

# Memories Dreams & Remedies

One of the dilemmas we have as homœopaths with dreams is their recording in materia medica and repertory. However, the other day, as usual, a patient provided the answer. This was a patient who was doing quite well on *Calcarea carbonica*. She is elderly, arthritic and rather overweight. I had asked her to record her dreams carefully over the last month and all she had to say was that nothing really very much had happened. She always had quite pleasant dreams anyway (as if to say what was I making a fuss about). So I looked at the repertory and discovered that *Calcarea carbonica* is black type for 'pleasant dreams'. Now, of course, one would be foolish to think that this confirmed the prescription of *Calcarea carbonica* because it did not. But it did make me think that if a patient always has dreams of snakes or robbers then one may be entitled to use such a rubric in deciding the remedy for the patient. But, as Whitmont has pointed out on a number of occasions, many patients will have dreams of snakes, robbers, being pursued, chased, etc. during their lifetimes. These are quite common things to appear in dreams. What Whitmont has shown in his dream seminars and his book *Dreams a Portal to the Source* is that homœopaths can listen carefully to the patient's dream and ask the dreamer about the symbols in the dream itself. Most of the rest of this article will illustrate these ideas in practice.


The purpose of these illustrative cases is not to focus on the accuracy of the homœopathic prescribing but to illustrate how the language of the patient's dream may be interpreted. At least understood and then translated into the language of the repertory, it may suggest possible remedies.

Of course, those cases are only the tip of the iceberg, they only illustrate specific dream and remedy connections. But what has really happened is that Whitmont has inspired me by his example to listen to patients with greater attention and to feel that their world, not only their dreams, is real for them. That is one reason why in the *Natrum muriaticum* case it does not matter that the dream is retrospective.

## Case 2334


A retired man, born 1940, came to me suffering with an anxiety neurosis. At the first consultation I prescribed *Arsenicum album* and he came back for the second consultation four weeks later, improved say around 20%, but I was not that satisfied. I read back over his notes and I noticed that he had said he had a fascination with whales and submarines. So I asked him to tell me about a whale, what it is and what it is like. He then told me he did not mean whales but sharks instead and that sharks symbolised hidden power in the depths of the sea, thus one sees a similarity with submarines. I also asked him in what way he hid his power. He went on to say he did not reveal himself to other people very much, but only showed them what he thought they wanted to see. He then told me he considered himself clever and astute. He had retired early from his job and invested his money wisely. He told me that if he did things, he always did them very well. That is why he is a good musician, careful and

thorough. If he got into something he would do it wholeheartedly. He told me he thought himself superior to other people "and, in fact, Michael I think that I am superior to you". I was amazed as you can imagine. A number of rubrics come easily to mind, which are shown in the chart, in particular *Delusions is a great person*, which led to a successful prescription of *Sulphur*.

- 
- 1. MIND; CONSCIENTIOUS about trifles
  - 2. MIND; FEAR; poverty
  - 3. MIND; CAREFULNESS
  - 4. MIND; SENSITIVE, oversensitive; music, to
  - 5. MIND; HAUGHTY
  - 6. MIND; EGOTISM, self-esteem
  - 7. MIND; PHILOSOPHY; ability for
  - 8. MIND; DELUSIONS, imaginations; great person, is

## Case 2522

A woman, born 1959, mother and psychotherapy student, whom I had not seen for some years, came back to see me because of menstrual problems. She knew I was interested in patients' dreams and told me straight away about a dream she had where she was fighting with her mother. It was centuries ago, and they were fighting with crude metal weapons. She comes from Greece and there is a long history of conflicts with her mother, which is really why she has ended up studying psychotherapy. Here is an image of *Ferrum metallicum* – the dreams of fights and battles and it seemed from her description as if they were back in an *Iron Age*. *Ferrum metallicum* cured quickly and easily. Sees everything as a fight – wants to become a warrior. Also she was in the Greek resistance – a warrior.

- 
- 1. FEMALE; PAIN; bearing down; Uterus, and region of
  - 2. MIND; DREAMS; fights
  - 3. MIND; DREAMS; battles
  - 4. MIND; DREAMS; duels
  - 5. MIND; DREAMS; war
  - 6. MIND; OBSTINATE, headstrong

## Case 2344

A woman, born 1972, a social worker, was prescribed *Phosphorus* at her first consultation with a little change. Since then she has responded quite well to *Aurum*, but I have also considered she may need *Aurum arsenicosum*. At one of her consultations I asked her about her dreams and she said, "Oh well, I had a dream of a bad man with a tattoo." "But," she said, "I can explain it quite easily" (patients often think they can explain their dreams quite easily by something that has happened the previous day or that was going to happen the next day, etc.). She said that the man that she dreamt about is a local celebrity. He has tattoos on his face and feet and in particular she dreamt of him having a tattoo on his cheek shaped as a tear. He also had some tribal markings he decided to have removed. I asked her what a tattoo of a tear on the

cheek meant to her and she said she thought it was somebody who was unable to cry and wanted to show other people that they were sad. "Rather like me," she said. Then I asked her about the tribal markings and their removal. She said tribal markings symbolised being noticed and, if removed, you would be less obvious, which is rather surprising when you have tattoos on your face.

I had noticed at her first consultation that she had said she was very self-conscious about her eczema (mainly on her legs) and that she had not worn shorts all summer because of it. This ties in with the idea of the tribal markings and of not being noticed. I particularly chose the rubrics *Aversion to being looked at* and *Fear of her condition being observed*. Since then I have used these rubrics in other patients who have been self-conscious about their skin conditions.

The chart shows the other rubrics that were chosen when the case was first taken.

	Phos.	Ins.	Plur.	Plur-ar.
1. GENERALITIES; GROWTH; length, in, to fast				
2. GENERALITIES; GROWTH; length, in, to fast; young people, in				
3. SKIN; ITCHING; scratch; must; until it bleeds				
4. SKIN; ITCHING; scratch; must; until it is raw				
5. SKIN; ITCHING; scratching; amel.				
6. RESPIRATION; DIFFICULT; talking; during and after				
7. MIND; AILMENTS from; love; disappointed				
8. MIND; AILMENTS from; disappointment, deception				
9. MIND; CONSCIENTIOUS about trifles				
10. MIND; OBSTINATE, headstrong				
11. MIND; RESERVED				
12. MIND; BUSY				
13. MIND; HURRY, haste				
14. MIND; SQUANDERS				
15. MIND; EXTRAVAGANCE				
16. MIND; INJUSTICE, cannot support				
17. MIND; LOOKED at; cannot bear to be				
18. MIND; FEAR; looked at				
19. MIND; HIDE, desire to				
20. MIND; EGOTISM, self-esteem				
21. MIND; FEAR; observed, of her condition being				
22. GENERALITIES; FOOD and drinks; fish; desires				
23. GENERALITIES; FOOD and drinks; eggs; aversion				
24. SKIN; ECCHYMOSE				

### Case 2195

A woman, born 1958, first seen 28/2/94. Patient has had vertigo attacks every three to six months for the past two to three years and feels the problem is due to stress. She has been prescribed *Natrum muriaticum* in various potencies. You will see from the chart the rubrics chosen for the case from the rest of the patient's symptoms. In October 1994 I saw her and she told me about a dream. She is paddling and she cannot swim. Her father, who is deceased, is far out to sea and she is afraid of the sea because she cannot swim. In the dream she will not go any further than she has to. Things are growing in the sea. She is paddling and paddling and keeping her feet on the ground and does not know what is underneath. She is afraid of taking her feet off the ground because of not balancing. She is afraid her father will not come and that the water will carry him away. Her father tells her to come in and it is lovely and warm. She thinks it is cold. He is warm because he is moving about. Also she does not like chlorine in swimming pools. Here we have the image of the shy, introverted person who is unable to swim in the currents of life and stays on the edges and just paddles and niggles at things.

- |   | Vert. |
|---|-------|
| 1. VERTIGO; VISION, with obscurity of       |       |
| 2. VERTIGO; VOMITING; with                  |       |
| 3. VERTIGO; NAUSEA; with                    |       |
| 4. VERTIGO; FORENOON                        |       |
| 5. EAR; NOISES in; General; vertigo; with   |       |
| 6. EAR; NOISES in; buzzing                  |       |
| 7. EAR; NOISES in; buzzing; vertigo, with   |       |
| 8. VERTIGO; MENIERE'S disease               |       |
| 9. VERTIGO; MOTION, from                    |       |
| 10. MOUTH; ULCERS                           |       |
| 11. MIND; TRAVEL; desire to                 |       |
| 12. MIND; AILMENTS from; love; disappointed |       |
| 13. MIND; OBSTINATE, headstrong             |       |
| 14. MIND; IRRITABILITY; menses; before      |       |
| 15. MIND; FEAR; water, of                   |       |

### Case 1343

A woman, born 1940, first seen in 1989 when she had had rheumatoid arthritis for two or three years. In the past she has done well on *Pulsatilla*, *Aurum*, *Sulphur*, *Bryonia* and *Lachesis*. In September 1994 I saw her again when she was not too well, particularly because she had not had a period for three months. She was also suffering with pains in the left elbow, which she was unable to straighten properly. The pain is worse from any movement. She was able to tell me her dream, which was as follows. *She was by herself in the parapets of a castle which needed a lot of decorating and she was redesigning and hoping to get more of her family in it. The house was in a poor state of repair but the grounds were good.* When I asked her what a castle was, she said it is something that is hundreds of years old, has royal connections, lots of servants, is built on a hill, is easily defended against invaders and has big strong doors. I asked her what she had to defend, and she said she defends her family. She likes to think she is the king pin. She was always suppressed by her parents and never forgiven for being a girl. She feels bitter towards them, which stopped her developing. She had to be a clone of her sister. She was naughty at school; sporty and not academic. So I analysed her case and you will see the rubrics chosen from the chart. There is an image of someone who wants to live in a castle and has royal connections. If it had not been for her dream, I would never have thought of prescribing *Platina* for her. Outwardly she is not arrogant or haughty. However, at the follow-up five weeks later she was much better, the joints were all loosening up, particularly the elbow, and not nearly as painful.

- |   | Plat. |
|---|-------|
| 1. EXTREMITY PAIN; UPPER LIMBS; Elbow               |       |
| 2. EXTREMITY PAIN; UPPER LIMBS; Elbow; motion; agg. |       |
| 3. MIND; DELUSIONS, imaginations; great person, is  |       |
| 4. MIND; REPROACHES; others                         |       |
| 5. MIND; EMBITTERED, exasperated                    |       |
| 6. MIND; DWELLS on past disagreeable occurrences    |       |

### Case 1069

A woman, born 1964, a voluntary supervisor for a charity, first seen on 20/4/92. She has had various remedies including *Mercurius* lately. She had a dream where she was sitting there with all her possessions, and her partner was trying to connect a television (they do not like televisions and do not have one at home). She was shouting at people in the dream and she felt unsupported. They did not care and her mouth was dry and the words stuck in her throat. The next day she developed a sore throat so that it was difficult for her to say some of the

things she feels. She then told me she feels paranoid about some of the things at work from the evidence she has been picking up. She wants to leave the agency but wants to leave it safely. She feels betrayed, injured and taken advantage of, and she feels wounded. She said the TV is a power tool and is used for advertising, but you can get hooked into it, it is not like a book. She talked about a power struggle at work and she feels suicidal. The TV has a thick power lead, but it was not connected. She feels that she has given a lot of her power away and she needs to feel supported. So she was prescribed *Aurum* as you will see from the rubrics I chose in the chart.

- |  |                          |
|--|--------------------------|
| 1. THROAT, external; PAIN; Cervical Glands               | <input type="checkbox"/> |
| 2. THROAT, external; SWELLING; Cervical Glands           | <input type="checkbox"/> |
| 3. MIND; DELUSIONS, imaginations; persecuted, that he is | <input type="checkbox"/> |
| 4. MIND; AILMENTS from; honour, wounded                  | <input type="checkbox"/> |
| 5. MIND; FORSAKEN feeling                                | <input type="checkbox"/> |
| 6. MIND; DELUSIONS, imaginations; deserted, forsaken     | <input type="checkbox"/> |
| 7. MIND; SUICIDAL disposition                            | <input type="checkbox"/> |

**Case 2159**

A woman, born 1947, with frequent, protracted and heavy periods, PMT and night sweats. I had previously prescribed *Lycopodium*, *Sepia* and *Chocolate* (she has strong desire for chocolate). She comes from a wealthy and cultured middle class background. During one consultation she told me about one of her dreams. She was in a clothes shop with her mother and she wanted to buy a 1920's shift; there were few other details in her dream. In her dream she was a 20's flapper. The 1920s were a decadent era – lots of show but superficial, for the upper classes at least. This is a picture of a society woman going to elegant parties, who would value the admiring glances and flattery from others. Taken together with feeling hurt and abandoned by her husband and family, a picture of *Palladium* emerges clearly. The rubrics chosen are in the chart. Three months later she told me that she had had a radical change in her views: she now sees that her father was a selfish person; she had been encouraged as a child, by her nanny, to think he was perfect. This has enabled her to see her husband more realistically and she now feels much happier about their relationship.

- |   |                          |
|---|--------------------------|
| 1. FEMALE; MENSES; copious                            | <input type="checkbox"/> |
| 2. FEMALE; MENSES; frequent, too early, too soon      | <input type="checkbox"/> |
| 3. FEMALE; MENSES; protracted, prolonged              | <input type="checkbox"/> |
| 4. PERSPIRATION; NIGHT                                | <input type="checkbox"/> |
| 5. GENERALITIES; HEAT; flushes of                     | <input type="checkbox"/> |
| 6. MIND; IRRITABILITY; menses; before                 | <input type="checkbox"/> |
| 7. MIND; CONFIDENCE; want of self                     | <input type="checkbox"/> |
| 8. MIND; FORSAKEN feeling                             | <input type="checkbox"/> |
| 9. MIND; DELUSIONS, imaginations; neglected; he is    | <input type="checkbox"/> |
| 10. MIND; DELUSIONS, imaginations; deserted, forsaken | <input type="checkbox"/> |
| 11. GENERALITIES; FOOD and drinks; chocolate; desires | <input type="checkbox"/> |

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