

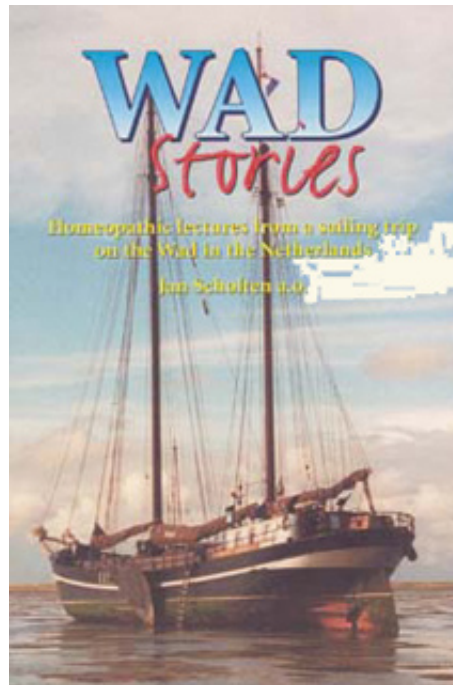
Jan Scholten Wad Stories

Reading excerpt

[Wad Stories](#)

of [Jan Scholten](#)

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NUPHAR LUTEUM

Opposite elements in a waterplant

By Anne Wirtz

This is a case of a male, born in 1967 who wants support to be able to stop smoking. I observe a tall, slim, friendly looking man, very open to contact who talks easily. The problem is that while attempting to stop smoking in the past he felt that his character changed and he got the feeling of losing control. He became irritable,

talked fast, "as a chicken without a head" as he called it. 'I fear my uncontrolled power towards my surroundings, that means my moralistic behaviour, not leaving any space for others. It is a kind of emotional unsensitiveness.'¹ I asked him what suppression meant to him. 'As a child I was very sensitive, paranormal' (he has been born quite some years after four siblings in a traditional 'down to earth' family). 'I felt I had to hide my paranormal experiences from my parents and decided to conform to the family and surroundings. Communication was difficult, I felt that I had to translate myself. I was a dreamer, especially on the toilet or being alone and was always kind of sluggish. At the age of 8 years I got hypoglycaemia with fainting and stomach aches.

At 12 years appendectomy. At 14 years headaches every afternoon for one year. I always trusted myself and felt that I was an intelligent and talented person, but I felt as a prisoner in my own body. At 18 years I got epileptic attacks with falling and tonguebite. (The last time at 23 years). At the same age I left my parental house (no fights). I felt very imprisoned at home. I still visited high school and had difficulties to concentrate. After finishing high school I wanted to find out what was wrong with me and didn't want to burden my parents with it. At 19 years I got a hospital check-up and they found a disturbed EEC, but I was declared healthy. I ate big meals, felt hyper and was tired. I gave pain-stimuli to myself to stay alert. I had an allergy for grains, which made me very, tired and sleepy, this ameliorated a lot after Natrium carbonicum. from a former homeopath.

My youth before my tenth year is like a black hole. In regression therapy I got some insights. My father had this suppressed aggression and my mother was like a wax statue. Many emotions came up and I cried a lot. At that time I lived with a safe and caring partner who was very supportive.

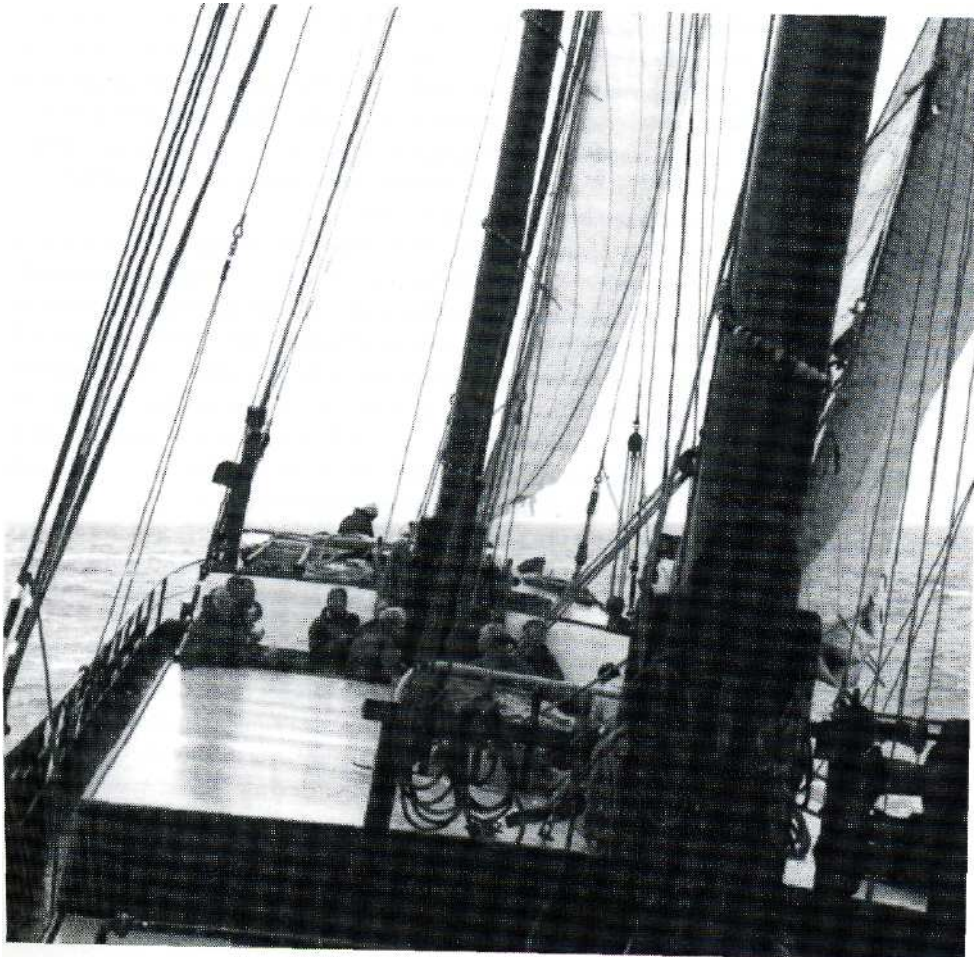
In '94 my father got a high vertebral laesion diagnosed as cancer metastasis. He was hospitalised, but I felt that he wasn't treated as he should be and that the diagnosis was not correct and that he should be treated differently (which proved to be the case post-mortem). My family, sensitive to authority, kept supporting the medical treatment. After 2 1/2 months he died. My mother claimed me a lot after his death but I broke my family ties after several months. I worked my rage off by doing sports. I felt I had been treated as the little brother, very mean, it still hurts when I think about it. Later I organised some sessions with my mother to clear things up. We had endless talks and rows. Now she treats me with respect. After dad's death I was in contact with him several times, a happy and loving experience.





The relationship with my girlfriend is very close but platonic from my side, which gives a tension between us. I feel very sorry about it. Lately I fell in love with someone else and I feel kind of guilty towards my former friend. I feel physically well, apart from tensions in neck and back, it is a kind of stiffness. I have discussions with God which give me a feeling of security and order. When I smoke I feel friendly and sympathetic, helpful and superficial. No problems with sexual potency, when I am committed.

My mother used to talk without control. In my childhood, when we were together, she called me a parasite and that I hurt and burdened my father by being like that. I am like my mother, talking easily, but I am less chaotic than she is and I have more of a social intelligence. I was conceived unexpectedly. Shortly before my father had a relationship with another woman. Dad was a sweet sensitive man but an authoritarian at home. My parents didn't get along very well. Dad escaped out





of self-protection. We had a mutual relationship. I am very touched by injustice, especially medical injustice. Humiliating macho behaviour makes me furious.

Animals? I love dogs. Not cats. At the age of 10, I knew the birdbook by heart. I always look in the skies. I used to take care of hurt animals in the barn in our garden. I always will help animals in need! I am a musician, guitarist. I give concerts and I teach playing the guitar. I am a composer of concerts for different instruments and at the moment I am busy writing a novel. I am a very committed person. Spirituality is just there. I am very hungry for religion, not for the church. I disapprove my 'weak' behaviour.

Digestion? Diarrhoea when I smoke. *Skin?* Some red spots. I am sensitive to the change of the seasons. In spring I am euphoric, summer is delightful. I don't like it too hot. Autumn is a bit like dying and winter is Dutch cosiness. I have a need for light. For my holidays I prefer nature: camping, walking, sailing etc. I sleep well, except if I don't smoke. *Dreams?* A lot. An example? I saw a Japanese man in lotus position looking out over the world. He saw a little street where people were smoking and using drugs, it was my street. He puled up his nose and looked further.

Analysis

To me the most remarkable of this case was what came up when he stopped smoking; his 'underworld' which he didn't approve of at all. His moralistic and critical behaviour, irritability and his uncontrollable talking, felt almost as if he was someone else. He wanted to see himself as a high standing, spiritual, sympathetic kind of person but without his shadow. The dream of the lotus-man looking out over the world is very striking indeed.

Right from the beginning of the interview these opposite elements touched me and in the back of my consciousness I had the picture of a water-plant {beautiful above the water level and muddy under the water, but invisible because of the water mirror), Some time before this consultation we did a proving with Nuphar luteum with Jayesh Sjah in Munster/Germany, and just for confirmation I asked him about animals, because in our repertory we find very little about this remedy apart from the following rubrics: " Love animals, suffering

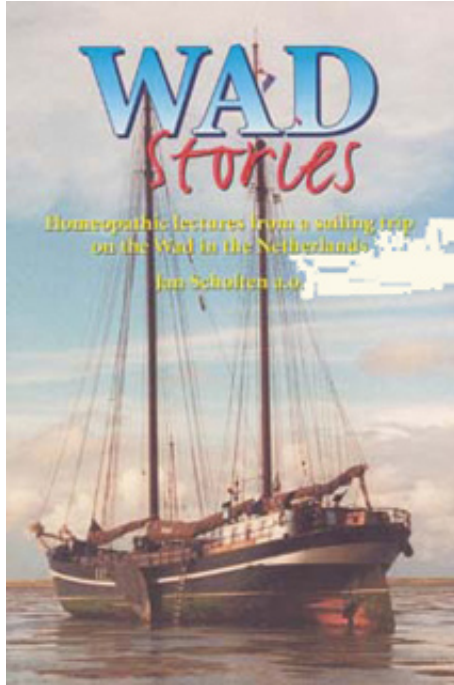
- Sympathetic compassionate animals, suffering
- Impatience, during slightest contradictions
- Anger, irascibility
- Contradiction, intolerant of
- Restlessness, nervousness

And very few quite non-specific rubrics.

So I gave him Nuphar luteum. 200

Follow up

He called me two weeks later to tell me that within one hour he felt peaceful and his stool was normal again. He didn't stop smoking yet, he was too busy with other things. Two weeks later, he feels very well emotionally but needs to be alone to protect himself. 'I feel like draining myself if I am with others, I am too sensitive with them'. He planned the stop-smoking moment now. He is still a bit afraid for the insensitive hardening that could occur. 'It feels as if being split, being clearly some other person. That person is not okay, is hard, brutal and macho'.



Jan Scholten

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