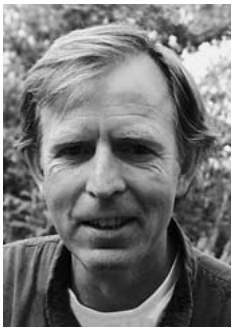

Who Would We Be Without Our Stories?

Homeopathy is a fascinating science. Any substance or imponderable we do a proving on unfolds unique stories to us, stories that at the same time are familiar to all of us. No wonder Hahnemann concluded that participating in provings is beneficial. Every substance can teach us something and heal some aspect of our being. All these stories, all these images, are living in each of us. The human mind is like a huge holographic materia medica in which all states including their delusions and sensations can be found and experienced. It is only a matter of emphasis that makes a particular substance a simillimum.

We all have our stories to justify the state we are in. Just look at some of the remedies discussed in this Spring issue.

- *Kali bromatum needs to be part of a structure – family, society – but doesn't trust anyone and has burdened himself with unattainable ideals and the devastating feelings of guilt that go with that.*
- *Lac lupinum, the wolf, has for ages been used by us to project our darkest fears onto, and as a result of the persecution and killing has chosen a lonely and independent life. But in each one of us there is a wolf circling outside the dark fringes of our comfort zone, longing to be allowed closer to the fire of love, care and nourishment.*
- *The ambitious, haughty Veratrum isolates herself in an air of superiority, but would so much love to be included and appreciated just for who she is.*
- *Belladonna and friends radiate a violent intensity that causes others to keep a safe distance where actually they feel deprived off the right to live and just simply be and long for harmonious co-existence.*
- *Who has hidden his real story better than Phosphorus? This open, sympathetic, extroverted and loving person has no choice but to behave as he does in order to be wanted and accepted.*

Who would we be without these stories? Who would we be without all these beliefs about ourselves and the world around us? What would we perceive if we had a clear vision, one without a history and with no expectations?

Let's look at ourselves. Somewhere from our past we can all find a justification for our feeling, our delusion, our sensation. Whether they implode or explode, scatter or bind, dart or benumb, all these sensations are expressions of trauma. But whatever situation may have seemingly caused them, one thing holds true for all of them… IT IS OVER! Not so in our mind, however. Whether it happened forty years back or just a week ago, the trauma is still with us as if it is still happening.

Isn't that the alchemy homeopathy is all about? Isn't that the ecology of self? To let us know that it is over? A simillimum informs us that we no longer need to cling to the past or let the future frighten us. It brings us to the here and now – free from our stories.

We perceive the world as if it is replaying our trauma, and we create situations that resemble it as best we can. We desperately try to hang on to our stories, because… who would we be without them?

Who would you be without yours?

Harry van der Zee, Editor

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