

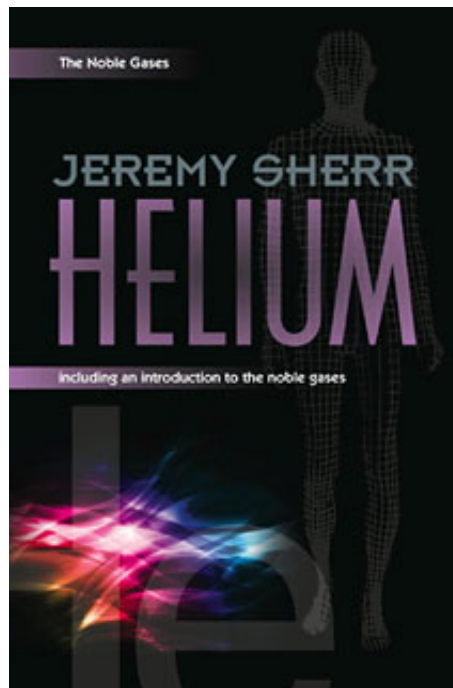
Jeremy Sherr Helium

Extrait du livre

[Helium](#)

de [Jeremy Sherr](#)

Éditeur : Saltire Books



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HELIUM THEMES

Helium 12C: Physical affinities

Helium affects every part of the body and it will require many clinical cases to assess its main affinities. From the proving I have observed strong affinities with the head and hair, skin and itching, throat, eyes, female and hormonal complaints including pregnancy, labour and ovaries, digestion and metabolism, vertigo, extremities, muscles, respiration, back and neck. For a list of physical symptoms, please refer to the full proving text at the end of this book.

Improvements noted from clinical cases include Delayed labour, premenstrual tension, neck and back pain, wandering pains, joints pains and digestive problems. For further reference see the cases in Chapter 8.

**Helium 30C: Generalities**

Some of the main general themes in Helium are sensations of floating and lightness or conversely heaviness accompanied by weight gain. Extreme energy versus extreme weakness, fatigue and indolence. Great restlessness, clumsiness, incoordination, chills, colds and bouts of flu, sensations of heat, constriction and pressure, stitching and twitching. Other themes include periodicity (weekly, yearly), as well as noon, evening and midnight modalities.

**Helium 200C: Emotional Essence**

We will begin our journey into the emotional realm of Helium with the more predictable aspects of the remedy. As one might expect from a noble

gas that forms no chemical bonds, Helium provers experienced a sense of aloneness or isolation. Many provers felt a strong desire to be alone and undisturbed, and yearned for peace and quiet. They found a variety of ways to avoid company and to cut themselves off from the world, often hiding behind a book or shutting all the doors and windows. Many provers experienced an intense dislike of talking, touching or engaging in any social interaction, with a definite aversion to talking on the telephone. The feeling was one of "leave me alone, I don't need or want anyone". This isolation was often accompanied by apathy. The Helium patient may seem introverted, cold and distant to others. A useful clinical symptom appeared in one prover, who had a strong desire to go to an island or convent, which also reflects the religious aspect of Helium. They may spend a lot of time praying or meditating, and may have an affinity to religious music and healing.

The sense of separation might manifest as a calm tranquillity, as if not affected or touched by anything. A feeling of living in one's own world, calm, relaxed and not bothered by external circumstances. Even stressful situations such as car accidents left provers totally unmoved. This excessive calmness can tip over into total indifference, patients not wishing to be involved in any of their usual activities or having no feelings for loved ones. At its worst this evolves into stagnation, apathy and extreme lack of initiative. They are stuck in the world of plans and potential, yet cannot manifest any of it into action. A polarity of this apathy is a desire to read exciting stories and see action movies. Another polarity is sensitivity to others opinions, a sensation that people can see through them, and concern of what they will think.

Alongside the strong inclination to be alone and cut off from society, Helium patients may experience an overwhelming sense of loneliness, rejection and deep melancholy, a feeling that nobody cares. This may be accompanied by a desolate and depressed feeling, weepiness or a sense of vulnerability. Like many remedy provings, Helium produces irritability. What particularly characterises this irritability is a tremendous aversion to being disturbed. Any intrusion that penetrates their tightly closed shell aggravates, in particular noise. The following prover symptom serves as illustration:

Everything is irritating me, the way my friends talk, walk, eat, small sounds. Rage inside, wanting to hit everybody around me, to choke them. Everything inside me is grumpy, from my toes to the top. The grumpiness is floating inside me, as if boiling in my lungs; I want to scream at those around me. I want to be alone, not disturbed. It is a sour, deep, terrible feeling. (I am never normally irritated by anything.)

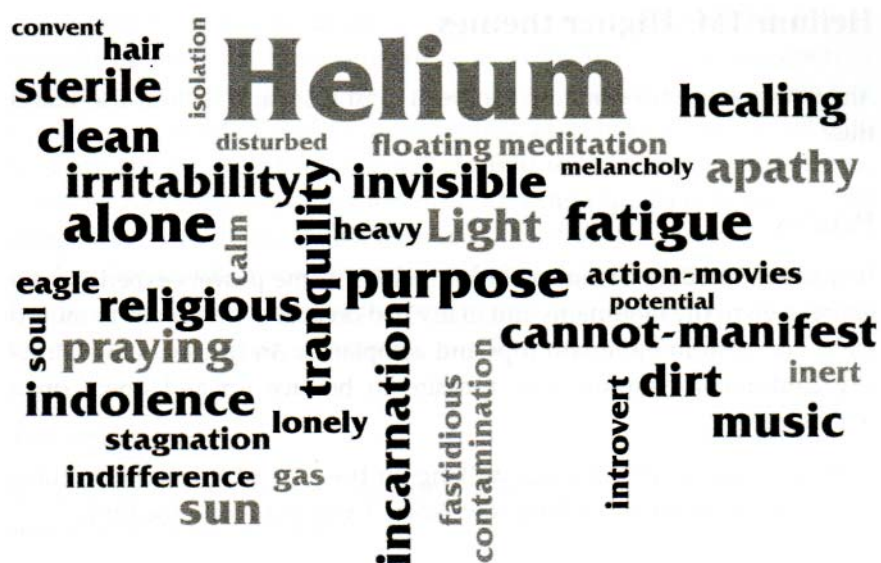


Figure 3.1 An amalgamation of typical Helium themes¹

This irritability can develop into explosive anger over trifles. One prover had a desire to throw things, hit or even bite her child. Moods alternate between feeling positively cheerful and a violent, fighting rage.

An important theme is a great fastidiousness, especially regarding bodily cleanliness and in particular that of the hair. Helium patients may have an aversion to any dirt and possible contamination of their sterile world. Also prominent in the proving was a distorted sense of time, which seemed both fast and slow. For a pictorial representation of emotional themes see Figure 3.1.



Helium 1M: Higher themes

An *up-down theme* is a common feature of most gases and Helium also shares this.

Heights

Helium can produce or cure a fear of heights. Some provers experienced a desire to go to the mountains and many had dreams of mountain to mountains, falling from mountain tops and aeroplanes. An unusual (and clinically confirmed) symptom was a desire to bounce up and down on a trampoline.

Dreamt one of my sons was walking on the edge of the veranda, there was no fence and it was a long way down. I was not afraid for him.

Floating sensation

Provers experienced sensations of floating and lightness, described by one prover as "a hydrogen feeling", as if his feet were not touching the ground. Another described a feeling of being a champagne bottle where the cork was just about to pop, with a strong current pushing up the spine.

Helium and hydrogen make up the first period of the periodic table. Hydrogen is lighter than air, floating out of the atmosphere and up into space. This manifested in the proving as a feeling of the soul leaving the body on its way to meet God. Though heavier than hydrogen, helium is still lighter than air.

A feeling as if my head were lighter, as if I were floating out into the universe.

Feeling as if I see myself from the outside, and from above.

The floating sensation of Helium differs from that of Hydrogen. While Hydrogen has a sensation of the soul leaving the body, in Helium the head feels light and the body feels heavy, fat and flabby. This is symbolic of the beginning of the soul entering or leaving the body. Due to the heaviness of helium relative to hydrogen, in Helium it is the head that separates rather than the soul.

I felt that my head was separated from my body: a very prominent feeling. Feeling of hard work to get my head and body to fit together again.

Dreamt I was going to the toilet which changed into an open lift. It went **straight up** and continued **upwards**, out of the building for hundreds of metres creating a tower as it went, then changed into a rocket. I only had a platform to stand on and I was very scared, **afraid of falling**. I could only look straight ahead. It felt like going **straight up into the sky**, to eternity. A force was pulling me by my **forehead and the top of my head**, so I felt **elongated**. At the same time a **fear of the altitude** in my stomach pulled me **heavier and heavier down toward the earth**. I felt a **split between my head and body**, located in the throat which was constricted, giving me a suffocated feeling with nausea as if I were **going to die**.

The eagle

A characteristic and strange expression of this upward theme is the distinct sensation of being an eagle.

I feel sharp-sighted, as if I can see through things. Like a hunting animal, an eagle. I can see details at a long distance, and as if from above, high up. I saw a sheep and thought about attacking it.

This eagle sensation was accompanied by a feeling of having acute vision and of looking at the world from above, both physically and emotionally. There were feelings of aloofness and superiority, a great clarity of vision, as well as the ability to penetrate or 'see through' others.

I can see the details of the surroundings very clearly, both mentally and physically. I feel that I can 'see' the children.

My eyes feel clearer and I can look at other people more directly. I feel my eyes penetrating when looking at others, while my mind is safe and secure. Other people can't touch me. I have a very strong core.

Many mineral remedies have animal analogies hidden within them. This is why the doctrine of signatures approach (i.e. elephant sensation equals elephant remedy) represents an unsophisticated level of homeopathy. Through provings we learn to see the correspondences that transcend kingdom classification. There are many similarities between gas remedies (such as Ozone) and birds, and Helium and the eagle are a particularly good example. Both are noble, both avoid mixing with the world, both feel superior and fly high up in the sky. The eagle is the king of birds, while Helium wears the crown of the periodic table. Both are associated with *helios*, the sun, and both remedies share the delusion that there are two suns in the sky. The circumscribed white head of the bald-headed eagle reflects the head-body split of Helium. Many emotional themes of Helium

are reminiscent of those of *Haliaeetus Leucocephalus*: looking from above, a desire to be alone in the mountains, a floating sensation, indifference, tranquillity, penetrating vision, alone and isolated, alternating moods and explosive anger. Even the names Helium and *Haliaeetus* reflect the similarity.

I had an image of Thor Heyerdahl. He was an eagle, looking like an eagle, seeing things from above, revealing the pattern of how people travelled in ancient times. I thought he looked cold and I felt sorry for him. What would it be like to be so cold? I thought of things I have read about his childhood: that he felt separated from his environment, something in his upbringing, no play. His mother was into Darwinism and practical, down to earth things, while his father believed in God and told him stories from the Bible.

This image illustrates more about Helium than just the eagle. From the lofty peaks of the periodic table, Helium perceives the big picture yet remains detached from it all in noble isolation. The contrasting characters of Thor Heyerdahl's parents reflect two of the contrasting polarities in Helium: being down to earth as opposed to deeply religious.'

God, healing and music

Spirituality and a yearning for God are important aspects of Helium. This is more of a spiritual longing than religious ritualistic behaviour. While Hydrogen has only just separated from God, Helium has taken the first step away from the creator towards earthly existence and the gap has widened. Meditating for long periods of time, chanting or praying in church were some of the experiences shared by the provers. From the original proving language you can sense the difference between Hydrogen's universal soul and Helium's individual soul, longing and praying for reconnection with the divine.

Longing to be one with God. I got palpitations like when you're in love when I thought about it. It is a sad longing, a wistfulness. I sat down to meditate, but felt a stronger need to kneel down and pray, to send my wishes out. Desire to be in touch with God, near God.

Other aspects of Helium's spirituality include a strong love of music, especially new-age, spiritual music, church music or Bach. Helium also has

' Thor Heyerdahl is famous for the Kon-Tiki expedition. He organised and led a 1947 expedition from Peru to Polynesia on the balsa raft Kon-Tiki to demonstrate the possibility of aboriginal South American voyages to the Oceanic islands.

HELIUM 50M: SENSATION, FUNCTION, STRUCTURE

Seeing from above

We will now examine the vertical axis of Helium and the other noble gases and how this idea emerges in the proving picture. The following is an interesting Helium symptom, which is similar to symptoms that occur in some of the other noble gases:

I had the sense that all my limbs felt foreshortened, my head and eyes were huge, I felt I had eyes all over my head, all-seeing. I felt withdrawn and my limbs felt short.

There is only one perspective from which we see the body as short-limbed and in 360 degrees, and that is from a vertical line directly above our vertex. The vertex is the 'death canal', the point between the fontanelles through which the soul enters and departs from the body. Helium is viewing life from directly above this point. From this position everything below appears shorter and we can see in all directions, perceiving ourselves and others from a higher place in both a physical and spiritual sense. When light shines from directly above us there can be no shadow side.

Feels as if I see myself from the outside, and from above.

I feel very tall as though I am towering over everything.

I feel very tall so when I look down it is as if everything were a long way off.

I see myself in a very direct way, as if from the outside, with no holds barred. It feels as if I have more judgment, clarity, perspective and I am more sharp-sighted. I feel superior.

I saw myself from the outside. I was working at a lot of different places. I went swimming and was jumping from 10-metre heights.

I see things very clearly, how things really are.

My boyfriend was really 'seeing' me. I was 'naked' the whole weekend, showing sides of myself that I normally hide.

I felt 'naked' and very embarrassed that other people could see me in this situation.

In the morning waking up with a special clarity, as if seeing myself from the outside. I see situations in relation to people objectively, from the outside.

I can see the details of my surroundings very clearly, both mentally and physically. I feel I can 'see' the children.

The vertical axis of life on which Helium is situated runs from mid-heaven, through the vertex of the head, down the spine, out through the perineum and down to mid-earth. This is the line of the noble gases, the spine of the periodic table. It is the central axis around which a healthy, non-psoric person revolves, being in the perfect position rather than having a disposition.

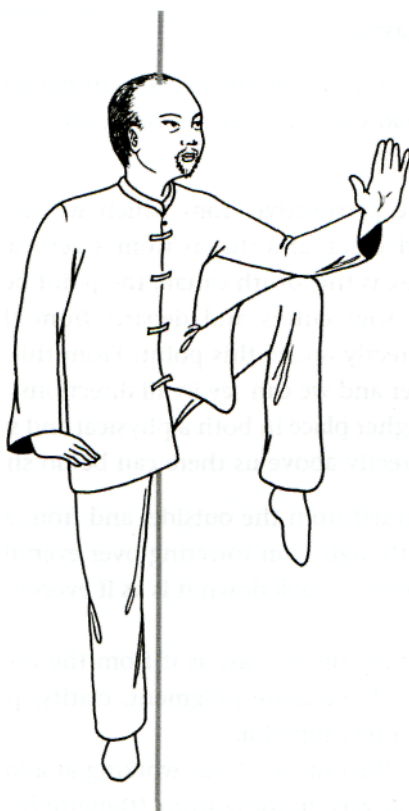


Figure 4.1 This dynamic, vertical alignment is what the T'ai Chi master seeks
(Graphic by Brenda Brown www.odesk.com)

This dynamic, vertical alignment is what the T'ai Chi master seeks (see Figure 4.1). When we are aligned we are 'in the zone', flowing in synchronicity with the universe. This noble axis is the line of truth, love and wisdom, where all things happen at the right time and in the right place. It is the line of here and now and therefore it is the line of health. Heaven and earth flow through us, so that we no longer need to expend our own energy. Therefore we do not decay.

If even heaven and earth must rest,
How much more so human beings?
Therefore align yourself to the Way.
Aligned with the Way you are one with the Way.
Aligned with virtue you are one with virtue.
Aligned with the heavens you are one with the heavens.
The Way accepts this alignment gladly.
Virtue accepts this alignment gladly.
The heavens accept this alignment gladly.

Tao Te Ching by Lao-Tsu¹

I felt I could do and change anything in the whole world by aligning myself with that love and bringing it into any and every situation in my life. I felt very purposeful.

There are several Helium symptoms that relate to curling up, opposite to the vertical alignment. This theme of deviating from the straight line or curling up also emerges in the other noble gases.

I woke shocked awake, because I was lying straight in the bed. Curling up on my back ameliorated.

I was finding it hard to breathe when I was stretched out, so curling around ameliorated.

I curl up on my back.

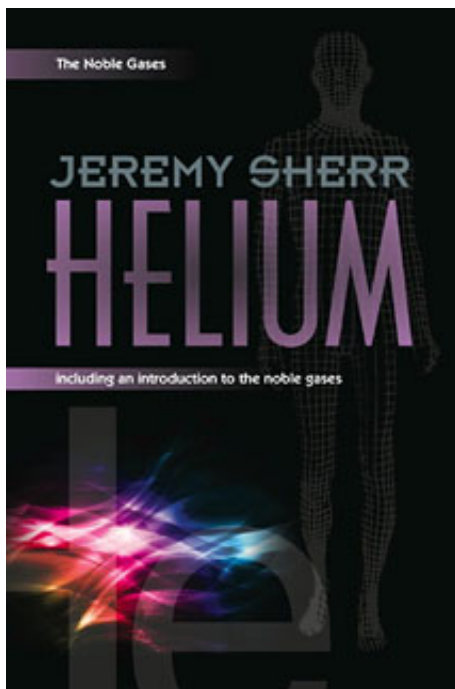
Delusion that I was trussed up. My wrists tied to my ankles, my legs between my thighs, lying on my side.

Thoughts felt like knots of worms.

Shadows

When Helios the sun shines from its highest zenith at noon it creates no shadows. While Helium is in an 'out of body' state, she views herself from directly above and in all directions.

Delusion that I had a large head covered in all-seeing eyes. I feel as if my eyeballs have enlarged backwards into my head.



Jeremy Sherr

[Helium](#)

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