

# THE AMERICAN HOMEOPATH

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**Into the Realm of Sea Remedies. Sensation in Sea Animals.  
Thunnus albacares, Canned Tuna, Hippocampus kuda,  
Stoichactis kenti, Ambra grisea.  
Comparison of Two Bald Eagle Provings and Some Student  
Perspectives on Homeopathic Training.  
Case Study of Trophic Ulcer; Selected COVID Cases; Autism  
from the Inside; An Ovarian Cancer Case.**

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# Sensation in Sea Animals

Two illustrative cases by Jonathan Hardy

*Edited by Vatsala Sperling, MS, PhD, PDHom, CCH, RSHom(NA)*

**S**ensation is the deep inner experience of the client. It is an intuitive perception of the foreign, archetypal energy of the source of the remedy the client needs. If someone needs a sea animal remedy for example, then they experience life as if they are that creature. When clients go deep enough into their state, they then speak the language of that source, as the two following cases demonstrate. These expressions often sound nonsensical, but there is a deep truth to them—they are describing the actual, inner subconscious reality of the client, and it is this disturbed psychological pattern which is the root of their disease. This is what needs to be healed in the client. This is what they really need to be freed from. So, it is crucially important we do not ignore these strange but vital clues.

Depending on the mode of existence of the sea remedy source creature, clients use different expressions.

With creatures which swim like fish, for example, cephalopods and cetaceans, there are a lot of expressions to do with movement, swimming, and buoyancy.

<b>Movement:</b> Flow Fluidity, flow, smooth movement Moving forward, momentum Constant change Getting around obstacles, getting underneath obstacles	<b>Buoyancy:</b> Floating Support Supported by one's environment Floating Easy, tranquil, no resistance Bubbling	<b>In the water:</b> Deep or shallow Surface Deep Cold, clear, clean
<b>Movement:</b> Blockage Restriction, stuck Obstruction, blocks Slowed down Stagnant, stasis, Static Pooling	<b>Buoyancy:</b> Heaviness Weight Sinking Dragged down Pulled down	<b>Experience of swimming:</b> Very aware of the physical sensations of the body A meditative experience Bliss, universal expansion, heaven

In creatures which live on the bottom of the sea, like bivalve and gastropod mollusks, starfish, and anemones, which are

more sedentary, we see different expressions, because the survival strategy is very different. They often speak of shells, spines, and stings.

<b>Bivalves and Gastropods:</b> Attachment Embedding Burrowing Crawling Shield, armour Wall myself off Hard, Rigid Hide, concealed Pull myself in Retract Withdraw Shrink	<b>Jellyfish:</b> Stinging Tentacles Soft Jelly-like	<b>Starfish &amp; Sea Urchins:</b> Spines Brittle Fragile Crawl Hollow
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It is interesting to note that all sea creatures can speak of the sea: sea, tides, waves, water coming in and going out, deep, dark water.

Two cases below illustrate this point. D= doctor, P = client.

## Case 1:

Ms. AMS is fifty-four years old with asthma as her chief complaint, along with eczema and hay fever since her childhood. She presents no significant modalities or general symptoms.

**P:** My father died of cancer when I was six. My childhood wasn't very happy. My mother hit us a lot. You learn to stand in the best position, so it doesn't hurt so much. I spent as much time out of the home as possible. I was abused at our church when I was a teenager. Sometimes I get angry. I feel like a volcano, waiting to explode. I want to bang my head against a wall and scream. If anyone touches me, I want to hit them. I get flashbacks to the abuse I had as a teenager.

**D:** Describe the anger.

**P:** Waiting to explode. To punch out at someone. And I feel fragile and vulnerable. I want to withdraw into myself. I'm being bullied and victimized at work. I feel treated like a piece of junk.

**D:** Say more.

**P:** As if I'm worthless. Not looked at as something with feelings. Useless. No value. Absolutely at the bottom of the heap, bottom of the pecking order. I want to retreat into my shell.

**D:** Describe retreating into your shell.

**P:** You're like a seaside shell and instead of an animal that goes out of the shell you go inside it, and you don't communicate. You go inside and you're curled up inside. You don't want to go out and it's safer inside.

**D:** Say more about the shell.

**P:** You're inside. With very hard outer casing and it's very difficult to get out. It's so strong and rigid. You need a hammer, and you need force and strength to get out of it. At work they're just bossing me around. Making me feel like a piece of trash, not valued.

**D:** Say more about not being valued.

**P:** It makes them feel good. Gives them a sense of power by making others feel uncomfortable. I do not feel I am part of the team.

**D:** Say more about not feeling part of the team.

**P:** Not involved: you're in a bubble by yourself. People prick the edge of the bubble, or you spike out of theirs.

**D:** Say more about that.

**P:** They're spiking out at you, and you are spiking out at them.

But really you want to be spiky!

[Observation:] She laughs.

**D:** Bubble? Spikes?

**P:** It's pleasant, you can get out of the fight. Spikes are my way of protecting myself. I can't punch out, but I can spike by using words instead.

**D:** Say more about the shell.

**P:** It has a hole which the animal gets in and out of, but with a bubble it's safer because there's no hole and the spikes stop them coming in. There's a tough outer layer.

**D:** Say more about that.

**P:** It's like rubber. Sometimes a few fingers get through, you can fling them back but if you let them through it can be good because then there's a link with them.

**D:** Say more about that.

**P:** You can be warm and loving and have a hug, or nasty like spikes and you fight it off. If you repel it, it will always bounce back. If you stay curled up in that rubber ball, or whatever you're in, you're isolated, but if you branch out in a few ways you can move forwards. If you get close to people, they can die.

#### Case analysis

Animal themes	Shell words	
Abuse Bullying Punching Hitting Vulnerable Victimized Bottom of the pecking order	Retreat into my shell You go inside Curled up inside It's safer inside In a bubble by yourself	A specific kind of shell A hard outer casing Spikes Pricking the edge
Something which moves If you branch out in a few ways you can move forwards	And which can kill If you get close to people, they can die.	

She adds, 'When I filled out your questionnaire, I thought I would draw some pictures of myself.'

The pictures she drew were remarkable. She drew "Me" in the middle, with many lines radiating outwards like the spokes in a wheel. At the end of each line, she wrote a quality, for example, "like to be busy," "don't suffer fools gladly."

A second picture was of an almost circular shape with spines all around the outside. The pictures bore a startling similarity to the Crown of Thorns Starfish — our remedy *Acanthaster planci*.

#### Prescription:

*Acanthaster planci* 1M, one dose

#### Follow up at one month:

**P:** I feel so much better. More positive. Less low in mood. I'm sleeping better. I improved within two days. All my grumpiness improved very quickly after the remedy.

#### Follow up over four years:

She continued to respond well to occasional doses of the remedy. Her physical symptoms of asthma, eczema and hay fever cleared up completely.

## Case 2

Ms. RAW is fifty-two years old with a chief complaint of rheumatic pain.

Very spontaneously, at the very beginning of her consultation, she recounted how recently she had threatened a man who had criticized her for letting her dog off the leash, 'Shut up or I will punch you—it is your choice.'

**D:** Have you ever punched anyone?

**P:** Oh, yes. Once a man was trying to break into my car. I stalked him carefully ... I walked past him pretending not to notice him. Then I stopped and pretended to be stroking my dog. Then when he passed me, and was not expecting at all, I jumped on him! He was quite surprised. He was at least six feet tall and I'm only five foot three. I got a few good punches in, but unfortunately, he threw me off and escaped.

She shared a few other similar stories, and for me, it was rather easy to conclude that her remedy would be from the animal kingdom. But which animal?

**D:** Tell me about your condition. How does it affect you? What is it like for you?

**P:** The arms have been the worst, especially around the elbows. It's horrible because I can't do anything. It makes me feel miserable. It takes all the bounce out of me.

**D:** What's it like when all the bounce is taken out of you?

**P:** I'm like a deflated ball, my oomph is gone.

**D:** What's the opposite of a deflated ball?

**P:** A bouncy one.

**D:** Bouncy ball?

**P:** Like when I'm swimming. That's heaven. I feel really at home in the water.

**D:** What's it like in the water?

**P:** It's so comfortable, it's lovely. It makes you feel light and airy and graceful. You skip through the water.

**D:** Describe it again.

**P:** You just glide. I love doing somersaults in the water.

It isolates you from the world. It's as if other people don't exist.

**D:** Describe that more.

**It is interesting to note that all sea creatures can speak of the sea: sea, tides, waves, water coming in and going out, deep, dark water.**

**P:** You feel totally on your own.

**D:** Describe being airy and graceful.

**P:** It's like flying around.

**D:** Describe flying around.

**P:** Soar off like flying. Swimming is the nearest you can get to that dream.

**D:** What are your favorite pastimes?

**P:** Swimming and reading. Both can make you feel totally cut off. Anything around me doesn't break through.

**D:** Describe it more.

**P:** Heaven. Then you can be you. I'm not very good at conforming, having to toe the line. I have lots of constraints.

**D:** How do constraints feel?

**P:** You feel tightness coming down on you. You feel more and more like a bird whose wings are clipped.

**D:** What would the opposite be?

**P:** Buoyancy, lightness, airy.

**D:** Describe buoyancy.

**P:** Nothing can hold you down.

**D:** What is that like?

**P:** My favorite dream—I love it—is a flying dream. I'm swimming breast-stroke, I breathe in air, and I whoosh up to the ceiling. I love the feeling of lightness. Then I let out air and I sink down to the floor. Nothing restricts you. Moving along. Not hindered. Free. Light as the air.

**D:** Describe it more.

**P:** Light. No weight. Bubbly light. It's like bouncing on my trampoline.

## Case analysis

<b>Animal theme</b>  Threatening Stalking Punching	<b>Mollusc theme</b>  It isolates you from the world. Totally cut off. Anything around me doesn't break through.	<b>Qualities specific to remedy</b>  Lightness Airy Bouncy Deflated ball Like bouncing on my trampoline Somersaults I breathe in air and I whoosh up to the ceiling. Then I let out air and I sink down to the floor.
<b>Sea Animal theme</b>  Heaven is being in the water Visceral experience of swimming	<b>Cephalopod theme</b>  Gliding Graceful Skipping through the water Buoyancy	

### Prescription:

*Nautilus pompilius* 10M

*Nautilus* brings all the strange elements of her sensation together. It is a cephalopod which swims but it is also in a shell. It has gas chambers which it alternately inflates with air and deflates as it wants to ascend and descend in the water.

### Results of treatment:

Her rheumatic pains cleared up completely.

She benefitted from occasional doses of *Nautilus* for over eight years.

To my knowledge she did not attack any men during this time.

*Jonathan studied Zoology at Oxford University and obtained an honors degree in 1978. He then studied Medicine and qualified in 1984. He became a member of the Faculty of Homeopathy in 1988 and since then has worked fulltime in England as a Homeopathic doctor. Jonathan sits on the Council of the Faculty of Homeopathy in the UK and was honored to be elected a Fellow of the Faculty in 2010. He practices classical Homeopathy, combining the time-tested traditional techniques with the exciting new methods developed by the well-known Homeopathic teachers of the last twenty-five years. He can be reached at [www.drjonathanhardy.co.uk](http://www.drjonathanhardy.co.uk).*

*Dr. Vatsala Sperling MS, PhD, PDHom, CCH, RSHom(NA), is a Clinical Microbiologist, artist, author, mother and a homeopath ([www.Rochesterhomeopathy.com](http://www.Rochesterhomeopathy.com)). She came to The United States of America in 1996 from India, where she held the position of Chief of Clinical Microbiology Services at the country's largest private pediatric hospital. She has lectured and written extensively in her field and is the recipient of several awards and recognitions, including a Gold Medal for Extraordinary Scholarship from the President of India. Presently, Vatsala lives in Vermont with her husband, Ehud Sperling and their son, Mahar. Among other credits, Vatsala and her husband have co-authored a book, "For seven lifetimes: An East West journey to a spiritually fulfilling and sustainable marriage." Besides this, Vatsala has written and published several books including her latest, Ayurvedic Reset Diet. From 2005, Vatsala began studying homeopathy and now, as a certified member of National Center of Homeopathy, and North American Society of Homeopaths, Vatsala practices classical homeopathy in Vermont, and volunteers for NCH as well as NASH.*

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