

Homeopathy and energy:

Part 2 Paul Francis continues his exploration of our lost heritage – the Indo-European energy model – and its implications for homeopaths



Paul Francis began teaching in 1980, and has been a therapist in private practice since 1984. He has taught homeopathy in Lancaster, the Lake District and London. He founded the Integrative College in 2001, teaching homeopathy from the perspective of understanding the human energy body. He teaches both practitioner and post-graduate courses.

In the first part of this article (*HIP*, July 2004), I looked at how an understanding of energy can hugely enhance our understanding and prescribing in homeopathy. In this article I want to look at a case example to illustrate that. I have tried to make this article intelligible on its own, but it will (hopefully!) make even more sense if you have already read Part 1.

Case example

Female, aged 28.

Body-type:

- Small. 5'1" tall (all family are short).
- Underweight.
- Face pointed, mask-like.
- Fingers long.

Mental/emotional:

- Extremely anxious, <evenings, on waking.
- Panic attacks.
- Feels hurried, but can only do things slowly.
- Makes mistakes in writing.
- Feels confused all the time. Hard to make decisions as doesn't know what she thinks, feels or believes. Doesn't know who she is.
- Most of time feels as if she is not really here. Dream-like. Feels detached. Things seem unreal.
- Gets murderous thoughts that

suddenly come out of the blue.

- Suicidal thoughts. Fearful of her thoughts.

Physicals:

- Chronic constipation with no urging. Requires much straining. Stool soft.
- Anus extremely itchy, < rubbing. Anus burns.
- Skin very dry. Never sweats.
- Skin unbearably itchy all over body, no eruption.
- Chronic dry, sore throat. SAI fishbone in throat.
- Constant dry cough. < mornings, around 6 am. Cough is suffocating.
- Inside nose is dry.
- Arms feel heavy.
- Pain in kidneys.
- Appetite poor. Used to be good when young.
- Cramping in intestines.
- Indigestion from potatoes.
- Constant thirst, only satisfied by cold water.

Generals:

- Feels weak. Talking exhausts her. Also finds going for a walk exhausting, so stays in the house most of the time.
- Totally exhausted after period, especially mentally.
- Very chilly person.
- Diet poor. Lives off tinned foods, junk food.

- Feels < in dry weather.
- Very prone to colds.
- Loses weight easily whenever gets ill.

Background:

- Adopted as a baby.
- Very strict parents. Was not allowed any of her own opinions or to make her own decisions. Had to dress, eat, think and behave exactly as her parents wanted. Now, finds it hard to know what she thinks or feels about anything.
- Fatigue possibly since viral illness when 13.

Family medical history:

- Not known, due to adoption.

Analysis

The first thing I do is decide what kind of a case I am looking at. Namely, whether it is constitutional, layers, never-been-well-since (NBWS), weak organ, or miasmatic. It is tempting to think of this as a NBWS the viral illness in her teens. But close questioning reveals that many of her symptoms predated this; she has always been sickly. This is a constitutional case.

Anyone who knows *Alumina* will already have spotted that this is clearly an *Alumina* case. It is a perfect example of an *Alum*.

case. The rubric 'Mind, exhaustion, menses after' is a strange, rare or peculiar of *Alum.* (i.e. there is only one remedy with this symptom), as is 'Food, thirst, constant, amel. by drinking cold water'. It is also the only bold-type remedy in 'Mind, kill, impulse or desire to, sudden impulse to' and 'Food, potatoes, agg.'. *Alum.* occurs in over twelve relevant mental rubrics, and over forty-five relevant rubrics in all.

So treatment should be straightforward! But she has had *Alum.*, in various potencies, over the years. She has seen a number of different homeopaths, and been given various remedies with varying degrees of success. What she noticed was that sooner or later her symptoms always returned. So something fundamental is being missed. To find out what it is, we need to look at why she is an *Alumina*. We need to uncover the maintaining cause and treat that. This is where the energy theory comes in.

We need to do a five element analysis of the case. In my previous article, I outlined how the five elements (ether, air, fire, water, earth) are responsible for the building and maintenance of specific organs and systems in the body. Let's look at this in more detail now. The first thing we do is determine the body type. There are four basic types.

- **Air:** Either tall or short. Underweight. Light. Wiry. Bird or elf-like.
- **Fire:** Average weight. Medium build. Muscular, but compact and well proportioned. Lean. Well toned.
- **Water:** Rounded. Fleishy or overweight.
- **Earth:** Either short or tall, but in both cases very solid and large boned. Heavy. Well developed.

This young woman clearly fits the air type. We also look out for things like dryness (lack of water), chilliness (lack of fire). Next, we need to look at the Five Element Diagnosis Chart (see Box 1).

We simply look at where her symptoms are to find out what element is involved. So for instance, for constipation look under colon and rectum, and read off the element. For things

BOX 1: FIVE ELEMENT DIAGNOSIS CHART

abdomen: air/fire/earth
adrenals: earth (air)
ankles: air (Also may be *bones, cartilage, tendons*)
anus: earth
appendix: air, earth
arteries: fire
arms: air
back: earth. Also:
 - **cervical:** see *neck*
 - **thoracic:** air
 - **upper to mid-lumbar:** fire
 - **lower lumbar:** water
 - **sacrum:** water
 - **coccyx:** earth
bladder: water
blood: water, earth
bones: earth
brain: fire
breasts: water
calves: air
capillaries: fire
cartilage: earth
chest: air (water)
coccyx: earth
colon: air, earth
connective tissue: earth
duodenum: fire
ears: ether
emotions: ether
 - **addictions/compulsions/obsessions/sexual issues:** ether, water
 - **anger/powerlessness/depression:** ether, fire
 - **anxiety/nervousness/worry:** ether, air
 - **fear:** ether, earth
 - **grief:** ether
eyes: fire
fat: water
feet: water
fingers: air

- **thumb:** ether
 - **first:** air
 - **middle:** fire
 - **ring:** water
 - **little:** earth
gallbladder: fire
gums: water
hair: ether
hands: air
head: fire
hearing: ether
heart: air, fire, water
hips: fire, (ether - *joints;* earth - *bone and cartilage*)
hypothalamus: brow chakra
immune system: air
jaw: fire
joints: ether
kidneys: air (water)
knees: earth (fire)
labia: air, water
large intestine: air, earth
ligaments: earth
liver: fire
lungs: air (water)
lymph glands: water
lymphatic system: water
mouth: water
mucous membranes: water
muscle: fire, water, earth
nails: earth (Plus see relevant finger or toe)
neck: ether (air, fire, water, earth)
nerves: air
 - **central nervous system:** air
 - **sympathetic:** (air) fire
 - **parasympathetic:** (air) water
nose: earth
ovaries: water
pancreas: fire
pelvis: water
penis: water
pineal: crown chakra

pituitary: brow chakra
prostate: water
rectum: earth
reproductive system: water
reproductive organs: water
sacrum: water (earth)
saliva: water
scalp: air - *skin;* fire - *head*
senses:
 - **hearing:** ether
 - **sight:** fire
 - **smell:** earth
 - **taste:** water
 - **touch/feeling:** air
shoulders: air (fire)
sinuses: water (fire - *head*)
skin: air (Plus cross-reference with area of the body concerned)
small intestine: air, earth
sperm: water
sebaceous glands: water
spleen: water
stomach: fire
sweat glands: air, water
tears: ether, water
teeth: earth (fire - *jaw;* water - *mouth*)
tendons: earth
testes: water
thighs: fire
throat: ether
thymus: air, water
thyroid: ether (fire)
tongue: water (fire - *head*)
toes: water
 - **big:** ether
 - **first:** air
 - **middle:** fire
 - **fourth:** water
 - **little:** earth
urine: fire, water
uterus: water
vagina: water
vulva: air, water
veins: fire

like anxiety and fear, look under emotions. Putting all this together for this person gives us:

- **Ether:** anxiety, fear, throat (sore)
- **Air:** body type, anxiety, colon (constipation), skin, lungs (cough), arms, kidneys
- **Fire:** chilly
- **Water:** dry
- **Earth:** fear, colon and rectum (constipation), anus, nose.

Now we need to think about what we have here. Remember that what we have based this on is symptoms. So the elements with the most symptoms are the most imbalanced. Clearly, this

woman's fire and water are lacking here (she is cold and dry), but the real key here is air and earth. You can get any combination of element imbalances. The two most common imbalances are air-earth and fire-water. She epitomises an air-earth imbalance: she is airy, with an air body type, anxious, with lots of air organ symptoms. Her earth is weak: she is ungrounded and fearful. To summarise, she is excess air and lacking earth and this is the core of the case. So what can we do about this?

In my previous article I

outlined how energy slows down to form physical matter, and how we can understand the vibrational frequency of remedies based upon this. To remind you, I talked about three main categories of remedies:

1. Fast-vibration remedies. These are remedies made from pure energy. They include colour remedies and sound remedies. Also in this category we can put gem elixirs and flower remedies, given that they are made with the etheric imprint of the substance (rather than a tincture of the physical substance itself).

2. Mid-vibration remedies. These are remedies prepared from physical substances which are then potentised to enhance their vibrational rate. This of course includes most homeopathic remedies, and spagirc tinctures.

3. Slow-vibration remedies. These are remedies prepared from physical substances without vibrational enhancement. This group includes herbs, nutritional supplements and indeed allopathic drugs.

The treatment this woman has had from homeopaths over the years has been using category 2 (mid-vibration) remedies. Since this has not produced a lasting cure, we need to look at the other two categories.

Fast-vibration remedies enable us to do two things that will treat her fundamental energy imbalance. First, we can directly treat the air and earth elements, by treating the chakras from which they arise. We can do this using colour remedies. The correspondences I use for the chakras and colours are:

- Crown – Violet
- Brow – Indigo
- Throat (ether) – Blue/Turquoise
- Heart (air) – Green
- Solar Plexus (fire) – Yellow
- Sacral (water) – Orange
- Base (earth) – Red.

So the key colour remedies here for her would be *Red* for the lack of earth, and *Green* for the excess air. In determining potency, what I tend to find works best is to match like with like. If an element is in excess, I will tend to go high (1M upwards). For an element that is lacking, I tend to go low and often (6c, 12c, 30c), to feed the element up. So here

we could start with *Green* 1M c.s.d. (i.e. 3 over 24 hours) and *Red* 12c three times daily.

Second, with fast-vibration remedies we can address the reason why she is lacking earth and has excess air. We can do this by using remedies such as flower essences and gem elixirs, which are excellent at dealing with the

Flower essences and gem elixirs are excellent at dealing with the belief systems which both cause and maintain element imbalances

belief systems which both cause and maintain element imbalances. To do this well, we need to explore another piece of the energy model.

In my last article, using the big bang theory as an example, I looked at energy slowing down and creating. It is also the case that matter can speed up and convert back to energy (just as you can slow steam down to make water and then ice, and if you speed up ice you get water and then steam). There is a two-way process, from fast to slow, and from slow to fast. These two flows also exist in the human body. The chakras are formed by energy slowing down in a series of steps. So each chakra is of a faster vibrational speed than the one below it, and a slower speed than the one above it. And the chakras are only part of the picture. There is an overall movement of energy through the subtle body from the top downwards, moving from fast to slow. This flow (which also moves from the core to the periphery) is variously known as the vitality, motor, centrifugal, or involutionary flow. There is also an opposite return flow, which moves from the bottom to the top (and from the periphery to the core), known variously as the substance, sensory, centripetal or evolutionary flow. This flow is about matter speeding up again.

Essentially, the vitality flow is about what we put out into the world, and the substance flow is about what we take in. Obviously we all tend to block these flows in various ways. However, depending on the messages we have assimilated through our lives, some of us tend to block one of them more than the other. Essentially there is a spectrum here: from people who mainly block the vitality flow, moving incrementally over to the other side where people are mainly blocking the substance flow, with many people somewhere in between. For this article I'm just going to stick with the two ends of the spectrum, by looking at two 'types'.

The vitality-block type has got the message from childhood (or maybe even from past lives, but I'm not even going to begin to go there!) that they have to control their energy. This leads to a lot of holding on and holding in. This holding on and in has physical consequences. People at this end of the spectrum tend to be larger and fleshier, with a square face and hands. Elementally they tend to have excess water. Their fire may be high, manifesting as being irritable, frustrated and explosive (high water and fire = being 'steamed up', 'like a pressure cooker'). Physically this type will be prone to things such as biliousness, gastric ulcers, high blood pressure, heart disease, strokes. Alternatively the fire may be low, leading to a waterlogged, cold, damp constitution. These people feel stuck, burdened, lacking in motivation

This young woman clearly fits the air type

and enthusiasm. They will feel 'washed-out'. Energy levels are low, and they will suffer from problems such as obesity, under-active thyroid, edema, poor digestion (the water having put out the digestive fires) and ME.

At the other end of the spectrum, the substance-block type is carrying the message that it's not safe to be here (in the world). Their early experience

was that of not being wanted or welcomed, or of not being safe. Experiencing the world, and the people in it, as at best cold to them, or at worst, actually hostile, they retreat. They absorb the message that 'it's not safe to let things in', or make real contact. They block the incoming, substance flow of energy, and retreat up into their heads and become ungrounded. This is what underpins the case we have been looking at in this article. All of her symptoms unfold from this underlying energy imbalance. Understanding how this happens makes complete sense of the case and, much more importantly, holds the key to a potentially fundamental and lasting cure. Good news for the client then!

So, we need to explore more the consequences of blocking the substance flow. Elementally, the effect is to become airy, and reject the earth element. The consequences of this, on the physical body, are that the air organs and systems become stressed. The air organs and systems are the nervous system, plus all those that decide and define what is self and what is not-self. So this includes: the skin, the kidneys (air and water), the lungs (air and water), the immune system, the colon (air and earth). All these will become weak points in the body. Rejecting the earth element obviously will weaken the earth organs and systems, including the small and large intestine, and the musculoskeletal system. This will result in poor absorption of nutrients, and an underdeveloped physical structure. The poor absorption of nutrients will be compounded by the type's ambivalent relationship with food, and indeed to their body (and even being here at all). This can manifest in varying ways, including (in the case of the client we have been looking at here) a lack of attention to the importance of good food, or being very strict and controlling about their diet. Sometimes they become almost fanatical and puritanical about food, obsessed with fasting and purging, and having ever increasing lists of foods they feel they are allergic to. And indeed they can in fact have multiple allergies, the allergies being

another manifestation of the fear of the outside world.

All this will manifest as a slim or thin body type – either tall and willowy, or small and delicate. Blood pressure will usually be on the low side, and circulation poor. The immune system may be weak, and they may also get ME (but for very different reasons to the vitality-block type, and so needing very different treatment).

So, let's apply this to my client. I said earlier that we could use remedies such as flower essences and gem elixirs to treat underlying problematic belief systems. Understanding how her symptoms, and even her body type, go back to particular basic belief structures helps us to be precise about the choice of essences and elixirs. There are many sets of essences out there, and it is a question of choosing from the sets you are familiar with. What I settled on for her was a combination of:

- **Snowflake Obsidian** (Integrative range). Brings things to the surface in a gentle and manageable way. Grounding. Aids insight and clear thinking. Releases faulty thinking. Helps awareness of what is blocking growth. Aids in seeing patterns in life and re-patterning them in a more creative way.
- **Hippopotamus** (Wild Earth Animal range). Provides deep grounding and powerful support

Using fast-vibration remedies, we can treat her underlying chakra imbalance

for facing unresolved emotional issues. Helps those who need to learn to understand and be with their feelings. Encourages an integrated experience of the physical and emotional realms of life. For developing a spirituality that is deeply rooted in living in the physical world.

- **Rainbow Glacier** (Alaskan range). A grounding and balancing energy, for those manifesting resistance to becoming fully connected with the earth plane.

Helps physically anchor those who are strongly focused in the celestial or cosmic realms.

- **Sea Champion** (Bailey range). For separation in early childhood and its consequent insecurity and fears. Stimulates loving, protective energies.

We need to explore the consequences of blocking the substance flow

- **Illyarrie** (Light Heart range). The essence of joy and courage to face and deal with past shadows and pain. To inspire the knowledge that there is no pain that can't be dealt with, that it's never as bad as you fear, that it won't overwhelm you, that you are stronger than it. Helpful also in psychotherapy, re-birthing and past life therapy to uncover forgotten or hidden experiences affecting the present state of being.
- **Ribbon Pea** (Light Heart range). To rise above fear and foreboding that stops us from taking positive attitudes and directions that are desired for a fulfilling life. Helpful for those who feel a nameless dread and don't understand why they feel that way. Healing the panic of fear of annihilation.

So, using fast-vibration remedies, we can treat her underlying chakra imbalance (with the *Green* and *Red*). Plus we can start to work with why she maintains these imbalances, by addressing the beliefs with essences and elixirs. For the remaining piece of the treatment, we now need to turn to slow-vibration remedies and treatment.

As a low-vitality, substance-block type, what this woman fundamentally needs is building up. Although I have left this till last to discuss, it is an absolutely vital part of the complete treatment. Whereas the vitality-block type will need cleansing and detoxing, this would simply deplete a substance-block type still further. In terms of diet, she needs building foods. That means plenty of pulses, whole grains, nuts, seeds, oils and (depending on her ethics) fish. She needs to

eat food that is cooked, and no cold food. A macrobiotic-style diet would be ideal (whereas the vitality-block type will do better on a more raw food diet). She would benefit from a good quality multi-vitamin and mineral, extra calcium and magnesium, and hemp seed oil (as a source of omegas 3 and 6).

Another very useful thing we can do at this level, which can make a huge difference, is to use herbs. These need to be appropriate to her elemental type. Rather than cold, drying herbs, she needs a formula that is warming and moistening. Obviously learning to use herbs can be a full-blown training in its own right, and not many homeopaths want to go on to be herbalists as well. But, as with diet and nutrition, it is not difficult to acquire enough knowledge of herbs to very usefully add them on to one's homeopathic practice. For my own students, I developed a set of ready-made formulae, each designed to treat a specific energy imbalance. This makes the selection of herbs very straightforward. For her, I used the Substance Depletion formula (Marshmallow root, Oat seeds, Mullein flowering herb, Astragalus root, Nettle leaf, Liquorice root, He Shout Wu root, Schisandra berry, Chickweed herb, Cinnamon bark, 1/2 x Skullcap flowering herb, 1/2 x Passionflower herb, 1/2 x Fennel seed, 1/2 x Cumin seed), 15 drops, twice daily.

So my initial prescription for this client was:

- *Green* 1M c.s.d.
- the essences and elixirs combined with the *Red* 12c three times daily
- the herbs
- nutritional support
- dietary changes.

After a month she reported significantly less anxiety, fewer panic attacks, no constipation, skin less dry, and feeling less thirsty. Now I gave her the *Alum.* 10M c.s.d., and kept her on all the other things as before. A month later and the change was remarkable. She reported all her symptoms having gone. Now she had experienced this before with *Alum.*, but only after some pretty severe aggravations. However, this time there were no aggrava-

tions, only amelioration. This is because the herbs and nutritional changes had acted as drainage remedies on the physical level, and the essences and elixirs as drainage remedies on the mental-emotional level. This was the point of giving her some time on these remedies before coming in with the constitutional remedy. Over the next few months, what was remarkable was to see a lasting and permanent change in her. Unlike previous times when she had taken *Alum.*, this time the amelioration held. She became visibly more grounded and for the first time in her life, really took her place on the earth.

Conclusion

I hope you have found this introduction to the energy model interesting. I know from past

It is not difficult to acquire enough knowledge of herbs to usefully add them to one's practice

experience of teaching it that sometimes people's initial reaction to it is that it makes things too complicated. Really though, this is only in that any new way of doing things may seem difficult until one gets a grasp of it. In fact, my experience of teaching it to people is that, after not too long, people universally experience that far from making things more complicated, it makes things much clearer and easier. The hard part remains finding the right homeopathic remedy! Doing the energy diagnosis and then knowing what treatment to give is easy, once one understands the various elemental types. In fact, because our bodies are literally an embodiment of our energy patterns, what to give people in terms of fast-vibration and slow-vibration treatment becomes obvious just by looking at them. As soon as I saw the client I have been discussing I didn't know if she was a *Silica* or an *Alum.* But it was immediately obvious what colour remedies she would need

(and in what potency), what sort of flower and gem essences she would benefit from, and what diet and herbs she would best be on. The homeopathy is the hard part. The rest is easy!

FURTHER READING

I am often asked by people where they can read more about the energy model. Really the problem is that in one way there are thousands of books (on ayurveda, Tibetan medicine, astrology, shamanism, Native American healing and so on, all part of the Indo-European energy tradition), but there are no books that really pull it all together to the core principles, and certainly none that apply it to homeopathy. However, some books do have good pieces of the jigsaw. I mentioned some of these in my previous article. In addition I would recommend:

● **Ballentine, J. (1999)** *Radical Healing*. London: Random House
This is a great example of how to work in an integrative and more holistic way.

● **Morningstar, A. (2001)** *An Ayurvedic Guide to Polarity Therapy*. Twin Lakes, Wisconsin: Lotus Press

This is a good introduction to energy principles and treatments using exercise and diet.

● **Judith, A. (1987)** *Wheels of Life*. St Paul, MN: Llewellyn
A very good introduction to the chakra system.

● **Sills, F. (1989)** *The Polarity Process*. Rockport, MA: Element
An introduction to the element system from a body-centred viewpoint.

● **Lad, V. and Frawley, F. (1986)** *The Yoga of Herbs*. Santa Fe, New Mexico: Lotus Press

A great guide to energy theory and the energetic use of herbs.

FURTHER INFORMATION

For information on the Integrative Range of herbal formulae, homeopathic combination remedies, flower essences, gem elixirs and animal essences, and for details of courses and seminars on Integrative Homeopathy, please contact Paul Francis on 01524 67009, paulfrancis@mail.com, or visit the (soon to go live) website:

www.integrativecollege.co.uk.