



# PARACELSUS



Health and Healing



The Spiritlike Medicinal Powers [I]

The Three Crosses of the Zodiac & Consciousness [I]

Traditional European Natural Healing - TEN [II]

Cordyceps: Royal Remedy and Universal Tonic

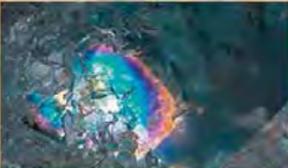
"Filling the Laughing Depot" - Instead of Burning Out

Angelica Archangelica

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In seinem Streben nach sozialer und wirtschaftlicher Entwicklung weicht der Mensch immer stärker von der Natur ab. Infolgedessen hat er die natürliche und rhythmische Lebensweise verloren sowie das Verstehen der Zeit, Natur, jahreszeitlichen Besonderheiten und gesunden Ernährungsgewohnheiten. Die Menschen brauchen eine harmonische Lebensweise, die häufigen Erkrankungen vorbeugt, und medikamentöse Behandlungen, die nicht zu giftig sind oder die nicht mehr Nebenwirkungen als Heilung bringen. Band I enthält 66 Editorials. Band II enthält 69 Editorials.

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**K. Parvathi Kumar**  
 Er hat ein tiefes Wissen der Symbolik der Welt-schriften und ist ein ausgezeichnete Kenner der Astrologie und Homöopathie. In seinen Vorträgen und Seminaren zeigt er Zusammenhänge und Übereinstimmungen zwischen den vedischen Schriften, den theosophischen Büchern von H.P. Blavatsky und A.A. Bailey und der christlichen Lehre.



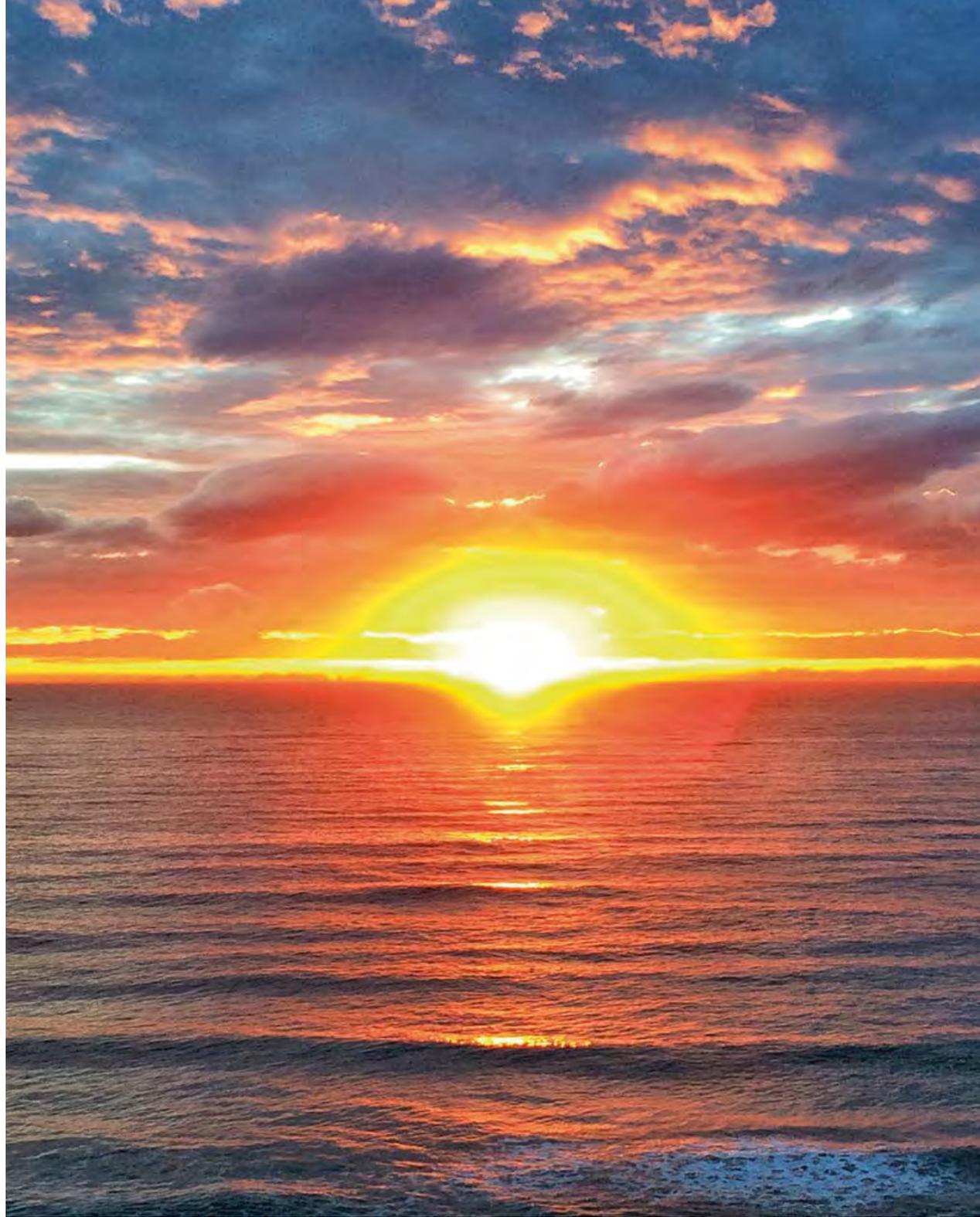
## Editorial

**M**aster of Wisdom says, "Cancer can be treated by psychic energy. Lack of psychic energy in the blood generates the disease." Often psychic energy can be exhausted as result of expending excessive energies, thereby outpouring the individual will for the benefit of the surroundings. In the case of Ramakrishna, his throat cancer resulted due to his excessive spiritual outpouring. In the case of normal humans, excessive drainage of psychic energy either through fear or through irritation, through indignation or through anger, jealousy, hatred, fear, etc, can result in drainage of psychic energy. In the case of Spiritual Teachers, the enormous psychic energy that they dispense by dispatching to distant lands, thoughts of service, such as healing and wellbeing, they too stand the danger. It is but necessary that energies are spent for the benefit of the society at large, but there should be a way to refill the expended energies. Just as man refills his stomach with food and drink, there should also be refilling of expended psychic energies through the right technique

of worships, prayers and meditations. As much energy is used, so much the energy has to be refilled. This is the normal law. A psychiatrist eventually becomes a psychiatric patient when he himself does not refill the psychic energies in himself by relating to the subtle world that surrounds him. When physicians turn sick, it only shows that they do not have the higher dimension of healing. A physician should know that the healing energies that he transmits need to be replenished on a daily basis, not only through sleep, but also through appropriate prayers and meditations. One can even be a channel to receive energies of healing into oneself, and abundantly transmit them during hours of healing work. When physicians contract such sicknesses as cancer, it only shows their lack of comprehension in refilling themselves with the needed psychic energies. Instances are noticed where psychiatrists turn themselves into patients of a psychiatry, as they went on dealing with patients who suffer from fear and the related depression. Dealing with fear, it is not improvable that the

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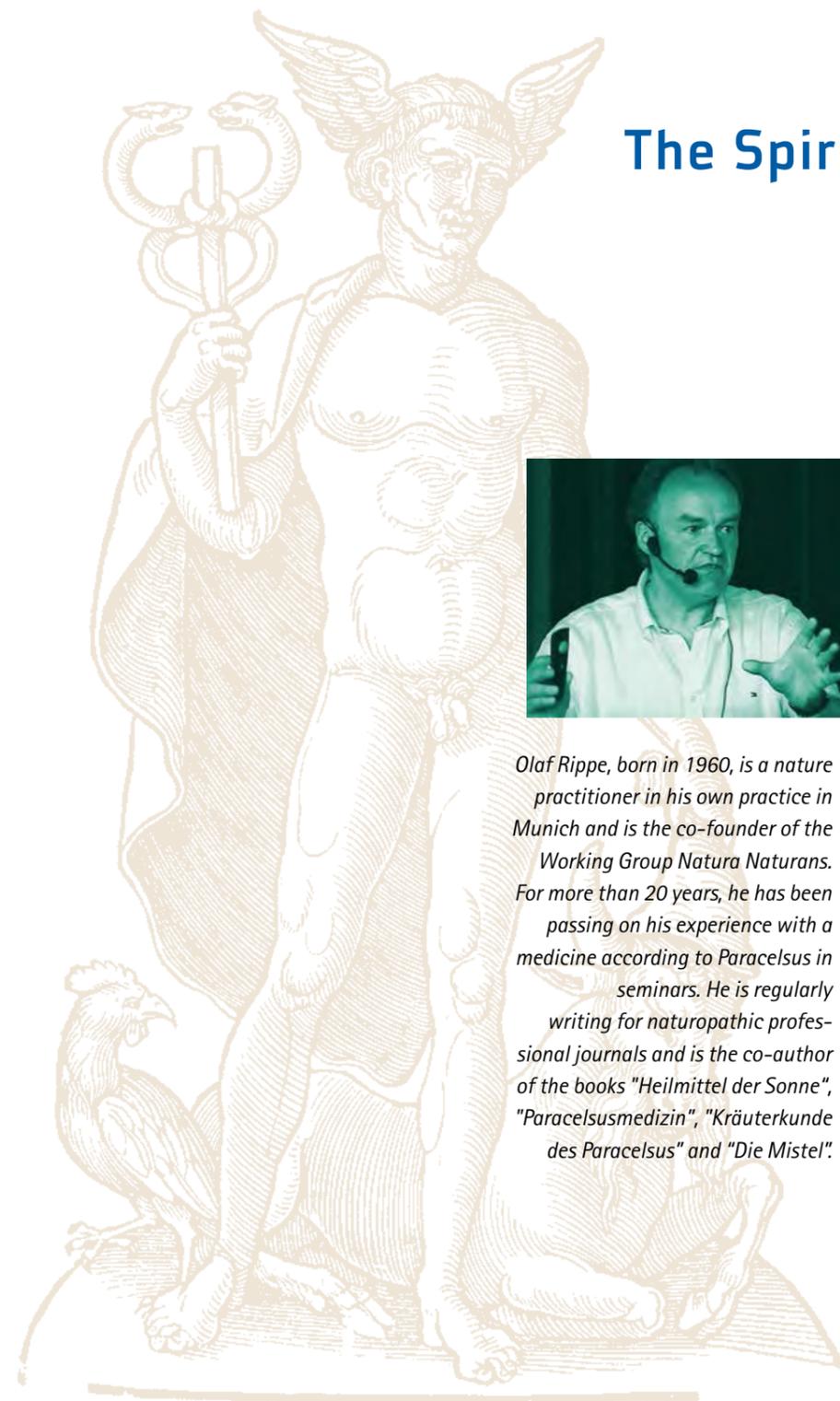


psychiatrist himself contacts the energy of fear. Dealing with hatred, jealousy and suspicion, it is not uncommon, that a psychiatrist too develops those energies in him. Just like a police officer tends to hold on suspicion even at home, the doctors too, could be victims of the energies which they

deal with. Similarly doctors dealing with cases of horror were themselves given to the energies of horror. It is for this reason, daily cleansing of the surrounding energies with oneself and refilling with abundant vital healing energies become important. Let not the physicians succumb to the sick-

nesses that they deal with. For this reason, physicians are required to be believers of the divine subtle energies. They should also be equipped with the technique of contacting the subtle energies. Meditating upon golden light or morning light daily is of great importance in this regard.

Dr. K. Parvathi Kumar



## The Spiritlike Medicinal Powers [I]

Olaf Rippe



*Olaf Rippe, born in 1960, is a nature practitioner in his own practice in Munich and is the co-founder of the Working Group Natura Naturans. For more than 20 years, he has been passing on his experience with a medicine according to Paracelsus in seminars. He is regularly writing for naturopathic professional journals and is the co-author of the books "Heilmittel der Sonne", "Paracelsusmedizin", "Kräuterkunde des Paracelsus" and "Die Mistel".*

The alchemical making of medications, spagyrics, ranges among the oldest methods in medicine, which are still in use today. The view of the world of the alchemists reaches back to the mystery cults of the ancient Egyptian culture. Also, the dogmas of the adept, Hermes Trismegistos, the "Tabula smaragdina" (see box) should date back to the time of the pharaohs. His thoughts form the spiritual foundation of magic, astrology, and alchemy, the mother of all sciences. This position was also supported by the alchemist, Kunckel, "The chymy (alchemy) is without doubt one of the most noble and needed arts in the world, and it is not unreasonable to call it the mother and provider of all other arts (...), thus, for a sound person – beside the erudition of god and the care for the person's soul, nothing is more necessary and useful than the knowledge of nature, which is solely and exclusively taught by chymy. From there it has derived that this art has had its beginnings soon after the creation of the world" (Kunckel, 1716, quoted from Gebelein).

# The TABULA SMARAGDINA of Hermes Trismegistos

(quoted from Gebelein/Burckhardt, 1991; text in brackets by Olaf Rippe)

"Tis true without lying, certain & most true: that which is below is like that which is above & that which is above is like that which is below to do the miracles of one only thing."

(The creation - *Natura naturata* - is a mirror image of the creative power - basis of the analogous conception of the world and of astrology)

"And as all things have been & arose from one by the mediation of one: so all things have their birth from this one thing by adaptation."

(Each form of existence is mutually related in spirit and everything is in relation with its spiritual origin, the Logos)

"The Sun is its father, the moon its mother, the wind hath carried it in its belly, the earth is its nurse."

(The polarity of the being and the materialization of the quintessence = Logos)

"The father of all perfection in the whole world is here."

(The quintessence in the kingdoms of nature causes life and any kind of particular feature)

"Its force or power is entire if it be converted into earth."

(The unity of mind and matter)

"Separate though the earth from the fire, the subtle from the gross sweetly with great industry."

(The art of separation = Alchemy; dissolving the spiritlike or the quintessence out of matter)

"It ascends from the earth to the heaven & again it descends to the earth & receives the force of the things superior & inferior. By this you shall have the glory of the whole world & thereby all obscurity shall fly from you."

(Alchemical operations like distillation and sublimation; solve - dissolve and coagula - precipitation; knowledge due to the work in the laboratory)

"Its force is above all force. For it vanquishes every subtle thing & penetrates every solid thing."

(Due to the spiritualization, the perfect medication = Arcanum is created)

"So was the world created."

(The Arcanum contains the enriched quintessence and has a regulating influence on man as microcosm; the stars have to be considered here)

"From this are & do come admirable adaptations whereof the means (or process) is here in this."

(Transmutation - transformation of the gross/illness into the subtle/health by healing)

"Hence I am called Hermes Trismegist, having the three parts of the philosophy of the whole world."

(Healing is insight or the harmony of body, soul, spirit, or Sal, Sulphur, Mercury)

"That which I have said of the operation of the Sun is accomplished & ended."

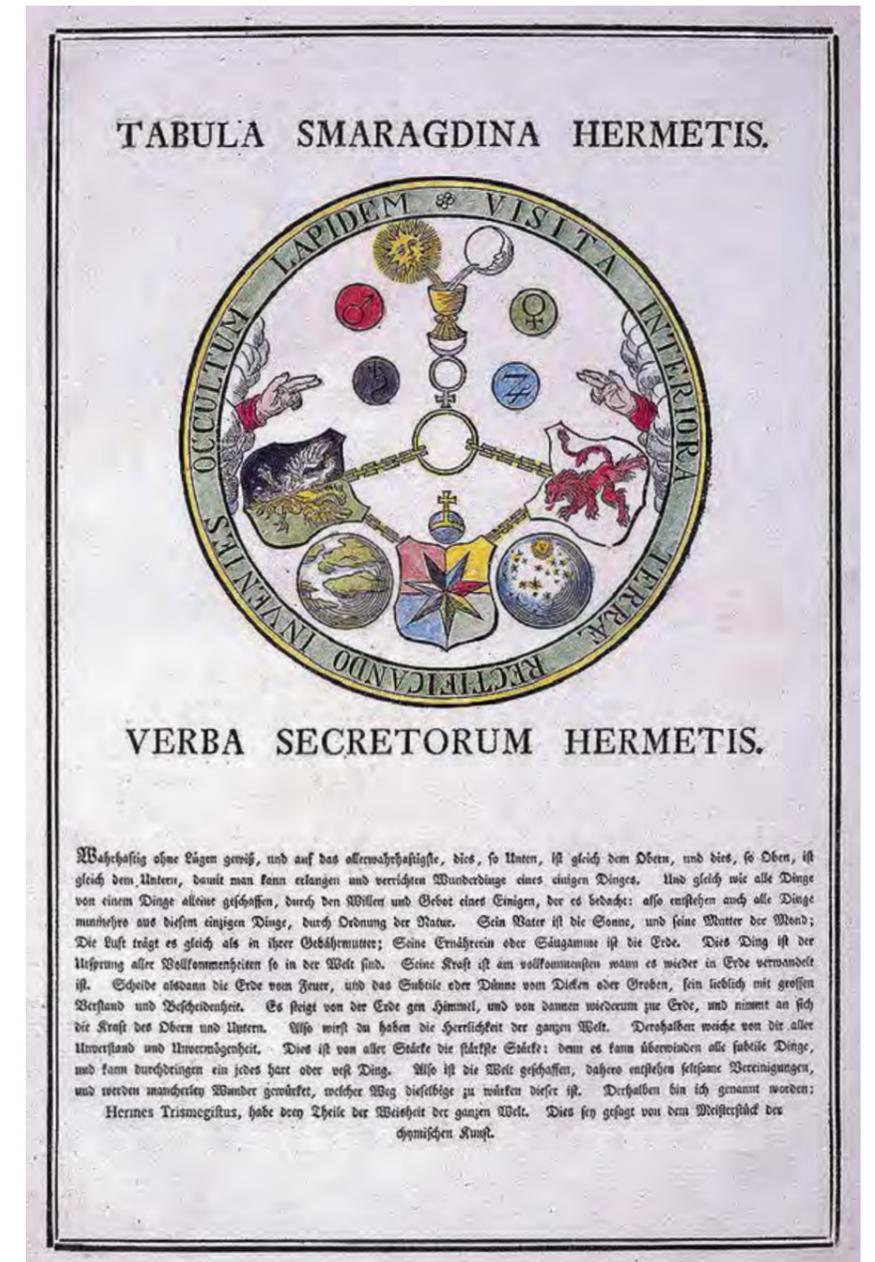
(The Sun is the Logos or the awakened human being)

(translator's remark: we used the Emerald Tablet translation of Isaac Newton)

## The Hermetic Conception of the World

The view of the world of Hermes Trismegistos is marked by the idea of an all-embracing harmony. All is in a reciprocal energetic relationship with everything. The sensually perceivable nature forms a mirror image of a cosmic elementary force here, also called Logos, spirit of the world, master builder, or God. This supernatural elementary force forms a unit, which is represented as a multiplicity in the sensually perceivable world. It manifests itself in the senses as substance in the mineral, as vitality in the plant, as feeling in the animal, and as spirit in the human being. According to the Hermetic conception, man again forms a unit within this multiplicity because he is at the same time mineral, plant, and animal, and moreover a being endowed with reason, who is able to reflect on himself and his origin. As Paracelsus remarked, the kingdoms of nature form the letters from which the word "Mensch" [man] is put together. Man is also an image of the Logos of the world, who - although manifested in all nature's kingdoms - can as such only be perceived by the human being. "All knowledge of the world, which we human beings own on earth, only stems from the light of nature. This light of nature reaches from the visible to the invisible and is so wonderful there as here. In the light of nature the invisible is visible." (Paracelsus)

Although being a mirror image of the Divine, the human being has remained incomplete because he is to find the path to perfection independently by



his own contemplation and by his own creative abilities. In his imperfection he is like everything in nature: subject to the principle of transience. With transience, the law of the god Cronus/Saturn, not only age but also disease and death are connected. For the alchemist, these three do not necessarily form something negative, but rather the purgatory in which the immortal soul is able to purify itself. Age also means maturation, illness also means dissolution, and only death offers the possibility for a reincarnation

## The Spiritlike Medicinal Powers

into a higher level of consciousness, - similar to the metamorphoses of a butterfly. This transmutation of consciousness is, however, even possible in life. In the mystery cults of ancient times, the adept was put into a deathlike condition in order to awake again as a new person. According to the conceptions of the alchemists, similar can also happen by a medication, which was prepared in an alchemical procedure.

With regard to this, one has to know that for the alchemist the sensually perceivable nature represents a material vessel in which the spiritlike is invisibly hidden; this is mainly valid for minerals. The aim of the alchemical work is the extraction of the spiritlike from the matter in order to enrich it with suitable methods, - this then is the medication which is able to transform the disease into health. Paracelsus said with regard to this: "What the eye sees in the herb is not medicine, nor what it sees in stones or in trees. The eyes only see the slag, but inwardly, underneath the slag, there lies the remedy. Now, first of all the remedy has to be withdrawn from the slag. Then the remedy is ready. This is alchemy and the task is Vulcani."

In our conception of the world, marked by reductionism, the modern scientist believes he can experience the invisible by an analysis of the matter. The results are impressive, mainly where the making of synthetic things is concerned, but the scientist has not been able to get one millimetre closer to the essence of the invisible. But, to quote Goethe, "Mysterious on a bright day / the nature of the veil cannot be deprived / And what it does not wish to reveal to your spirit

/ you cannot force from it with levers or with screws."

In order to know the essence of what is written in this article, it is not enough to analyze the paper on which it was printed, but one must have read it; this does not require any chemical, but rather an al-chemical view of things.

The mysterious and invisible is named quintessence by Paracelsus. By this he meant a force beyond the four elements of fire, earth, water, and air, which are considered to be the four mothers of the visible. This "fifth" element is the spirit inside the matter; Paracelsus also called it virtue or the light inside the nature. Another expression is "Mercury", named for the messenger of the gods. Mercury is the spiritlike property which sleeps in a physical form, sulphur, which in turn visibly exists through the mineral, the salt. Mercury, Sulphur, and Salt (Sal) are the expression of the visible for the alchemist. They form the counterpart to Logos, who also represents a trinity because "God is threefold" (Paracelsus). Once, the divine trinity is referred to as God-Father, Son and Holy Spirit, another time as Brahma, Vishnu ad Shiva, or as Isis, Osiris and Horus. In Hermeticism, it is the trinity of the infinity, of emptiness and light (Ain-Soph-Aur).

The challenge of alchemy is not to separate this Mercurian, spiritlike or quintessential from the matter, as it were to awaken it. To this, Paracelsus remarked, "Quinta Essentia is substance that is physically extracted from all plants and from everything in which is life. It is separated from any polluting and transient matter and is subtly and very purely separated from

all elements. It has to be understood now that Quinta Essentia is only the nature, the power, virtue and remedy which is contained in the thing without an austere and foreign addition. It is also the colour, the life, and the character of the thing. It is a spirit that is similar to the spirit of life. (...) The reason why it has such a splendid and proper name is due to the fact that it is Arcanum, which is immaterial, immortal, and living eternally. Its

nature cannot be understood by humans. (...) It has the power to change us, to transform us, to renew us and to restore us, like the Arcana of God. (...) Arcanum is any virtue of the thing, thousandfold improved. (...) They keep the body in health, they drive out the diseases, they free the sad mind, they guard against any unhealthiness and sickness (...)"

...to be continued

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below:  
An imaginative 17th century depiction of the Emerald Tablet from the work of Heinrich Khunrath.



# Remedies for Healing



Dr. K. S. Sastry is a renowned Homoeo Physician. He has the rightful place in the field of Homoeopathy. He is a true practitioner of Homoeopathy and is fully obedient to the cardinal principles of Homoeopathy laid down by Dr. Samuel Hahnemann. He has been practicing Homoeopathy over 35 years on a charitable basis. By this he distinguishes himself by the contemporary Homoeopaths. In spite of more than three decades of experience, he still remains an ardent student that looks for new vistas of understanding Homoeo Science. He authored a few books on Homoeo and he is a philanthropist that looks forward to serve the society in every possible way.

## Homoeopathy IX

### 4. Filarial fevers

A leg or hand will be swollen with no pain. But, after some period fever with severe chills and steam occur. During the fever the swelling on limb will reduce and burning sensation with severe suffering comes in. A dose of *Ars alb* 200 will bring in relief in no time. If during the fever there is only swelling without burning and steam then a dose of *Phytolacca* 200 will recede the fever. In most cases, lumps are formed in the groins. Lack of appropriate treatment results in periodical recurrence which torments. When treatment is done based on constitutional symptoms fevers will get cured and if such treatment is done right after the first indication of swelling, the swellings also would be cured. In some constitutions this swelling gets increased to an extent that skin splits, attended with purulence, fever, heaviness, and worms also start appearing. These swellings are tough to bring in cure. But, with proper homoeopathic treatment purulence, putrefaction, splits will get cured and normal health can be maintained. In these

cases, *Lachesis*, *Aurum Met*, *Pyrogen*, *Crotalus*, *Syphillinum*, *Tuberculinum*, *Medorrhinum* may be indicated. Based on the constitution and totality of symptoms drugs may be administered at appropriate intervals.

Dr. Sastry

### 5. Malarial Fevers

- These fevers are due to the bite of a female *Anopheles* mosquito. They intensify with chills and thirst. Normally, at the time of recision the patient sweats. These fevers are intermittent with a certain periodicity. In most of the patients a dose of *China* 1M would be enough. If there is indigestion lack of appetite, white coating on the tongue, *Antimonium Crude* may be given starting with 200 potency and goes up to 1M depending on the necessity. Sometimes after Malaria it may lead to Jaundice also.
- If the patient has a miasmatic background – Sycosis or Syphilis, related treatment should be effectively done to avoid incidence of cerebral affection.

### 6. Typhoid Fevers

These fevers are caused by various reasons:

- Infection by bacteria from polluted surroundings
- Prolonged fevers due to ill-treatment or wrong treatment convert into Typhoid.

These fevers run for 7 days, 14 days or 21 days. Generally, during the first 7 days pathological tests will not reveal any traces of typhoid. If fever is high in the first week either *Baptisia* or

*Pyrogenum* in 200th potency should be given. This will either shorten the span of the fever or indicate the probable drug needed at that stage. During the first week fever keeps rising. Temperature increases by evening and reduces by a degree or two by morning. Even if appropriate medicine is given fever stays on rise. There will not be any complications due to this. In the second week temperature rises to the level of 104–105°F, along with motions (with or without blood). These complications wouldn't occur under proper treatment. Sometimes, there will also be cough, chest filled with phlegm, difficult breathing (dyspnoea). At this stage the position should be examined whether pneumonia has stepped in. If so medicines like *Antim Tart*, *Lycopodium* and *Hepar Sulph* which may give definite results should be thought of. When the condition is under control temperature comes down gradually by a degree every day. In some cases there may be acute constipation which prevents cessation of fever a dose of *Nux Vomica* 200 would be alright. If the fever recedes and reappears *Tuberculinum* or *Bacillinum* may be given to overcome the miasm. If there are no symptoms and fever rises then *China* 1M may be necessary. *Aconite* should not be given in the middle of the course except as a first dose. This medicine may bring in danger by its affect on the heart]. During the second week when the temperature is rising there is chance of delirium coming in. This is a dreadful symptom. But in homoeopathy this can be cured very easily. The patient talks randomly. In most cases, these random talks would be about

the situations registered in the subconscious mind (impressions) during healthy periods. When under severe fever these impressions are brought out. The speech appears to be disconnected, random and as if patient is speaking to someone. In some cases, ghosts, devils, dogs etc., appear in the visions and frighten the patient. In some other, the patient speaks in diplomatic, indecent language, sings amorous songs, and strips himself. In such conditions *Stramonium* or *Hyoscyamus* or *Opium* would bring the patient back to normalcy. At this stage mental enfeeblement may set in. Then a dose of *Acid Phos* 200 checks the condition. In cases where motions or blood motions are present, instead of *Podophyllum*, if *Acid Phos* or *China* is given the negative consequences of these motions can be averted. The disease gets complicated when a medicine which is not required or any medicine when given in potency higher than required is administered. Thence a proper totality of symptoms will be difficult to ascertain even to proper homoeopathic diagnosis. The duration of disease gets longer. Based on totality of symptoms *Antim Crude*, *Ars Alb*, *Antim Tart*, *Bryonia*, *Pulsatilla*, *Rhus Tox*, *Arnica*, *Lachesis*, *Lycopodium*, *Acid Muriatic* or *Suphur* may be used. When the disease gets prolonged to a 3-week period, the patient may get debilitated. In such situations, perilous conditions may set in not because of the fever but because of the patient's debility. *Acid Mur*, in such cases, will avert danger and puts the course on curative track. In Typhoid, generally, Liver gets palpable. Physical examination of liver by pressing in the right costal margin is not ad-

visible as it may cause harm. In such cases, *Chelidonium* or *Lycopodium* should be given. Typhoid patients should be given boiled or sterilized water for drinking. Easily digestible food should be given. Boiled milk, soft buttermilk can be given. Sourness impacts the liver. Popped rice, apple juice can be given. Even after taking this diet if the patient is still weak – knead cooked rice (rice fried before cooking) in buttermilk (not sour), squeeze the rice out and buttermilk thus concentrated when given provides aliment to the patient. Juice squeezed from dry dates and dry grapes may also be given after soaking in water for an hour. If soaked for more than an hour it will gain alcoholic qualities and affects the patient with drowsiness (due to possible fermentation) which may cause worry to the Doctor and the attendants of the patient.

To be continued...





Sri Aurobindo (Sri Órobindo), born Aurobindo Ghose, was an Indian philosopher, yogi, guru, and poet. He joined the Indian movement for independence from British rule, for a while became one of its influential leaders and then became a spiritual reformer, introducing his visions on human progress and spiritual evolution.



Mirra Alfassa known as THE MOTHER, (1878 in Paris; † 1973) in Pondicherry) was the spiritual partner of Sri Aurobindo and after his seclusion, she founded the Aurobindo Ashram, with a handful of disciples and became the spiritual guide of the community. Furthermore the Auroville project was founded and the Matrimandir designed by her.

## Medicine and Healing [LXII]

### Medical Treatment and the Body-Consciousness

#### Medical Science and the Curative Power Within Us

**Sri Aurobindo:** The spirit within us is the only all-efficient doctor and submission of the body to it the one true panacea.

Drugs often cure the body when they do not merely trouble or poison it, but only if their physical attack on the disease is supported by the force of the spirit; if that force can be made to work freely, drugs are at once superfluous.

It should take long for self-cure to replace medicine, because of the fear, self-distrust and unnatural physical reliance on drugs which Medical Science has taught to our minds and bodies and made our second nature.

**The Mother:** The sovereignty of mind has made humanity the slave of doctors and their remedies. And the result is that illnesses are increasing in number and seriousness.

The only true salvation for men is to escape from mental domination by opening to the Divine Influence.

We cannot counteract the harm done by mental faith in the need for drugs by any external measures. Only by escaping from the mental prison and emerging consciously into the light of the spirit, by a conscious union with the Divine, can we enable Him to give back to us the balance and health we have lost.

#### Diseases, Disorders and Doctors

**The Mother:** Doctors would not exist without diseases, you understand. I am not saying that they consciously encourage them, but they are on quite... friendly terms.

It is very subtle, but absolutely true.

I see a given vibratory phenomenon of the cells with the Consciousness (let us call it universal Consciousness), and then the very same thing seen in a medical consciousness - if you knew how changed it is! It takes on a very concrete character, to begin with (which it otherwise does not have), and then very... it is between "fatal" and "inescapable", I don't know how to explain. It is like a sort of rigid Fate. When they say, "Oh, it is an illness" - finished. And it is not true, there is no such thing as "an illness", no two cases are identical...

I feel it clearly, you know: I have in me the possibility of five or six fatal diseases (I know it from the vibrations); if I had the misfortune, not to go to a hospital, but just to confide in a doctor, I would have incurable diseases. And this isn't against any doctor in particular (they themselves suffer from the atmosphere without knowing it): it is the medical atmosphere.

Disease is their *raison d'être*: without diseases there would be no doctors. There would be no need for them, they would be something else: they could become something else, but not doctors; something else very useful, I don't know - scientists of the human constitution, scientists of food utilisation, scientists of all sorts of things it is good to know, but not "doctors" - a doctor is for curing diseases, so there have to be diseases in order to have doctors.

And I am not quite sure that before doctors existed there were diseases - there were disorders, there were accidents, there were all sorts of things because all that exists, but there wasn't the label "disease". And the more learned doctors become (that is, the better they know their trade), the more (*Mother clenches her fist*) solid and fixed diseases become. So the doctors' usefulness is to cure them - without diseases, they wouldn't be useful.

They should be scientists of life.... The Chinese had that idea to some extent. I don't know how it is nowadays, but in the past each family had a doctor (a doctor could have a lot of families under his care), and the doctor was paid only when everyone was in good health - if someone was ill, they stopped paying him!

The minute you step into their hospitals, you are ill! That is right, it is as I say: it is the medical atmosphere. Jules Romains said it: "A healthy man is a man who does not know he is sick." So *a priori* you are sick - it goes without saying that you are sick. And if they don't immediately find what is wrong with you, it is because you have the knack of hiding it!

But, oh, how many little experiences I have had about this, and so interesting! Something is wrong here or there in the body, a small thing; as long as you don't pay attention to it - as long, above all, as you don't mention it to anyone - and you give it up to the Lord (if it happens to hurt, you give it up to the Lord), it is all right - it is fine, you aren't sick: it is "a disorder somewhere". If you are unfortunate enough to utter a word about it to

anyone, and especially to the doctor, whoever he is, it instantly becomes an illness. And I know why, it is because the cells that are in disorder feel all of a sudden they are very important and very interesting persons! So then, as they are very interesting, they must make themselves still more interesting. If they have a movement that isn't harmonious, they exaggerate it - it becomes even less harmonious in order to assert itself more.

It sounds like a joke, but it is true! That is how it is, I know it. I have observed it carefully in my cells. So when they are told (*Mother slaps her armrest*), "You fools! That is not your duty at all, you are ridiculous," they keep quiet. As a drama, it is wonderful....

The doctor crystallizes the illness, makes it concrete, hard. Afterwards, he takes credit for curing it... when he can!

Now that the body knows a little, when something is wrong or goes awry for some reason or other (it may be because of transformation, it may be because of attacks - there are innumerable reasons), my cells are beginning to say, "Oh, no doctor, no doctor, no doctor!..." They feel the doctor will crystallize the disorder, harden it and take away the plasticity necessary to respond to the deeper forces; and then the disorder will follow an outward, material course... which takes ages - I don't have the time to wait.

I never say this to people who ask me, never; I always tell them, "Go and see the doctor and do as he tells you." Because unless the body itself (some people have that, but not many, very few), if the body itself says, "No, no,

no! I don't want," then it is ready; but if the body keeps telling you, "Maybe the doctor will help me out, maybe he will find..." - go ahead, go ahead! Do as he says.

For a long time, would you believe it, I have been in search of a doctor, a man with full medical knowledge, knowing all that they now know about the human body and the way to cure it, and capable of having the contact with the higher consciousness. Because through such an instrument, one could do very, very interesting things - very interesting.

There is a domain in which "disease" and "cure" no longer exist, but only disorder, confusion, and harmony, organisation.... I would like, oh, I would very much like to discuss certain things or certain details of the body's functioning and organisation with a man who thoroughly knows anatomy, biology, physical and bodily chemistry - all those things thoroughly - and who *understands*, who is ready to understand that all those things are a projection of other forces, subtler forces; who is able to feel things as I feel them in my own body. That would be very interesting....

You understand, to know all the material, cellular questions with the full knowledge of all the details, and at the same time to have that vision - if you could put both together, you would be... a divine doctor. That would be marvellous.

Taken from: *Integral Healing*, Compiled from the works of Sri Aurobindo and the Mother, Pondicherry; 2004

Philippus Theophrastus Aureolus Bombastus von Hohenheim, named Paracelsus, \* 1493 Einsiedeln, † 1541 Salzburg. He founded the discipline of toxicology. He is known as a revolutionary for insisting upon using observations of nature, rather than looking to ancient texts, in open and radical defiance of medical practice of his days.



### Lady's Mantle (lat. *Alchemilla vulgaris*)

The lady's mantle was a highly estimated medicinal plant already for the old Germans and consecrated to Frigga, the goddess of fertility. Later it was called "mary's mantle". In folk medicine it is used to treat many gynecological problems, pelvic pain, menstrual pain, menopausal symptoms and also to facilitate birth. Pastor Künzle says that many women operations could be avoided if the lady's mantle would be used as a cure at an early stage.

The Alchemilla is also an excellent herb when being sore, then applied both internally and externally as a tea. Paracelsus knew the lady's mantle, especially as a remedy of fractures and wounds. (III, 450) "Externally placed, well-crushed, lady's mantle heals wounds, stings and cuts." (Pastor Künzle)

The lady's mantle put in baths has proven itself as a tonic for the muscles in young children, to treat skin diseases, fluid retention, anemia, rheumatism, gout, arteriosclerosis, diabetes, and as a gargle for inflammations of the mouth and throat.

In case of suppuration and ulceration in the lower abdomen, leucorrhoea or abdominal discomfort women are recommended to have a sitz bath.

Preparation of the sitz bath:

- 50 g of lady's mantle  
(*Alchemilla vulgaris*)
- 50 g of oak bark  
(*Quercus cortex*)
- 50 g of horsetail  
(*Equisetum arvense*)
- 50 g of oat straw  
(*Avenae stramentum*)

In 5 liters of water bring to a boil briefly and let steep for 10 minutes. Strain and pour into the sitting pool and bathe fairly warm. After the bath immediately in the preheated bed. (Willfort)

Sabine Anliker

- Paracelsus: *The Complete Works*. Anger: Published by Verlag Eick; 1993, Vol. III
- Pastor Künzli: *The Big herbal medicine book*. Published by Walter-Verlag, Olten; 1945, p 326
- Willfort, Richard: *Health through herbal remedies*. Published by Rudolf Trauner Verlag, Linz; 23rd edition, 1986, p 156

## Rasa Shastra in Ayurvedic Medicine [XVII]



Sabine Anliker, M.Sc. (Ayu)

### 5 Preparation of Mercury

#### 5.2 The Eight Samskaras of Parada (Mercury)

##### 5.2.4 Samskara – Utthapana (Regaining of Mercury)

- a) Name of the Process:  
*Utthapana Samskara of Parada*
- b) References:  
(R.H.T.,Rasa Hridaya Tantra, 2005)

##### Definition

*Utthapana* is a process in which mercury (*Parada*) is recovered in its original form either through *svedana* (hot water bath), *prakshalana* (washing) or *atapa* (sun) treatments. This is done to remove the after-effects of *murchana samskara*.

##### Aim and Objectives

To regain mercury (*Parada*) in its original form (*svarupa upadana*).  
To remove the *puti* or *yaugika dosha* (adulterated with lead and tin). (R.R.S., 1998)

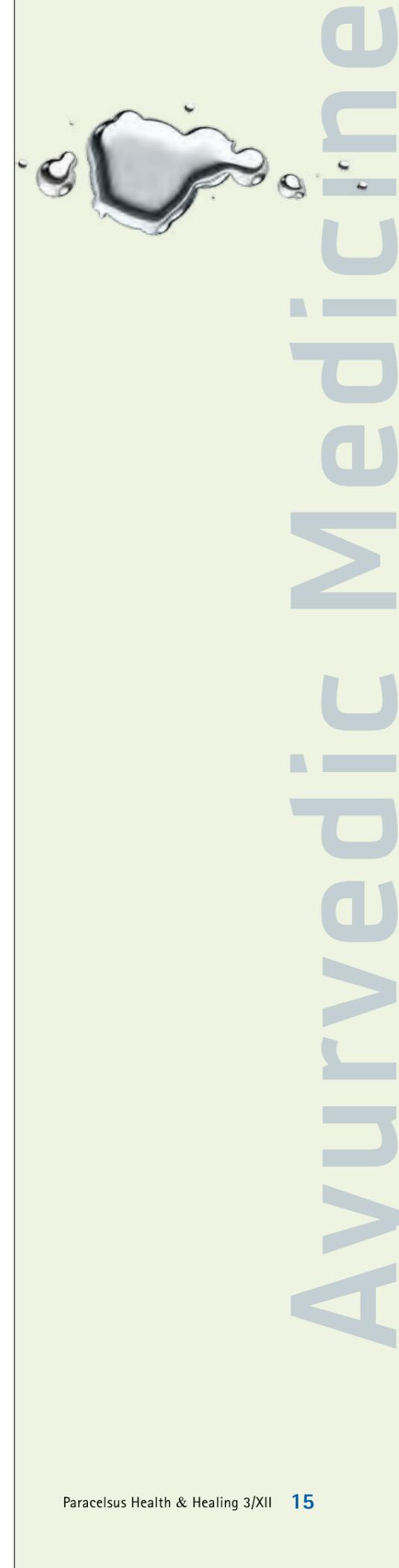




Figure 1: Washing in hot water



Figure 2: Washing in hot water



Figure 3: Mercury particles started to loosen from the paste



Figure 4: Mercury particles find together



Figure 5: Paste was strained through a cotton cloth

### Process

1. The mass of the completely integrated mercury, which was divided into small globular forms (*nashta pishti*), was mixed with hot water.

2. The mixture was left for approximately 1 hour and then washed carefully so that the paste (*kalka*) separated from the mercury. This process was repeated several times. Owing to the hot washing process, the mercury started to loosen from the paste; the small mercury particles (*nashta pishti*) gradually finding each other again and the mercury regained or returned to its original liquid form.

3. The water was skimmed after 6 hours and the paste (*kalka*) was strained through a cotton cloth and pressed out.

4. The paste (*kalka*) was strained in such a way that it became finer and the mercury could be better freed from the paste (*kalka*) and was easier to collect.

### Timetable

The hot washing process (*utthapana samskara*) to regain mercury in its original liquid form was conducted on 11th February 2012 for 7 hours.

### Observations

1. The mercury was completely integrated into the paste when we started with the washing process (*utthapana*).
2. Even after several washing processes, the mercury was still connected with the paste (*kalka*) like powder.
3. Only after the filtration through the cotton cloth, was the mercury easily brought back to its liquid original state.
4. The washing process took 6.5 hours.
5. As not all of the mercury was regained by washing, the remaining paste was kept in sunrays for drying in order to regain as much mercury as possible by this process.



Figure 6: Mercury frees from paste



Figure 7: Mercury frees from paste



Figure 8: Mercury regained its liquid form



Figure 9: Mercury after Utthapana Samskara

## Rasa Shastra

### Safety Precaution

1. The washing process requires patience and has to be carried out very carefully so that only very little mercury is lost.

### Results

Sr.No.	Brief profile of Murchana and Utthapana	Results
1.	Total time taken for <i>Murchana Samskara</i>	7 h
2.	Total time taken for <i>Utthapana Samskara</i>	6.5 h
3.	Weight of <i>Mardana Samskarita Parada</i>	1878 g
4.	Weight of <i>Utthapita Parada</i> obtained	1417 g
5.	Loss of weight of <i>Parada</i>	461 g
6.	Percent of loss of <i>Parada</i>	24.55 %
7.	Sample kept for analysis	10 g
8.	Final weight of <i>Parada</i> after <i>Murchana Et Utthapana</i>	1407 g
9.	Residue of <i>Murchana Et Utthapana</i>	523 g

Table 1: Results of Murchana and Utthapana Samskara

**Note:** The remaining mercury in the residue could not be used for the next process (*patana samskara*). The reason for the high loss of mercury after the *utthapana samskara* is maybe due to the more powdery form of the mercury with the paste. If this mercury will be collected by different processes (like *tiryak patana*, etc.), then it will be added into the further process of the eight *samskaras* with the new mercury.

#### Footnotes:

- 1 Rasa Hridaya Tantra, Avabodha 2/7
- 2 Rasa Hridaya Tantra, Avabodha 2/7
- 3 Rasa Ratna Samuchchaya, 11/33
- 4 Rasa Hridaya Tantra, Avabodha 2/7

#### Literature

- R.H.T., *Rasa Hridaya Tantra*, G. (2005).  
Mugdhavabodhini Hindi Commentary by Acharya Chaturbhuj Mishra. Chaukhambha Publications, Varanasi, India.  
R.R.S. (1998). *Rasa Ratna Samuchchaya*. 1, Chapter 5/139. New Delhi: Meherchand Laxmandas Publications.

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To be continued.....

## Organon [LXV]



*Dr. Ekkirala Krishnamacharya (1926-1984) was a university lecturer for Vedic and oriental literature, a homeopath and healer, who founded numerous spiritual centres and schools in India and Western Europe. He also established more than 100 homoeopathic dispensaries in India, where until this day the sick are treated for free.*

*Dr. E. Krishnamacharya authored many books in English and in Telugu, covering the Vedas and the Ancient Wisdom as well as yoga, astrology, homeopathy, and spiritual practice. One of his main goals of his work was the spiritual fusion of East and West.*

### The Art of Healing

Dr. E. Krishnamacharya

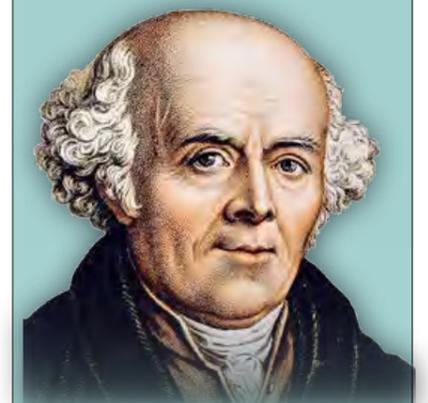
Sometimes a physical chronic disease may turn into a dangerous life taking acute disease. In such cases, it is common to observe that the mental disease may degenerate into insanity, melancholy or raving madness. Violent affections like abscess in lungs or suppuration (accumulation of pus) transform as a mental disease and protect life temporarily. As a result of this change, all the dangerous symptoms relating to the physical body would retreat and disappear. At last

## § 216

*The cases are not rare in which a so-called corporeal disease that threatens to be fatal - a suppuration of the lungs, or the deterioration of some other important viscus, or some other disease of acute character, e.g., in childbed, etc. - becomes transformed into insanity, into a kind of melancholia or into mania by a rapid increase of the psychical symptoms that were previously present, whereupon the corporeal symptoms lose all their danger; these latter improve almost to perfect health, or rather they decrease to such a degree that their obscured presence can only be detected by the observation of a physician gifted with perseverance and penetration. In this manner they become transformed into a one-sided and, as it were, a local disease, in which the symptom of the mental disturbance, which was at first but slight, increases so as to be the chief symptom, and in a great measure occupies the place of the*

*other (corporeal) symptoms, whose intensity it subdues in a palliative manner, so that, in short, the affections of the grosser corporeal organs become, as it were, transferred and conducted to the almost spiritual, mental and emotional organs, which the anatomist has never yet and never will reach with his scalpel.*

Samuel Hahnemann, M.D.



## Organon

the physical body gets full health and strength. That does not mean they are cured. But they diminish to such a degree, that their presence can only be discovered by utmost vigilance and care. They are so minute and can be observed only by an expert physician who has the capacity to examine so deeply. In this way, all the above said diseases transform into partial diseases. From the inception of unhealthy condition in a patient, change in the mental condition would be much less. That small change gradually grows and becomes a mental disease and all the remaining physical symptoms would be replaced. In one way, all the functional activity of the physical organism of the patient transforms into the mental sphere and develops as those related to mind, intellect and the soul. A doctor who examines the physical parts only cannot understand this effect.

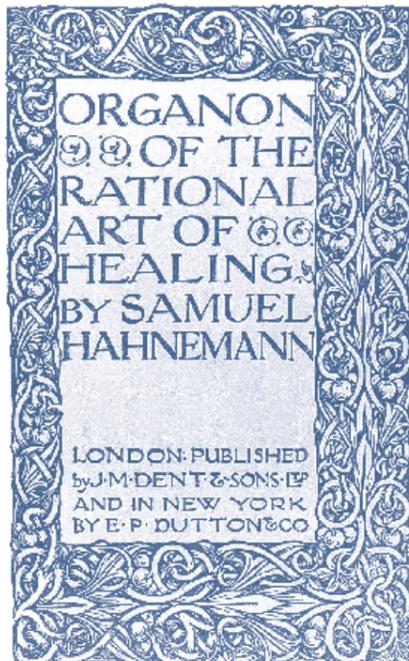
### Explanation

In the science of disease, this is a peculiar phenomenon. There is no one so far who has perceived these changes in the western medical world except Dr. Hahnemann. Ancient literature reveals that some scientists of ancient India, Egypt, Chaldia, have observed these facts. Ancient seers who could perceive Ayurveda know these dangerous effects thoroughly, and their treatment. This can be verified from chapters 'Bhoota grahonmadam, grahavaasem, bala graha chikitsa' etc. After the body entertains the miasmatic diseases like Psora, a gradual change occurs in the physical organs. They turn into physical diseases. Thereafter by its influence, tissues become gangrenous and consequently dangerous.

The patient generally dies in the states of Pneumonia, abscess in the bones, suppuration etc. Alternatively in some bodily constitutions, mind gradually gets distorted and becomes mad. And the physical tissues get rectified. In course of time, the madness grows and the physical body becomes strong. Such people sever mental connections with the outside world and live in their own shell. They do not have either fully or partially any connections of their mind with the surroundings or persons around. The disease gets transferred from physical sphere to the intellectual sphere fully, the mental distortion, which was only a part of the disease in the beginning, becomes the main disease now and affects the patient totally. All the other symptoms are absorbed into it.

This state is only called "Bhootam or Spirit" in Ayurveda. (There is no relation between this assertion and the saying that the dead people become devils). According to Ayurveda, all these diseases are classified as bhootas, grahas, yakshas, rakshasas, pisachas, balagrahas, kumara grahas, marigrahas, gandharvas etc. and different types of treatment are also envisaged.

Taken from the book  
*Organon of the art of healing*  
Kulapathi Ekkirala Krishnamacharya  
3rd Edition, 1999, The World Teacher  
Trust, Visakhapatnam, India



## The Three Crosses of the Zodiac & Consciousness [I]

Alan Oken



Alan Oken was born and educated in 1944 in New York City and majored in Romance Languages and Linguistics at New York University. He lectures in seven languages, he is the author of a dozen titles, including *Soul-Centered Astrology, Rulers of the Horoscope, and Alan Oken's Complete Astrology*. In addition he has written hundreds of articles for *Dell Horoscope Magazine* and many other national and international journals.

*What we are witnessing today is the gradual emergence of a picture of the universe which presents us with a special problem, for it demands the acceptance of a new dimension of reality. This "fourth dimension" can be defined by the elusive, yet revealing word: Interpenetration. What is implied by it is that the universe and our total beings interpenetrate. The era of isolated, irreducible, and quasi-absolute individualities... is passing away.*

The Sun is Also a Star by  
Dane Rudhyar

Astrology is the language of consciousness. It is through its signs and symbols that we can observe how the complexities of human evolution take place. It is for this reason that the Tibetan Master, D.K., has called astrology "the science of effective energies".

This nomenclature is especially appropriate, for what is astrology if it is not a science whose energies express and effect the nature of our individual and collective destiny?

One of our major tasks in terms of the unfolding of our consciousness and the expression of our destiny, is to build a "landing base" for the Soul to anchor on the Earth. When this happens on an individual basis, we have what is known as "personal enlightenment" or "Soul-infusion". When this occurs on a collective level and a Mahatma (Great Soul) appears, we have the externalization of a Messiah, and the Christ comes forth once again to walk among us.

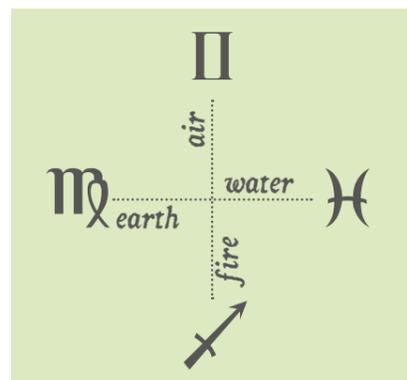
In Soul-Centered astrology, we can use the symbology of the signs to diagram the unfolding of the stages of human consciousness. It can be said that humanity falls into three broad groups of beings, groups which correspond to the three cross of the zodiac. The first group, the Mutable, is by far the most numerous. This is the great, unconscious, unindividualized mass of brothers and sisters who inhabit our planet and live primarily through the instinctual awareness of their biological karma.

The second group, the Fixed, is a bit more advanced along the spiritual Path and are to be found hard at work shaping their physical, emotional, and mental vehicles for a purpose which they sense but in many cases cannot see in its entirety. This is the stage in which many of us reading this article currently find ourselves. It is at this stage in our development when we take on certain disciplines of diet, exercise, study, and service in order to love ourself and others in ways that

## The Three Crosses of the Zodiac & Consciousness

may be new but are of great importance to us. We often do not know the reasons for our choices or the focus of our direction, but we have learned to listen to our inner voice, our intuitive self. As evolution takes place on the Fixed Cross, people emerge to take their place as members of the New Group of World Servers. This group currently numbers in the millions is growing. It consists of men and women of goodwill from all nations, races, and social levels. These are individuals who in one degree or another, have evolved to a point whereby the link between the Soul and the personality is an increasingly conscious one. Each of these people has his own particular field of creative expression — always connected to a field of service — through which a contribution to humanity is being made. In esoteric terminology, such people are known as "aspirants to the Path" at the outset, and "Disciples of the Path" when a little further along the way. Although each of the steps along the Path gives greater Light, the Path requires the continuous crises of transformation and transmutation of the lower self. The third group, the Cardinal, is by far the least numerous. It consists of individuals who are the most advanced of all members of humanity. They hold the most Light and also undertake tasks with the greatest responsibility. These Brothers and Sisters are known as the "Initiates of the Path", and work to benefit all of our lives through their selfless service. In terms of astrological symbolism, we can say that the first group is represented by Mutable Cross of the signs Gemini, Virgo, Sagittarius, and Pisces. The focus for awareness when

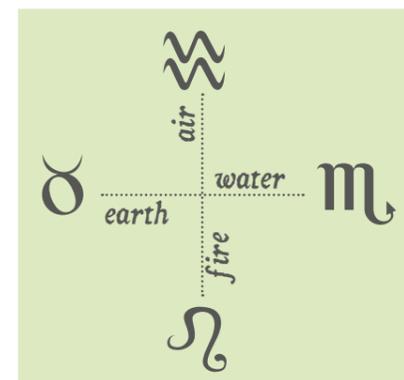
one's consciousness is on the mutual cross is desire for experience. This desire assumes four different forms relative to the astrological elements. In the earth signs, desire manifests as the urge for material possessions and the achievement of social prestige for its own sake. The desire for communication, for being with many people in many different places and for what we could term, "social stimulation", takes place through the air signs. The desire for sensual response, pleasure and emotional stimulation characterize the water signs at this level. Personal recognition — "Look at me, I'm here!" — is the underlining desire of the fire signs at this stage of evolution. Consciousness on the mutual cross may be called "unconscious unity". The individual is so attached to his or her desire nature that he or she sees no separation between desire and consciousness: consciousness IS desire. The purpose for incarnating on the Mutable Cross is to awaken intelligence and knowledge through the multifarious life experiences we encounter during such lifetimes. As it relates to the Seven Rays of manifestation, the Mutable Cross is connected to the Third Ray of Active Intelligence.



*Mutable Cross with Gemini, Virgo, Sagittarius and Pisces*

The second group of people are incarnating on the Fixed Cross of the signs Taurus, Leo, Scorpio, and Aquarius. This cross is characterized by a movement of consciousness in which an individual becomes more refined and defined in the use of his or her life energy. We could call this transition from the Mutable to the Fixed Crosses, a mutation from indiscriminate or instinctual experience to an increasingly clearer orientation of life expression. Desire ceases to become the prime motivation in life and is replaced by aspiration. The Fixed Cross experience brings into life a very certain tension, the tension of conscious duality. It is through the incarnations taken in the Fixed Cross that we come to understand the relationship between the Soul and the personality and our aspiration becomes the urge to unite the two.

The purpose for incarnating on the Fixed Cross is to reveal the true nature of Love, i.e. the consciousness of the Soul. When the earth signs predominate, aspiration takes the form of the experiences found through the professions, business, and the arts. When the air signs predominate, aspiration expresses itself as the need to communicate some unifying message between individuals and groups of individuals in order to benefit humanity. The watery signs aspire through altruistic ideals that are often taught through philosophy, religion, and unselfish acts of charity. The fiery signs focus their aspirations through those creative projects which serve to stimulate aspiration in others. The Fixed Cross is most closely associated with the Second Ray of Love/Wisdom.

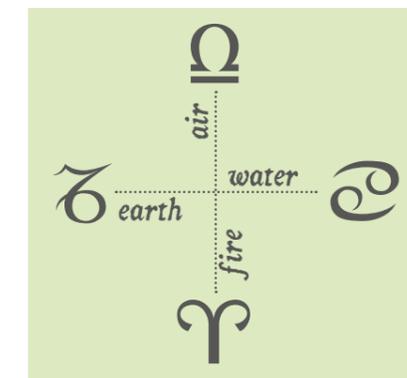


*Fixed Cross with Taurus, Leo, Scorpio and Aquarius*

The third group of people are incarnating on the Cardinal Cross of the signs Aries, Cancer, Libra, and Capricorn. This occurs when a person becomes fully anchored in the orientation of the Soul's purpose and Love has merged with knowledge and emerged as Love/Wisdom. One has thus achieved the one-pointed, non-dualistic state of consciousness which can be termed "conscious unity". Here there is no separation between the desires and aspirations of the personality and the Will-To-Good of the Soul. Life is motivated by pure Spiritual Attraction and intent. The tests and trials of the Fixed Cross of transmutation have been passed and one is ready to get "an advanced job" in terms of planetary service. The personality has become the total instrument for the Soul and life has become decidedly and lovingly impersonal. Mounting the Cardinal Cross is called in the Ancient Wisdom Teachings, taking the "Path of Sacrifice". Please note, that the word "sacrifice" comes from two Latin roots meaning, "to make holy".

This Path leads to one of four directions: greater responsibilities for the creation of the right structures of government, economics, and the use of material resources (Capricorn and the earth signs); the organization and participation in groups dedicated to serving humanity (Libra and the airy signs); increasing compassion and human understanding (Cancer and the watery signs); the Right Use of Will to further the Plan of Creation (Aries and the fiery signs).

The Cardinal Cross is under the direction of the First Ray of Will/Power.



*Cardinal Cross with Aries, Cancer, Libra and Capricorn*

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www.alanoken.com

## Occult Healing [CIV]

Prof. Dr. h.c. K. Parvathi Kumar

*Dr. K. Parvathi Kumar is an author of more than 100 books. He held more than 500 seminars in five continents. His topics comprise the areas of meditation, yoga, philosophy, astrology, healing, colour, sound, symbolism of world scriptures, time cycles, and many other issues.*

Life is progressive. The stream of a river is also progressive. A stream is never deterred by the obstacles that it faces. It circumvents hills and mountains. It moves over boulders, it streams through forests and ultimately finds its way to the ocean. Life is as well a stream. The stream cannot be deterred, it can be kept progressive regardless the obstacles.

One should strongly affirm progress in life. Such firm affirmation enables the progress regardless sicknesses. It generates will and destroys mistrust. Mistrust and artificiality are the worst enemies to progress in life. Mistrust brings along the doubt. Doubt opens doors for indecision. Indecision leads to the counter-possibilities. The counter-possibilities cause fear. Fear leads to worry. Consequently, the person is disabled to move forward. Progress is deterred and progress stagnates. Sickness sets in. One needs to reverse this wheel by re-establishing in oneself the needed trust. One needs to trust oneself and trust the nature. Trust enables bondage with the reservoir of nature's life and sets reflow of energy that would give a surge from

stagnation to movement and to progress. If mistrust is allowed, it swallows up the vital energy. Mistrust is the shark that eats away a person's life. When the vitality is eaten away, there is neither progress nor leaping forward.

Sacred sounds daily uttered and radiant colors daily contemplated can turn the thought back to the fundamental and to the light. Man should learn to conquer obstacles with trust and grow even to love the obstacles. Every an obstacle when overcome there is additional joy of achievement, which eventually leads to fulfillment. "Beyond the fear there is the victory. Let me trust and move forward" has been the thought on men who succeeded in life.

The one who trusts can sometimes hear the sounding of the distant world. One may sometimes sense the air and the aroma of distant places. Such manifestations are not measurable. In the daily busy life, one may not pay attention to them. Indeed, those who pay attention to such fleeting contacts are substantially benefited. Human being holds much more potential



<http://commons.wikimedia.org/wiki/File:Mii-dera-no-bansho-M2075.jpg>

*The bell Mii-dera no Bansho, the evening bell at Mii-dera, a Buddhist temple in Otsu, Shiga Prefecture, Japan.*

than what he assumes. As he opens himself to such soundings and sensations, it opens his heart. They should not be wished away as some auto-suggestions. Every auto-suggestion is a hint coming from far off worlds for one's own advancement. Straight knowledge many times arrives unex-

pectedly, beyond human imagination. Paying attention to such straight occurrences opens doors for many-sided progress.

Psychic energy has an immeasurable potential. Trust enables one to realize it faster. Trust is progressive. Mistrust is regressive. In matters of health,

trust is immensely helpful. Let there be strong affirmation and progress in trust.

# Psycho Neuroendocrinology [III]

## The Entire Body Thinks

Valentin Garcia Lopez

- the cycle of sleep is interrupted
- the neuro peptyde receptors of the skin cells are distorted
- even the tears of sorrow change their chemical composition and become different from the tears of joy

### Link between Belief and Biology

### The Biochemistry of the body is a product of Consciousness



In the two earlier articles, we saw that intelligence can be expressed as thought as well as molecule. A basic emotion like fear can be described as an abstract sensation or as a tangible molecule of the hormone adrenaline. Wherever a thought goes, it is accompanied by a chemical substance. Each thought we have, activates in our brain a messenger molecule. This means that all mental impulses are automatically transformed in biological information.

Whoever is depressed about having lost his/her job, he/she projects sadness in the entire body:

- the production of transmitters in the brain becomes exhausted
- the hormonal level goes down

Nothing has more power over the body than mind's beliefs. Shakespeare in one of his works says: "We are the matter of which dreams are made of." Therefore, we can assert that, "belief creates biology".

If I am walking on a mountain and I believe I see a snake, the adrenal glands will automatically secrete adrenaline as a reaction upon the hormone ACTH secreted by the hypophysis.

But this reaction will be different according to each person, to their own beliefs. A snake's collector or a biologist will not be stressed, because they like snakes. A devotee of India will kneel with respect upon recognizing a form of Shiva in the form of a snake.

The devotee not only will not be stressed but will generate very positive neurotransmitters in his brain. Therefore, all our physiology will respond to the meaning that a snake has for me. Everything will depend upon our interpretation of reality. Many studies have been done which demonstrate that the beliefs influence the survival of persons with a serious illness. These patients survive longer if they have a strong fighting spirit and reject the bad prognosis. It has been expressed in an equation to describe the various strategies in the face of illness.

To accept the diagnosis + to accept the prognosis = reduced survival time; On the contrary: accepting the diagnosis + rejecting/challenging the prognosis = longer survival time. The conclusion of these studies is that if the diagnosis and the prognosis are accepted, one dies more quickly than if the diagnosis is accepted but the prognosis rejected.

### Impact of Beliefs on Health and Illness



In the mind-body interaction we'll give two examples to the question, "Does a group of beliefs can accelerate death?"

The first study was done with Chinese American man and their conviction in Astrology. There are two basic beliefs in the Chinese Astrology, one is that the destiny of a person is strongly influenced by the astrological year of birth; the other is that every astrological year is associated with a type of illness or organ in the body. Therefore, It has been observed that when the person believes in these concepts, he/she develops the illness associated with her year of birth.

The following example is based in the belief that many Chinese and Japanese people consider that number 4 brings bad luck, while American people do not. It has been demonstrated that cardiac mortality among Chinese and Japanese shows higher picks in the fourth day of each month, but not the groups of white Americans.

### The Mystery of Multiple Personalities



Nothing in the body-mind field seems so highly unexplainable than the cases of multiple personalities. Each time a person with this disorder changes personalities, so does his/her body,

his/her illnesses, his/her organic weaknesses and his/her allergic reactions, they all change.

One personality can have diabetes for example, and as a result the person will suffer of insulin deficiency while the personality in question persists. However, the rest of personalities can be free of diabetes, registering the same levels of blood sugar than that of a normal person.

Daniel Goleman, a psychologist and writer of themes concerning body-mind relationship, relates to the story of a boy called Timmy, capable of adopting twelve different personalities.

One of them suffered urticaria when drinking orange juice. "The urticaria will appear", writes Goleman "as soon as that personality comes to light. Furthermore, if Timmy changes personality while going through an allergy crisis, the itchiness provoked by the urticaria will disappear instantly and the little blisters full of water will start to remiss."

Many cases of multiple personalities have been studied and verified, especially by the investigator of psychiatry, doctor Bennet Braun. When the personality of the patient is altered, warts, scars and skin rashes as well as hypertension and epilepsy appear and disappear.

A specific personality can go alongside of problems of vision and as long as this personality does not return to normalcy, the sight will continue to be deficient.

As a general rule, such patients have at least one infantile personality and when it emerges, his/her body responds to inferior doses of medication. In one case, 5 mg of pain killer

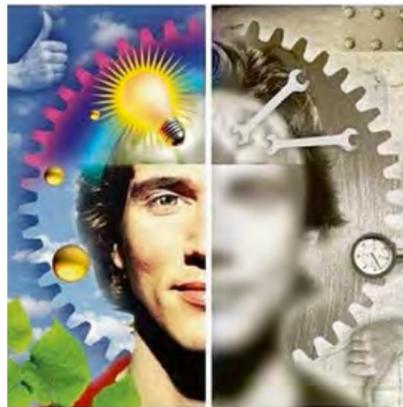
were sufficient to relax the patient, putting him to sleep as if it was a child, when interestingly a dose twenty times higher didn't have any effect on the adult personality.

The explanation of this phenomenon it is only possible from the standpoint of Holistic Medicine. We now know that consciousness creates patterns of information and energy condensed into molecules.

Each personality has specific patterns of information, memory and psychological tendencies which become a "specific biology".

When the personality changes, all those patterns change and thus, the "biological information", the cells and the molecules, change automatically.

### Therapeutical Use of Imagination



The signals sent out by our brain are activated with the same facility in light of memories and visual images as well as with real images and sounds.

The body does not discriminate between the mental images and what we call reality. We can do the experiment of visualizing a lemon, its color,

its texture, its smell, its taste and in a few seconds our mouth will start secreting saliva as if indeed you were eating a piece of lemon.

There exist different types of guided imagination: the metaphorical information, the behavioral, the final state one, the cellular, the physiological, the psychological, the energetic and the spiritual imaginations. Many of them are applied to the healing processes.

The most common is the metaphorical, in which symbols are utilized. The symbolic images can be very powerful since they work the right brain and travel with ease between the mind and the body. The metaphorical imagination is used frequently in processes of cancer by visualizing the cells "natural killer" as wolfs, pacman, sharks or unicorns that destroy the malign cells.

The energetic imagination is used in the C.T. M. and Ayurveda. According to these traditions, supported currently by Quantum Physics, there is no distinction between mind and body, only energy.

Disease is only a blockage of energy or information in a part of the body. This type of imagination is based in feeling the flow of energy through the body.

We can visualize the energy as waves of light and subtle particles moving through the body or we can feel it as a vibration.

Within this field it is important to highlight the work done by Dr. Carl Simonton in the USA, in which he has developed a method of relaxation and visualization for cancer patients.

In 1971 Dr. Simonton, a radiologist of the University of Texas, was treat-

ing a 61 year old man from a throat cancer. The patient was not responding to radiotherapy and every time he was more weakened. He was given 3 months to live. Having lost all hope, Simonton wanted to try a new psychological approach and he suggested his patient to work with the visualization.

The man learned to visualize his cancer as a living element within him. He saw mentally how the white blood cells were invading the cancer cells and throwing them out of the body, leaving only healthy cells. The man said that when the immune cells would appear, he would see a strong blizzard of white particles covering the tumor like the snow covers a black rock.

Doctor Simonton sent him home and asked him to repeat these visualizations daily. The man followed the instructions and soon his tumor started to diminish. After a few weeks, the tumor had been reduced to almost nothing and the response of the patient to radiation didn't have hardly any side effects: two months later, the tumor had disappeared completely.

Doctor Simonton was bewildered. How was it possible that a thought could overcome a cancerous cell? The mechanism was completely unknown. The patient accepted his healing without going back. He even shared with doctor Simonton that the arthritis he suffered in the legs didn't allow him to dedicate himself to fishing in mountain torrents as he used to do before.

If he overcame his cancer visualizing it, nothing would be lost trying the same with arthritis.

After a few weeks, the method proved again to be very effective. That man got rid of cancer and arthritis during a period of six years.

Likewise, the North American doctor Leonard Laskow has confirmed that with the use of visualization the growth of tumor cells can be inhibited in laboratory cultures by 80%.

### The Power of the Word



All Traditions have asserted that the word has enormous importance, but from the point of view of health we can assert that "words as well as images work as real molecules to activate the constant process of life".

Words have the power to program conscience. Child psychologists have discovered that the parent's words cause great impression in young children. For example: "Always wash your hands before eating", " Don't be late to school" – these words don't have a big impact in the child's psyche, but other phrases like "You are a bad boy" or "You are not as smart as your sister" can cause great psychological ravage in the child.

The body-mind system is organized around those verbal experiences; the wounds caused by words can create more permanent effects than physical trauma, since literally we create ourselves from words. Words are more

than symbols, they are activators of psychological information. There are studies that demonstrate the importance of therapy based on words.

It has been demonstrated that groups of women with breast cancer who undergo group therapy reach almost double the level of survival because talking about one's problems increases safety and self-esteem.



### Psycho-Neuroendocrinology and Aging

In 1973 in Duke University (USA) three studies were presented which described the kind of person who can reach healthy old age.

There are 5 main factors in which the person:

1. Considers her life has meaning
2. Has a positive image of herself and considers herself worthy.
3. Believes to have reached her main objectives.
4. Is optimistic.
5. Finds pleasure in daily activities.

Numerous psychological studies have been done which demonstrate that certain signs of aging, supposedly irreversible, can be reverted using psychological methods. The most famous

experiment is from Dr. Langer of Harvard University in 1979.

A group of elders in a nursing home, all of them older than 75, went on a week retreat to a place in the country. They were not allowed to bring newspapers, magazines, books or photos from after 1959. The purpose of the experiment was to recreate life as it was 20 years earlier, when they were 55. The only music available was from 1959, the same was the case with the magazines and newspapers on the reading tables. They were all asked to behave "as if" they were in 1959, even the conversations had to refer to events and people from that year.

Many biological tests were done, before and after the experiment. Measurements of physical strength were done, perception of the senses, cognition, memory, audition, sight, etc. The results were outstanding, after the week, all the members were more active and self-sufficient, their memory and manual dexterity improved, they cleaned their own bedrooms, they ate by themselves without help, etc., etc. Not only that, in addition, photos were taken of the faces before and after the experiment, and impartial judges detected that the majority of them had rejuvenated. The joints gained flexibility, posture was more erect, muscular strength improved as well as hearing and eye sight. The conclusion of this experiment is that "our body responds more to subjective times than objective times".

The consciousness always generated biological information. The smallest change of consciousness is enough for the information and energy to create new patterns in the physical body. When consciousness starts to become

conditioned and crystallized, the body follows it and begins to crystallize and to age. The conclusion of the experiment is that, "seeing oneself young or old influences directly in the aging process itself".

#### Final Conclusions

We have seen that the body's biochemistry is a product of the consciousness. Beliefs, thoughts and emotions create the chemical reactions which sustain the life of each cell. For this reason, the first and most important step toward healing is convincing the patient "not to be so convinced of her illness". As much as the patient is convinced of her symptoms, she will be trapped in a reality in which "being sick" is the predominant element.

Now we know that our mind is a double-edge-sword and it can destroy us as much as can heal us. It only depends on how we train our thoughts to create mental patterns which are destructive or constructive.

If we manage to restore the body-mind balance, the immune system of the patient will respond. The immune cells don't try to find out if the doctor believes in traditional medicine, in homeopathy or in Ayurveda. Any system can function to the extent that it helps changing our participation in the disease.

The most important is, to heal the personal reality of the patient. "If we want to heal our body, first we have to heal our conscience".

We have just seen that our beliefs and our attitude have a direct influence on the health; thus, we mostly choose only those thoughts which lead us to the maintenance of healthy

balance. Buddha had said 2500 years ago: "We are what we think."

The field of action of the Psycho Neuroendocrine Immunology has just begun. This science is taking the path of synthesis and integration of many branches of medicine which up to now were not interrelated.

It will help changing the concept of the causes of disease, relating the various emotional disorders with the physical pathologies.

It will help developing in people abilities to face stress without experiencing negative consequences.

It will help transforming the relationship doctor-patient, teaching the impact beliefs have on health; the beliefs of the doctor as much as those of the patient himself.

Psycho Neuroendocrine Immunology will change our understanding of the process of human gestation and we will know that the fetus is fed not only of nutrients but also of the information coming from its parents, their beliefs, their words, and that will determine the future state of the child's health.

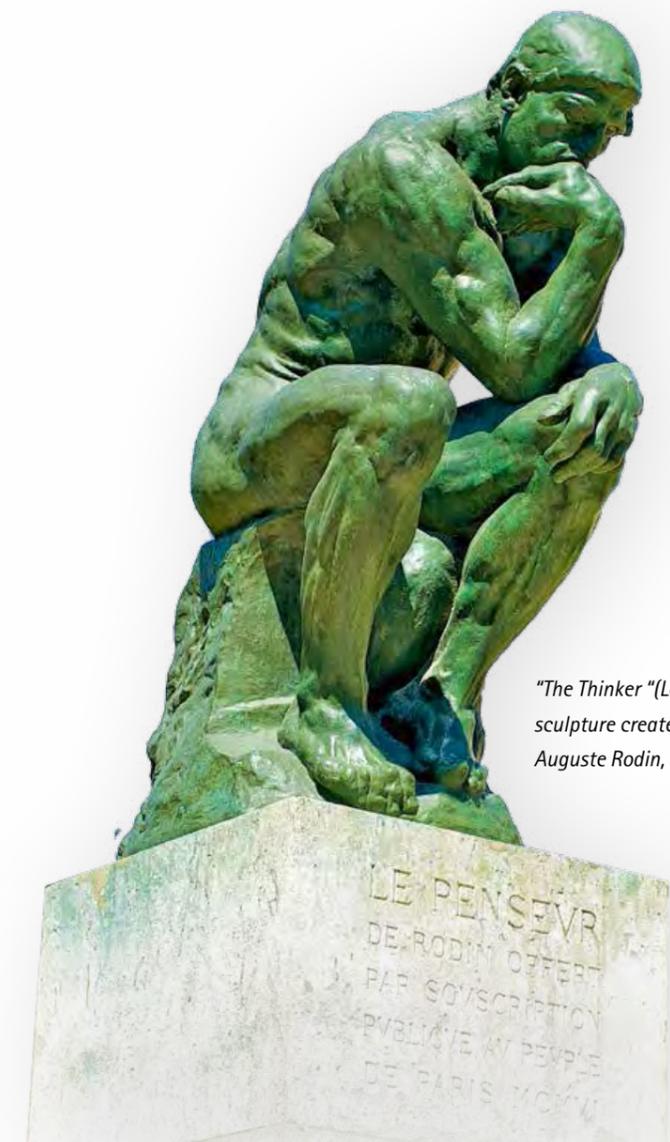
Likewise, there will be a change in understanding of human aging and how we can extend and improve our quality of life. We will grow old healthy and with our intact cognitive capabilities. Finally, Psycho Neuroendocrine Immunology is giving back to medicine the importance of the heart, making use of love and affection for healing.

Without these ingredients, the "nocebo" effect (contrary to the placebo) can become excessive, since in modern hospitals technology, analysis, clinic diagnostics and medicines take priority over the *Science of the Heart* which is given little importance.

We need to return the heart to medical practice and this way we will enter into another dimension of the future Science of Healing.

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"The Thinker" (*Le Penseur*) is a bronze sculpture created by french artist Auguste Rodin, around 1882

# Cordyceps: Royal Remedy and Universal Tonic

Ulrich Arndt



Ulrich Arndt is a journalist, book author, and freelance writer, as well as a member of the advisory council of the European Commission of Interdisciplinary Sciences. He studied German literature, dramatics and political science and is trained in several different methods of energy therapy. He was also on the editorial board of the magazine *Esotera* for several years and has founded the web database „horusmedia“.

Numerous medical studies have confirmed manifold therapeutic effects of the Chinese caterpillar fungus *Cordyceps*

It helps in healing allergies, immune deficiencies, stress, vascular calcification and lack of energy. It is used in the anti-cancer treatment, as well as in high blood pressure, diabetes, osteoporosis and libido problems: this unusual panacea is called Cordyceps, or more precisely "Cordyceps sinensis" - it's the legendary Chinese caterpillar

lar fungus, probably the most exotic healing mushroom. It is considered in China as a "royal remedy" and universal tonic against aging. Worldwide there are more than 400 different species of Cordyceps, also called sac fungi. In many of them compounds were found that are of medical interest, but the Tibetan-Chinese species is unique in its healing power.

For more than 2000 years, Cordyceps sinensis has been harvested on the Tibetan highlands, where it grows in altitudes up to 5000m on the Qinghai-Tibet-Plateau. In Traditional Chinese Medicine (TCM) for a long time it was applied as a remedy for the most high-ranking persons only.

Fortunately, today it can be cultivated on plant substrates like rice. Particularly, the extraordinary fungus is in fact a parasite that infects caterpillars in the soil and decomposes them. But in a rice substrate it grows in the same manner and so to speak "vegetarian". Scientists have proven that the selected mycelial hyphae of this Cordyceps have the same healing power like the wild growing species. So today there is a much higher quantity of this rare medicinal fungus available than in the past. And the science has intensively researched its healing effects.

## Healing effect manifold documented

Solely in the past year, in the first six months, 116 new scientific studies have been published on the effect of Cordyceps. In the preceding year 152 studies were published and in total the remarkable number of 749 of scientific studies has been published in the official medicinal database Pub-

Med. (see [www.pubmed.com](http://www.pubmed.com)). Especially in China, Japan and Korea, where it is also traditionally known as a medicinal mushroom, it is medically researched today. So there are 64 studies on its immune-enhancing effect, 22 on its effect in diabetes, 12 on asthma, 72 on liver problems and 104 studies on its positive impact on cancer diseases. Since ancient times, this fungus is well-known in Traditional Chinese Medicine due to its strengthening effect on the kidney and lungs meridian. That is why it is also administered in diseases of the kidneys and of the respiratory tract. And in these applications the effect of Cordyceps sinensis has also been confirmed in modern clinical studies: 39 studies on its positive effect on the lungs and 59 on its positive impact on the kidneys have already been published. So, for example, patients with renal failure participated in a long-term study for 10 months where 3 - 5 grams daily (depending on their body weight) of Cordyceps sinensis were administered, which lead to a significant improvement in the renal function. In addition, Cordyceps generally strengthens health and vitality. This is the reason why it is even used to treat fatigue and exhaustion and also for lumbago (low back pain), loss of libido and impotence.

## For heart and brain

Cordyceps sinensis is in many ways good for the heart, circulation and blood vessels: the fungus has a vasodilating and hypotensive effect, supports regular heart rhythm and inhibits platelet aggregation (i.e., sticking together of platelets) as well as the "rouleaux formation" (sticking to-

gether of the red blood cells, erythrocytes). It has anti-inflammatory and antioxidant characteristics and improves blood flow to the heart muscles. It also regulates the cholesterol level. As shown in several studies on humans, the intake of approx. 3 grams daily (2 - 6 capsules depending on the manufacturer) significantly reduces the cholesterol and triglyceride level and increases the positive HDL cholesterol value. Also the circulation of the brain is improved. And the structure of the hippocampus, a brain region in which degenerative changes occur in the aging process, showed high improvements after the intake of food supplements with Cordyceps. Thereby the scientists discovered a significant increase of the activity of the antioxidant enzyme (glutathione peroxidase, superoxide dismutase, catalase), the production of which gets reduced during the aging process. Other studies also demonstrated a significant and dose-dependent improvement in learning and memory ability through the intake of Cordyceps. Thus, the studies show that the Chinese caterpillar fungus renews the brain in its substance and in its functions and keeps it younger and more powerful.

## In diabetes, rheumatism and immunodeficiency

In a clinical study, diabetics took 3 grams of Cordyceps sinensis a day. After three months, a significant improvement in blood glucose was observed in 95 percent of the patients, but only in 54 percent of the control group who received other treatments and medications. Also in healthy subjects Cordyceps provided a bet-

ter blood sugar regulation with lower variation of the blood sugar level throughout the day.

In chronic inflammatory diseases such as rheumatoid arthritis, inflammatory cytokines and certain key enzymes such as MMPs (matrix metalloproteinases) play a crucial role. Particularly these inflammatory increasing substances are effectively inhibited by components of the Cordyceps fungus. This was demonstrated in a laboratory study directly in the blood of patients who suffered from rheumatoid arthritis. Thereby, the anti-inflammatory effect improved in relation to an increase of the Cordyceps dose. The significant strengthening of the immune system against infections with bacteria (including Clostridium, streptococcus), virus (including even HIV) and against mold fungus is also worthwhile noting. In fact, in TCM the intake of Cordyceps is recommended as a tonic in colds and flu long since.

## Helpful in cancer therapy

In Asian countries such as Japan, Korea and China, this medicinal mushroom is often used by cancer-patients today additionally to chemotherapy or radiation therapy in order to reduce chemical treatment side effects and to support the effectiveness of the cancer therapy. Scientific examinations point out the manifold effects of how Cordyceps may help in cancerous diseases: cell mutations are inhibited, protein synthesis in the cancer cells are disturbed, the formation of small blood vessels in the cancerous tissues is decreased the reduction of cancer cells through the natural cell death is activated and in total the physical immune defense is strength-

## Cordyceps: Royal remedy & Universal Tonic

son to the control group. After taking Cordyceps, even healthy elderly people showed a significant increase in endurance and maximum oxygen capacity during physical exercise (cycling on an exercise bike).

Since ancient times this medicinal mushroom is known as an aphrodisiac. It enhances the sex drive both in men and women, especially in middle-aged and higher aged persons. Among other reasons this is because Cordyceps improves the biosynthesis of steroid hormones (cortisol, testosterone, estrogen), the production of which sinks during the aging process. Modern studies have also found out that Cordyceps raises the success rate of in vitro fertilization in women. In vitro studies have shown that Cordyceps sinensis boosts the production of 17beta-estradiol in the ovarian cells which improves the quality of the maturing oocytes and thus the success of fertilization.

ened. In addition, Cordyceps helps to recover after conventional cancer treatments: chemotherapy and radiation often lead to a shortage of white blood cells and severely weaken the immune system. Scientists demonstrated that Cordyceps sinensis rebuilds the disturbed bone marrow function after such treatments and stimulates the formation of white blood cells in the bone marrow.

### Doping and aphrodisiac

The generally positive influence on the blood and the whole constitution also made Cordyceps to a doping agent for athletes in Asia. Scientists found out that Cordyceps increases the cellular energy production in the mitochondria and improves glucose metabolism. This leads to a higher performance – but not only in athletes: in placebo-controlled studies with chronically exhausted elderly subjects was also confirmed that Cordyceps increases strength, stamina and vitality. Symptoms such as fatigue, dizziness, tinnitus, intolerance of coldness and memory problems decreased significantly in compari-

### Strengthening of Yin and Yang

Until now, however, scientists have vainly searched for the very special active agent in Cordyceps which is responsible for the manifold healing effects. It is more or less the total sum of all natural ingredients being the reason for the amazing positive influences on health and vitality. It seems to be mainly a synergistic cooperation between the active ingredient Cordycepin, which is both antiviral and antibacterial and also has an aphrodisiac effect and the various polysaccharides (including Cyclofurane, galactomannan, beta-glucans, beta-mannans, D-mannitol) which strengthen the immune system

### Possible applications of Cordyceps sinensis

- Slowing down the aging process
- Fatigue, lack of energy
- Improvement of endurance during physical exercise
- Stress, low spirits / depression
- Support of recovery from (severe) disease
- Cancer (prevention, complementary treatment)
- Infections and (chronic) inflammatory diseases
- Allergies and autoimmune diseases
- Metabolic syndrome, diabetes mellitus, hypercholesterolemia
- High blood pressure, atherosclerosis, heart disease, heart rhythm disorders
- Age-related cognitive decline
- Reduced fertility, (age-related) decrease in libido, impotence
- Diseases of the liver, kidneys and respiratory tract
- Osteoporosis

as well as sterols, amino acids (arginine, tryptophan, lysine, tyrosine) and minerals and trace elements such as zinc, manganese, magnesium. Above all, the ingredient Cordyceps sinensis is harmless even in relatively high quantities. Sole side effects when taking high doses might be sporadic feelings of dryness in the mouth or mild diarrhea. In general, however, amounts of only 3 to 9 grams are taken daily. Therapists very seldom recommend a significant higher intake of



What else is help of medicine  
than **LOVE?**

Paracelsus

## Cordyceps: Royal remedy & Universal Tonic



dried caterpillar mushrooms Cordyceps

approximately 30 grams of Cordyceps per day in difficult cancer treatments. In TCM the curative effect of Cordyceps is described as "Yin nourishing" and "Yang strengthening". According to Chinese Medicine in this mutual strengthening of Yin and Yang and thus of the whole life energy lies its hidden secret as a "royal remedy" which makes it a universal tonic against aging.

### Scientific studies

Scientific studies on Cordyceps sinensis can be found at [www.pubmed.com](http://www.pubmed.com) including:

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### Further Information

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## School Difficulties [II]

### Basic thoughts about learning disturbances at school

Dr. Ravi Roy and Carola Lage-Roy



*Dr. Ravi Roy was born in India. In 1976 he came to Germany to study the scriptures of Hahnemann in the original language. Since 1980 he has been offering comprehensive trainings in homeopathy. Together with his wife Carola Lage-Roy, who works as alternative practitioner and homeopath herself, he has been writing 30 books on homeopathy.*

*Carola Lage-Roy is running an own practice since 25 years and works as a homoeopath and Bach Flower Therapist.*

### The Personal Difficulties of a child

The child who wants to be born on earth wants to experience certain learning processes to balance and finally dissolve weaknesses in its being (miasmatic burdens). From the total miasmatic burdens of his soul those are chosen for the work which he is able to straighten out according to his strengths and weaknesses. He enters the world for certain purposes which he consciously cannot remember after his birth. Certain learning processes are represented at certain times. These can either be a blessing or traumata, a deep imprint according to the time quality and accompanying circumstances. These traumata or imprints lead to life patterns which we always unconsciously act upon in later life. Therefore they influence the further development strongly so that the child has difficulties despite its best efforts to experience its original self-chosen learning encounters positively.

### Different Learning Blockades

The learning pressure at school has an ever increasing effect on the entire

psychological situation of the child. Many pupils have problems with the acceptance of themselves, such as to identify themselves as a valuable individual of the society. In addition to this they are forced to adapt to a school system which is not representative of the development but on the contrary becomes more and more inhuman. All factors put together spoil the joy of living.

During the last 35 years the pressure of achievement increased more and more – a circumstance which makes it necessary to look for innovations in the school system which partly evolved in progressive schools.

The following learning obstacles are to be observed:

### 1. Concentration Disturbances

They are the strongest and most frequent disturbance in daily school life. The attention of the pupils is distracted and the learning material cannot be absorbed. The children have forgotten or have never really learned to concentrate on the lessons to be learned. In addition possible distractions and social burdens due to family or environment are constantly increasing instead of being balanced.

### 2. Fears of School

It mostly appears before the first day at school or when changing school. It can appear as fear not only from other pupils, but also from certain teachers or subjects. A special form of fear of school is the fear of tests. The child is confronted with the question whether it is able to understand and answer what is asked of him, and is therefore afraid to fail.

## School Difficulties

### 3. Individual Hindrances

The original talents of the child unfortunately are not enough appreciated and encouraged because the natural personal learning flow of the child is blocked and interrupted. In many schools, for example, the ability to learn by heart is overemphasized where the child cannot present its own creativity and intelligence. Because of this mechanization, often, learning disturbances come up.

### 4. Disturbance of the fine-motor skills

These clearly appear when doing sports and when writing respectively. Because you have to be fast at school and at home (the learning material becomes more and more extensive) the hand writing becomes bad or the pupil does not write down everything. There is no time for exercising and lastly the child has a feeling that it makes no sense to make an effort. This way writing mistakes appear for all written tasks demand time for thinking and learning.

If a child is especially "without talent", sometimes it is mobbed so much that it does not want to go to school at all. Here we have the possibility to prescribe him a homoeopathic remedy (for example *Aethusa*) which encourages and strengthens him. Thus it is prevented that a child accepts the roll of an outsider.

### 5. Depressions

Before puberty, depressions are rare but frequently show themselves here as well. Their signs are inactivity or restlessness, impairment of performance, sadness and aversion. This condition can become a constant

problem during puberty. Often physical difficulties are added to this which increase with time passing so that the original depression is pushed into the background. Sleeping disturbances or sleeping through a night, fear conditions, diarrhea, stomach difficulties, headaches appear. Prerequisites for a harmonic development are a healthy condition of body and mind. Stimulations through the environment are important for this, meaning the tasks which the child gets from the outside are important for his development. Daily exercises as well as the kind of performances and their support at home have an important role.

### 6. School Stress

The increasing manifold excessive demands of today, on pupils, lead to total school reluctance, playing hooky and refusal – according to the motto: If I cannot stay at home I get sick. A child can get worked up so much that he really becomes sick. Indispositions in relation to school should be taken seriously since these are indications that something has to be improved in the life of the child.

### 7. Bad Notes

They are mainly the problem of the parents. The only adequate reaction to bad notes is: "Okay. We have to try harder and find out what goes wrong. Apparently we have not learned enough or overlooked something." Unemotional approach should be observed instead of substantiating the fear of failure.. It also helps to encourage the child by saying: "You can do it, you can get into the next class!" Otherwise it is preprogrammed that the pupil with the perspective

of inability to make it anyway, is totally demotivated. Even when adolescents act very strong and cool as if bad notes don't bother them, their self-confidence can very easily be undermined. This insecurity is not easily recognized by grown-ups and the pretended "coolness" very often brings parents into rage and tedious sermon. Cursing is bad enough but the punishment due to bad notes means the end of family peace.

A bad "note" signifies the trouble of the child's soul. Is this note which is defined by a certain system really worth it? Or is the intact parent-child-relationship more important to us? Many children committed suicide out of desperation because the teachers gave them a bad note for their inadequate efforts. If punishment like the reduction of leisure time or of pocket money is used, this only furthers the isolation of the child. Force seldom leads to a positive result. From a certain age, a child will withdraw more and more and does what he wants, for example not coming home anymore. There is an increasing bad family climate where hatred and resentment appear and finally the entire situation is only about power games which are very difficult to retract. Instead all concerned should ask themselves: "Where is the problem for each of us? What is the cause? Where are the "microbes", the "bacteria" which poison and decompose the situation? Normally the causes are found in the families. The parents are stressed because of overwork, joblessness, mobbing or temporary marital crisis. They have not time for the children when the child reproaches them: "You are never there!" We should listen and

examine our situation and create a basis of mutual understanding and communication.

Basic condition for a healthy family climate is the mother principle, where the open, giving-heart quality is in the foreground and not the father principle, where – the intellect wants to resolve the conflict in the mind only. (These principles are not given to the physical father or mother but are the same for all people. Everyone has the same female and male attributes which are prevalent according to their nature.) The intellect is used only after the heart has recognized the problems. A "problem" is basically the task which has to be solved – comparable with a hole in the roof where water enters. He who has learned to close the hole has learned a significant lesson.

*...to be continued*

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# Traditional European Natural Healing - TEN [II]

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### 3. Defining Basic Elements 3.3 Individuality

The recognition of the individual and the respect for his integrity and autonomy are the foundation of naturopathy. The individual human being is perceived in his illness and recovery processes and he is also supported and promoted in his development.

Therefore, the therapy of an individual cannot take place by means of standardized techniques or with generally valid treatment patterns because although we are living in the same world, we do not all react to stimuli with the same reaction patterns and symptoms. See fig. 1

Man is situated in the area of tension between adaptation to external factors and beliefs like environment, climate, culture, life situations, society, and the realization of his personal needs. In the sense of a sustained and ceaseless exchange at all levels of the entire organism, the interplay and the regulation of all parts and activities is controlled. Illness can be regarded as an individual disturbance of the regulation processes and is never only an accumulation of symptoms. The subjective experience of disease as well as the constitutional natures and the consequent response patterns are more important for an individual therapy than the medical findings.

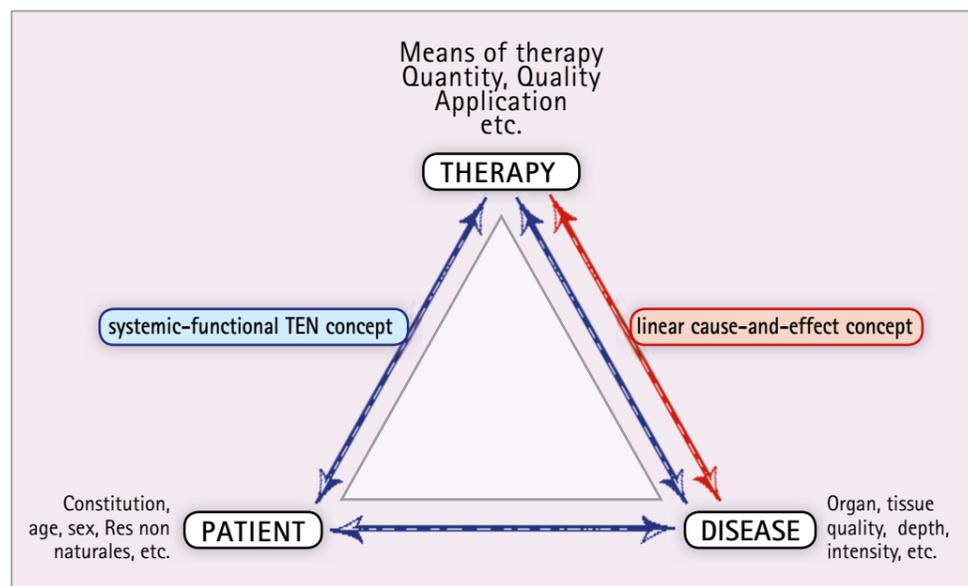


Fig. 1: The individuality of the patient is one of the most basic preconditions for diagnostics and overall assessment of TEN and presents the main difference with regard to the conventional cause and effect concept.

### 3.4 Doctrine of Principles

All cultures are searching for answers to the "How and Why" of their being. From the observation of nature, from empirical values and philosophical considerations, complex explanatory models and working models as well as ideologies emerge. The recognized laws and basic patterns are referred to as principles and serve for the explanation and interpretation of all phenomena. They do not only form the supporting framework of traditional natural healing but of the traditional world outlook as a whole. In TEN, specific principles as structuring tools enable the visual capture of human life functions and symptoms and the development of therapy concepts. (See figure 2) Here, a distinction is made between **qualitative and quantitative** principles:

### 3.4 Qualitative Principles

Fundamental examples are the energetic and the material principle, and also the principle of warmth, cold, moisture and dryness, from which the four elements emerge. These humoral

principles form the basic criteria according to which temperament, constitutional situation and incidence of disease are judged and on which treatment is centred.

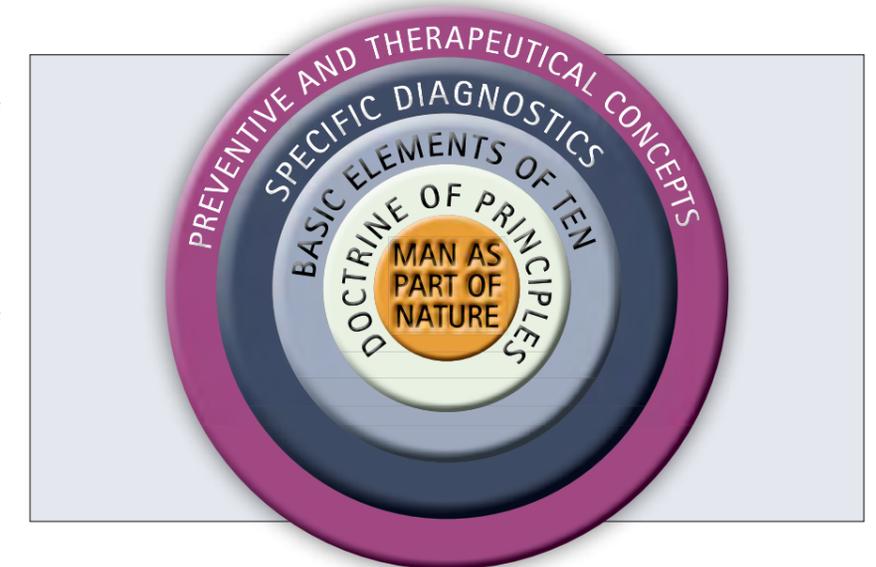


Fig. 2: The Hypothesis and Working Model of TEN

Humoral Principles	Analogies	Significance	Examples in Pathology	Examples in Therapy
warmth	dynamic, energetic principle	dynamics and regulation of vital functions active energy	acute inflammation, fever hyperkinetic symptoms	cooling: ribwort leaves bloody cupping
cold	damping, blocking principle	reduces and suppresses dynamics, regulation inertia	chronic inflammation hypokinetic syndromes	warming: thyme leaves dry cupping
moisture	material, nourishing, moisturizing principle	basis of all structures and of body fluids transportation medium	oedemata, mucusation and adiposis cysts	drying: salt oak bark clay wraps
dryness	degenerating, atrophying, sclerosing principle lack	lack of nutrition and liquid solidification	dry mucous membrane degenerative processes	moisturizing: mucins oil applications

## Traditional European Natural Healing - TEN

### Quantitative Principles

In many cultures, numbers are understood as mathematical symbols, as rhythms, and as building blocks of the universe. In this connection, each number has an individual, mythological meaning.

The number One, for example, stands for the wholeness, the indivisible, and the initial point of all existence. The number Two is based on the opposite-ness, the duality. It is only with the number Three that these tensions are transcended. Accordingly, the number symbolism in the traditional conception of the world as a fundamental significance and encounters us in various stories, songs, customs, and concepts: the holy trinity, the four elements, the seven stars, the twelve months, and many others.

### 3.5 Vital Force

The primary principle of vital force is the foundation of all vital processes of a living organism as well as of their individual arrangement. Vital force is the starting point for the individual conception of oneself, for the instinct of self-preservation and for self-heal-

ing powers, and it is – during a disturbance – the central factor in the case of the origin of a disease and essential for the therapeutic concept.

Vital force is the obvious and non-negated difference between a live and a dead being. It is not measurable and does not manifest itself directly but rather by its effects in the living organism.

Vital force is one of the most significant contrasts to today's material conception of the world because the active principle of any natural healing is the regulation of vital force.

*To be continued...*

References at the end of the article.

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## "Filling the Laughing Depot" - Instead of Burning Out

### Laughter Yoga as a preventive and accompanying Measure against Burnout

Angela Mecking



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Stress is a problem that costs employers and society a lot of money and is therefore taken more seriously by business and politics. Nevertheless, the conditions for employees have hardly changed. 43% of all employees in Germany feel that their work stress has increased in the past two years. 19% feel overchallenged and every second employee (52%) suffers from time and work pressure. In addition, there are permanent disruptions in workflow, lack of breaks and the requirement to manage more tasks simultaneously. The consequences for workers are physical symptoms like back pain, headache and insomnia, right up to mental illness. Since 2000, the percentage of absence due to mental illness has increased by 93%. One reason for this is the rising emotional stress, caused by increased psychological demands and pressures. Many employees don't have enough time to deliver good work. The own dissatisfaction is intensified by lack of recognition from superiors. Almost one of ten workers suffers from the fact that the own engagement is not compensated by an appropriate re-

ward. It is scientifically proven that this leads to increased health risks such as heart attack. Also, the identification and community feeling is missing in many companies. Mergers and acquisitions, constant changes of corporate strategy, boss and colleagues lead to a lack of team spirit and identification.

If all these stress factors can no longer be compensated, for many professionals a kind of "vicious circle" begins: First, the person engages more and more in his job, works like crazy and forgets his own needs. He falls into an unhealthy lifestyle, denies physical signals like headache or back pain. He neglects friendships and partnership and starts an inner retreat. The consequences are inner emptiness, depression and finally the complete collapse – diagnosis burnout. The affected person is physically, emotionally and mentally exhausted, "the battery is empty". In this case, it does not help just to take a break or go on vacation. Professional advice and a complete change of lifestyle are required. This usually takes months, sometimes years.

### Laughter Yoga as a preventive Measure against Burnout

To avoid the "ultimate destination burnout" right from the beginning, there are stress management methods that are effective on different levels. For example, time management can help to cope with an increased workload. On a physical level, stress can be prevented by sports, autogenous training or "power napping" during the lunch break. On an emotional level, an appreciative and error-permitting corporate culture can change



Indian women with Madhuri

### Emotional Level

What makes Laughter Yoga unique in comparison to other relaxation methods, is the psycho-emotional aspect. Those stress-reducing factors that come too short in work life, get into practice here.

**Appreciation:** An important part of Laughter Yoga are repeated positive affirmations and praise, such as "very good, very good, yeah!", "We are the healthiest / greatest / most creative, ... people in the World", appraisal laughter, cheering or motivating each other in the group. This positive affirmation happens regardless of what people do or reach - it is just for everyone being what he is. Many Laughter Yoga participants achieve a higher self-confidence after practicing regularly.

**Acceptance of weaknesses and errors:** The principle of Laughter Yoga not only accepts human weaknesses, but even motivates participants to laugh at their own faults. They are inspired to laugh about typical annoyances of everyday life (missed train, empty account, annoying household tasks), but also at themselves. It leads to the effect that many things are not taken as seriously as before.

**Social connection:** People feel connected when they practice Laughter Yoga, no matter what age, nationality or social background they are. In contrast to the classical yoga or pure relaxation techniques, in Laughter Yoga the participants meet each other and show themselves, sometimes in a "funny" or "silly" way. All emotions are accepted. When people practice together over a longer time, they start to become friends, help each other and create a feeling of belonging.

much. But most of these measures are only effective on one level. There is a method that has been discovered by many people as an effective preventive measure: Laughter Yoga. This is a combination of clapping, breathing and pantomimic laughter exercises that aims to enable laughter and thus benefit from the proven health benefits. What is special about this method is that it focuses not only on a physical but also on an emotional level. Apart from that, Laughter Yoga has a number of positive "side effects" in a company's area.

### Physical Level

When you laugh - even if it is triggered artificially - stress hormones are reduced and endorphins activated. Deep breathing exercises between the laughing exercises ensure that more oxygen comes to the body cells, thus

the relaxation effect is enhanced. Laughter stimulates the cardiovascular system in a very short time and is thus more effective than aerobic exercise. The flow of blood to the internal organs is increased, the number of natural killer cells in the immune system increases. The release of endorphins leads to lower pain sensitivity and increases the general well-being. In Laughter Yoga, we keep switching between activating elements (clapping, movement exercises) and quiet elements (breathing exercises, stretching, relaxation). According to research, this change is particularly important for stress reduction. A Laughter Yoga session provides short, intense activity phases which cause an adrenalin rush. Thus, the body gets used to small stress doses in a positive way and is therefore better equipped for "real" stress situations.

**Positive attitude:** While inner emptiness and depression are typical symptoms on the road to burnout, Laughter yoga helps participants to find a positive attitude to life. The goal is not to achieve a state of perfect external satisfaction, but rather to live with imperfection. The repeated physical experience of "joy" enhances a feeling of happiness from inside. Neurological studies confirm that emotions triggered in the brain very often, are also triggered more easily after a while. According to the experience of the participants, this leads to the effect that the external conditions of life improve. After all: laughter is the strongest opponent against depression.

**Laughing releases emotions:** the risk of depression is high if we do not have the possibility to show or act out our feelings. Laughter has a "cathartic effect": even supposedly negative emotions such as anger or resentment can be acted out by laughter. Many participants report that laughter helps them to "let everything off".

### Business Level

Many companies have realized that they can avoid illness loss and save a lot of money, if they implement preventive measures against stress and burnout. Beside this, it is necessary to improve the conditions in the company, such as the optimization of the work process, more transparency, an appropriate reward system, optimal distribution of work and preventive health management.

Laughter Yoga is not only an "unusual preventive measure". If employees regularly practice Laughter Yoga, they develop better teamwork abilities, a



Laughing sitting meditation

greater problem-solving capacity, a longer attention span, greater creativity and more composure in stressful situations. Thus, both sides - the company and the employees - benefit from the use of this method.

### Laughter Yoga as a complementary healing measure in burnout therapy

If once the diagnosis burnout is made, prevention measures are no longer sufficient. A psychological treatment is required which surely cannot be replaced by Laughter Yoga. But Laughter Yoga can be an accompanying measure, as it is already practiced in various health clinics, rehabilitation centers and outpatient burnout centers. In addition to the effects described above, there are a lot of benefits in this area:

- Laughter Yoga is a simple method that everybody can learn and practice quickly. It is adaptable to any age and any fitness level.
- There are hundreds of Laughter Yoga exercises which can be varied. So anyone at any time can join a continuous group, without prior experience.
- Laughter Yoga needs no special equipment, no special facilities and can be done always and everywhere - even outside.
- The method ensures that people move automatically, without having the feeling of doing sports.
- During a Laughter Yoga session, people can "turn off" and get out of negative thoughts or depression symptoms.
- In Laughter Yoga, a sense of community is created within the shortest time and people meet each other.

This creates a social connection that is playing an important role also in a therapeutic context.

- Many Laughter Yoga exercises, they help the participants to make a cognitive reinterpretation of problematic situations and not to take their problems too seriously.

For good reasons, many people around the world have discovered Laughter Yoga for themselves. But for the preventive and curative effects, Laughter Yoga is even getting more and more interesting for companies, institutions and clinics. It is to be hoped that this trend continues - in the sense of indi-

vidual well-being as well as in terms of business and the society.

*Note: for simplicity, we have used only the masculine form, but mean respectively the male and female form.*

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*playful laughter exercise*



## Angelica Archangelica

**Angelica Archangelica or Angelica officinalis, Angelica silvestris**

Erika Röthlisberger

Common Name: Wild Celery  
Family: Apiaceae (umbellifer)

Angelica carries within itself the sunlight and the deep warmth of the life of North. It is native to Northern and Eastern Europe such as Norway, North of Sweden, Iceland, and also Greenland, Siberia, the Himalayas and North America. There it is used as a well-tried and important healing



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*Angelica silvestris*



plant of folk medicine. It is used as a healing remedy against colds and for strengthening the immune system as well as a general tonic after serious diseases.

According to old legends Angelica got its holy name in the middle ages during the time of pestilence when an archangel showed a sick hermit the plant as a savior when someone is in serious trouble against pestilence and colds.

Doctors who visited pestilence patients used the Angelica as protection against the infection. Paracelsus recommended: The juice of Angelica is the best remedy against inner infections transmitted via air and a remedy of protection against pestilence."<sup>1</sup>

He pointed out that there are different kinds of worms. Some of them escape from the smell of the herb-of-grace (*Ruta graveolens*), others from amber (*Hypericum perforatum*) or from Angelica."<sup>2</sup>

It is unclear which Angelica, Paracelsus meant due to the former nomenclature. Today we differentiate two kinds of Angelica:

Archangel Angelica (*Angelica Archangelica*, Latin: *Angelus* = Angel, *archangelica* = Archangel) is known as the true Angelica and is meant as medication-Angelica. It is rarely found in Middle Europe. *Angelica Archangelica* is grown for medicinal purposes. It can grow up to a height of three metres and its roots have a pineapple-celery-smell. It can be grown in your own garden. Meeting this plant gives an impression of a radiant guardian angel in the form of a plant.

In Middle Europe we often find a smaller Angelica. *Angelica silvestris* (lat. *Silvestris* = forest) is called as

wildly growing Forest Angelica, because it grows in the forest very often though it can also in wet meadows and at river banks. Folk medicine also calls it wild celery. Its big blown up leaf sheaths are noticeable.

In autumn we get oval, first green and then brown indehiscent fruits (seeds) from the blossom umbels.

The **main ingredients** are: etheric oils, bitter- and tanning agents, plant acids, cumarin and furano-cumarin. The furano-cumarins increase the light susceptibility of the skin and can lead to meadow-herbs- or photo-dermatitis under the influence of UV rays. These are inflammations of the skin.

Therefore you should not use the oil of the Angelica root before a sun bath or visiting a solarium. When harvesting the root on sunny days you should wear gloves.

*Because of the danger of mixup with poisoning plants Heracleum sphondylium or Conium maculatum it is recommended to let the plant be controlled by an expert or to buy it in a pharmacy.*

#### Contra-Indication

No application during pregnancy, for babies and infants.

Parson Kneipp recommended: "Both are healing plants in the general sense with equal effect. But I prefer the first one, because you find it easily. In case somebody had unhealthy or half poisonous foods a tea brewed from its roots, seeds or leaves is an excellent remedy to get rid of these harmful substances. Because the blood is prepared from the different nutrients and not all nutrients



*Angelica silvestris*, leaf sheaths



are good and healthy, this tea is recommended to eliminate the different harmful substances from the blood.

Strong mucous congestions in the lungs and chest, burning of the stomach, mucous congestion in the trachea are most easily eliminated by this tea. We can justly recommend Angelica as an excellent house remedy. The dried roots, seeds and leaves can be ground into powder. If you take twice or thrice daily a pinch of it, this replaces the tea."<sup>3</sup>

Parson Kuenzle says: "In times of epidemics it is indicated to apply Angelica on a daily basis – be it for gargling or Angelica spice in soups or foods."<sup>4</sup> Angelica belongs to the bitter remedies. There are several kinds of bitter remedies. Angelica belongs to Amara aromatic which mainly contains etheric oils besides bitter agents. These expand the action spectrum of the bitter agents by a cramp-solving, anti-inflammatory and disinfecting effect. Therefore Angelica can be used against stomach- and intestinal cramps and digestive disturbances caused by stress. Bitter agents stimulate the digestion and are used for stomach-intestinal difficulties such as bloated feelings or lack of appetite taken before the meal. Angelica is part of stomach bitters, medical wines, of Theriak-recipes, of the well-known spirit of Melissa and the stomach tincture Iberogast etc.

Its etheric oils further the expectoration, and its bitter agents strengthen weak patients. Therefore they are recommended for long lasting, exhausting bronchial conditions.

The study Steinthor et al 2004, 2005 (see <http://www.znaturforsch.com/ac/v59c/s59c0523.pdf>) indicates that

Angelica seed oil is a potent remedy against cancer because it impairs the growth of cancer cells.

In the vernacular it is called "Fear-Root" because it transmits strength, security and supports through difficult times. Margret Madjesky and Olaf Rippe recommend the following recipe:<sup>5</sup>

#### Glimmer of light in the night

Fear of darkness, night mares and sleeplessness as a consequence of dark thoughts – this is the sphere of action of this night cap. Mix one teaspoon of valerian root (*Valeriana officinalis*, radix) one teaspoon Archangelica (*Angelica Archangelica* from the pharmacy) and add 250ml cold water. Let it stand for one to two hours, then let it boil for a short time, strain and drink it before going to sleep. Both light plants soothe the mind and protect our dreaming soul during the night.

#### Grandma's home remedy kit

Emma was totally overworked and therefore had unfounded fears. Her wise grandmother concocted supportive remedies and applications. Already after the first dose Emma felt relieved. These home remedies gave her the feeling of being supported with new strength. She constantly saw the picture of the big Angelica which had the effect of a Guardian angel. It gave her the necessary support to change things such as taking her vacation, changing her job and consulting a doctor.

## Angelica Archangelica



*Angelica silvestris*, seed umbels



**PARACELSUS – Health & Healing**  
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## Angelica Archangelica



### Angelica Root Tincture

Put 100 g of Angelica root from the pharmacy or fresh, washed and cut Angelica roots into a jam glass and fill it half and fill it up with 45% alcohol, cover and shake it daily. After three weeks filter it with the help of a coffee filter into another jam glass. Label it with the name of the plant and the date. Store it in a dark place (kitchen cabinet). For use fill it into a 10 to 30 ml-glass with a drop-spender.

### Internal Fortifying Tea

Thrice daily give 15 drops of Angelica root tincture (take three drops of Ceres mother tincture "Angelica Archangelica" from the pharmacy) into a cup of Hawthorn (*Crataegus leviagata*) and drink it warm.

In the evening before going to sleep **wash with Angelica water** as follows:

Mix 15 drops of Angelica root tincture in one litre of warm water. Take a linen wash cloth, put it into the warm water and wash the upper body. Afterwards massage the upper body with a toning oil.

### Toning Oil

Mix 30 ml of almond oil with the following etheric oils:

3 drops of Angelica root (*Angelica archangelica*, root)

2 drops of laurel leaves (*Laurus nobilis*, folium)

1 drop of Benzoe Siam (resin)

(Rule of thumb for the dosage of etheric oils: 1%-mixture = 20 drops of etheric oil on 100 ml fat carrier oil, f.e. almond oil.)

After the morning shower rub the strengthening oil into the upper

body. Daily carry the strengthening oil in your hand bag, it also serves as a smelling bottle.

*Important: The above mentioned application possibilities do not replace the visit to a doctor or therapist.*

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A SYNTHESIS BETWEEN



THE EAST AND WEST