Markus Kuntosch

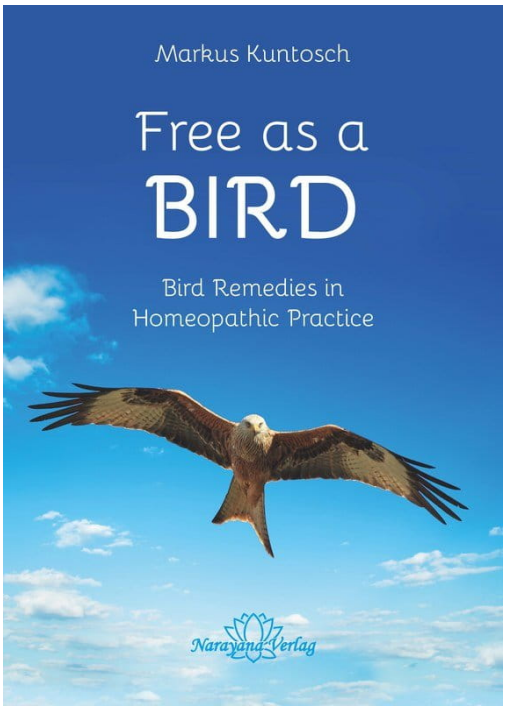
Free as a Bird

Przyk?adowy tekst

Free as a Bird

z Markus Kuntosch

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W sklepie internetowym Narayana znajdziesz wszystkie niemieckie i angielskie ksi??ki na temat homeopatii, medycyny alternatywnej i zdrowego stylu ?ycia.

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Foreword

Markus Kuntosch has written a wonderful book on birds. It is exceptionally practice-focused, which is his own personal trademark and something he demonstrates marvellously in this book on the use of the bird remedies for patients. He is a homeopath who primarily wants to help his patients and free them of their illnesses. Anyone who shares this goal needs to understand the best way to reach a prescription and how to find a good remedy.

In this book on the birds he showcases his method – or rather his methods, since he uses several paths to arrive at a prescription. He first uses the essence, which is the combination of themes common to all birds. Birds strive above all to be free and independent, and they need to be able to see far with a good overview and to have plenty of space. On the other hand they love their family and want to have children. These general themes are found in various ways and with differing emphases in all bird remedies. Markus also uses the patient's favourite colour. This is a very practice-focused and simple method of differentiation. The next characteristic is the patient's handwriting. But since it is sometimes so difficult to describe the style of a handwriting sample, it is initially not always easy to use handwriting to help find the remedy. You need to first get used to it. Yet it can be a very good confirmation of the chosen remedy. If you think of a certain remedy for a patient, you can compare the patient's handwriting to a handwriting sample typical of the remedy – in other words, a confirmed handwriting sample from a patient who was definitely helped by this remedy – and then you often clearly recognise the similarity. This is a very reliable aid. In addition, Markus uses the sensations and gestures of the patient in his analysis. Another way of confirming the remedy is to put it in the patient's hand and let them sense whether it is right or not. With children in particular, he uses the patient's drawings. And finally he uses the patient's favourite bird or the bird to which they feel the most affinity.

The description of the general bird themes works very well: each bird comes across clearly, showing its practical value in homeopathic classification. The birds have a lot in common and these themes form a logical unit, an essence. With this general picture it is easy to see whether a bird remedy is indicated. From there we can proceed to find the most suitable bird remedy.

This book shows very nicely how we can combine different methods in our practices. It shows that the individual techniques do not contra-

dict one another but rather supplement and reinforce one another. The interplay of various methods does not confuse us but rather helps us. Maybe this quality of the book is even more valuable than the basic descriptions of the bird remedies themselves. I can recommend this book to all homeopaths and even to lay people as it presents modern homeopathy like it really is.



Jan Scholten, Utrecht, February 2016



Introduction

In recent years the remedy group of the bird remedies has proved especially valuable in homeopathic practice. Like the Lanthanides, they are remedies for our modern times, with people subjected to high demands in the family and workplace, frequently with a profound desire for freedom and self-development. Bird remedies can help people who fall ill in these circumstances to rediscover their inner balance and recover their sense of ease.

In bird patients there are two opposing poles: the first pole concerns the worldly sense of responsibility towards family and work. This is something material with a heavy quality. If this burden becomes too great, it can restrict and crush. The other pole is the profound wish for freedom, flexibility and an unhindered natural sense of being. It has something light and airy. These people's dilemma plays out between the poles of heaven and earth, below and above, heavy and light.

They envy birds their ability to fly and survey the world from above. From their vantage point above the clouds everything seems small and insignificant, as Reinhard Mey pointed out in his most famous song, "Over the Clouds". From the birdseye perspective you have everything in view, can survey everything from a distance in peace, and feel the wind under your wings. It is as if you are being carried, light as a feather, carefree and boundless. You are right up in the sky and can move about freely without hindrance. Nothing can hold you back. On the earth, by comparison, you are constrained by your everyday duties. Everything drags you down to earth. You even feel tied down, as if trapped in a cage. You cannot get enough air and lack space to breathe deeply.

Birds have conquered almost all areas of the world. They are found on earth, on water, and of course above all in the air. Here they are in their element, free and able to move wherever they want at any time. They are fascinating creatures. Their arms have evolved into wings, their bones have air pockets and they are the only animals with feathers. Birds delight us with their songs and their virtuoso flying skills.

Many of them, mostly the males, have particularly colourful feathers. To attract the females, they often display bizarre courtship rituals. As with spiders, the females are usually larger.

So far there are more than 10,000 different bird species worldwide. There are now more than 100 remedies available for homeopathic prescription. Trituration is usually based on the feathers. Yet there are also remedies made from the blood (Peregrine falcon, Bald eagle), egg

(House crow, Canada goose, Mallard duck) and fatty tissue (Ostrich) or, for example, from abrading the beak and claws.



Homeopathic remedy provings offer us the raw material that prompts us to consider particular remedies and also to successfully prescribe them. Our patients, on the other hand, with their case histories and their descriptions of their individual situation in life can often best express how they experience a particular remedy state. Especially the reaction to a prescribed homeopathic remedy, the dreams or the change in perspective give us a good insight into the dynamics and the core problem of the prescribed remedy.

It is not the intention of this book to provide a comprehensive overview of all currently available bird remedies. There is already sufficient literature available for self-study. The aim is rather to offer a personal glimpse into the homeopathic world of birds based on my own experience with prescriptions and provings in recent years. I have used the most convincing case histories since our patients themselves excel in telling us how it feels to be in a "bird state", and what happens after they are given the remedy closest to their state. So this has become primarily a book of patients' stories.

2.2 Eurasian Sparrowhawk[2]



Accipiter nisus *Accip-n.*

Family: Accipitrids (Accipitridae)

Tries desperately to maintain control over the provision for their dependents and so restrict themselves more and more. When something is in their claws, they will not let go and they do as much as possible so that everything is checked and clarified multiple times.

Case: 40-year-old woman – systemic lupus erythematosus

The patient is gaunt and short with deeply chiselled facial features. She conveys the impression of tense restlessness and tends to present her complaints in an exaggerated way, with flickering eyelids and chin. She says her pain is "as strong as a hammer", "brutal", "abnormal" or "dreadful". The patient has an almost compulsive need to take care of her relatives and acquaintances, even sometimes dragging them to the doctor against their will. Once she has a "victim" in her "fangs", she will not let go, pulling out all the stops until the supposedly ill person has been checked over multiple times. She can then be very stubborn and self-righteous, with all kinds of objections to the proposals made to her by others.

She talks to herself while ironing, considering her next steps out loud. The worst thing for her is emergencies since she must still offer help yet cannot plan what to do in advance. Despite her best intentions, she feels betrayed by her mother-in-law, who she feels constantly stabs her in the back.

She comes to the practice for recurrent laryngitis, together with hoarseness to the point of losing her voice as well as diffuse pain, especially in the area of the neck, both arms and the abdomen. In the abdomen she has a feeling "as if dead", as if someone were stabbing her with a knife or as if there were something lodged below the left costal margin or tension from a hard blister-like object. The

2 "Also known as the northern sparrowhawk or simply the sparrowhawk." (Wikipedia)



upper abdomen can become as tense as a board or contract like a bag being pulled ever tighter. There are also cramps and tension in the neck, chest and lower abdomen. She complains of wandering joint pain in the hips, knees and shoulders

At night the middle to little fingers of the left hand are often numb, as if lifeless. Her neck is often tense and stone-hard. The neurologist diagnosed radiculopathy with confirmed foraminal stenosis of the cervical vertebrae 6/7.

When she is under stress the corner of her mouth cracks and she suffers from aphthae, herpes blisters and diarrhoea.

She feels hounded and driven, like a hamster on a wheel. When saying this, she opens her closed hands several times, as if spreading her claws.

The patient complains of being frozen, and in winter she feels worse, as if she has fallen into hibernation. At the start of winter she often has laryngitis with persistent hoarseness.

Since she continually loses weight and only eats oatmeal gruel, she is admitted to hospital for tests, including ultrasound, gastroscopy and colonoscopy, but there are no clear results. Painkillers only cause her tongue to swell without curing the abdominal cramps. The rheumatism clinic posits the initial stages of systemic lupus erythematosus due to the wandering arthritis, the night sweats, the early stages of cachexia and the evidence of antinuclear (max 1:1600 [normal < 1:100]) and antiphospholipid antibodies together with accelerated erythrocyte sedimentation. She refuses treatment with cortisone or other immunosuppressive drugs due to fear of the side effects.

The patient manages to just about keep going for four years with the homeopathic remedies *Cactus* and *Muriaticum acidum*. *Dysprosium* aggravates her mood in particular

"Inside me I felt such total hate of everything. I was dissatisfied with everything and I couldn't control it at all."

In January 2009 she returns to the practice with the feeling of a big hard balloon in the left upper abdomen, pressing outwards and causing a feeling of constriction. Pressing it and lying down ameliorates the discomfort. When I ask what the opposite feeling would be, she replies: "Something that does not constrict, which can freely open out … it's light, free … it's floating somehow in the open air between earth and sky and it can open out … nothing can affect you, nothing constricts you or breathes down your neck … no more pain … like in a vacuum, without rubbing people up the wrong way … you're free and can basically decide things for yourself … it's like floating … as free as a feather, light, the pressure is gone,

nothing constricting, nothing that you have to do … you aren't being controlled, just carried on the wind. On the ground I'm tied down. It's like in absolutely empty space, nothing presses, and nothing pushes you to your limits. Nothing corrects you. You're looking at the wide horizon, like at sea or in a desert. Apart from the wind, it's absolutely calm and timeless there. You aren't looking at a boundary or a wall, it just goes on forever."

In nature she experiences this sensation in birds. She is fascinated by raptors and especially by kites and sparrowhawks.

"I could watch them for hours, how they spiral up on the thermals … it's not like being in a plane, where I'm confined."

What is confined?

"Confined means enclosed, you crouch there like in a cage. You're responsible for your young and you're exposed to danger and hunger."

The Eurasian sparrowhawk is a raptor belonging to the Accipitridae family. Alongside the Falcons (Falconidae) this is the second large group of raptors. It includes the eagles, buzzards, vultures, hawks and kites. Female sparrowhawks are almost twice as large and heavy as the males. They prey with exceptional single-mindedness on comparatively much larger and more defensive animals.



Eurasian sparrowhawk (*Accipiter nisus*)



Analysis

As we traced the contrary sensations of her main complaints, the patient led me decisively to a bird remedy, clearly exhibiting her underlying conflict. On the one hand she feels confined as if in a cage due to the duty of care (in this case for her mother-in-law as the patient herself has no children) and on the other hand there is the unconscious wish to be able to survey things from a high vantage point and to float freely like a feather. When describing her abdominal cramps, she keeps making what looks like a claw with her hands. When describing the vastness she experiences looking across the desert from a high vantage point or when looking over the mountains, she stretches her arms out as if they were wings. I actually wanted to give her Kite as this is what she first mentioned and it seemed to be a better fit due to the sailing and how this bird spirals up on the thermals. But since we did not have the Kite remedy in the practice, I initially gave her European sparrowhawk. So in January 2009 I prescribed her first dose of *Accipiter nisus* MK (Goyens pharmacy, Belgium).

Progress

Follow-up two weeks later: even on the same day she felt a lightness in her life as if she were being carried. After a week she dreamt of her primary school teacher who happened to have the same name as the sparrowhawk ("Sperber" in German). The feeling of pressure in the upper abdomen returned twice but only briefly and in a mild form. She then had a relapse of severe herpes on the lip. She is now less worried about other people, even when a woman in her skiing group suffered a complicated leg fracture. Before the remedy she would have been dreadfully concerned about how best to help her. Now she was able to view it with more detachment, which surprised her. The panoramic view over the mountains was fantastic – as she said this, she spread her arms like wings. The joint pain and tense neck, which she so often complained about, have gone. I tried giving her *Milvus milvus* (Red Kite) but this caused general aggravation. So *Accipiter nisus* MK is repeated.

Follow-up after four months, before which I heard nothing more from her: she has now put on two kilos and looks far healthier. The patient said her quality of life in the last three months had been ideal. The *Sparrowhawk* was the best remedy she had ever taken. She was almost pain-free and she only came to see me now due to a



slight feeling of constriction in the chest. In this period she suffered from none of her usual symptoms: herpes, aphthae, diarrhoea, stomach cramp and tense neck. But above all her mood felt better. Her constant discontent and the persistent, almost compulsive need to help others (she makes the familiar claw hand) has disappeared. She has a more healthy perspective on the problems concerning the care of her father and mother-in-law, and she feels less paralysed by this issue.

Follow-up after six months: I saw the patient six months later. She says this period has been better than she has known for years. Her neck was mostly pain-free. She was even able to help with the comprehensive renovations on her house. The main thing, however, is that she no longer feels plagued by bad conscience if she is not constantly helping her parents or mother-in-law. Previously this used to affect her stomach most of all. She used to become really pushy and would not let go until her offer of help was accepted. She also felt that the inner unrest was bad before the remedy: "I couldn't rest for a second and had the feeling everybody was attacking me ... one wrong word and I could have murdered someone". This had all improved in the last six months. She still likes helping others but only if they themselves want this.

In the meantime five years have passed. She has been very well apart from minor infections and phlebitis, for which *Vipera berus* did her good.

Comments on the Eurasian Sparrowhawk

- Try desperately to maintain control over the provision of relatives, thereby restricting themselves ever more. When someone is in their fangs, they cannot let go and they pull out all the stops to ensure that everything has been checked and clarified multiple times.

- Differential diagnosis: stage 12 of the periodic table according to Jan Scholten + muriaticum.

- This patient's favourite colour for all the years I saw her was orange (4/5C).



Differential Diagnosis: Bird Remedies and Lanthanides

Especially with raptors, a striking similarity to the Lanthanides can be observed. Both remedy groups have a great need to decide for themselves in a free and unrestricted manner and to maintain a good overview of things. They experience interference in their freedom of decision and any constriction as a personal attack. Patients who need bird remedies use phrases like “caged” or “tied to the ground”. The Lanthanides express this more subtly, by a tendency to inner withdrawal. Lanthanide patients tend to be loners. They are sufficient unto themselves and do not necessarily need to live with someone. In the final analysis, they decide everything for themselves anyway. Yet with birds there is a strong relationship to the family and the duty to take care of the relatives, which therefore restricts their own freedom. The need to acquire food by coming down to earth in order to gain new energy for the return to the skies is often experienced as particularly painful. With autoimmune disease as in the case described above, in which we might primarily consider the Lanthanides, bird remedies can also be helpful. So far we have seen cases where bird remedies were successfully prescribed for multiple sclerosis, rheumatoid arthritis and lupus erythematosus.

In this case the remedies *Terbium* and *Dysprosium* come to mind, which were both tried. The patient is suffering from a type of autoimmune disease and can no longer control her own hate (Lanthanide) yet cannot let go of the tension and therefore cramps up (stage 11, *Terbium*).

The feeling of being attacked by everyone, the sensation of the knife as well as her impression that her mother-in-law is stabbing her in the back indicate stage 12, *Dysprosium*.

General Information on the Eurasian Sparrowhawk

Sparrowhawks stick closely to wooded areas, where they breed nowadays in many areas of Europe, as well as in city parks. They feed predominantly on small and medium-sized birds, occasionally also small mammals such as mice or bats, small reptiles and invertebrates. The males catch mainly birds about the size of tits or sparrows up to the size of blackbirds. Females can also overcome birds the size of a jay, wood pigeon or magpie. They predominantly hunt while flying close to the ground or from a hiding place, in a brief and rapid aerial

pursuit. For this they make clever use of natural structures such as hedges and trees or in built-up areas manmade structures such as houses to conceal their attack. Sparrowhawks are exceptionally agile when hunting. They pursue birds into bushes and hedges as well as into enclosed spaces in rooms. Sparrowhawks in pursuit have often been seen flying straight through feeding houses for songbirds.

The prey is grasped in the claws and killed. The claws are sunk into the prey for as long as it takes to immobilise it. Together with their relatively long legs, this method of killing enables the sparrowhawk to catch quite large and well-defended prey.

The sparrowhawk can easily be confused with the goshawk, although this is bigger and more powerful, and it never has the sparrowhawk's typical orange patch on the chest and belly.





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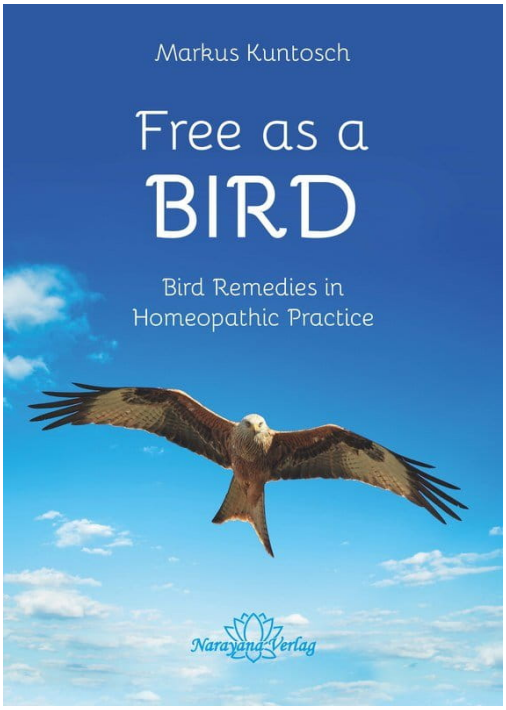
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