

Markus Kuntosch

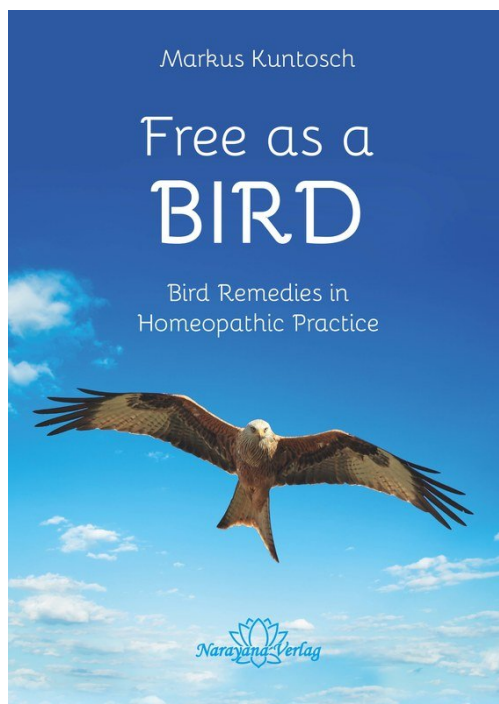
Free as a Bird

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[Free as a Bird](#)

depuis [Markus Kuntosch](#)

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Table of contents

Foreword	vi
Introduction	viii
1 General Bird Themes.....	1
Birds and their Biological Characteristics	2
Common Themes of Bird Remedies	3
Methods of Finding the Remedy	7
2 Raptors: Eagles, Falcons, Vultures	13
2.1 Northern Goshawk <i>Accipiter gentilis</i>	15
Case: exhaustion, depression, sleep disturbance	15
Case: thyroiditis.....	20
2.2 Eurasian Sparrowhawk <i>Accipiter nisus</i>	27
Case: systemic lupus erythematosus	27
2.3 Eastern Imperial Eagle <i>Aquila heliaca</i>	35
Case: stiff shoulder	35
Case: somatised depression, high blood pressure.....	37
2.4 Common Buzzard <i>Buteo buteo</i>	41
Case: heel spur and depression.....	41
Case: shoulder-arm syndrome.....	43
2.5 Red-Tailed Hawk <i>Buteo jamaicensis</i>	49
Case: tense neck, depression	49
Case: tense neck, sibling rivalry, self-harming behaviour.....	53
Case: tense neck, headache and shoulder problems	54
Case: seronegative rheumatoid arthritis, glaucoma	55
2.6 Peregrine Falcon <i>Falco peregrinus disciplinatus</i>	63
Case: shoulder pain, depression.....	63
Case: neurological problems, panic attacks	65
2.7 Himalayan Vulture <i>Gyps himalayensis</i>	73
Case: tense neck	73
2.8 Bald Eagle <i>Haliaeetus leucocephalus</i>	81
Case: prostate problems and depression.....	81
Case: shoulder problems.....	84
Case: headache	89
Case: depression after cerebral haemorrhage	92
2.9 Red Kite <i>Milvus</i>	97
Case: breathing difficulties and backache	97
Case: problems sleeping through the night, depression and breathing difficulties	99
Case: susceptibility to infection.....	102

3 Geese.....	109
3.1 Greylag Goose <i>Anser anser</i>	111
Case: exhaustion, midlife crisis	111
3.2 Canada Goose <i>Branta canadensis</i>	117
Case: chronic lumbar sciatica.....	117
4 Chicken.....	127
4.1 Chicken <i>Gallus gallus domesticus</i>	129
Case: headache, hot flushes.....	129
Case: Struma nodosa, perioral dermatitis, cervical syndrome ..	132
4.2 Chicken Egg Yolk <i>Ovi vitellus</i>	141
Case: fears	141
4.3 Chicken Tuberculinum <i>Tuberculinum aviare</i>	143
Case: weak lungs.....	143
5 Songbirds	147
5.1 European Robin <i>Erithacus rubecula</i>	149
Case: rosacea, suppressed fury	149
5.2 Great Tit <i>Parus major</i>	157
Case: 55-year-old woman – eczema	157
5.3 House Sparrow <i>Passer domesticus</i>	165
Case: psoriatic arthritis, conflict in the workplace	165
5.4 Magpie <i>Pica Pica</i>	173
Case: aggressive behavioural disorder	173
5.5 Eurasian Golden Oriole <i>Oriolus oriolus</i>	177
Case: Shoulder pain after cycling accident.....	177
6 Seabirds	181
6.1 Wandering Albatross <i>Diomedea exulans</i>	183
Case: depression, migraine, Hashimoto's thyroiditis	183
6.2 Black-Headed Gull <i>Larus ridibundus</i>	189
Case: difficulty staying asleep, nausea, cervical syndrome	189
6.3 Brown Pelican <i>Pelecanus occidentalis</i>	195
Case: venous thrombosis in both eyes with fear of going blind	195
7 Exotic Birds	203
7.1 Scarlet Macaw Ara <i>Ara macao</i>	205
Case: menopausal complaints	205
8 Appendix	213
Favourite Colours of the Bird Remedies	214
Colour / Remedy List	214
Remedy / Colour List	215
List of Sources	216
Acknowledgements	218
About the Author	219
Remedy Index.....	220
Subject Index.....	222
List of images	230
Imprint.....	231



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 Sparrowhawk²

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

ACCIPITER NISUS

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.





Remedy Index

A

Accipiter gentilis 9, 15, 18-20, 64
Accipiter nisus 27, 29-30, 59, 178
Agaricus 67
Ammonium muriaticum 143
Anas indica 137
Anser anser 111, 113, 119
Aquila chrysaetos 42, 50
Aquila heliaca 10, 35-38, 64, 112
Ara macao 9, 57, 183, 205, 208-209, 211
Aranea diadema 85
Aurum muriaticum 207

B

Bambusa arundinacea 59, 75, 134
Barium sulphuricum 93
Belladonna 66
Branta canadensis 117, 120-121
Bubo virginianus 50
Buteo buteo 41-45, 57, 104
Buteo jamaicensis 18, 36, 42, 44-45, 49-55, 57, 59, 64, 75, 89, 104, 151, 158, 178, 190

C

Cactus grandiflorus 5, 28
Calcium muriaticum 137
Calcium phosphoricum 141, 142
Calcium sulphuricum 137
Carboneum tetramuriaticum 134
Carcinosinum 6
Cathartes aura 77, 167
Chamomilla 41
Chromium sulphuricum 150
Ciconia ciconia 158
Cicuta virosa 100
Columba palumbus 196-197
Conium 82, 100

Corvus corax 174-175
Corvus splendens 174
Cygnus olor 50, 57

D

Diomedea exulans 183, 185-186
Dysprosium 28, 32

E

Erithacus rubecula 149, 151, 153

F

Falco cherrug 104
Falco peregrinus disciplinatus 8, 36, 57, 63-64, 89
Folliculinum 41

G

Gallus gallus domesticus 114, 129, 131-132, 136-137
Gyps fulvus 75
Gyps himalayensis 73, 75-76

H

Haliaeetus leucocephalus 8, 36, 39, 42, 50, 64, 81, 83-84, 88-89, 92-93, 95
Hepar sulphurium 113

K

Kalium cyanicum 135

L

Lac caninum 68, 134, 153
Lachesis 8, 206, 208
Larus argentatus 158, 185, 190, 192
Larus canus 192
Larus ridibundus 185, 189-192
Laurocerasus 143
Lycopus 206-208
Lyssinum 66, 68

M

Milvus milvus 44-45, 64, 97, 102, 104, 105
Muriaticum acidum 28

O

Oriolus oriolus 177-178
Ovi vitellus 141-142

P

Parus major 157-159
Passer domesticus 50, 165, 167
Pavo christatus 18
Pelecanus occidentalis 195, 197, 200
Petroleum 51
Phosphorus 7, 98, 209
Pica pica 173
Polygonum aviculare 178
Pulsatilla 143, 144, 207

R

Rhus toxicodendron 84

S

Samarium muriaticum 17-18
Sepia 6, 101, 184
Silicea 153
Staphisagria 68, 153-154
Stramonium 66, 68

T

Tarentula 8
Terbium 32
Thulium muriaticum 43
Tuberculinum 7, 143
Tuberculinum aviare 143-144
Tyto alba 50

V

Vipera berus 31
Vultur gryphus 75, 77-78





Subject Index

A

Abdomen
 cramps 30
 distended, full 125
Abscess 77, 113
Abuse, effects of sexual 68
Acne 125
Actually colourful, ebullient and
 hyper, but wear black to
 avoid standing out 210
ADHD 67
Afraid
 losing track of things, of 16
 suddenly overwhelmed, of
 being 65
Aggression 54
Allergy 100
 horse hair 16
Anger
 remains stuck, in throat 22
 sudden, unexpected outbreak
 of 151
 swallowing 22
Aphthae 28, 31, 134
Appetite, ravenous 100, 130
Arguing 192
 physical violence in pregnancy,
 and, effects of 68
 sale, at a 192
Aristocratic 22
Arthritis 28
 rheumatoid 32, 55
Ashamed
 appearance, of her 152
 fury, of her 152
Asthma 101, 197
 children, in 145
 young children, in 145
Atheroma 77
Attempt to cleverly sneak into
 somewhere 175

Attention
 demanding 160
 standing to 15
Autoimmune disease 32, 57, 166

B

Backache 16, 41, 97, 120
 cervical region 60
 dorsal region 60
Backing, have no 22
Badmouth others 175
Bathing > 124
Behavioural disorder, aggressive
 67, 173
Belonging, one wants to 209
Blame and rebuke, sensitive
 about 160
Blood pressure, high 37
Blow, expecting the final 63
Boat, rudderless, at sea 183
Body, heavy burden, is 46
Boil 125
Breathing
 difficulties 97, 99
 rattling without discharge 145
Breathlessness 98, 135
Bronchitis 135, 143-145
 acute 145
 children, in 145
Bronchopneumonia 145
Burning, sensation of 123

C

Cachexia 28
Carefree 23
Cervical cancer 206-207
Cervical syndrome 132, 189
Change of mood, rapid 122
Charged up 15
Chase others and craftily steal
 the booty 175

Chest
 muscles tense up 105
 pain, piercing 60
 Childish 121
 Claw hand 8, 64, 66
 Cloth, old, heavy, dark brown 46
 Clumsiness 95
 Cold 102-103, 159
 Compliance 136
 Concentration poor 54
 Concussion 166
 Congestion, feeling of, as if
 about to burst 210
 Conscientious, very 195
 Constrained and constantly under
 pressure 82
 Constriction 123
 dislike of, of neck 138, 210
 Contact, dislike of 121
 Control, tries desperately to,
 maintain, over provision for
 dependents 27
 Convalescence, complaints during
 144
 Corset, squeezed into a, as if 55
 Cough 99, 101-102
 irritating 135, 143
 measles, after 145
 ongoing 145
 rattling 143
 Cracking, neck vertebrae, when
 moving head 125
 Cramps < when moving neck
 125
 Cruise ship is sailing towards the
 sunset 187

D

Dance, desire to 122
 Decency 22
 Delusion
 adrenaline, as if under effect
 of, constantly ready to flee
 68
 betrayed, have been 122
 black cape is put on from behind
 69

black objects, black people,
 sees 69
 caught, is 122
 clean, is 122
 clothes are wet and heavy 122
 connected with the world, is
 not 122
 control of superhuman forces,
 is under the 69
 deep black hole, sitting in a 69
 detached, from the world 122
 dirty, is 122
 dirty, she is 69
 estranged from the world 122
 fighter, he is a 122
 flying when walking, he is 59
 his soul or the universe, as if
 fractured 94
 humiliated and threatened, of
 being 68
 left arm feels like a broken
 wing 94
 many knives in body 59
 mighty power, is under the
 influence of a 69
 neglected, he is 59
 observed, by men 122
 old, is 122
 poisoned physically and/or
 mentally, is 122
 powerless, is 122
 prisoner, they are a 94
 pursued, being 122
 tied up, he is 122
 trap, as if in a 68
 trapped, in a cage, as if 68
 trapped, in one's own body, as
 if 68
 trust in oneself and human-
 kind, has lost 69
 two directions, he is pulled 94
 ugly, is 69, 122
 when driving, he is floating 94
 when driving, he is light 94
 Depression 15, 41, 43, 49, 63,
 67, 81, 92-93, 99, 183, 185
 somatised 37





Dermatitis, perioral 132

Desire

- chicken, for 124
- country life, for 94
- crack peanuts, to 210
- drinks, warm, for 124
- drive a car fast, to 94
- eggs, for 95
- finger nails, to pull 210
- lightness and flight, for 45
- meat, for 124
- milk, for 124
- outdoors, to be 124
- raw food, for 124
- scold and break something, to 151
- seafood, for 124
- stay outdoors, to 95
- turkey, for 124

Despair, as in a black cloud 59

Diarrhoea 28, 31, 173

Diplopia, vertical 95

Discharges, sticky 124

Distant 94, 121

- and no longer connected to life, as if 50

Diving

- from a five-metre high board 201
- in to the water with the hands by the side of the body 201

Doormat, feels like she is a 137

Double vision 95

Dreams

- birds, of 59
- burning houses, of 152
- cares for family member with lame leg 59
- disabled, of the 59
- flying, of 55, 97
- lions, pirates, piranhas, from which angels are rescuing a child, of 68
- maltreated by husband, is being 59
- rather observe, than act in

dreams 94

- tortured and unable to move, of being 68
- watching, oneself from above, of 94

Duodenal ulcer 166

Duty, sense of 45

E

Ear

- pain 124
- wax, excessive 124

Eating

- after, < 124
- disorder 67
- like a sparrow 169

Eczema 125, 157

Emaciation 144

Empathy 121

Empty 22

Epistaxis 152

Errors

- speaking, when 68
- writing, when, swaps letters and numbers 121

Etiquette 22

Exhaustion 15, 18, 111

Exotic family outsider 205

- Eyes, narrowly opened eyes, as if they were wide open 95

F

- Façade, of a gentleman, keeping up 22

Face

- erysipelas on 152
- tense, sad 152

Family party, colourful 210

Fast buck, make or finagle 175

Fear 141

- accidents, of 137
- attacked, of being by spouse 68
- blind, of going 7, 195, 197
- breaking out, from the secure daily routine, of 137
- burglar might kidnap him 141

- come down again, unable to 55
- side effects, of 28
- starving, of 137
- stroke, of 152
- stupid, others could think she is 137
- sudden 121
- suffocation, of 121
- Feeling
 - abdomen, something alive in, as if 123
 - arms and legs were swollen up, as if 210
 - back of head were contracting at the hairline, as if 175
 - belonging with the others, of not 210
 - caught in a trap, of being 137
 - chest, of heat in the 152
 - chin and neck were drawn forward and hanging down, as if 201
 - cut off
 - from communication 210
 - from the group 210
 - disfigured by facial eczema 157
 - everyone pulling at me, of 190
 - eyes were on side of head, as if 123
 - face
 - front of, turned out, as if 123
 - top of, pushed in from the side, as if 123
 - flat feet, they had, as if 123
 - goose bumps, as if they had 123
 - hair standing on end, as if 123
 - having to do everything right, fixing, what goes wrong, of 195
 - heat, in left cheek, of 152
 - heavy weight on the right leg, of a 46
 - iron ring around right ankle, of an 46
 - leg irons, constricted or tightened, as if in 123
 - light and floating, as if they were 123
 - one with the universe, of being 94
 - open burning wound at the front of the throat, of an 105
 - punched her in stomach, as if someone 123
 - relaxing, as if one were 105
 - seething inside, of 152
 - throat, something stuck in, as if 22, 123
 - waddling, as if they were 123
- Fever 7, 103, 143, 144, 173
- Fibromyalgia 37
- Flapping 60
- Flatulence 74, 125
- Fluttery dress, dishevelled 133
- Flying 23
 - dreams of 55, 97
- Foot, someone were grabbing and violently turning backwards, as if 23
- Foraminal stenosis 28
- Forgetfulness 92
- Fullness 123
 - feeling of, with shivery chill and goose bumps 125
- Funny, be, and tell stories, to belong to the group, must 210
- Fun of the fair 193
- Fury 68, 93, 113, 132, 133, 149-151, 153, 154, 184, 185
 - chest via neck to head, ascends from the 151
 - father, towards 151
 - mother, towards one's own 160

G

- Glaucoma 55
- Goose bumps 125
- Gossip 175





H

Haemorrhage 92
cerebral 92
Half of the body, left, feels empty, weak and powerless 160
Hallux valgus 178
Harbour, cannot find 183
Hard 22
Hard-hearted 94
Hashimoto's thyroiditis 183, 184
Hate 93
Hay fever 101
Head
complaints of, meninges, accompanied by measles 145
impaled, as if 23
Headache 54, 58, 67, 89, 92, 129, 132, 152, 183, 186
episodes 92
forehead, in 89
severe 90
tension 93, 186
Heart attack 177
Heartburn 82
Heartless 22
Heel spur 41
Hemiparesis 92
Herpes 17, 28, 31
lip 30, 112, 134
High-spirited, scuffle, bicker, scrap over trivialities 168
Hoarseness 27, 28
Hollow 22
Homesickness 121
Hot flushes 129, 132, 151, 152, 208
Hyperthyroidism 7
Hypertonia 195

I

Impatience 122, 151
Impatient, children, with 94
Implacable 94
Impulse, kill someone in anger 59

Independent
remain, and not stick out 209
remain, inside 195
Infection
conjunctivitis, with influenza 145
middle ear 145
susceptibility to 102
Influenza 103, 143-144
Iron shoe, heavy, as if wearing a 41, 46
Irritability 121

J

Jealousy 93, 151

K

Knee
kneecap, someone were pulling it out with tendon, as if 23
pain 64, 85
right, clasp and squeeze 46
someone were cutting it open, as if 23

L

Lachrymation 124
Lack of feeling 60
Laryngitis 27, 28, 152
Leg
right, is below the knee heavy as lead and lame 46
right, laboriously drag behind 46
Let oneself go, one should not 22
Lick, lips, need to 187
Light 23, 106
Lightness, lack of 22
Lips
need to lick 187
taste salty 187
Liver inflammation 37
Lofty 22
Looking down, from above 22
Loose 106

Lower leg, someone were turning
backwards entire, as if 23
Lump
 feeling of, as if something
 were stuck 125
 feeling of, throat and stomach,
 in 152
Lung infection 144, 207
Lungs
 complaints of, accompanied
 by measles 145
 weak 143
Lupus erythematosus 27, 28, 32

M

Measles, lungs, affecting 143
Mêlée, joyful 193
Meninges, inflammation of 145
Menopausal complaints 43, 205
Merciless 22
Migraine 58, 93, 183
 attacks 186
Mobility limited due to burden of
 responsibility and duty 45
Mother hen 129, 133, 137
Movement, freedom of, con-
 strained 56
Multiple sclerosis 32, 93
Muscles, twitching 20
Muscle tension 39

N

Naive 137
Nausea 183, 189, 191
Neck
 stiff 6
 tense 6, 30-31, 49-50, 52-55,
 58, 73-74, 76, 178
Nerve fibres and spinal cord,
 exposed, as if 23
Nervous breakdown 56
Neurological disorder 67
Nightmare 38-39, 67
Night sweats 28, 99, 102
Noblesse oblige 22
Numbness 60, 66

O

Obesity 138
Obstinacy 6
Orientation
 diminished, sense of 59
 heightened, sense of 94
Outdoors > 124
Overweight 41

P

Pain 27, 28, 35, 37, 39, 42, 49,
 63-64, 74, 84, 85, 90, 95, 117-
 118, 129, 134, 165, 177
 aching 129
 burning 124
 cramping, and 125
 cutting, and 56
 cramping in urethra 125
 deep in the bones, wandering
 124
 diffuse 27
 joint 28, 30, 55
 lightning 132
 muscles, during fever 144
 piercing, through to back 22
 pulsating 183
 stabbing, round eyes, and
 124
 searing, behind sternum 22
 sharp 84
 shooting 35
 in neck 35
 smashed
 as if 95
 as if, especially cervical, tho-
 racic and sacral 125
 stabbed with a knife, like being
 123
 stabbing 37, 52, 85, 93, 208
 dagger, as if from a 197
 fine, just under the right
 nipple 105
 middle of forehead, in 105
 piercing, from a sharp object,
 as if 45
 right temporal 210
 stomach 166, 186





Panic 121
 attacks 65, 67
Perfectionism 121
Petty criminal 175
Phlebitis 31
Phoenix 78
Photophobia < warm rooms <
 tobacco smoke 124
Pickpocket 175
Pilferer, sneaky 175
Ponderous 45, 46
Preserving one's individuality,
 within a group 209
Pressure
 forehead, in the 201
 pulsation, in back of head, and
 152
Pride 22
Prison, motherhood is like a 137
Progress, make very slow 46
Prostate problems 81
Psoriatic arthritis 165
Pulsation
 eye sockets, in 201
 heart, forehead and temples,
 in 152
 in back of head, and pressure
 152

R

Radiculopathy 28
Rage
 biting, scratching, kicking, hit-
 ting and swearing, with 68
 fit of, uncontrollable 69
Rash, heat 125
Ratchet 175
Relaxed 106
Responsible, feel themselves, for
 the weak and vulnerable 49
Restless, hectic, as if under pres-
 sure of time 168
Restlessness
 in child 144
 inner 7
Retinal oedema 197
Rigid 22, 41

Robber, shoot a, in the leg 175
Rosacea 149, 152, 153, 160
Routine, daily, confers security
 137
Rush 121

S

Sarcoidosis 100
Scared stiff 63
Sciatica, lumbar 117
Scoliosis 117
Seeing
 blurred 124
 faces when eyes closed 124
 sparks 124
 spots 124
 stars 124
Self-destructive 94
Self-harm 153
Self-imposed restriction 27, 49
Sense, lack of moral 94
Shame
 blushing, from 152
 effects of 68
Shiver, through entire body 105
Shock 49, 90
Shoulder
 blades, cut open between the,
 as if 23
 problems 54, 63-64, 84, 177
Shoulder-arm syndrome 6, 43,
 178
Silly 137
Sing, desire to 122
Sits
 to one side and is sad 210
 upright and straight 22
Skin rash on left, burning, itch-
 ing, pulsating 160
Skull, pulling it upwards 46
Slander 175
Sleep
 disturbance 15, 18, 67
 problems sleeping through the
 night 99
Sparrow
 brain 169

meal 169
 Spectre of bankruptcy, hovers
 over you, like a vulture 73
 Spina bifida 117
 Stabbing 123
 Sternum
 drawn to the spine, as if 23
 ripped opener with a chest
 opener, as if 23
 Stiff 22, 123
 poker, as a 22
 Stomach
 cramp 31
 flu 210
 Struma nodosa 132
 Swelling, glands, of 144
 Sword
 swallower 22
 the body in two halves, were
 cutting, as if a 23
 through head down spine,
 were thrust, as if a 23
 Sympathy 121

T

Tachycardia 18, 134
 Talking
 constantly, over one another
 209
 everyone, happily over one
 another 210
 Temples, blood vessels, swell
 from anger 152
 Thinking, difficult 121
 Thirst 105
 Thoughtless 137
 Thought, two simultaneous
 streams of 94
 Threaten 121
 Throat
 dry 22
 dry, burning 105

Thyroiditis 20
 Tics 67
 Tingling on the outside of the
 upper arm 175
 Toothache 160
 Torn, as if, inside 81
 Turn the head to and fro, need
 to 152

U

Unrest, inner 31
 Upright 22
 Urge
 leave the past behind, to 121
 moving, to keep 121
 Urine
 cloudy 125
 sweet, smells 125

V

Varicose veins 196
 Venous thrombosis in both eyes
 195
 Vertebral canal, as if, open 23
 Vibrating 123
 inner 60
 larynx, in 201
 Violence, threaten 68
 Voices, with loud, drown one
 another out 192
 Vomiting 89, 183

W

Wakeful 122
 Walking stick, as if one had swal-
 lowed a 22
 Whooping cough 143
 Wing down 45, 85
 Wish, biggest, to be able to fly
 53
 Withdrawal, reality, from 94



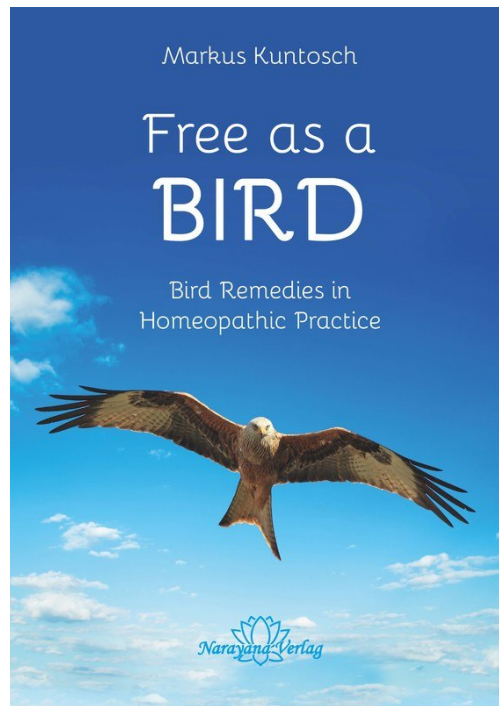
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