

Deborah Collins

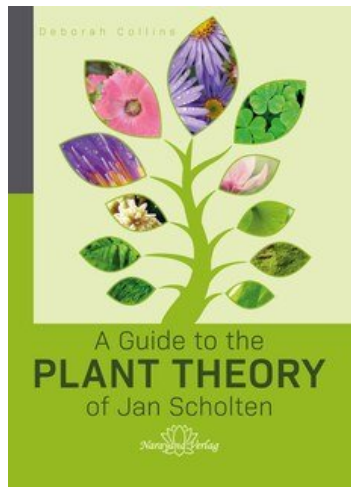
A Guide to the Plant Theory of Jan Scholten

Reading excerpt

[A Guide to the Plant Theory of Jan Scholten](#)

of [Deborah Collins](#)

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Foreword

BY PIETER KUIPER

During the last 25 years or so the science of homeopathy has developed so rapidly that many students and even teachers could not comprehend and integrate all the insights and possibilities in the homeopathic healing art.

Most of these developments, though, are not very difficult to grasp. On the contrary, they are based on very simple principles. The difficulty seems to be, however, that the number of homeopathic remedies has grown immensely, and that has been too much for many practising homeopaths. It's a pity, though, that one only seems to see a chaos of remedies and not the simple order and clarifying principles behind it.

In the impressive development of the last two decades, Jan Scholten has been leading with his presentation of the Element theory of the Mineral kingdom and the Plant theory, categorising the vast flora of our planet in homeopathic terms. Both theories are built on the same universal principles and are in fact reflecting and revealing basic laws of creation.

These laws refer to the 7 series and 18 stages in the periodic table, which also form the basis and structure in the Plant theory. This similarity is so striking that both may reflect a universal structure of life.

The art of healing then is nothing other than a tentative categorising of the problem of the patient in similar terms. Because, after all, our 'outer world', with minerals, plants, animals and so on, is nothing other than an 'externalisation', a folded out version of our own 'inner world'. What we do in homeopathy is apply the intrinsic information of our outer world to similar pictures in ourselves – nothing other than the law of similars. Both theories and their parameters enable us to have a better and more complete understanding of the old polychrests as well as many new remedies. Our new and evolved materia medica is no longer a kind of random collection of phenomena from nature as in the past.

Now, more than ever, it is categorised using simple laws and principles. Plant theory can be understood much more easily when you understand the main idea of Element theory in the periodic table, and also the other way around!

And thus all the old and new remedies are much easier to learn and recognise when understanding these few basic principles.

Therefore I'm very happy that Deborah Collins offers us such a clear presentation of the Plant theory with this book. It is a bridge for everyone who is interested in the new theories and may have thought that the theories were 'a bridge too far'.

She explains these principles with great patience and many examples. The second part is the practical part, with many cases. These cases illustrate how one can apply the Plant theory. It is so good to see how a theory can gradually become a practice for many homeopaths all over the world after just a few years. In fact, this repeatability is a main characteristic of science in general.

I hope that this book can be that real bridge for those hesitating students and teachers in homeopathy who feel the truth in both the Element and Plant theory and have felt able to take the next step to go into it.

Indeed, one needs courage and perseverance to understand and apply it. But my experience with it is that the rewards are incomparable. It will bring deeper insights in the understanding of the whole materia medica and case taking. That means that we may get a better overview of all our remedies and we can better apply to them to our patients.

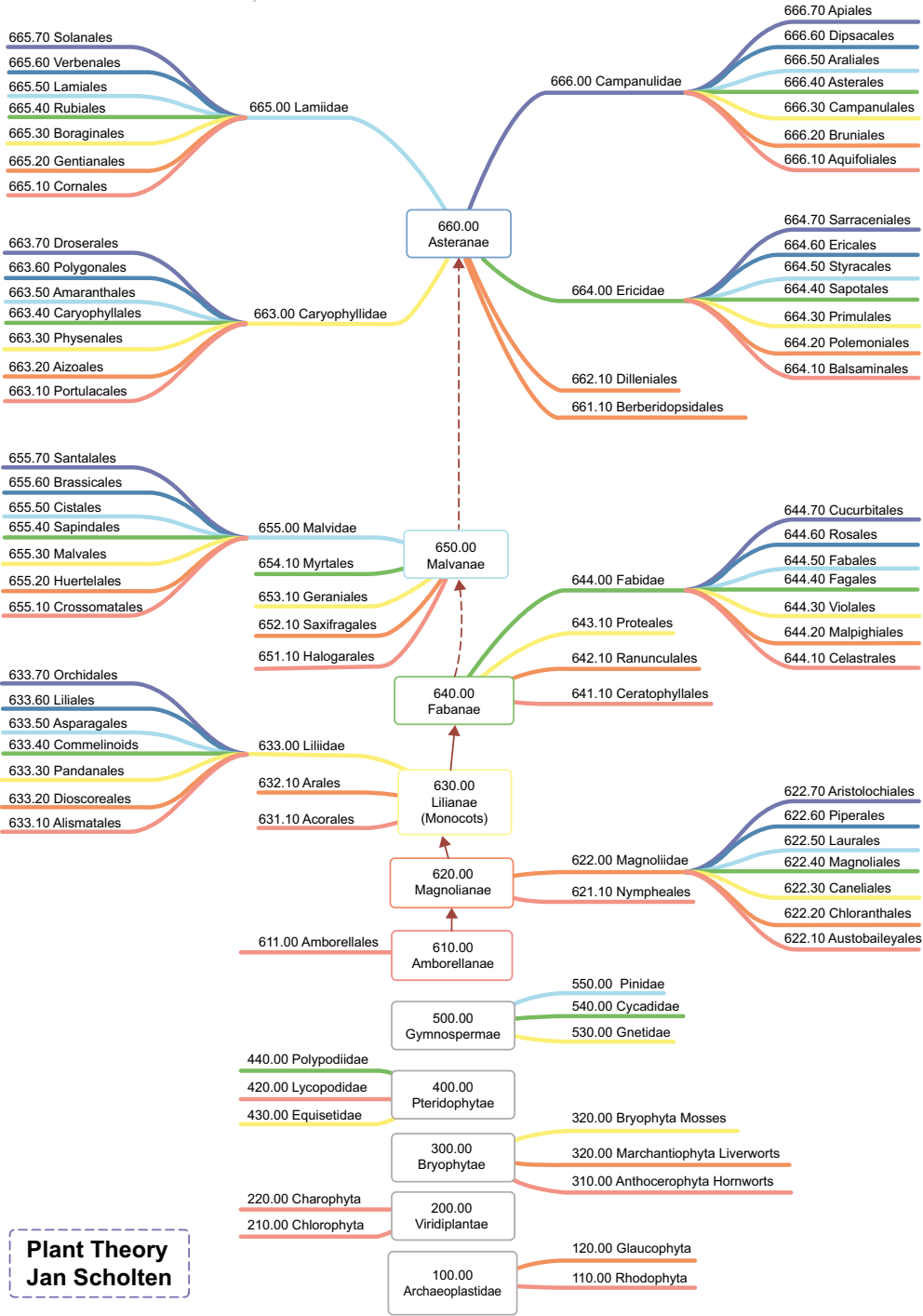
So the paradox is that the outcome of studying the Plant theory is just the opposite than you expected it to be: rather than chaos, clarity!



Plant theory

The evolutionary development that one finds in the periodic table is reflected throughout the whole of nature. For the plants, however, a more complex chart is necessary in order to incorporate the nuances of the Plant kingdom. This chart is in the form of a tree, in which the botanical phyla, classes, orders etc are laid out in a logical format according to their evolutionary place. It is like the periodic table turned upside down: the earlier, more primitive plants are at the bottom of the Plant chart, and the more recently developed plants at the top.





The chart can be used like a Google map in order to track down a certain house, where successive steps zoom in to the goal: continent, country, province, city, subdivision, street, and finally the house. Each of these steps corresponds with a different botanical aspect:

Kingdom → Phylum → Class → Subclass → Order → Family → Species

NOTE: The terms phylum, class and subclass are used in a specific way in the Plant theory. In other taxonomies, more phyla are recognised; in Plant theory, there are six. (A seventh phylum, corresponding to the fungi, is not described in this system, but is being carefully researched and mapped at present.)

Each step is represented by a one digit number, except the last step, the species, which is represented by two digits. The first number indicates the kingdom; for all plants, the first number is 3. This first number is generally left out once one has determined the relevant kingdom.

The numbers for the kingdoms are as follows:

1: Minerals
2: Bacteria

3: Plants
4: Animals

5: Humans

When looking for a deep remedy for a patient, we need to understand in which area of his life this problem takes place, in other words, which area of his life is most concerned with this problem. A problem relating to one's autonomy in the world has a different 'flavour' to it than one in which one feels caught in artistic issues, or day to day work issues, or childhood issues. This aspect determines the 'background' of the remedy, and is represented by the first three digits of the code.

Secondly, a more subjective aspect is reflected in how one feels placed in the group concerned. If it concerns a work problem, for instance, does one feel accepted by one's colleagues and central to the group, or pushed out, on the sidelines?

Thirdly, we need to ascertain how one deals with the issue; what is their actual way of acting in the given situation. Impulsive? Proving oneself? Fighting? Giving up?

These three aspects play a role in every situation: the area, the feelings and the action. When we are 'stuck' in a certain pattern, we need a remedy that corresponds exactly with this pattern to free us from its restraints. It is much like using the periodic

table for finding remedies, where the series represents the area of the problem and the stage the manner of dealing with it, but because plants are more complex than minerals, another step is required.

By determining these three factors, the area of one's problem, their positioning in the group, and the way they deal with it, we are able to translate this information into a series of digits, each of which corresponds to a step in the process. The code number represents the plant in its placement in the plant system. Using the analogy of a tree, one goes progressively from the overall form – the trunk – to the branches, first large then smaller, then to the leaf, which represents the specific plant.

At first, the idea of using numbers for plants seems to be strange and far removed from the reality of our patients, as though it is something mathematical, but in fact there is nothing mathematical about it. The code resembles a shorthand which enables us to quickly recognise certain complex patterns. It is rather like learning a new language or a new musical instrument. The more we become familiar with it, the more we begin to see new ways of understanding the patient's problems and also of understanding and differentiating our remedies.

In the book *Wonderful Plants*, the plants are listed according to their number rather than alphabetically, since this automatically shows their place in the overall system. These days, homeopaths who make use of this system tend to relate the remedy straightaway to the corresponding number, as it provides valuable additional information.



Cases

NOTE: The first two cases, kindly presented by Britta Dähnrich, are from a part of the Plant chart that is only recently being discovered, the mosses. The numbers are therefore perhaps not as easily distinguished as in other parts of the table, in keeping with the rather 'vague' aspect of the mosses themselves. More information on the mosses can be found in *Fairy-like Mosses* by Jan Scholten and others.

CASE 1

Polytrichum formosum, 3-332.76.10

BY BRITTA DÄHNRIK

WOMAN, 63 YEARS OLD

She has a distinctive eczema on her feet; it has been so bad that she could not walk. If she runs barefoot, she has to scratch until it is sore. Nothing helps, even cortisone does not really help. She also has eczema on her hands, which is not as bad as on her feet. She does not know why the eczema started; it started two years ago after a wedding party where she had danced a lot. Her father and her sister also have problems with eczema. Five years ago she had a rash under her armpit and under her breast. This spring, when she went to Poland, she immediately had to go to the hospital because her feet were so swollen due to the eczema. Warmth<, showering<, cold>; when she feels calm>. Sea air aggravates her eczema.

"I am very punctual, everything must be right; if it does not go like I want, I get nervous immediately." For instance, she had booked holidays in Greece with a German travel agency and therefore she thought that the people at that hotel would speak German. When she discovered that they did not speak German she was very irritated and angry and felt insecure that nobody spoke German: "This holiday made me nervous all the time."

She says she had a hard life until now. She comes from Poland; she ran away from her husband, who hit her and betrayed her. She always has been afraid of him. When she separated from him, he threatened to kill her children, cut off their heads and put them on her doormat. Later, when she heard about her husband, she immediately got diarrhoea.

Her mother was mentally ill and was often hospitalised. When she was pregnant she wanted to abort her. When she was a child her mother tried to kill her twice: the first time she tried to strangle her, the second time she tried to drown her in a river with dangerous whirlpools. Both times she screamed so loudly that her father saved her.

She married at the age of 19; her husband always hit her. She almost died during the birth of her first child. Then she gave birth to a daughter who died six months later. The third child was a son, the birth was good.

Her father was very strict, he wanted her to be on time, to tell the truth and to do as he wanted. As a child, she hated him. In her childhood, she lived with the family on an inland shipping barge.

Her second husband was a musician. She says he was an incompetent craftsman and that he drank a lot. These last three years he is no longer drinking, but now she is angry because so many years have passed.

Three years ago, the children quarrelled: they did not want to talk to each other anymore; this is difficult for her. The family must stay together. She is afraid that when she shouts the children will not like her anymore. She hated her father when he shouted. She herself has shouted at her father, mother, husband and friends.

She was angry with her mother because she was so sick, she was angry with her father because he was so strict and she could not do anything. She had thought that when she married she would have more freedom, but it got worse. She always felt that she had to save her husband.

"I am the boss, everyone in the family turns to me when there are problems." She is afraid to drive the car, she is afraid of an accident. When she comes back from a trip, she is always afraid that the house will be burnt down. When the children leave, they have to phone to say that they have arrived, otherwise she is immediately afraid that something bad has happened. When her husband drank, she was also afraid that something bad could happen. She is very affected by stress, such as exams and excitement. Her parents experienced many bomb attacks and much hunger during the war. They often had to hide for fear of being killed.

Until recently she had a neighbour who was a very good friend, one with whom she could discuss everything. Two years ago the neighbour moved away and she misses her very much.

Her sleep is very deep, she cannot remember her dreams. She sometimes dreams of houses that she designs. She would very much like a house with her children living nearby.

She works at an old folk's home, cleaning and helping the elderly. She likes this job and the old people like her.

Her parents were poor people. They did not have a permanent place of residence. Because of this she only went to the first three months of the first class of school. During the second class she lived with another family. In her third class it was the first time her parents had an apartment. Before that, she did not know where she was going to sleep.

She has a craving for meat, she eats meat every day. In the family there are many cardiac arrests (father, sister, brother). Her sister and brother are alcoholics. She loves plants; she has a lot of plants.

Analysis:

- Moss: simple, parents lived on a ship for inland shipping, no home
- Phase 7: violence of the mother and the husband, mother in psychiatric hospital
- Phase 6: feels abused, was angry at father and mother, angry at her husband
- Stage 10: "I am the boss", controls the family
- First I thought of a Solanaceae, because she experienced a lot of violence, but with the combination of directness, simpleness, experiences of violence as a child and the fact that she had no house to live in as a child (she lived on a barge for inland shipping), this reminded me of Jan Scholten's description of the mosses (nomads). Something in her reminded me of the proving of *Polytrichum formosum* (a woman who knows about male violence, as if broken; she still keeps swinging her skirt despite it); also the connection to the skin reminded me of *Polytrichum formosum*.

Follow-up:

- 4 weeks after *Polytrichum formosum* she reports: "It is much much better!" Her hands and feet are nearly free of eczema; she feels calmer, less nervous and less tired; 6 hours of sleep are enough for her now. When her children do not call her, she is not nervous anymore. The relationship with her husband is alright, she does not feel angry. She appears more vivid and alive.
- 6 months after *Polytrichum formosum* (she took doses up to 200C): She speaks in a more differentiated way about her emotions; she still feels calmer. She is not afraid that her house will be burned down when she comes home from a journey. She has beautiful dreams, whereas before the remedy she could hardly remember a dream. Meanwhile she went on a trip to Poland by car and she was not as upset as before. With her feet and hands there are long periods without a problem. When it returns briefly, it is much milder.
- 3 years after *Polytrichum formosum*: during this time she had only two very short periods with eczema, at a time when she had a lot of trouble with her husband.

300 – *Bryophyta*, the mosses:



- They have a simple world view. Their own life and family life is the most important issue in life. One can imagine the lifestyle of nomadic people. There is no concept of society and culture as being important. They are easily overlooked and ignored, timid and closed, soft and delicate. They have low self-esteem. Limited, restricted states of mind: dumb, numb, silly. Dissociative condition after traumatic experiences. Borderline psychosis, schizophrenia. Strong will to survive.

CASE 2

Brachythecium rutabulum, 3-333.57.13

BY BRITTA DÄHNRICH

With kind permission from the Austrian Homeopathic journal
Homöopathie im Österreich for the republication of this article.

YOUNG MAN, 22 YEARS OLD, PARANOID SCHIZOPHRENIC

He appears sleepy, slow and mentally numb. He is hesitant making contact and finds it hard going. He replies mechanically. At the same time his arms and legs are restless. He sometimes has the idea to be the 'chosen one' for the world. Life makes no sense to him.

Two years ago he was diagnosed as paranoid schizophrenic. At this time he felt persecuted by cameras and believed himself to be the 'chosen one'. Voices told him that everyone will die.

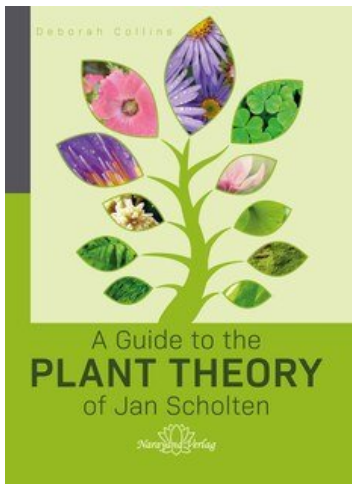
Before the start of his illness he consumed large quantities of cannabis. At school he had to repeat a year twice and only with a lot of effort and will did he manage to finish. He almost always socialised with people who were younger than him.

He has had problems with eczema since childhood, and at times asthma as well. His mother describes him: "He was always the dreamer and observer, he was different from the other children in the family; the others are more like 'race horses'."

The contact with his brothers and sister is poor. Most of the time he stays in his room, sleeping a lot.

Since the start of his illness he has been in several clinics and lived in groups with therapeutic support; he was often unable to follow the rules and he ran away, so he could not remain there. In conflict situations he either withdrew or he wanted to enforce his will. He went back to live at home again, where he slept a lot and helped a little in the household; he had no sense of responsibility. His mother described him as a small child.

He would like to enrol in professional training, something with wood or metal.



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