

Dott. Massimo Mangialavori

## Oleum animalis 1 case

Aurora is a 41-year-old woman very serious in expression and extremely slow in movement. Her physique is rather robust and she has very wide shoulders as if she had done sport quite intensely in the past.

During the consultation, I have the sensation that everything is in slow motion. The tone of her voice, her rhythm, position and gestures convey to me a strange sense of pride and deep calm.

I realise that Aurora is doing everything in her power to move and so avoid pain, despite the fact that she later confesses to me that it is not easy for her to remain seated. She seems able to absorb the discomfort of her position very well and she never leaves the armchair on which she is obviously seated uncomfortably.

Aurora has been sent to see me by a fellow doctor. She had asked him openly to try homeopathic medicine given the exacerbation of her pain and the failure of other therapies.

Some scars on her face reveal probable significant trauma. Aurora has besides a tic that makes her wink and it becomes more frequent when we discuss more embarrassing subjects. She seems to particular difficulty in carefully weighing up her sentences only in these moment and she quickens her story quite markedly then.

\*\*\* “I would say I’ve had pain for at least 4 years with stiffness in the sacral region that now has become unbearable. I have stabbing pain each day and I cannot manage to remain seated at work anymore. I’ve had various tests and there are neither lesions nor any abnormalities. They say that I have awful inflammation of the spinal nerve roots...

§ They told me that they don’t know what to try anymore and that I can try homeopathic treatment with perfect tranquillity too because it certainly won’t harm me!

I’ve never managed to study sitting down but I don’t know if I had this before.

§ I had steroid treatment first followed by other anti-inflammatories and then various postural therapies...but without success. If anything, I'm gradually getting worse.

§ The most unpleasant sensation is the feeling of a HEAVY WEIGHT in the bottom of my spine. It's a heaviness that only prevented me from moving properly but now it's causing me serious problems at work because I cannot sit down for more than a few minutes...

The tests showed two small effusions in the sacroiliac joints. And now I can't even find a proper position in bed at night. Shortly after I go to bed, I have a fixed pain, more severe pain on the left and as soon as I try to turn in bed, I wake up and I become so agitated...

§ I have woken up more than once with the definite sensation that my back was broken § really broken...as if it were one of those stones that break into pieces when it falls on the ground.

§ I'm much worse before my periods because I feel it even more intensely then.

§ It's only a fixed pain, as if someone had pierced my shoulders with a burning hot skewer...but I feel the warmth inside...the surface of my skin is always rather cold like the rest of my body...

§ When I am really bad, I feel that the muscles of my legs are so contracted...that I cannot even manage to stretch my legs, let alone walk...

§ My muscles tend to seize up and up to last year I suffered from severe pain in the neck that confined me to bed..."

\*\* "They also diagnosed a fibroid not long ago. I don't know why but I feel that it's very old. They did an ultrasound exam and they say that it's very solid and intramural...unfortunately, it's almost 4 centimetres, but I've no intention of having an operation..."

§ I've never had heavy bleeding. I think that I would have been aware of it because my periods have always been light.

Nothing in all. I had some very offensive smelling discharge and both the gynaecologist and I thought of an infection. Precisely.

Then despite the medicine, nothing improved and...by doing more detailed investigations..."

§ \*\*\* “I’m sorry but I don’t hear well. I have chronic inflammation of the ear and I haven’t been able to hear much since I was 12...

§ perhaps it was a neglected cold...with mild otitis, I don’t know...I don’t pay too much attention to my ailments...and even if I didn’t hear well, I thought that it would have got better. But the last tests showed that I have a permanent lesion in my acoustic nerves...so it’s not just ear inflammation...

§ But I have to say that deep down it doesn’t upset me too much...so I have MY PEACE AND QUIET.

§ It was my teacher who pointed it out to my parents and they realised that it was already a bit too late and that I had already lost a large part of my hearing...

§ It would alternate...in the beginning, it was both and then either one side or the other...

Now besides the loss of hearing I have discharge more or less all the time § rather thick and unfortunately smelly...but this doesn’t embarrass me greatly...I never let anyone too close...but my relatives who know me point it out to me when it smells very strong and so I perhaps go to an ENT specialist and I ask them to remove thoroughly what is left in the ear...but it’s strange. I feel that I have who knows what inside and he doesn’t find a big deal. Bu he says that it’s good for me to regularly have a clean out...

§ I have stopped doing it on my own because a few times I have hurt myself and I even ended up perforating my ear drum...I realised a bit too late.

§ The fact was that I couldn’t manage to get rid of the dry wax that was inside the ear and that was a terrible nuisance...

§ I occasionally feel a bit of itch, but it usually comes when I don’t have a lot of discharge. As soon as the discharge begins to come out a bit more, the itch disappears. It’s chronic now...and what can you do...”

\*\* “I’ve suffered from strong coughing fits for years. They are so strong that each time I say: OH MY GOD, I’M GOING TO SUFFOCATE!

§ They were so strong especially when I was going to bed or if I woke up in my sleep from a horrible dream...

§ It was a very unpleasant sensation as if I really couldn’t manage to cough out a bit of catarrh that then got stuck in my throat and made me feel it was impossible to

breathe...so I would begin to breathe more deeply and then to cough always more loudly: one cough after the other, just like the whooping cough that children have.

But I've had it now for some time. What can you do...?"

\*\* "I don't sleep well and I don't fall asleep easily.

It's an ancient problem and I clearly remember that it began at school. When I went on holiday, I managed to regain some sort of rhythm but then I seized up all over again when I started back at school.

§ I'm the only daughter to have studied. I was good and I had to do my work with DIGNITY...but then I had a total block at university and I recovered after 5 years.

§ In the preceding years I had highs and lows. Often for some months I couldn't produce a thing but then I recovered...a bit at a time.

But the teachers get to know you from primary to secondary school and they understand you a bit. They are merciless at university and they don't spare anyone...

§ DEPRESSION was diagnosed but the drug therapy didn't have any effect.

So I then did a few years of Jungian analysis.

I graduated late and then I realised that it wasn't my way...but I couldn't manage to abandon it.

I also got married and that wasn't my way...and I couldn't abandon it.

§ I'm well if my husband isn't around, otherwise I feel a block and rather limited.

§ I submitted to the domineering behaviour of my father and my husband is the same...

§ If it weren't for my father I wouldn't really be anyone and the same applies to my husband. He is a university lecturer and he helped me a lot to overcome my insecurity.

But I've NEVER felt accepted for what I truly am...since I was a child I've been convinced that the people that I most regard, think that I'm a little monster. BECAUSE I'VE ALWAYS LET THEM DOWN...

What can you do...?"

\*\*\* “The great recurrent theme in my dreams is operations. They operate on my teeth or they pull them out...or else they make a mistake while doing plastic surgery on my face and I can’t present myself in public anymore...

For years I was obsessed by one where they made a mistake and operated on a healthy ovary, leaving the diseased one behind...or else they removed a healthy kidney and left me one full of stones...

§ I can remember the most horrible one as if it had just happened...I went to see the doctor and spoke to him about my insecurity problems and he told me that it was straightforward. All I had to do was change my head. I didn’t understand properly...I thought that he was only speaking figuratively, instead I woke up after the operation with a head that wasn’t mine...and I fled from the hospital...it was a cold night and I got lost in the countryside but deep down I was happy because I was too ashamed to return in that state to my town...

§ I dreamt for years of animals escaping...but they were escaping FROM a beautiful forest to go I don’t know where...they seemed to be all crazy and I almost always felt warmth in the dream.

§ As if there were a fire licking their tails...I remember clearly that sometimes I had the definite sensation of smelling a burnt odour and I would wake up frightened. Convinced that I had left something on the ring of the cooker...

You know...I’m very VERY distracted...”

§\*\*\* “The problem with my teeth is one of the reasons why I’ve never opened up to people. I had only 12 teeth and congenital agenesis because both the mandible and the maxillary bone were smaller.

I was treated very late and I never laughed because I was too ashamed...I spent all day with my little books because in any case they would never have betrayed me...

§ In the end I was always the person that my friends were looking for: I was the more mature, the wiser one, the one who had always done her homework...the one who listened to them and knew how to give good advice...but then they found other boyfriends thanks to my advice. Other girls thanks to my valuable suggestions...

So I became A BIT PRECIOUS: I was esteemed and appreciated. I made myself and still make myself be sought out for this.

§ I believe that I was subject to a little vendetta from my father...it was a very expensive operation and according to him it was only a *small matter of aesthetics*. To him I was lovely as I was...perhaps...

But according to him, I wasn't really committed in university. I could only go when I was 29 because I had to get married. I only began to laugh then because they changed my face and physiognomy...but it still took me some time to recognise myself...

§ I've suffered from asymmetrical dislocation of the temporo-mandibular joint for years. It came whenever I yawned...even if I laughed by myself when I read something funny...

I always made noises when I chewed and when it was dislocated I was left with my mouth open showing the few teeth I had just like an injured fish... and each time I had to go to hospital for to have a manoeuvre done that I never learnt. The doctor who did it got to know me. He told my father a hundred times that he would have been able to do it to me too and that he would have taught it to him...but my father always said that he was afraid of hurting me.

But he did much, much more to me...

§ After the operation it seemed absurd to me that I was able to laugh...I had never done it before.

But now I have arthritis in the joint and it often causes pain in my face. They tell me that it's the cause of my terrible headache.

§ But I don't have the least intention of putting my mouth in the hands of a dentist again. That I can do..."

§ \*\*\* "I've had the headache since before the operation and before the accident. I remember that I already had it when I went to school.

§ It starts in the forehead above the eyes...but I think that it's because everything easily tires them with all the reading that I do...

§ I can't do anything anymore. Not even think. I have to go to bed and try to sleep as much as I can. I can manage to sleep even more than 12-14 hours and then I wake up very tired, but I don't feel ill.

§ If I were to suggest an image to you I would say that it is something that presses my head...as if something had to come out of the forehead...

§ When it comes, it's an unbearable pain and there's nothing I can do to help me feel better. I have already tried different drugs but the few that work have to be taken all the time and they make me feel more stupid than I already am...

§ I feel that my head is all heated up and I MUST...I repeat I MUST go to bed and do all that I can to sleep...

§ I can cope, it's not a problem. The problem is waking up..."

§ \*\* "When I was 18 I had a terrible head injury and I still bear the scars on my face. I never wanted to get rid of them. My face was dragged along the ground and my lower lip was torn...

§ I had just obtained my driving licence...and I went out with the car..."

§ \*\*\* "I've never been very interested in food. If it were left to me, I would eat like an astronaut: tablets and fruit juice...even leftovers at home are fine.

My parents shouted at me for years because I would take food from their plate and not from my own...§ it seemed to me that they weren't so hungry and I only wanted to help them finish without forcing themselves to fill their stomachs.

Both my mother and father suffer from diabetes and I only wanted to help them and then help myself...

§ I still have the spectre of those Insulin injections in front of me each time that I think of them... I've been saying it to myself since I was a child: I WILL NOT END UP THE SAME WAY...

And that's why I'm holding on to my health...§ I keep myself informed and I read many medical books..."

▼ 1. **WITHDRAWAL (340)**

- \* HEARING; IMPAIRED (260)
- \* GENERALITIES; FOOD and drinks; food in general; aversion to, loathing to (231)
- \* MIND; INTROSPECTION (67)

▼ 2. **INEFFECTIVE EFFORTS (180)**

- \* MIND; AILMENTS from; anger, vexation (149)
- \* MIND; COWARDICE (92)
- GENERALITIES; PARALYSIS; sensation of (3)
- \* RESPIRATION; IMPEDED, obstructed; lying, while; agg. (8)

\*3. **HEAD PAIN; GENERAL; rubbing; amel.** (17)

▼ 4. **Stiffness (304)**

- \* BACK; STIFFNESS; Cervical region (224)
- \* BACK; TENSION (138)
- \* BACK; PAIN; break, as if the back would (59)
- \* BACK; PAIN; break, as if the back would; lumbar region (12)
- \* BACK; PAIN; break, as if the back would; sacrum (5)
- \* BACK; TENSION; Cervical region (103)
- \* BACK; STIFFNESS (264)

▼ 5. **Foreign body (332)**

- \* THROAT; LUMP, plug, sensation of (186)
- \* THROAT; CHOKING, constricting (245)
- \* THROAT; MUCUS; lumps (22)
- \* THROAT; MUCUS; tenacious (127)
- \* THROAT; FOREIGN body, sensation of (79)
- \* EAR; FOREIGN BODY, sensation of; in (9)

▼ 6. **Congestion (364)**

- \* HEAD PAIN; PRESSING; Forehead (284)
- \* HEAD; HEAT, General (316)

▼ 7. **sitting agg (304)**

- \* HEAD; CONGESTION, hyperemia etc. (292)
- \* BACK; PAIN; aching; lumbar region; sitting; agg. (23)
- BACK; PAIN; General; sacral region; sitting; while (42)

▼ 8. **offensiveness (134)**

- \* FEMALE; LEUCORRHEA; offensive (100)
- \* EAR; DISCHARGES; offensive (62)

▼ 9. **jaw pains (167)**

- \* FACE; PAIN; General, aching, prosopalgia; jaw; articulation (58)
- \* FACE; PAIN; General, aching, prosopalgia; jaw (166)

▼ 10. **forehead pains (430)**

- \* HEAD PAIN; LOCALIZATION; Forehead; eyes; above (284)
- \* HEAD PAIN; LOCALIZATION; Forehead; eyes; above; right (99)
- \* HEAD PAIN; LOCALIZATION; Forehead (430)

\*11. FEMALE; MENSES; scanty (209)

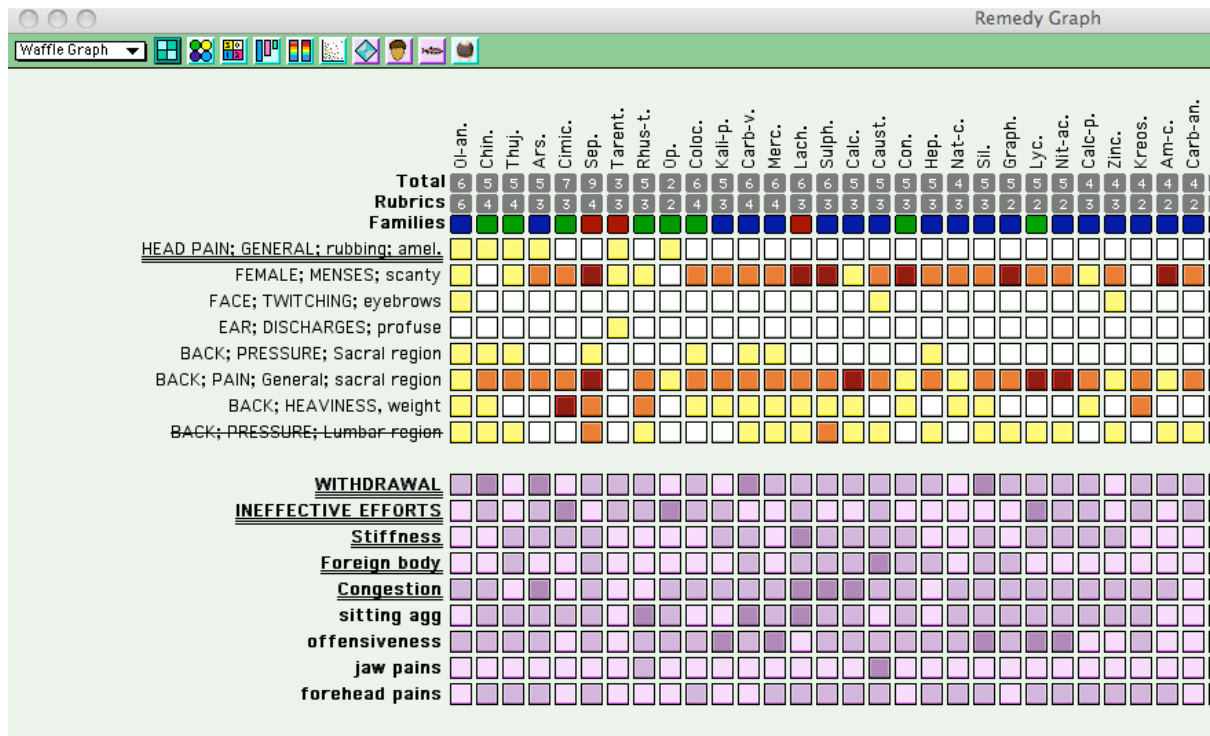
\*12. FACE; TWITCHING; eyebrows (16)

13. EAR; DISCHARGES; profuse (6)

14. BACK; PRESSURE; Sacral region (31)

\*15. BACK; PAIN; General; sacral region (229)

\*16. BACK; HEAVINESS, weight (94)



I advise Aurora to start Oleum animalis, which she takes for almost three weeks before complaining of severe headache, accompanied by a sensation of intense coldness, total appetite loss and severe neck stiffness.

I advised her to stop the remedy and after a couple of days, Aurora feels better. Her period subsequently comes and it is heavier than usual without the usual build-up. The cough improves within the first fortnight of treatment. Within the two months following our initial interview, both the vaginal discharge and the otorrhoea gradually disappear. During the month after stopping the remedy, Aurora no longer complains of headache.

The follow-up interview takes place a little more than two months later:

!! “I think that something has changed with my period. It has set itself right...it’s become regular again likes years back. It’s heavier but not a haemorrhage. Those very troublesome discharges that I had for ages have gradually lessened until they disappeared...”

!! “I also no longer have the discharges from my ears. I don’t know why, but if it’s because of your treatment, I am really amazed. I had it for years and I almost miss it now...”

§ Before I would often find myself scratching my ears and now it's automatic to scratch them even if I'm not itchy at all...really.

§ It's difficult to explain it but...it's as if by scratching myself, I check that my ears are still there...

§ It's really hard to explain...there aren't words for certain things that you feel...§ I think that after being disappointed and a bit frightened that my hearing goes...it's really spontaneous for me to check if the ears are still there. I don't know how to describe it any better...

§ I've always scratched my ears ever since I was small until I even reached the point of hurting myself...as I told you last time..."

§ Perhaps that discharge reminded me that my ears were there and that they were working...in their own way...they want to do it..."

!! "I no longer have the cough at night and it went away in a few days.

Before as soon as I went to bed, I used to always begin to cough a little...then I always felt like there was a sort of weight on the chest.

Sometimes it was even such an effort to breathe, I seemed to be a bit short of breath..., and once I began to cough, I never stopped.

I also had that thing stuck in my throat and it wouldn't go away and now it's as if I am better at getting rid of the catarrh...and perhaps I've not even got as much as before...if I don't have to cough..."

& !!! "Last time I didn't talk about my tiredness.

§ I don't know if I forgot about it or if I had almost deliberately repressed it...but the alarms me terribly. § I never understood how much was REAL tiredness and how much instead was my depression.

I felt very tired...it's wasn't easy to put up with and I easily got very tired. Sometimes I completely tilted over with tiredness [in Italian, "tilt" is when a flipper stops working because it has been shaken too much].

I didn't want anything psychologically or physically.

I only wanted to rest...I could be a bit active for 4-5 hours and then I collapsed...

I was forced to get up in the morning because I had to be at work at eight and I'm not quick. I have to do everything calmly...

If I had to do unplanned unexpected things...it was a disaster. And in my job, it's always a bit unexpected...

And then I don't enjoy much the life that I lead...

§ In any case, now I can sleep less...perhaps I miss my bed a bit, but I sleep less hours and I wake up more rested than before...

§ Perhaps my mood has also improved too...I don't know.

§ Perhaps I'm afraid for my mood to improve... §because if it really gets better, perhaps I would be forced to do things that I don't know if I can and if I really want to do...and so perhaps it wouldn't be too bad to stay in limbo...

§ I'VE NEVER BEEN ABLE TO FACE THE WORLD HEAD ON...I'm not like my father...and not even how he wants me”

\*\*\* “However, my skin is awful.

I didn't tell you that I suffered from terrible acne for many years and then it became a type of rosacea that disappeared after a long course of steroids...

Now I'm full of spots on my back and a bit on my chest... (huge furuncles)

§ I seem to have gone back to what I was like before. It feels all oily and sometimes touching it is even annoying.

§ It's a sensation that I don't like much § I was in this state before I was 20...it was something that I wanted and had to sort out.

Afterwards I got an itch on my face but then I still didn't have a rash...I don't know if it's linked to the secretion of my skin...but it spread all over the face.

They are all things that I can put up with...but I would feel better without...”

!! “My head doesn't feel so hot...I didn't tell you that I my head often felt hot and then I had cold feet...

§ I don't know. But it was if there was a temperature difference between the top and the bottom part of my body...

§ In fact I mean that it's been weeks since I last had a headache and I've not needed to take any medicine.

I realised that I had a background pain however...I don't have it anymore now. § It was a dull pain that I had constantly and it made me feel confused...and I feel that I don't have it now.

I feel more present generally...perhaps it will also be because I sleep better and, as I said, I wake up more rested..."

§ !!! "Now there's no problem with getting to sleep and I don't seem to be cataleptic like before..."

§ I'm having many dreams and it's difficult to remember them. I've started to have those dreams in natural settings again...some of the ones that struck me were about big thunderstorms with thunder and lightning that frightened me because I was always afraid that the trees around would catch fire but it wasn't like that...perhaps it was raining too much.

§ I realised because I saw a stream in full spate and another time a huge river that flowed into a lake with trunks and entire trees dragged into the valley...

§ In one of them there was even a sawmill and my father worked inside - in fact he was really the owner. § I felt well in one aspect...this display of Nature filled me with energy...but in other aspect, I thought of all those trunks that would NEVER dry and it was my job to look after the wood for the sawmill...

I tried to convince my father that there were already lorries waiting and that he had he had to do look after the delivery...

§ It wasn't my fault that it was raining so much but he had done his job. This sawmill was there for years and if he had managed so well in his job he obviously knew how to plan it...

Not like me who lives from day to day..."

§ !!! "Do you see how absent-minded I am...?"

Certainly...my back.

§ The pains are much less. I cannot say that I am well but I'm certainly better. As I told you, I can sleep now and don't you realise too that I can manage to remain seated without seeming to be burning coals?

§ I thought that perhaps it was obvious by telling you that I'm sleeping better and I wake up feeling rested. In the end, the back isn't so important to me...apart from the fact that because of my back, my life was becoming awful...

§ I think that as we grow older, it's normal to have some ailments, but these problems ought not cripple your existence and become so incapacitating...

§ My back hasn't felt broken...and I can work without having to get up constantly. But after a couple of hours I have to get up...

§ I feel the heaviness much less but it hasn't gone completely.

Above all my neck feels much lighter and my head doesn't seem to be double its weight..."

§ I've discovered that my husband has a lover. Perhaps I already knew it and perhaps I didn't want to know.

But we've been living like brother and sister for some time. I would say that I'm not even too unhappy about it. So I don't have to worry about his future and I know that someone is capable of satisfying him.

I've certainly not managed but I haven't made so much of an effort either"

!! "You know that the last time I left your surgery with a sinking sensation...now I feel naked..."

§ There are certain things that you say to me or that you make me say...that are true and are parts of me that I would prefer not to show.

I'm shy, timid and I don't want to put myself on display for everyone to know me...I feel bad because I feel vulnerable...but here with you, I cannot even have the desire to run away because you make me feel that deep down all of this could be normal. § I mean that I don't feel judged...but undressed, yes, and without even a little penknife to depend myself..."

I advise her to continue on Q3 and Aurora takes it for almost two weeks before complaining of a fresh attack of headache associated with severe neck stiffness. After this, the spots begin to improve and the back pain gets markedly better. We jointly decide to continue the therapy, taking two doses a week as Aurora herself notices that she feels better if she takes the remedy with some regularity.

Four months after the second interview, I suggest to Aurora that she attend the neurology department for a check up. They confirm a clear improvement in her clinical state. Aurora herself decides by herself to have an audiometric studies and this demonstrates an improvement in perception even if there is tangible impaired hearing.

The next check-up takes place six months later:

!!! "This time I'll tell you straightaway how my back it...that is, if we have to still speak about my back...

§ Do you see it?...You're the one who takes me away from the subject...I have never felt very sure that my problems were at my back. Or at least not ONLY at my back. Someone has even speculated that I had a some kind of virus that went away gradually...

§ I didn't really expect that someone like you would tell me that it was possible...

§ In fact / can tell you that what I've heard some people say about homeopathic treatment is really true. If they are the right ones, they improve you inside. And I can say that my quality of life has definitely improved. Not only the pains.

You know, I told one of the doctors in the hospital. I told him that I didn't believe that it was a virus because my pains haven't just improved and then...how strange it was that I didn't improve at all with the drugs that THEY gave me. Not even the headache, the sleeping and my mood.

I've done had some analysis therapy for a few years and I'm very pleased with it, but the dreams that I've been having since taking your blessed little drops give me the impression I'm going to the cinema...

§ I can say that I had only one awful memory but now...

Like even the tiredness. That wasn't only an awful memory because I've NEVER in all my life had the desire to be active and the energy that I have now. Perhaps as a child, but I cannot remember...

I even hear better...not well...I finally know that the auditory nerve is damaged.

§ They finally told me because before it seemed that it was but it was never made clear to me...or perhaps with the fact that I am a bit deaf, I didn't understand properly!

It was already getting better after the first lot of therapy and now I've noticed better that I don't really have the tiredness I had before...if we want to speak about tiredness..

I don't even have those memory problems anymore and I can apply myself properly to work without feeling that I'm an idiot.

As I say, I've gone back to being sprightly and alert. I don't even have my notebook where I was going to have to write down my name, the way there's were looking...

Years ago, I didn't even use a watch and I did everything mentally... § until I had the crisis during that spell in university...

I'm also less disoriented, I have less doubts and I know what I want to do. I know clearly what direction I am going in and I decided to make a big change over work and to set myself up privately in my own office. Then they offered to take me on as a partner where I've worked for years.

They told me that they would feel lost without me and that they had NEVER offered me this opportunity before because they saw that I wasn't motivated enough.

§ I WAS VERY MOVED WHEN THEY TOLD ME THIS..."

§ !! "Those years at university were very hard. It wasn't' what I wanted to study...but I grew up with the steadfast belief that I was a monster for my father.

§ I say a monster because I've never known how to satisfy him. I KNOW BEYOND A SHADOW OF A DOUBT THAT I'VE BEEN A DISAPPOINTMENT: PERHAPS THE BIGGEST IN HIS LIFE.

§ I've done everything to be firstly considered normal, then capable and then sweet...

I've NEVER managed.

My father wanted me to study economy because he is one of the old school who is self-made. And ever since I was a child he told me that everything I did was ONLY for me. It took me years to understand that I only did it for HIM...but maybe I only understood it LATE and only with my BRAIN.

I did everything to get rid of this thing...I broke my back, but it was never enough...

§ Can you get what I'm saying, ALONE? I was basically bending myself...and I'm not totally broken yet...

When they gave me that recognition at the office...I couldn't help crying. They told me that I've always been very capable: just think that I am a graduate and I work for someone who doesn't have a degree. I do everything for him and behind the scenes I handle the very important clients but I've never had the courage and especially the WILL and the CAPACITY...the POWER and ENERGY to succeed.

They told me that I work like a mule, I'm reliable, honest...efficient but they saw very clearly that I didn't really enjoy it and I wasn't ambitious. THEY BASICALLY TOLD MET THAT I WAS AN EXCELLENT EMPLOYEE. NOT AN ENTREPRENEUR...

And they are right...

They said that they saw a change in me and they want to offer me this opportunity. They offered me excellent conditions and it's not only because they're afraid to lose me...

§ I have the feeling that I the quality of my life can be different...I feel that I've woken up after a long winter...I don't even feel the coldness anymore that I had before...

§ I feel more awake and I have the desire to engage with this world that deep down belongs to me too..."

§ !! "I could recount a library full of dreams...this seems the most interesting to me. It's the one that struck me more than all the others.

That evening I had seen a programme on TV explaining how certain forests NEED FIRE to grow. That natural fires are indispensable to develop certain seeds. I think that it was a light for me...

That same night I dreamt of a fire that was warming but not burning...I could see it from high up a hill and enjoy the stupendous sight: Nature looking for balance with all its might...

Trunks of trees falling in a river that gradually formed a natural dyke and I saw a lake forming gradually before my eyes...naturally: not a manmade dyke...

§ I remembered that heat that I felt long ago...when I woke up at night thinking that I had left something on the cooker...but this time it was heat that didn't burn...I don't know if you follow me..."

Aurora is well almost five years later. I advised her to take the remedy occasionally during attacks of flu and she made a quick recovery.

Last year Aurora went through a difficult moment. Her father was ill and unfortunately, the outcome was unfavourable. Aurora managed to face with much maturity and courage his illness and then the bereavement that she seems to have worked through without particular problems.