Rosina Sonnenschmidt

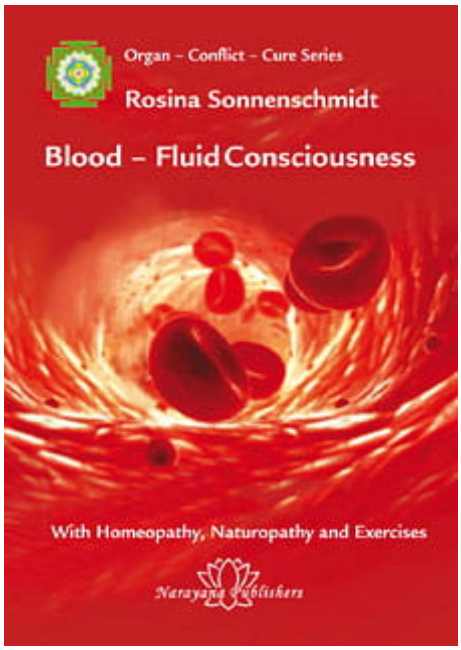
Blood - Fluid Consciousness

Sample text

Blood - Fluid Consciousness

from Rosina Sonnenschmidt

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I put the blood at the beginning because – more than any other organ system – it clearly shows that each cell is permeated by consciousness. It responds the quickest to our emotions and thoughts. Through my own body, I have experienced how the blood values drastically deteriorate due to certain crises in life; the emotional/mental mastering of the crises is also demonstrated in the improvement of the physical blood. The exchange with therapists who examine the blood using dark field microscopy has proved how quickly the blood responds to exogenous influences and deteriorates – but also regenerates. I thought about the significance of this quick ability to respond and recognised the principle of balance, which possesses the greatest healing power for both protecting a living system and maintaining its ability to respond.

However, something else that applies to all methods of energetic healing became clear to me: Although the reaction may be prompt, the balanced status often cannot be kept stable enough. As Masuro Emoto has clearly proven with his pictures of water crystals, sending a good intensive and concentrated thought leaves behind a harmonious "imprint" in the water. The thought pattern of "peace be with me" – thought or spoken aloud for a moment from the bottom on our heart – creates a beautiful even crystal. It shows the reality of a moment. It shows what is possible when the thought of peace has actually entered the heart of the originator. The materialisation of these crystal pictures in a human being requires a long and usually arduous process. I believe that precisely this message of what could be if we actually do IT – whatever positive elements and healing should be manifested – is the greatest gift from Emoto. The difference between the way that people in Japan understand the crystal pictures and our perception in the West can be found exactly in this point. In Japan, they are understood as a call to change the consciousness within its own culture. This resulted in many new efforts that are related to the strengthening of life-promoting and positive energies. One example among many is the collective decision: "It is beneath the dignity of a Japanese person to steal something at a hotel!" This has led to a drastic reduction of theft by **non-Japanese guests** at the hotels! It is worth reflecting on the power of thoughts!

The crystal pictures made quite a splash with us in Central Europe. Almost everyone saw them and marvelled at the book by Emoto. What remained of the wave of enthusiasm? The message was just understood superficially in most cases. I heard this from many people: "I only need to think the word and a beautiful crystal will already form within me." Yes, that is true. This may happen for this moment. But what follows? How long is the harmonious vibration maintained? What must be done to keep a perfect crystal shape alive? In most cases, we look for the quickest solution, the shortcut, and want to believe that this is possible without the process of growing and maturing into this state. We want to succumb to this deception because it is also very seductive. We desire the peak experience without the path that leads there. This is typical for the spirit of our age. I would like to see this without any value judgments because I live in this age and love it; yet, I still try to look behind these facades that we have created for ourselves in the so-called "energy medicine".

The situation is the same when considering the blood. I have seen how quickly the blood changes in a positive way in the dark field because the patient had transmitted intensively positive thoughts for a short time, eaten something that promotes health or moved or breathed in a rhythmic way. My question was and is: Since the blood count shows what is **possible** in this human being, how can we find the path of healing that leads us there? Which impulses should be repeated so that the equilibrium, the balance and the healing power remain sustained? This brings us to the solution – and this is PRACTICE. Only practice can change and transform the consciousness and therefore the world of appearances that we create for ourselves.

The guiding principle that I have chosen for the topic of blood is:

What I look at and where I direct my consciousness is what I will increase.

If I look at what is, what I can, what I am and what I have, I increase this abundance.

If I look at what is not, what I cannot do, what I am not and what I do not have, I increase the lack.

Once we are clear about this, with all of its consequences, we sense how much our change for the better is in our own hands and how strong the effect of our mind can be on the physical body. The ability to direct our consciousness to our own abundance is pure meditation – whether this occurs in silence or in the movement of everyday life. Since everything that is alive is in a constant state of flux, it also is not necessary for us to put ourselves under the pressure of constantly just having positive thoughts. No – a "holy wrath" may burst out of us on the occasions when it is appropriate. We look at injustice and are annoyed at such stupidity or arrogant ignorance. This does not make us sick. But when annoyance, anger and doubt remain within us or when we make a comparison to someone or something else, then we experience lack and increase it. This is when the gates open for the descent into the hell of chronic disease. Finding our way back to refocusing on our own abundance and the good that exists, or learning our lesson from the conflict or annoyance increases the positive forces within us. This is exactly what happens in the healing process.

I would like to summarise this as follows: According to my own experience, the blood is the quickest reaction field of the organism for mastering the effects of healing and harmonising impulses or even harmful influences. Its major abilities of compensating and balancing are important signposts. Due to its various physical components and their function, the blood offers an ideal treatment field for starting in due time with balancing treatment measures.

There is another reason for beginning this series with the topic of "blood":

The meaningfulness of systematically treating the blood with homeopathy, naturopathic measures and creative impulses has been demonstrated in its full spectrum with people who were chronically ill and in a state of intense regulatory rigidity. We can make use of the fact that chronically ill patients already want to discuss their blood counts. In addi-

tion, it is an open secret that patients tend to measure the evidence for the healing process with the clinical statements instead of the energetic effects. We can also make positive use of this. Although this volume will not discuss any laboratory blood counts, it will explore the significance of the individual blood parameters and how they can be treated in a holistic manner should the proportions in the blood as an organ no longer be correct.



Remedy	Blood Pathology	Indications	Miasmatic Dynamics
Phos	Coagulation slowed, Deficiency of prothrombin, Blood formation in spleen impaired	Agranulocytosis, leukocytosis, polycythaemia vera & thrombopenia. Haemolytic, icteric & pernicious anaemia. Fragile blood vessels. Blood bright red or difficulty in or absence of coagulation. Bleeding: body openings, eyes, brain (subarachnoid), bladder, lungs, stomach & uterus. Consequences of alcoholism.	Tub > Syp
Ars-h	Coagulation increased	Mucous membrane bleeding. Uterus & tongue cancer. Cholera & yellow fever.	Tub > Syp
Chin	Blood formation disorders	Haemochromatosis, leukopenia, polycythaemia vera, polyglobulia & thrombopenia. Alternation of thin & thick bleeding from mouth, mucous membranes & uterus.	Tub > Syp
Sal-ac	Blood formation impaired	Agranulocytosis, pancytopenia & thrombopenia. Aplastic and iron-deficiency anaemia. Fragile blood vessels. Bleeding: mucous membranes, retina or stomach. Consequences of aspirin consumption.	Tub > Syp

4.5 Monovalent Blood Remedies

In the process of healing chronic diseases, the necessity for considering the blood and its immunity and the quality of its components arises time and again. The monovalent remedies are to be understood here in the sense that they are organotropically helpful in certain situations or for certain health disorders. Instead of the general treatment strategy, they tend to be a part of the equally important acute situations. As a result, the value of the blood remedies is not purely quantitative. This means that a hierarchy applies to their frequency of use. The monovalent remedies may be used less frequently, but they are totally effective if they are selected at the right moment. For chronic diseases, there are also acute states because a healing process is complex. The primary direction may be seen as miasmatic or constitutional. But many smaller processes occur that should also be taken into consideration. The monovalent blood remedies are ideally suited for eliminating problems "on the spot" and for advancing the healing process.

Table 6 Monovalent Blood Remedies

Remedy	Blood Pathology	Indications	Miasmatic Dynamics
Queb	O_2-deficiency in the cells	Cardiac asthma & tuberculosis.	Tub
Adren	Coagulation slowed	Haemochromatosis, haemophilia, anaemia, diabetes mellitus & bronze diabetes.	Tub
Aml-n	Malfunction of B- & T-lymphocytes	Lymphopenia, haemoglobinaemia. Bleeding from rectum or uterus. AIDS, alcoholism & severe epilepsy.	Syc
Bell	Coagulation slowed	Leukocytosis. Bleeding from eyes, intestine or uterus.	Tub
Croc	Coagulation increased	Thrombocytosis. Viscous, stringy bleeding from uterus.	Syc
Echi	Blood degeneration	Erythrocytopenia (fast decrease), leukopenia & leukocytosis. Malignant diphtheria, diabetes gangrene, severe states of inflammation & thick formation of purulence. Streptococcal infection.	Syc Parasitosis
Ferr	Coagulation disorders, Blood formation disorders in spleen	Iron-deficiency & haemolytic anaemia. Black, thin bleeding from intestine or uterus.	Tub
Ham	Coagulation slowed	Bleeding bright red or clotted from body openings, mouth, stomach, rectum, lungs, mucous membranes or uterus. Phlebitis or thrombophlebitis.	Tub
Hir	Coagulation slowed, Deficiency of prothrombin	Thrombopenia & haemophilia. Bleeding from body openings, kidneys or lungs. Hepatitis due to alcoholism.	Tub
Iris	Coagulation slowed	Eosinophilia. Uterus bleeding. Diabetes mellitus with pancreatic insufficiency and many secondary symptoms. Cholera.	Tub

Remedy	Blood Pathology	Indications	Miasmatic Dynamics
Lec	Intensive blood weakening	Erythrocytopenia, hypochromic anaemia & haemoglobin anaemia. Diabetes mellitus and insipidus. Scrofulous cachexia & osteoporosis. Searing spleen pain.	Tub
Lat-m	Coagulation slowed, Deficiency of prothrombin	Bright red intestinal bleeding. Spondylarthritis (cervical spine) with numbness.	Tub
Methion	Blood formation disorders	Agranulocytosis, erythrocytopenia, leukopenia & pancytopenia. Aplastic & megaloblastic anaemia. Lupus erythematosus.	Syp
Merl	Blood formation disorders	Cancer: testicles or stomach. Trachoma. Spleen hyperaemia & gnawing spleen pain.	Tub
Mang-o	Erythrocyte maturation disorders	Erythrocytosis, erythrocytopenia & haemoglobinaemia. Meningitis, apoplexy, many voice disorders (monotone, aphasia) & laryngoplegia.	Tub
Ox-ac	Coagulation slowed, Deficiency of prothrombin	Thrombopenia, blood coagulates quickly or does not coagulate & haemophilia. Cancer: bladder, testicles & breast.	Tub
Phenac	Blood formation defective	Haemolytic anaemia & methaemoglobinaemia. Chronic, interstitial nephritis. Renal hypertonia. Typhus. Intense memory & concentration disorders.	Syc Parasitosis
Sulfon	Blood formation disorders	Agranulocytosis, splenic hyperaemia & tuberculosis. Hereditary syphilitic conditions.	Syc
Sul-ac	Coagulation slowed, Blood distribution disorders	Thrombopenia. Bleeding: eyes, bladder, intestine, rectum, mucous membranes & uterus. Diabetes mellitus & neuropathies. Cerebral arteriosclerosis.	Syc
Thuj	Weakening of immunocompetent cells	Allergic eosinophilia, leukocytosis with spleen involvement, anaemia due to spleen disease & pernicious anaemia. Uterine bleeding due to Candida albicans. Diabetes mellitus, ulcer formation & rheumatism.	Syc

4.6 Typical Blood Diseases

As can be seen in Tables 4 – 6, certain pathological changes are listed over and over again. In order for the blood remedies to be more strongly present in the holistic treatment of chronically ill patients, I have organised them below according to the typical diseases of the blood. As already mentioned above, the blood responds to every continuous suppression of natural life expression, permanent stress, ingestion of chemical substances on a regular basis and denatured food. However, this is not so quickly visible if there are no blood examinations. This involves much more than just the customary quantitative laboratory values. There are now laboratories that include the immunity of the blood, the metabolic reactions and the burden on the erythrocytes in particular. We have all the resources for getting a picture of the blood quality for chronically ill patients. The blood always suffers in chronic diseases because it has too many waste products in it. Its speed of flow is slowed so it no longer passes through the capillaries, which blocks them and ultimately compromises its immunity. The consequences are experienced because the organ systems are no longer optimally supplied. Although the blood can compensate to the highest degree, the limits of its resilience are reached much more quickly that we would prefer or want to believe due to the current environmental pollution, addiction to medication and loss of the rhythm in life. As long as the blood does not come to light or we do not have a blood disease that has been diagnosed, we believe that we are safe. The following list contains information on the blood diseases, their cause and a list of remedies in a hierarchical order that ranges from the high-ranking to the low-ranking.

Agranulocytosis

This is most frequently caused by medications with many side effects that are consumed over a longer period of time: analgesics, diuretics, sedatives, antibiotics, antidiabetics and sulphonamides that either decrease the amount of circulating granulocytes or cause them to disappear completely. However, we must consider the ingestion of the remedy in a differentiated manner: the first reaction is stimulation of the immune system. Depending on the dosage, medications can lead to drug-induced toxic damage of the bone marrow and therefore to a serious formation disorder of the precursor cells of the granulocytes (see Fig. 4). This means that there is no defence function of the granulocytes in cases of bacterial infections.

The most important homeopathic remedies are:

Azath, Acetyls-ac, Cisplat, Carbam, Chlorpr, Cortiso, Halo, Penic, Strep-p, Both, Crot-h, Lach, Phos, Rad-br, Sal-ac and *Methion.*



Fig. 17 Erythrocytes, Leukocytes, Thrombocytes

Anaemias

We must basically keep in mind that two-and-a-half million erythrocytes are formed

every second so that the supply of blood and nutrients runs optimally. Anaemia means a deficiency of erythrocytes or haemoglobin or both. In addition, the erythrocytes can change in size, form and colour due to various causes.

If this is an *iron-deficiency anaemia* in which the iron depots no longer provide enough iron for the formation of haemoglobin, we can use the following proven remedies:

Chlorpr, Penic, Plb, Crot-h, Ferr, Phos, Benz-n, Ferr-p, Merc (severe anaemia), *Kres, Plat-i, Cob-n* and *Rhus-t* (with spleen involvement).

In the *aplastic anaemia*, there is damage to the bone marrow. This results in the conversion of red bone marrow into yellow fatty bone marrow, which severely impairs the formation of erythrocytes, leukocytes and thrombocytes. The following remedies help here:

Strep-p, Acetyls-ac, Aureom, Cob-n, Methion, Plut-n, Uran-n, Rad-br, Sal-ac, Cistplat, Plat-i and *Carbam.*

In the *haemolytic anaemia*, a faster rate of erythrocyte decomposition occurs. Instead of the customary 120 days, the lifespan of the erythrocytes is shortened to a few days or weeks. Even the newly formed blood cells have cell-membrane defects. If the cell decay is greater than the new growth, the result is anaemia.

In this case, proven remedies are:

Strep-p, Acetyls-ac, Ferr, Lach, Sul-ac, Carb-v, Plat-i, Penic, Aml-n, Thuj, Cisplat, Cob-n and *Carbam.*

Pernicious anaemia is caused by a B12 deficiency or the defective production of the intrinsic factor in the stomach. It can also be a consequence of a megaloblastic, hyperchromic and macrocytic anaemia. Proven remedies are:

Uran-n, Crot-h, Lach, Phos and *Cob-n.*

Blood Formation Disorders

The cause is: insidious disorders that occur in the bone marrow of the skull, sternum, ribs, hand and tarsal bones, as well as in the vertebrae and epiphyses of the long bones. The trigger for these degenerative processes is frequently a pronounced parasitosis or drug-induced illness due to the abuse of medications. The homeopathic remedies that have especially proven themselves in the miasmatic treatment of the blood are:

Acetyls-ac, Azath, Benz-n, Benzol, Beryl, Cadm-s, Carbam, Chin, Chinid, Cob-n, Chloram, Cisplat, Ferr-p, Halo, Ham, Hir, Kali-c, Kali-n, Lach, Nat-s, Ox-ac, Penic, Phenac, Phos, Plat-i, Plb, Rad-br, Sal-ac, Ser-ang, Sul-ac, Sulfonam, Uran-n and *X-ray.*

Blood Coagulation Disorders

There are various causes for this: fibrin deficiency, long bleeding after injury, frequent nosebleeds, mucous-membrane bleeding, frequent bruises and long, intense menstruation.

Disorder of the fibrinogen production (= the inactive precursor = Factor I of blood coagulation, glycoprotein formed in the liver). The following remedies help to bring the disorders back into balance:

Kres (slight disorders), *Iris, Penic, Strep-p, Mang-o, Nat-sil, Acetyls-ac* (slow, insidious), *Adren, Plb, Anthr* (bluish-red skin haemorrhages), *Both, Crot-h* (slow), *Ferr, Ham* (slow), *Hir, Lach* (slow), *Lat-m* (slow), *Mill* (slow), *Ox-ac* (slow), *Phos* (slow), *Sal-ac, Sul-ac* (slow),

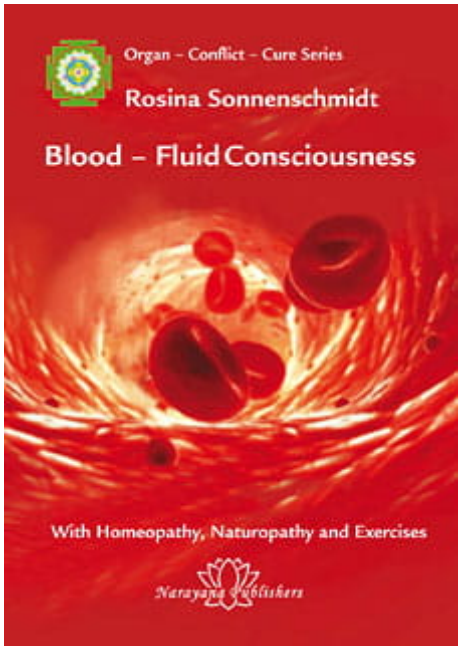
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