

Augustine Volcano

Mount Augustine is part of a chain of volcanic islands along a trench where the Pacific Plate is being subducted under the North American Plate. This area is called the Aleutian Megathrust. The Augustine Volcano is one of Alaska's most active volcanoes. The last eruption, in 2006, is said to have been caused by a clogged conduit (whatever that means). I found that phrase and the naming of the area 'Megathrust' interesting in light of the characteristics of this remedy.



MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Tendency to violent outbursts of anger brought on by discord in relationships due to squabbles about who is in charge at home or in the workforce. The continual adjustments in relationships, even quite intense ones, can be opportunities for growth and increased effectiveness as a couple, as a family, and in working relationships. The amazingly powerful energies of the tectonic plates that permeate the energy of this remedy support deep, intense, and wonderfully beneficial changes in ourselves.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: High blood pressure, often with the characteristic red face that accompanies emotional outbursts such as anger or extreme irritability. Violent headaches with a cyclical pattern, always occurring at the same time and surrounding the same issues. A rapid pulse during such episodes, sometimes with a pulse that is visible at the temples. This remedy may have an effect on any cyclical activity in the body (such as menstrual cycles, sleep cycles, and seasonal allergies). Illness as the result of mounting stress or pressure at work or home is also seen.

INDICATIONS OF NEED: One example of a need for this remedy is a child, often a boy, that suddenly bursts into sound and motion. (If you know such a child, you will know exactly what I mean! I hope you are not a person that jumps at sudden noises!) In adults, this pressure builds much in the same way, but the outbursts are usually irritability, outbursts of anger, or periods of intense activity. This remedy may be just what is needed in any situation where the pressure builds beyond a person's ability to cope.

Bog

The bog where this remedy was made is a semi-swampy area in Alaska. This type of bog is not usually fed by a lake, stream or natural well but is the result of rainfall. Such swamps form because permafrost, clay, or bedrock prevent water drainage. These bogs are generally home to a rich diversity of plant and animal life!

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): This remedy may help a person find their place in the environment around them, both physically and mentally. This essence should help a person connect their heart in gratitude and appreciation to their loving Heavenly Father and to those around them. This is a remedy of creativity. Creativity can only flourish in an atmosphere of safety and love, such as a person might feel when they have just been wrapped in the arms of a protective father, either earthly or heavenly.



PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Stagnation in any area of the lymph system. Symptoms of lymphatic congestion include fatigue, painful stiffness of muscles and joints, fluid retention, bloating, headache, lumps in various places, and swelling in legs and feet.

INDICATIONS OF NEED: Stagnant lymphatic drainage with accompanying buildup of toxins and mucous. Congestion and pain throughout the body as the result of lymphatic congestion. Feelings of being stymied and unable to bring creative ideas to fruition.

Chalice Well

This essence was made with water from the Chalice Well Gardens of Glastonbury, England. The water from this amazing well flows constantly at 25,000 gallons per day. (WOW!) It maintains a constant and consistent temperature of 52° Fahrenheit. The water comes from deep within the earth and is not dependent on nor influenced by the forces of nature around it. The spring has never been known to fail and during the dry years of 1921–22, this spring was the sole water source that saved the entire town and the populace from the drought. The well's construction is dated as pre-1184 AD because the stones used in its construction can be traced to an abbey of that time period. Shards of Iron Age pottery alongside Roman and medieval shards suggest that there has been human activity around this water source even in antiquity.

Remember that a Blessed Water or Homeopathic remedy always reflects the character and characteristics of that source in its healing properties.



MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): The huge volume of water produced and its consistent temperature is an indication of this remedy's ability help us draw on both earth and the Creator of all things for strength and stability within ourselves. Perhaps we are feeling miserable and suspicious of those around us and of our own capabilities and strengths. Perhaps there are moments (days and nights) when our fears override our faith and we wonder if we are on the right course, or even if we are capable of charting the right course for ourselves and our loved ones. We wonder if we have the capacity to cling to the things we know to be true and important. This remedy can help us draw strength from the eternally strong earth as well as from angelic and Heavenly sources.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Physically, this remedy may improve our ability to receive and absorb nourishment from the foods that we eat. Sensitivity to the environment (weather conditions, heat or cold, etc.) may trigger unpleasant physical or emotional symptoms. Fatigue, foggy thinking, skin ailments, and at times, difficulty with the digestion of meat may be improved by this remedy.

INDICATIONS OF NEED: A person who finds themselves struggling with decisions. They are unsure of knowing the next step on their personal path of life or, perhaps, simply lack the strength to take that step. The phrase that comes to mind as this remedy helps one overcome their fears is, "I know what is needed today and I have the strength and resilience to be up and doing it."

Full Moon Reflection

Kachemak Bay is a 40-mile-long arm of Cook Inlet located on the southwest side of the Kenai Peninsula in Alaska. Some interesting characteristics of this bay are first, there is no road access to the park located in the bay (Alaska's only state wilderness park), so visitors must arrive by airplane or boat. Second, the bay has a remarkably high level of biological activity due to the unique circulation patterns. Surface water pushes nutrients into the bay, then ocean currents keep them in the bay or push them back into the bay should any nutrients try to escape. The essence is made from reflected natural light off the waters of the Bay into the snow-filled canyon. Light and holding on to nutrients, or physical and emotional issues, are keys to this remedy.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Reflection typifies another aspect of this remedy as it tends to bring what is buried in the subconscious to the surface where it can be considered, understood, and processed. The full moon that is basic to this remedy can also bring feelings of being incredibly energized. The temptation to start something new with more enthusiasm than is warranted or rational may be tempered by this remedy.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Itching with the sensation as if it lies under the skin where it cannot be reached for scratching or to apply remedies. Trembling and feelings of weakness. There are some studies that have shown a slight change in cardiovascular conditions during a full moon. One study of male university students showed a consistent lowering of blood pressure and heart rate during both full and new moons. Researchers concluded that humans are more physically efficient during full and new moons. The flip side of this is heart issues, especially those with emotional underpinnings such as shutting oneself off from hurt or pain because of past negative experiences. These types of emotionally related heart problems should respond positively to this remedy. Unlike prevailing folk theory, and the thinking of many, the study mentioned above showed no significant difference, either higher or lower, in admissions at trauma centers during a full moon or an increase or decrease in aggressive behaviors.

INDICATIONS OF NEED: Feelings of being imposed upon by others with no mutual support when help is needed in return. Feelings of intense emotional or spiritual suffering with a momentary (hopefully only momentary) inability to move into the light or to see and appreciate the light of Heaven reflected to us in the service of those around them. On the other hand, the energy of a full moon is said to be the energy of openness, healing, renewal, wisdom, and intuition.



Gigha Quartz

This stone is named for and prepared on the Isle of Gigha off the western coast of Scotland. There is a quartz outcropping on the southwestern edge of the island that, in reality, runs through the island and emerges once again at the northwest tip of the island.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Gigha quartz is a clear quartz and is said to reflect ancient, sacred, and light-filled energy that brings us to a space of deep wisdom. From here, a person can experience balance and radiate a light-filled energy that is both soft and empowering to themselves and others. The gift of this remedy is inner strength and sufficient self-discipline to live every day as a person, on their very best days, desires to live. A lack of such light, of course, creates uncertainty in emotional strength and stability; difficulty in making decisions, and in the ability to live as one believes.



PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Sleep issues such as insomnia, frequent waking, or fitful dreams that leave one unrefreshed and unable to face any day that contains decisions to be made. A person loses or struggles with the ability to “stay focused.” There may be issues that pertain to the mouth, teeth, gums, and throat.

INDICATIONS OF NEED: Scattered thinking with “wishy-washy” opinions; the result of a lack of focus. A tendency to follow one interest or path first and then move off in another direction only to rethink that choice and return to previous actions, thought patterns, and interests. Seeming to need to “play the victim” so that someone else will take charge and take credit for any mistakes that are made.

Glacier River

This remedy was created from solarized water that had emerged from the base of the Gulkana glacier. The water, due to its course, carries suspended particles (sediment) of ground-up rock as well as wind-blown sand and silt.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Feelings, like faith, are a choice we make every day. We can drag old, unhealthy, rigid patterns of thinking and being into each new day (like sediment and debris) or we can choose to release them (perhaps in prayer first thing in the morning, or in other appropriate ways). The glacial debris that is an integral part of this remedy, on the other hand, can produce in us the desire to let go of the debris in our own thinking and in our behavioral patterns. Such debris—and the clinging to old patterns—can retard or dim our spiritual insight and vision.



PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Rigid thinking almost always results in such ailments as stiff joints, rigid muscles, and even the destruction of bone and cartilage in knees, hips, shoulders, or spine. Strengths: flexibility and a strong spine with healthy discs and spinal segments. This remedy, as it helps clear debris from our thinking, should encourage faster recovery from injuries to bone, muscles, and tendons.

INDICATIONS OF NEED: Stiff joints or muscles. Arthritis. Erosion of cartilage in the spine or joints. Rigid thinking, including but not limited to self-blame and guilt.

Greenland Icecap

This remedy was made from solarized water on the Greenland ice sheet. A study of the tectonic plates in this area is fascinating. There is a great deal of energy as plates have converged (one plate sliding under the other) over eons of time. Scientists believe that Iceland was pushed up into being as a result of this convergence. British scientists have discovered a long and deep mega-canyon hidden under the ice that is up to 2 km (a bit over a mile) thick. It is at least 750km (roughly 450 miles) long and up to 800m (about 1/2 mile) deep in places. This is comparable in size to the Grand Canyon in North America. The sub-glacial valley may also perform a valuable function in helping to stabilize the ice sheet as it probably acts as a fast pathway to drain melted water at the bed of the ice sheet into the ocean.



I mention this because the energetic effects of homeopathics and Blessed Waters are very strongly connected to the energy of the substance and area from which they are made!

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): This is a remedy for extremely deep emotions which need to be processed, stabilized, and drained away. There is an obvious connection to the deep chasm that runs under this huge ice sheet. I find the visualization of the ice sheet as it might apply to the freezing up or hanging on to emotions an interesting corollary. Unresolved trauma or emotions can lead a person to feel that life is difficult, has always been difficult, and that they need to stand up for themselves and their point of view in order to make life more to their liking. (See Indications of Need section below.)

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Fatigue, often brought on by feeling responsible to get everything right and to do everything they possibly can to make everything turn out right for everyone around them. Constipation, as emotions are held on to refusing to be passed on and out of one's life. Ulcers, as these trapped and volatile emotions may also, literally, burn holes in inappropriate places such as the stomach, duodenum, or intestinal tract.

INDICATIONS OF NEED: A person who might benefit from this remedy may frequently feel slighted or overlooked by those around them. The result of deeply hidden emotions may translate into demands for others to not only hear what they are saying, but value the opinions expressed. The person may be seen by others as quarrelsome and difficult to get along with when, in reality, they are only demanding the right to their own opinions and to be who they feel God meant for them to be.

Liard Hot Springs

The Liard Hot Springs is the second largest hot spring in Canada. This remedy was prepared from the hot spring water on a cold winter day. The temperature difference between air and water would have been quite extreme, as the water, even in winter, is between 108°–125° F. In addition, the water of this spring has a very high mineral content. The spring is surrounded by a warm water swamp with extremely lush plant life. The swamp contains 40 acres of orchids, for example. This area is referred to as a tropical valley.



MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Sciatic and spinal injuries are often thought of as being purely physical. However, sudden bad news or shocking types of occurrences occurring without warning can, and do, bring about such symptoms for a time as a person struggles to process what has happened. This is especially true if the changes that the event are bringing into a person's life are resisted instead of processed and accepted. This remedy may help bring a person to acceptance and, perhaps, even to enthusiasm and an eagerness to experience the new reality of their life.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Sciatica with pain that usually originates from a pinched nerve somewhere in the lumbar spine. The pain extends down the legs—usually only one leg—with “pins and needles” feelings, especially in the feet. Alternatively, the pain may be jolting, somewhat like an electric shock. Because nerves affect muscles, this sort of pain may be mistaken for muscle injury or other issues.

INDICATIONS OF NEED: Symptoms and pain as described above. A diminished capacity to meet each new situation and each new day with anything but indifference and misgivings. This remedy should help bring a person in such a state of mind to recognize that they are, in reality, spiritual beings placed here on earth to learn and grow. The effect should be clearer insight and the ability to “self-start” on projects and become a person with contagious energy with which to meet the challenges of each new day and each new situation.

Northern Lights

This remedy displays the energy of a swirling green display of Northern Lights during a subzero arctic night. The energy of the Northern Lights is something that has to be experienced to be believed.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): In some Eastern medical modalities, the prevailing belief is that the aura (color) surrounding the emotional aspects of the heart is seen (by those who see such things) as green with the physical heart appearing as shades of red. The essence of this remedy, in my opinion, reflects this aspect as the remedy was made from green swirling northern light. It is an extremely emotional remedy with the emotions centering in the heart. The healing power of this remedy seems to lie in the cleansing of old attitudes (perhaps wounds is a better description) so that a person can have a more open and loving heart. Such a heart allows one to feel the love of Heaven more profoundly in their own life.



PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Negative emotional aspects are always reflected in the health of the physical heart. (I speak from experience here.) The symptoms and damage can be anything from mitral valve prolapse, heart muscle weakness, clogging of the arteries that feed the heart muscle, and on through troubles with the electrical system of the heart. The heartbeat is considered by some to be a very sophisticated language with rapid or erratic beats a good indication of the mental and emotional state of that person at that time. (This philosophy is reflected in some very interesting studies.)

INDICATIONS OF NEED: A person being “high-strung” with volatile emotions. The person may be unable to accept that they are deserving of love and, sometimes, unable to love fully in return as a result. They will likely be, however, very charismatic people with a great many friends. Such people are able to observe the actions of others and imitate them even though their own hearts are closed and defensive.

Polar Ice

Prepared on the ice pack near the North Pole. I can tell you from experience that the North Pole is a very cold place with very interesting energy!

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Able to wait well with trust in the Lord and His timing in the fulfillment of our prayers or the changing of our circumstances. Not be influenced by what we think should be or what we think we deserve. These are the strengths. Of course, the polar opposites of this make up the weaknesses that may be moderated with the use of this remedy. What are these polar (yes, the word polar in this description is intentional) opposites? Constant fretfulness and worry would certainly be among them if we lack faith in either God or in ourselves.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: As constant worry occupies one's mind, issues with memory, predominantly short-term memory, are too often seen. There may also be a lack of enthusiasm, passion, and enjoyment of both everyday things and in making any plans for the future. Another characteristic brought on by fretfulness and worry may be a lack of warmth experienced especially in the hands and feet.

INDICATIONS OF NEED: Discouragement with the circumstances of our lives. Letting trauma from the past or worries about the future keep us from trying new things or moving forward in our lives. Such worry prevents learning and stymies our ability to move forward and enjoy new experiences. There is a pronounced tendency to be cold when those about them are either comfortable or a bit too warm.



Portage Glacier

Portage Lake, where this essence was prepared, was created by runoff from Alaska's Portage Glacier. This Glacier has been receding since the early 1900s with average temperatures, even in the winter months, much higher than I thought before looking into it. Interestingly, to me at least, the ice of this glacier has always been quite unstable with "calving" (the breaking off of the tip of the glacier into the lake formed at its base) being a common occurrence until the glacier no longer touched the lake shore. Recent reports about this glacier indicate that, with the breaking away or melting of this glacier in the past, the remaining 5-mile-long glacier has stabilized. Growth of the glacier is expected over the next century. This, in my opinion, is reflected in the mental and physical attributes of this remedy.



MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): This remedy may help a person slough off outdated patterns and beliefs that did serve us well in the past or are not serving us well at this time in our lives. Trusting in ourselves and in God to assist a person in becoming what they are meant to become is one of the strengths of this remedy. Another healing strength of this remedy is in helping a person stop abdicating responsibility for themselves to others, enabling them to take responsibility for their own choices and destiny.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Taking responsibility for one's choices often helps a person take responsibility for eating choices or from the less-than-healthy environment in which they are living in. This naturally results in clearing the body of built-up toxins. **As it assists in changing emotional patterns and in the cleansing of the body, this remedy may be helpful in eradicating immune system deficiencies such as are seen allergies.** This is not done so much by stopping a current attack as it is seen in slowing eliminating the body's reaction to once troublesome things.

INDICATIONS OF NEED: Allergies and, perhaps, even other auto-immune deficiencies. Frequent illness from lack of nutrition or from a toxic, emotionally or physically, environment. Perhaps, the person is too accommodating, giving in to other's opinions about what they should be doing or becoming. There may be a lack of faith in themselves or in God's plan for them.

Redoubt Volcano

Although this is another volcano remedy in this set, this remedy's energy is very different from the Augustine Volcano remedy. This remedy was made during the 2009 eruption of the Redoubt Volcano in south-central Alaska. It seems to have embodied the energy of fear and anxiety that are part of being anywhere near a volcanic eruption or the series of earthquakes that may accompany such an event. In addition, volcanic ash presents a unique set of challenges. These challenges are also reflected in the energy of the remedy.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): The anxiety and fear a person may feel as they face the inevitability of major changes in their lives is reflected in the energy of this remedy. The earthquake aspects of the energy of this remedy make it especially useful for balancing emotions surrounding those changes and losses over which a person had little or no control. Airborne clouds or ash make visibility in the air hazy and clouded. This seems to correspond to our intuition or ability to feel inspiration being similarly clouded. Travel on the ground is also compromised when ash is in the air. This remedy may help a person move forward with sure-footedness, emotionally and physically.



PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Eye infections, inflammation, or irritation that cloud vision for a time are part of the physical manifestation of the emotions discussed above. Eye strain from too much reading or from reading in inappropriate light may also be seen. Earaches, ringing in the ears, temporary diminution of hearing, and intuition and inspiration become cloudy and the way ahead appears treacherous.

INDICATIONS OF NEED: Varying, unhelpful degrees of anxiety in the face of change or even the thought of change. This is especially true if the change is unwanted and there is very little autonomy in preventing or controlling the upcoming situation. Feeling out of touch with intuition or inspiration is also another indication that this remedy may be helpful.

Rock Spring

This essence was prepared using water from a unique spring high in the Talkeetna Mountains of central Alaska. The water of this spring literally gushes out from the center of a sheer rock face. From there, it cascades to a pool at the base of the rock formation.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Just as the water at this spring literally spews out of a sheer rock face in what appears to be a miraculous manner, the hope and miracles that this remedy can stimulate in us truly is a miracle. This remedy is to be used when a person feels that they are facing overwhelming odds and that insurmountable obstacles lie in their path. Infinite patience and trust that things are going along or will turn out as they should are the emotional blessings of this remedy's energy.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Tinnitus or other noises in the ear, especially during the nighttime. Kidney issues accompanied by back pain. The emotional pattern of ear issues is, sometimes, difficulty in hearing the inspired messages being sent to a person. The emotional pattern of kidneys is, of course, always connected to fear, or to fear replacing faith in one's life. Swelling and itching, as the kidneys struggle, is also part of the physical ailment related to this remedy.

INDICATIONS OF NEED: Lack of hope and joy in life or in the future. Lack of trust or patience in the unfolding of one's journey through life. There may also be a deeply held belief that most people are not to be trusted. There is a lack of an ability to trust one's own intuition or hear and understand the promptings of the Spirit.



Solar Eclipse

Solar eclipses occur when the moon is positioned between the Earth and the sun, fully or partially blocking sunlight and earth's view of the sun for a time; the moon is quite literally casting a shadow on the earth. The moon, in many energetic philosophies, is said to represent womankind. Thus, the connection with a person's relationship to their mother or other females in their lives is quite pronounced. The connection seems to be, predominantly, in relationship to overbearing female figures who demand to be the center of attention or to have their opinions count more than the opinions of others or than the opinions of the person themselves. The term "hen-pecked" comes to mind. It must be remembered, however, that one's personal perspective of others is not always accurate and, sometimes, is a reflection of oneself and not of them!

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): A weakness in taking responsibility for one's own life and choices that leads others to assume undue power and authority. Feelings of not being able to handle anything without the advice of others first. A tendency to take another person's advice instead of seeking the guidance of the Spirit or the lessons learned through one's own experience and innate wisdom. Such a person may fear the future and struggle with depression.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Headaches, including migraines, and ones brought on by nervous tension, worrying, or not acting on the advice of another person when it was sought for. Headaches with pain behind or centered in the eyeballs as the view of the path ahead cause stress and strain. A tendency to throat and lung issues, linking to an inability to stand up for oneself in discussions about decisions. Muscle stiffness and soreness as though reluctant to move forward.

INDICATIONS OF NEED: This is a remedy for both men and women, especially those who have a history of being dominated, or of having their decisions made for them, by a dominant female, wife, mother or another influential female in their lives. The lack of a strong father figure in any family situation seems to be a catalyst for the behaviors this remedy may be indicated for. Similarly, this remedy may also be useful for those whose life and lifestyle are devoid of a Heavenly Father figure or an understanding of His role and the role of the Savior of the World in their lives.



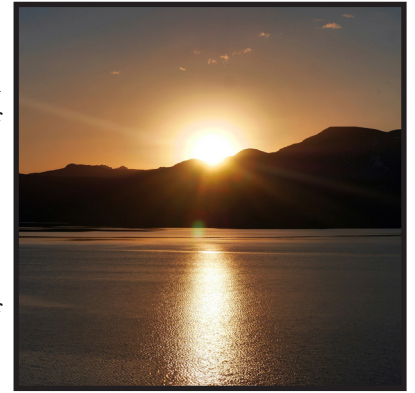
Solstice Sun

The essence was prepared on a night in June as the midnight sun played along a mountain range in Alaska. Light, with no period of darkness at all, cannot help but create very strong energetic patterns. This brings to mind part of a saying that I love. It is, “What of darkness? There is no darkness at all when one is standing in the light!”

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): The ability to radiate a clear, cleansing, and healing light throughout and around one's body, especially around the area of the heart. The energy from this sort of light creates a vibrance that draws other people to that person and endows them to touch the lives of others, often without them even knowing that they have blessed others as part of every day. The lack of such energy, of course, is very low energy and, perhaps, even the drawing of energy away from those around you to sustain yourself.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Physically, there may be intense cravings for foods high in carbohydrates or sugar. There may be trouble sleeping due to agitation, anxiety, or the consumption of the wrong kind of foods throughout the day or at bedtime. Never quite feeling rested, whether the night before has involved too much or too little sleep. A pronounced difficulty concentrating is often seen.

INDICATIONS OF NEED: If in need of this remedy, the light that protects the physical and emotional body from the energetic patterns of others—especially negative or controlling ones—is weakened and ineffective. There will be scattered thinking and an inability to control unhealthy and unhelpful thoughts from playing in one's mind, especially at night or during the winter months. Food cravings will be pronounced and difficult to control!



Stone Circle

Perfect, naturally occurring circles of stones cover the ground in many parts of Alaska. This essence was prepared, energetically, in such a naturally occurring circle of stones. Strangely, in other parts of the far north, stones arrange themselves in other striking patterns such as polygons, stripes, and even labyrinths. Over the years, scientists have proposed various explanations for these unusual patterns of stones and soil. There doesn't seem to be a single explanation that accounts for the full range of unusual patterns. The fact that this remedy was prepared in a circle will, of course, have affected the properties of this remedy.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Such a circle often seems to represent the integrity of and the protection provided by our own aura much like, but in a completely different way, then does the Solstice Sun remedy also in the natural forces set. It is not a matter of light, but of the protection of our own vital forces through relaxation and proper rest. This remedy should encourage one to relax, rest, and do those things that are helpful in replenishing one's own vital forces.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: The taking on of both physical and emotional symptoms of clients or of other people around you in a room or other environment is a pronounced weakness for some people. This can lead to a multitude of physical issues. For example, if the client comes with a cough, they leave without it but the therapist coughs until she manages to process or step away from the energy brought into her surroundings by the client or being “put out” by others in the room. The possibilities are endless—and in their negative aspects, both uncomfortable and detrimental to mental and physical health.

INDICATIONS OF NEED: This remedy is of particular use to energy workers, massage personnel, or just about anyone else who is affected by the energy of others. (I am not sure there are people who are not so affected unless they have spent time strengthening the protective aspects of their own energetic resources.) This remedy acts to enable a person to maintain openness and sensitivity without absorbing or taking on the energy of the person on whom they are working or the people in their environment.



Tidal Forces

The tides of Kachemak Bay are extreme with an average vertical difference of 15 feet and recorded extremes of 31 feet. The highest tide on record was over 25 feet! This remedy was prepared from both fresh and sea water on this Bay during a full 24-hour, 22-foot tidal cycle.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): The behavior of the tidal waters from which this remedy is derived brings a host of varying and volatile emotions. The positive aspects include feelings of rhythm and balance as well as the ability to adapt more readily and properly to any swiftly changing currents in our own lives. This remedy may assist us in letting go of the old, and embracing the new. Circumstances such as Getting “empty nest syndrome” when children leave home, when a new job is begun, or a move to a new home or neighborhood is required come to mind as possible examples of such changes. The volatility and variability of the tides suggest this remedy’s use with extreme vacillation of emotions and even mental states (bipolar or other extreme swings of mood and mental health). Tidal forces are influenced by the moon which has led to long years of speculation that lunar phases also influence human emotions.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Variations in blood sugar levels with resultant changes and fluctuations in energy levels are prominent. Intense and debilitating fatigue. There may be stomach pains brought on by irritability and anxiety. Muscle aches and pains are also seen.

INDICATIONS OF NEED: Widely fluctuating moods as well as widely fluctuating physical symptoms and energy levels. Great fatigue followed by periods of almost manic activity. An inability to rest is seen in both phases.



Typhoon

This essence was, literally, made during a typhoon. A typhoon, like a cyclone or a hurricane, is a wind with a violent circular movement that causes great destruction to anything in its path.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): Tempestuous, tumultuous, bringing turmoil to situations and relationships in which they have a part. Petty in the sense that they can make even the smallest difference of opinion into a major storm—a storm that circles around and around the issue and tends to destroy or bring havoc to everyone who gets into its path. A tendency to throw themselves into work and any sort of project with excessive—and sometimes destructive—energy that is exhausting to those around them.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Tight feeling, like a wide and tight band around the head. The feeling is that the only relief possible is the bursting of the head itself. There may be sudden and profuse nosebleeds which often bring relief from the type of headache just described. Numbness and tingling, particularly of the face.

INDICATIONS OF NEED: A tendency to any of the behaviors or attitudes described in the Mental/Emotional section above. A feeling that if anything is to be done right, they must do it themselves—for everyone and in every situation. The feeling that if they are not allowed to do it themselves, the whole situation may just blow up.



Winter In August

This essence was made from melted snow after a very powerful storm on the Greenland ice sheet in the month of August. There is another remedy made on this ice sheet in this collection. However, this remedy seems to take its healing properties, not from the tectonic plates beneath the sheet as the other remedy does, but from the confusion of such a storm occurring in August rather than in mid-winter. Storms at this time of year are a trifle unusual, even in Greenland.

MENTAL/EMOTIONAL (STRENGTHS/WEAKNESSES): The healing strength of this remedy lies in its ability to help us clear our own minds and hearts of attachments to those things that are not really “us” and are of little benefit to our ability to walk our own best path in life. Weaknesses: inability to “see” our path clearly, or to recognize that there is a “time and a season” for everything and that “today” is not that season for us to do everything and do it all at once. Confusion and discontent ensue when we attach to things that are not of benefit to us or are ours to do. Restlessness.

PHYSICAL SUSCEPTIBILITIES/STRENGTHS: Leg and knee issues, both skeletal and muscular, are keynotes. Tingling and numbness in legs and feet, especially when forced to sit still for any length of time. High blood pressure as a person tries and fails, to do everything that seems to need doing and do it all today. At times, the heart rate becomes alarmingly rapid. Dull aching pain in the kidney region, with the pain felt especially severely in the lower back.

INDICATIONS OF NEED: Confusion, discontent, irritability at people when around the person who, intentionally or unintentionally, unduly influences their vision of themselves or their clarity about the future path they should take. A lack of that clarity that is a hallmark of intuition and inspiration.

