings and parties, she is not seen in what she does for her husband and the community, she is restricted and put away in their stuffy house.
Gardening hobby, vegetable garden.
Wisely tolerating.
Phase 6.
Bitter, embittered.
Trembling vibration, chest, heart, 3 Hz.
Respiration wheezing.
Pseudocroup, with fear, > steaming, > comfort, > worry.
Jerky, from tension, feeling of shudder.
Girl abandoned by her boyfriend, stone in her heart, death blow, broken heart.

Adiantum raddianum **3-442.14.09**

Sense proving, 23-10-2021, Utrecht, Petra, Gerard, Monika
Trituration proving, 23-10-2021, Utrecht, Petra, Gerard and Monika

Unclear about the rules how to triturate. Petra knows it differently than Prover 2. Much discussion back and forth. Petra has already had a lot of experience with her plans and preparations being blocked. Something was constantly put in her way, she was forgotten. Tried to do it exactly and right, but then had to improvise. Like now, too little milk sugar, no spatula.

1/1

Prover 3: Dragonflies flying high.
Prover 1: Belly making noise (too much cake?).
Shaking in both hands and forearms.
Prover 2: Breathing laboured and rough. One point on back hurts.
Right ear also.
Prover 1: Noise in ear, strong, weaker and strong again. Basal tone.
Silence like devotion.
Prover 2: like smoke in the lungs; coughing irritation.
Prover 3 Forest clearing: dragonflies and pink hearts flying around.
Protected, before there was so much adversity with everything she did.
So much preparation and always something was missing.
Like resting, close to bliss.
A heart appears above the plant.

1.1 /2

Prover 1 Stirring is surprisingly easy, he has to grind very quickly.
Stomach and small intestine work more.
Prover 3: with her also, feeling like fluttering.
Prover 1: Headache moves to the eyes.
He grinds sometimes this way and then the other way around, frantically.
Wants to do it thoroughly, "almost German!"
Prover 3: Feeling: I let it happen.
Weakness in the legs, from the hips down

wards.
Ethereal, like many butterflies sitting to rest.

Plant: "I don't give away my secret so quickly."

Prover 3 has to touch the plant all the time, caress it, like combing it, or she lets herself be stroked by the plant.

Maidenhair fern, very ethereal, we should go deeper, a breath.

1.2 /1

Prover 2 finds grinding not easy, tormenting.

Prover 1 feels good, he is looking forward to the next round.

There is movement in the room. People are running back and forth.

The people do not belong to the place. We notice them, they don't seem to notice us. Are they disturbing? They show us that we are not perceived.

They have their first day of their homeopathy training for doctors.

(In Germany there are new rules from the Federal Medical Association, there should be no more additional designation and training for doctors.)

The plant is the main actress. Prover 2 has no desire to touch the plant yet.

Prover 1 wants to touch the plant but feels something like: "stay away or don't touch me anymore now." "It is enough".

With Prover 3 there is no contradiction. The plant appears bright and light.

1.2 /2

Calmness again, meditation.

The plant stands as if on a stage, like a girl of elementary school age.

In a performance without text, not a ballet, rather a representation of images.

Standing images, representing concepts, allegories (tableaux vivants).

The child is the plant or the plant is the child.

Prover 1 has the image of Degas: "Ballet dancer" in mind.

He is looking forward to his turn right **now**.

1.3 /1

Pro ver 1: Itching on the back.

He can't grind slowly, he must stir

quickly, a bit restless.

The plant does not speak, it is very shy and reserved.

"I don't let you see me so easily, you should make an effort.

I don't want to be touched all the time."

Tightness on the chest.

Prover 1: Arms are better.

The plant becomes more accessible.

Prover 3: Like a harp, harp music, harpist, serious music.

1870, elegant people, very distinguished elegance, keep social forms, dance minuet.

A society that wants to remain among itself, does not want to mix with the ordinary, with the common people.

Prover 2: Slaves have no part.

Prover 1: Like a ballet dancer who spins and spins and spins, does not want to stop.

1.3/2

Prover 2: It reminds Prover 1 of the ballet: "Le sacre du printemps!"

The girl who has to dance herself to death, following an uncanny rhythm and is not allowed to stop dancing.

The vulnerability of this young being. This ancient ritual, which is always performed in the spring.

An innocent young girl has to be sacrificed.

It seems to me like rape.

Prover 3 shudders at the thought and at the same time Pieter comes and asks to be allowed to pick a branch from the plant and does so. It frightens us very much. The plant, this vulnerable being in the trance. Is the plant in trance, are we in trance? We get on its track.

It was noticeable that it said "Stay away" to Gerard?

Prover 2: Pain in the abdomen, uterus and ovaries.

Can we leave the plant alone now? Prover 3: I want to protect it. M. She brings me back to myself. I'm more stabilised.

Prover 3 brings her a plant sister or - friend.

11. 1/1

Prover 3: It's a good thing we talked to Pieter.

He did not want to rape, rather to bring into a new mood again.

Impulse, for a new development by breaking off something from the plant.

He could approach the untouchability of the being with his naturalness, his self-evidence.

We have too little material, scarcity.

It must go on, the essence of the plant was put together again.

Now it is again completely hidden.

We must start a new approach to her again.

We have too little for her.

II. 1/2

Prover 1 grinds somewhat erratically, restlessly, superficially.

There should be more lactose.

There is too little of everything.

Scarcity.

The plant seems dulled, has lost its glow/ glow from the beginning.

The spirit being of the plant says: you have everything you need.

The question was, do we have too little lactose, do we have to stop, should we give up?

Like after a war.

"The meteorite", the plant has survived that as well.

The plant gives us comfort.

Prover 1 gives water to the plant.

II.2/1

Prover 2: LEAN TIMES!!! It is about survival and a new beginning.

Not about rules or conventions.

M: Something makes me sad.

Prover 3 the brightness and glow of the plant is gone.

Prover 2: gets totally tired, gets the picture of a poor forest population; rough wooden houses high in the north, snow.

You can't ask for anything more there, so exhausted from survival wanting, having to.

Prover 1: Tired from dancing, from many people, from pleasure.

II.2/2

Prover 3 and Prover 1 have interrupted and fetched tea, just like that!!!

As if without contact with what is happen

ing.

Now there is silence and emptiness again, no desire to speak.

Prover 3 does not know with whom she should say what.

Split off, the process of trituration and the process with the plant (communication with it).

Prover 1: The evening is over, we don't understand the situation anymore.

What is it all about?

Abandoned, over?

Search, desire for redemption or resolution.

Prover 1: not yet satisfied.

Prover 3: Snow White and Rose Red.

Is something still happening?

Nothing in the forest houses either.

Prover 1: Just living in the forest and not paying taxes.

Evade the norms of society.

Not participating anymore!!!

How to digress into other topics (for conservation of the plant?).

II. 3/1

Prover 1 grinds, he is tired.

Then, nevertheless, energetic and wild and gives him new momentum and energy.

The tiredness goes away.

Theme: food, malnutrition, little water supply.

Now with more stuff, more energy.

Before he had no interest because no energy.

II.3/2

The migration of peoples passes.

Mixing of peoples, of society.

Survived the meteorite.

The new society is coming.

Discussion

Prover 1

Nothing fits, we do all the trituration differently.

Scraping.

Feeling there is no problem.

Heavy, resistance.

Arms pain, numb.

On stage, others pass by, they do not see us.

Sacred time, ballet dance, little girl had to dance until her death.

Violated, raped, shocking.

Untouchable.

Child was totally resolved, she got her form back slowly.

Etheric, refined, the slaves after civil war, but that does not matter, it is suppressed.

Prover 2

All the time confusion, obstacles, all kinds of mistakes despite good preparation. Clarity.

Dragonflies, dancing.

Heart dancing.

Working slowly.

Stage, performance, child of 7 to 10, light, looks like a ballerina, little motion, no text; kind of allegory.

Prover 3

Working fast.

Information: leave me alone, in peace, aversion being touched.

Good life, there is no problem, we don't talk about problems, we just dance.

Discussion

Phase 3.

Shaken, comedian, mobbing, the sacred things have to be destroyed.

Stage 9.

Follow up C2

Too little of everything.

Little contact, > more sugar.

Meteorite, new time after the impact.

People moving, Mongols, Huns.

Lean hard times.

Starvation.

Idea: enduring.

Unclear, what is it about.

Time for new starts.

One cannot stay in the old things.

No worries, all problems are repetitions, we will recover.

Adiantum trapeziforme 3-442.14.10

Sense proving; 7-7-2023, Bochum.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grthn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Prover 5

Language of the heart, initial enthusiasm for the tender, the heartfelt. Highly sensitive, graceful.

The perfect form. So perfect that I can't get into it. There is no doubt here. The perceived delicacy of the leaf is in strong contrast to the wiry stem, unbendable, hard, rigid. As rigid as the perfection of beauty. I dare not break off a leaf. Dizziness sets in, mild nausea. Flaccid stomach. Everything is very flat, no surprise, nothing behind, bores me, although it is actually so perfect, so beautiful. It's barren, it's liberal, it has no opinion. It is a child.

Discussion

Remedy code: 3-442.14.10; alternative: 3-444.12.10

Adiantum capillus-veneris 3-442.14.13

Sense proving, 6-6-2022, Andros, Jan Scholten.

Prover 1

Soft, fragile, flexible, adaptive.

Fresh.

Warts, herpes on the lips.

Fear of contamination, losing one's virginity and purity.

Insecure.

Need to shower, clean and wash.

Need for purity.

A teenage girl of 12 or 13, who is very open and naive, but is afraid that people will take advantage of her.

Not knowing if boys can be trusted, if they are not just flatterers.

The fear of being stained and marked, and that everyone can see that.

Adiantum reniforme

3-442.14.14

Sense proving, 31-3-2025, Zell.

Provers: Petra Balloch, Prover 3 Clayton, Christine Fordinal-Frey, Gunther, Martin Jakob, Prover Kuntosch, Franziska Prosser, Jan Scholten, Franz Swoboda, Tomas Vyboch, Lucia Klackova.

Prover1

A split world, a crack.

Angry, bitter.

Coins, mean, money changers, taking 5%.

Thinking they are quite something.

Parents who want and try to shine through their children.

Lack of grounding, living in phantasies, living in their head, very rational, with a lack of emotions, with a lack of contact to the emotions, looking very stable and content, but lacking a base.

Hydrocephalus.

Everything goes to the centre.

Flash commercials of less than a second.

Commercials, like the big "M" of MacDonalds on a high tower.

Children having to copy the profession of their father, having to take over his company.

Turned 90 degrees, it is like a sword, an axe, used to decapitate enemies, emotionless.

Invisible enemies.

Vision flickering.

Prover 9

I: You look so much fake.

Plant: laughs.

I: Beautiful, but fake.

P: laughs.

I: You do not look like a fern.

P: laughs.

I: Leaves look like velvet, but dry on touch.

P: mmh, yes.

I: The stem! It's like a wire holding a fake plant.

P: really? But I am real. Your perception is wrong.

I: Can't be. Never saw such a plant, and from a fern you are miles away.

P: Botanists know better. What's wrong with your perception? At least, shouldn't

you consider to be the one who draws the wrong conclusion? Furthermore, did you notice my leaves have two different sides?. I: I did. One looks more fake than the other one.

P: What is your problem with reality?. I: I do not have a problem with reality, you are fake.

P: Your denial has grown to a degree where I can hardly reach you.

I: Just admit you are fake, and all is good.

P: Man, you are making me angry. I grew out of soil, and if you are too stupid to get this, I cannot change it.

1 : Someone planted you there.

P: You are ridiculous, stubborn, stupid. I: You can say whatever you want. I do not let you trick me. Once I admit you are not fake, you draw me into your stories, into your fake stories. You won't get me, no, no.

P: Ok, I don't find a way to convince you of my reality. Let us end our failed communication. I have to do some homework. I want to know why it makes me so angry, that you call me a fake. Obviously, I am seen as someone different. And this hurts me. I do feel kind of related to others around here. And someone does not just put this into question, but is sure that it is not the case. Even more so, by calling me fake, he implies that I try to pretend to belong on purpose.

This really puzzles me. I have no other chance than to be how I am. I have this shape, this stem, these leaves. And they are so different that I do not look real? I want to be real. I want to be perceived as a member of this family. I do not want to be different, at least not as much. Being a fake would shatter my security. I could not feel safe anymore. The longer I think about the consequences, the more anxious I feel. Really, really anxious. Really. Is there anyone out there to help me, please?.

Prover10

The principal of an elementary school. His demeanour is impeccable, almost flawless. Everyone looks up to him; he is a respected authority. But in reality, he lacks depth. He has no emotional connection with the students or the people around

him. Outwardly, there is nothing to criticise, he is polite and professional. Yet inside, he is empty.

Prover 11

Childish, happy, naive, cute.
Restlessness, motion, spinning around.
Disconnection from the people, but hearing is acute.
Autistic, limited vocabulary.
Don't disturb me in my own happy world, I like the things how they are. Let me be.
Pushing people away when they want something from him or when in pain.
Complicated birth of a child, he was squeezed in a birth canal, especially his right side, right arm hurt.
The baby in a pain after the birth. The right side of the skull. Squeezed.
Ear problems, ear pain, right ear. Kidneys.
Child in a physical pain that he can't express. Also pushes people away when he is in pain.
He doesn't want to feel the pain, not just his pain, but the pain of the world.
DD: Placenta.

Prover 4

A child sits on the seashore and builds castles in the sand, the sea comes and destroys the castles. Building and dissolving is a game, the boy keeps going and creates new possibilities.
Borders with gaps so that water, migrants, smugglers can get through illegally.
A dam that leaks, renal insufficiency. Not really "tight", secrets that are betrayed, whistles-blowers.
Craving for fresh air, coolness, cold bath.
The end of a river in a delta, the water is no longer clear, marshy.
Essence: Nothing is made to last forever, there are always damaged areas, dissolutions.

Prover 5

A baby, 2 to 3 months old, well-pooled in the baby carriage looking into the leafless trees, few birds.
Start in life, what a good experiment. Life I am coming!
No doubt, clear feeling that comes direct from the heart.

Prover 7

Embryo that is still connected to the mother with the umbilical cord.
Small twisted drums with simple monotonous rhythms are used to convey messages.
Only having a basic training.
Dwarfs with pickaxes monotonously work stones in a gold mine. They work without thinking. They do not recognise the value of the gold. They simply work.
Poor African labourers smeared with mud in a gold mine. They hope for a better life, but are only exploited.
Physical: Heavy eyelids, irritated eyes, lachrymation.

Prover 3

A butterfly.
Internal hurry" There is no rush, all will become clear".
Like a placenta with the umbilical cord inserted.
Ridges around the edge, scalloped, like a row of stitches or tiny caterpillars.
A pulling in. Time is perfect. There is new life here. It pulls in.
Or like a kidney.
Unravelling.
An impression of many many children.
I do not want to put the leaf down, want to remain physically connected. It is a wrench, a loss to put it down.
Tumultuous clouds are rolling over and over and over.
Blue, black and white, pouring down, the power of nature.
What is coming next? But not really any fear.
A song "You my love are stitched on my heart" (it's a song composed by a friend about her sister).
An image of a vortex, the heart as a pump, a spiral vortex.
Light, golden.
A deep deep grief.

Prover 8

Many options, but we choose war.
Battlefield, Avadhuta Gita.
You have to fight your own family, killing, forgetting, not reflecting.
Strong forgetting, not remembering, amnesia.
I don't even remember the I am and the

belongs to my family.
Stumbling, insecure gait. Can't find words,
I'm lost. All s white, I am dead.

Prover 2

A shaman panther jumps through a very narrow long canal which turns around. This takes a few minutes. We arrive at a big sailing ship, it is half sinking. Nobody seems to be there. Who is the captain of this ship? Captain Wentworth...to make a fortune of war? Admiral Nelson? Is there a box of gold? Is the ship British?.

I feel so seasick, nausea. Shall I lay beside the barrels of rum? I do not know what to do. And I constantly wonder where we are. In the Mediterranean Sea? Or is it a ship from the Ottoman Empire?.

I feel so seasick, so I leave the room and drink freshwater.

I would like to lay down and be helped.

What is the message? "Don't go on a sinking boat!".

I'll better read a book or watch a movie.

Like the movie "Triangle of Sadness".

Discussion

Stage 15.

Stage 14: life gets sucked out of you; petrified.

Phase 3: unstable; Prover 8, Prover 2, Prover 9.

Phase 4: just; Prover 1, Prover 4 Remedy code: 3-442.14.14.

PS: While writing the dialogue I had another idea of a situation meeting this plant: If a child is unsure if the father is the biological one, and therefore continually feels insecure. At any point it could be thrown out, excluded from the family. Being a bastard or maybe being one, has in some cultures and societies a huge impact. Confusion whether you belong makes you live in constant underlying anxiety of being pushed out.

Adiantum caudatum

3-442.14.17

Sense proving, 17-10-2023, Dungarvan.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Black girl, offered a beautiful job in an agency, false pretences, but ending in a brothel, being used as a whore by a group of men, starving her so that her menses would be suppressed, locked up for almost a year, then could flee.

Brian Epstein.

Amazon factories in Saudi Arabia, working like slaves.

Men putting women down because they are themselves put down.

Kickboxer, adored by young men, making money from a website with very aggressive, male-dominating sexual behaviour. Just an object with no real connection.

Young girl captivated, starving to suppress her menses, she had to adapt to her kidnappers; Stockholm syndrome. Kept really small, controlled, chosen because they are still very young, and removed from the family because then it is easy to control them.

Phase 7.

Feeling trapped and abused, having a miserable existence.

Cold prison.

Feeling imprisoned.

Count Dracula, overpowering women.

The donkey that poops golden coins.

Miserable existence, sad and abused.

Discussion

Carbon series.

Phase 3, Phase 4, Phase 7.

Stage 17.

Vittaria lineata 3-442.15.01

Sense proving in the group on 7.7.2023
Provers: Petra Balloch, Ursula Bleeck-
Daehnrich, Britta Dahnrich, Helena van
Dijk, Rea de Gans, Stephanie von
Frankenberg, Dorothea Hochhuth- Gruhn,
Anton Kramer, Pieter Kuiper, Monika
Lang, Sonja Obbink, Jan Scholten, Sandra
Schulte, Angelique Spaan, Gerard
Wiringa.

Prover 2

At first sight I think the plant should be
vigorous, but my feeling is it's all floppy.
Mask of indestructibility; I am totally ugly,
I am only there by chance, inconspicuous,
unwanted child.

Massive resistance to all rules: Rocker,
criminal environment, Reichsbiirger. I can
hardly fix my thoughts on anything, as if
the thoughts go aside.

Gloomy dark thoughts of end of the world,
catastrophes. No hope that anything will
get better, very pessimistic. Like locked in
a cocoon, no contact with the outside
world.

Physical: sharp pain in left trigeminal
nerve, extends to ear and back of head.

Prover 9

The younger leaves are curled up like a
bishop's crook.

Everything grows apart, striving away in
all directions, unorthodox, sprawling here
and there.

Order is important, who has not yet? who
wants to again?

I see a marshland and a lonely house, a
boy runs away from there, very hurried. As
if pursued in panic, he wants to get away
quickly, far away from here, where he
comes from. He has left a very orthodox or
puritanical family, without cohesion.
He is disappointed deep in his soul.

Talking and acting do not correspond. The
stick has been broken over him.

Everything flees an ordered structure, as if
not belonging together.

Stranger among his peers. Confused,
befuddled, disoriented.

Very sad, lonely, even among others.

The leaves are slippery, intangible, some
like a scythe or machete.

Prover13

Sweet, soft, friendly, wants very much to
care, but doesn't know how.

Difficult concentration, I cannot start. My
ears are everywhere, I want to cover them.
There is too much distraction.

I can't stop myself from reacting to
everything that happens around me,
reaching out.

I do a lot and that is why in the end what
has to be done goes right, just because in
doing a lot it will be done also.

I'm not completely connected, I'm very
much on my own.

Between others but everyone does his own
thing.

I'm constantly searching for something
edible, like a herbal smell I can recognise,
but all I smell is a sweet grassy smell, not
heavy; it's like somehow there is a part in
me that feels heavy and down, negative
expectations about succeeding/not suc-
ceeding. But there is actually no heaviness,
so making the truth feel heavy, while there
in fact is no heaviness at all, nothing seri-
ously wrong going on. The truth or life is
lighter than I make it, sweeter than I make
it.

15.05?

Prover 2

I seem to be delicate, but I am resistant.

I disguise myself. I look more like a grass.
Tasteless.

I can't relate to the plant. The plant denies
my access.

"I am small and am surrounded by large,
powerful "beings".

Everything goes inside.

Child huddled in like an embryonic state. I
freeze and remain in it, shaking off who-
ever approaches me. If I open up, it must
come from me.

Need for protection no fear, no anger.

It takes a long time for me to trust.

Want to be left alone.

Freezing, not being able to swallow, pres-
sure in sinuses and frontal sinus, holding
my breath.

Thinking is difficult.

The brain contracts, shrinks to the brain

stem.

Prover15

Merry-go-round, Ghost train.
Dizzy, feeling of losing consciousness.
Dizziness in the head.
I hold the fern plant creature to my chest.
Like staggering, intoxicated, nausea, I am floating.
Yoyo. The plant creature pulls and repels, like two magnets repelling each other. Like a baby in a wooden cradle, it is pushed back and forth, rocked. Everything is blurred, unclear.
Where does it belong?
I ask "Where are you? What about you?"
The answer is "I don't know."
It knows no time, no constancy, only change, only being shifted back and forth.
Sleeping is difficult, only restless sleeping.
No appetite. It doesn't want the mother's milk.
"Why?" "You are not my mother. Where is my mother? Who is my mother?" It's getting worse, sleeping would be good now, but it's too strong.
Too much lemonade and sweets, wrong food. Nausea from hunger.
Littered apartment, too many people in the shared apartment, a coming and going, neglect, poverty.

Actiniopteris radiata 3-442.16.01

Sense proving, 22-10-2022, Utrecht.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover 5

First feeling: so small, sensitive, fine. But quickly offended, withdrawing. Doesn't aspire to the top, doesn't yet dare to show its full beauty, doesn't care. It does not need admirers. It needs no support, it knows it is beautiful. It doesn't need any blossoms either, it's enough by itself.
Two faces: small and tough, yet seemingly vulnerable. It stimulates my protective instinct, but that's not what it wants. There is no real contact.
The place where it stands is too big for the little plant.
It makes me unfocused.
This plant needs no one, I remain an observer. No inner access.

Prover15

Forest with a large stone, a young man with a little hat (he looks like the fairy tale character "Hans in Luck") sits on the stone and holds a large stick.
He has lost a lot, he waits without contact, does not know how to go on.
Rigid, apathetic, avoiding danger and injury.
Head throbs in the upper left.
Clinic: Someone who was far away, lost a lot and isolates himself to not feel anything.

Prover 9

My first impression was: peace and quiet!
Sadness and tears.
Palm trees and sea! Mourning and tears!
Storm.
Inner access is hardly possible!
Storm, cyclone, destruction, being at the mercy of unpredictable natural forces.
And pretending nothing, nothing has

happened: All is well!

The individual stems of our plant stand guard at a close distance from the earth, the old ones protect the young ones. A mutual protection.

The plant must not stand so far away from me, otherwise I lose access. I need it close, otherwise I freeze.

A self-contained society: clan, village? Old and young together.

The small pots with our plant seem to me like individual villages isolated from each other in the rainforest or jungle. They live like the indigenous original inhabitants, all under one roof.

As an observer or visitor, you are left out, you have no access; they have their own language, actually every village has its own language. You don't know them and you don't meet them.

You think they have it easy! Of course, one protects the other. But that is deceptive.

We observers, examiners, are silent, each one is for himself with his thoughts and feelings. We have no exchange.

A closed society.

Analysis

Subphase 2.

There is no need for development because everything is stuck in the withdrawn space.

Subphase 1, does not want anything to change.

Stage 14.

Has seen everything, needs nothing more.

They no longer have the strength, no argument.

Onychium japonicum 3-442.16.06

Sense proving; 5-9-2022, Uzes, Jan Scholten.

Prover1

Tough yet firm.

Refined yet tenaciously stubborn.

Leaves split three times and sometimes dentate and sometimes split in half.

Chaotic, seems structured but is different every time.

No sense in proving it because I can't do it anyway.

Yawning.

Longing to retreat, in the dark and not be seen.

The Tarot: card one of swords.

The jester, with a beret wavy at the top, as if the head is dented, flattened.

Need for friends, I need them to feel good, to get self-esteem from them.

A hollow road with crooked trees, trunks, concave to the road.

Waves in my stomach, an undulating feeling, moving with the breath.

The feeling of being pulled, I can't reach it, I can't stay with myself, it's not nice.

Hobbits, Hobbit land, to have a good time, with each other, safe and enjoyable.

Shudder, fear of chaos and violence, war and destruction, physical shudder, drawing through me in waves, from top to bottom, in the stomach region.

Fear of being swallowed up by the darkness, by the dark forces, having to go through that and not knowing how to do it and whether I can.

Long corridors, dungeons, prisons.

Shudder, in shock, trembling, thrilling, in shock.

Stage 6.

Silicon series.

Phase 5.

Pteris tremula

3-442.16.08

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

Trembling easily, from slight motions.
Shock, Phase 4.
Stage on the left.
Constricted, contracted.
Great fear.
Children being beaten.
Parents, the mother being beaten.
Hiccough.
Worse from punishment.
Prisoner in a concentration camp.
Feeling extradited.
Desire to go back to mother's womb.
Strict punishment.
Desperate.
Julian Assange.
Very tired, desire to hide.
Problems arise from everywhere, it is too much.
The taste is bitter, offensive, and increasingly burning.
Yawning.
Aversion to start with the proving.
Desire to vomit.
Phase 6.
Heartburn; eructations.
Behaving as if nothing is happening, nothing is going bad, out of fear it will otherwise become even worse.
Shock, fear, fear to breathe.
Desire to hide and disappear, feels helpless.
The father of the family is only sitting in front of the television.
Stage 5, searching for a way.
It was not a personal, it was to get prepared for society, education of the child. His father lost his mother from the Spanish Influenza when he was four years old.
Grandfather who let his son study to get a good place in society.

Discussion

Iron series, Carbon series.
Phase 6, Phase 4; Stage 5, Stage 8.

Pteris umbrosa

3-442.16.09

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Women in institutions, convents, young, innocent.
Backache from hard work, in the lower back, the sacroiliac joints.
Mothers in maternity homes, where their babies are taken away.
Women in a ballet dance group, work hard and diet rigorously to be the best, fearing they can be replaced by younger ones; it is a harsh life, constantly in pain from injuries like broken toes, not treating themselves well, feeling shattered and exhausted.
Sleepy, falling asleep.
Dream of a swan, flying, dancing on his legs; women turning into swans. The ballet of the dying swan.
Fairy tale of three girls turned into swans for 100 years by their wicked stepmother.
Being in the light, spotlight.
Dying or dancing.
Working really hard to be the swan, only to die in the end.
Fear younger ones will take over their position.
Single focus, thinking one has no choice, only succeed or fail.
High expectations, overextending expectations.
Young girls in the gym, working out, working on their body image.
Young girls working to keep their elegance.
Young women fear that their husband will divorce them for a younger woman.
Burnout, mental collapse.
Dancers, keep on dancing.
They are very sure about what they want, if they ever get it, ever reach it.
Movie: The Black Swan.
Constant examination.

Discussion

Iron series, Carbon series; Phase 6; Stage

Pteris cretica
3-442.16.13

Remedy code: 3-442.16.16

Sense proving, Dungarvan, 5-10-2022.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Leaves with three leaflets, sometimes five.

Taste: tough, nasty, foul, dry.

Nausea, desire to vomit.

Stage 16.

Phase 6.

Injustice, a child orally raped by her father. Children being bound and abused sexually by both her parents, which they later denied.

Entangled, because how can one report one's own parents to the police; there is no way out.

Just being offended, hidden, ritualistic.

Amyotrophic lateral sclerosis.

Child being abused by her stepfather when her mother is gone; he threatens to kill her when she will tell her mother; she feels like a prostitute.

Escaping into one's own world, a fantasy world.

Multiple personalities.

The abuse is not seen unless one is alert to it.

It is on the edges, on the dark sides.

Cutting oneself or others into pieces, if one would have the strength.

Closed, unable to open up.

Stage 6.

Aversion being touched, don't come too close to them; they keep all help away, otherwise she has to open up.

Tender, very nice.

Making oneself unattractive by means of clothes, make-up, making nasty and offensive remarks, to keep people away. Pain in the heart, stitching.

Snappy, like machine that pulls screws out of the wall.

Nasty, angry, bitchy.

Attack is the best defence.

The first blow is worth a dime. Compound, dry, bitter, vomiting.

Old man putting penis in my mouth, father's penis.

Feeling guilty when in the family, you can't tell anybody.

"Take one for the team."

No choice.

Child abuse within family, incest.

Option is just to offer oneself, sacrifice, ritualistic, old-fashioned.

Multiple personalities, living in a fantasy world.

ALS, amyotrophic lateral sclerosis.

Hidden, however, if you know, you can see easily it. In order to see you have to been through it yourself.

Does not want to be touched, or come close. Armour oneself. Otherwise it is dangerous.

Make yourself deliberately unattractive.

Nasty, offensive to keep people away.

Attack is the best protection.

Book "Millennium trilogy."

Pteris vittata
3-442.16.15

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

Dog being sexually aroused.
Leaves are bent when young, and straight when mature.
Stems hairy.
Taste is like a vegetable.
A castle in the south of France or Spain is nice.
An open-minded queen.
An old palace with nice ornaments.
Learned people, artists.
The castle is in decay, can't be maintained.
A man with a shield.
Not flowing.
No communication.
A child that is isolated, does not have many friends.
A child that lives in its own world, raised by a nanny or sent to boarding school.
Adopted children.
Parents who do not love the child as he is.
Parents have no communication with their children, thinking they do the child a favour by not talking about issues, but they do that for themselves; they have an aversion to having the burden of a child.
Only child of rich parents, everyone goes their own way, is isolated.
The father looks perfect, the family looks perfect.
The father is very strict, thinking he shows responsibility for the family that way. The child is very sensitive, with artistic talents.
Losing potential when getting older.
Dirty secrets in the family, like the father having an affair with the nanny or the friend of the mother and begetting a child from the affair.
Everyone goes on as if nothing happened.
False decision to marry, as there was no real connection, living in the illusion it could work out well.

Discussion

Iron series, carbon series; Phase 6; Stage 4.

Pteris dentata
3-442.16.16

Sense proving, 22-10-2022, Utrecht.
Provers: Petra Balloch, Ursula Bleeck-Daehrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Griehn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover11

Rejecting feeling, we want to send him away.
Sick to the stomach.
Bile, bitter feeling on the tongue.
Mind: irritability, bile, quarrelling and great tiredness.
Feeling of being rejected.
The young leaves need to be protected; young and innocent.
Protect the old leaves.
Difference between old and new leaf. The young leaf needs protection. Standing alone, lacking a family bond. There is moss on the bottom of the fern.
Traumatised parents cannot take care of the children, trauma not retrievable, "Don't touch me", is self-sufficient and needs no one.
Deflated state, lacks sense of purpose, feels nothing.
Boy, totally naive, can't find direction, open-minded and clueless.
Young are alive, naive, consequence of vaccination?
Old: mentally dead, access to perception in the body is disturbed, like little robots, without expectation, "You just have to get through it", pure functioning.
"Wait your turn, then you'll be like us".
Left side is heavy, trigeminal nerve.
Breathing badly, peg feeling, thoracic spine, chest.
Stomach, intestines, apoplexy, left side not palpable, left face, mouth hanging, doesn't want to be touched, pain left shoulder, left armpit, heart, poor wound healing.
3.442.16.16?

Prover 6

wanted to push the pot with the fern away.
 It was too heavy from the radiation and a
 contact was not easily possible.
 The taste of the older shoots was bitter and
 difficult to chew.
 A negative feeling became strong.
 The digestive system reacted quickly.
 Especially liver and gall bladder made
 themselves felt.
 A moodiness and irritability took over the
 room. A strohg repulsion from the plant to
 us in the room.
 The young shoots seemed in need of pro-
 tection, they were still open, soulful.
 This was no longer felt by the older
 shoots.

The thought arose that something had
 happened to bring about this state.
 The feeling that something changes at the
 age of three at the latest.
 Maybe much earlier.
 Like a threat: if it happens to you, then
 you will be like us.
 It cannot be prevented. It is a must.
 A vaccination, a planned intervention from
 outside.
 It is prescribed. No power of decision of
 your own not to let it happen.
 Then the soul feeling is lost.
 No own "T" guides the way.
 Pure functioning.
 It cannot be changed.

Image

A woman, somewhat unkempt in appear-
 ance, also her flat.
 She cleans staircases to make ends meet.
 She goes shopping because it has to be
 done.
 Mechanical.
 Takes care of the children without feeling,
 just because she knows how to do it. There
 is no connection, no attachment.
 It is so.
 It is not questioned.
 Everyone is like that.
 And when it happens to the children, they
 are like that.

Physical

Forehead, left side.
 Trigeminal neuralgia, more left.
 Sacral area.

Left side of head not palpable.
 Stomach complaints.
 Poor wound healing.
 Cracked cornea.
 Feeling as if paralysed. Liver and gall
 bladder.

Prover 3

Immediately a feeling of rejection; I feel
 rejected by the fern, but the fern also re-
 jects me; the question is: which is first: do
 I reject the fern or does the fern reject me
 ?

I feel irritability, aggression, I don't want
 to have anything to do with it, it is as if
 the fern withdraws into its own aggressive
 world of thoughts and I have no way to
 approach. It makes me irritable myself.
 There's no way out of it. Being outside.
 Going its own way alone. No caring, no
 feeling.
 3-444-12-16.

Pteridium aquilinum 3-442.17.12

Sense proving, 23-10-2021, Utrecht, Pieter Kuiper, Stephanie von Frankenberg.

Prover1

It feels like a head-heart plant. Being engrossed in your own world, almost psychedelic, tending to extend into space, but being bound to the head with a similar feeling of a hood over the head, being caught in the heaviness in the head, a dullness.

What is prominent is a pulsating of the heart together with the head, especially in the left side. Being conscious of one's own world.

Being prepared to be together, but one's own world is more primary. There is a strong inclination of shielding off outside influences. No contact, "I prefer to stay in my own world." There is an invitation to let yourself go into space, but that's too scary.

There is an addiction to the regularity of the pulsation of one's own world, the habitual life. Caught in the experience of one's own being and shielding off the inviting big world outside.

Prover 2

Pteridium aquilinum, bracken.

Very cold, very tender. I have to touch and caress it all the time. It doesn't get warm. It goes to the heart, strong palpitations, sighing. So delicate, so fragile.

Very differentiated and yet always the same.

Smells of the forest, slowly released.

Sitting firmly in its own world, cannot see that it can be otherwise.

Discussion

Own world, almost psychedelic. Skin-heart connection, most pulsating. Limited and the difficulty to express this. Heart complaints, pulse fast, flat.

Desire to connect, but it is impossible. One has to stay in one's own world, locked in.

Cold, with the desire to caress.

Taste: little.

Overwhelmed by the refinement.

Pteridium aquilinum 3-442.17.12

Summary of the trituration proving by Marie Geary and Lisa Griffiths.

Proving

Tears, the environment does not even perceive the despair. (The pain of the baby, which is not accepted in its suchness, not perceived, which then leads to the splitting off of the own victimhood.) Speaking to communicate is exhausting. The lack of a trigger for the feeling of being overwhelmed (what must not be perceived, the bad is split off).

Emotions are embarrassing (that is what has to be repressed, the emotions, the pain about his own victimhood of adaptation in the early childhood phase, the victim that later in projection in the outside must be fought, the weak, Jews, homosexuals, the victims halt. (Slang: You victim) Has to cry when she plays with her child (cries for the loss of her own child-like liveliness).

Tears after the teacher tells her that the daughter has worked less well this year; (has not adapted well enough to the given norms).

Deep depression with suicidal thoughts, which is not visible to others; (the mother who does not perceive the despair of her baby, because she is limited in her emotional experience by her own cultural adaptation).

Speechlessness due to excessive demands (a child that is overwhelmed with the "reality", "norm" that is demanded of him).

Violent outburst (stage 12, hatred due to the demanded submission).

Shame and silence again (shame about the submission and the resulting cooperation with the power, silence about have chosen the submission).

Dennstaedtia davallioides **3-442.17.16**

Remedy code: 3-442.17.11

Sense proving, Dungarvan, 7-10-2022.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Precise, delicate..

Groups of people living together, families, or like in Morocco, children and wives living in a closed environment.

Perceiving the outside world as a threat.

Like monks and nuns in monasteries, with the only aim to praise God.

The leader is a prince who deals with western countries in drugs and weapons.

Allowed to be different.

Vested ordered disordered, extremely.

No questions wanted or accepted.

Information is limited, filtered, so the world view is filtered.

If you obey it is okay.

But don't ask questions.

Do you follow your difference.

How do you hide your individuality.

Golden cage.

Basic, soft. Desire for harmony.

Fear going out of the cage.

Lock down, with increased domestic violence and child abuse.

Fear: agoraphobia, crowds.

Bill Gates, making money out of destruction, making a Golden palace.

Lots of distraction and fidgeting in the beginning. Closed communities, monasteries, courtyard. Islamic homes, safe and secure once you comply with rules, not aware of what is going on inside.

Prover 5: Prince Ahmet had a harem, was into arms trafficking and drug smuggling, working for CIA, befriended with Osama Bin Laden.

Women were in golden cages, happy, treated well, being served, conditioned to accept.

Bill Gates taking advantage, built his golden palace out of destruction of others.

Remedy for lockdown: fear of going out.

Food delivery.

Carbon series; Phase 7; Stage 11.

Blechnum brasiliense 3-443.11.02

Sense proving; 7-7-2023, Bochum.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover 2

I am on a ship, the waves are beating me back and forth and that gives me joy.

Struggle with the reality of the storm.

Masculine.

Mentally limited. Physically strong.

Singing and dancing but big, stomping, bearish and clumsy.

As a father, he needs boys who know no pain; girls are too soft for him.

Cannot accept boundaries of others.

Example: he throws a child high in the air who screams in fear because it is too violent for him, but he keeps going.

Seems to be aggressive.

Blechnum spicant 3-443.11.03

Sense proving, 23-10-2021, Utrecht, Pieter Kuiper.

Prover1

First there is a strong urge to wriggle myself through a crowd as if I'm looking for a culprit, like in a thriller.

And I wiggle from left to right, to left, to right, in a trance, monomaniac.

But I can also suddenly pull out to hit somebody. Being in a trance and then suddenly being able to hit or shoot. Being busy with armament to defend yourself, and again being caught in a monomaniac state regarding attack and defence.

"An attack is the best defence" is a Dutch proverb.

Prover 2

Male clear, unassailable, protective, pulls in the stomach.

Not easily accessible.

No offence intended, can only do so out of sheer strength, clearly structured, not complicated, not ambitious.

Works purposefully.

Discussion

Through a crowd, from left to right, to defend myself and strike quickly.

Unbelievably clear in its nature.

Clear structured, uncomplicated, male.

Power to defend oneself.

Goal oriented.

Knows only one set of goals.

Taste: Granny Smith, later bitter.

Inaccessible.

Leave me in peace.

Attack is the best defence.

Blechnum spicant 3-443.11.03

Remedy code: 3-443.11.06

Sense proving, Dungarvan, 4-10-2022.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Feels like kissing a man who has not shaven himself.

Dark rooms, gay.

Baboons, willies circulating, swinging, swingers.

Circular motion.

Spine of fish.

Sticking one's nose in other peoples affairs.

Busy body.

Showing male dominance.

Not easily distracted.

A big boy on his mother's lap.

Sharp.

Impotence, softer on stroking, it has to be treated softly.

Boasting teenagers.

Millions of children without responsibility for them.

Flashers, exhibitionism.

Baboon, red bottom, masturbating after eating onions.

Normal life, formal life.

Fucking chicken.

Desire for easy sex, from having difficulty to make real contact.

Internet dating.

Nerds, isolated, worse from lockdowns.

Perfect scenery, ritualistic.

Perfect Fluoratum.

Plastic, fish spine, exhibitionists, dark room, monkey pox, ugly sex stories, gay sex on parking lot meetings, primitive, impulsive, no contact.

Helicopter Willy.

Easier to be gay, not talking to women or man going to prostitutes.

Insecurity also about real contact.

Inability to make normal emotional contact or to maintain a relationship.

Asperger's syndrome.

Stenochlaena tenuifolia 3-443.11.04

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

No taste, greenish.

Boat refugees on the Mediterranean Sea, too many people in the boat, having no shelter, no guides, it starts raining and the motor gives up. They stay optimistic, thinking naively, "We will make it", having to find a man and an apartment. A refugee woman, is taken up by an Italian family, where she becomes the centre of the family, reuniting them at their home. In between, neither here nor there. Maybe we will not make it.

A refugee woman, trying to find her daughter, who turns out to have become a prostitute and refuses contact with her mother out of shame.

Refugees, pleasing, begging. Seasick, vertigo.

Distrust.

Homesickness, you are not complete, missing a part.

A lot of confusion about where to go, where do I belong, to which family? Slave boats, where 50% of the slaves and the sailors die during the trip.

Hard, no solid ground, focused solely on one's own survival.

Heartless, everyone for themselves.

Immigrants are refused out of fear that they will take the place of the original inhabitants.

Being treated as an invasive weed. Blend in, don't be different.

Don't rock the boat, any disturbance will produce a disaster.

Everything is black and white.

"A narrow coat" is the name of this fern.

There is no certainty.

Confusion of one belongs to.

Discussion

Iron series, Silicon series. Phase 1, Phase 2; Stage 4.

Woodwardia orientalis 3-443.12.14

Sense proving, 8-07-2022, Munchen, Martin Jakob.

Essence

A personality that is deeply frustrated with itself and the world, but knows nothing about it. She thinks this is normal. She sits in the corner bar every night and drinks one beer after another, smokes and stares most of the time...

Fern talk

I am old, ancient, have seen so much come and go. When you're as old as I am, nothing will knock you off your feet so quickly. You'd better not get involved with the world of people, better keep to yourself - stay out of their way - keep to yourself - bury you in yourself - switch off - stay in the shadows - don't let anyone see you. It only leads to worry and frustration. Keep to yourself - shut down - keep to yourself - beam yourself away - just run away - hide from the world - creepy complicated world - the end.

A strong fern.

Like plastic when touched. Reminds of an iguana.

Mind

Liver complaint.

Difficulty urinating, must stand for a long time.

Woodwardia orientalis
3-443.12.14

Sense proving, 7-07-2023, Bochum.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.
Remedy code: 453.12.11; alternate 443.11.11.

Prover 5

Great confusion because two completely different leaf forms. Only the "male" form was examined.
Appears to be soiled because seeds are on the front of the leaf. It scatters its seeds wildly in the area. My heartbeat is elevated. Actually a very typical fern, yet completely different. It is so upright, so self-determined. "I'll show you what I'm wearing under my belt.... here!" I don't want to give it to the colleague. Slight dizziness. The upright shape makes it look poised, rugged, masculine, tasteless, hard and unchanging. (Is it any wonder that the "female" leaf looks so very different, to stand out?)
Isabelle: Quite enthusiastic. Psychotherapy can be reinvented - fern psychotherapy. It's life, wonderful little children sitting on the leaf, its important biographical events. It goes upwards. Soothing, lighter protective mental, wonderful embrace from the mother, energising. Very healing. Put the leaf on my chest. I was not well, now I am better.
Heal my experience in a regular pharmacy. Fan fern in the tropics. Let it be fanned. I am princess, married king, sitting on porch. Must do nothing. See all the possibilities of life, if I were old I can see the possibilities. May paint, make art. See many love affairs, fortune telling. But it's so boring as a princess. It's so hot, I struggle with my depression - fan heals my sore heart. Erotic.

Woodsia obtusa
3-443.12.02

Sense proving, 7-7-2023, Bochum.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover 2

What do you want from me?
Defensibility.
Physical trauma.
Opposite: Stems hard as wood; leaves soft and vulnerable.
I want to box to fight back, let go of me at last, fights back with all her might.
No thinking, can't estimate consequences.
Broken will in childhood.
Can only rely on myself and trust only myself.
I like to be alone.
I am a kamikaze pilot, then the cause is more important to me than my life.
I am not violent per se, but for self-protection I fire around me. Don't you see why I do that?
Lumberjack who lives alone in the deep forest.
Child from violent family, violent father who just yells and lashes out, child cannot run away.
Feels like scum.
Strong inner conviction, there is no right or left in what I say.
Strong will to survive.
Noise in the ear.

Diplazium australe 3-443.13.04

Remedy code: 3-442.13.04

Sense proving, Dungarvan, 5-10-2022.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Texture: watery, spongy, soft.

Taste: vegetable.

Small, shy, modest.

Not getting enough attention, the others are already waiting.

Displaced person.

Fragility

Lungs.

Heart: arteriosclerosis.

Lips.

Aversion being touched.

"Help, sorry I am here, don't feel offended."

Being soft and nice, more so because the parents already have trouble with the older siblings.

An afterthought.

Astonished.

Phase 3.

Stage 4.

Pregnancy was unplanned, parents thought of an abortion as the other children were already a big burden. Parents thought that it was a complete family, so doubted to keep her, thinking "Oh, my God, another one."

But in reality wanted as a child.

Pushed around by siblings.

Asking permission for simple things, to go to the toilet or eat something.

Child, 6 years, confused by bombardments, standing in the way of her older brothers when going to the shelters; panic, holding onto her mother in the threats of the war.

Superfluous.

Child with anorexia from being so tense that she cannot eat; this comes from her mother having an affair, but she cannot tell her father; she is torn by loyalty to her birth parents and fears to lose them when they will really fight.

"Where am I, where is my place?"

Puzzled, astonished.

Soft, spongy.

Diplazium, = displaced, not being part of it, wrong place.

Fragile, shy, small.

Teeth.

Many siblings who already cause trouble to parents.

"What is going on? What does it mean?

Why do they shout so loud?" Cerium-like eyes, amazed.

Confusion where to belong, however are in family.

Obedient, asking mother if I can go to the toilet.

Pleasing, proper behaviour.

Accidental pregnancy. Parents doubting if they want to keep the child.

Diplazium wichurae 3-443.13.05

Sense proving, 25-11-2022, Utrecht, Laufen; Martin Jakob, Jan Scholten.

Proving

Taste dry.

Leaf is 1 -pinnate; pinnae are toothed and ribbed.

Looks like strawberry or potentilla. Small. To disturb or not.

Greeting with a stretched arm half up, in between a normal and a Nazi greeting. Not knowing whether to go with the group or not; not choosing out of doubt.

Opportunistic.

Stage 5.

Hide and seek, partly hiding behind others; not expressing oneself clearly so one can always say that something is not what they meant. This is safer as one doesn't know which one will be the winning party. So it is better to postpone one's choice. Fear of choosing the wrong party, as one doesn't know what is good. Perjurer, follower. Sabotage, putting a stick in a running wheel.

Weak person not knowing what he wants, not identifying with something.

A flag.

Sabotage.

As a soldier in a war shooting over the heads of the enemy, using much time to fill one gun.

Show good intentions, but sticking with one's pacifism as it is not right to kill people.

No open opposition.

Hiding one's real feelings.

People in dictatorial regimes where they try to make people into robots, zombies that will fight without thinking, just obeying orders.

Situations with no way out, so one makes sabotage in a silent way.

A child in a family where the father is very dictatorial; the child goes his own way in a friendly manner, but not obeying, telling superficial stories without real content.

Phase 3. Stage 5, maybe Stage 6. Avoiding the problem.

Onoclea sensibilis 3-443.12.07

Sense proving, 7-7-2023, Bochum.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth- Gruhn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover 2

I want to be caressed.

Fern feels delicate.

Noise around me is disturbing me very much.

I don't want to have contact with the outside; it's all too much; the fern says: "put me back".

Image of a child throwing his hands over his head.

Anger that I am not perceived with my needs.

Angry child, stamping his feet.

Rumpelstiltskin, not to destroy, but to protect herself.

Acting out of emotion, not on the basis of reasoning.

Misunderstood and alone.

Does not feel a sense of belonging. In groups a feeling of being alone.

I don't make contact on my own because I don't know how to do it.

The others are playing, I am watching because no one asks me whether I want to play with them.

I do not want to grow up. Ambivalence: I want to belong to a group - I want to be alone and do not want to be hurt or rejected anymore.

Diplazium grandifolium 3-443.12.11

Sense proving, 1-4-2025, Zell.

Provers: Petra Balloch, Prover 3 Clayton, Christine Fordinal-Frey, Gunther, Martin Jakob, Prover Kuntosch, Franziska Prosser, Jan Scholten, Franz Swoboda, Tomas Vyboch, Lucia Klackova.

Prover 1

Smell like vegetables, green beans.

Breakable.

Taste is sweetish.

A girl, woman behind a window; when she is seen she hides behind a screen. Fear to be criticised of having done something wrong or inappropriate, but not knowing what one could have done wrong, even when has done noting wrong. Tired from taking everyone into account, what they need, what others think of them, what others might criticise in them. Houses with shutters; behind windows they cannot hear you well, behind shutters they cannot see you.

Recurrent coryza, colds, in children taken infections over at school and bringing the infections home.

My house is my castle.

Desire to have it good with the family. Not many friends.

The shields can easily crack.

A mother protecting her family, her children, by taking care that others know nothing or very little about them. My family against the world.

Prover 9

I do not understand. I am watching someone piling up Lego bricks, piece by piece. Until the tower collapses. Restarts piling up. Piece by piece. Until the tower collapses. Just doing, not showing emotion, no joy if it is high, no anger when it collapses.

I do not understand. With "I" there is nothing to understand.

It just does, continually.

Similar with eating. Starts to eat, does not stop until vomits or someone takes the plate away. Continuous motion for no understandable reason. "It" does not need a reason. It goes as it goes.

Prover10

A village struck by disaster, a natural calamity. Chaos is everywhere, and people are afraid. A devastating storm and strong winds have destroyed crops and several homes. The priest takes advantage of childish trust and the people's mental passivity, telling them to repent—that all of this is happening because of their sins, because they are not moderate enough. The people, frightened, are determined to do whatever the priest commands.

Prover11

Head banging; brain damage.

During the birth or in a pregnancy.

Headache.

Obstinate.

Constipation of the bowels. Hard stool.

They want to go their own way; they don't want to listen to their parents or teachers.

They want to shine and have their own place in the sun.

Lovely, cuddly. They desire touch and hugging. A person also can have a feeling to touch them, hug them.

Confusion, a lack of understanding. Difficulty concentrating and staying on task.

Autism. Poor comprehension. They don't understand what is being asked of them.

They would like to please their parents, but due to poor comprehension, they genuinely don't understand what they're supposed to do.

Prover 4

Leaf underside like a chip pattern.

The new leaves are reminiscent of little swans carried on their mother's back. I am in a black, stony hall, as if under a pyramid, all alone.

Automatically, I walk on and on, my footsteps echoing in the empty space, puddles appearing now and then. No fears, no other impulses, just endless walking in an ever-expanding space.

Lying in the wet moss, dark gnomes come and want to pull me under the ground, take me into their dark realm. To keep my children and myself in the light world and to resist the constant pull on my back and neck, I lean forward a little past the centre. Issues and illnesses that are passed on from generation to generation without a cure/solution.

Prover 5

Office employee, large business with a small area of responsibility.
Life consists of a home, a wife and playing cards once a week; it is the feeling everything is fine in life.
No feelings, no goals, no joy, no interests. It feels empty and dead.
Vacations are difficult, we don't really know what to do. We had the same vacation home for 20 years, that was good. We haven't been able to go to this vacation apartment for 2 years. But there's only one week's vacation left and then I can go back to work!.
Machine running at a steady, slow pace (clock).

Prover 7

A shy, fragile, wary deer grazes peacefully in a forest clearing. Its ears are listening attentively for possible dangers.
Living in the forest away from the noise of the normal world. Sleeping in the forest in a bed of ferns.
I want to stay in nature and in the forest and not go to school.
Song from Reinhard Mey "Sei wachsam".

Prover 3

I look plain but there are intricate patterns and designs you have to look for. Almost embossed *I* brocade *I* embroidered.
Taste: at first nothing much, 2nd more, 3rd strong taste.
You could trace the patterns round and round, like a maze or a labyrinth, a sewing machine pattern stitch round and round.
Sudden fever, intense heat in my face.
Tightness, constriction at the front of my throat.
Feeling misjudged.
A dullness in a bar through my head between my ears.
I cannot gather my thoughts, maybe it doesn't matter?.
A headache from trying to focus and concentrate.
Smiling "Whatever!" , not striving.
Pain in my heart region, prodding and pressing.

Prover 2

In the cathedral, e.g. Chartres.
On the floor, do the works of the stones, lay them out in patterns. It should be a perfect labyrinth, going forward and backwards. The workers do not know how it is.
allowed to do: just fill the stones without understanding the pattern, or fill the stones the way the labyrinth goes. Are they allowed to understand? Some can do it. practically without understanding.
Some understand it and cannot practically do it. Can do, and understand.
Can do, but do not understand.
Cannot do, but understand.
Cannot do, and do not understand.
Patterns.
Movement, rhythmic movements. Autistic child moves rhythmically and performs percussion.

Discussion

Ferns: following rules.
Phase 2: adapting to the rules; unsure; hiding.
Stage 11: protecting; maintaining.
Stage 9: Prover 2, Prover 6, Prover 9.
Silicon series: protecting the family, children.
Remedy code: 3-443.12.11.
In the glass house big leaves, you do not see what is underneath.
Leaves break easily.
Edible; smells like green beans; used like spinach.
Phase 2 or Phase 3.
Outer life instead of an inner life.
Why is flatness in the room?.

Matteuccia struthiopteris 3-443.12.11

Sense proving, 23-10-2021, Utrecht.
Provers: Sonja Obbink, Angelique Spaan.

Prover 2

Very dark, gloomy and heavy. Especially above me it is dark. I have the feeling that I have to keep a low profile, otherwise I am lost. I have to keep low to the ground and make sure I stay in the group. Strong group feeling; we have to stick together, then we can do it. Love that group too, lots of love for it. Feels pure.
Pressure in my head, especially on the right. Tension in my legs. Sadness, heaviness, difficulty breathing.

Discussion

Prover 1

I have to make myself big, to protect myself.
Desire to cover, protect the fern.
Very dark, heavy, Relax, not so tense.
Caress, feeling of a child on my lap, I can caress her.
2 dimensional, simple minded, flat.

Prover 2

I had to be quite, silent, otherwise I would be lost.
I need the fern to feel protected. Danger when not being quiet, silent.

Discussion

Phase 1, of Phase 2.

Deparia tomitaroana 3-443.13.14

Sense proving, 20-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

Leaves are not fully pinnate.
Japanese woman, very tidy, not showing any emotion, not speaking.
Group therapy to learn how to speak.
Undeveloped.
Japanese, pleasing, polite, no expression, robot-like.
Controlling much, but then you have to have these strange sex movies.
Aligning.
Japan is the birthplace of organic agriculture.
Do not shit emotions on others.
Very orderly.
Suicide when disturbing the order of the family.
Tea plantations in India, having to go back to England to find an English wife.
A man puts his wife in a psychiatric hospital after he thought she became pregnant by his friend.
Groups closing people in or closing people out, not telling anything of the group outside the group.
Nurses who are rude, ignorant.
Fear of getting a black baby in a white family.
Black and white twins.

Discussion

Carbon series.
Phase 2.
Stage 10.

Deparia japonica 3-443.13.16

Sense proving, 18-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

Pariah.
Stem square.
Soft.
The taste is bitter, a bit sharp, and burning.
Chaotic, easily distracted.
Easily overlooked, just another one, who cares?
Taste is the best.
Very soft.
Fungal funerals, the body is dissolved by the fiingus in the coffin.
Nice apartments.
Noise in the ear, tinnitus, "whoehoe" high pitch as from television.
Pain sinuses, maxillary, temples.
Fragile.
A burden to society.
Heartbreaking situations.
Being put into a good place, a good old folk's home.
Lost identity.
Taste of cod liver oil.
Heart pain, extending to left jaw.
Old people, in old folk's homes, talking about their complaints.
People are smelly, not having changed their nappy.
Desire to escape, wanting to die, waiting till death.
Useless people, overlooked.
Heavy medication.
Everybody has his story but lost their identity.
They have given a lot to their family and children.
Heart symptoms, heartbreaking situation.
Others waiting for them to die.
No one listens to their stories, no one remembers who they were.
Stroke, cannot move left side.
People taking money from people in old folk's homes.
Not taking care of sick or old people by

the nurses, they don't react to the bell ringing.
The waiting room was just boring, no good food.
Nobody is happy.
Dependent on nurses.

Discussion

Iron series, Silicon series.
Phase 2.
Stage 16.

Athyrium filix-femina 3-443.13.05

Trituration proving, by Tina Lindermaier, Angelika Schumm, 2015.

Summary by ChatGpt.

Key Themes and Symbolism

1. Femininity, Sensitivity, and

Protection Strong association with female energy, motherhood, and nurturing.

Feelings of being delicate yet resilient, much like the fern's graceful but robust fronds.

Heightened emotional sensitivity, leading to deep introspection and a stronger connection with others.

Participants reported an increased sense of intuition and receptivity to subtle emotional and environmental shifts.

2. Vulnerability and the Need for Safety

Feelings of exposure, fragility, and the need for shelter.

A desire to withdraw from conflict and harsh environments, seeking peace and harmony.

Some provers felt like they were "hiding in the shadows," similar to how ferns grow in protected, shaded areas.

Symbolism of protection through softness, where emotional and physical survival relies on adaptability rather than force.

3. Cycles, Growth, and Transformation

Provers felt connected to nature's cycles, especially themes of birth, renewal, and decay.

Dreams and imagery of spirals, unfolding patterns, and circular movements, symbolising personal growth and evolution. Some experienced a sense of rebirth or awakening, as if shedding old emotional burdens.

4. Relationships, Connection, and Isolation

Participants described shifts in relationship dynamics, particularly with family, mothers, caregivers, female figures, maternal figures.

A strong need for connection contrasted

with feelings of loneliness or isolation. Some provers felt an urge to nurture others, but also a need for self-care and boundaries.

5. Sensory and Physical Experiences

Heightened awareness of textures, sounds, and bodily sensations.

Physical symptoms included tingling, lightness, and a feeling of expansion.

Some experienced waves of warmth and coolness, mirroring the fern's adaptation to different climates.

Physical and Emotional Symptoms

Physical Symptoms

Head pressure and dizziness, often with a sensation of expansion.

Heightened sensitivity to touch, particularly in the skin and fingertips.

Digestive shifts, including sensations of warmth in the stomach.

Changes in breathing patterns, with moments of deep inhalation and release.

Emotional Responses

Increased empathy and emotional openness.

Feelings of fragility but also inner strength.

Periods of melancholy, nostalgia, or reflection on past relationships.

Moments of deep peace and contentment, alternating with restlessness.

Emotional withdrawal and connection, seeking balance.

Have a strong need for harmony and nurturing, but also need to set boundaries.

Feel drawn to nature, intuition, and deep personal transformation.

Dreams and Symbolic Imagery

Forests, hidden paths, and shaded gardens, reinforcing the fern's connection to protective environments.

Water and fluid movement, symbolising emotional flow and adaptability.

Circular and spiral imagery, reflecting cycles of personal growth.

Encounters with maternal figures or themes of caregiving, reinforcing the remedy's link to feminine energy.

Athyrium otophorum 3-443.13.09

Sense proving, 7-7-2023, Bochum.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Griehn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Shy girl who quickly flees into a corner, she quickly feels raped, exacerbated by going to school too early.

Shielding herself because she is very soft and needs protection a lot, but then can't get it.

Slower than other children at school.

A year behind.

Stage 3.

Stage 5.

Prover1

This plant can bend and twist quickly, it wants to straighten out, but has to bend for conditions, it does so without any problems, is very good at it.

Stage 3.

The taste is absent, a little burning; suddenly I feel little pricks in my tongue and wonder if that is annoying or not.

The smell is absent, a little vegetable-like.

Likes to show off.

Frivolous.

Stage 9.

Acne, pimples.

Can't stand too many impressions, too many actions and plans, too many people, then it becomes a carousel, chaos.

Changeable and chaotic if too many impressions and events.

Lack of resistance.

Prover 2

Like a lovely delicate girl, tender and sweet.

Emptiness when I want to make contact, like a wall between me and another world; I can try as hard as I want, my head remains empty: I could not learn in that state.

Problems to count, with numbers.

Needs quite a lot of protection; child-like, wants to go by the hand.

Is dragged to kindergarten and school, although not yet ready for it. Needs to stay at home at least one more year.

All impressions are too much, so she hides in a corner.

Discussion

390 Emptiness in feelings and in thinking.
Impossible to learn anything, difficult to understand numbers.

Macrothelypteris torresiana 3-443.14.08

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Backache.

A mother trying to move her children out of the house.

Giggling in the kitchen.

A crippled child.

A handicapped child, due to a car accident from being blinded by bright sunlight.

Farm accidents, young children driving a tractor.

Many young farmers, people in a wheelchair.

Car accidents when young people go to parties.

People are paralysed from the waist down.

Families and the community help the families and handicapped children, raising money for house adaptations for handicapped people.

Children not moving out.

Community is the family.

Gossip, miscommunication.

Man, quadriplegic from a diving accident.

Charity.

Big tractors are used as a means of tax evasion.

Struggle.

Pushing through.

Discussion

Iron series, Silicon series.

Phase 4, Phase 6.

Stage 8.

Thelypteris palustris 3-443.15.09

Sense proving, Dungarvan, 6-10-2022.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Circus, crowded living on top of each other, in a place where no one else wants to live when the circus comes to town. Big performance in family, meeting all aspirations and expectations of the family.

They have to play along with parents, going out to meet people at parties. Creating parties as her reality. Cannot express her desires, her parents call the tune as she goes along. Her desires still come through, but she can't disappoint her parents.

Central in family. Parents want her to marry, but she is gay, can't tell her parents. Sacrifices her own life for family and communities expectations.

Can she be her true self? Which involves leaving the whole circus behind and following her heart.

About gay people coming out in small communities.

Thelypteris palustris 3-443.15.09

Sense proving, 4-7-2024, Zell.

Provers: Petra Balloch, Lyssa Clayton, Christine Fordinal-Frey, Martin Jakob, Markus Kuntosch, Franziska Prosser, Jan Scholten, Franz Swoboda, Tomas Vyboch.

Prover1

Delicate, giving in, give way.

Yawning.

Being pirates from having too many impressions.

"Do I have to do that to? I'm not unable to do that, it's much too much and much too difficult; Oh, my God; can you ask all that from me? School, home work, washing the dishes shopping, caring for my sister. "

Dawdling, delaying, unable to go on, to be pushed.

Lack of individuality.

A family where all members are falling over each other; there are eight members; number one is the father, the boss, a boss without being questioned; the mother is standing beside the father, executing his commands; the children are standing at the edge.

Prover 6

Chaotic, the storm has hit the forest and things are falling apart.

Desire to hold things together, things have to be under control.

The song "Under Control", by Calvin Harris & Alesso; very monotonous.

Depressive emotions are dangerous. People in squats and ruined houses, people using drugs and having no future. Lack of interests and enthusiasm.

Song "Fade to Grey".

Prover 4

Nothing, emptiness, vegetating.

No connection to anybody.

Hanging against the wall, to feel connection with myself.

Crippled feet, twisted inside.

A child who is very small and alone in his bed in a hospital or an orphanage, no-one is looking after the child, there is no warmth or care.

Spina bifida.

Feeling better from hearing the sound of the rain falling, from bathing.

Stage 4.

A bit of relief and 'hop', a little bit of contact.

Prover 5

Very fine, childish, jumping.

The game of signalling in a circle by hands, having to find out where it is in the circle.

A Christmas tree, very tight.

What is the problem? There is no problem, it is fine, look for yourself where the problem is.

I think it has to do with abuse of children in the family.

Prover10

The image of a child by the Christmas tree, an oppressive atmosphere reigns at home. The child feels anxious, he is afraid of how his mother will be at Christmas. Will she be angry again, will she scream again? He doesn't know what to prepare for. It will be a Christmas like any other, full of misfortune. He wants to grow up as soon as possible to break free from his mother's influence. Feeling of oppression on the chest.

Prover 3

My baby, warmth in my hands.

There is some warmth and caring in the world.

A child who does not know where the next meal comes from.

Some beauty and colours, light is coming.

Brusk, there is some love but it is buried.

Do your chores before bed, school and dinner.

Headache, pulsating, as from a band around the head, sound is strange. Bruised pain in the wrist.

Prover 2

Distant, polite.

Tight.

"Stop; may I come close?" "Only if you find the entrance." "I want to go inside because there are ladies in the castle; I'm out and get closer and I see the entrance; I offer the wounded bodies I found to the guardian and I want to do it all in a correct way."

Prover 9

(My first thought when I saw what L has chosen, I thought, oh no, not a fern again.) (After a real story which happened long ago; why do I remember it now?) "Why does it always have to be me?" she cried out, when she slipped and fell into the mud. (I wrote this before I read "palustris".) We were walking in Scotland after heavy and long rains. The unpaved road was wet and muddy. When she slipped and fell, she was desperate, out of proportion.

When we talked about that later, she said she would attract mishaps. If in a group something happens to someone, it would always be her. Being stung by insects, missing something due to adverse circumstances, falling into pits, etc. Nothing serious, but annoying. She feels unlucky with that, life feels unfair.

She was a nice young lady, yet insecure and stressed, trying to do things right. When she did not succeed, and there was always something in which she did not, she complained in that very sense, why would it always happen to her. She was an artist, doing some fine small pieces of art, I do not remember what it was. At least, there was no success so far, but busy.

I remember her as someone likeable, but not really adult. She was desperate with just some mud on her clothes, Her boyfriend was more kind of an adventurer. Next time I met him, she was replaced for a highly sexual heavily marihuana-using actress.

Dream from the following night: A man thinks of buying expensive books, yet has been owning copies for many years. The wife of the bookseller is far too friendly because her husband is paid a lot in cash. A man denounces his neighbours for stepping on grass verge. A man, dead for 2 years, joins the group again, yet has nothing to say. A man feels uncomfortable in his ill-fitting bathing suit, feels better without. Two dozen professionals share a table but not finding common ground. Three serious men laugh stupidly.

A man unlocks the door to a rental apartment. Yet he has to walk through it, lock it and unlock the next one, which looks the same. I see a river far too much regu-

lated, high flood carrying branches of a conifer.

Recalling the seemingly unconnected scenes, they come in sentences forming a rhythm - the rhythm of Dylan's "A Hard Rain's A-Gonna Fall".

Feeling: Nothing feels right. Nothing is natural. All is twisted. People, emotions, nature. This will not end well, most likely. Not for nature, not for people.

(Woke up at five, far too early, could not find sleep again, thought I should write down the dream song.)

Prover 7

Yawning.

The leaves are light as a feather.

A little, delicate bird.

Indians in a sweat hut.

Relaxing in a sauna after a long day's work.

Playing children of an Indian tribe, not aware of things, not caring, just exploring nature.

Survival is hard.

Children exploring nature in a forest kindergarten, parents are earning money in a noisy town.

Deer are stepping carefully through a peaceful forest; then the forest machine comes destroying in minutes what has been growing for decades; chaos is everywhere.

Discussion

Decontaminates the soil from Fe, Zn, Ar. Phase 6; bored; chaos; do I have to do this; exploitation; child abuse; cripple.

Stage 5: dawdling, delaying; unable to do things.

Remedy code: 3-443.16.05

Christella dentata
3-443.15.15

Synonym: Thelypteris dentata Sense proving, Dungarvan, 6-10-2022. Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Tight community, with religious aspect: working towards their salvation. Life turns around what's good for their souls. Purity, benevolence.

Can't cope with outside world. Bubble of protection in order to save themselves and survive.

Isolated community, with all needs being met, good food, water, very innocent, heavenly. Song "In the Arms of an Angel." Innocence, can't understand the real world. Down Syndrome child. Parents issue: how can I protect you in this crazy world. Best intentions.

Family group has to be self-sufficient, can't depend on others.

No understanding of why anyone would want to hurt them.

Children with special needs. Parents' whole world revolves around it.

Movie "My Sister's Keeper": one child needing organs or bone marrow, having a second child to provide for first one.

Parents trying to protect one, more children, imposed upon because purpose is mainly for survival of handicapped sibling. Insulated and isolated world. Claustrophobic aspect, focus on needy child's issues, arrests development of others.

Christella dentata
3-443.15.15

Sense proving, 16-10-2023, Dungarvan. Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Memories of the golden past, past glory.

Wealthy family that has lost everything.

People losing friends or relatives due to corona virus measures.

The texture is dry, hairy and cracking.

Suffered from the journey, cracked stems.

Dried out, lost all juices.

Stage 15.

Fall in a trap at the lower end of a staircase, covered by plants, ferns.

Calculating that things will go on. Numb tip of the tongue, pricking.

Lost parts of the tree.

Astringent.

Beautiful dancing hall, huge, like in Vienna, but not as beautiful as it was.

Light.

Beautiful young people.

Taking things for granted, thinking it will always go on.

Student associations, conservative, backwards, which have become their second family and home.

Women feeling separated, just being a wife.

Desire to belong.

Nausea, desire to vomit, from tickling in the throat.

Stomach felt uneasy.

Second family, biker groups,

Freemasons. Closed groups, treat out group people as strangers and it is forbidden to tell outsiders about the inside events in the group.

Mozart was killed because he told things about the Freemasons.

Fallen from grace.

Decaying quality.

Don't question things inside a group.

Whistle-blower.

A man, a soldier in WW2, lost his family and home in the war; found a new family in the student association, which remained very important his whole life.

Important people, ministers who deny their fraud publicly and give and are given nice jobs in their positions.

Networking, in-crowding.

Drinking, celebrating, and singing in the association as blood brothers.

Loyalty is more important than the truth.

Kill the messenger.

Ailments from losing friends, Comrades, soldiers, brotherhood. Ritualistic.

Discussion

Iron series, Silicon series.

Phase 5.

Stage 15.

Christella normalis

3-443.15.15

Synonym: *Thelypteris kunthii*.

Sense proving, 20-10-2023, Dungarvan.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

A person in hospital with leukaemia, bald, pale, thin, from anaemia, worse from chemotherapy.

He was too big for his strength, unable to hold himself up.

Bitter taste, which gives a headache.

Cancer, Conium-like.

The brain moves when moving the head.

Ascending paralysis.

Headache, occiput.

Salivation.

Relaxed, peaceful.

A woman who has a son who is addicted to drugs; he makes all kinds of trouble, cannot be relied upon, causes accidents and steals but she keeps excusing him, saying how great he is and too sensitive for this rude world, denying that it also his fault.

Euthanasia after being paralysed in a car crash.

Having gone through a lot of trouble.

Staying cheerful, even when in misery. No despair, and no hope.

People who have been experimented on.

Doing things for the family, like accepting chemotherapy.

Something has to be done, death is unacceptable.

Too sick to care about things.

Doctors promise good success, even at the end stages of cancer, when the patient is on the verge of dying, not even seeing that.

Always look at the bright side of life.

Discussion

Iron series, Silicon series.

Phase 5.

Stage 15.

Thelypteris thelypterioides 3-443.15.16

Sense proving, 8-07-2022, Munchen, Martin Jakob.

Essence

A personality that feels offended by the pigeonholing and judgements of his fellow human beings. Who longs for a simple life in nature.

Picture: In a clearing in the forest there is a small wooden house, insects are buzzing, the kettle of water is on the fire and whistling. A simple life in intact nature. Longing for silence and solitude. Hermitism, away from people, from their ideas and their pigeonholing of one. Retreat from the confines of the small town, from prejudices, from being categorised and judged.

Smell of the plant: aromatic, slightly of forest and game.

Smell of the crushed leaves: pungent, sharp, green metallic.

Taste: bitter, hoppy (Craft beer).

Looks fine, but is more wiry than you think.

Has small light green aphids.

Marsh ferns = Phase 6? 444.16.13???

Amblovenatum opulentum 3-443.15.16

Synonym: Thelypteris opulenta Sense proving, 20-10-2023, Dungarvan.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Molested.

The only one, the lonely one.

Bitter.

Stage 16.

You are only allowed to have company when you are vaccinated.

Nausea.

Broken off.

Vaccinations are obligatory, people adapting to it to stay in the group, because you get broken when you are not vaccinated, and you will die when not vaccinated. A child of four was taken by his teenage sister to the end of the street and told that he could not come home because they could not feed him anymore.

Feeling not being wanted, as an afterthought, as youngest of seven children.

Discussion

Iron series, Silicon series.

Phase 5.

Stage 16.

Gymnocarpium dryopteris 3-443.16.10

Sense proving, 7-7-2023; Bochum.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grtihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Prover 1

Punishing with a stick, from afar, a teacher starting to punish children by beating with a trembling stick.

Where is my place?

Proud of his children, his offspring. A family who are members of the Pentecostal church, with ten children, deriving their status from that, especially the wife, as a mother with a Mary identification. They live for the children, that's the only foothold in life; they are harsh in judging others who think differently; they are convinced of their own rightness. Forced, but underneath, they are insecure. They cling to their faith, for the rules: that gives an affirmation by the church. The right of having sex is denied by religious rules.

Stage two.

Stage 10.

They see their actions as very loving, but it is one of formal love, it is living by the rules, to follow instinct without guilt. A trained column, an army, drilled in the army.

The idea the idea that children should be protected with set rules. A Spock upbringing.

The children are passive, they have no resistance, no personality and no other experiences.

A pastor preaching the rules; if you follow the rules then you are good.

Prover 2

Family group, clan, perishing in a group.

Unbending and rigid.

Male and female at the same time.

I say "it", it is unclear what gender it is, unsure what gender it belongs to.

It is not noticeable what personality it has, it is like hidden.

Quite unsure, does not know what is right and wrong.

Fluctuating feeling in the head.

Prover 2

Everything growing through each other.

Total pre-starting.

A weak personality hiding in the group.

The head is shaky.

Going outside the rules is not accepted at all.

Yehovah's Witnesses Amish

Cystopteris bulbifera 3-443.16.16

Remedy code: 3-443.16.16

Sense proving, Dungarvan, 7-10-2022.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Seasick, carsick, vertigo, nausea.

Phase 3, Phase 6.

Plant looks as if not taken care of.

It has been taken care of, but did not thrive, so it was given up and placed at the back; it has extraordinary needs, is impossible to take care of.

Ugly-

Stage 16.

Vanishing civilisation.

Children where the parents have split up; they lost their family home; they are split between two households; not doing well; school problems, school results are going down; disordered eating, bulimia and anorexia; everyone tries to help them, in vain; they are victim of the circumstances; parents are too busy with their own problems, are not listening to them and bring to therapist, projecting their problems on their children; neglected child.

Overprotected children, coming from fear and not from love.

Parents who do everything for their children except what they need; they are always busy with their own thing, job, household, fight.

A handicapped child, locked away.

Children who dissociate, retreat into their room, playing computer games; wanting to be normal, like other children.

A man who has lost his land, retires in his own home, become filthy, does not clean himself or his house, is abusing alcohol, smoking tobacco; telling stories in the pubs; got tuberculosis, corona, lost his father at an early age.

Communication is diminished, due to fear of looking at oneself, from fear of having different viewpoints and getting into fights, woke topics; not listening really to one another.

Sorry for the people being manipulated.

Lumps, cysts, granuloma, benign tumours, in breasts, ovaries.

Movie: Nanny Mcabee.

Nausea, vertigo. Division

Plant had extraordinary needs, special needs, impossible to fulfil and care for.

Therefore hiding plant.

Children of separating parents, victims of circumstances, never right, parents not nurturing them, not meeting their needs.

Or doing everything out of fear things going wrong, Helicopter mother, still no real connection.

Parents have to be happy!

Asplenium ruta-muraria 3-443.17.02

Trituration proving Franz Swoboda

Proving

You are a "child" in the group (village, everyday life) and need help and support to be a fully-fledged member of this group and to have a secure place in it.

You need evaluation (feedback) from outside to be able to fit into a system that you don't know and to be "normal"; you have to do it "right" and be able to make yourself understood to be an accepted member of the system - to be "normal" in the system. "I don't yet know myself what is good for me or not - I can't yet rely on my own experience, I need help from outside to help me decide what is good for me and what is not."

This corresponds to a child-like quality of learning - toddler, schoolchild: a child needs feedback to progress - otherwise confusion arises.

You don't want to be special in the group, but you do want to be recognised as a normal member of the group. Your place in the group is more important than what you want for yourself. You feel that some things are not good for you and are not "right" for you, but on the other hand you don't know what you really want. The will (a quality of the "I") is weak, which makes it easier to conform at almost any price.

From a child-like, naive experience, you either approach the situation with curiosity (C4/4) or try to get attention with "nice" manipulation ("I say I can't do it, but actually I could with a bit of support").

You feel invisible and unnoticed because you are not "special" and nothing "special" is expected of you (you are 0-8-15, so to speak) although you function quite well, you feel insecure, disregarded, unseen and alone. You are neither praised nor criticised.

You can't do much, you feel confined and locked in, the world of competition and confrontation is threatening, you feel safe in your own little world, but also lonely. Socialising is difficult. You adapt, shy away from competition and confronta-

tion, don't really know how to do everything properly - you are confused because you lack feedback for orientation and support. You simply do everything you can to fit in as a normal member of the group. This seems essential for survival. Later, you believe (delusion) that every decision is about survival ("I have to adapt in order to survive or to survive in the group"), you don't make decisions reflectively but out of a survival instinct, and therefore also believe that you have no choice and have to do or allow things, even if they are not good for you or, from a more reflective perspective, would give rise to feelings of guilt and shame. In order to avoid these feelings, which, like confrontation and competition (male qualities), you don't feel up to (you can't grow up), you flee into your own inner world and split off the problem level (or the trauma) (split, dissociation; escape into the perfect world of "childhood"...) - you "keep it at bay".

As you identify with the "group", it is difficult to make your own reflected, "adult" decisions. You want to lead a normal everyday life in the small, manageable community ("village"), with duties, work and routine, and have a secure place in this community that you don't have to defend or reflect on.

Mind

Sensations:

Abandoned CI/1 Fear of flamboyance and failure C4/1 Attention, desire for C2/2

Modest CI/1

Decision-making ability, lacking CI/1

Emotions, without C2/5 Cheerfulness C2/5

Thoughts, without C2/5 Absentminded, with a smile C2/5

Frugal C2/3; C2/4 Indifference C2/5

Coquetry C2/2 Contacts, few CI/1

Emptiness C2/5 Manipulate C2/2 Fulfilling

duty C2/1 Consideration C2/3 Self-esteem, lacking; Self-doubt CI/1 Speaking, not

C2/5 Indecision CI/1

Remaining unseen CI/1

Uncertainty C1/1

Confusion C3; time C4/3 World, living in own world C1/1

Time, passes quickly C3

Head:

Pressure, feeling of C2/5

Pressure, upwards, something underneath that could explode C2

Pain, pressing, as if the head were too small, still upward pressure C2/5 Pain, pressing, like a vice on the outside of the head C3/5

Pain, pressing, temples, from inside to outside C2/5

Pain, pressing, lower C4/3

Ears: Feeling of pressure, right > left C2/5

Eyes: heat, sensation of C1/1; pain, burning, lower eyelids aggravates; right C1/1

Nose: secretion, haemorrhagic, when blowing right C2,3/1; congestion C2/4

Mouth: tingling, lips C2/5

Outer neck: tension, neck, pressing downwards C2/3

Chest: pain, pressing, heart C2/5 Stomach: nausea C4/4 Abdomen: pressure, feeling of, heart, stomach C2/5 Back: pain C2/4

Bladder: pain, in the C2/4 Rectum: diarrhoea, explosive, small amounts, almost watery, with lots of air BNC3/1 Male: ejaculation praecox as a possible indication? C4/2 Extremities: tingling, tips of toes, extends to sole of foot C2/3

Tingling, sole of foot C4/3 General:

tingling, soft C2/5

Trituration Proving; 5 Provers, 4 female, 1 male; Austria, 02-21.

Proving

The background, the stage - where we meet Series 4 - Iron series.

Peasant life - a "normal" life in a small village; Simple everyday life.

Doing what the day brings and not thinking much about it. Working day. No big plans, no visions.

Routine: Get up, work, do one's duty, go to bed. It has always been like this.

"0-8-15 " "Wehrmacht pistol, "Everybody had it, it was nothing special, but what was special about it was that it worked so well, that's why everybody had it. "It's nothing special, but it works well." (Iron Series)

The background, the stage - where we meet Series 2 - Carbons.

Childhood... fairytales, myths... children who want attention

The daily bread - food - eating to survive.

A "child" in the group (village, everyday life).

Doing everything (even things that are not good) and needing help and support to be a full member of this group and to have a secure place in it.

To be in the group is more important to me than what I want myself.

As one identifies with the "group", it is difficult to make reflected, "adult", own decisions. One wants to live a normal everyday life in the small community ("village").

Duty, work, routine and have one's secure place in this community, which one neither has to defend nor reflect upon. The need for feedback.

Need for evaluation (feedback) from outside to be able to fit into a system and to be "normal".

You have to do it "right" and be able to make yourself understood, to be an accepted member of the system - to be "normal" in the system.

I do not yet know myself what is good for me.

I cannot yet rely on my own experience, I need help from outside to help me decide what is good for me and what not.

This corresponds to a child-like quality of learning - toddler, schoolchild: a child needs feedback.

In order to adapt and find his place in the system, otherwise confusion arises.

Searching for a safe and stable place in the group.

The secure place in the group is more important than what one wants for himself. Although one feels that some things are not good for oneself and are not "right" for oneself.

But one does not know what he/she really wants. The "will" (a quality of the "I") is weak, which allows adaptation at almost any price.

A matter of life and death

Delusion: I have to do something bad because it is a matter of life and death.

Delusion of having no choice.

Doing something out of this lack of alternative.

Allows something to happen or does something that one knows that it is not good and does not do any good.

A matter of life and death - having no choice.

Later, one believes (delusion) that every decision is about survival "I have to adapt in order to survive / to survive in the group."

One does not decide reflectively but out of survival instincts therefore also believes that one has no choice.

And has to do or allow things, even if they are not good for one.

From a more reflective perspective, this would give rise to feelings of guilt and shame.

In order to avoid these feelings - just like avoiding confrontation and competition - one flees into one's inner world, and splits off the problem level (or the trauma).

Surviving

The place in life is not a particularly good place - it is a crack in the wall.

But if you are frugal and adapting, and don't want more than you can have, you can survive well.

Then you remain stable in your place, and can live a simple normal life.

Split, dissociation, mentally and emotionally splitting off because it is physically impossible to escape the situation, withdrawing into one's own inner world, "beaming away" in order not to have to experience reality.

Split

Absent and yet there.

Conversations in the in-between of waking and sleeping.

Wisdom, but it looks child-like; on the surface it is simple Wisdom, but there is no access to this wisdom.

Looks (only) outwardly very wise - that doesn't fit together. Something young and something old.

The toddler in the bowl and the "me" out

side.

Trauma doesn't seem so bad on the surface, but inside.

Dissociation! Inside and outside.

Feeling

Feeling invisible and unnoticed because of being not "special", nothing "special" is expected, although they function quite well. Feeling insecure, disregarded, unseen and alone, neither appreciated nor criticised. There is not much one can do, feeling constricted and locked in.

The world of competition and confrontation is threatening; in their own little world they feel safe but also lonely. Contacts are difficult.

Adapting, shy.

Doing everything properly.

Confused because of lack of feedback for orientation and support, doing everything to be a normal member of the group.

What seems necessary for survival. Do not come into action.

Remaining quiet, humble, shy, quiet, reserved.

Not being able to judge; believing what you want him to believe... I don't know... Inability to make a reflective decision - manipulable.

I insist on "I can't do it". Even when I see positive effects of my actions I need help and support.

The "I-can't-do-it" is like an admission ticket to the group. Confusion... Helplessness.

Children laugh at me.

Avoiding confrontations and conflicts. (Don't go into action)

Beginner's problems, starting difficulties.

Ancient plant

"There is nothing to say", taciturn.

I don't know who I am and where I belong.

Can only make contact with difficulty.

Nostalgic, remembers the old good times.

Feel nothing, cannot express myself.

Confused; Dementia and Alzheimer's without aggression.

Just being, being there, sitting there and doing nothing, slowly.

Without emotions... Without much thought.

Mind

Abandoned.
Fear of embarrassment and failure.
Attentiveness, desire for.
Modest, frugal.
Irresolution.
Emotions lacking.
Absent-minded, with smile. Indifference.
Coquetry.
Contacts, few.
Emptiness.
Manipulating.
Fulfilling duty.
Self-esteem, lacking; Self-doubt. Taciturn.
Confusion.
Living in one's own world.

Other symptoms:

Pressing pains - head: temples, forehead, ears.

- Neck.

- chest, heart - abdomen.

Diarrhoea, explosive, watery, with flatulence.

Constipation.

Ejaculation praecox ?

Tingling, lips, sole of the foot, tips of the toes.

Healing Message

If you look closely, you can see something special in everything ("special" and "unique" - not "great!").

The whole world is contained in the smallest and most inconspicuous, and everything is special in its own way. You just have to notice it and be ready to appreciate it, there is a place for all living beings as long as consideration comes before selfishness.

Appreciate the simple, learn to appreciate the simplicity in yourself!

Asplenium onopteris 3-443.17.06

Sense proving, 24-11-2022, Utrecht, Laufen.

Provers: Martin Jakob, Jan Scholten.

Proving

Leaves 1,5 pinnate; open leaves. Taste dry.

Texture is strong and smooth. Looks like railroads, connecting. Smell: fresh.

A fence with sharp spikes on top, very offensive.

Numbness.

A mansion behind a fence; normal people are kept outside the land by the fence, outside the beautiful and easy life; they have to stay on a dirty road with lots of garbage dumps around.

Survival strength, in the dirt and poverty. Stage 6.

India with gated communities, where they keep the dirt and robbers outside; it is beautiful, but also plastic-like, artificial, missing real life.

Gated communities in South Africa.

Being treated as prisoners.

Throat pain, raw, dry; feeling as if things have been pushed, forced down one's throat; one needs to cry but cannot.

Ghetto, dangerous, especially when one does not belong there; ghetto's in the ghetto, where it is even worse, with poverty and violence; slums; separation; the richer ones have cars though. Drug addicts, addicted to alcohol and drugs, living in cellars, ruins.

Gaza region, one big prison. Itching legs, with the need to scratch, worse from cold.

Accepting horrible situations, as it has been for generations.

Phase 6, Phase 7.

Violent.

Lonely, one can only rely on oneself for survival; relations with family and friends are chaotic.

Immigrants, living with ten people in a room.

Refugee camp, like in Syria, living there for years.

Concentration camp.

Ghetto with garbage belt nearby, people
 searching in the garbage for a living. One
 cannot leave, get out of the situation.
 Hatred built up inside.
 No resources, no real help from friends as
 they also have nothing.
 Apartheid.
 Fear, trying to compensate that by living
 in gated communities.
 The road to nowhere.

Asplenium ebenoides 3-443.17.06

Sense proving; 7-7-2023, Bochum.
 Provers: Petra Balloch, Ursula Bleeck-
 Daehnrich, Britta Dahnrich, Helena van
 Dijk, Rea de Gans, Stephanie von
 Frankenberg, Dorothea Hochhuth- Griihn,
 Anton Kramer, Pieter Kuiper, Monika
 Lang, Sonja Obbink, Jan Scholten, Sandra
 Schulte, Angelique Spaan, Gerard
 Wiringa.
 Remedy code: 3442.17.06; or 442.12.06

Prover 5

Doesn't let you in, stands together though
 it looks otherwise. Like a confusion for the
 others. Camouflage. The confusion game
 for those on the outside who think it's
 disorderly, but in fact it's their trick to keep
 the others away. It is their protection to not
 let anyone look in. Appear delicate, but
 they are defensive.

They make it really hard to gain access. I
 would like to take it, but I don't. It's hard
 for me, I don't feel like delving deeper into
 it. They give protection to the gnomes
 living among them. We can't see the
 gnomes, we're not allowed to see them
 because we're human. We are excluded.
 Perhaps also because we are destructive.
 The carpet I am sitting on has a fern pat-
 tern. It confuses me.

Prover 2

Insensibility.

Confused.

"Dopey" in the head. Low intelligence.

Masculine.

A man who wants to pick up women.

Rodeo rider who flaunts his manhood.

When attacked he strikes back violently.

Limited little world, but to the outside
 world he presents himself as if he knows
 everything, regular table mentality,
 chummy.

Lives the milieu he comes from without
 reflecting on it; internally tense and agi-
 tated.

I do not let anyone look inside me. Child-
 like, simple.

Do not want to grow up.

Not thinking, just not having to think.

Asplenium castaneoviride 3-443.17.06

Sense proving, 19-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Taste is earthy.
Dull, not shiny.
Happy, big family.
Self-contained.
Bit dirty.
Young and already in full reproduction.
Young mother, with a young child, her brother castrated the father of the child.
Gypsies.
Bed bugs.
Lots of kids.
Filthy, cheerful, jolly, happy family.
Living in a caravan.
Vigorous.
Living together, close family.
Marry young.
Separate tribe, or group, only belonging to themselves.
Wealthy, from dealing in drugs.
Selling old horses as if they are young.
Selling old horses to slaughterhouses.
Religious, loyal.
Beating their wives up.
Dressing fanciful, for weddings, communion, baptising.
Lawless gypsies, Irish travellers.
Abusing animals.
Own rules.
Using animals as machines.
Fixing kettles, bringing news.
Organising dog fights. Body-building, tattoos.

Discussion

Iron series, Silicon series.
Phase 7.
Stage 6.

Asplenium trichomanes 3-443.17.07

Trituration proving by Franz Swoboda, Susanne Diez.

Proving

A perfect butler in the old style. Serving, loyal, discreet... Someone you can rely on. Completely identified with the one I trust and who trusts me "like a piece of important inventory in their house".
I was content with that.
I didn't have a life of my own, I lived their life in my role, and I never asked myself if I would have preferred to live a different life.
My job is to do my job as well as possible. I see that my services are important, that is enough for me.
What is important is that people are satisfied with me and that I am allowed to take this place, that I am secure in my role. Loyal to the death. I live their lives, but they do not live mine. How could I live without them? And what would they be without me? I do everything for them, always in the background, invisible.
I am the perfect servant - invisible on the outside and important on the inside. That is my role, my task, I am content with that.

The mischievous dwarf sitting on the house wall in front of his garden fence and singing to himself: "that's just the way I am"... modestly and contentedly in front of his little house with garden... "in the crack of my wall"... it may not be a special place,"but j'm fine here, I'm safe here".

He gives an introductory speech to a concert with a wonderful singer, praises her while she herself shyly walks off the stage into the audience.

He gives her all the attention and thanks for this wonderful evening and says nothing about the effort and work in the background.

He doesn't want to know anything about the difficulties and conflicts in the background, nor about the fact that this evening would not be possible without all the

He wants to stay in the illusion of an ideal world without conflicts and without competition in which we are only a good team for each other, serving an admired singer.

Loyalty, complete trust.
Perfect, loyal, stable; preserving; ensuring stability.

Specialist in making himself invisible.
When you make yourself very small and tiny, when you hide, when you are indistinguishable from the others in order to avoid all challenges, in order not to expose yourself to any danger. If one is not seen, one also keeps one's inner small world, then no one takes it away from me, and no one wants something from me that I cannot fulfil. What would others think about me if I didn't know something?

You do not want to expose yourself - so it's better to keep quiet, to do without being noticed at all.

Perhaps a little bit boring?

Be content with the small and modest, do not want more and more and more and more exciting things.

Asplenium trichomanes 3-443.17.07

Sense proving; 9-7-2023; Jan Scholten.

Proving

Bad taste.

Looking small, cautious, timid.

Pinnatifid.

Line up in rows, two by two, like in school.

Being drilled, like in the army.

Children who must obey.

Children who have to be quiet, not allowed to talk or move.

It doesn't occur to them to try anything else.

Stage 3, Stage 5.

Asplenium scolopendrium 3-443.17.09

Sense proving, 23-10-2021, Utrecht, Pieter Kuiper, Stephanie von Frankenberg, Anton Kramer, Dorothea Hochhuth- Griihn.

Prover 7

We only have leaves to work with. That does not feel good, like incomplete. I connect with the energy off a dolmen in Belgium; that feels fitting for connecting with this fern. The dolmen has beautiful energies; but with a more "primitive", primordial nature like the ferns. The fern first seems to be playful with its slightly wrinkled leaves, although at the same moment I sense a rigidity.

Then I see, there is no fantasy in the form of the leaves. So it feels like there is playfulness within strict boundaries; within a suffocative, obliging living space. Children in a confined setting *I* village with restricted parents and villagers.

I realise that the edge of the leaves undulates in a chaotic way; no rhythm or ground-plan, somewhat chaotic. Nowhere symmetry. As if nobody gave a thought what the plant could look like.

People in the village may lack attention, nurture, direction and leadership. There is no heart, just rules. And an old, old pain that governs the tribe already for generations.

I take one leaf in my hands. And feel a desire to care for and cherish it. To comfort it because so much care and love was lacking in its youth.

In the heart of the plant (where the leaves start to grow) there is safety and rest. Like the safety of a closed family, afraid of the unknown world outside.

The roots however are a no-go area; it is really not done to give them attention! And when I try a little more my head becomes foggy, confused. As though sent into a mist.

The plant is pitiful, I feel sad about the child (both my proving partner and I sigh every now and then).

After having realised all of the above, after having connected with the energy, I feel a

relief; I breathe more lightly, feel relaxed, even a kind of joy.

I cannot put a piece of the leaf in my mouth to taste it. It feels too intimate, too close to its feelings. It would mock with its vulnerability and its closedness. And with its solitary grief, a grief that lives for generations in this family line.

There is realisation that this life is so one-sided, but no idea that it could be different. People stuck in their greyness. Something like a message comes up: "Leave this darkness, step into your real life, enjoy, and release this burden."

Then I do taste the leaf. It has so little sap!. And almost no taste for quite a while; later it tastes rather fresh, quite good. But the texture has a fine crumble for minutes; the plant does not open up.

Then I focus my attention on the spores underneath the leaves. Heaviness and darkness is given to the spores; hardship will be part of their lives.

I stretch one of the sides of a leaf. Then it looks fine and smooth, not this chaotic curling. Doing this feels like caring and giving attention; it is followed by relaxation and joy. It gives relief.

But the central vein/ rib holds every freedom in movement back.

Then we put a small piece of a leaf in water, with the aim to do a succussion. But so much happens before I have moved it the least bit. I can only oscillate the jar a little. I feel a fullness in my chest; there is a vague emotional feeling, a heaviness. And I breath slowly and deeply, as if that gives air to the emotion. But it is not clear if it is anger, grief, fear or joy. I get the idea that it is a primitive emotion, it has no detail to it. And still it demands time to be with it; a slow process.

Then I shake lightly; now it is as if the energy opens up a little, very carefully. A tense opening-up.

My colleague shakes the jar now, very lightly; also "not allowed" to shake powerfully.

When she puts the jar on the table I sense an energy that could be the deva. She is

very fresh and open, fresh-green and playful. She makes easy contact; it is nice and pleasant. "Who are you?" "From times long ago." It feels like she is burdened with the heaviness of the fern. I "see" strings; one light green, of the deva and one darker, brownish green, of the fern. Both are close together, leading back, very far. I get the impression that a split occurred between the two, and that the deva and the fern still stayed together but separate. It feels vaguely like there once was a disaster; the deva was not really hit by it but the fern got stuck in a life full of fear. And after this trauma its development became retarded.

(It is interesting that in another proving with a fern today a deva was also seen. Also with a lighter character than the plant to which it was related. What does that mean?)

After having worked through this story I feel relieved and free. I have seen and recognised the row of generations. When we evaluate our experiences I see the row of generations of grief evaporate.

Prover 5

Looks clear, clean, but is dirty, dusty at the back.

Delicately straggly, a bit modest, but much sturdier than it gives the impression of being.

Earthy smell, but like a chemical paint additive.

Tastes like it smells.

The contrast of look and touch makes me dissatisfied, feel deceived. I wanted the soft and get something hard.

It is cold, does not want to make contact with the environment.

It has something feminine, but does not connect.

Prover 6

First impressions: The Cosmos.

Request for liberation.

Only the astral is perceived.

Like a glimpse into the sky, out of the desert.

A pure consciousness without ego. Being alone without loneliness.

Coming from the primeval times and having been there for a long time.

Embracing.
Seeking love.
Then came a strong feeling of warmth.
Need to take off the jacket, waves of heat.

Physical

Pressure on the sternum.
Breathing difficult.
Pressure on the zygomatic bones.
Everything becomes heavy, breathing is heavy.
Heaviness in the kidneys.
Pressure in the thyroid gland.
Teeth and gums.
Bleeding.
Black stools.
Intestinal discomfort.
Ovarian cancer.
Feeling like being poisoned.
Spine.
Dizziness, drowsiness in the head, not being able to understand something - cognitive.

Mind

"Leave me alone", as if wanting to free oneself from an embrace.
Feels disoriented, where am I in the world?
No real relationship to the worldly process, only life.

Feelings no longer move.
Desire to sing and dance, like leaves in the wind.
Ecstasy.
Techno music.
Noncommittal.
Part of a group, but no real commitment.
Breaking out by dancing, disco.

Unruly.
Hate it when forced into rules.
Need to dive into deep water to avoid being seen.
Occupation.
Fashion, but simple; Zeeman (cheap Dutch clothing store) or similar.
Unemployed, needs support.
Drug use.
Cannot take good responsibility for the children.
Has a lot of fun with the children but cannot lead them into life.
Mother whose children are transferred to

a foster family by the youth welfare office.
Real closeness aggravates.
Defensive, leave me alone.
Wait until it's over.
She has to be shown the way - very feminine.
Sadness.
Tears are running, but can't name a specific reason.
Screaming, hysterical.
Does not want responsibility. Drifting in the water.
Sadness, a remedy when things are coming to an end and peace does not return.

Prover 8

It's a feeling of polarity between an ascending feeling in the spine from the occiput and vertex and a ceiling. One has a limitation above and you're caught, caught in your own being. I would like more, but that doesn't simply happen. A feeling of two wings in the occiput, like the caduceus of Hermes, which would want to fly, but one is caught. You want to reach or grab for something outside, but you stay bound to a state you cannot leave. And one prefers the psychedelic part in it. Therefore I wonder whether this plant (of the Ferns in general) could belong to the idea of addictions.

Prover 5

Looks clear, clean, but is dirty, dusty at the back.
Delicately aspirational, a little modest, but much more stable than it gives the impression.
Earthy smell, but like a chemical paint additive.
Tastes like it smells.
The contrast of look and touch makes me dissatisfied, feel deceived. I wanted the soft and get something hard.
It is cold, does not want to make contact with the environment.
It has something feminine but doesn't connect.

Discussion

Rising from cervical spine, as if wings of Hermes.
Feeling restricted, imprisoned in oneself, by the ceiling.

People with trauma, try to find solutions in drugs.
 Contradiction, how it is and how it looks.
 Spores are like shit.
 Smell: chemical, strong.
 Cold, no real contact to the plant.
 Anger, deep, cannot come out.
 Symbol wheelchair, physical restriction.
 Schizophrenia.

Asplenium scolopendrium 3-443.17.09

Remedy code: 3-443.17.16
 Sense proving, Dungarvan, 4-10-2022.
 Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Tired, no desire for anything.
 Old spinster who cared for her mother; she is luring people in with brown bread, as she feels alone and needs company and contact. She is trying to get you in, to become a caretaker for her, doing shopping, bringing her to doctors and hospitals, helping her with her household and caring for her animals. She is sweet in the beginning, but lures you in by making you feel guilty; she has a sharp tongue, is not nice, not appealing; she is easily offended and gossiping; she has fallen out with her neighbourhood.

Old spinster, was the only child and had to take of her mother her whole life; her mother was ruling her life, a matriarch who chased away all her suitors so she never got married and did not have any children. She was suspicious of suitors, thinking they were not attracted to her, but after her land. In older age she has become vulnerable, lost her strength and should go to a poorhouse.

Dementia.
 Vulnerable.
 Suspicious.

Old spinster who makes a new friend an executor of will; inheritors who see all contacts as robbers of their inheritance; it ends up in a court case.

Hansel and Gretel.

Musky.

Rat's tail.

Religious.

Relations only romantic, not sexual.

Clean, cleanness is her pride.

No one comes in.

Intrigues.

Having to stand in rows, ranks, like soldiers, nicely folded.

Nuns, monks.

Dark in the woods.

Sticks to you.

Foreboding.

Phase 7, Phase 6.

Stage 13.

Stage 16.

Resentment.

Discussion

Spine in plant looks like rats' tail.

Conditional, controlling, veneer of pleasantness, bitching behind one's back. Seducing.

Community, entanglement, web of intrigue, gossiping.

Hansel and Gretel.

Getting trapped, not getting away, sucking in. Interwoven network, conditional, manipulating, not in mean way, but for survival in community. If you want to be part of it, go along. Not straight in connection. Helping in hard times though.

Careful who you give information to, don't know how it will be used

Asplenium scolopendrium 3-443.17.0

Trituration proving, Styria 2017 and Edinburgh 2019, Susanne Diez.
Summary by ChatGpt.

Key Themes and Experiences

1. Connection to Water and Floating

Sensations: Many provers felt connected to water, describing floating sensations and wavy movements. Experiences ranged from floating safely to feeling submerged or drowning.

Symbolism: Water represented safety, freedom, and fluidity, but also carried themes of danger and uncertainty.

2. Loss of Roots and Grounding

Experiences: Provers reported feelings of being ungrounded, like a tree without roots or a floating entity disconnected from stability.

Themes: Lack of anchoring symbolised emotional detachment, instability, or a transition between states.

3. Playfulness and Child-like Joy

Impressions: Participants expressed child-like behaviour, including laughter, playfulness, and a carefree attitude. They described a pre-sexual, innocent state of being.

Symbolism: The remedy connected to themes of renewal, creativity, and joy, like a child's unrestrained exploration of the world.

4. Isolation and Emptiness

Emotional Themes: Participants often felt isolated, trapped, or detached, both emotionally and physically. Descriptions included being behind a glass wall or in a parallel world with no connection to others.

Symbolism: Emptiness was tied to feelings of being insignificant, nameless, or faceless in a crowd.

5. Parallel Worlds and Duality

Symbolism: Participants reported a strong sense of two worlds: an inner emotional world versus an external rational one.

These worlds were often unconnected or misaligned, creating confusion and a sense of "in-between".

6. Suppressed Grief and Emotions

Experiences: Provers noted suppressed grief, melancholy, and emotional detachment. While emotions were difficult to express, some described an underlying sadness or grief that could not be articulated.

7. Themes of Sexuality and Trauma

Dreams and Impressions: Sexuality arose as a theme, particularly in relation to childhood innocence, early sexual experiences, and trauma. Provers described pre-sexual states and overwhelming sensations tied to unresolved emotional or physical experiences.

8. Time Distortion

Experiences: Time felt distorted, either passing too slowly or too quickly. Provers also experienced changes in states of consciousness, from deep sleep to sudden wakefulness.

General Symptoms

Sensations of heat, shivering, restlessness, and tiredness.

Itching across the body, sometimes associated with emotional arousal or suppressed states.

Head and Eyes:

Dizziness, headaches (pressing, stinging, or tension-like pain), and heavy eyelids. Dryness and itching in the eyes, with red and burning eyelid rims.

Digestive System:

Decreased appetite, bloating, and explosive flatulence.

Sensations of nausea and urgency to defecate without actual diarrhoea.

Emotional Symptoms

Confusion, forgetfulness, and difficulty concentrating.

Feelings of being ungrounded, emotionally detached, or indifferent.

Dream Themes

Childhood Innocence: Dreams frequently involved playful or child-like activities.

Sexuality: Some dreams highlighted unre

solved or suppressed sexual emotions.
Isolation and Connection: Dreams of being separated, alone, or unconnected from others.
Death and Afterlife: Dreams portrayed death as a peaceful, natural transition rather than an ending.

Mind

Confusion, diminished concentration, and emotional detachment.
Themes of isolation, suppressed grief, and existential questioning.
Clairvoyant states and dual perceptions, seeing parallel worlds.

General

Sensations of heat, rapid changes in consciousness, and restlessness.

Body

Head : headaches, itching, and sensations of heaviness.
Eyes: vision changes, illusions of movement or differences in light intensity.

Asplenium dimorphum 3-443.17.09

Sense proving, 17-2-2023, Utrecht, Laufen.
Provers: Martin Jakob, Jan Scholten.

Proving

As if you don't know who you are.
Multiple personality.
Phase 3, Stage 3.
Who am I.
Taste: sharp, but hidden, as if in the background; is it sharp or not; like vegetables, salad.
Texture; tough, but breakable; resistant, but giving way on chewing, then it crumbles.
Doctor Jekell and mister Hyde.
Sticking everywhere, spreading like a disease, an epidemic, avoiding any cleaning process, contaminating everything.
Young boy is threatened; he does not show anything anymore, avoids conflicts and discussions, lying about things, what has happened and what he has done.
People who don't see their evil side.
Politicians who don't see what they do wrong, out of ideology.
It is like plastic, is it artificial or not.
Plastic surgery, plastic stuff in lips, face and breasts.
Transgender.
Having 2 forms: others don't know who they are talking to.
Transhumanism, people attached to machines, computers, computer parts in your body.
Stage 9.
Elon Musk.
Mark Zuckerberg.

Asplenium bulbiferum 3-443.17.10

Sense proving, 23-10-2021, Utrecht, Anton Kramer, Dorothea Hochhuth- Griihn.

Prover 7

All of my attention is drawn to the roots, to the pot and below that.

I cannot look at the plant itself, I have to look away from it (like two magnets pushing each other away; but also a little bit of awe).

Therefore I centre myself again and work on my grounding. In this process I remember a mail-exchange between colleagues (doctors and nurses) about how to deal with the pressure to get vaccinated on the job. An older colleague gives an answer that is regarded as 'wise'. Does this have a meaning in this proving? Later it is evident that it does.

I note that the roots represent the life of the plant, and joy.

Without realising it I sat more strait up, and my chest comes forward and opens. My shoulders move backward. Everything gives the feeling that I open up for meeting the plant. He (this fern feels like masculine) invites me to become stronger.

Only from a position where I am in my centre, in touch with my pride, may I encounter this plant. Now I can look at the plant.

And that feels good; it is nice to connect there. I feel invited to stick my fingers in the plant, in the base between the stems where the new leaves come out. Here too I experience joy.

The leaves themselves do not draw my attention so much.

I notice that my colleague sits quite close to the plant (contrary to the former proving; this plant is more inviting and inspiring)-

For a second I wonder "that was it, is the proving done?" Immediately I feel a hardening, a pain towards the centre of the plant. It reminds me of the proving we did in the group with (Venus hair). This Venus hair had a deep pain, connected to "Sacre du Printemps" (sacrificing of a young girl every spring in Russia). Venus

hair brought a lot of confusion and pain in our group; it appeared 'untouchable' because of that. Then, in spite of this, in the end I felt the need to touch the Venus hair in its heart (base), like I do now with the *Asplenium bulbiferum*. Now I have the answer why I touched the Venus hair like this: "If you know about the intense pain and respect it, and if you are in your centre and grounded well, then you may touch someone who is in pain." In our discussion afterwards I realised that this has to do with the wisdom that is in *Asplenium bulbiferum*.

I now touch this fern in its heart. It gives relaxation and feels encouraging, appreciative.

I notice that for the second time I hold my hands folded before my face. Not to pray; but resting in myself, kind of contemplating.

I lay my hand on top of the pot, on the roots. There is rest, comfort; "there is enough of everything." Then I turn to the leaves. They show a subtle quality, sensing their surroundings, with a refined reaching-out. Like scanning around him.

I want to break a piece of the leaves, but that does not feel right at all; I am not allowed. So I take the tip off a leaf in my mouth. The contact is very subtle; it feels like my reaching out is answered in a loving way. Slightly sensual.

Then I hear "I have surmounted the pain." "Which pain?" "You know very well by now! The old pain of the family." "What happened in this process of surpassing the pain?" "I do not really know anymore; such a long road; burdensome and winding road. I still connect with my family and with the family pain in a small corner of my existence. But I am through it, have left it behind."

Ready? No, not yet. I feel an urge to honour this process of the plant and what the plant has achieved.

Then, when I touch the plant again in its heart I sense pure joy.

Prover 6

Conversation with the fern:

"I am an ancient plant. I need peace and endurance and I also carry these powers within me.

It is important for me to go my own way. Often I don't like to be spoken to, nor to be touched. When it becomes too much, I appear very taciturn.

I am loyal to the people I serve (loyalty to the employer).

In the past I served to heal wounds and bring peace again after many inner and outer struggles. I bring peace and stillness after difficult experiences.

Need for solitude, having seen so much already, solitude to regenerate.
I have heard so many cries, quarrels and violence - now I pull myself out."

A life in nature, peace and quiet.
Woodcutter.

Forest workers.

Simple people, very social but distant.

A connection to the stars, ancient knowledge of people, natural religiosity- not institution bound.

Consciousness is old, very old ...Iron age, dinosaurs, ice age.

I have seen things that are hidden from you in modern times.

Good observer.

Love of animals.

Physical

Cramps.

Cramp in the muscle that is currently being used.

Touch aggravates.

Wound healing.

Bruises.

Open wounds.

Feeling of fine drops of water on the skin.

Breathing is affected.

When exhausted, rebuilds strength. Especially also of the musculature.

"Get up, it will be alright again!" There is no analysis or differentiation of the situation.

Stomach problems.

Intestinal disorders.

Back of the head.... Skull contusion.

Sensitivity to sound.

Bitter taste ... Indication of biliary disorders?

Bronchitis with burning pain. Profuse salivation.

Mind

This plant helps to clarify the inner truth in a clear and objective way and brings the question: "where are you in life and who or what are you addicted to?" It is a truth without ego that is brought along or wants to be discovered. A simple person who has experienced much.

Does not want to face the depths and experiences of the past anymore. Loyal to the employer.

But has seen much suffering and may have many inner and outer wounds.

Therefore, withdrawal is also an important step. Life needs silence, few words. Clarity.

An easy friend, if he has the possibility of calm.

Breaks off contacts when the other person has too many issues.

Seems tough on the outside, sensitive on the inside.

Can tease.

Lives alone, no family, serving.

Unneeded. Closed, gives little or no insight into his life.

Proximity and being touched aggravates, freeze by approach.

Does not want to be seen.

Separation from the family of origin.

Seeks to be unattached.

Scene: in a pub, drinking with others, but no connection to the others.

Stands on the sidelines without suffering.

Security.

Rubbish collection.

Street cleaning.

Lumberjack.

Prover 7

Power.

Roots is the essence, life, joy.

Worth.

Chest open, shoulder backwards, only then contact.

Encounter.

Suddenly not ready.
Pain.
Calming, soothing, comforting.
Contemplation, coming in inner peace.
Subtle.
Tastes how life is.
Sensual.
Loving.
I have risen above the pain, from the old family, forgotten what.
Bringing honour to what this plant has reached.

Prover 6

Wonderful, we could not take part.
Very old.
Time of the dinosaurs.
Trauma.
Bronchitis.
Simple, just be in the in community.
Mindful.
Survived much, suffers loneliness.
Great understanding of nature and heaven.
Sensitive to wisdom, of people.
Many traumas

Discussion

Giving wise advice.
Serving.
Can be alone well.
Does what needs to be done.
Took a long time before touch was allowed.

Asplenium nidus

3-443.17.11

Sense proving, 24-2-2023, Laufen, Utrecht.
Provers: Martin Jakob, Jan Scholten.

Proving

Taste: vegetable-like.
Not knowing what I do.
In a haze, fog, mist.
A group of children having fun, playing, pure, innocent.
Sudden disturbance, flabbergasted.
Something strange, threatening the innocence.
Then emptiness.
Cannot speak about, feeling lost, by accidents, war, violence of a parent.
General Rommel, in north Africa, writing nice loving letters to his wife and son; ambitious and thus go on fighting and losing 30.000 soldiers; soldiers suffering enormously in the heat of 50° Celsius.
A split mind, almost schizophrenic.
Stage 10, Stage 11.
People do not understand what war means.
Split between commanders and performers, split in their minds.
Start with children, make them obedient, prepared for war, like in school.
Behaving well, according to orders, showing to be brave and good.
Shoot oneself in the foot to escape the battlefield.
Trying to avoid death penalty by deserting.
Demonstrations, walking in a circle.
Pacifist clash with pro-war demonstrators.
Texture: smooth.
From: crown-like, like a headdress of chiefs, of the king of the Aztecs.
Movie The White Ribbon, bird in a cage dead; tough education, forbidden masturbation, aggression, very hidden; emotions suppressed, then making wars.
Spock education.

Bolbitis heteroclita 3-444.11.07

Sense proving, 22-10-2022, Utrecht.
Provers: Petra Balloch, Ursula Bleeck-
Daehrich, Britta Dahnrich, Helena van
Dijk, Rea de Gans, Stephanie von
Frankenberg, Dorothea Hochhuth- Griihn,
Anton Kramer, Pieter Kuiper, Monika
Lang, Sonja Obbink, Jan Scholten, Sandra
Schulte, Angelique Spaan, Gerard Wiringa.

All Provers

Throat, heavy, male.
It has nothing to do with the outside world,
no traumas in their youth. Asthma, spastic,
the air cannot be expired; it is felt in the
nose extending to the occiput.
Tension in jaws.
Traumatised by having seen bad traumas,
like in a war; but one cannot talk about it;
others are not allowed to see it.
Liver problems.
Friendly.
Stage 7.
Helping.
Trying to find joy.
Feels suffocating.
A deep grief, heavy, going deep into the
bones, better by doing something good for
others.
Phase 3, not being seen.
Stage 7.
Heaviness in chest.
Friendly, despite the heavy trauma.
Easily distracted.
Money theme.
Difficult to get at.
Face is sad and remains hidden.
Appearances are deceptive.
Voice goes away, globus feeling, primal
sadness.
Is caught up in himself, deep sorrow. Like
suffocation, rapid shallow breathing with a
feeling of fear.
"Don't touch me", wants to be alone.
Jaw pain.
Feeling of being pulled into the abyss by
something unspeakable.
Witnessing something terrible.
414 No strength to make an effort, it's so hard,
completely overlooked, no one cares.

The nose is tight.
Friendly nature, does everything well, no
pretensions, lives for the joy of others. He
himself needs nothing and wants nothing.
The pain goes down to the bones in his
face.
Feels encroaching, looking under the
plant.
One does not get into the depths, then
closes down.
442.1.1.07

Prover 6

This appealing little fern hid its personal-
ity from us for the time being.
For a long time we did not get into the en-
ergy and connection with him.
A strong sadness then showed itself in fur-
ther contact.
A sadness that has to be hidden. It is
trapped in him.
There is no current cause for these heavy
feelings. It is something old.
A severe trauma is present.
Something has been experienced. Perhaps
the observer of a severe war experience,
bad situations were observed. Bombings
or mutilations of people.
No action could be taken. Just being the
observer and enduring the horror. The
feelings are no longer so palpable. A very
helpful person, honest male. A gardener
who does everything for his client, works
overtime and goes above and beyond. He
does it with pleasure. Is friendly,
unobtrusive.
Satisfied with his work.
Only wants to help and takes the meaning
of life from this doing.
A servant.
Needs nothing for himself.
Is overlooked in his being, no one who
can feel his deep sorrow.
Feeling too close to him when we wanted
to look at the roots. That's not how we did
it.
The voice goes away and speaking be-
comes difficult.
Breathing becomes heavy, obstructive, or
asthmatic. The tension of the respiratory
muscles continues across the larynx to the
back of the head. A feeling of anxiety
arises.
Tension in the jaw.

Liver complaints.

I could not take the fern home. The feeling of neediness of this plant was too great, my strength too little to accompany it on its way.

3-442.13.07.

Discussion

Phase 1

Not really there, not with it.

Subphase 3.

Not seen.

Stage 7: Wants to help.

Voice goes away and speaking becomes difficult.

Breathing becomes laboured, obstructive, or asthmatic.

Tension in the respiratory muscles settles over the larynx to the back of the head. A feeling of anxiety arises.

Tension in the jaw.

Liver complaints.

Rumohra adiantiformis 3-444.11.14

Sense proving, 22-10-2022, Utrecht. Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth- Griihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

All Provers

Open, like an opening in a forest.

Taste: dry, very dry, astringent, a bit bitter.

Texture; tough, hard.

Refined, resistant.

Wants to prove himself in this world.

Strong, powerful, rigid.

Red-hot, white-hot spirit.

Distant and close.

Family, together and separate, where one member cannot develop himself due to others being to rigid.

Emptiness, loneliness. Childish, vulnerable.

A soft vulnerable child, standing at a crossroads, left alone by his parents, standing still, astonished, not crying.

Parents who keep on beating their children.

Unbelievable will to live.

Behaving as if soft and refined.

Overwhelmed.

One has to be rigid to suppress one's vulnerability.

Silent, not talking about traumas.

Numbness in forehead, not unpleasant, no further thoughts, just not feeling. Tired, forgetful.

Throbbing pain in left temple and forehead.

Roots cannot be dug up.

Dry.

Behaving as if being invulnerable.

Little reflection, floating, hovering.

Spinal cord problems, left side. Feels small, is unaware of one's size. Feels weak, despite his strength. Careful.

Spina bifida.

Stays hidden.

Elves, small forest people.

PTSS, numb, stunned.

Children that are beaten by their parents, as often in hospital for such traumas and diseases, often maltreated, but they keep smiling for their parents; they permit things, are honest.

A woman beaten by her husband; she is lonely but goes on, has a great resilience, supported by small positive events. Liver and gallbladder problems, intoxication, not detoxified by the liver.

Leukaemia.

Metabolism problems.

Haemoglobin problems.

A family where everyone is shouting, trying to get the attention of others.

A parents who has forgotten her child and is in shock.

A child that is traumatised and closed in himself, hiding behind his arms; he doesn't want to be seen; he feels not understood by adults; he cannot tell what the problem is. Unaware of things.

Aversion being touched, irritated from it. Not understood, feels different from others, thus does not open himself.

Absolute about what is right or wrong. A child that is sent by his parents to a youth camp where he feels lost; when he come back and sees his parents he runs away; he keep blaming his mother but still takes care of her.

Anxious, sad, pushed aside, unfeeling.

Dreams: beautiful situations.

Cough, asthma, COPD.

Stasis, stagnation.

Constipation alternating with diarrhoea.

Stool hard, copious.

Haemorrhoids, painful, bleeding.

Tonsils enlarged, touching each other.

Desire tomatoes.

Nose blocked, yellow crusts.

Closed.

Phase 4.

Stable.

Retired.

Phase 2.

Phase 6 abused.

Phase 4, rigid.

Phase 2.

Leave me alone.

Stage 15, Stage 14.

Resignation, not the power of cynicism.

Just being, that is enough. Separation from each other.

Prover 8

Feels as if by oneself, being lonely, strong on the outside, but inside one is vulnerable because of an emotional wound.

I keep silent, observant, let others talk. It seems a meditative state, that let others be, but I know better.

Is a state of PTSS. A lot has happened, like in a war or abuse of children. There is a kind of numbness, heaviness or dullness in the head, reflecting the inability to express what has happened. The shock is too much, you cannot speak up and express what you feel and you stay in your own world. You don't want to be disturbed. Some members of the group express exactly what is going on inside and I feel connected. What they feel is right. Others seem not to be connected and that feels wrong, they don't understand and it's an extra reason not to open up.

Contact with others is there on a level of feeling and understanding. You feel that others understand without words. There is also a kind of haughtiness, a notion that others don't understand. So I stay how I am: closed.

Prover 5

Looks delicate, many-limbed, but is tough, resistant. Wants to assert herself in this world. Family is together and yet apart. Felt hat - fern on the hat, waiting, rigid, keeping posture, child-like, vulnerable. Does not want to speak.

Strong on the outside so vulnerability is not seen. Doesn't want to talk about it.

Status quo.

Quiet - no reflection, flowing, floating.

Vulnerability when touched by me. Spinal canal.

Looking from below - there you see all individual leaves, unfolding embryonically, curled up, not yet being in this world. Ancient knowledge within, seeking protection, something remains hidden.

Feels like after a trauma, sensitive, unable to express himself, dumbed down, he cannot speak.

Like abused children, beaten children, honest, pure, lonely, but remain strong, even small points of light can help. Sur

vival strategy. Liver, bile full, toxic.
 Where is the strongest in the family?
 Like a child at the crossroads, forgotten,
 mute, shocked that it can no longer speak,
 no hope that anyone else will. Encapsu-
 lated in its own world. One no longer
 shows anything. No joke, only shows how
 big he is, inside a strong feeling.
 Can't speak. Like children in hospital who
 have been given too much medicine, are
 not understood by the adult world. The
 pain is not conscious. Heart palpitations,
 head is heavy, dull. The others do not un-
 derstand what I am saying. Difficult to get
 to him.
 I have the motive not to open up because
 they don't understand me and are not in-
 terested in understanding me.
 Black and white - it has to fit or not. No
 power to make it clear to the others. Either
 I am recognised or I am not. Something
 absolute. Radar.
 Example: Boy, 6 years old, has been sent
 to a rest home. When the children come
 back by train, he gets out, sees his parents,
 turns and runs away. He does not want to
 be hugged. The parents have no idea what
 he went through.
 Today, 64 years old, the patient still
 doesn't really let any therapist get close to
 him. He wants to be professionally suc-
 cessful and be admired for it. His marriage
 is breaking down after 40 years, which he
 doesn't understand. It always "worked".
 The children and grandchildren don't want
 any contact of their own accord. The
 patient does not understand this. But he
 wants a real and functioning family. He
 does not feel that the family needs his
 feelings to get in touch. During two in-
 patient stays in a clinic where he went for
 "depression", he quickly took on the
 therapist role so that he himself does not
 have to open up.
 Don't want it to change, just contact with
 myself, don't want to belong.

Prover 11

The leaves are drier than expected, harder
 and strong; at first contact there is a heavy
 feeling at the top of the head, the eyes are
 heavy and very relaxed.
 Wants to assert itself. Hard shell, soft core.
 Distance and closeness.

Strength and vulnerability.
 Family is emotionally hard, no common
 ground.
 Images of children.
 One has lost everything, one is forgotten at
 the crossroads and is frozen, rigid and thin.
 Pieter does not want to speak, is it a theme
 of abuse?
 Strong urge to survive, multiplies greatly
 after the first year.
 Vulnerability needs to be protected, defi-
 ant.
 Does not want to talk about hurt, cannot
 change it.
 Relaxed, down to earth feeling, no further
 questions, dullness.
 Sensitivity, calmness without reflection,
 floating.
 One side has spores, the other doesn't.
 Leaves unfold carefully like embryos, very
 sensitive, much old knowledge, but also
 seeks protection.
 Picture like fairy tale figure with felt hat.
 It has something to do with post-traumatic
 stress disorder.
 Being simple, not able to express oneself,
 very great effort to express oneself, phys-
 ically abused children, quarrelling between
 siblings, have to survive, great strength.
 Physical: liver, bile, haemoglobin.
 Child is too shocked to speak, hopeless,
 shut down, own world, can't get out, hands
 curled up together.
 Isolated, does not want to be seen, is mute,
 shows up big and feels small. For children
 who often have to go to hospital and smile
 for their parents.
 Do not get in touch with own feelings.
 Heartbeat too fast.
 The others do not understand what I feel.
 Don't open up, no closeness.
 If someone could understand me, I could
 express it.
 Lungs: Mucus, COPD, asthma.
 Bowel constipation, haemorrhoids.
 Nose crusty, blocked.
 No urge to develop.
 Phase 4.6 Rigidity, violence, abuse.
 Inner loneliness 3.444.11

Prover15

Forest with a large stone, a young man
 with a little hat (he looks like the fairy tale
 character "Hans in Luck") sits on the

stone and holds a large stick.
 He has lost a lot, he waits without contact,
 does not know how to go on.
 Rigid, apathetic, avoiding danger and injury.
 Head throbs in the upper left.
 Clinic: Someone who was far away, lost a lot and isolates himself to not feel anything.

Prover 9

A scent of freshness/citrus jumps out at me,
 I pass the plant on immediately. Bulky,
 brittle, resistant and at the same time fine
 and soft panicles.
 The individual leaves stand alone, well
 separated from each other.
 Like family members who want nothing to
 do with each other.
 Rough skin, soft core, mysterious. Attracts
 and withdraws, rigid.
 The idea of being very small and standing
 in this "fern forest" impresses me.
 Prover 1:5 Forest with a large stone and
 Hans in Luck sitting on it. Waiting without
 contact, not knowing how to go on.
 Something child-like, vulnerable.
 Image of a vulnerable (hurt) child, forgotten
 and lost by parents, standing still at a
 crossroads, as if frozen.
 Pieter: no desire to speak.

Prover 3

A delicate vulnerable child (about 4 years
 old) is standing at a street crossing and has
 no orientation: the parents have forgotten it
 there.
 I am very still and silent, like dull, like
 frozen, no fear, no panic.
 No one hears me, no one sees me, no one is
 interested in understanding me.

Prover 4

Leaves are a little harder, but the new
 leaves are a little softer. Feels like a rough
 husk with a white centre. Branches stand a
 bit apart, solitary, solitary. They remain
 standing despite the mistreatment. Fits very
 well with child abuse, abuse of the body.
 Spirit remains strong it seems, but it feels
 lonely, so eventually the spirit will also be
 affected. They can have a lot of abuse. For
 example, a father/parent who goes loose on
 them every time and they

endure that. They allow it. Why do they
 allow it? To survive, this way they
 survive. They are honest and pure.
 It could fit where she gets beaten up every
 time by her husband and she endures until
 she finds a way out. She is lonely, she has
 a bitterness, but fights on. They keep
 looking into the future, to a place where
 the sun shines, that's where they get their
 energy to keep going. They have great re-
 silience. They keep seeing holes from
 which to draw, so even the smallest points
 of light can help, so they can keep going.
 They have very a strong survival spirit.

What kind of symptoms fit with it? First
 thing that comes to mind is the liver. The
 liver stores everything, processes
 everything. Bile/liver are bulging it seems.
 Waste products can't be gotten rid of, they
 accumulate. Metabolic disease? Waste
 products stay in the body. Is there some-
 thing with blood? Could even be leuk-
 aemia. Degradation of blood, it does not
 run well, haemoglobin cascade. There may
 even be a factor missing. These are kids
 who are constantly in the hospital, really
 medicalised and constantly medicated.
 They endure, get punctured, are lonely in
 their struggles, but they stay upright, keep
 smiling for their parents. Like nothing is
 wrong.

Lungs: full, coughing up mucus, kind of
 stasis, exchange doesn't go well (diffu-
 sion), O₂ doesn't get to all the vesicles.
 COPD, emphysema/asthma.
 Bowels: constipation, comes in phases.
 One moment much defecation, then a few
 days not. It is variable. The bowels need to
 get rid of the waste, but can sometimes
 take a little longer to process it. Hard de-
 fecation can even cause haemorrhoids, can
 also bleed heavily.

Throat: large tonsils, may even be kissing
 tonsils, nothing gets through. Child did not
 notice much, but tonsils touch each other.
 Eating is more difficult because of this.
 Desire: tomatoes +++
 Nose: blocked with mucous so it runs out
 the nose. Crusts under the nose, endless
 yellow crusts. They are not very sick from
 it, they remain cheerful and play on.
 Dreams? The sun, beautiful happy things,
 colour preference: blue, blue-purple.

Rumohra adiantiformis 3-444.11.14

Synonym: *Arachniodes adiantiformis*
Trituration proving, 3-6- 2004, The Hague,
Alize Timmermans.
Summary by ChatGpt

1. Acceptance, Letting Go, and Free Will

The remedy encouraged a state of surrender, allowing things to unfold naturally. Participants experienced a release of judgment—no longer reacting to others' opinions but instead observing without attachment.

A strong emphasis on free will was noted, with themes of self-determination, personal destiny, and the responsibility to shape one's own life.

2. Transformation Primal Beginnings

The remedy brought images of waves on a black sea, symbolising the origins of existence and the primal state of being.

A recurring motif was the simplicity and purity of childhood, yet with waves of darkness approaching from the distance, hinting at the inevitable intrusion of complexity and hardship.

3. Isolation, Silence, Deep Introspection

Many proverbs felt a need to retreat, to be alone, and to escape from noise.

A strong desire for solitude in nature, especially in high, open places like mountaintops, where thoughts could flow freely. One proverb described a group of people as islands, indicating a sense of disconnection from others, despite physical presence.

4. Fear, Suppression, Hidden Threats

There was a feeling of something hidden, lurking, or oppressive, like being trapped or disguised behind a mask.

Images of medieval knights, vault doors, and overgrown graveyards suggested an underlying menace beneath the surface of beauty or security.

A sensation of "silence before the storm", with an unspoken but universally felt tension in the environment.

5. Grief, Betrayal, Search for Peace

Several participants experienced deep grief, particularly mourning unspoken losses.

There was a sense of betrayal and disillusionment, especially regarding relationships, family, and past experiences. Religious themes emerged, including images of Jesus on the cross and visions of widows in mourning, symbolising sacrifice and unresolved pain.

6. Death, Rebirth, and Transition

Dreams and visions frequently depicted life after death, reincarnation, and the transition between worlds.

A proverb described floating above the clouds in an elevator, seeing the world from a new, peaceful perspective.

The remedy seemed to bridge the gap between past, present, and future, facilitating acceptance of change.

Mind

Strong waves of sadness, despair, and loneliness, often accompanied by resistance to confronting these emotions.

Feelings of disconnection from others, with an inability to express emotions openly.

A deep introspective state, leading to philosophical and existential reflections.

Dreams and Visions:

Recurring images of animals, particularly snakes, goats, turtles, and birds of prey, symbolising wisdom, patience, and hidden power.

Scenes from nature, including forests, mountains, and swamps, reflecting themes of grounding and mystery.

Religious and mystical imagery, including churches, monks, and light-versus-dark symbolism.

Body

Pressure in the chest and difficulty breathing, as if inhaling clay or concrete powder. Headaches, earaches, and joint pain, particularly in the fingers and neck.

Stomach issues, including fermentation, bloating, and gas retention, causing significant discomfort.

Extreme fatigue, with an overwhelming urge to rest or retreat from activity.

Didymochlaena truncatula 3-444.11.15

Sense proving, 22-10-2022, Utrecht.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth- Griihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Proving

Panic, what is going to happen?

A cloud of dust expanding, enormously. A mother, over-worried, in panic, what will happen to her children?

Mentally handicapped person, naive, trying to shield himself off from the world and having control in his own small world; he doesn't understand the world; restless.

A mother who is mentally retarded with a gifted child. "Oh, my God, what is going to happen?"

Sensitive, soft, not intellectual.

Prover 8

I have a picture of dust clouds which are growing and growing, getting huge and signifying that something big has happened. Turmoil.

"Oh my God, what happened?" Then one thing after the other happens, "What is it? It's bigger than I thought!"

Prover 12: Looking for unity, for connection and solution, kind of anxious and restless searching.

Swelling anxiety, panicky, doesn't understand what is happening. And the panic grows.

Tender, sensitive, no resistance against the deeper sides of life.

Easily influential, naive, anxiety generated from inside without any reason which can grow out of proportion. Chaotic.

Example of a situation is an overprotective mother and there is no way to reason with that or talk about it. You cannot approach them and reason about their anxiety.

They are inclined to say to you that you don't understand! It can also be a mentally retarded mother with normal

children.

Another variation is that the children are compulsive with ritualistic behaviour as an expression of control and not willing to change their compulsiveness.

There is no reflection on their sensitivity and compulsivity.

Physically it can lead to high blood pressure together with the anxiousness. Also think of hyperventilation.

Incapacity to think or reason, caught in anxiety and overprotection.

You can also think of a situation after a diagnosis of a serious disease, like a CVA or cancer when the mind is caught by great anxiety.

Prover12

Not a very distinct flavour, slightly grassy. Soft, tarry, quite naive.

Does not understand the world. Would like to but is worried about it. Restless, anxious thoughts; "Oh dear, if only not...". Increasing restlessness. Not knowing what is happening, unable to oversee and understand. Being trapped in anxiety and looking for a way out.

Palpitations due to agitation.

Experiencing chaos, disorder, as if nothing is in place. Anything can happen just like that. Left in a kind of state of shock. Very worried.

Extremely overprotective because she doesn't understand. A mother who feels anxiety about her children. She wants her children with her because then she can oversee it. If they are not, then there is danger. Feels like a constant stream of panic.

Compulsive behaviour/ rituals to maintain control.

Beginning Alzheimer's? You realise you no longer get everything and look for a way to still understand the world and be in control, but it feels like restlessness and sometimes panic.

World-weary, other-worldly.

Uncomfortable.

Dryopteris filix-mas 3-444.12.02

Trituration proving.

Mind

Ancient.

Under the earth, deep old.

Infinite patience.

Unity.

All beings are inextricably interwoven and need each other.

Compressed.

Placeless... all secure... all connected- only devotion.

Includes everything everything, nothing evil outside.

In the heart, terror grows blossom. Bring back to the origin, back to earth, but full of longing upwards, for light, for weightlessness.

Awe, wonder incomprehensible.

Not perceived.

Ignored, not perceived, not accepted, not present.

Exposure.

Fear of being completely abandoned with anguish in the heart.

Feeling lost even before I become / Am I at all? Not respected; Lack of reverence for the world of the small, invisible. When connectedness with all being / each with each / is denied.

Not worthy.

Embryo, infant.

The defenceless embryo, defenceless and defenceless.

Gesture of the embryo bent into the earth. I AM THERE!

I am... Child, toddler - high-spirited,

funny. No one says: "you must not".

Children's language: hunger means food, means eating; unseparated. You had to get out of this unseparateness, I refused it I am still before the fall... Lanugo hair spiral / rolled into the earth, innocence...

Speechless.

Emptiness.

No answer.

Abysmal hopelessness.

Spiral... Lanugo hair spiral.

Mother, earth.

Missing father; refusal to SEPARATE.

Maternal, warm-brooding. Dull.

Like a plant hen; brooding all your thousand seeds; they fall to earth without ever having seen light, as clones: identical images of you, earth-faithful mother, never have they known a father.

Loyalty to the earth, to the mother.

Longing for the unknown father. Deep, unquestioning security in the womb of the mother, and then still the question, and the longing to become oneself / to be allowed to leave this security. Refusal to take this step of longing; for: the abandonment of development out of loyalty to the mother? You have repressed the longing for the father; back into the womb of the earth, into the dark warm womb. For centuries millions of years. Refusal to let in the new from above?

Warming from outside.

Refusal of separation in man and woman. Hermaphroditism.

What a drama: this separation in man and woman.

And you clone and clone... only the seed, having come to earth, newly sprouted, splits into female and male, you yourself remain untouched by gender.

Symbol of conserved, undifferentiated unity of man and woman.

Refusal of separation.

The careless treatment of creation. The unloving treatment of your body. With food. BSE.

Brain death... Heart life... unbeatable eternal beating.

Fern

I am not there to blossom, but to send my seed into the earth.... to warm. I have renounced the beauty of blossoming.

I am undivided, leaf and seed and tuber. I am guarantor for the inseparability of all that has become and is becoming, for the innocence of all beings.

With the power of your perception and your actions you yourself decide whether you may be who you are.

Who am I without you? Fern: Earth volatile. Without interest for this earth.

Who are you, fern? When all the petroleum is burnt... where will you be?

I preserve innocence through the fossil

energy age.

My metamorphosis into blossom and fruit will be invisible in the outer image of the plant... In order to accomplish it, I am dependent on you: on your love for creation, for the small - for the seemingly small.

Have I refused the evolution that flowering plants have undergone... or have I preserved a breath of paradise?

Spread out with my fronds I stand there as a mother hen and preserve the space beneath me as a small earthly space of innocence, of paradise.

Fern: I refused to go into separation - into blossom, into fruit.

The sacrifice in evolution of us coal plants, so that you can draw from the abundance in the 20th century.

I warm from outside.

Dryopteris oreades 3-444.12.05

Sense proving, 23-10-2021, Utrecht.

Provers: Sonja Obbink, Angelique Spaan.

Prover 2

Clumsy, overactive.

Lose myself in the details, don't see the big picture. Busy, like Truus the Ant "tutu-tutu". Interferes with everything, kind of nervous excitement; everything must be done. Shallow breathing, fast. Hypersensitive to sound?

Discussion

Prover 1

Nervous anxiety, excited, flapping hand, powerless to control it.

Floating, not grounded.

Motion hysteria, as on flight.

Aversion touch it, look at the fern.

Respiration superficial.

Prover 2

Lost in details, no overview.

Busy with all the details.

Clumsy.

Truus the ant.

Discussion

Epileptic.

Hyperventilation.

Excluded, in an elderly home. Phase 7,

Phase 1.

Dryopteris dilatata 3-444.12.06

Remedy code: 3-444.12.06

Trituration proving, Dungarvan, 6-10-2022.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Brave Buckler.

A buckler is a small, round, hand-held shield.

A man, who is like a Robin Hood figure, fighting for the poor, protecting them; the elite caught his wife and hung her on her four limbs as a retaliation; he was watching it incognito, dressed like a monk, from a distance and could not do anything; he had no choice; after this event he became cruel, like a killer machine, like a wounded animal; the fight in the community goes on.

Stage 6: brave.

Phase 2: protection.

Looks untidy.

A doctor with a huge family in the times of the plague; he could not help his relatives, wife and children when they died one after another from the plague: he was left alone, depressed and killed himself by hanging. Helplessness.

Communities in poverty, having no centre, being destroyed by the elite; in the end rising up.

Cynicism.

Suspicion.

Naive person, getting disappointed by the terrors of elite, destroyed inside, only cruelty is left.

Inside a soft person, but shattered by cruelties, becoming a robot, a terminator.

Chaotic.

Partisan fighter, avoiding open fights, merciless.

IRA.

PTSS.

Communities dancing on the music, on the squares, coming together, in pubs on the crossroads.

Dispersal.

Emigrants to the USA.

Oppression of the Irish by the British; having secret schools, hidden gatherings, to keep their own language, religion and culture; passive resistance; suspicious of people, fearing them to be informants of the English.

Bribery.

Peaceful resistance, like boycott of Captain A boycott.

Stage 6.

Stage 13.

Phase 2.

Sensation of being pushed in the eyes, better from cucumber applications.

Deep trauma, deep division, deep sadness, cruel, escaping, scattered.

Prover 6: wife of prover 5, in ambush hung, drawn and quartered in public, skeleton remained.

Prover 5: angry, because betrayal in community, doesn't know who to trust, courageous.

Everyone had to leave, on the run and fitting in, staying under radar. No settlement, otherwise danger of being attacked.

Cyrtomium falcatum 3-444.12.11

Sense proving, 7-7-2023, Bochum.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth- Griihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover13

Dry, like paper.

I lose my lustre.

Full, present, dancing.

Lies down, I don't have to tear hard, the leaves break easily as if thin piece of glass, breaking into pieces (I start to sing 'I love the sound of breaking glass, especially when I'm lonely).

No resistance, it doesn't hold onto the other part.

Asking for water, we all are like "hi, we need to give it water." De stem is tough.

Lush, abundant, voluptuous.

Feels light.

I still have enough, gives freely. Light, communicative, open. Gentleman in society, charming, behaving in a way that makes you feel good/better, even when he's the most beautiful person in the room. He is just nice, a gentleman, likes to give, let other people shine.

Now we gave it water and we feel good about ourselves!

Nice plant to have in the house. Surprised, surprised but then it's already over again.

No depth.

Pink leaves.

Superficial.

No worries, give everyone a drink, there's plenty, sir.

Happy go lucky.

Prover 9

I lose my lustre, it was the most beautiful (fern) but no one wanted it.

Quite present in life, but he seemed to dry up.

The seeds under the leaf are always in the

same order like a pattern or code laid out. The theme of order is quite strong.

The leaves break apart easily, without resistance.

The young stems too, the old ones not.

Generous in its abundance.

We put it in the water, to save it.

He did not ask for it.

Abundant, gives freely, it does not mind.

Resilient, charming, friendly, good manners, his behaviour makes you feel good; a rich, generous person in society. Champagne for everyone!!!

Like a pop, you don't know what's inside!

We feel good because we gave him water.

Tired and yawning at the contact of the withered leaf.

Robert Redford.

Song: "I like the sound of shattering glass."

The Great Gatsby.

Light, superficial, harmless.

No trauma experienced in life.

We don't get closer, we wait, but nothing comes.

Nothing behind the facade.

Pleasantly patronising.

There's enough for everyone.

Prover15

The most beautiful of them all, we got the best one.

We enjoy the beauty of order, pleasant environment.

The leaves are like paper with writing, with an incomprehensible code. Is there a secret? It almost dries up, but is in abundance. We water it.

Voluptuous, it feels light.

He gives freely.

A rich attractive gentleman who is generous. He stands at the bar and gives out drinks "champagne for all"; charming to women, without demand.

The great Gatsby.

Happy go lucky.

Makes you feel good.

What is behind it? Is there anything behind it at all?

The leaves can be easily broken apart by pulling them horizontally.

Like a popping candy you pull - be amazed, be surprised - and then it's all over. It lets the others shine.

Little depth, just a perfect appearance. As a patient he says little about himself

No dramas, superficial.
Remedy code: 3-444.12.11.

Discussion

Superficial, no worries, happy-go-lucky.
Gentleman, serving people with enough
drinks and making everyone feel better.

Polystichum setiferum 3-444.12.1

English: Soft shield.
Trituration proving, Dungarvan, 5-10-
2022.

Provers: Mairin Begley, Kate Cross, Mar-
tin Jakob, Martin Jennings, Isabelle Klein,
Marie O'Sullivan, Franziska Prosser, Jan
Scholten.

Proving

Body painting, tattoos.
Tiny forest, little people, goblins, hobbits.
Small ghetto, busy, not much space.
A princess, very young, naive and inno-
cent, got pregnant by her lover, a Robin
Hood figure, who is fighting her father, the
king. She feels paralysed, frozen, des-
perate, embarrassed and suicidal. He is a
jester, warm and cold, carefree, not real-
ising the situation, wanting to marry her
though. But she does not want an abortion
and cannot decide whether to marry him or
not, as she there is already a marriage
arranged for her. She fears being exiled
and isolated.

A woman, old and sad, as she never got
children after she had an abortion. She had
a bad marriage and regrets the abortion.
Responsibility, duty, tied, unable to act
differently.

Problem of having to fulfil one's duty,
destiny, for the greater good.
Intrigues, gossip, manipulation.
Not reflecting, not knowing what to do.
Others decide for you as you are under
threat, so there is no other option. Protect
the crown.

Happily died from syphilis.

Phase 2, Phase 3.

Stage 11; maybe stage 5, 7 or 9.

Discussion

Prover 6, King's daughter, had lost inno-
cence because of Hobgoblin Prover 5 and
was pregnant now. Supposed to marry
someone else, arranged marriage. Crown.
Prover 6 passive, could not make any de-
cision, doesn't know what to do.

Prover 5 gobs hit, sowed his seed widely in
the village, most children from him. Lack
of awareness of consequences. Manipulat-

ing for selfish reasons.

Prover 6 supposed to be queen, didn't go away with hobgoblin, had to keep up tradition of family and community; personal desires are not important, not relevant, don't exist.

In the beginning very desperate, afraid of exile if pregnancy was found out. Suicidal. Protect the crown, adapting to maintain the crown, tradition.

Cyrtomium fortunei

3-444.12.11

Sense proving, 16-10-2023, Dungarvan.

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Male.

A gay man among the boys.

He could not cope with their kind of masculinity.

Bachelor party.

A lot of bravado.

Desire to be successful.

High testosterone, even in females.

Desire to play team sports, hockey, rugby. Peacock.

Privileged, born into an entitled world.

Feeling okay when in a team.

Problems start when someone is pansy or gay in the team, realising they are different.

When one commits suicide because of feeling like an outsider, the others are in difficulty due to a lack of emotional maturity and inability to talk about it.

Stagnation after problems.

Epidemic of suicides in Ireland, Australia, by young men when the group falls apart.

It is fine when everything is okay, but problems cannot be digested or transformed.

Bragging, drinking, and bravado in the group, but no real foundations.

Unable to tell friends and family how lonely and isolated one feels.

Their family and parents had no idea as he had everything and no reason to complain.

Friends had no understanding either as there was no reason to be suicidal.

No real connection.

Discussion

Iron series series.

Phase 2.

Stage 11.

Arachniodes simplicior 3-444.12.12

Sense proving, 22-10-2022, Utrecht.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Helena van Dijk, Gerard Wiringa.

Prover 4

Prover: Hi twig, would you like to introduce yourself? Who are you?

Remedy: (clears his throat, and again) I am a very beautiful fern, really very beautiful. I am very ingenious and every part of me is coordinated.

Prover: Explain? I am curious?

Remedy: I come from a very old noble lineage. (Speaks in a distinguished way.) And I come from a long line of ancestors. Our heritage is great, very great. We are the kings among the ferns. Our race is centuries old.

Prover: Explain.

Remedy: We have been here on earth for a very long time. It is our home planet. We, like the dinosaurs (who are unfortunately extinct) have been here for a very long time. We were the very first ones.

Prover: What do you mean?

Remedy: (Sounds very weighty). We are important to the earth, to nature. Thanks to us nature is the way it is, we feed nature and nature feeds us.

Prover: Can you tell a little about your character?

Remedy: Yes of course, I am very honest, courteous, caring (only when it suits me), authoritarian and... I don't like to talk about my weaknesses very much...

Prover: Do you have weaknesses?

Remedy: Yes I do, every thinking being has them, I have them too and I am not proud of them.

Prover: Explain?

Remedy: I like to be in charge, I like to chart a course. My will is law. If my will cannot be obeyed I feel very aggrieved. Very much so. As if my leadership is questioned, when I have done such good things for everyone, incomprehensible

really. You know, when you are king you expect your subjects to follow you, right? This is done very well, but there are always a few who go against me and I deal with that badly. Then it's explosion, danger!!! How dare you go against me? Where do you get the nerve? Tell me.... I have the best interests of my people at heart.

Prover: But that sounds like a dictatorship?

Remedy: It's just how you look at it, I see it differently, I KNOW what's good for my people, I studied for that, I KNOW things.

I AM the authority. And as an authority who always has his people's best interests at heart, I don't want to be contradicted.

Prover: And if that does happen?

Remedy: Then all hell will break loose. I will make it clear to the person that they are wrong.

Prover: But if that fails?

Remedy: Off with his head!!!

Prover: What?

Remedy: Off with his head! Yes, it's my will and no other, well, no other.... Then it's just off with his head!

Prover: Pfft, that's pretty intense, do you get so incredibly angry? Do you also become homicidal then?

Remedy: Yes, I think I'm allowed to be so angry, I'm allowed to do that. I have the right to be. My wrath is mega big. Prover: Can you also injure others?

Remedy: Yes, I can, and I have no regrets, none at all. You know, I've been thinking about this. I know what's right for my people and when they question that, they're not done with me yet. I can attack them physically and mentally. I am very powerful. I can kick, hit, do martial arts, sword-fighting. I am supreme. And I am very strong with words. You cannot escape me.

Prover: Okay, that's clear. What would you like in life?

Remedy: Only dominion! That is my ultimate dream.

Prover: Where you call the shots and no one else?

Remedy: Yes, that.

Prover: Do you have any other needs?

Remedy: What do you mean?

Prover: What else do you want besides just to rule?

Remedy: Only then can I be happy; I need followers who take care of everything I want and need for myself.

Prover: And do you have them?

Remedy: Of course! Without followers, no dominion!

Prover: Okay, you have followers, you are taken care of, but do you also get love from your followers?

P: What do you mean?

Prover: Well love, do they hold you, do they hug you?

Remedy: Don't be silly, I find hugging highly inappropriate and very annoying. I don't understand why people do that, really incomprehensible. What do they call it affection, that is disgusting.....

No, not in my kingdom. I don't tolerate affection, it makes you sick, doesn't it?

Prover: And what if it does happen?

Remedy: No, I don't allow that, not in my kingdom.

Prover: Do you ever get scared?

Remedy: Oh, are we going to talk about emotions. Take I don't allow myself to be afraid.

Prover: But does it happen sometimes?

Remedy: Honestly? I get over that, I avoid such situations. I don't want anything to do with fearful situations. And I expect my people to not show them to me either.

Prover: But a good frost can handle anything, right?

Remedy: Are you suggesting that I can't handle fear well?

Prover: Yes.

Remedy: I avoid it and when it comes my way I make short work of it. Head off, in other words!

Prover: I see an image of soldiers in North Korea, soldiers walking in line and not out of Deepak's. Does this fit with this?

Remedy: Yes, those are my followers and I don't expect anything else from them.

Prover: Can you tell a bit about physical complaints?

Remedy: Yes, I could, I don't have many complaints. I am very perfectly built, there is not much wrong with me.

Prover: Okay, what do you suffer from?

Remedy: Haemorrhoids are not pleasant, and hard stools. I do have this often, it comes out in pellets, as if the moisture is gone, the poop falls apart, there is no consistency. I hold all kinds of things in my

body, fluid, weight, food, etc. I hold on to everything. Going to the toilet is difficult, I have to let go then and this letting go does not work. I can be overweight, but I don't have to be. Oedema, lip oedema too. Sleeping is also a thing. I don't fall asleep easily, I'm awake for a long time and I wake up often. I can sleep better during the day. I am a king of the night. Prover: Anything else to add? Remedy: No, I don't think so, it was a pleasant conversation. Nice to have someone listening to me.

Arachniodes simplicior 3-444.12.12 Polystichum polyblepharum 3-444.12.13

Sense proving, 22-12-2022, Utrecht, Laufen.

Provers: Martin Jakob, Jan Scholten.

Proving

Texture is smooth and tough, a bit plastic-like; the edges are toothed, prickly. Is the plant real or fake, plastic or plant? The beginning is nice, idealistic and naive, but later one realises that life is hard and that one has to fight and become hard. In the beginning it is show, later fake. It makes a lot out of itself.

Showy.

Tasteless, like a vegetable.

Strong.

Someone who has learned not to show emotions and weaknesses, as they had a youth in a rough environment and had to become hard, with a show of being funny, happy, joking.

Suburbs of Paris with many immigrants; it is colourful, with much dancing and fun, but underneath there is sadness and violence.

Headache, frontal, pressing, hot, > cold applications.

Not showing emotions.

Not letting people come emotionally near.

Moroccan soccer team, playing fair when winning, becoming aggressive, fighting and destructive when losing.

Underdog behaviour.

Phase 5.

Cannot stand losing.

Difficult to have a real relationship.

Wounded, hurt pride, and thus becoming hard and tough.

Like Lauraceae, making oneself big.

People in fighting sports, kick boxing, street fighting.

Stage 12.

Leader of a gang, big, strong.

Sex hard, short, masculine, pornography.

Simplistic dualistic thinking: black or white, you or me.

Gentle unless being attacked: "don't fuck with me".

Perfect to have as a friend and protector, but terrible to have as an enemy.

Can only feel threats, no emotions.

Sense proving, 23-10-2021, Utrecht, Jan Scholten.

Prover 1

Hectic, angular, sudden changes.

Texture stiff, sturdy.

Smell: not special.

Taste: not special.

Hearing, seeing, remain silent.

Irritation, itch in face, > rubbing.

Head full, frontal, pressing.

Don't interfere, it's none of your business.

Transparency destroys more than it heals.

You have to be constantly aware of what you have said, to whom.

Less and less contact with people for fear of speaking up.

Seeing one of your parents commit adultery.

Seeing a fellow student cheat at exams.

Witnessing a colleague stealing from you.

Or the opposite, everyone in the village knows the situation but you; you feel that something is not right, for example that your father is not your real father.

Retreating to your room or to the woods, going for a walk.

Phase 4, Phase 7, Stage 13

Dryopteris sieboldii 3-444.12.13

Sense proving, 5-3-2022, Utrecht, Jan Scholten.

Prover 1

Rough, burly, coarse.

Chaotic.

Taste: sweet, vegetable-like, but at the back of the tongue it is sharp, poisonous. Fields of grain swaying in the wind, with the fear that the harvest could go wrong because of the weather; the fear of whether it will go well.

Crawling away, not standing out.

Standing out brings risks, danger; it is less so when one is among one's own people, one's own community; it is better with carnival, then one is allowed to deviate and go crazy.

Big jokes are allowed, but you always have to check whether you are going too far. Fear of strangers, elitists, for fear of being punished.

Fear of your own people, that you are out of line and rejected.

Wants to conform to the norms, the community.

Phase 3, Phase 5.

Feeling that everything bad happens to you.

Phase 3.

Stage 13.

Polystichum aculeatum 3-444.12.16

Sense proving, 2-10-2022, Utrecht, Jan Scholten.

Prover1

Flavour is vegetable-like, later slightly bitter.

Feeling of difficulty with the need to give up and let everything run its course. Pain in the forehead, oppressive. Depressed, worrying.

Burning sharp pain in the anus, pressing. Stitches in the upper abdomen and stomach area.

Worried about family members, that they will get sick or lose their jobs or have other problems; how will it turn out without a father or mother, who will take care of me. Need to close my eyes to the problems, out of helplessness.

Rather go to sleep.

Need to expand but let it go because of the lack of strength, let it all hang out.

Need to expand, make a stab at the outside world.

Stage 3.

Stage 16.

Polystichum luctuosum 3-444.12.16

Sense proving, Dungarvan, 6-10-2022.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Seeing the good in others or not, sympathy for others, but realising not everyone has good intentions.

Sister.

Plastic.

Uncontrolled, messy.

Rigid texture.

Ship of emigrants.

Stage 14.

Pretending on the outside to be straight, otherwise you get caught; you have to have a very proper image; at home you do things that are not allowed, like at carnival, with a mask.

A banker who is liberal during the day, but has sadomasochistic experiences in the evening and night.

I feel sorry, want to apologise for my deeds; I was too strict, killed a lot of people, but I was forced to do so.

Hitler's story, but why should I be sorry for him?

People incarcerated, very tight.

I am the perpetrator, cruel, like in war, raping women, forcing things on people.

Dictatorship.

It is not proper with alcohol, food.

No choice, because of no reflection.

Jews deported by Jews.

Brutality, reckless, detached, split off, dissociated.

Touched, crying about crimes, faults.

Forgive them, they know not what they have done.

Dutiful, but pretending.

Dictator, ruthless, working for power; covers something up; strict rules on the outside, but different underneath; pretending.

Torture, how to relieve myself.

Split in personality; off from own centre.

Prover 6 killed millions of people, including sister.

Mass murder, clean up society from impure elements.

Was now very shocked, crying. Wants to be forgiven at end of life.

"Forgive them for they know not what they do."

No relief from guilt, however at the time there was no choice, not questioned, no reflection.

Predator part of *Strychnos cocculoides*.

Good or bad, empathy and seeing good in others.

Stage 14: Arno Griin: Adolf Hitler was just a poor creature, but had the ability to become a dictator.

Mask.

Discussion

Synonym: *Polystichum thus-simense*.

Remedy code: 3-444.12.14

Cyrtomidictyum lepidocaulon 3-444.12.17

Sense proving, Dungarvan, 5-10-2022.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Dictator.
Spider in a web, wants to control everything; like in the Lord of the Rings.
Goblin; leprechaun, gnome.
Cornered animal.
Drone attacks, not being in danger yourself, but killing for others.
Man, soldier, with PTSS, keeping all emotions inside and then suddenly killing their whole family and committing suicide.
Teenagers killing schoolmates, like the film "Bowling for Columbine".
Phase 7.
Stage 12.
Child soldiers, forced to killed their own parents.
Lost confidence, in the universe, in God, totally nihilistic; having only one little point of religion that one could not get rid off.
Police like robots.
Plastic, revlon, bulletproof vests; thinking it is not so bad, but later it is very dangerous, artificial.
Trans-humanism.
Spidery, leprosy.
Spider in Lord of the Rings.
Drone attack.
Child soldiers, merciless fighting.
Being forced to kill your own parents.
Nihilistic, no trust or confidence in anything.
Trans-humanistic perfect soldiers, completely obeying.

Drynaria sinica 3-444.13.08

Sense proving; 5-9-2022, Uzes, Maria Davits.

Prover 1

Hard.
Neglected.
Hard-working.
Wriggling in all sorts of corners.
Alone.
Difficult contact.
Trying to make something of it.
Poverty.
Very sensitive.
Whimsical.
Doesn't understand himself.
Still makes something of it, of his work.
Can be twisted, also cheerful.
Truncated.
Pathetic.

Platycerium bifurcatum 3-444.13.11

Sense proving, 23-10-2021, Utrecht.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth- Griihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover1

Laughing loudly about breaking rules. Old-fashioned.

Growing slowly, but becoming very big. A group of cyclists going fast, chatting, proving they are still very capable, gaze on infinity and mind on zero, together nicely. Choir, singing together, in church, together, cozy.

Being good to each other because then you don't need rules.

A village that goes its own way, that doesn't care about rules and laws from above.

The village of Asterix goes its own way. Phase 5.

Just act normal, then you will still be crazy enough.

Smell: a bit vegetable-like.

Taste: slightly vegetable.

Heart's horn, stag's horn.

Heart strengthening, stabilising, calming. Atrial fibrillation.

Ailments from discord in the community.

Covering problems with the cloak of love.

Protective.

The positive is where one belongs.

Prover 8

First there is a feeling of clenching the jaws, subsequently a feeling of gravity, a kind of pulling down. Physically the region of the stomach and the hypochondria become very conscious and it feels left-sided.

This plant feels very 'basic', it has a state of 'just being', simple. Also somehow dull.

A strong feeling of having a hood over the head, the head feels also full. Someone else describes a feeling of a Russian fur hat or a wig. That comes close.

My attitude is that the laughing of others seems not at all humorous to me. I tend to call them a kind of show-offs or posers. I feel like the builders on the scaffolds who gives a wolf whistle to women on the street. Real basic. No-nonsense. Simplicity. Feel strong, but also flat.

Prover 5

Curious, nosy, looking in all directions, wanting to go out, up, even if something is still hanging down, pulling down. Many questions, wants to learn everything. Stress.

Naively and amusingly going forward.

Doesn't know where to go, the main thing is to go up.

Protects itself, velvety as it rises. Unafraid, but protecting itself. Stressful. Almost fleeing.

Tinnitus in right ear.

Prover12

Little movement, little action, doesn't want to move? Eventually very slowly forward, but very uncertain; it is exciting and I feel tension in my neck.

I see obstacles on a road, which I have to go around. That is oppressive.

My throat is constricted, squeezed.

It's all slow and heavy.

My heart is beating faster.

Prover 7

We start early, before the time that is set.

In our group in the beginning there is much laughing, giggling.

There is a misunderstanding, and it seems impossible to solve it.

When someone mentions the name of the plant I feel a greatness in me; my chest swells with pride, inflated, full of air. With it my heart feels full and warm; compassionate.

With my eyes closed I sense a darkness, heaviness, mourning. Not intense but it is there. It is turned inward, especially in the heart (base) of the plant.

There is very little grounding (it often hangs on walls, being nice and quiet).

Quiet; gracious and decorative. She likes to be adored. But does not invite contact.

When I open my eyes I see joy, pleasure, playfulness. But all of this on top of a

heaviness.

When I touch the leaves it feels very soft, it is nice to caress it. Like a toy-bear with short fur.

But the inside of the leaf is rigid; the plant holds itself up.

The roots in the pot feel dark and very sad. It shows a very clear line: the deeper you follow the plant in its roots, the sadder it becomes.

After a while the grief gets milder; some comfort appears.

Then I sense the sadness: it is about not understanding anything about life. Not knowing why there is life, why I live. Not enough in contact with the flow of life; nor with life itself.

With it comes a longing to know more about life, to connect with life.

Prover 9

Feels attacked by the leaves, overwhelmed, ridiculed, not taken seriously.

Feeling as if the vertebral column is dislocated at the left side. Respiration is difficult, the feeling of an armour on the back with the desire to breathe deeply; it is worse from stretching, as if the neck is blocked, and the pain extends to arms and shoulders. I have the feeling I have to straighten myself to come into my centre, middle.

Aversion to being looked at. Desire to look away. Gripping hands.

Reindeer.

Silly, foolish, underneath a deep sadness.

Prover 10

Laughing, as at home when young, at parties with the family, laughing at nothing, nothing is said.

Tension in arms, better from laughing and relaxation.

Feeling of being in my own world, like Cerium.

Feeling of being very small, but it is big, helpless, simple.

Prover 15

Radiating on the surface.

Head feels as if the mushroom is heavy, as if a wig is on my head, like a heavy burden, it is exhausting.

Caring for and combing the wig is heavy.

Old, Russia.

Prover14

Polarity; the upper side is colourful, the lower side does not show itself.

Clarity in the beginning, in the upper part of the body and the head, not in the lower part of my body.

Trembling in my back and lower arms, okay in the beginning, later cold and weak.

Prover 6

A beggar, hurt.

I am big, great, but don't understand the world.

Little moisture.

Breathing deeply which is liberating and simple.

I see the others, but cannot make contact. Come what comes.

Simplicity, rest, just being, without intellect and religion.

Deep old knowing, from the old world.

Everything has its place, aversion to change, desire monotony.

I feel like a child, simple and lovable, also anger as I cannot direct things, I want to fight for my place.

Breathing is difficult, suffocating.

Doubting, worse from thinking.

Responsible.

Where am I, where am I going.

A child alone in the big world.

Tell me what I have to do, follow, as a slave.

Prover 6

Home as a protection.

Numb skin.

Prover17

Fear of heart infarct.

Duality of strength and weakness, of male and female, of raw power and culture.

Numbness. tingling.

Platycerium bifurcatum 3-444.13.11

Sense proving, 8-07-2022, Munchen, Martin Jakob.

Essence

This personality sticks to the rules, a fixed daily routine, otherwise it sinks into the chaos of its feelings. A hierarchy, obedience, a simple structure, beyond which lurks chaos, the danger of death. It must adhere to this structure, otherwise danger threatens. The structure is like a small island or a raft in a stormy sea. There is only a little ground and support, the rest is chaos. Similar to the cave, a fixed point in the wilderness.

Image: A cave with Stone Age people around a fire. Only a small group, men, women, children. There are only simple rules, but they have to be followed, which ensures survival. A strict hierarchy, e.g. who eats first, who looks after the fire, etc.

Mind

Obsessive-compulsive disorder. Despair.
Fear of wild animals.
Fear of ghosts, demons.

Body

Burning eczema.
Smooth skin.
Nerves clearly visible.
Like the wings of a dragonfly. Simple structure, simple beauty.

Pseudodrynaria coronans 3-444.13.12

Sense proving, 23-10-2021, Utrecht.
Provers: Sonja Obbink, Angelique Spaan.

Prover10

The underside/inside is soft, needs the protection of the hard outside, upper side. Immature, needs support.

Wants to be touched and wants closeness, but shields itself. Because of trauma? Old wounds, past. Problem with attachment? Constantly being moved, no solid ground, unsafe, so protects herself.

Has to adapt again and again, doesn't feel at home anywhere. Searching for the right place.

Aggression - they don't want me, do they? Searching for roots. Doesn't know where he comes from, but also where he should go. Feels stuck. Wants to belong, but to whom and where? Feels like part of a tribe that was chased away.

Torn from the earth against its will and replanted somewhere else, repeatedly saying goodbye, but not enough time to take root in the new place. Seems hard, but if you look closer, soft, caressable and vulnerable.

Farewell, sadness.

Prover12

So unprotected, because of having moved from place to place, to place, it has to adjust every time, nowhere at home, searching for its roots, wants to belong to a group, but which group? There is a pain from moving and leaving things behind; the more it has to move, the more protective it becomes. Inside kind and warm, wants to be held, loved, but looks aggressive.

Discussion

Prover10

Hard versus soft, hard leaf, soft root.

Stage 12.

Anger, attacking, the plant.

Gypsy, everything being chased away.

Refugees, welcome nowhere, always having to adjust.

Hard to protect the roots.

Pseudodrynaria coronans 3-444.13.12

Sense proving, 22-10-2022, Utrecht.
Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Grihn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover 8

He comes in at the end when they're stuck in the difference of their experience. They are sitting and nothing happens and don't know how to go on.

In tasting this fern I have the feeling that there is a strong surge towards depression. And I am very decisive not to succumb to that. So I stay resilient to that not to feel what has happened to me or feel the grief or great loss in my life.

Stephanie stresses this same feeling in puberty where that is channeled in a strong resistance to go their own way.

Monica felt like in group of, for example Syrian male immigrants, who stay in their power to survive and not succumb to the feeling of having lost their homes and family.

Prover 5

I can look dreamily at the plant. It does not excite me. I have no real relationship to it. It is individualistic, leaves are sometimes straight, sometimes curved. Sometimes they divide, but they are one. Like Siamese twins. Wanting to show what they can do. All from the same tribe, but they want to go out into the world. Risking getting burnt in the process.

I dream, can relax for the first time because there seems to be no contradiction. They go their way. It seems disorderly, and yet they go their way. They promise nothing. They are all for themselves. They do what they want. Like puberty. Like independent.

After Pieter joined in: his interpretation - being superficial so as not to have to go into depth (depression) reminds me of the story of the Jewish man who was influ-

enced by fascism and its consequences. He married a woman from a similar background, they made a good life, always earned money and traveled from one country to another. They changed countries as soon as they had the slightest suspicion that the freedom of life there might be restricted. They carried suicide pills with them in case they might get into any situation where they could no longer act in a self-determined way.

Only noticed later: strong heart palpitations during the first two trials. Then headaches. Arrived home: very strained feeling, the whole Sunday was too exhausting, although nothing special was done. Doing the laundry was too much.

Prover 9

Busy-body, group leader.

Together they are strong, they give each other support and an identity.

Some leaves are straighter like arrows, others split at the front, that reminds me of speaking with two tongues.

At the same time, I feel as if they are all looking in one direction, or have aligned themselves in one direction. But it is a question of perspective!

They are abusive, goad each other, speak in choppy sentences or buzzwords, like short orders. They seek confirmation or support from the other.

But they are neither radical nor dangerous, a group of asylum seekers, Syrians for example, who need to support each other. When I try to communicate with the men or the plant, my eyes close, I am tired since dealing with the plant.

Everything they say (the young men) or talk to each other makes no deeper sense to me.

I get heartaches that go down my back and over my upper arm to my elbow. Actually I am at a loss, I feel like I am only on the surface of what is happening. I just can't get into it.

Only when Pieter joins us do we reach the true nature and message of the plant.

Drynaria rigidula

3-444.13.14

Sense proving, 16-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

Unable to move, but wants to move and has to stand.
Standing right up.
Stage 14.
Empty form, leaves like mummies, dry, brown.
Fixed in the past.
Quicksand.
One can easily be cut off.
Desire to clean.
Shiver in the spine.
Flashy, nice suits.
Very soft.
Comforting.
Heavy work, like mountains.
A ship bending, sailing.
The younger brother leans on the older brother.
Wealth has been taken from family, parents, grandparents, and brother, needed for gambling, alcohol, and a failing company.
A brother getting everything from his parents and abusing his brother who is unsure and gay; he is arrogant, unfeeling, a bit psychopathic, nobody else matters, abusing his parents.
Eyes stinging, allergic.
Nose running.
The head feels separated from the body.
The taste is bad, bitter, fungal, and mossy as if being deep in the forest.
Eyes burning.
Cannot escape.
Stuck, cannot move away.
Indifference.
Dizzy, brain fog.
Not growing on.
Brother feels great that he takes care of his younger brother, but is just a pretence as his brother is working for him for free in his company; the brother feels like half a person, is a secret drinker, putting whisky in the coffee, has no confidence, shaky

hands.

Younger brother gave up and never flourished.

Spiky, hard, cruel, and vindictive to others; everyone shivers.

Fake success.

Abuse is stated as exploration.

Family abuse by priests.

Parents who give up on their son.

Cover things up, fear things are found out by others.

Keep it in the family.

Rigid.

Looking straight, on the surface.

Facade of civility, being above approach.

Worrying, constant, of being exposed. A feeling of something alive in the body, like Thuja.

Living things in the solar plexus, worry, worry.

Worry their life away, cover-up.

Paralysed.

Nausea from anxiety.

Caring for someone out of fear of being exposed.

The idea that masturbation is a sin, is self-pollution.

Expression: Jesus masturbates for Christ's sake.

Codependency.

Brutal crime in the end.

Discussion

Iron series, Silicon series.

Phase 6.

Stage 14.

Polypodium vulgare 3-444.14.08

Sense proving, 23-10-2021, Utrecht, Jan Scholten.

Prover1

Left, right, left, right.

Yin, Yang, Yin, Yang.

Harmony.

Flow forms like in anthroposophy.

Man and wife, working together for their many children.

Pentecostal church, community, it is good and nice, but on the other hand closed and excluding; when one is not a member anymore all contact is avoided and forbidden.

Just doing things, not thinking about it.

Phase 4, Phase 6.

Colysis wrightii 3-444.14.09

Sense proving, 22-10-2022, Utrecht.

Provers: Petra Balloch, Ursula Bleeck-

Daehnrich, Britta Dahnrich, Helena van

Dijk, Rea de Gans, Stephanie von

Frankenberg, Dorothea Hochhuth- Griihn,

Anton Kramer, Pieter Kuiper, Monika

Lang, Sonja Obbink, Jan Scholten, Sandra

Schulte, Angelique Spaan, Gerard Wiringa.

Prover1

Something cheerful.

Fiery energy, warming.

A half circle around my head, a bullet over the head, the top half, warm.

Not knowing where to go with your energy.

Beams of light, laser beams in the night.

Taste: plain, like salad.

Texture: smooth.

Together and letting go.

Sending energy, but incomprehensible, I wouldn't dare do that myself.

Gypsy family, with a close bond, but each goes their own way.

Who stays longer, premier Tuss or a head of salad.

Loose sand family.

Mini salad culture with seven varieties of salad, for the balcony.

Elusive.

A man who always acts cheerful, doesn't show his pain, the great unknown.

Remainder, that which remains.

Who is he anyway?

Servant, protecting the pharaoh with a parasol; a factotum, a butler who lives the life of a closer and is never allowed to show his own feelings.

A waiter, pub owner, always cheerful, having a chat with everyone, but never showing anything of himself.

Consumed.

Disabled, supported by others in the family.

Many in the mind.

Today is like yesterday, nothing new under the sun.

Phase 4.

It is as it is.

No questions, no doubts.

Is what I am thinking correct?
 On the one hand consumed and neglected,
 on the other fresh.
 If one knows the roots one can understand,
 see the unity; in the expressions one is
 spanned by great differences.
 Gypsy family, with a close bond, but each
 one goes his own way; but one should not
 ask for anything. Many have affairs, but no
 one talks about it; the affairs also pass by
 themselves. One prefers to stay with his
 wife, as a shelter.
 Stage actor's family, fair customers, go
 through life as in a carousel.
 Sailor with a mistress in every port.
 Underlying discontent.
 Lots of power.
 Banal, there is more potential.
 Spiritual emptiness.
 Dodge the problems, then take a further
 path.
 Taking the most one can take.
 The unbearable lightness of existence.
 Prison of norms and rules and one has to
 abide by them, but they are so bad that one
 has to break out of them from time to time;
 one cannot always abide by them. The
 basics are the same for each, on top of that
 one can live extravagantly.
 Multiple personality.
 Dissociation.
 Parents who are absent because they are
 too busy with their business and their own
 problems.
 Who actually are these parents?
 Bastard, unaware that they are not his own
 parents.
 The Merry Widow.
 A mother who will not see that her child is
 doing badly, she cares for her child but is
 not there emotionally for the child. Cannot
 accept gifts.
 Man who was popular in the pub, had read
 a lot and could tell many stories, later
 suffered a brain haemorrhage and neuro-
 pathy.

Prover15

Flames, rays in the sky, criss-crossing.
 Much energy.
 A rest that was left; remnants.
 Old factotum, not showing itself, serving.
 Tavern keeper.
 A large family, traveling people, showmen
 at folk festivals. Acceptance, tolerance.

And taking what you can on the side: Love
 affairs.
 What am I here for? Spiritually empty.
 Wasted, just existing / being there.
 Below: An equal, common base of norms
 and values.
 Above: extravagant.
 There are norms and rules but you can't
 always stick to them.
 The Unbearable Lightness of Being.
 The Merry Widow.

Polypodium interjectum 3-444.14.14

Remedy code: 3-444.14.14

Trituration proving, Dungarvan, 3-10-2022

Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Wrong, wrong sides, mistakes.

Hard work.

Delusion of having a choice.

Keeping the dead with you.

A cracker.

Staircase to heaven, a spiral.

Framers, have-nots, working hard for a bowl of soup.

Yawning, tired.

Uncomfortable, but not allowed to speak about it.

Together, but not coming together. Curling up.

Chaotic, confusing.

No ability to leave the rigid path.

Rejuvenation.

Heart.

Fresh.

Rigidity; frigidity.

Hiding behind jokes, fun, to feel comfortable, appreciated.

The truth is too heavy to bear.

Cannot separate, cannot combine.

Top of motion.

Phase 4.

Stage 7.

We work all day and get paid; in the evening we go to the bar with friends, drink a lot have fun and make jokes.

There is no such a thing as a free lunch.

You have to follow the straight road; it looks like you can have sidesteps, but only a little, for a short time.

A stable marriage with a fling from time to time, but nothing serious.

It is hard to have distinctive rules.

Slaves, sometimes even treated worse by other slaves; cheap labour, immigrants low on the social ladder, lured into it. Workers working together, with comrades, like miners.

Phase 4.

Stage 14.

Over-tasked, over-asked, overburdened.

Stage 7.

Chaos, people leaving proving, noisy, people talking, being in the corner, complaints about noises, dogs snoring. Out of order, no order.

Plant strong and wiry, leaves soft and cool when rubbed on skin. Lots of fidgeting. Story: factory workers, working class, Hooter goes off, everybody goes to work and home.

Simple people. Working hard for a bowl of soup. No regret, no aspiration, no competition.

Pub at night, playing darts. Soccer games, soccer fans.

No consciousness of problem. Connected, primordial soup. Full acceptance. Same clothes, hair.

Interconnected, all one. No individuality, Life is harsh enough as it is, no reflection.

Polypodium scolieri 3-444.14.17

Sense proving, 20-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Harmonious, rounded. Motherly.
Leather-sealed people.
Workers outside.
Oppressive heat, workers in a coffee plantation, nicely.
Feeling rejected.
Golden ornaments.
Connection in the underground.
Waiter, offering everything.
Polite. Gentleman, sacrificing. Flourishing.
A neighbour going to the hospital going out of the way.
Dogs bark, as defenders.
Very healthy, very strong.
Plant with 29 lives.
Sperm donation.
It is all fake.
An uncle cheated about the family tree, and changed the name by painting over it.
Afraid to get caught.
It did not happen, I cleaned up the shit.
Terence goes to the hospital which gives space.
Sacrificing everything for the group.
Not playing the stupid games.
Plants growing on dead bodies, flourishing or dying.
Nice cover, nice cover-up.
Suppressing secrets, family secrets, emotions, family stories.
Underneath soft, a soft side.
Shit undercover.
Blood brothers.
Like Chromium, Kalium bichromicum.
Appeasement, to avoid the underneath currents.
Nausea, if was is underground comes up.
Show, justification, illicit money.
The youngest child finds a weak part in the will of the parents.
One man's death is another man's bread.
Suppress it, don't be so negative.
Iron series; Phase 4; Stage 17.

Microgramma vacciniifolia 3-444.15.04

Sense proving, Utrecht and Laufen, 14-10-2022, Martin Jakob, Jan Scholten.

Proving

Taste is a bit bitter, a bit dry, a bit nothing.
Texture is tough, leathery, one has to chew a lot before it gives in.
Wolf family, alfa wolves having offspring, the other wolves not.
Family with children and grandchildren, but they are living together, mixed and also not mixed, not communicating.
Reproduction.
Children not allowed to leave the family.
Stick to your roots.
Don't give in to your own desires.
Parents distant, not really making contact, authoritarian.
Big family, many children.
Parents busy.
Children have to help, keep the farm running.
Two sided, connected and distant. Clumsy, dirty, not in order, filthy. They do their best to keep it in order. The family is in debt, poverty, having to pay for the debt.
Children are looking up to their parents, not understanding things, just going on, not understanding why.
Poor land, mountain or marsh land.
Children ask if they are doing things right.
Feeling small.
Phase 2, Phase 3, Phase 5.
Not questioning their parents, because they get answers like "It is so because I say so", "This is how it is", "I know better."
Children fearing to lose their roots, because then they will not survive, and die.

Campyloneurum xalapense 3-444.15.05

Sense proving, 15-7-2022, Utrecht, Jan Scholten.

Prover1

Lost in large amounts of data, no longer knowing where you are, what you are actually doing.

Lost in details.

Bitter.

Biting through the bitter pill, the bitter apple, biting your lips.

Stage 6, Stage 8.

Angry, the teeth clenched, the lips pulled in.

Stage 5.

Angry as a result of feeling thwarted.

A pursed mouth.

Locked in himself.

Totally cringed from anger and sadness, being able to write it out and burst out in powerlessness and pain; the elbows against the sides and the fists in front of the stomach, the head forward.

Campyloneurum angustifolium 3-444.15.17

Sense proving, 22-10-2022, Utrecht.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Griehn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover1

Taste salty, bitter, fresh, sour, disgusting, repellent.

Sori are unordered, chaotic. Eructations.

Repulsive, almost toxic, mentally toxic.

Snakes, snake pit.

Mean, hard, narcissistic from being hurt, damaged.

Anger, dismissive, repudiant, beating.

Going all directions, not knowing where.

A surgeon not knowing how to treat an open wound, just does something.

Exposed in my centre.

Pain cheeks, more left side, pressing, hot, > cold applications.

Anger, beating his fists on the table.

Lacking anaesthesia, awake during operations.

Grudge from having the wrong leg amputated, from a construction worker who leaves when the job is only half done.

Scolding, screaming.

Stage 13.

Naive and thus betrayed, duped; stepped in with open eyes.

Far reaching consequences, suddenly, unexpectedly.

Therapies such as blood-letting. Phishing.

Scams, being left penniless.

Resilient.

Searching, but not knowing what, where.

Rigidity.

Prover 8

The taste of this fern is very outspoken, bitter and kind of disgusting; it enters your system and gives a disgust. With me it even goes down to the abdomen.

A feeling of defence, "I don't want to have

anything to do with it!" Inclination to strike your fist on the table, angry. "Just go away!" Cannot express that.

Immovable with rigidity.

Several situations come to our mind.

Jan speaks about a surgeon for example who has made a mess of the operation and still pretends he has done a good job. Then, as a patient you can do nothing and you're left with a missing body part for example.

Or take all the variations of 'phishing' on the internet, where you can lose a lot of money and you cannot do anything. You're cheated or betrayed with open eyes and you can't do anything. "Shit!" Raving, cursing inside about what has happened, but you cannot express that. Resilient.

Wants revenge, but does not know how, gives a restlessness inside. Another

possible situation is that an adoptive child is informed very late about the fact that his parents are not his real parents, for example in his twenties or later. An angry feeling stays and you cannot express it.

There are many other examples with adoptive situations in which you feel treated badly and you cannot do anything. Helpless anger.

Prover12

Tastes very bitter.

Very strong repellent, feels toxic. Also mentally toxic.

Possibly damaged and therefore hard and mean. Repulsive.

It felt like "awareness" during an operation. Experiencing everything but not being able to do anything. Very angry at what was done to me. Fooled. You are left with the misery.

Feels like revenge, but doesn't know how, doesn't come out.

Primal cries, screams.

The indignation of an adopted child who was never told (or at least far too late) that she was adopted. Caught in anger, powerless rage.

Misery in the head or brain. Tumours or brain haemorrhage -> and then even more trapped (aphasia?).

Contained anger or really can't get angry. Being stuck in the past.

Niphidium crassifolium 3-444.15.17

Family: Polypodiaceae. Sense proving, 4-7-2024, Zell. Provers: Petra Balloch, Lyssa Clayton, Christine Fordinal-Frey, Martin Jakob, Markus Kuntosch, Franziska Prosser, Jan Scholten, Franz Swoboda, Tomas Vyboch.

Prover1

African tribe starts a dance at sunset or dawn; it is very vibrant and lively, but there is also rivalry and competition; the young ones try to take over the position of the old leaders; there is something old and nasty, trying to trick others It is about waves and cycles that have to happen; there are changes, but that is painful and lacking beauty and love; but that is nature, those are the rules. The young ones look at it neutrally; it is a saying goodbye, farewell to the old.

The texture is stiff, hard, and smooth. The ceremonial head dress of Indians. The young one found a trick to discredit the old one.

The taste is greenery, but tasteless. The texture is thready, rope-like. Repetitive behaviour, gestures of rubbing the body, the temples.

Trying to come to terms with it.

Prover 2

A young man with glasses in misery, Franz Schubert.

Misery in old rooms where the artist lived. The unfinished symphony, unfinished because he died young from syphilis.

Unfinished lives not achieving.

Lost talents.

Young ones look at the music key.

Young talents not accepted by the establishment.

Prover 9

A man is diagnosed with thoracic aortic aneurysm. With this size and localisation, operation is impossible. He even shows signs of dissection. Nevertheless, he wants to walk up the mountain with his wife, as they had planned before the diagnosis. She is afraid he could die up there. "When it's over, it's over" (quoting a friend who

lived and died in South Africa), he says. And so they go, slowly upwards. After two thirds of the way, he experiences the typical pain of aortic dissection. As if a sword has been stuck deep in you and is turned around. He knows his time has come.

His wife almost panics, but he calms her down and asks her to lie on him while he lies on his back.

Here's what he says: "I thank you for the life I had with you, for all the journeys, for cooking, for raising the kids, for taking care of me all through the years, even when I almost went astray" (was he in prison? At least, something illegal has happened), "and especially for the amazing sex we had. I never felt myself more intensely than when we had sex. Falling asleep beside you, waking up with you, and everything between and after, you were the best part of my life. I cannot thank you enough for that."

The pain subsides and he goes in peace. (When I was handed the plant, I put it on the tombstone)

Crying like the rain.

Prover 4

The name Neophile.

Sons of God and women, half Gods, tall, brutal and very big.

The Tarot cards The Fool, walking in the air, going up and down.

My back needs to be cracked or moved. I suck all the blood out of you, pull your skin over your ears.

Not being honest, gambling and betraying.

All work in a tribe, one is lazy and doing nothing, sucking out others.

My legs are cold as if they are amputated and I have no roots or feet.

Prover 7

There are spots on the leaves, as of spots on the underside of socks of little children so that they can brake when running.

Plastic-like leaves, usable for drinking.

A little child, a baby sleeping in the house of a snail.

Spots on my testicle, which worries me, but it turns out to be a mosquito bite. A child stumbling, learning to walk.

Rigid upbringing, with too strong rules of education, like beating children for minor

mistakes; children are being kept small.

Don't let your playful side be oppressed.

Priest giving the hosts.

The taste is awful bitter and sharp.

Strict rules in the Catholic Church, better from the warming love of a mother or sister.

Yawning.

Life is bitter and hard; there is no room for love, warmth and softness.

Skulls in a pile; later we started playing football with them.

Prover 5

Going down; my back feels in the form of an S, scoliosis.

A young boy of fifteen, chilly and lying in bed because has an aversion to going to school.

A feeling of being empty and foggy.

Prover 3

The leaves are leathery and artificial.

Upright, sturdy, strong.

Blankness, spaced out.

My body feels twisted to the right, it is heavy and difficult to move.

My arm feels held down, and I am unable to make a strong fist.

I have a desire to lie down.

I'm unable to think, to write, to breathe.

Garlands of white roses, life the wallpaper as a child.

Swapping letters of words.

Deep pain in my elbow.

Dull pain in my head, pressing pain in the temples.

Nothingness.

Anger and rage from feeling awful.

Prover 6

Quite strong plants with two small babies.

What will happen to this offspring in critical times. There are hard times on the horizon and the signs have to be interpreted.

Sorrow; how to decide where to find shelter and food.

The song "Should I stay or should I go".

Prover10

The idea of a Tibetan guru or an alien coming down to the lowlands and saying to people: "I should have taught you a new language, but you wouldn't understand me because you don't even understand

your own language. You misused the gift of speech. Your speech is too complicated for the truth. And so are your thoughts. Firstly, you need to learn that real truth is always simple. Before you learn a new language, you must learn the art of silence." Feeling that this fern could be 444.14.

Discussion

Niphidium is an epiphyte in the canopy of trees; it grows in higher altitudes in South Africa.
Deformation, syphilitic.
Kiss of heaven.
Too early ending, childhood ending too early.
Closed.
Established, unable to change. More about rules than talents.
Theme: the new is held back by the old.
Phase 5: ambition; competition.
Stage 10: rigidity, stiffness.
Stage 17: the end; sunset; unfinished business; syphilitic; scoliosis.
Remedy code: 3-444.15.17

Microsorium punctatum 3-444.16.02

Sense proving, 23-10-2021, Utrecht.
Provers: Sonja Obbink, Angelique Spaan.

Prover 2

This makes me very dizzy, my arms start trembling and my hands get very warm. I see a kind of English (or Scottish) cottage, surrounded by plants and meadows. Simple, fresh air. Many trees. I only want to be there, to "play" there and nothing else. I don't want to develop or grow, just play.

Discussion

Prover 1

Iron lung
Robust, standing straight, firm.
Strong cramp, buttocks, < desire to keep things together.
I have to it caress, very slowly. Nerve is hard, the edge is hard.

Prover 2

Cold, freezing.
Hand warm, trembling.
Dizzy.
Tense.
Strong feelings.
Playful.
English cottage, with trees and fresh air, desire to stay there, alone, no desire for the group.

Lemmaphyllum microphyllum 3-444.16.05

Sense proving, 22-10-2022, Utrecht.

Provers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Helena van Dijk, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth- Gruhn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angelique Spaan, Gerard Wiringa.

Prover 4

Prover: Hello who are you?

Remedy: Yes, you'd like to know that wouldn't you?

Prover: Please, can you tell a little about yourself?

Remedy: No, I'm not a storyteller, someone who likes to speak, tell great stories.

Prover: But would you make an exception for me?

Remedy: Yes, okay. I come from a big family, there are many, lots of us. Countless actually.

Prover: Sounds cozy?

Remedy: Well... that's possible, but you know, when there are so many of you, you run the risk of being snowed under. That you are not seen, that you are one of many. Because what distinguishes you, what makes you special when there are a million others exactly like you? Pfft, this is quite a thing actually.

Prover: What do you mean?

Remedy: The question of life: what makes you who you are and what makes you special, what is your task in this life? I'm not special, I'm very ordinary. I don't do strange things, I look like everybody around me.

Prover: Mmm, are you similar, or do you pretend to be similar?

Remedy: Gee, you're the first one to ask that....

Prover: Well, what's the answer?

Remedy: You know, actually I don't know so much, and when I think about it now, I think you're right, because it's very safe to look like everybody, you don't get any questions, no strange looks. I like to adapt.

Prover: Do you always adapt or are you just saying something?

Remedy: No, I adapt often, actually more than I like, much more.

Prover: Does that mean you wouldn't like to?

Remedy: No, yes, no.... I don't know. I'm uncertain about that. I don't actually know how to behave differently. What is it about being your own individual, having your own character?

Prover: Don't you have that then? Remedy: I certainly do, but then again I don't.

Prover: Is it just me or is it a little unclear?

Remedy: Sorry, not my intention. Let me explain. If I am in a large group, I walk with the crowd, I will not raise objections. What the masses think or do is also good for me. If the masses say a certain treatment or food is good, I will do it. I listen to the masses. I am very docile, I listen to a leader. I like listening to a leader. Because sometimes I don't know what I want for myself, I am in the dark and then it is nice to have a leader. Someone who pulls me out of the darkness.

Prover: Do you have dark thoughts then?

Remedy: No, I don't mean it that way, I don't have thoughts. I don't know what I want. I can't make choices. Don't ask me to choose, I can't. And if I do have to, I can get very restless. I don't feel comfortable then. I may even run away then and look for someone to lead me.

Prover: But don't you have an opinion of your own?

Remedy: Yes, but my opinion is almost always the same as the leader.

Prover: You adopt the leader's opinion?

Remedy: Maybe, I don't like it when you say that, then it seems like I have no own opinion and that makes me sad and angry. The leader's opinion is almost always right for me, I think. I'm glad I don't have to think very deeply, I don't like that.

Prover: So if I ask you, why do we live?

Do I get an answer?

Remedy: I don't know, sorry, I really don't know. Sorry, sorry, I don't know. I'm really not a good person to interview... sorry, I don't have the answers for you, the answers you're looking for. I simply don't have them. Oh, how awful this is. Prover: You don't have to apologise. I ac

tually enjoy talking to you.

Remedy: Really? Really? I can hardly imagine, I have nothing important to say, am nobody, what do I matter? But I like that you say you like talking to me. Really nice, that does me good.

Prover: Nice, what would you like in this life?

Remedy: Wow, no one has ever asked me this before. You know, I've never thought about this before what do I want, what do I want? No idea. I really don't know.

Prover: What makes you happy?

Remedy: That the sun is shining, that the grass is green and growing, that's enough really.

Prover: Nothing more?

Remedy: I've never thought about it, not that I don't think or anything.

Prover: What do you think about? Remedy: What time I eat or drink, that's important to me. My nutrition is important to me.

Prover: These are the primary needs.

Remedy: Are they called that? Funny, never knew. Nice name.

Prover: What else do you want besides your primary needs?

Remedy: Don't know, well maybe a comfortable place to sleep, where I don't have to be afraid. A safe place.

Prover: Are you often afraid?

Remedy: Occasionally. I often find things scary, especially when I first see them. It feels like the ground disappears under my feet. First I had security and then something new comes along and I find that so incredibly scary. I then want to flee, crawl away, retreat into my safe place, and then not come out for the time being. But when the leader says it's okay, I reluctantly reappear. I really have to go through a barrier for a while to dare to take on something new, but with the leader there it goes better.

Prover: And if the leader is not there? What happens then?

Remedy: (looks around panicked) I will then look for myself or the leader will look for me and then help me. The leader is sacred to me, it is my support and refuge, I wouldn't know what to do without a leader. Fortunately, there are always leaders.

Prover: Can you tell a little about physical

complaints?

Remedy: I have a lot of skin problems, eczema, psoriasis. Very severe eczema. I can be covered from top to bottom with eczema. I react quickly to things, so I do have a number of intolerances. Also, I am hypersensitive, I am very startled by sounds and light, you shouldn't take me to a concert.

Prover: Do you have epilepsy?

Remedy: No, but it can look like it. I can tremble with high sensitivity and then it looks like epilepsy, but it is not. There's nothing wrong with my head, I'm not very intelligent, but I don't see that as a defect. However, I can have problems with my eyes. Often I wear strong glasses, a plus defect. I also suffer from my feet, fungus toes, nails etc. I have sweaty feet, quite persistent, my skin opens up from it. I am not of the extremes. I am very ordinary. I like it if you want to get to know me, really nice. I like to have someone to take care of things for me and be there for me. Prover: I have to think of Down syndrome all the time, is that right?

Remedy: Yes, that's a manifestation of me. 444.16.03 (the 6 is not clear)

Neolepisorus lancifolius

3-444.16.06

Sense proving, 23-10-2021, Utrecht.
Provers: Sonja Obbink, Angelique Spaan.

Prover 10

Exhausted, desire to lie down.
Indifferent, aggravated, bored.
Cold.
Turning away from others.
Empty.
Wanting to be away, desire alcohol.

Prover12

Everything is too much trouble, no desire to do anything.
I just don't care.
Don't nag at me, my head.
Dull, pressure on my head and shoulders.
Difficulty keeping my back straight, wants to slump.
Indifferent. I don't care. Why should I?
Takes too much effort.
COLD.

Discussion

Stage 14, Phase 6 or 7.

Polypodiodes formosana

3-444.16.08

Sense proving, Dungarvan, 5-10-2022.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

"Alien baby". Convoluted, separate, but together.
People with deformations, too many limbs, grown in an incubator, too many toes, webbed fingers.
All humans are infertile because of new world order.
Plant looked like it had a baby on its back, which turned into caterpillar.
Group of genetic engineers who were not doing their job well. Last chance to prove themselves. Faking it, winging it.
Prover 3 was the baby, underdeveloped physically, no legs, mentally developed. Scientists, Provers 1, 4, 6, 7 considering just to kill it, talking about it, not truly communicating with it.
Prover 3: in a cocoon, can't stand up, doesn't want to be killed, helpless, do they want to kill me, after creating me?
I am an infant, fearful.
Prover 4: you are an experiment.
Sperm from dark net, pumped her up with hormones, trying to create perfect human form, in cocktail shaker, incubator.
Possibly turned out into a weapon of mass destruction.
Helpless people being disrespected, disabilities, people in wheel chair not seen
Scientist under pressure, had forty days, Russians coming to see the result, otherwise they would kill us.
Prover 5 (who was in one other proving) walked in; he was a Russian who was not violent, even nice.
We need to forget about ourselves, be more inclusive, otherwise we'll all die. We are all in this together, unity, have to pull together.
Could be after nuclear war - France, plutonium: Stage 8.

Lepisorus macrosphaerus 3-444.16.09

Sense proving; 5-9-2022, Uzes.
Provers: Toos Scholten.

Prover 1

She asks for an embrace.
Disrupted unity even as a child.
Twists and turns and tries to turn away from problems.
Already disrupted as a child, although there is attachment.
Twists in all sorts of corners.
There are three of them, three siblings; one curls up, the others move aside.
Contact is there in essence, but not in practice; they can't live up to it in reality, can't resolve it and then friends twist themselves into all sorts of corners.
There is not much focus on beauty, it is very austere.
Everyone hangs together, you fight with each other and you don't know why. It feels unsafe.
They don't come out of it, don't take care of themselves, stay stuck and can't develop.
Clinging.
Running away, eight.
They can't resolve it.
Turning away.
Very sensitive.

Schellolepis subauriculata 3-444.16.11

Sense proving, 20-10-2022, Utrecht and Laufen, Martin Jakob, Jan Scholten.

Proving

Taste: a bit bitter, clearly bitter, a bit offensive.
Swords of a blacksmith, a craftsman.
Urticaria like.
Spear quality.
Trying to hide things, but they can't, as it shows through.
It is weird, things are weird, and it shines through.
Trying to hide that a child is handicapped or addicted, due to shame. Everyone knows it but no-one talks about it. They don't know the details, but know it is going on, like alcoholism and drug addictions. The parents cannot cannot solve the problem, but the idea is to keep it normal, it has to look nice.
Shadow theatre, like in China, one only sees the shadows; it is two dimensional.
Saw.
A young man with a combination of inferiority feelings and arrogance; he pretends he is in control and has strength. He is very tall and lean and intelligent but he has never worked and is addicted to alcohol and marihuana.
Texture is rough.
The plant looks very ordered, controlled.
Behaving as if one has everything under control.
A middle-aged man, very cheerful and charming, especially after alcohol, telling many interesting stories; he is very handsome and a real womaniser, a big storyteller, making people laugh; he is gifted stonecutter. After many years of alcohol and marihuana abuse his beauty is gone, he has a big belly and a red nose, he lost his job and is divorced, but still puts up a show; his life is a big mess.
Keeping up appearances.
The shells are falling from your eyes.
Phase 5, Phase 6.
Stage 9, 11, 14.
Looking through the slats of the window-shades.
3-444.16.10

Bosmania membranacea
3-444.16.12

Synonym: Microsorium membranaceum.
Sense proving, 17-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

Proving

Fragile, rigid parents.
Disconnected family, quarrels going on in the family.
Scoliosis.
Like a dandelion.
All islands in the family.
All individuals in the family.
Tough.
Isolated from each other.
All talk nonstop, not saying anything.
Divided in the family.
Novel: Miss Bouquet, the Bouquet residence; a working-class family marrying into a wealthy family; own family, beer drinking, dirty.
Keeping up appearances.
Father has Alzheimer's.
In the family all are competing, one is rebellious.
Blended families, patchwork families.
Children from different families.
Weak mother.
Fighting over the will.
Not rooted.
Thick and strong roots.
Tastes like cabbage.
The family still collects the pension of a deceased grandparent.
Father tries to create a stable life.
People and families have to live together because they cannot afford a place or house.
Family unable to contact others, foreigners, so the family members stay together. Not desirable people.
Relatives are harsh to each other, but help when needed.
Fighting after the parents died, then the gloves are off.
Families that are outsiders in the village, hardly have contact with the neighbours, being suspicious, jealous, rude in language, and obnoxious.

You cannot trust anybody out there.
Stage 12, Stage 13.
Unable to socialise.
Thinking that when people are nice, they want something from you.
Angry, and indignant, from not being informed about the events of other villagers.
Enforcing rules.
Performing like a perfect family.
Feeling entitled to enforce.
Close family, very loyal, doing the right thing.
Thinking they own their therapist or priest.
Strong undercurrent.
Skull and Crossbones.

Discussion

Iron series.
Phase 6.
Stage 12, Stage 13.

Lecanopteris pustulata 3-444.16.13

Sense proving, 22-10-2022, Utrecht.

Pro vers: Petra Balloch, Ursula Bleeck-Daehnrich, Britta Dahnrich, Rea de Gans, Stephanie von Frankenberg, Dorothea Hochhuth-Gruhn, Anton Kramer, Pieter Kuiper, Monika Lang, Sonja Obbink, Jan Scholten, Sandra Schulte, Angélique Spaan, Helena van Dijk, Gerard Wiringa.

Prover 4

Prover: Who are you?

Remedy: I'm nobody, I'm not important. Don't worry about me, forget about me.

Prover: But you look so beautiful.

Remedy: Haha, do you think so? I'm not beautiful, that's just an illusion. Everything is an illusion, the world, humanity.

Nothing is real. So what is real? Prover: I'm curious?

Remedy: Real is when you feel something, feel something squinty deep, like someone cuts your fingers.

Prover: Okay, tell me more.

Remedy: Real has so much more meaning, real is everything.

Prover: Are you real?

Remedy: No, not long ago. I say that, real is only appearance, an illusion.

Prover: But it seems like you do believe in real?

Remedy: Yes, always, I always have hope for realness, real feelings, real pain, really saying what's real, but it seems like nobody does that anymore.

Prover: Does that hurt?

Remedy: Yes and no, I am ambivalent about it. Yes, I would very much like to feel again, to feel sand on your skin, the sea between your toes, to feel that you exist, that you are real and not a figment of nature. And no, it doesn't hurt anymore, at least not when I think about it. In my own illusion, isn't that ironic?

Prover: It sounds like you suppress your own feelings?

Remedy: No, I'm not suppressing them, they're just not there anymore, they're gone.

Prover: But you were just talking about feelings?

Remedy: Yes, I know. I think I know what

feelings are, I hear everyone around me and that sometimes times I feel lonely in who I am. Am I so different or are they so different? But if I don't think about what they say, then I am happy in my own cocoon, my own world.

Prover: What does your world look like?

Remedy: My world is a world of extremes, I can join the wildest parties, have fun, but I can still be so incredibly lonely. You know, I don't talk about this, or at least I don't like to. It's like I speak a different language, different from the rest of the world. You see, all the world speaks English or Chinese, whatever you want and I speak alien.

Prover: Can you see now that you speak alien?

Remedy: Yes, that's what I said, I speak alien and I feel like an alien. I sometimes think it is very strange that I am here at all, I should be somewhere else entirely, at least it feels that way.

Prover: The odd one out?

Remedy: Yes, that's how I feel, I don't belong anywhere. Nobody understands me. When I think or say A, the other always says B or C. I don't feel rooted on earth, I feel like an alien.

Prover: But then you haven't met any other aliens?

Remedy: Yes, they are there, a few, not many, and together it is nice, then you don't have to keep up the facade that you are someone else. Someone who is very normal, who is very mainstream. But you know, I am NOT mainstream.

Prover: Then how would you describe yourself?

Remedy: Well, definitely not mainstream, that's obvious. If you really, but really want to look at me... and I understand you don't want to do that, because hey, who am I, what do I represent... but if you really, but really want to look at me, you'll see that I'm very alive, nice. I'm not an evil alien, I'm peaceful, really sweet. I do everything for everyone, and yes, in that I go beyond my limits. I want to be accepted as an alien. That I can be alien and that that is totally okay. I can love someone immensely, really over the top, I can completely lose myself in it. I go over the limit of who I am and lose myself in adoring the other person.

Prover: Adoring?

Remedy: Yes, adoring, I don't have another word. It goes beyond loving. I adore the other person. Just the one who loves me as an alien, with that one I can lose myself completely. It is a kind of gratitude, but beyond. So, with grateful that I am seen and accepted. And then I adore that one.

Prover: Isn't that suffocating for that other person?

Remedy: Yes, it can be. Then I also have loves that don't go quite right. You know, they don't understand. They say I cut them off from the outside world, but I don't. I give them everything they want, everything, my whole self.

Prover: That sounds like a lot. Remedy:

Yes, it's all or nothing. Prover: Tell some more about the nothingness.

Remedy: Yes, the nothingness... I then close myself off and sit in my cocoon, my own alien world, my own safe base. In my cocoon nobody can come to me, but then I don't want to. I cannot be reached then, my door is locked.

Prover: Can that door also be opened again?

Remedy: Yes, it can, but only if I want to and only then when I am ready. That's the little, tiny control I have and I'd like to keep it that way.

Prover: Control? Tell me more?

Remedy: I like to retreat into my own bubble. In it, I determine what happens. I am in control. But that's only there and there alone. Out there, I cannot manage to find control. I live in excesses, extremes. Loving intimately, but also being intimately angry.

Prover: Tell some more about being angry?

Remedy: I am not often angry, no not often, I don't like that either, I really don't like that. Being angry is losing control, but unfortunately sometimes it happens and then it's over the top. I go completely out of control and am destructive. I destroy things, I break what the other person is attached to. You know, you can throw chairs, but that's not effective. But if you throw a memento like a necklace, you don't just hit yourself, you hit the other person.

Prover: Do you want to hurt the other person then?

Remedy: Yes, at that time I did. I give so much love, so much, and then it's not appreciated, understood, well, you name it. I want them to know that I'm serious, that's what I mean, that I'm fully committed, fully committed to love, but it's too much. And I don't understand that: how can love be too much? When is it too much? Don't they love me as much as I love them? And then I strike out, the stops go off and then I have no control anymore... really terrible.... Because by doing so I actually create more distance, but I don't know how to correct this. I go back into my cocoon, stay in it a little longer, this could be a few days, a week, a month, could be a year or longer, and then I come out again when I can handle it.

Prover: Does it also happen that you decide to stay in the cocoon?

Remedy: Yes, it definitely occurs. Because you see, the cocoon is like home, my alien home, I feel at home. And tell me, do you want to get away from your home, your home? I need a lot of courage to get out again, a lot of courage. Sometimes this is lacking.

Prover: What makes you get out?

Remedy: The people I love deeply. If I have them around me, I get out... if I don't have them, I stay in it.

Prover: Tell me about physical complaints?

Remedy: My head feels heavy, there is a short circuit, I want it to be lighter in my head and I achieve that an occasionally by banging my head. I don't do this often, but it can help.

I can also have amblyopia. Occasionally I no longer see clearly or I see it distorted. In my dreams, sleep, I can be very restless. Usually I then throw everything out and can wake up screaming. But that's really not always. I lie upside down in bed, feet on the pillow and head under the covers. This is very nice. I also have ear/nose/throat problems, problems with impure air, pollen, hay fever, this can also be asthma. More reactive to allergens. My heart can sometimes skip a beat, rhythm can be wrong. People worry about it, but I am used to this heartbeat and if I live shorter because of it, so be it (WPW

rhythm disorder).

Gut: I am very selective with food, very selective. I only eat what looks like my alien home. The rest I don't eat, don't want to eat and I'm willing to fight about that. The unfortunate thing is that my bowels are earthy, so they want to eat earthy food, but I don't want to eat that. I suffer from constipation, stomach cramps. I drink too little. I walk a little differently, at least I can. I think they are just weird things, legs. I trip often and have many bumps, fractures, etc.

Prover: Is everything said now?

Remedy: Yes, I think so. Look at me who I am, really am and you will be overwhelmed with love.

444.16.04

Goniophlebium subauriculatum **3-444.16.16**

Sense proving, 19-10-2023, Dungarvan.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten

Proving

Lawn of moss, very neatly mowed.

Music, going up in tones.

Airy quality.

Stranded gentry, people of aristocratic background, but having become poor; they have massive houses, and castles that fall apart because they lack money for maintenance. They have the delusion of living in the old days, they speak very properly, they are not integrating into the community. They possess a lot of antiques and have books with their ancestry. They live in the fantasy of being respected by the farmers and the common folk, which is not the case.

Gonads, Genealogy. Terrified.

The native Irish are treated like blacks.

Cannot put the heating on, decay. Very eccentric, beautiful.

Old furniture.

Landed gentry, West Britain people, living in country estates in Ireland.

Caricatures of themselves.

Velvet house coats, of Harris tweed treated with urine, offensive. Boarding schools.

Conservator in their own museum.

Discussion

Iron series.

Phase 6, more than Phase 4.

Stage 11, more than Stage 13.

Davallia mariesii 3-444.17.05

Sense proving, Dungarvan, 6-10-2022.
Provers: Mairin Begley, Kate Cross, Martin Jakob, Martin Jennings, Isabelle Klein, Marie O'Sullivan, Franziska Prosser, Jan Scholten.

All Provers

The roots are like the hairy tarantula legs.
Skipping.
Being seduced into the forest.
Two very different sides.
It needs you to survive, it eats you.
Seductive.
You think you can eat it, as it is the only plant left to eat.
No-one loves it.
Vampire.
Italian, Berlusconi.
Man who felt ugly and became attractive after a transgender operation, with high heels and lipstick; he was giving advaita sessions; his audience felt betrayed and did not come anymore; he became poor and started begging his audience for money, even using his Down syndrome brother for the begging; he became homeless and died.
A black widow spider, gripping you by the balls.
Feeling not accepted, unacceptable, so you transform to become attractive.
Feeling pity for the transformed person.
Feeling disgusted by the story of transgender transformation.
Seduced by an idea, by the devil.
Feeling betrayed.
Bizarre.
Completely out of order.
Fall from grace, Dracula, ghost.
Tarantula legs.
Two sides, innocent pretty and ugly, hidden: trying to hide, keeps crawling out of the pot.
Unappealing.
Transgender guy story, fallen from grace.
Demise, in the end begging. People around him or her confused, feel betrayed. Lie.
Possibly a guy who is gay and can't come out, easier to become a woman. Gender confusion.
Remedy code: 3-444.17.16.

Davallia teyermannii 3-444.17.07

Sense proving, 23-10-2021, Utrecht, Jan Scholten.

Prover 8

Very cautious, prepared for an attack; I kept on going; suffering from a blow in life; afterwards no resistance to fight back; thus retiring, postural protection.
Painful retirement.
Aggrieved, damaged, finally withdraw.

Prover 5

Generous, inviting, with heart, differentiated, one can also be a little different.
As if there was suddenly more than just one point of view.
Doesn't want to be flattened.
Defensive, rigid, heavy, sad, headache, very heavy.
Resists because of past misfortune, doesn't want to experience it again.
Dizziness, makes tired. Gritting teeth.

Prover1

Chilly.
Similar to Polystichum polyblepharum, but softer and more friendly, generous. Sees the problems and the cheating, tries to mediate and help.
Phase 4, Phase 5, Phase 7.
Stage 7.
Distant, as one does not want to get involved in the problems.
Stitching pain behind ears, more right than left side, extending to the whole head.
Feeling attacked because of raising a sensitive issue.
Whistle-blower.
Throat feels unprotected, cold and tickling, desire to cough and scrape the throat.
One wants to say something, but does not do so.

Discussion

Clamp tightly.
Deep grief.
Vertigo.
Pain from eye to occiput to spinal column.

Great heart.
Invited.
Too hard, one does not manage.
Not knowing where it is going.
Chilly.
Sees and hears misbehaviour.
Benevolent.
Seeing the problems, cheating and betrayal, and tries to mediate and help.
Distant, does not want to get involved into the troubles.
Stitching pain behind ears, right size more than left, whole head.
Feels attacked by everyone for raising a sensitive issue.
Phase 4, Phase 5, Phase 7, Stage 7.

Davallia fejeensis 3-444.17.09

Sense proving, 7-07-2022, Munchen,
Martin Jakob.

Essence

A personality who meets the challenges of life with the "weapons of a woman". Women who deal with insane men in dangerous times. Or girls with a violent father whom they have to flatter and have to pretend to be nice to, in order not to be abused. They are skilled, know what to say at what time, can stand up for themselves, but never show who they really are. Beauty and grace as protection, dazzling chic creatures who always somehow manage to cope even in the harshest of circumstances.

Mind

Beautiful to look at, green, shiny.
The surface is very smooth, dense like lacquer.
Like a protective layer that repels water and dirt.
Almost like silk, noble.
A fan for the beautiful woman.
A diadem for the beautiful woman.
"A breeze of nothing" for the beautiful woman.
Neat, cosy, flattering, enveloping. Leni Riefenstahl; cineast making propaganda movies for Hitler.
Alcoholism.
Craving cocaine, sedatives, narcotics, morphine.

Body

Lung: bronchitis, asthma.

(Fern medicines for the masks that serve as protection in society and the danger that reduce one to a survival mechanism.)

Oleandra pilosa 3-444.17.14

Sense proving, 8-07-2022, Munchen, Martin Jakob.

Essence

A personality that thinks that if only everything is in order, the work, the house, the children, then you have protection. A fortress against the threat of living.

Image: A house with a swimming pool, all rectangular or square, with an opaque hedge around it. Everything is sterile and low maintenance, short cut lawn. A family lives there, everything is neat, clean, functional, correct. Horror creeps up on me.

Mind

An orderly life.

Order is half the life.

Your job must provide you and your family with financial security.

All under one roof.

The rules of the landlord apply.

Tidy, not a twig should stick out. Bureaucracy, Eichmann.

The Holocaust could only be carried out so "efficiently" by bureaucrats like Eichmann.

House, family, dog, a fortress against the living, the incalculable, in the background is a threat.

With the oleander in the tub on the terrace, by the swimming pool, sterile.

Body

Smell: a little pungent.

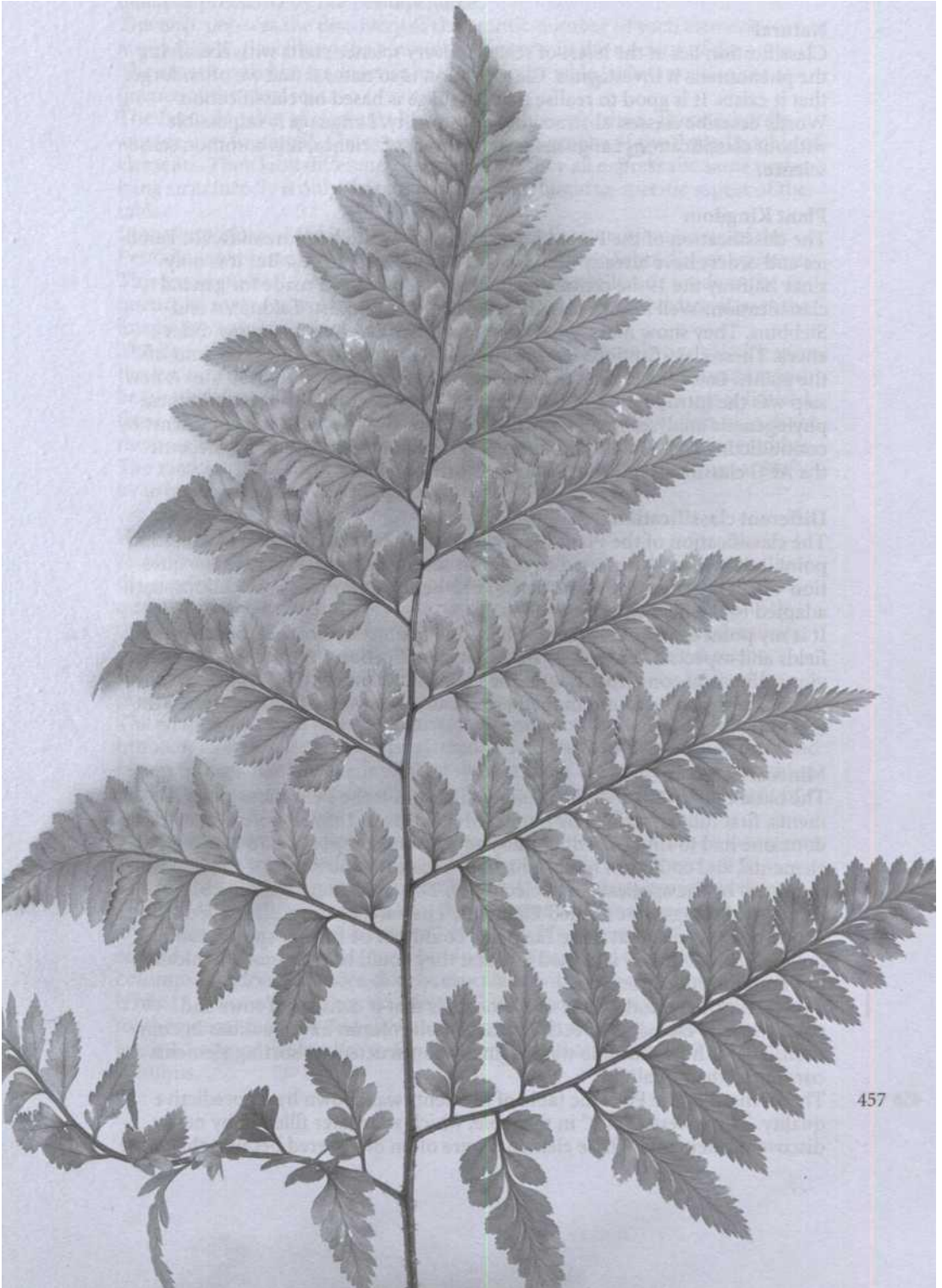
Taste: numbing.

Botany

Leaves leathery, split easily to the side. Strong plant, stem woody.

Part 5

Addenda



Classification of Plants

Natural

Classification lies at the heart of science. Every science starts with classifying the phenomena it investigates. Classification is so natural that we often forget that it exists. It is good to realise that language is based on classification. Words describe classes, abstractions from reality. Language is impossible without classification. Language is at the heart of science, it is common sense science.

Plant Kingdom

The classification of the Plant kingdom has shown to be more difficult. Families and orders have already been known for a few centuries. But it is only since halfway the 19th century that attempts have been made for general classification. Well known classifications are Cronquist, Takhtajan and Stebbins. They show many overlaps and similarities, but also many differences. These classifications were at first built on the form and behaviour of the plants. Later the chemical constituents of the plants were used too. A new step was the introduction of DNA analyses around 2000. The result of these phylogenetic analyses gave many new insights. But they also gave problems by contradicting well established insights. The main classification has become the APG classification, which is in its fourth version.

Different classifications

The classification of the Plant theory used the APG classification as a starting point, but gradually it started to differ in several aspects. This rises the question which classification is the best. Or if there are several classifications, each adapted to the field where it is used.

It is my point of view that there will be one main classification that covers all fields and aspects of the plants. And that classification covers the form, behaviour, chemical constituents, and the DNA of the plants. The arguments for this position can be found in the Periodic table, the classification of the Mineral kingdom.

Mineral kingdom

The basic classification in the Mineral kingdom is the Periodic table of Elements, first fully described by Dmitri Mendeleev in 1869. Before that could be done one had to find out which substances were composite and which were elemental and could not be split further. This could be done for the first time in history by the application of electricity. The elementary building blocks of all physical things were named Elements. They are, or were, also called atoms, as one had the idea that these Elements could not be further split, a-tomos, not-fissionable. Later it turned out that they could be split, not chemically, but in radioactive processes.

Typical for the Periodic table of Elements is that it consists of rows and columns. The Elements of each row and each column have qualities in common. That is how the table was originally constructed, by sorting elements according to their qualities.

The strength of the Periodic table of Elements was shown by its predictive quality. There were "holes" in the table, which were later filled in by newly discovered elements. These elements were often discovered because they were

predicted and thus could be searched for in a guided manner, guided by the qualities predicted by the Periodic table.

The next step was the discovery of the atomic number of each element around 1900, describing the amount of protons in the nucleus of the atom. The atomic number made sense of the Periodic table, substantiating the sequence of the elements.

The Periodic table of elements has been firmly established. There is hardly anyone questioning it. I have seen hundreds of graphs of the Periodic table of elements. They look different, but in essence they all express the same underlying structure. It is only that each of them highlights a specific aspect of the table.

In the beginning of the 20th century an even deeper understanding of the Periodic table came with quantum mechanics and the Schrodinger equation.

This mathematical formula, using energy states, describes or predicts the sequence of rows and columns. This is strange, the more so because it uses the imaginary number, which is an impossible number.

The Periodic table shows several qualities. There exists only one classification, the Periodic table. The amount of elements is limited, fixed. Elements could be predicted from a "hole" in the structure. The amount of groups is limited, fixed, and they have qualities. There is a short, unique description of each element, in a way the essence of the element, in the form of the atomic number.

The mathematical formula that described the Periodic table is "impossible", by using the "impossible" imaginary number.

Homeopathy

In my book "Homeopathy and the Elements" I described the discovery that the elements of each row and column not only have physical and chemical qualities in common, but are also similar on the level of living beings with their psychology and diseases. This links medicine to physics and chemistry. And it links the Periodic system to psychology. At a first glance it seems strange that a physical classification like the Periodic table can be used for psychological and disease classifications.

The elements of each row have a theme in common, a theme of where the problem is, which level in life is affected. These levels of life can also be found in psychology, like the needs of Maslow. But there are many variants of these levels like in the levels of cognition, faith, the psychological development of Kegan, and so on.

The columns describe developments: how far is one in reaching or losing ones goal. That is why I called them stages. In the Periodic table there are 18 columns: 18 stages of phases of development. But looking more closely at the Periodic table it becomes clear that the count of columns depend on the row of the table. The first row has only 2 columns, Hydrogen and Helium. The second row has 8 columns, from Lithium to Neon. The third row also has 8 columns. But looking more closely, especially with the Schrodinger equation, it has 18 columns. But they are "delayed" for energetic reasons. There is a nice mathematical formula that says how many electrons can go into an energy level: $2 * \text{square the level/row}$. For the third row that means $2 * 3^2 = 18$ columns.

Plant theory

Gradually it became clear that certain families had special qualities in common with elements. For instance Lamiaceae have a quality similar to Phosphorus, Solanaceae have a quality similar to Fluor. Asteraceae have a quality of Lanthanides. At first sight this is strange as plants are very different from minerals. At second sight it is to be expected as plants are using minerals for their existence.

In *Wonderful Plants* I describe the discovery how plants can be described with the series and columns of the Periodic system. At first this was strange for me, as plants are so different from minerals. Then I realised that the classification of the Mineral kingdom was described best by the Schrodinger equation, a mathematical formula independent of any kingdom. The prediction of rows and columns, Series and Stages, does not depend on the kingdom. The rows and columns are a universal way to describe classes and differences.

The first division in the Plant kingdom is that of phyla, division. The divisions fit very well with the rows of the Periodic system, especially when one looks at them in a symbolic way. For example the 4th row, the iron series, has as a new development of traffic, physical exchange. In the plant kingdom this is expressed as the introduction of vessels, traffic systems. As a sideline, this can also be found in the 4th division of the Animal kingdom, the Ecdysozoa, which developed vessels as the first group.

The Plant kingdom though, is more complex than the Periodic table with its Phyla, Classes, Subclasses, Orders, families and species. This led to the development of the classification of the Plant kingdom and it became expressed in the Remedy code. The remedy code can be looked as a code for the classification of the Plant kingdom. At the same time it can be read as a description of the state of being of a patient, his state of development and problem.

DNA

The use of DNA to establish the phylogeny, the evolutionary tree, has become widespread. This arises from the axiom that the DNA is the essence of life. But many inherent problems have arisen. A well-known fact is that DNA is often insufficient to explain the complexity of living beings. For instance humans have only 25% of what is needed (Sheldrake).

Phylogenetic studies, DNA-studies, often look very precise, like in mathematics. But the results of those studies can vary quite a lot, for instance depending on which part of the DNA is used for analysis. The results can deviate from the original tree as Shavit has shown in his experiments: "We found that maximum likelihood, corrected and uncorrected neighbour-joining, and corrected and uncorrected parsimony, all suffer from biases toward specific tree topologies". Also the normal use of out-group plants can affect the right outcome: "We found that using a single-taxon out-group to root a tree frequently disrupts an otherwise correct in-group phylogeny" and "For all the cases tested here, tree estimation using a two taxon out-group was more accurate than when using a single-taxon out-group. However, the in-group was most accurately recovered when no out-group was used".

The DNA of plants of the same species can differ greatly. For example, Valente writes: "In mesembs, an AFLP study of *Argyroderma* by Ellis et al. (2006) found low support for the monophyly of individuals of the same species in many cases".

Similar plants can have very different DNA, even leading to placements in dif-

ferent families. Chase gives an example: Trachyandra, in Xanthorrhoeaceae, and Chlorophytum, in Agavaceae, are impossible to distinguish". Species not closely related can have very similar DNA, much more than to be expected, for instance the DNA of dolphins and bats (Parker). More in general, DNA is not fixed. Living creature can change their DNA as Barbara McClintock has shown. The fact viruses and exosomes can transfer DNA from one species to another, makes DNA unreliable for establishing evolutionary trees. This phenomenon can produce "noise" in the DNA.

Discussion

Phylogenetic analyses have helped to develop the classification of the Plant kingdom enormously. But they are not the end results. They lack an explanation, understanding, structure and meaning. They don't give insight, something like an atom number as in quantum mechanics.

The classification of the Plant theory has advantages in the structure that it gives, which is expressed in the Remedy code. It is similar to the atomic number in the sense of giving the position of each species in a structure. But it is difficult to show in a graph as it has seven dimensions instead of two in the Periodic table. There are also serious developmental problems with the Plant theory as many parts of the Plant kingdom have not been well researched in homeopathy.

There are also strengths. A recent study showed Santalales to be closer to Saxifragales and Rosids than to Asteranae (Zhang). This confirms the placement of Santalales in the Plant theory, in Malvanae, together with Saxifragales.

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Nomenclature

Introduction

The nomenclature, the naming of a group, is an expression of the taxonomy. Groups of the same rank are given the same ending. The rank of the group is then evident from the name.

In botany families have names ending in "aceae". Orders have a name ending in "ales". Subclasses mostly have a name ending in "idae". For classes this is less straightforward, they sometimes end in "opsida", sometimes in "anae", or even in "phyta". The ending "phyta" though is generally used for divisions. The confusion becomes evident for the class Lycopodiopsida. They are known as Lycopside, Lycopods, or Lycophytes. It also arises from the confusion of the rank of the group: is it a class or division, or something in between, or some other rank?

Plant theory

In the Plant theory the ranks are limited to 7. And each rank has a specific quality. The ranks are species, family, order, subclass, class, division and kingdom.

In the Plant theory the ending are generally the same as in botany. The main exclusion is for classes, which have the ending of "anae". The ending "phyta" was excluded because that ending was also used for divisions. The ending "opsida" was put aside because several genera have such an ending and because it is quite awkward.

In the Plant theory ranks and name endings are thus as follows: Family: aceae.

Order: ales.

Subclass: idae.

Class: anae.

Division: phyta.

The insanity of normality Amo Gruen

Summary by Maria Davits.

Good and evil are not determined by the intercourse of people with one another, but entirely by a man's relations with himself. — Jacob Wasserman.

To become responsible for one's own self, to become autonomous, is a paradoxical process. The complexity of this interplay is apparent when we consider, on the one hand, that it is needed for the child to bond with the parents, to attach, and on the other hand to become autonomous, learn to take responsibility.

Basically, responsibility can develop in two directions: the evolving psyche either directs- openly and freely, answerable only to itself- the formation of its own self or it passively submits to the formative influences of others. In the latter case, it evades the burdens of true responsibility.

It is an act of self-betrayal when children begin to lose consciousness of their own self.

Such adaptation to the power needs of parents, obedience, and formative behaviour, leads to a split in children's psychic structure, separating their interior world from its interaction with the environment. In this way, the connection and interplay between actions and motivations disappear. If we lose the connection to our own interior world, to dissociate, then we can relate only to a false self, to an image-oriented self attuned to behaviour and feelings pleasing to our surrounding world. The need and perhaps also the compulsion to preserve this image-orientation take precedence over all one's potential perceptions, feelings, and empathy. The resulting inability to be rooted in oneself is what engenders destructive and evil behaviour.

Escape from responsibility is always repressed from consciousness. Necessarily so, since the surrender of autonomy by submission to the will of others initiates a fundamental power game:

"I will become the way you want me to be so that you will take care of me. My submissiveness ensures my power over you from now on; With it I force you to take care of me."

In this way, dependency becomes revenge for submissiveness.

Destructive behaviour and self-hatred, dissociation and neurotic behaviour and worldliness is rooted in the betrayal human beings commit against themselves in order to share in a hallucinated sense of power. If we reject ourselves because it might endanger our position of power, vengeful feelings begin to determine our lives.

If such an outer-directed development recognises only obedience and adaptation, and no longer acknowledges pain, the 'natural' end product is destructive behaviour. The bifurcation between outer or inner-directed courses of development leads to two realities: that of power or that of love.

Our civilisation, our power-based culture, with its demand for obedience is at the root of self-hatred. The way a person appears is still prized above inner substance, and adaptation is still rewarded above inner independence.

I refer to the type of insanity that disguises itself by hiding behind the mask of mental health. This insanity can easily conceal itself in a world in which deception and trickery are approved methods of adapting reality. Horrible intentions and acts are concealed more and more frequently behind smiling faces and masquerades as friendliness and seemingly considerate behaviour.

This is why it is especially difficult to recognise the actual pathology of our times. Whereas people who can no longer bear the absence of human values in the real world are considered 'crazy', those who have severed themselves from their human roots are certified 'normal'.

The pathology of normality: it is not only the flight from emotional pain but also the fear of falling apart, that constantly threatens the cohesion in ourselves. For example: anxiety must be covered up. This constant covering up of our actual state of illness characterises present-day life to a degree scarcely known before.

For those who slip into the disguise of 'normal' behaviour because they cannot tolerate the tension caused by the contradiction between the reality impressed on them and their inner world, real feelings soon cease to consist. Instead, these people operate with 'ideas' about their feelings, not with experiencing them. They display their own feelings that have been imposed on them and renounce their true feelings. The 'saner' the image of the identity they have adopted, the more successfully they will be able to perform this manipulation. And manipulation it is, for their goal is not self-expression, instead they want to convince others that they act, think, and feel appropriately. This are the people I want to expose as the truly insane ones among us.

They endanger us all because they cannot face the chaos, the rage, and the emptiness inside them. To have to accept this inner emptiness as their own, they produce destruction and emptiness around them. To avoid knowledge about their inner self, they impose their 'order' on their fellow men and women and thus their way of dealing with themselves.

They diminish not themselves but reality by denying its contradictions and the fear this causes.

Their lives turn into a defence of this diminishment and a denial of their inner fears. They cling to their diminished reality and insist that it represents the 'whole' of experience. The self then willingly subscribes to a priori ideas about the nature of being, instead of basing itself on the interactions between the actual being and the surrounding world of which it is a part. Their consciousness thus does not reflect the integration of individual beings and outer reality but the need to conquer this reality.

This is why a self obedient only to ideas rather than to the free play of feelings grounded in the experience of both joy and pain enslaves itself and becomes destructive. (protocols).

To the same extent we abandon ourselves to ideas, we mistake for feelings what are actually only notions of what we think we 'should' feel.

If we are prone to dissociate thought and feeling,- that is to distance ourselves from the roots of our feelings- the problem is that we will no longer be capable of an awareness of doing so. We will strive to see ourselves not as we are but as we think we ought to appear. Our image and our reality will not be isomorphic; they will not correspond to each other. If they do not correspond, this contradiction within our inner reality will be a constant source of fear, and the fear, in turn, will reinforce our dissociation.

The notion that domination equals strength and helplessness equals weakness exists to different degrees, but it is present in all of us. The feelings we have about domination and helplessness are not in accord with those perfectly natural feelings we had during the initial period of our development when we were nourished and held in our mother's protective arms.

If we later identify helplessness with weakness and domination with strength such feelings are basically mere functions of thought processes, not of our intrinsic nature and experience. These thought processes are part of an already diminished form of reality, one marked by the inability to tolerate feelings. Thus, we encounter again a process involving dissociation. It is primarily the inability to tolerate feelings that bring about dissociation between thought and feeling.

The central issue in individual psychological growth is the choice between two basic directions: toward the inner or the outer world. It is directed toward the inner world if children receive the kind of love that enables them to experience helplessness without feeling all alone. If this is the case helplessness will not be perceived as total abandonment or condemnation but as a state leading through pain and sorrow to a new strength rather than to destruction. This sort of experience will produce a self that does not perceive helplessness as a deadly threat but as a possibility for new integration and new beginnings. The other direction, the outer one, involves the dissociation of the experience of helplessness and the denial of the inner world in favour of acquiescence in an extern imposed order in which one's needs and perceptions are per-formed, first by parents, later by school, society, and state.

The horror of helplessness that must be denied because it is experienced as a mortal danger continues in force, however, and one of the motivating, although unconscious factors in life. The extent of this dichotomy determines whether or not we will lead a fully responsible life, whether we will affirm ourselves and life, or whether we will devote ourselves to the destructiveness and hatred of life, always placing responsibility on others.

We cannot live without trust and we attain trust by experiencing a supportive affection. Without this affection infants and small children can become apathetic and waste away or even die.

Every power play is hypocritical about its motives and is based on a lie of one's self.

Our fragmentation must be overcome, not by acquiescing in the logic of an alleged reality, but by insisting on our own ability to feel compassion, to experience sorrow and joy.

Patients change only when they accept responsibility for the decision they once made to submit to the power of others. For it is this submission that has crippled their potential for autonomy and initiated their psychic maldevelopment.

Many therapists have to recognise they made their patients dependent on them. In this way, the eternal game is repeated. This internalisation of the therapist- which is the opposite of finding one's own identity- is mistakenly considered grown-up.

The only way to find true liberation and to meet the challenge of change is by confronting the pain caused by self-betrayal. We must confront the surrender that first made us hate ourselves because it reminds us of what we have done. Evil destruction in humanity has its roots in our inability to take responsibility for the early decision that made us relinquish our birthright to be ourselves.

Pteridophyta Gruen

Summary of Arno Gruen's "The Insanity of Normality" by Martin Jakob.

Totalitarianism, ideology, fascism, communism, turbo-capitalist managers, normopathy.

We are all marked by the dictate of the "normal" behaviour (iron series), this is the pathology of adaptation (fern), as a result of the abandonment of the self. This form of "civilisation" that imposes on us to avoid the pain of the inner chaos and to take refuge in the farce of "normality". (Generations across, for millennia).

Obedience removes a person from his inner self and at the same time protects him from the resulting anxiety. The lie of submission is considered a reality-based life.

For those personalities who slip into the appearance of "normal" behaviour (hide/fern) because they can't stand the tension between the reality imposed on them (modern world/fern) and their inner world, for such people there are soon no real feelings. Instead, they deal with ideas of feelings (ideology). The insidiousness of "normality/healthiness" is the lack of a real self. This so-called normality, healthy realism, realpolitik etcetera serves to hide and at the same time escape from the inner chaos that is the consequence of the lack of a self. We all fall for the outer appearance of "normality", because we ourselves have lost contact under the pressure of our upbringing, what is hidden behind this facade.

Obedience means being good - being good means being responsible, being dutiful; characteristic of the pathology of normality, is that it tricks madness, is escape from suffering. When pain, sorrow, helplessness are denied because they are considered weakness, the inner world is shut down and cut off from the gears of the everyday world. The splitting off of the inner self makes the development of a true self impossible.

Cut off from one's inner self, one reacts only with prescribed and preformed ideas. (Ideology). From there it is not far to the transformation into a robot. Subjugation (to the norms parents, society, ideology, etc.) - has caused man to hate himself and everything around him, because it reminds him that he has subjugated himself, sacrificed his autonomy; i.e., the self surrenders itself to the formative influences of the other (early childhood process - parents, culture, state) and thus evades the obligation to genuine responsibility of its own. Among the most important characteristics of „Self betrayal“, is the hope of finding the key to power, to overcome the helplessness perceived as unbearable of one's own inadequacy.

This personality believes that if one identifies with the oppressive power, one could free oneself from one's weakness through this participation. Or the supposed redemption from their weakness or inadequacy in achieving success. But he who surrenders his inner life in favour of power has ceased to be carried by the hope of human connectedness. With this personality, suffering arises only when the success of his power games fails to materialise. Its failure threatens it with the inner chaos of its split self. This personality has not been able to bear the pain of the insufficient love of his parents and therefore have invented the myth that the ability to feel pain is weakness. Personalities that have separated pain and suffering from themselves as unbearable are advoc-

ates and guardians of a distorted image of reality. Because they cannot bear their own weakness in the face of manipulative pseudo-love, they defer to the acquisition of power and possessions throughout their lives. This keeps them from confronting their self-hatred, which has been created by submission to false love. This "hallucinated possession of reality" became the prescribed definition of male strength. The result is "strong men" who are disconnected from their deepest feelings because they do not have the strength to bear them. This complete perversion of psychological reality is so difficult to see through, as these "strong men, whose purpose in life is to be in power, also shape consciousness through their domination and define what reality is. When children learn that "love" can only be obtained through docile manoeuvres, they exchange the hope of love for the hope of power.

I become as you want me to be, so that you take care of me. My submission is now my power over you - with which I enforce your caring for me. Internalisation - is collaboration (English usage) through submission, thereby the child begins to hate himself. Through this self-hatred the readiness for further subjugation intensifies, subjugation and self-contempt are mutually dependent; This self-contempt must not be felt, it must be repressed and made unconscious, thereby the entanglement becomes deeper and deeper.

The one who does not know that he has subjected himself cannot regain his split-off self, his liveliness.

Most of the time the child submits in order to participate in the power that oppresses him.

Civilisation and its norms demanding obedience are decisive factors for self-hatred. When truth is evaded, for the benefit of ideology, the "culture of power over the supposedly weak" is kept alive.

When a mother thinks she can reject her baby, e.g. swaddling him again, instead of feeling the baby's despair, the pain of not being accepted as self, not being acknowledged, occurs. Autistic children do not deny this pain and do not react with submission. The contradiction between the need to save face (hiding) and the willingness to connect with power through submission is a radical split. It leads to giving away the self and thus to self-hatred.

Real autonomy, real needs for closeness and the need to see the world with one's own eyes, are abandoned in favour of dependency. This has two aspects: -1 am helpless and dependent, that is, the way you want me to be, that is mostly unconscious, and my revenge is, it gives me the right, that you have to care for me. What happened is that through this process, one is never obliged to be oneself but only receives orders, instructions from others.

This personality considers his identity/image/posse and his duty as his self. Fidelity to one's duty and fulfilment of one's duty is taken for one's identity. Wherever this happens, one can be sure that there is no own self.

Education, socialisation in the worst case leads to the splitting off of the experience of an inner being, of "being oneself, of autonomy.

We are governed by the law of social success - this is our ideology.

The adaptation and loyalties to the powerful, these collective identities are considered to be "realism". This makes it difficult to see the danger that adaptability poses to humanity. Successful managers, politicians, media professionals with their brilliant appearance, without an inner identity, this personalities, know and show what to „feel“. If we classify such behaviour as reality-based, the pathology behind it gets out of sight.

Namely, the lack of an authentic self and the ability to devote oneself to destructive and murderous actions under the guise of efficient organisation, this is the soullessness of the conformist.

An externally directed self obeys the power that rules at the moment.

A personality which is based on identification cannot consist of anything other than a set of duties (Fern) to which this personality submits. Such an "identity" is a betrayal of the self.

As long as the social framework (job, family, career, etc.) within which obedience and self-worth develop remains intact, its promises of it also remain, the inner hatred need not come out openly. Only when this framework collapses - that is, when the promises of participation in power cannot be kept, e.g. because of economic conditions; then the subliminal hatred of people without self comes to the surface. A personality that was not loved as a child, as it was itself.

Correct behaviour (Fern) as the basis of self-love, that reinforces a lifetime of self-deception and at the same time serves to soothe the ever-present selfdoubt about the long-ago self-deception. That is why one whose "correct" behaviour is doubted (sensitive to criticism/fern) becomes violent so easily. Guilt (Phase 3) is the first weapon against autonomy. "If the child does not follow the demands of the parents for "correct" behaviour, it is degraded in its self-esteem. In this way, the feeling of guilt participates in the process that moves a person further and further away from himself, which his own feeling is experienced as guilt. (Phase 3). The feeling of guilt basically only serves to hide the origin of the destructive rage. It reproduces at the same time an old mechanism, because the generation of feelings of guilt was a favourite manifestation tool of parental power.

The only way to deal with destruction and aggression is to face the helplessness from which it arose. Only by accepting your own helplessness and seeing the limits it places on you can you get away from the mythicising sense of guilt. When one gets rid of the idea that helplessness is an expression of failure, one can get rid of primitive and destructive anger. Its suppression or sublimation, on the other hand, keeps its source alive.

Violence is present in all people who live in a world whose foundation is obedience. If we are allowed to love ourselves only when we are obedient, we feel we are righteous people when we kill in others the disobedience that was once our own. We strive to "appear decent," that is, to conform to expectations, because only then can we love ourselves. But this is narcissism, and this narcissism our culture promotes very effectively. One loves the "decent facade" and not the self that one could be.

When we split off our emphatic abilities (towards ourselves), there are no real feelings left. What remains is a striving for performance, which brings in the recognition on which self-esteem depends.

When our feelings are replaced by image (thought templates, ideology, etc.), the resulting impersonality becomes the new power that dominates our lives more and more. These smart people - whose ability to adapt has made them what they are - make impersonality their ally, as it allows them to escape responsibility. People who have a connection with their inner selves fight against it, but it is difficult because the norms are defended with made-up feelings (realism, progress, security is in danger...). The real feelings behind the unforgiveness and resolute demeanour (the "point of view") are destructive and are fed by fear of chaos.

"Feelings" that arise from the need for order are never what they pretend to be. They are escape from their own chaos and must spread destruction around them. Not loved for what one is: This personality is loved for what it represents, creates an image for which it is loved. The sporty one, the successful one, the funny one, the clever one. This personality lets itself be forced to it, because for it gets the acknowledgment/love it needs. In this way we can never be ourself. This happens very early, prelingually and most of it is unconscious.

Why does this personality exchange the promise of power for the love it longs for?

With power we can gain love, that is our illusion. As compensation to feel valuable we can "force" others, as we were forced to do. The power to overcome our own inadequacy/weakness, (i.e. no real autonomous inner self, no whole core).

Martin Jakob

Glossary

Clade:	A group, of plants, animals or bacteria. The level of the group, however, is indeterminate. It can be a family, or an order, class or even an entire kingdom.
Cure:	Cure is a recovery from disease in living beings. The normal healthy state is restored. Cure works according to the Law of Similars.
Disease:	Disease is derangement of health in living beings. The living being is not working harmoniously any more and feels limited and handicapped by sensations, feelings and physical problems. It is a dis-ease.
Elements:	Elements are the simple substances in nature. They are also called atoms, as they cannot be changed, at least in normal situations. There are about 100 kinds of elements and they are classified in the Periodic system of the Elements, as developed by Mendeleev.
Kingdom:	Kingdoms are the main groups of creation. Traditionally there were 3 Kingdoms: Minerals, Plants and Animals. The Bacterial kingdom has been discovered in the last 5 centuries. Regular science sees humans mostly as part of the Animal kingdom. The mind quality of human beings justifies the creation of the Human kingdom.
Monophyly:	A group is monophyletic if all members of a group have evolved from one ancestor AND all the descendants of that ancestor are in the group are in the group. The opposites of monophyly are called paraphyly or polyphyly. Paraphyly means that a group is missing some members. Polyphyly means the group is missing the ancestor.
Periodic system:	The Periodic system is the table with all the elements of nature. The Elements, also called atoms, are placed in rows and columns. There are 7 rows. The amount of columns depends on the row, going from 2 columns in the 1st row, to 8 columns in the 2nd and 3rd row, to 18 columns in the 4th and 5th row, and 32 columns in the 6th row.
Personality:	Personality is a state of being. It can be expressed on all levels of existence, in thoughts, desires, emotions, sensations and physical derangements. Most people have several personalities, with which one can be identified more or less strongly.
Phase:	The Phases express the feeling, the state of being and belonging to someone or something. They coincide with the 8 columns of the 2nd and 3rd row of the Periodic system. It depends on the matching Series: family or friends, neighbourhoods or villages, cultures or religions, nations or worlds.
Remedy code:	The Remedy code is developed for the Plant classification. It is a code that shows the place of a plant in the structure, the classification of the Plant kingdom. At the same time it is a short description of the state of being of the plant, its personality one can say. The code can also be used for the Mineral kingdom and the Animal kingdom.

The code has seven numbers:

Nr	Range	Series	Quality
1	1-5	Kingdom	Background
2	1-7	Phylum	Potential
3	1-7	Class	Ideal
4	1-7	Subclass	Realisation
5	1-7	Order	Phase; the position that back one up
6	1-7	Family	Subphase: what confront one
7	1-17	Genus	Action; how one handles situations

Series: The Series are the themes of life, with their needs, desires and goal and thoughts that fit with those aims. They were discovered in the Periodic system. The 7 rows of the Periodic system coincide with the Series, expressing the themes of the Series.

Self: The Self is the real I, as distinguished from the ego, the person or I. The personal I is a collection of personalities.

Law of Hering: This law tells if a change in health is in the good or bad direction, to more health or more disease. The principle is that living beings try to expel problems as far out of their organism as possible and that more central and important organs have to be secured. The skin, as the most outer layer, is the least important and that is why it is the first to become diseased, like in children.

Law of Similar: This law says that healing follows only by applying the same quality as the patient is in. It is a law of paradoxical therapy. It works by bringing the source of disease into Consciousness, which is the source of the Self and the self-healing power.

Series: Series are the rows of the Periodic table. There are 7 rows, or Series. The Lanthanides can be seen as an extra Series, but in essence they are part of the Gold series. Each Series represents a level in life:

Nr	Series	Life level
1	Hydrogen	Existence
2	Carbon	Personal
3	Silicon	Family, friends
4	Iron	Community
5	Silver	Culture
6a	Lanthanide	Autonomy
6	Gold	Political
7	Uranium	Spiritual

Stage: The Stages describe how one feels in a situation and one handles that situation. There are 18 Stages, coinciding with the 18 Columns of the Periodic system, as they are present in the rows 4, 5, 6, and 7.

Subphase: In principle it is the same as the Phase. It is not discussed much in this book, as it is a more technical difference. In the Plant theory and Animal theory there are 2 Phases: Phase and Subphase. The Phase is more who one is, the Subphase more what one encounters. The Phase is more the past, the Subphase more the future.

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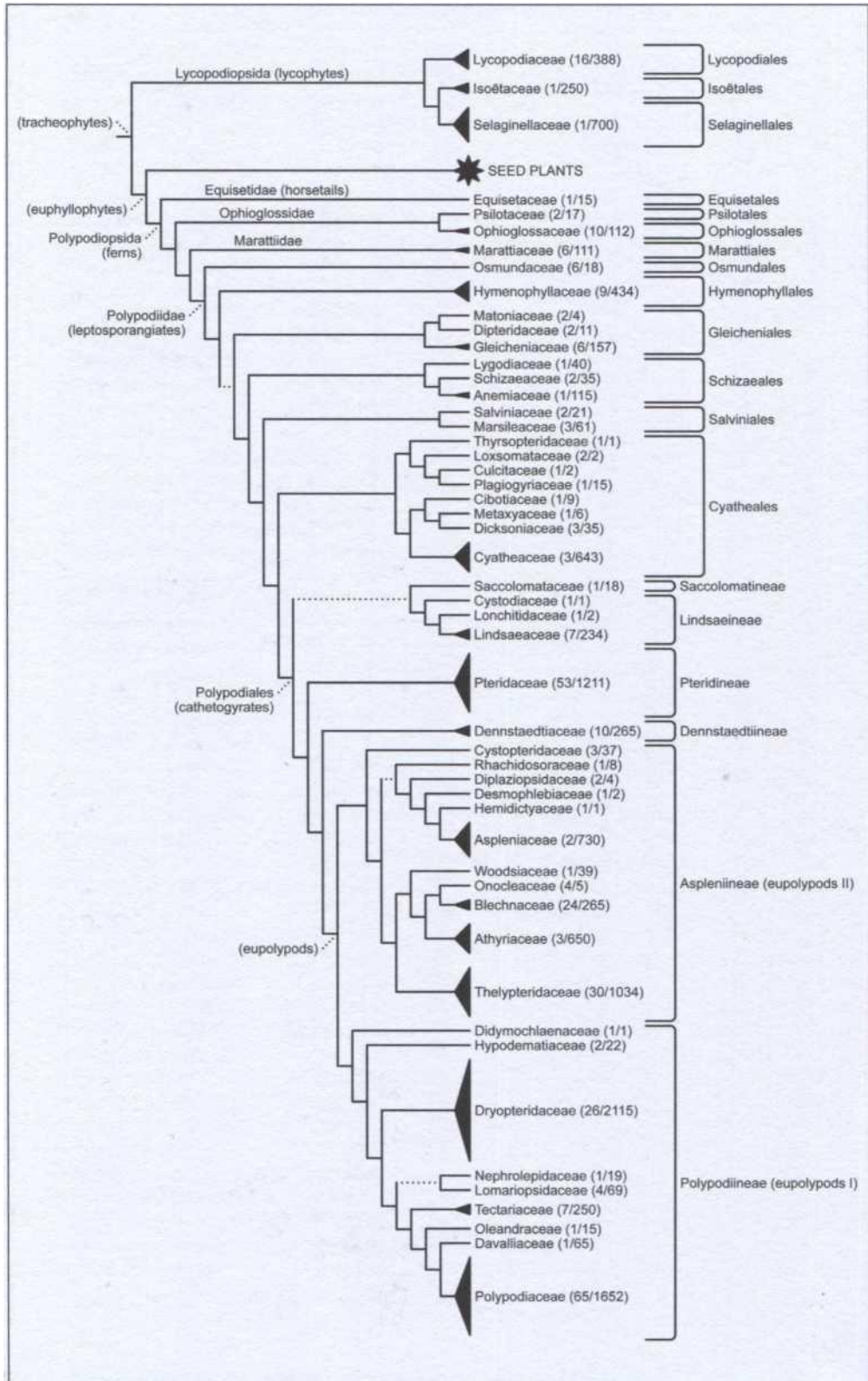
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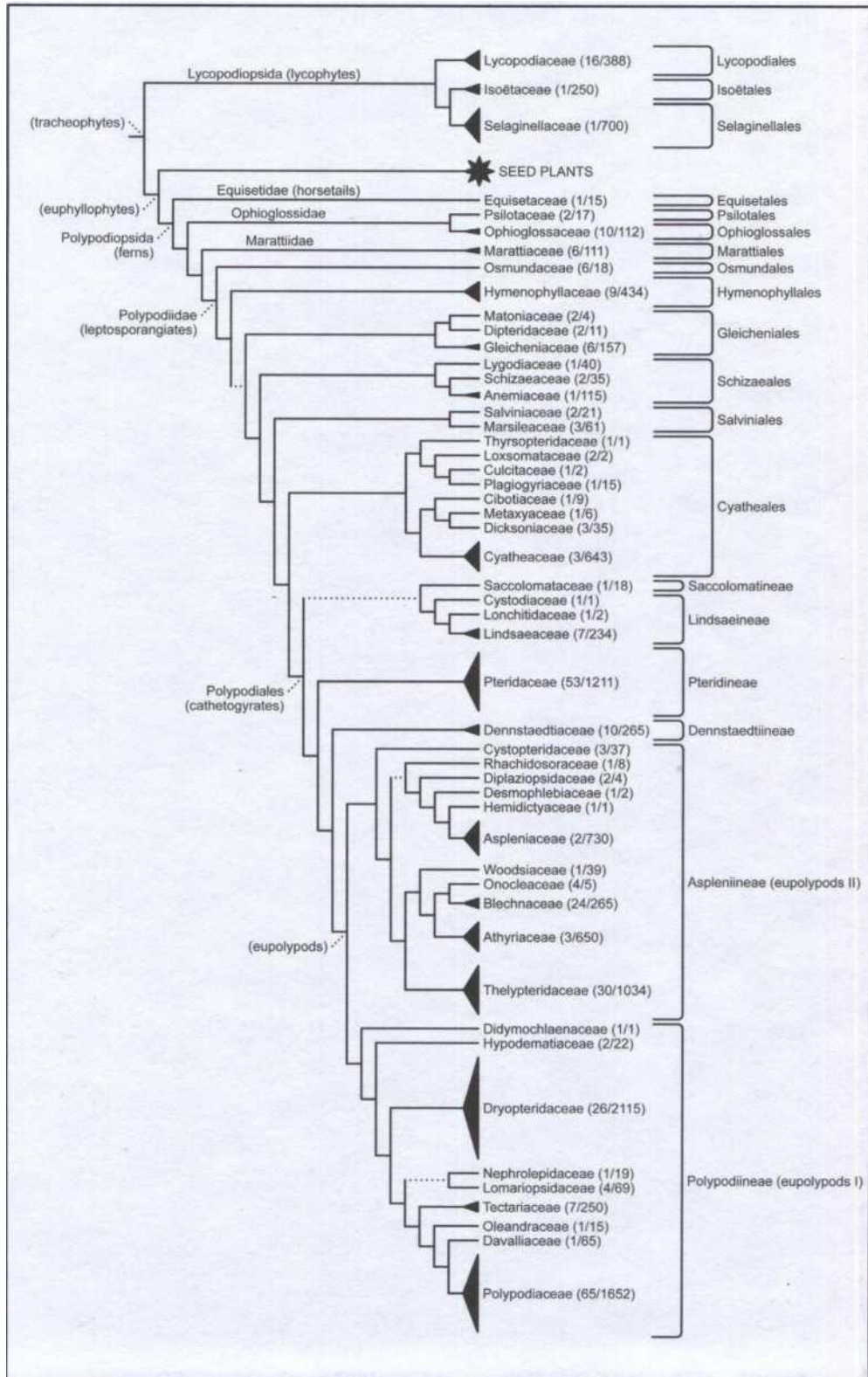
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Classification of Pteridophyta by the PPG1



Classification of Pteridophyta by the Plant theory



Autistic Ferns is thus not merely another Materia medica of a group of plants. It brings our healing art to another level, where we are delving deeper and deeper into the nature of our very existence, what it means to be human, and what it means to be healed. Yet, we also carry within us the remnants of previous times, of past generations and past lives, of traumas which have not been integrated and healed. Human history is fraught with the traumas of wartime and of privation of all sorts; these remain deeply embedded in our subconscious, yet they can determine to a large extent our behaviour and our health. In such situations it is a matter of survival, fitting into the group at all costs, following the rules at the expense of one's personal integrity. There is little or no opportunity to develop the more subtle aspects of our nature, such as fine arts and self-reflection - these qualities belong more to the Silver and Lanthanide series. One can become estranged from oneself, and ultimately estranged from others as well, as the ground for true communication is lacking. The many cases illustrate the possibilities of the ferns in homeopathy, and this part of the Plant theory map gives us another part of the plant road map for solving our most intractable cases. The humble ferns will never be the same for me!

Deborah Collins

Ferns are symbolical for unconscious patterns which have to do with unnatural adaptation to rules and order in our lives stemming from our childhood traumas we all have experienced. Even inter-generational patterns may lead to a Fern-remedy. Although Ferns originally seemed to be very typically indicated for autistic children, it gradually turned out that Ferns are also very specific for unconscious parts of our psyche. In that sense everybody may need a Fern sooner or later...

Pieter Kuiper

