



# SPECTRUM OF HOMEOPATHY

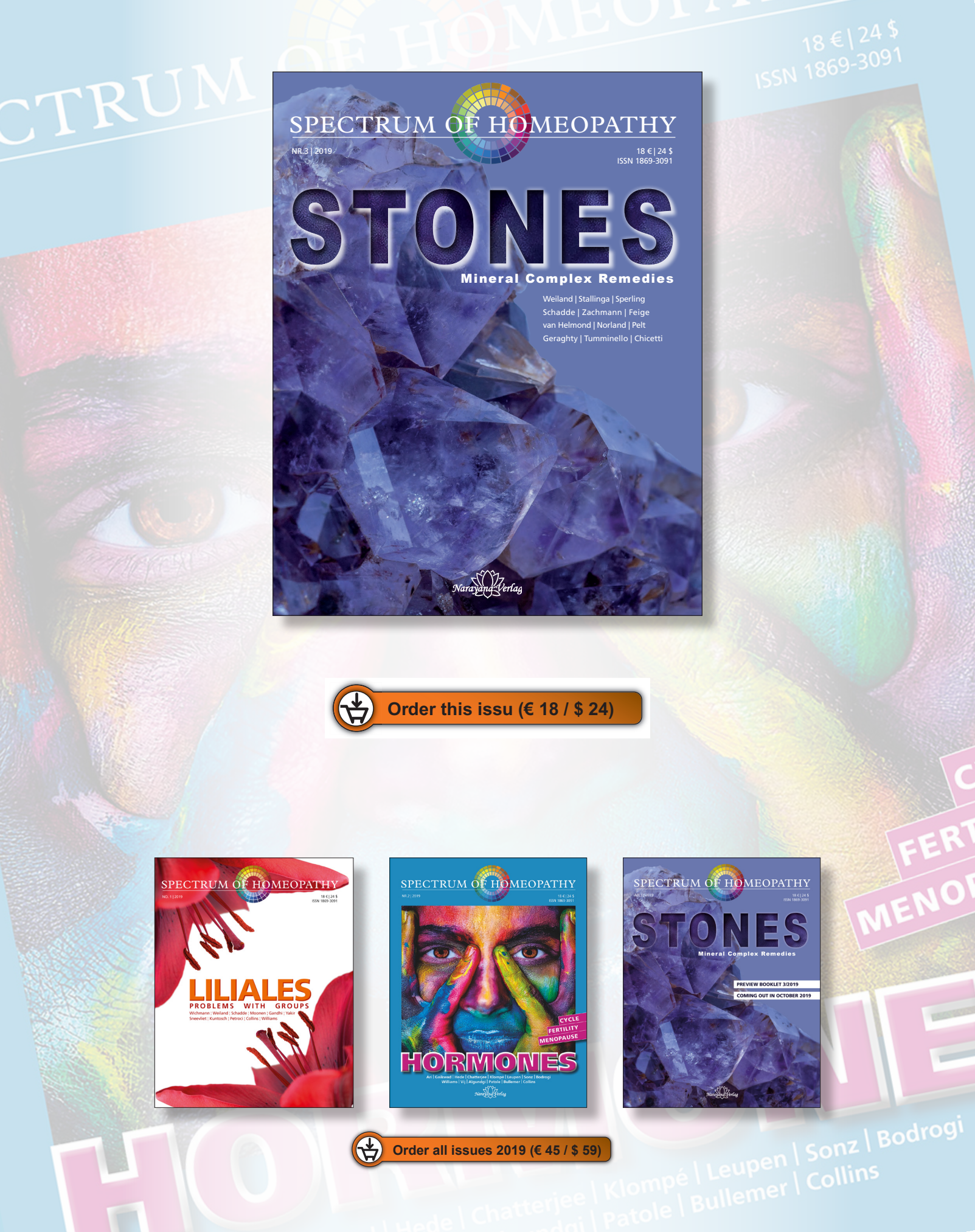
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# STONES

Mineral Complex Remedies

Weiland | Stallinga | Sperling  
Schadde | Zachmann | Feige  
van Helmond | Norland | Pelt  
Geraghty | Tumminello | Chicetti



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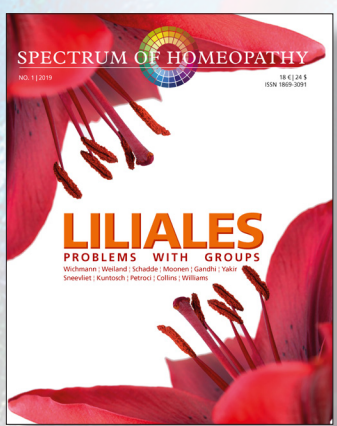
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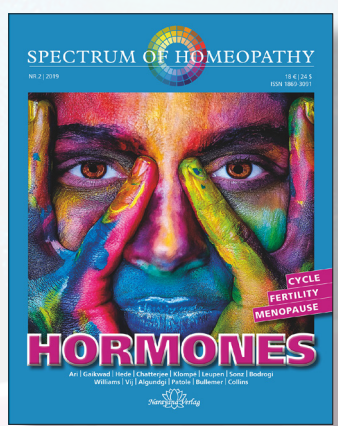
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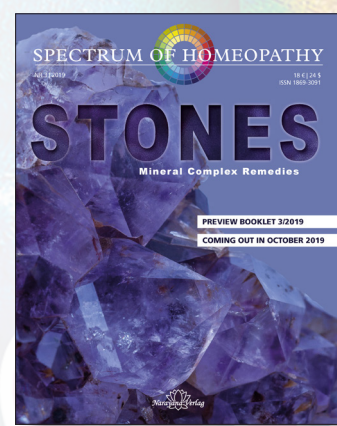
PROBLEMS WITH GROUPS  
Weilmann | Weiland | Schadde | Moonen | Gandhi | Yaki  
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## HORMONES

Arj | Enkwood | Hesse | Schaeffgen | Klompé | Langen | Sonz | Bodrogi  
Williams | Vaj | Aggarwal | Princy | Bullemer | Collins



SPECTRUM OF HOMEOPATHY

## STONES

Mineral Complex Remedies

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# EDITORIAL

*Dear readers,*

The magical beauty of precious stones has long exerted a fascinating attraction for people. These glittering, sparkling objects are a symbol of immortality, riches, and power. Even uncut crystals show the perfect symmetry and colours found in nature. Volcanic activity has brought these treasures to the surface of the earth for millions of years. Sapphire, emeralds, and rubies, like many less precious stones, come from deep in the earth. Differences exist in the type and purity of their composition, structure, hardness, and the various inclusions that confer additional colourful sheen. The earth's core contains the building blocks of the precious stones – hot, fluid magma is the powerful original soup from which the minerals emerge. Through enormous pressure and immensely high temperatures in the earth's core, atoms combine. They form crystals with a symmetrical inner structure and great purity. Whereas for example diamonds consist solely of carbon atoms in a cubic structure, other precious stones such as tourmaline or topaz consist of various mineral complexes, forming their own structures. Crystals can also arise from metamorphosis if there is a change in the temperature and pressure of existing stone strata.

Many precious and decorative stones have been prepared by pharmacists and used for medicinal purposes. Peter Tumminello has brought them into the limelight for homeopathic practice, encouraging colleagues from all over the world to conduct further research. In his new book and in an exclusive overview for SPECTRUM, he explains how the seven crystal structures can be used clinically. For Tumminello the key to understanding these little understood remedies lies in a rational exploration of their mineral qualities. The path to understanding the remedies and selecting the best one is described in all its multifariousness in this issue of SPECTRUM: from classical homeopathy, Sankaran's sensation method and the periodic table according to Scholten, through to psychoanalysis, natural healing, and esotericism.

As early as 2006 Anne Schadde was conducting gemstone provings and has since investigated the *Tourmaline* remedy. She researches this fascinating stone remedy family via provings, documented by clinical cases. Her newest cases, like those of Marion Zachmann and Wyka Feige, show how to make well-founded prescriptions to bring about healing with such *Tourmaline* remedies as *Dravite*, *Indigolite* or *Chrome tourmaline*. The composition of the various elements of the periodic table helps with homeopathic differentiation.

Jürgen Weiland works with the repertory and sensation method in his paediatric clinic and recommends *Amethyst* as a valuable remedy for developmental delay. Other cases, from Enna Stallinga, also stress the importance of this particular precious stone in homeopathy. Although *Rose quartz* is similar in terms of its

silicon structure, the homeopathic emphasis is quite different, according to Vatsala Sperling.

Jane Tara Cicchetti relates the insights from classical remedy provings of *Peridot* with its history and psychological dream analysis in order to form a picture of the character of this stone. In general stone remedies can remove blockages, accelerate developmental processes and bring people out of their isolation. Prominent and experienced internationally known homeopaths like Julie Geraghty, Wiet van Helmond, and Misha Norland, present successful cases with precious and semi-precious stones such as *Emerald*, *Black Opal*, 'fool's gold' *Pyrite*, or the sulphuric energy of *Lava*, which brings the minerals from the centre of the earth up to the light.

Julie Geraghty familiarises us with the dark side of power, using *Obsidian* and *Black Opal* to help her two severely affected female patients find their way back into the light, where they can lead healthy lives. With keen powers of observation and lively storytelling, Wiet van Helmond describes the uncompromising strictness of patients helped by *Pyrite* to break open encrusted structures and fixed conflicts. The sulphuric energy can be seen in this stone as well as in Misha Norland's *Lava* case and in Marguerite Pelt's piece on *Alabaster*, a crystalline form of calcium sulphate.

Anyone who takes a look in the jewellery box will be able to sense, see, or feel which precious stone they are magically attracted to. And which of these, our oldest ancestors, they want to own and which not.

**Christa Gebhardt & Dr. Jürgen Hansel**

Chief editors





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Colour palette of the tourmalines: The hummingbird 'tourmaline sun angel' has a striking green coat.



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Stones in space: Amethyst show hypersensitive reaction patterns of isolation.



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Ancient cult site with a Buddhist stupa in the Swat valley, Pakistan.

Locked in the middle of the earth: watermelon tourmaline and Indicolite fits the sensations of isolation and hardening found in depression and scleroderma.



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# OPENING UP TO THE WORLD

Amethyst encourages development

AUTHOR | [Jürgen Weiland](#)

**SUMMARY:** The reactions typical of the stone remedies – withdrawal and isolation – are also found with Amethyst. A patient with PMS ‘turns to stone’ before her period, feeling frozen in. *Amethyst* releases the rigidity and promotes a process of development. In the author’s practice this remedy has proved especially useful for childhood developmental delay.

**KEYWORDS:** Amethyst, developmental delay, Ferrum, paronychia, premenstrual syndrome, recurrent infections, Silica, stones



An amethyst-coloured landscape. Time exposure at the River Aare in Switzerland, looking up to the peaks of the Bernese Oberland – traditionally a place where crystals are found.

Copyright | Jürgen Weiland

My first encounter with the homeopathic remedy *Amethyst* ten years ago was painful. Together with Anne Schadde I gave a seminar of children's cases at the Homeopathy International School<sup>1</sup> in Boulder, Colorado. During animated discussions over supper we swapped experiences of the new remedy provings. The principal, Barbara Seideneck, told us of an *Amethyst* remedy proving conducted at her school. She also stressed the mythological connection to wine, which really caught my attention because I had recently published my study of Grapevine, *Vitis vinifera*<sup>2</sup>, at around the same time as the American proving of *Amethyst*. The Greek origin of the name amethystos, meaning "not drunken," clearly hints at the connection of the violet mineral to red wine, from which the healing stone is said to derive its colour. Barbara's comments on her remedy proving fascinated me greatly and I wanted to gain a deeper understanding of the healing effect of potentised *Amethyst*.

**Painful experience of being shut in:** At this stage Barbara was unable to say much about the clinical use of *Amethyst*. True to Hahnemann's motto that the changes one observes in oneself are the most useful<sup>3</sup>, I decided to order the remedy from the original manufacturer, Helios<sup>4</sup>, and take it myself to get to know it better. So I took the 30C on three consecutive days. By the third day I had developed an unbelievably painful paronychia on the right big toe.

The nail bed turned violet blue and I could soon see the enclosed pus shimmering through. This painful condition, associated with trapped tissue, troubled me for several days. I did not want to end the process with an antidote remedy, such as *Hepar sulphuris* – I initially wanted to wait and watch what would happen. With the help of footbaths and creams, the tissue then gradually opened and the pus was released. At that time I was not yet aware how strongly the stones are connected to the themes of being trapped and inclusion (of water, tissue, secretions) – not just locally but also at the general level. So after this chastening experience I returned the bottle to the cupboard with new-found respect for this remedy.

---

### CASE 1: 35-year-old woman, PMS

---

It did not take long for my advice to be sought by a family in which the chief complaints and central issues quickly led to the first prescriptions of *Amethyst*. The mother was the first to come, with severe premenstrual syndrome (PMS).

#### EXTRACTS FROM INITIAL CASETAKE

**The patient:** "Before my period I'm very irritable. Then I just want to withdraw. It's like collapsing in on myself. There are lots of self-reproaches. I'm totally unyielding. I just sit around stiffly on the sofa. I'm totally shut in, abandoned by everyone, helpless. I don't want to accept any help. At such times I lose touch with the children. I feel empty and want to be far away. I feel small, alone, abandoned, and cursed by fate. Unjustly treated but wit-

hout enough attention. I just want to crawl away and sleep. I'm totally apathetic. I'm completely inside myself – I myself am the boundary. It's totally stiff. I'm really caught up in it, feeling tied down. There's something in me that won't let go. At this time no one can step over the boundary – that would be like an attack. I'm isolated and lonely with a longing for closeness but any attempt to get near me just drives me up the wall. Physical closeness is too much. I want to exclude everyone and everything. I don't want to move outwards. Then I feel helpless, dead, like being frozen in."

#### The patient's keywords and sensations, derived from the recording of the initial consultation:

- Withdrawal
- Perfectionism
- Intransigence
- Totally shut in
- Collapsing in on oneself
- Self-reproaches
- Abandoned by everyone
- Get stuck (in a situation)
- Lose touch (with the children)
- There's something in the way
- Completely inside myself
- Wedged, stuck
- Boundary
- This far and no further
- Not reaching out to someone
- To shut out
- Decide on my own, not wanting anyone else to impose on me in any way
- Helpless, frozen in
- As if dead

#### Rubrics / repertorisation (Complete Version 2013)

mind; IRRITABILITY; menses; before (76)

mind; COMPANY; aversion to (428)

mind; IRRITABILITY; husband, towards (24)

**Analysis and understanding of the case:** The patient's words and sensations prompted me to consider a mineral remedy. But I was surprised to see a total of three stones in the repertorisation: *Adamas* (diamond) and *Turquoise* (a green crystal with a high copper content) as well as the *Amethyst*. Since the theme "irritability towards husband and children" appeared prominently in the American proving of *Amethyst*, I first prescribed this.

**Prescription:** *Amethyst* 1M

**Follow-up after ten weeks:** The patient talks about the change after the first dose (summary): "Even the first period afterwards was different. I still needed quiet and withdrawal but I reacted much less when my husband or children approached me. This boundary was somehow not so totally important. I didn't feel the need to defend myself so strongly. At the second period this was even clearer. If the kids bothered me or wanted me, I didn't take it so much as a disturbance. The need to withdraw was even weaker and I didn't feel I had to do it."



	Lyc.	Sep.	Amet.	Scorp.	Turq.	Adam.	Bamb-a.	Lat-h.	Luna	Cham.	Nat-m.	Nux-v.	Carc.	Puls.	Alum.	Bar-c.	Cycl.	Lach.	Rhus-t.	Uran.	Aur-m-n.	Aur-s.	Calc.	Des-ac.	Lac-h.	Phos.	Thyr.	Vamil.
<b>Total</b>	8	8	5	4	4	3	3	3	3	7	7	7	6	6	5	5	5	5	5	5	4	4	4	4	4	4	4	4
<b>Rubrics</b>	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
<b>Kingdoms</b>	Green	Red	Blue	Red	Blue	Blue	Green	Red	Purple	Green	Blue	Green	Red	Green	Blue	Blue	Blue	Green	Red	Green	Blue	Blue	Blue	Blue	Red	Blue	Red	Blue
mind; IRRITABILITY; menses; before (76)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
mind; COMPANY; aversion to (428)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
IRRITABILITY; partner, wife, husband, ...(24)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black

**Follow-up after six months:** “Now my husband has also clearly noticed how easy it’s become around my period. He always used to spontaneously withdraw because I could often be extremely absent. So I used to always take *Sepia* beforehand but it didn’t help as much and I didn’t become stable long-term, like now. Now I don’t need this withdrawal so very much.” And she said the following about the feeling of being shut in and abandoned: “The stiffness and getting stuck inside myself – I don’t feel it like that anymore. I’m so happy.”  
 “But now I’d like you to see my daughter because she resembles me in so many ways.”

**CASE 2: Four-year-old daughter of the patient from case 1, suppurating ENT infections**

Little Hannah (the children’s names have been changed) suffered from recurrent suppurating inflammation of the ear, nose, and throat (ENT), for which she has already received several courses of antibiotics from the paediatrician. Her mother describes her child thus: “Hannah is a very shy child and was very unsettled before this appointment. She needs a long time to become trusting. Especially when she’s in a strange environment, she only does things when she’s sure she can master them. She never loses control and is mostly composed. She wants to make her own decisions about whether she may do something without having to be asked

development she says: “Her motor development was rather slow, always very cautious. She walked freely at the age of seventeen months.”

**Analysis and understanding of the case:** Like her mother, Hannah also shows strong hints pointing to a remedy from the mineral kingdom. She is unsure in the outside world and has difficulty finding her feet. There are clear hints to the third row of the periodic table. In the Silicon series the issue is establishing one’s identity, place and role in the world as well as one’s relationship to others.

**Rubrics / repertorisation (Complete Millennium, German edition)**

- Mind; TIMIDITY; public, about appearing in
- Throat; ENLARGED; tonsils
- Throat; INFLAMMATION, sore throat; tonsils
- Mind; CONSCIENTIOUS about trifles

The repertory strongly indicates Silica from the third row, which addresses Hannah’s issues both on the physical and mental level. Yet, as with her mother, we see that Hannah also displays themes such as “I want to decide myself that I am allowed to do something without having to do it.” Hannah is a strong-willed child and she does not like being forced to do things. As I have now come to know, strong-mindedness and tenacity comprise the typical pattern of *Amethyst*. They are some of the most important differentiators, as here in contrast to clear quartz (Silica). So I decided to prescribe Hannah *Amethyst*.

	Sil.	Bar-c.	Lyc.	Ign.	Lach.	Plb.	Staph.	Thuj.	Con.	Graph.	Carc.	Tab.	Med.	Sep.	Sulph.
<b>Total</b>	15	14	14	12	12	11	11	8	6	6	5	5	4	10	10
<b>Rubrics</b>	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3
<b>Kingdoms</b>	Blue	Blue	Green	Green	Red	Blue	Green	Green	Green	Blue	Red	Green	Black	Red	Blue
mind; TIMIDITY; public, about appearing in (72)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
throat; ENLARGED; tonsils (102)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
throat; INFLAMMATION, sore throat; tonsils (239)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
mind; CONSCIENTIOUS about trifles (148)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black

to ENT infections diminished considerably. The adenoidal growths (tonsils) have gradually receded and *Amethyst* 30C quickly helped whenever she had acute infections. There was no further serious illness during the next few years. She needed no more antibiotics. At the follow-ups I found her much more open and her mother confirmed that the kindergarten also gave the same feedback.

#### DEVELOPMENTAL DELAY IN CHILDREN

During the last ten years I have seen many children with developmental delay, some of whom have reacted especially well to a dose of *Amethyst*. I have seen positive progress especially in terms of motor and speech development, social maturity and even in organic brain

seem very easy, social competence increases, and uncertainty diminishes.

The mother of four-year-old Elias said in the follow-up: "The remedy boosts his energy, which always increases markedly after taking it. His mood is better and he expresses himself more lucidly and clearly. He is more open and less shy. Now he approaches other children."

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#### CASE 3: Girl, almost four years old, developmental delay

---

I have also never forgotten the healing reaction I saw in little Nele. She will soon be four and has been coming to me for the last two



#### AMETHYST, A MINERAL COMPLEX REMEDY

Amethyst is composed of:  $\text{SiO}_2 + (\text{Al}, \text{Fe}, \text{Ca}, \text{Mg}, \text{Li}, \text{Na})$ . Together with its high silicon content, amethyst contains several other key minerals. An important chemical element for its colour is iron, which is contained in the valence  $\text{Fe}^{2+}$  and  $\text{Fe}^{4+}$  in the crystal lattice of amethyst. Amethyst arises through a hydrothermal process in volcanic rock cavities formed by gas bubbles and occasionally in chasms and matrices. A cavity covered in amethyst crystals is known as a druse<sup>5</sup>.

The iron component of amethyst in particular is an important differentiator to *Silica* (pure  $\text{SiO}_2$ ). *Ferrum* (fourth row of the periodic table) is known to represent willpower and preservation of borders, as well as irritability if these are threatened. This is a very important aspect in the cases presented here. The other minerals enclosed in Amethyst also influence the individual picture of the remedy.

of the right lateral ventricle. The most likely cause of the major brain defect on the right is an intra-uterine, post-haemorrhagic event. The doctor's prognosis was not especially encouraging, indicating that many areas would probably not develop at all.

**Further observations from casetaking:**

- She is also late in teething – first tooth at 10 months.
- She often has a sore bottom.
- When she teethes, she frequently has sticky, runny eyes.
- She is shy and reserved.
- Very unsure in her movements, very cautious.
- She is always warm – her hands and feet are always warm.

Compared to *Silica*, where the children generally lack vital warmth,

her speech. The hospital said that certain areas wouldn't develop at all. But things are now looking quite different – her development is good in so many ways. She used to have long periods of coughing and slept poorly. We were really concerned. Then after the first dose of *Amethyst* she suddenly started sleeping well and talking much more. Now she even sings children's songs."

**Comments:** Nele is still taking *Amethyst* and coming to see me and I am helping her on her path forward. If we compare the cavities (druses) in *Amethyst* with Nele's cystic brain defects, the remedy signature comes to mind.

**Final comments:** As with every newly proved remedy, the deeper

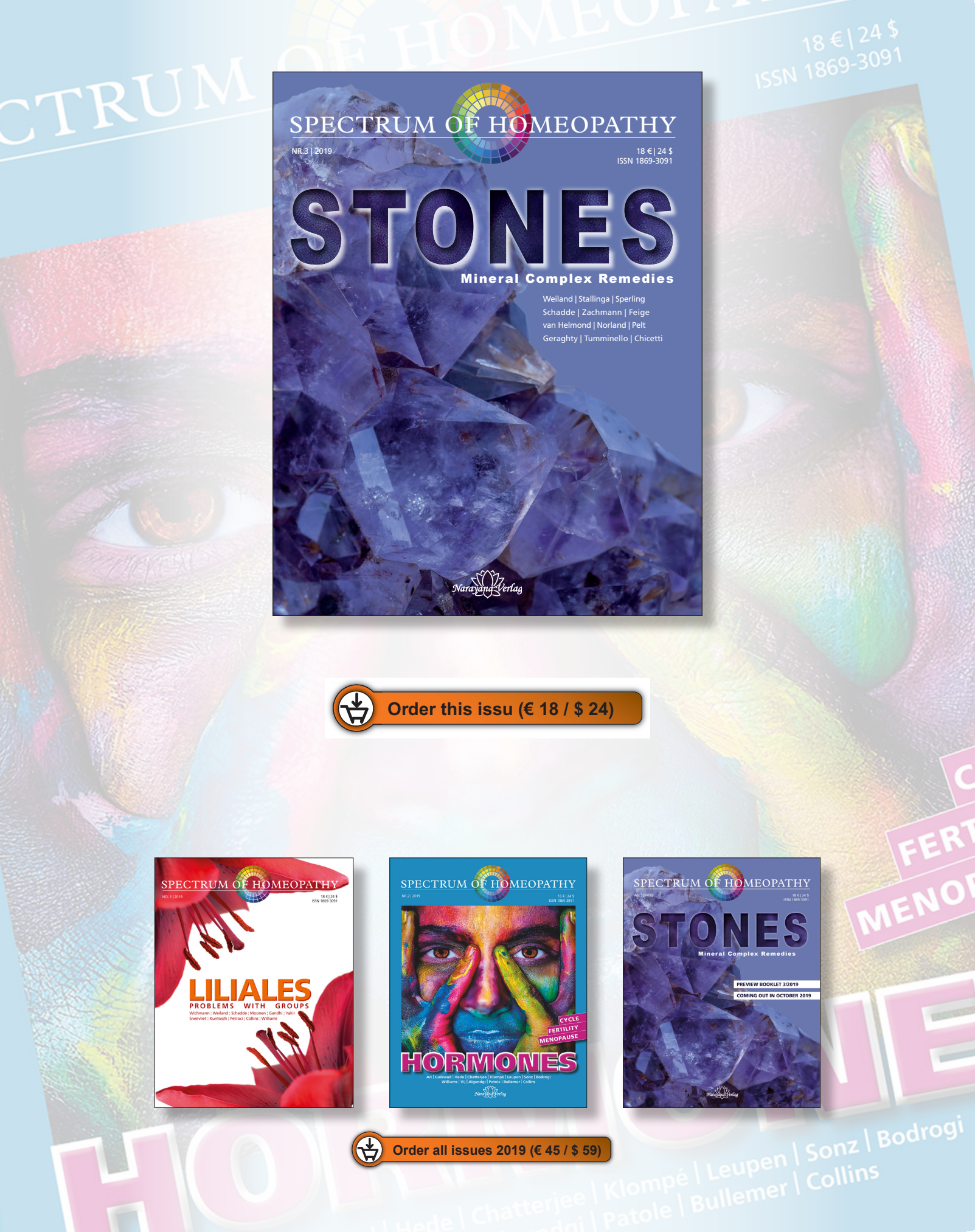


**JÜRGEN WEILAND**

lives and works as a healing practitioner with a Master of Science in Homeopathy in Bonn, where he has been running his homeopathic practice since 1992. The themes of pregnancy, birth and early childhood have long been the main focus of his work. As part of his Masters, he conducted a research

project into the perception of dynamic changes during homeopathic treatment. He wrote up the remedy proving for *Vitis vinifera* and has published widely in homeopathic journals. His photography has given him a deeper understanding of the nature of plants. In 2007 he set up the website [www.pflanzenportraits.com](http://www.pflanzenportraits.com). Teaching and supervising for over 20 years in Germany and abroad.

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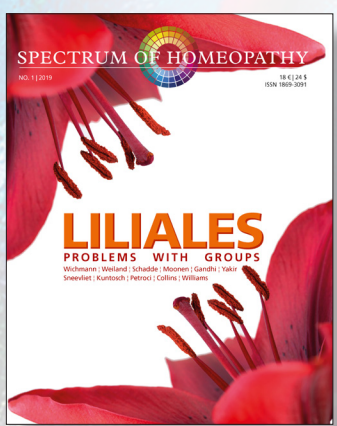
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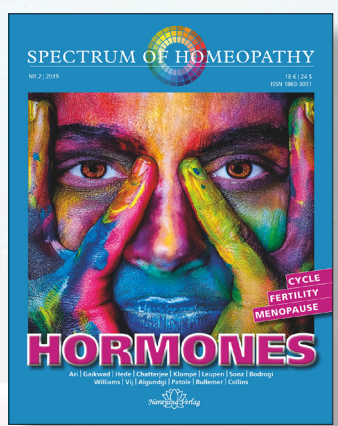
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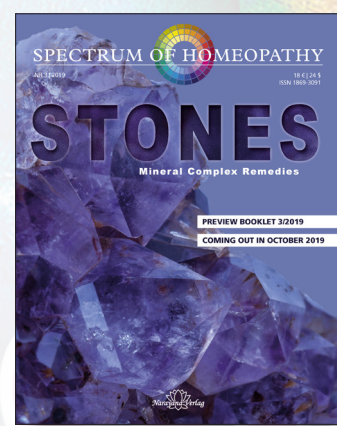


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