Heidi Brand

Chara intermedia

Sample text

Chara intermedia

from Heidi Brand

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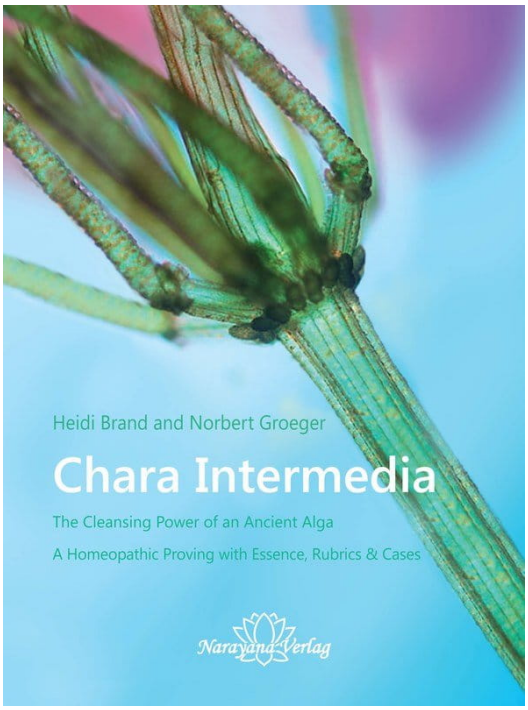

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Preface by Dr. Frans Kusse

We are the entire lake and not just the surface

"I am deep within the sea or a lake… A beautiful feeling of **silence** and **peace** can be found here."

These words by a prover who felt the deep effect of *Chara intermedia* say more than a thousand symptoms cause they show the power and potential of this magical 'plant'. It is no coincidence that *Chara intermedia* occurs in deep clear bodies of water. What role can this algae – which has the ability to cleanse bodies of water play – in our current age?

We live in a time in which old suffering is coming to the surface.
For thousands of years, humanity has attempted to solve its problems by suppressing them – and our system has developed many ways and strategies to make this possible. However, many people are noticing at precisely this time that these old patterns are no longer sustainable. Our consciousness is growing and our body wants to be healed. It shows us what is concealed, by producing symptoms on the physical, emotional and mental level that have resulted from old trauma, from our personal life or from that of our ancestors, and block our vital energy and opportunities for growth.

Our wounds want to be seen, felt and treated. Fortunately, many therapies are available today to help us heal and grow. From my perspective and according to my experience, homeopathy is one of the most powerful methods of healing since it stimulates the forces of self-healing that are deep within us.

Heidi Brand and Norbert Groeger, the two authors of this book, have done a magnificent job. They have not only intuitively selected this alga for a drug proving but also placed the proving of *Chara intermedia* on a scientific basis. With much sensitivity and great clarity, they have translated the symptoms that the provers and the patients recorded.

For the benefit of the homeopathic community – and I dare say for humanity – they have crystallised the healing effect and essence of this plant in such a skilful way that this remedy will soon be one of our polychrests. This remedy suits our eventful age of human history; I hope that *Chara intermedia* will guide many of us to healing.

Buddhist masters say: We are the entire lake and not just the surface.
The wind and other elements can move the water on the surface of a lake – just like the conditions of daily life can disrupt our mind

and our mood – but the depths of the lake, the depths of our being, are always ruled by calmness, and silence. Of course, no homeopathic medication can produce everlasting wisdom and enduring serenity on its own. Yet, *Chara intermedia* can help us in establishing contact with our deeper layers by cleansing the "water within us" and move us to draw from the deep sources within us.

Dr. Frans Kusse,
Doctor of Classical Homeopathy at the
Artsencentrum Homeopathie Amsterdam

Similarities between the substance and the remedy

Morphological structure: lime sheathing and rigidity

The proving resulted in frequent sensations such as ossification and rigidity, as well as the feeling of being walled in. This was also clearly visible for outsiders to see. The provers had a bent posture, could just take little shuffling steps and had an outer appearance that was stiff and rigid.
"The entire upper body is rigid." "I move like I am as stiff as a stick"; tension and a feeling *"as if something was clutching me."*

These sensations are analogous to the stable lime sheathing of the *Chara intermedia*, which increases in size as it ages. It sometimes even gives the impression that it hardly has any life left in it, similar to how human beings respond. As the calcification increases, the life force dwindles. This creates a relationship to ageing and its corresponding properties and diseases (see cases 1 and 2).

Pain in the muscle attachments occurred. Above all, the muscles start at the outer structure of the bones through the tendons. Since the *Chara intermedia* has the lime layer deposited on the outside of the plant, an organotropic relationship becomes visible here. This rigidity can also be recognised on the mental level, such as in dogmatic actions, the rigid following of rules and norms, staying with and clinging to old habits and the rejection of what is "new".

Inner *Sulphur* process: cleaning up, disposing and cleansing – reflecting – reducing to what is essential

When reporting about their everyday lives, all the participants said that impulses to clean up and cleanse appeared after taking the remedy; but the **impulses to dispose of things, to declutter and reduce things to what is essential was even stronger**.

The following formulation is remarkable: *"Woke up with depressive feelings, hopelessness and the will to create! What is new in this combination: The will to create had not previously existed." "Drive despite adverse circumstances."* So this was not "simply" a drive but was directed against strong resistance. This shows the inner energy of the *Chara intermedia*, the **sulphur element of which asserts itself against the water element**.

How this affects everyday life is described by the following quotation: *"Spent the entire morning in stripping the beds, washing the linens and putting fresh linens on them. In between times, beat and brushed all of the rugs on the balcony. Put all of the washable rugs and runners in the washing machine and the dryer. In between that, vacuumed all of the rooms, went shopping and fixed lunch. Everything in serene calmness, not in an exaggerated hurry like in earlier times. For my previous circumstances, this was in slow motion."* It is hard

to believe that so much actually occurred in "slow motion". But precisely this term expresses something that is similar in nature to the habitat of the *Chara intermedia*: this sensation of **slow motion** can be described by patients who are in a "*Chara intermedia* state" without it actually happening in the **physical sense**.

Wherever *Characeae* grow, the **water is crystal clear** because the intermediate stoneworts secrete organic substances that prevent plankton algae from growing. So this involves the active water clarification from cloudy to clean.

As impressive as it is that the *Chara intermedia* can clear a "green soup", it is also remarkable in psychotherapeutic terms that the homeopathic preparation of this plant can bring to light the unconscious, suppressed themes of the soul that burden us, and allows us to process them with a **purposeful power**. This occurs through dreams, inner emotional conflicts in our daytime consciousness, between our surrounding world and us. A reflecting mind allows us to find what is essential. R**eduction to the essential** is the main message of this remedy.

Habitat: dream images and underwater worlds

"I am deep within the sea or a lake… A beautiful feeling of silence and peace can be found here." More than any other words, such and similar dream images describe the **habitat of the Chara**, whereby the "sea" must be corrected to read "lake" – but this does not negate the feeling.

Statements such as the **murkiness**, **the blurriness** and **the fog-like** structures, the feeling of looking at the world as if through a pane of glass, focus on the topic of life underwater. We see two poles: clarity and fog. These themes are seen in the water through its dirty and clean states.

It was conspicuous that **all** the participants **had very clear and intense dreams**, which were still **present in the mind after waking**. They were really happy to go to bed early so they could surrender to the world of dreams. One of the provers said this about it: "Many of the dream themes touched me deeply and enthused me by being conspicuously different."

The alga is a water plant. In depth psychology, water symbolises the soul. Dreams are the **direct, most honest expression of our own soul**. We cannot manipulate the dream contents because they stand for and reflect what touches and moves us. They show us things that have escaped our waking consciousness.

It is not surprising that dreams become clear and distinct, as well as easy to remember, under the influence of the *Chara intermedia*, with its immense power of cleansing and renewal. They take us back to childhood, to

the unprocessed area of our subconscious (following Freud, Jung spoke of the unconscious mind and differentiated between the collective and the individual), as well as to mythology and the mystic. We are ultimately dealing with a primordial plant, which represents the beginning of all life. These dreams show us the search for a deep inner **truth**, authenticity and **wisdom**. This allows us to draw the line from the individual to the collective, and therefore to all human beings.

Within the context of the phenomenon of cleansing, one of the provers had a remarkable dream description that transcends the individual human being by establishing the relationship with the collective: "*We have a mission; we must stuff the apples into an automatic machine at a house in order to make drinking water out of them for everyone else.*" The topic of "water" is directly addressed here; this relates to the *drinking water quality*, which is the **very highest level of cleansing** – and this is intended for all people.



Case 5

This patient's history was kindly made available to us by *Bettina Kunz* of Krailling.

Adolescent, 15, will be called M. in the following text, came to the practice due to **acne** juveniles and bad **liver function values**. He is tall, seems older than he is, his skinis conspicuous **impure,** especially in the cheek area and on the forehead. The **pimples** are very **deep** and partially very **thick**, even purulent in some places. Purple shimmering spots often remain where they have healed. The skin colour in general and the acute inflammations are bright red. The skin is ready to respond at any moment to the slightest irritation.

M. is an only child and his parents are separated. The mother is employed full-time and must support them on her own. The father is very unreliable, only works occasionally and rarely visits the son. M. is on his own for the entire day. He spends much time with his friends and **lets himself drift around**. In response to my questions, he must **really concentrate**, as if my **words required time** to get through to him. The symptoms are similar to the picture of **ADD**.

Excerpts from the anamnesis

What brings you to me?

"No idea. My friend's mother thought that you could help me with my pimples."

How long has your skin been inflamed?

"No idea."

He takes a longer break and looks out of the window with a gaze that seems to be very far away.

Where are you right now?

"What? No idea. I am not good at concentrating. That happens to me time and again at school."

How does that feel?

*"Don't know. Somehow like being in the **fog**, as if my head were **under water** and the sounds come to me from very far away. Sometimes I also do not understand the words. I often do not know what the teacher asked me. At school I often have a headache."*

How does the headache feel?

"No idea, but somehow very intense. They come from the back" –he touches the back of his neck– *"and move upwards."*

Can you describe how the headaches move upwards from the back?

"What?" (irritated)

Are you still there?

*"I feel like I am under a **bell jar**: nothing gets in and nothing gets out. Sometimes I do not even notice when I am with my friends and they are up to something. I often get punished, even though I did nothing at all. I know that this is not good for me."*

What is your wish for the treatment?

"No idea. I would like to get more exercise and make something out of my life. If I could just pull myself together. I want to stop sleeping so much. I would also like to get rid of my stomach aches."

What are the stomach aches like?

"They burn like fire. When I go to the toilet, it smells very unpleasant and my bowel movement is soft. It would be cool if that would change. It is so embarrassing."

What kind of diet do you eat?

"Junk food, frozen pizza and convenience foods – except for when my friends' mothers cook something and invite me to eat with them."

The entire conversation was very difficult and monosyllabic. He was absent for most of the time. He responded to the majority of the questions with: "No idea." His friend's mother, who is one of my patients, tells me that he showers twice every day and frequently washes his hands.

Prescription: *Chara intermedia* 200C. I give him a list describing the best diet for him in terms of his metabolism.

Course

Follow-up after two months

*"My **skin** is **better.** The thick knotted pimples are gone and there are no **new** ones. The skin no longer burns and is **less red**. My head is no longer **foggy** and I also **cleaned up** my room. I don't feel like getting together with the others and spend a lot of time thinking. I am very sad because my father is never there. I also told my mother that, which was the first time. I normally don't talk to my mother about myself."*

For the first time, we talked extensively about his feelings in the family. In response to my inquiry about his bowel movement, he responded that it no longer smells as terrible and is firmer. The conversation is no longer as faltering, and it is easier for him to perceive and describe himself. He actually followed my dietary suggestions. I had not expected that. At the age of 15, he is in the middle of puberty and it is uncool to have a healthy diet. He notices that he feels better with it. With the background that his mother does not cook on a regular basis and also has a diet of convenience foods, this development is impressive. He is now more closely in contact with his needs.

The physical complaints have quickly improved. He is starting to structure and clean up. On the emotional level, an **intense grief came to light for the first time**. Since he was able to talk to his mother and also with me about his feelings, I saw that he was involved in a good process. Since he required support in this process, which corresponds with his age, I decided to remain with the prescription and repeat the *Chara intermedia*.

Prescription: *Chara intermedia* 200C

Eight months later
I had not heard from him for eight months and then saw him coincidentally in the commuter train. He proudly told me that he now plays in a very respected basketball club. He trains four times per week, places much value on a healthy diet and has – as he said – found a family in his club. His liver-function values have normalised, and he is feeling so much better.

Skin diseases are a main emphasis in my homeopathic practice. Yet, I have never experienced such a distinct case of acne juveniles healing within eight weeks.

Case 6

Adolescent male, 16 years old, diagnosis: ADHD

The boy's mother first came to my practice alone at the beginning. She was very concerned about the future of her son and said that he was very **chaotic and disorderly**. During his school career, she had been constantly called to the school because her son was "out of line". He cannot achieve anything in his life, broke off his vocational training and does not know what he wants.

"He cannot follow any rules or agreements such as informing me when he is not coming home or cleaning up his room. I have the feeling that nothing matters to him. He only complies with whatever is to his advantage. He does not want to assume any responsibility. The others are always at fault. My son (who will be called A. in the following text) *is unreliable. He is sometimes very aggressive towards his siblings or me.*
His words are: ***"I don't want to grow up!"***

He has no desire to go to school or comply with other obligations. A. seems to have ***no sense of orientation*** *and no plans. He either does not get up in the morning or has a hard time with it; he has* ***no endurance****.*
A. tyrannises us. He does whatever he wants, but does not accomplish anything on his own."

A.'s parents have been divorced since he was six years old. The father was an alcoholic and violent in this state. Now the mother lives happily with her new husband and two additional children.

After missing three appointments, the boy comes to the practice. He makes a friendly but also slightly absent impression and does not really know what he should tell me.

Excerpts from the anamnesis

"Had to take something like Ritalin. It helped somewhat. It helped me to concentrate better. I noticed that I need the remedy and had to take it because otherwise I walked around ***totally confused****. I do not want to take any more chemical medications – they change me. I feel like I'm being sedated. Like when someone wants to run and can no longer run."*

I now just take my medications as needed. I have completely stopped using the pain plaster. The muscle cramps are as good as gone. The joint pain only occurs to a slight degree during overexertion. My asthma is also distinctly better. The nodules on my vocal cords, which I forgot to tell you about, are gone."

After four months:
The patient continues to be very stable and almost without pain.

P.S. This is the third case history in which *Chara intermedia* was the appropriate remedy and the patient's biographies showed the presence of one parent or guardian who suffers from alcoholism. We see a correlation here. Alcoholism in one parent usually leads to a fragile personality in the children. It is not rare for children to be mistreated due to abuse of alcohol. Other colleagues have also reported to us on the positive treatment results with the alga for the consequences of abuse.

Case 8

"I am stuck in everything …"

Female patient, 58, diagnosis: Borreliosis (Lyme disease)

This patient was referred to our practice by a colleague who is also a classical homeopath. The borreliosis had been treated with antibiotics and – both before and after this treatment – naturopathically and homeopathically (with *Ledum* and *Phosphorus*, among other remedies).

One year after the tick bite and seven months after the last antibiotic treatment, the following chronic complaints still remained:

- Pains in the joints of the fingers, shoulders and knees (pressing, stabbing)
- Paresthesia in the mouth and palate
- Furry feeling on the tip of the tongue (see: 2 C trituration and repertory)
- Weight gain, oedema in body
- Numbness in fingertips
- Extremely sensitive nerves
- General feeling of unwellness following antibiotic treatment
- Feeling of being contaminated and poisoned
- Tiredness, lack of energy, feeling of being stuck, cut off from the outside world by a screen

Extracts from the casetaking:
"I feel the ends of the nerves in the teeth and the teeth in the jaw and I get pressing, stabbing pains in the fingers, shoulders and knee joints. It's like something is constantly pulling and biting – a really nasty pain with a tingling, furry feeling.
I'm afraid of this borreliosis, it's unpredictable and feels like a threat. It makes me extremely helpless and powerless. I'm afraid of dying. *What's in my system that I can't defend myself against this borreliosis?"*

This feeling takes her back to her childhood. She talks about abuse.

"I'm an actress and a cabaret artist, and ***I'm afraid of really showing myself****. Afraid of being successful in what I do.* ***Deep inside I don't have a feeling of security. I get stuck with everything****, and this cycle repeats itself over and over again.*
If I'm successful, that's connected with the idea that something bad will happen.
Positive experiences and the fear of pain are closely connected."

What bad things?

"Yes, it's something deep, old … To feel that, I need security. It makes me afraid to feel this deep, old thing …
These animals, these bacteria, they make me afraid. *Who are we humans that they can attack us …"*

The patient is suffering from severe tiredness, lack of drive and lack of energy, ***"like a layer that cuts me off from the outside world."*** She is a very grounded and reflective person but unable to implement her disposition (genotype), her abilities and her creativity in what she learns in her life (phenotype). Due to the experiences of her childhood and her upbringing, associated with traumatic experiences, the free expression of her personality has been blocked. She therefore has the need to "be everybody's darling", so that she can feel loved and secure. To nevertheless show herself and present herself triggers an inner conflict in her. **"To please everybody makes me stiff and painful and so unsuccessful in my life and work. I get stuck with everything and I'm blocked."**

Reasons for the prescription of Chara intermedia

- Joint pains (pressing, stabbing)
- Numbness in fingertips
- Furry feeling on the tip of the tongue (trituration symptom)
- Effects of antibiotic treatment (liver stress, detoxification)
- Need to regenerate the body, to purify
- Sorrow
- Abuse
- Lack of energy, lack of drive
- Feeling of being blocked and stuck
- Feeling of being cut off from the outside world (proving symptom: the remedy cuts one off from the outside world 01/**)

- Cannot phenotypically implement the genotype disposition

Prescription:
There were several prescriptions in various doses of *Chara intermedia* from 30C through 200C to 1000C

The basic improvement coincided with three acute illnesses with a purging action:
1. Cystitis with aching pain in the kidney area
2. Sinusitis / influenza infection
3. Temporary inflammation of the musculoskeletal system (ankle)

The patient always reacted positively with these acute complaints, which arose as healing reactions. *Chara intermedia* was repeated at moderately frequent intervals.

After nine months, she reported the following:
"The pain in the musculoskeletal system, especially in the joints, nerves, everything that was triggered by borreliosis and the associated treatments, is now 95 % better. But the most impressive thing is the effect on the psychological level. I've gradually ***been able to rise to challenges that I've had all my life****. I've fulfilled a long-held dream: I'm painting again without worrying about whether I'll be able to sell my pictures, purely for my own pleasure … There have been new opportunities and tasks opening up in my work. There's an awful lot going on in my life. I've been opening myself more to the outside world. I seek contact and I* ***leave my cocoon****. I'm not afraid of other people trampling on me. I devise ideas for new concepts and projects, which I then implement unreservedly. I've confronted* ***old conflicts*** *and faced up to them squarely. I've been talking to people and family members who mirror my patterns of behaviour to me. I've made my peace with them. I've understood and accepted that I needed them for my own development.* ***I've been remembering the abuse in my childhood and I've integrated many of these experiences without defending myself.*** *I don't push things away anymore, it's all a part of me and astonishingly it no longer hurts so much. I'm no longer broken down into individual pieces – I'm* ***stable****. The sexuality with my husband has reawakened (the patient has been living for 30 years in a stable relationship).*
I didn't have any more energy to scrabble around "in the ***dirt****", and now the past no longer feels like* ***"dirt".*** *I feel such glorious clarity in me. There was no reconciliation, neither in my inner process nor in the realisation of my creativity – and that's a good thing. My parents consciously decided to ignore the abuse, to behave as if nothing had happened (to help me and to spare us from intervention by the police or the authorities). But since I had experienced these events and they were present in my body and in my feelings, my parents' attitude gradually led me to no longer trust my feelings and experiences. So this "cut off" feeling emerged bit by bit, not knowing what is true and what is false."*

Rubrics (to understand the case)

MIND; ABUSE
MIND; ABUSE agg. ailments from; childhood, in
MIND; ABUSE agg. ailments from; sexual
MIND; CONFUSION of mind, identity, as to his
MIND; DELUSIONS; imaginations; dirt, dirty
MIND; DELUSIONS; imaginations; poisoned
MIND; DELUSIONS; imaginations; separated; group, from
MIND; DELUSIONS; imaginations; separated; world, from the, that he is
MIND; DIRTINESS
MIND; DOMINATION; by others agg.
MIND; IRRESOLUTION, indecision
MIND; IRRESOLUTION, indecision; life choices, about big
MIND; IRRESOLUTION, indecision; projects, in
MIND; MORTIFICATION, ailments from agg., sexual
MOUTH; FURRINESS
MOUTH; FURRINESS; tongue
EXTREMITIES; PAIN; drawing, sticking*
EXTREMITIES; PAIN; joints
EXTREMITIES; PAIN; pressing*
GENERALITIES; WEARINESS**

Follow-up consultation 18 months later:
I have no more complaints. The pain and the malaise have 100 % gone.

I have a completely different and free attitude to life. This concerns both my work and my relationships.
I've realised that I was constantly living with my parents' fears – that these were imprinted in me, in my cells and in my whole organism. Now I feel free. This recognition is not just cognitive, it's deeply lodged inside me and it's transformed something deep within. There's no way back now.

Professional life:
For the first time in her life, she can support herself financially.
New ideas and projects that she has brought to fruition include training courses and talks:

On positive human values
Sustainability
Ecology
Becoming integrated

These are themes that we recognise from other patient histories from the algae. She had not read the book at this time. The ideas came up spontaneously from within during the course of her healing.

Analysis

The following aspect of this case is extremely interesting.
We planned to only check whether Chara intermedia was worth considering in this case. A colleague had been looking after the patient for

a long time and we did not go into details of the abuse during the initial consultation. ***With hindsight we can see that every word uttered by the patient expresses this experience and the associated feeling and fears. In psychodynamic terms, the fear of the borreliosis shows the powerlessness when faced with her attacker during the abuse.*** *Her formulations and sensations about the borreliosis reflect this experience, although it was not clear to her or to us what she was really talking about. And yet the patient described* ***her powerlessness as a child****. Although there was no explicit or prolonged engagement with the violation, the doses of Chara were accompanied by psychotherapy. It was as if all the previous attempts to therapeutically alleviate this issue had finally come to fruition. The patient can now much more easily cope with these experiences. The improvement is reflected in all areas of her life. In our practice we have seldom seen such a rapid healing effect from such a severe trauma. All her perceptions about borreliosis (§ 153) brought up deeply hidden feelings, slumbering inside her, to the surface.*

The phenomenon we often see in our practice is that a violation, a trauma, something burdensome on another level, possibly encoded, becomes visible until we can release it.

Case 9

"I had to protect my core."

Woman, 55, diagnosis: hip dysplasia, state after six surgeries during childhood

A woman with a very poor gait pattern entered our practice. She walked very insecurely on crutches. The patient made a friendly, sensitive and sympathetic impression. Her main complaints are her immobile hips and stiffness of the legs.

Excerpts from the anamnesis:

"I can hardly move; everything is so stiff (she cries). Everything around the hips is painful, with the right worse than the left. The pain is piercing, pulling and contracting. When I want to move, I first need ***to sort*** *myself. I am* ***completely stiff*** *on the physical level. A feeling like being too short.* ***When I move for a longer period of time, I feel better or I cannot move at all. I am rigid,*** *like a bar that is not firmly attached to the ground and does not allow any automatic steps. I have a* ***shuffling gait*** *and can hardly lift my feet."*

Tell me more!

"I spent half a year in the plaster bed."

Comment: Plaster, plaster bed… is an interesting and repeatedly occurring analogy even in other cases for the substance of *Chara intermedia* because of the outer lime sheathing. The main substances in the plaster and of the

Heidi Brand

Chara intermedia

The Cleansing Power of an Ancient Alga

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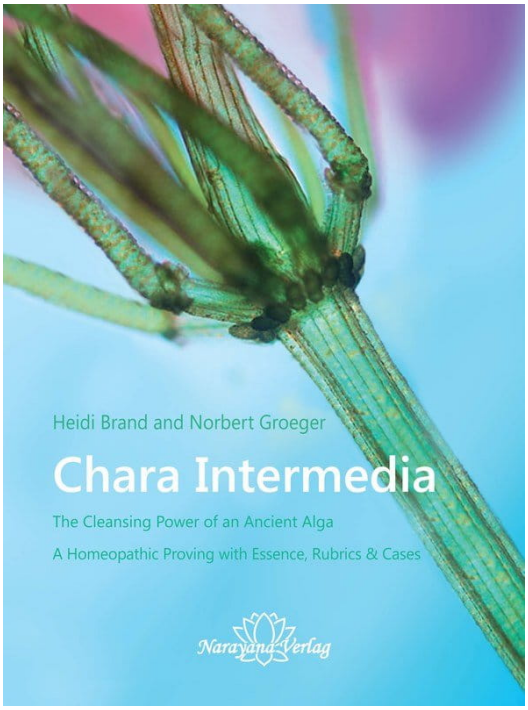

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